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YEAR 30, NUMBER 3

MARCH 2020

The East Shore Mainstreet

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

joel pelletier

Juvenile Trumpeter Swan at Nelson's dog park.
Photo by Joel Pelletier.



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Mainstreet Meanderings

by Editor
Ingrid Baetzel

I'm preparing to say goodbye to my mother. She is at the end of her life and the loss of Doreen Zaiss will be felt in perpetual ripples and waves along our shore and well beyond. I don't have much to say beyond this for the month of March. This process will lead her family and friends down an irreversible path - a loss swathed in grace and reflection. I'm trying to honour the process right now. I've been listening to a song by James Blunt that he wrote for his dying father. The song resonates and the video is very touching. Love one another.

Monsters by James Blunt

Oh, before they turn off all the lights
I won't read you your wrongs or your rights
The time has gone/I'll tell you goodnight, close the door
Tell you I love you once more
The time has gone/So here it is
I'm not your son, you're not my father
We're just two grown men saying goodbye
No need to forgive, no need to forget
I know your mistakes and you know mine
And while you're sleeping, I'll try to make you proud
So daddy, won't you just close your eyes?
Don't be afraid, it's my turn
To chase the monsters away
Oh, well I'll read a story to you
Only difference is this one is true
The time has gone
I folded your clothes on the chair
I hope you sleep well, don't be scared
The time has gone/So here it is

I'm not your son, you're not my father
We're just two grown men saying goodbye
No need to forgive, no need to forget
I know your mistakes and you know mine
And while you're sleeping, I'll try to make you proud
So daddy, won't you just close your eyes?
Don't be afraid, it's my turn
To chase the monsters away
Sleep a lifetime
Yes, and breathe a last word
You can feel my hand on your own
I will be the last one, so I'll leave a light on
Let there be no darkness in your heart
But I'm not your son, you're not my father
We're just two grown men saying goodbye
No need to forgive, no need to forget
I know your mistakes and you know mine
And while you're sleeping, I'll try to make you proud
So daddy, won't you just close your eyes?
Don't be afraid, it's my turn
To chase the monsters away

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

Send in April 2020 issue items by:
Next Deadline: March 25, 2020

LETTERS TO THE EDITOR

TRULY COMMITTED TO REDUCING GREENHOUSE GAS EMISSIONS?

To: The Honourable Claire Trevena, Minister of Transportation

Dear Minister Trevena,

Your government has announced plans to replace the Kootenay Lake Ferry, the MV Balfour and the work on the new ferry is expected to begin this year. It is my understanding that although the new ferry will be configured as a hybrid diesel-electric with all the systems, equipment and components for electric propulsion, it will not be fully converted to electric propulsion until 2030.

While I applaud the government's intention to convert the entire BC ferry fleet to electric power over the next 20 years, it makes no sense to me that the brand-new ferry for Kootenay Lake will start out running on diesel. My consternation is based on the following:

- As I am sure you are aware, there are already fully electric ferries operating in Norway, and two new electric ferries in Ontario. So, there are fully-tested models to follow.

- Why wouldn't we achieve zero-emissions right away rather than waiting another 10 years?

- A fully electric ferry will be virtually maintenance-free, meaning that any extra up-front cost to acquire the ferry and ensure availability of sufficient shore power would be recouped in a very short time through savings on maintenance and fuel.

Replacing the current ferry with one that will still run on diesel for another 10 years makes a mockery of your government's claim that it is truly committed to reducing greenhouse gas emissions within the timeframe dictated by the climate emergency we are facing. The time has passed for incremental improvements. We need bold actions now, and I expect nothing less of our government.

Sincerely,
Diane Saibil, Nelson BC

CC: The Honourable John Horgan, Premier of BC, (premier@gov.bc.ca), The Honourable Michelle Mungall, Minister of Jobs, Economic Development and Competitiveness, Nelson-Creston MLA, Michelle.Mungall.MLA@leg.bc.ca, Adam Olsen, BC Greens Interim Leader, MLA, Saanich North and the Islands, Adam.Olsen.MLA@leg.bc.ca, Sonia Furstenu, BC Greens Deputy Leader, MLA, Cowichan Valley, sonia.furstenu.mla@leg.bc.ca, Kirk Handrahan, Executive Director Marine Branch, MOTI, Kirk.Handrahan@gov.bc.ca, Callum Campbell, Marine Manager, Callum.J.Campbell@gov.bc.ca, Ramona Faust, Director of Area E, Regional District Central Kootenay, rfaust@rdck.bc.ca, Garry Jackman, Director of Area A, Regional District Central Kootenay, gjackman@rdck.bc.ca.

MORE ON ELECTRIC FERRIES

Dear Editor:

I would like to add some comments regarding Mary Donald's fabulous efforts to have the MV Balfour replaced with an all-electric ferry.

Ferries are a good place to start electrifying cargo transport on the sea since they cover the same routes again and again. It makes it easy to plan for the range and charging solution of all-electric ferries.

The operators of the first all-electric ferry in Norway, the 'Ampere', reported some impressive statistics after operating the ship for over two years. They claim that the all-electric ferry cuts emissions by 95% and costs by 80%.

At an event last year, they announced their findings and unsurprisingly, the potential cost savings are attracting a lot of orders for new all-electric ferries and for the conversion of existing diesel-powered ferries.

Not long after, Fjord1, a major Norwegian trans-

port conglomerate which operates 75 ships, placed an important order with the Havyard Group to build a fleet of battery-electric ferries.

Now Canada has got on board with the concept and ordered its first two new giant all-electric ferries. Schottel and Damen Shipyards are partnering up to equip the first all-electric vessels to operate in Canada. They are going to work on the two new ferries serving the Amherst Island and Wolfe Island in Ontario.

Delivery of the Amherst Island ferry, which has a length of 68 m, a width of 25 m and can accommodate up to 300 people and 42 cars, is expected in 2020. The Wolfe Island ferry, which is even bigger with a length of 98 m, a width of 25 m and can transport up to 399 passengers and 75 cars, is scheduled for delivery in 2021.

The BC government needs to catch up to the rest of the world. It (and readers) can learn more at <https://electrek.co/.../08/21/worlds-largest-electric-ferry> and <https://electrek.co/2018/11/07/all-electric-ferries-canada/>

Michael Jessen,
Longbeach on the North Shore

THANKS FOR HELP

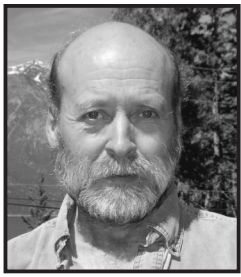
Dear Editor:

Mark Adams and Family would like to give a heartfelt "Thank You!" to the Fire Rescue and Ambulance team for their prompt and professional response on the 4th of February.

We would also like to thank those who helped with firewood and to all the other assistance and offers from the community.

Much appreciation to all,

The Adams Family



RDCK Area "A" Update

by Garry Jackman,
Regional Director

RDCK HOUSING NEEDS ASSESSMENT

In 2018 the provincial government amended the statutes which govern us to require all regional districts (along with cities, towns and villages) to develop a housing needs report every five years. To begin the process for rural areas the province made funding available to bring in consultants who have been doing this work for urban areas for many years. The process also requires regional district staff time (from our planning department) and volunteer time which is a local burden not reimbursed by the province, but our hopes are that we will create better access to provincial funding for housing projects as well as better understand our local situations within smaller rural communities.

The study in rural areas is much more complex than in a city or town as we do not have staffed core groups in our communities who are keeping track of housing needs. There are good organizations in Nelson and Creston which will have some understanding of our housing situation, but local input is critical. As data is gathered the consultant will need to assess whether the information is complete or if there are substantial gaps which would distort the results. If we do not have complete data the consultants report may need to extrapolate data based on information from neighbouring areas. This could do us a disservice.

The study will not just look at housing for one demographic or segment of our population but is intended to look at the spectrum of housing needs, the

age and condition of our housing stock (to be able to comment on quality or suitability) and at the request of RDCK they will look at energy needs related to our housing. The latter point includes the cost of commuting (to work, for medical services or shopping) plus the energy costs of living in homes which have not been renovated or upgraded. On the surface the rents in some areas may appear to be affordable but once the costs of heating older homes along with commuting costs are factored in we can see how the overall cost of living in small remote communities can be higher than initially assumed.

The consultant work has begun in our region and many contacts from urban and rural areas have been identified as having a role in meeting housing needs, whether they be small housing developments such as Bluebell Manor or the much larger city developments. The consultant, M'akola Development Services, will be working with the identified groups plus looking for input through surveys and interviews. Out of the full range of organizations which are expected to participate some have stepped forward to be on a steering committee for the project. I attended the first meeting of the steering committee on February 21st and noted I was the only person in the room of about 35 who lives on the East Shore.

The consultant has created 'mailboxes' to be placed in community as drop off locations for hand written surveys and they also have online versions (go to www.rdck.ca/housing). They had two sample mailboxes so at the end of the meeting I talked them out of one of them and it is now in the Riondel Reading Center. I will try to get a few more.

COMMUNITY HERITAGE REGISTER

This is another project being undertaken by a consulting team across the whole of the RDCK. A request to identify local assets or sites of historical significance went out a few months ago and several hundred sugges-

tions have been received. Go to the RDCK webpage for "services" and look under the "planning" tab for the project heading. That will link you to the initial report and a map of sites (which needs several adjustments). The report identifies the themes and subthemes of the project. Section 2.1 of the report explains the impact or meaning of a property being on the register.

The consultants are looking for the most iconic sites to add to the register initially and following that exercise it will be up to community supporters to have the register expanded. Look under appendix C of the report to see the complete list of nominated heritage resources.

BUDGET 2020

Draft budgets have been prepared for RDCK services and public presentations are underway. There will be a presentation at 9am on March 5th at the Creston Recreation Complex as well as a presentation at the Riondel Community Center later on March 5th starting at 6:30pm. As in previous years there will be an overview of all RDCK services plus some breakdowns for Area A communities since we do not all pay into the same services. Also remember your final property tax notice is a combination of RDCK service requisitions along with the charges from the province for school tax, policing, road maintenance and hospital tax. The meeting will only speak to the RDCK component of the property taxation. If you cannot make this meeting give me a call and ask questions.

I do not have fully updated budget sheets following our last budget meeting on February 21st, but the largest increase on the horizon which impacts us is the cost of waste management or 'resource recovery'. Increases in landfill operations and the shift to a new recycle collection system are part of the challenges.

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

WHAT DO WE GET FOR 14¢ A MONTH?

In these days of rising prices for almost everything, there is still a significant bargain which all of us enjoy as Canadians. For only 14 cents a month, or one dollar and sixty-eight cents a year, we each pay for our Constitutional Monarchy's Vice Regal representatives through taxes collected by Ottawa. The total amount raised from our more than 37 million fellow Canadians was \$62,439,557 for the year 2017-2018. This figure comes from the 47th edition, Autumn-Winter 2019 of the Canadian Monarchist News, published by the Canadian Monarchist League, celebrating its 50th year in 2020.

Those 62 million support the Governor General of Canada, the 10 Lieutenant Governors of the provinces, and official Royal Homecomings by members of the Royal Family from the UK. The moneys do not pay for the annual costs of the House of Commons (\$13.23 per capita), the Senate (\$2.85), or the CBC (\$32.97).

The annual figure of \$1.68 per capita is similar to that paid by UK residents (\$1.93). Does our Governor General, Julie Payette, now about halfway through her term of office, work hard for her salary of \$293,119? You bet she does, with approximately 575 official engagements each year. In addition, she welcomes close to 335,000 visitors to her two official residences, Rideau Hall and La Citadelle. She is expected to have visited most provinces and three territories during her tenure as GG, as well as representing Canada in foreign travels to such countries as China, Thailand, Ukraine, Latvia, and South Korea, where she attended the 2018 Olympic Winter Games.

Her office employs 138 support persons, and of the \$1.68 mentioned above, the GGs office cost \$0.63 per capita. Briefly compare our Governor General's salary to those of Australia, pop. 26 million and New Zealand, with only 5 million: Australia's GG is David Hurley, since 1 July 2019, and his salary is AUS \$425,000. or CDN \$374,000. New Zealand GG Patsy Reddy, since 28 Sept. 2016 earns NZ \$354,000, or CDN \$297,360.

Lieutenant Governors exist only in the 10 provinces. Their total per capita cost for expenses of \$2,267,193 is only \$0.28. Ours, since 2018, is Janet Austin. Her salary, identical to the other nine LGs, is \$143,111.30 plus expenses in BC of \$97,814 for 2017-18 total of \$240,925.30. She undertook about 340 engagements in the 2017-2018 year. Other LGs expenses are similar.

It is left as an exercise for the reader to look up the names and engagements of the other nine Lieutenant Governors. Suffice it to say that they as Vice Regal Office holders undertook nearly 4,000 engagements in the 2017-2018 year.

While the Commissioners of the three territories perform similar duties to those of a Lieutenant Governor, they are representatives of the Canadian Government, not of Her Majesty, and thus they are not considered as part of the cost of the Crown in Canada. Official Royal Homecomings are another matter.

From September 26 to October 1 2016, Their Royal Highnesses the Duke and Duchess of Cambridge (with George and Charlotte) visited Canada, specifically British Columbia and Yukon. Costs were from the Gov't of Canada, \$855,000; Gov't of BC, \$613,363; Yukon, \$429,000; RCAF flights, \$226,727 and RCMP security detail, \$2,000,000, for a total cost of \$4,126,090, or about 11 cents per Canadian. Now this may well be justified, as William is likely to become our king some day, and his son George likewise.

Our probable next king, HRH Charles, Prince of Wales and Camilla, Duchess of Cornwall, visited us for three days: June 29 and 30, and July 1 2017. That short visit cost us \$977,577 or two cents each.

There is some likelihood that royals Harry and Meghan, after stepping down from royal duties, may live in Canada most of the time, most likely here in British Columbia. There will, no matter what, be a cost of security for them, and as they will not be here for a Royal Homecoming, but to make at least a part-time home here, there should be no costs to us as Canadians. That, at least is what I think most of us feel. Most of us probably want the couple themselves, or perhaps their royal relatives to come up with the money for security.

Finally, here are a few per capita costs to people in other countries in the past few years. Monarchy of Norway, pop. 5.4 million, about \$9.70 per person; Sweden, pop. 10.1 million, \$17.23; Denmark, pop. 5.6 million, \$2.89. French Republic costs to operate the Elysée Palace as official residence of the President of the French Republic, pop. 67 million, \$2.33 per French resident. The cost of the President's Establishment of the Taoiseach of Ireland, pop. 4.9 million was only \$1.38 per Irish resident.

So after all, \$1.68 per Canadian, or only 14 cents per month, sounds pretty reasonable for all the duties and ceremonies we see every year from our Constitutional Monarchy here in the true north, strong and free. You may find the Monarchist League of Canada online at monarchist.ca.

Deadline:
Mar 25/20



March Horoscope

by Michael O'Connor

Tip of the Month:

March begins with Mercury retrograde in Pisces. Already the retrograde cycle of Mercury brings its own set of challenges linked to communications and technology. Pisces takes it to a whole other level of complexity since the otherwise logical and factual faculties are submerged in swirling waters of imagination combined with an urge to retreat or even to escape. Fortunately, Venus in Aries and a legion of planets in Capricorn, including Mars, will support your presence of mind and practical action.

Aries (Mar 21- Apr 19)

In some respects, you simply want to slip away and escape the crowd. Yet, you are also keen to explore new territory. This combination is especially suitable to travel especially which includes retreat.

Taurus (Apr 20-May 20)

You continue to push and drive to achieve. Yet, now, in the place of practical goals, you are eager to realize dreams. The difference is that the former is practically necessary while the latter is for lighter fulfillment.

Gemini (May 21-Jun 20)

Finding your place in the world may feel a little elusive currently. As well, you may be dealing with some unsavory issues and/or tasks. If ever you needed the support of a good friend, now qualifies.

Cancer (Jun 21 - Jul 22)

With lofty dreams and ideals, on one hand, and harder realities on the other vying for your attention, you may feel a little stretched. Yet, you are eager to acquire new tools. Fortunately, your ambitions are strong.

Leo (Jul 23 - Aug 22)

Your emotional levels are registering high. This could include dealing with stressful realities. You

are in a good position to handle the extra load. Venus beckoning you out to partake in cultural activities is also worth heeding.

Virgo (Aug 23 - Sep 22)

Pisces time is probably usually a complex cycle for you. This stands to be especially true this year. At least Mars is in a sporting mood, so tap into that energy. Focus to balance how much you give and hope to receive.

Libra (Sep 23 - Oct 22)

You might be feeling a little fragile and need to pay closer attention to your health this month. Yet, you also want to get things done close to home to the scale of spring cleaning. Pace yourself.

Scorpio (Oct 23 - Nov 21)

Positively, you are in a creative and imaginative mood. Also, your energy levels are probably running high and so too are your ambitions. For best results, be willing to give more than usual.

Sagittarius (Nov 22 - Dec 19)

Sweet dreams and nappy afternoons, or at least quiet evenings will characterize your mood for much of this month. Your ambitions are revving but you won't be in a mood to push. Patience, spring is near.

Capricorn (Dec 22 - Jan 19)

You especially stand to enjoy this Piscean time more than others. As long as you do not have to figure out your place in the world, that is. Keep things familiar underfoot as you allow yourself time for reverie.

Aquarius (Jan 20 - Feb 18)

The time is right to do some inner work. Some would categorize the focus as spiritual. It includes showing courage to confront any inner tormenting tyrants. Fortunately, wise Jupiter is present and is holding a torch and leading the way.

Pisces (Feb 19 - Mar 20)

The strong Pisces influence now could go either way for you. On the low side, you will feel extremely escapist or in a fog and unable to focus. Positively, guided by work requiring imagination power, you will tap its bounty.

• Lastly, thanks to the efforts of Victoria at our Credit Union, we can now receive financial donations via e transfer: donate@cbhall.ca Cheques can still be mailed to Crawford Bay & District Hall & Parks Association, Box 71, V0B1E0 or deposited directly into our Renovation Fund at the Credit Union.

Thank you one and all for considering contributing to our rejuvenation and preservation project. Our dear old hall needs all of our help.



Crawford Bay Hall News

Submitted by Leona Keraiff
Crawford Bay Hall Board Director

There is much excitement around our Board table these days... We have received numerous Letters of Support, twenty-five new members have joined our Association and our Facebook page: @crawford-bayhall, has had over 2000 views with 232 regular followers! As of this writing, two grant applications have been sent, written memories have arrived, Lorna Robin and her 55+Club have spearheaded a wonderful FUNdraising event (see ad in center pages) and most importantly The Hall Renovation Fund has grown to over \$3650.

We gratefully acknowledge the following people and organisations who are honouring our efforts:

- Alex and Elisabeth Lackovic
- The Riondel & Area Museum Association
- Dave Hough and Susan Hulland
- Wayne & Diane Ferguson
- Some of the descendants of William (Bill) and June Fraser who were instrumental in the building of our Hall in 1938: Don Fraser, Marion Cook, Sheila Szabo, Nonie Lee, Margie Ray, Barb & Jim Cunningham.

4 Mainstreet March 2020



In The Beginning: The interior of the Crawford Bay Hall at the time of its grand opening on November 4, 1938. The Women's Institute did the interior decorating for the event. According to a lengthy story in the *Nelson Daily News*, "The room was decorated with green and white paper curtains at the windows, pine cones around the walls and hollow pumpkins as flower vases. Anne Gooch donated the trophy big game heads as decorations for the new building." Photo courtesy Cliff and Carol Hawkins



EAST SHORE INTERNET SOCIETY

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Please refer to www.eastshoreinternet.ca for more about us.

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Hacker's Desk
by Gef Tremblay

Climate Change

Observing the climate change crisis from a marketing point of view is quite perplexing. There are two main messages that come out of the media. One is that climate change is caused by all the humans on the planet, and the other is that there isn't much we can do about it. This combination of information seems almost designed to create not only fear but a sort of paralysis which would ultimately lead people to freak out and feel even worse about themselves, simply deny what is going on or consume more to try to save the planet. Lets buy a new car to save the planet!

I think these two statements aren't helping to resolve the issue. First not all humans are responsible for climate change, only a small portion. And second, there is a lot we can do but it might not be what we think we should be doing or what we want to do.

There is a need to go back or move forward to a different relationship with the planet. It's not so much about recycling and becoming vegan but moving past that feeling of disconnection.

In our scientific view, nature is a primary resource that we can take advantage of to better our comfort. Somewhere along the way, we disconnected from the idea that we are part of nature and its survival is also our survival. At one point, science will catch up and state that after all we are all part of the same natural reality as the planet, but it may take a while to get there.

This concept has been simmering in me for a long time. As a kid I realized quickly how much pollution we were creating and it made me quite sad to see that

there wasn't much being done about it. Now that there is *Climate Change* hanging over our heads, there seems to be a greater desire to change our ways so that civilisation can continue. Climate change or not, I think the fact that we are polluting is, at best, a stupid thing and the problem isn't so much in our way of living, but in our relationship to the planet and, ultimately, ourselves.

I was really inspired to hear someone who shared that vision, on a talk show on CBC. Wade Davis, a Canadian anthropologist, was explaining that our westernized view of our separation from the planet is only ours. Many other societies and tribes view this relationship in a different way.

"We in the West, with our way of thinking of the natural world, we are not the norm — we're the anomaly. Most societies around the planet have these extraordinarily rich relationships where they never see people as part of the problem, but part of the essential solution — because it's only people that can maintain the cosmic balance of the world."

"Not to suggest we go back to pre-industrial past, but the very existence of these other alternatives, these other visions of life, so rich in their complexity, put the lie to those of us in our own society who say that we cannot change, as we know we all must change the fundamental way we treat the planet."

This is for me the foundation of change, how we interact with the planet. Last year I wrote about Rain Dance in an attempt to understand how we can cultivate our relationship to the planet. Last month there was news of people in Australia wanting to bring back the indigenous practice of rain dance. If we only see nature as a primary resource, we will deplete it and end our society at the same time. It's hard to change how we see the planet, but we can introduce the idea that maybe we don't know as much as we think we know and that maybe our beloved science isn't quite there yet to explain the intricate relationship we have to the planet.

Now for the notion that everyone is to blame for climate change. This is really important to think about, because I feel most people don't want to pollute; most of us don't have the choice. A lot of us don't pollute a lot, and a lot of people on the planet aren't even polluting at all.

A big factor of pollution is the way we consume; this has been dubbed as consumerism, the westernized sport of buying new crap all the time so that we feel part of something and better about who we are in this society. This consumerism is not human nature, we've been trained and brainwashed to believe that we need all these things. When you look at the history of marketing you see that a lot of habits we have as humans were at one point or another just a way for us to buy more stuff.

Advertising and marketing have been changing our culture - mostly shaming us into consuming more so that we are 'normal' and that we don't stand out too much. Now, marketing is not the culprit here; our economy depends upon how much we consume. The survival of our economy depends on an ever-growing consumer mass. If we would stop consuming more every year, our economy would break apart.

Nobody wants to pollute, or at least the vast majority of us, if given the choice, would prefer to not pollute. Most of us don't want to have to get a new cellphone every year, get a new car as often as possible - we were trained to feel bad about not doing so.

What I am getting at, is that we as humans are not the ones responsible for the climate change. We have to act in order to change what is going on, but we also have to stop blaming ourselves for what is going on right now. The economic system, our politics, the 1% of the 1% are all in charge and screwing up our planet and our homes, and we have to change this.

There is this very small group of people who are profiting from the destruction of the planet, yet the media sends the blame back to everyone. Turn off the light to save the planet! No, actually, buy a new more efficient light bulb to save the planet! We end up paying the bill for the industry leaders who screwed up and are continuing to do so. We don't need to burn them all in a public place, but we can use that information to stop feeling like we're part of the problem and start figuring out how we are part of the solution.

How do we change our culture? This is something that I've been wondering about a lot. As culture can change very slowly, it's difficult to see how it could be tweaked. Listening to Wade Davis, he mentioned power affecting culture, not technology or the lack of, but power only. But how is power expressed in our society? Media is one of the great powers of society. If Fox News were to say that aliens have landed on the planet, in an instant the whole American civilization would change. Aliens would now exist, it would now be a fact, and we would not be alone in the universe anymore. There is tremendous power in our media but again this is controlled by a few so regaining our control over our media is one step into changing the story we tell ourselves.

So in short, what I've decided is not to feel bad about myself and not to lose hope. Find ways to connect to the planet and fall back in love with it, learn from the indigenous people and the old ways and incorporate that into your life and reclaim our media to change our stories and our culture. We all have our ways to cope with change, and this is simply what I've figured out for myself.

Kootenay Lake Chamber of Commerce Update

by Ron Mondor, President



With a new mission statement "To connect our members and foster a strong business community for the economic well-being of our region for years to come", the Kootenay Lake Chamber of Commerce is set to deliver. Over the past year your local Chamber has been very busy dealing with

local issues and setting the stage for a prosperous business climate.

By recently adopting a formal bylaws and a procedures manual, the Chamber has placed the foundation to govern how its member will assist in achieving the mission of the Chamber into the future. By being a strong representative for the sixty plus businesses and society members on the East Shore, the Chamber is gaining strides not only regionally but at the provincial level as well. Through various partnerships we maintain a strong voice in all matters that impact all communities and residents on the East Shore.

With the RDCK Area A becoming part of the Nelson Kootenay Lake Tourism Destination Marketing Organization (DMO) we see a very bright future for the tourism sector for our entire region. With our participation with the East Shore Kootenay Lake Community Health Society and the Red-Carpet Program we continue to work at bringing doctors to the East Shore amongst other health related initiatives. As an active participant in ensuring the Ministry of Transportation and Infrastructure keeps traffic moving, we maintain constant contact with the maintenance contractor YRB and the ferry operator Western Pacific Marine. We will participate in the recently re-established Kootenay

Lake Ferry Advisory Committee to ensure that service interruptions are a thing of the past and maintain the premise that "Our Ferry Matters".

The Chamber continues to maintain an information booth for visitors and publishes a bi-annual travel guide. The Chamber also supports numerous community events and services including Starbelly Jam, East Shore Trails & Bike Association, East Shore Internet Society, East Shore Transportation Society, East Shore Fresh Water Habitat Society, Crawford Bay Hall and Parks, Canada Day Fireworks and others.

The Kootenay Lake Chamber of Commerce Annual General Meeting is Monday March 16 at 7pm at the Crawford Bay School Corner Meeting Room, everyone is welcome to attend and to become involved.

The Executive Team: President – Ron Mondor from Destiny Bay Resort & Grocers. Vice President – Richard Bertram from Kokanee Springs Golf Resort. Treasurer – Janet Wallace from Barefoot Handweaving. Secretary – Gauri Taylor-Topp from Yasodhara Ashram

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Drop of resume or call Pam at **250.227.6911**

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or call 250.551.3455.

Riondel Fire and Rescue Blotter

by Fire Chief Cory Medhurst

February seemed to be a busy month, with one day in particular seeing three calls. Our most recent training endeavors have included 4 members traveling for a weekend to Balfour Fire for Hazmat Operations. This course, offered by the International Association of Firefighters (IAFF), has 20 hours of in class and practical learning on how to acknowledge, recognize, and handle potentially hazardous situations for all types of emergencies.

Jan 30 - Four members responded to a MVI roll over on Riondel rd. The call came in as a possible auto extrication, however when members arrived on scene they found no occupant in or around vehicle; which was resting on its roof just to the side of the Northbound lane. Highways was contacted as were the RCMP with an update.

February 2 - This day had two members respond to a medical FR call on Riondel Road. A person had fallen and seriously injured themselves on the beach, which was quite a distance from vehicle access. This call required our crew to use our basket stretcher and rescue wheel to assist ambulance Paramedics in getting the patient to the ambulance.

February 4 - At 16:28, Three members attended to a medical FR call in Crawford Bay, up a short but unbelievably bumpy logging road/driveway. Unfortunately another person fell, seriously injuring themselves. Our crew arrived before Paramedics and began assessing the patient while also assessing the area for a safe means to get the patient down. Paramedics

were brought up to the patient by a bystander in a 4X4 after the ambulance failed to navigate the snow and ice. Our members, with the help of the Paramedics and bystanders on scene were able to hike the patient off the hill to the awaiting ambulance. As a result of the road proving to be uncooperative, members also had to chain up one of their personal vehicles to tow the ambulance out of a snow bank.

At 17:56, just as the ambulance was pulling away from this incident, another call came in for yet another fall in Riondel. The three members met with a 4th member in Riondel to assist the patient until another ambulance crew could come from Creston. As the patient had family members present, and was not seriously injured, our crew stood down the extra resources.

At 22:21 the last call of the evening came in for a medical FR in Riondel. As ambulance Paramedics were already on scene, our crew was called of while on route.

February 7 - Three members responded to a medical FR call on the Osprey 2000 ferry. One of our members had witnessed the event and provided care immediately until other resources arrived. Paramedics took over patient care upon their arrival, and our crew remained on the ferry for the trip to assist.

February 12 - Four members responded to a medical FR call in Riondel. Members assisted with patient movement and equipment retrieval.

February 16 - three members responded to a medical FR call on Riondel Road. Members assisted the Paramedics with patient care and movement; including having one of our members ride with the ambulance for the extra help on route to the hospital. Our member was returned home safely later that evening by our local Paramedics.

February 19 - Four members responded to a medical FR call in Kootenay Bay. Members attended to the patient until the Paramedics arrived, and then proceeded to quickly assess and access a safe to carry the patient over snow banks.

February 24 - Four members responded to Crawford Bay for another MVI roll over with unknown extrication. The first responding member arrived on scene to find the highways department there with traffic control already set up; the patient and pet had reportedly gotten out of the vehicle and left the area with a member of the public. Our crew was stood down on their way and highways waited with the upside down vehicle in the middle of the North bound lane. Traffic was down to one lane alternating for a short time.

February 25 - Two members responded to a medical FR call in Riondel. Another person had fallen and injured themselves on pavement. The crew assessed the patient and waited until the Paramedics arrived, and proceeded to help move the patient.

As you can see, there have been a few calls for falls this month, as well as a couple of upside downed vehicle incidents. I can only guess the relation between them all could be winter conditions, but it would be a guess. As a quick note, if you come across a vehicle over an embankment or flipped on it's side or roof on the road, please try and stop to see if anyone is in need of help rather than phoning 911 as you drive by. You could provide valuable information to the emergency services responding, even if you aren't able to physically help. Also on that note, if you are involved in a motor vehicle incident and leave the scene of your vehicle, please try to remember to leave a note or some way to let others know you are okay. Hopefully we can all stop worrying about snow and ice soon enough. As spring does arrive, be mindful of flooding and the possibility of mudslides in the back country.

Geothermal Resources on the East Shore Is There a Potential Future Benefit to the Community?

by Gord MacMahon

I am a geologist by background, and ever since we came here in 2010, I have spent considerable time thinking about area hot spring occurrences and the geological conditions related to where and why they show up where they do.

Last fall I submitted a funding application under the Breakthrough Energy Solutions program of Natural Resources Canada (NRCAN) and while my application was unsuccessful it did accelerate my thinking around the **technical viability of a geothermal development on the East Shore** and the prospect of such a concept in terms of community economic development. Since the NRCAN application process I have connected with Sonni Greene and have done some considerable brainstorming with him; I am grateful for his firsthand knowledge of the area and for his ongoing contributions.

When the word geothermal is used, it is often confused with 'Ground Source Heating' such as that used at Crawford Bay School. Ground source heat is near surface heat from the sun that is stored in the earth. A true geothermal resource originates at depth and a hot spring is a surface manifestation of that deeper heat source.

There are five documented hot springs in our immediate area: Ainsworth, Riondel Bluebell mine and Crawford Creek as well as Dewar Creek and Fry Creek east of the lake.

In 1992, the Geological Survey of Canada issued

a feasibility report on the prospective use of the geothermally heated waters encountered in the Kootenay Chief mine workings at Riondel. This report considered a spa/resort, a fish hatchery, a greenhouse and direct heat for community buildings. The report provides a good overview of the geological conditions that exist there in addition to suggestions for extracting the geothermally heated fluids for commercial use. The report also includes cost estimates done at that time, but did not conclude with any economic analysis. To date nothing from this report has been acted upon.

Just outside Fairbanks, Alaska there is a good example of what a small scale geothermal development could look like. It is called the Chena Hot Springs Resort. At Chena, hot springs provide for a resort and hotel but it has been developed much further. These hot springs generate direct heat for some 115,000 square feet of space, including the hotel and a 7,000 square foot greenhouse. This hot spring also supports a binary-cycle 400KW power plant that provides power to the facility. Chena attracts tourists year-round, 32,000 overnight guests and 80,000 day visitors in 2015 and it employs roughly 35 people. The greenhouse produces up to 300 pounds of tomatoes per week and 40 heads of lettuce per day providing for local food security. By comparison the geothermal greenhouse contemplated in the Riondel feasibility report was 48,000 square feet.

When looking into the situation here in the Kootenays I have been very intrigued by the many compelling geological conditions that exist right here in the Kootenays generally but the East Shore specifically. A 2012 report by the Geological Survey of Canada titled *Geothermal Energy Resource Potential of Canada* shows a series of maps depicting the earth's subsurface temperature at various depths. The map at a depth of 250m shows anomalously high temperature over Southeastern BC, then at a depth of 6-7 Kms the heat energy modelled is again very anomalous in

SE BC and one of the highest in Canada. This can be explained with geophysical modelling of the earth's crust which shows a drastic crustal thinning west of the Rocky Mountain Trench (RMT) resulting in a 200-300°C temperature increase in the upper mantle or earth's crust west of the RMT (the RMT runs north-south up the valley between Cranbrook and Radium).

Looking at local geology again we see a number of unique conditions on the ground. The area around the lake hosts metamorphic rocks which were once buried to depths of 24 kms resulting in the occurrence of high temperature metamorphism along the lake immediately west of Crawford Bay. The occurrence of these rock assemblages is also coincident with locally high heat flows. Furthermore, the East Shore is the site of a large north-south antiform structure running from north of Riondel to the Pilot Bay peninsula.

The geological conditions here are quite unique and they all point to the presence of a geothermal resource in our immediate area, **so what can we do about it? How can a preferred site for testing be located?** If successful in encountering hot springs in excess of 40°C, how should it be utilized and what is the best application to benefit the community? And perhaps the big question – how will we pay for any of this?

Before we proceed with the questions of where and how we wanted to engage with the community to outline some of the technical details highlighted above but more importantly, determine what residents think about the concept and what a geothermal development could look like. We would like to see underlying support for an initiative like this before pursuing funding and initiating all the detailed work necessary to attract the funding required to make this happen. To date Maggie and I have hosted three small gatherings at Tara Shanti and plan to do a couple more before hosting an open house for the broader community.

If you have any questions or would like to know more about the planned open house please contact Gord MacMahon at 250-777-7372.



Thoughts from the Frog Pot

by John Rayson

Privatization

I recently read an interesting book called *The Sport and Prey of Capitalists* by Linda McQuaig. It raised interesting issues in regards to privatization of government services in Canada: transportation, water, sewage etc. During the election of 2015 the Liberals promised to spend a great deal on infrastructure in Canada. We did not hear much of this issue during the last election even though we are aware that infrastructure in Canada is aging and deteriorating.

I thought it important to raise a few of the issues highlighted in the book and then discuss what has transpired in Canada. It might surprise you.

Linda McQuaig has been described as a Canadian Michael Moore, thus her views might not be acceptable to all Canadians. She does ask that we not be blinded by ideology but examine the results of the models.

The first example was the privatization of Highway 407 (a toll road) by the Ontario Conservative Harris Government in 1997. The highway was sold to the private sector, a Spanish company, for 3.1 billion with a 99-year lease and full rights to adjust tolls as required. The company sold part of the contract in 2006 based on a valuation of 6 billion. The estimated value of the contract in 2026 is 45 billion. The government has repeatedly attempted to break the contract but has been unsuccessful in court. The government of the day could have borrowed the money at a low interest rate and any increase in tolls would have benefited the users.

A second example quoted is that of Alberta and its' present problems with oil. In the early 1980's, Peter

Lougheed, one of my political heroes and a full-blooded capitalist, was the Premier of Alberta and head of a Conservative government. Peter Lougheed established the Alberta Energy Company, fifty percent owned by the provincial government, raised royalties to twenty five percent with a plan to raise them further and began the Alberta Heritage Fund. Premier Lougheed understood the need for government to control natural resources and ensure that the benefits flowed to all citizens. The above initiatives were cancelled by subsequent Conservative governments. Alberta is now left without an Energy Company, no Heritage Fund and 330,000 depleted oil wells with an estimated cleanup cost of 251 billion.

The model of Alberta is contrasted with Norway which began oil management 20 years later. Norway now has a state oil company worth \$100 billion and a Sovereign Wealth Fund of \$1.1 trillion. In addition, Norway has provided the infrastructure to connect all of its islands with bridges or tunnels. I am aware that Norway does have problems with taxes etc. but it is important to focus on the model and not the ideology.

The above examples may be only interesting if it weren't for the fact that our now federal government, having promised during the 2015 election to upgrade infrastructure in Canada, did not emphasize this project in the 2019 election. The federal government has established the Canadian Infrastructure Bank (CIB). The initial plan for the CIB was to provide low cost financing for infrastructure projects across Canada. The CIB has now done a 180 degree turn and is to leverage funds from the private sector. The CIB is funded with 45 billion and is authorized to raise a further 140 billion from the private sector. The establishment of the CIB was encouraged by and advised by Larry Fink, head of BlackRock investments, a U.S. company, which has 7 trillion under management. Mark Wiseman, former CEO of the Canadian Pension Fund Investment Board, and his wife, formerly in a senior position with the Royal Bank of Canada now work for BlackRock in senior roles. BlackRock

is looking to invest in public infrastructure projects with guaranteed returns. The guarantee comes from the government (read taxpayer).

Governments can borrow money at very low interest rates (2% or less), private sector organizations are looking for returns of 7-9%. Private funding will result in greater long-term costs with a subsequent increase in user fees. Guess who is impacted? The taxpayer/consumer.

Many countries, led by the United States and France are de-privatizing their water supplies. Historically, government has delivered water, sewage, transportation and healthcare. Public/Private/Partnerships have fallen into disfavour in much of the world; yet Canada appear to be going in the opposite direction.

One may think that this borders on conspiracy theory but as a lifelong Conservative who has believed in government regulation with private delivery, I must now question these assumptions. The Federal Aviation Authority in the U.S. out-sourced regulation to Boeing. Who wants to board a 737Max? Governments have withdrawn their regulatory role and out-sourced more to the private sector. The results of such action have resulted in debacles like the 737Max tragedy.

Should we not strengthen public services, make them more transparent and accountable, not privatize services and make them more expensive. We must hold governments accountable for their regulatory role.



**RDCK
Recreation
Commission No. 9**

RDCK REC #9 MEETING

Date: March 16, 2020

Time: 2 PM

Where: Outside Corner Room at the School

The public is welcome to attend.



Young and Dumb

by Arlo Linn

A Brave New World, Indeed

Back in 2018 Chinese scientist He Jiankui achieved what only science fiction authors had postulated; he created the first gene-edited children. This single instance will not only shape our conversation around the ethics and morality of genome editing, but also change the future of our children, and our children's children. How we decide to handle this situation will shape untold generations of people's lives, for good or for ill.

He Jiankui's experiment on paper seems to be quite benevolent, he was attempting to make children, still in fetal form, immune to HIV by utilizing the gene-editing system CRISPR (Clustered Regularly Interspaced Short Palindromic Repeats). CRISPR acts like a microscopic knife, or scissors, allowing you to slice out unwanted genes and splice in more desirable ones. CRISPR can be used to do such operations as create probiotic cultures for yogurt, treat blindness in animals, and soon humans. Genome editing technology has been around for some time now, but He Jiankui took an all-too-important and irreversible step by using this technology on unknowing embryos inside consenting mothers.

The mothers in question were not forced to undergo this treatment, rather it was unknowingly done to them, just as it was unknown to the doctors and staff involved. This act was performed by a scientific maverick, who has forced us to confront a question of morality and ethics sooner than the scientific community, or the general public would have liked. The question has been in the air for a long while, lingering on the lips of science-fiction authors. It was perhaps first

famously posited in Aldous Huxley's book *A Brave New World*, wherein, the inhabitants of the civilized world are genetically mutated from birth to serve as either master or slave. Some are lucky and are made to be Alphas, perhaps even an Alpha Plus. These are geniuses, and also stunning physical specimens. However, you are more likely to be an Epsilon (or a Semi-Moron) - intellectually and physically stunted, with a life spent in service to your betters. Huxley's method of gene editing portrayed in the book was quite crude by our standards. For example, adding alcohol to the embryonic vat was a sure way to ensure one came out stunted. He would be appalled and amazed to know that in today's day and age such crude methodology is no longer needed; instead we can merely splice in and out desirable, and undesirable genes and traits, from humanity's greatest, and worst, stock.


On the more positive side, this could mean a great deal of good in the continuation of the human species. Just imagine, a generation of people immune to all known diseases, and all hereditary illnesses destroyed at the embryonic stage. This technology could create a world where so much unneeded suffering would be removed, but we have no idea how that would shape us as a people. Suffering is a common baseline that every man and woman across culture and time has experienced. It is the great leveller and connector.

What would happen if we removed this fact? Not everyone would have access to CRISPR, not right away at least. It would be a tool that a select few, or a select few countries, could utilize, creating superhumans with the DNA to prove they were superior. What would happen then? Would these superhuman overlords show benevolence to the suffering masses? Or would they use their newfound superiority in order to create a new social hierarchy in which the select few would rule absolutely with no chance of upward mobility for the many? In a perfect world this technology would be shared, ushering us into a new found utopia where ailments of the body were unknown to us. Or would it be more likely that this new super breed would enact their wishes upon the many?

Even if this technology was granted to every-

one, we are not sure what it would be like to live in a world where everyone is well educated, intelligent and healthy, we have never lived in a world such as that. The outcomes could be disastrous. As horrible as it is to say, we need all the gas station clerks, and manual labourers we can get. I have often heard of the complaint that it's hard to find good workers. I have never heard that there aren't enough dentists or lawyers. Who would do all the necessary menial work in this brave new world?

Jiankui acted rashly, he pushed the bird out of the nest when it had barely poked its head out of the egg. I feel sympathy for all scientists involved in CRISPR who now have to explain their morality, views, and ethics much sooner than they were prepared to. How can we expect to judge the value of a thing when it has just been discovered. A shiny rock on first inspection may appear to be a valuable gemstone, and a rough stone may contain countless crystals inside. There are, as in all things in life, great possibilities in the science of genome editing. But, where great treasures are present, the risk of danger rises with it. The hoard of gold is always guarded by a dragon.

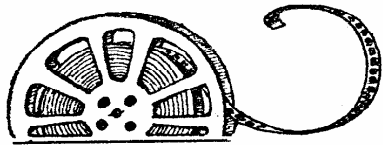


"The way to get started is to quit talking and begin doing." - Walt Disney

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Seldom Scene

by Gerald Panio



"So we're just going to ignore the bear?"

We all watch different movies, even when it's the same one. That lesson was driven home recently when I showed Ari Aster's *Midsommar* (2019) as part of our weekly Monday Marquee movies. My (admittedly very small) audience hated it, while I was thinking to myself "Well, that was pretty cool." I've now had the chance to watch *Midsommar* a second time, and I'm going to have to up the ante from "cool" to "very cool." It's not unusual for horror films to get a mixed reception. I'm sure that there were a lot of audience members at the first screenings of Alfred Hitchcock's *Psycho* in 1960 who wished they'd stayed home. And almost 50 years later people are still trying to come to terms with Robin Hardy's *The Wicker Man* (1973), *Midsommar*'s progenitor.

To be fair to those who were disturbed by Aster's take on paganism and cults, I'd say that the director made a serious mistake in devoting the first 25 minutes of the film to a backstory for his leading characters.

I imagine that he was trying to get the point across that his leads, Dani (Florence Pugh) and Christian (Jack Reynor), were on psychologically shaky ground and therefore vulnerable when exposed to a spiritually fraught environment. He needn't have bothered. The peculiar horrors to come don't need a backstory. All that's accomplished by that first half hour is to convince the audience that neither Dani nor Christian, nor any of their friends, is anyone we'd want to invite over for coffee:

My recommendation—probably unique in the history of this column—is that you start watching *Midsommar* at the 24-minute mark. Skip right to Sweden. All you need to know is that Dani and Christian, along with two other friends, have been invited by a Swedish colleague, Pelle, to spend some quality time sharing in the Midsummer celebrations in Pelle's isolated, Edenic commune in northern Sweden. Now imagine a National Geographic article as filtered through Stephen King's worst nightmare and imbued with a touch of the perverse humor of an old *Avengers* TV episode from the 60s (like the one featuring the quaint little English village Little Stopping-in-the-Swuff, aka Murderville).

While other filmmakers and fantasy writers have been working overtime to create aggressively ugly and violent dystopias, Ari Aster and his cast & production crew have created, out of whole cloth (almost literally, as I'll explain shortly), a bucolic utopia that step-by-step reveals itself to be scarier than almost anything else we've seen. While pagan gods like Pan and Hecate have been making a creepy comeback of late, featured prominently in TV series like *The Chilling Adventures of Sabrina* and Neil Gaiman's *American Gods*, in *Midsommar* the paganism is a more abstracted but no-less-potent nature worship that sets a value on human life somewhat at variance with that of the Facebook generation. Pelle's Hålgå family is the kind of smiley-faced über-cult that some parents still worry their sons and daughters will fall victim to, vanished from the world into some charismatic leader's private vision of paradise. Or hell. Come on in, children, come right in.

8 Mainstreet March 2020

Not to take anything away from the director or the actors, *Midsommar*'s unique take on horror would be a shadow of itself without some remarkable work in production design, costuming, scoring, and choreography. If someone were to release sections of this movie as a documentary, most of us would accept it as real. Phones would start ringing at travel agencies. Production Designer Henrik Svensson created an extraordinary village in a huge meadow in the mountains of Hungary, with weathered, architecturally off-kilter wood-framed buildings that are as uncanny as anything in *The Cabinet of Dr Caligari* yet as convincing as a restored Dukhobor village or a Hutterite township. I've never appreciated the unheralded work of film carpenters more than I did here. The interiors of the buildings are decorated with runic symbols, abstract/organic designs reminiscent of those on old faience delaware, and eroticized Henri Rousseau-style naïve art paintings. More kudos to Art Directors & set Decorators Csaba Lodi, Richard T. Olson, Nille Svensson, EczterTakás, Klara Alfredsson Jofs Svensson, and Zsusanna Svertecki. In my dreams, I'd hire this crew back again to design a brand new tarot deck for me.

We'd make a fortune.

Costume designer Andrea Flesch oversaw the making of dozens of white embroidered costumes, handmade from 100-year-old cotton fabrics and uniquely blending Eastern European and Scandinavian motifs. Both my mother and my Ukrainian grandmother would have been over-

the-moon at the sight of the women's dresses. Add the Isadora Duncan-inspired choreography of Anna Vnuk, music by The Haxan Cloak, and the superb & creative camerawork of Pawel Pogorzelski, and you've got the kind of magic realism that's the essence of cinema.

All well and good, but what about the story? What about the horror? The actual blood & guts stuff probably occupies about 10 minutes of total screen time. Maybe less. The real horror comes from the audience's dawning awareness that behind the back-to-the-land Whole Earth Catalogue vibe of the Hålgå commune is a hard steel skeleton of tradition that implacably sacrifices individual lives to a greater good. The same hallucinogenic brews of mushrooms & herbs that amplify the ecstasy of the maypole dance or ritual sex are also weaponized to paralyze and seduce. Dani is gradually absorbed into the community, while Christian is ruthlessly exploited by it. His name is brutally ironic, as he's a martyr in a spiritual arena that looks more like an Andrew Wyeth painting than a Roman amphitheater. In his screenplay, Ari Aster twists the old "Say it with flowers" cliché to the point where a floral wreath

sits less comfortably on Dani's head than a crown of thorns. The path to Golgotha is paved with petals rather than skulls. Although everyone in Hålgå looks like he or she could be a living illustration for epithets like "avuncular," "matronly," "nubile," "amiable," or "patriarchal," the knives (and big wooden mallets) are out.

The darkest humor comes from Christian's trying to reconcile what he's seeing & learning with current cultural political correctness. Well, yeah, there may be a ritual suicide or two that's kind of shocking, and a couple of friends seem to have disappeared, but Christian reassures Dani that "I'm trying to keep an open mind. We should try and acclimate." So what if there's a bear in a cage for no apparent reason? So what if the communal dinner table is shaped like Othala, an Elder Futhark rune? So what if the giant entranceway to the village looks like something Aleister Crowley would have designed? Just go with flow, man.

Bad idea. Behind the flowers, the sunlit fields, the chanting, the nature worship, and the crisp white clothing there's a heart of darkness. Catching his first sight of the commune, Christian's most cynical buddy jokes, "We're stopping in Waco?" The trail of bodies from Jim Jones's Peoples Temple to Joseph di Mambro's Solar Temple to Marshall Applewhite's Heaven's Gate to Roch Thériault's Ant Hill Kids leads straight to Hålgå.

Hexagon Players Are at it Again!

We are working on a production of Don Zolidis' play:



A riff on the classic "Wizard of Oz" tale, presented with a Hexagonal flair.

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March 15th, March 31st – Ainsworth Hot Springs. \$10 per person round trip
March 24th - Taxes for Seniors, 10-11:30 at CBESS
Saturday April 18th – Health Fair at Crawford Bay School Presented by East Shore Kootenay Lake Health Society. Rides sponsored by ESKLHS
Tues & Thurs Apr 21st – May 12th – Creston Health Centre Dementia Education for Family Caregivers workshop
For more info, call 250.551.9724

Local Artist Profile The Art of Development: Susan Corry

by Sharman Horwood



In Riondel, when people want fitness advice, they turn to Sue Corry. What many don't know—but should—is that they can ask her about painting as well. She has an impressive sense of colour, and is braver than most with all of her artwork. She also displays a formidable understanding of composition in her paintings. She credits this to the way a painting develops: “I graph it out first,” meaning she is the type of artist who does a thorough drawing before she starts to paint the images.

When she was a child—or what is known as a “tween”—these days, about twelve or thirteen—she loved to draw, particularly from magazine pictures. She loved the old Breck shampoo ads, where the models had immaculate, smooth hair and bright eyes. She practiced on these, not realizing that this was something she would so thoroughly enjoy doing that later she would “lose” herself when she bent over her latest project. As a parent, too, she found this effect helpful. She could turn the children off sometimes, painting at the kitchen table while they were doing their own projects. That way she gave herself—and them—a necessary break as she worked.

Sue attended art classes in school, but there weren't many of them, and she didn't really start painting until much later, in her thirties, when her youngest child was in the first grade. Susan realized then that painting was important and worked with a group of older women who helped her get started with both oil paints and watercolours. Later, she enrolled in summer classes at Red Deer College. At the time, she fell in love with watercolour painting, and in another class, reconnected with oils. She also took a class in drawing, learning the shortcuts necessary to draft out each of her paintings.

Nowadays, she uses acrylic paints, because she can develop a painting more while it's in progress; she finds that sense of development is one of the most enjoyable qualities of her painting process. The paint dries fast, and she can change what she feels isn't working, adjust it to what she envisions. Acrylics and watercolours are her favourite media, though she still has some lingering desire to return to oil paints, I think because of the colours. She says it's the “softness” of watercolours that she likes, and the brilliance of acrylic colours that she enjoys, but with oil paints the colours are more true

to what she sees, and she finds that gives her images more dimension. She's not afraid of any of the media, and that is one of her innate talents. She also said that for many years her main influence was a former Riondel resident, Sheila Arnott, an accomplished artist herself. Susan says that “Sheila just pulled her along,” and Sue has thankfully never looked back.

Since then, Sue has shown her work in many shows. She exhibited at Red Deer College, and since moving to the East Shore, she has shown work at the Nelson & District Credit Union, at Cowan's in Nelson, at a summer challenge in Creston, and of course the annual Art Walk up the East Shore of Kootenay Lake. She has also participated in the shows at Bob's Bar & Grill, as well as the Riondel Community Centre. Her work always stands out, and is admired.

She does primarily focus on landscapes, although one of her subjects—the Nelson Dairy Queen—is my favourite. In that she uses a bit of humour, by including her husband, Stuart, and her grandchildren, waiting in line for their ice cream. She has painted many of the scenes from her European travels and her trips to the southern States, particularly Arizona. I think she is drawn by the intense colours of the south, and those of Spain in particular.

One of the qualities about artwork that she most enjoys is that with every painting, she learns something new. Her main advice to beginning artists is not to be afraid of the process. “Not everyone has to draw first,” she says, because drawing can be intimidating. She also suggests that beginners should not be afraid of workshops or courses: “you may not be good at the subject, but you will at least learn one thing from the course.” That, she maintains, is what you will take away with you, implying that you never lose, even when it's a course or workshop that doesn't interest you. Sheila Arnott used to say the same. Sue also says, “don't be too hard on yourself, do what you enjoy” and “don't get discouraged” by a bad painting. Even the best artists have had bad pictures that get tossed out. (When he was older, Robert Genn—a noted Canadian artist—built a bonfire together with his daughter; they burned a number of paintings he didn't want anyone to see because he felt they just weren't good enough.) Sue said that learning art is a gradual thing: “you will get better the more you do it.”

Sue has certainly learned a great deal over the years, and she's very willing to share what she knows. She is a valued member of the local arts groups.

Riondel Arts Club

by Sharman Horwood

This is still a slow time of year for artists, at least for artists that haven't traveled south for the winter, which many have done. Some here are attending art workshops in Nelson, at Cowan Office Supplies Ltd., a good way to hone your art skills during these dull months.

In the meantime, Gerald Panio is continuing his art lectures throughout March. On March 3, his lecture will cover Joan Miro, a male Spanish painter, sculptor and ceramicist. On March 10, Gerald will show a video from The Private Life of a Masterpiece series on Eugene Delacroix, covering his painting “Liberty Leading the People.” Delacroix was considered the leader of the French Romantic school. Then, on March 24th, Gerald will give a lecture on Elizabeth Thompson, Lady Butler. She was known for the extent she would go to to best depict realism in her work, including standing in front of charging horses to see what that would be like. On March 31, The Private Life of a Masterpiece video will cover the famous “Great Wave” by Katsushika Hokusai. He was an ukiyo-e artist and printmaker of the Edo period, best known for his woodblock print series, “Thirty-six Views of Mount Fuji.”

Everyone is welcome to these lectures, every Tuesday afternoon in the Riondel Community Centre.

This may be a slow time of the year, but it has lots of opportunities for creativity: fresh snows, dynamic mountains, and a gorgeous lake. I hope you enjoy the rest of the winter.

Coming Soon: Star Trak

by Footlighters Theatre Society

For the first time, Footlighters Theatre Society is going where it has never gone before — outer space — in the science fiction comedy Star Trak.

The second production of Footlighters' 25th season offers an irreverent and spoofy visit to the Star Trek universe, running April 2-4 at Prince Charles Theatre.

“Star Trek fans are sure to see a lot of familiar characters and hear all their favourite catchphrases,” says director Jason Smith, who co-wrote the play with Suzanne Chubb. “We are both long-time Star Trek fans but we made sure the story will appeal to a wide audience. So even if you're not a fan of science fiction, our story has something for everyone, including families.”



The audience will first meet Capt. Timothy J. Clark (play by Tom Greentree) and his motley crew, including alien crew members Lt. Crumble (Gillian Wells), a catlike humanoid, and Cmdr. Buddy Buddy (Jason Short), a blue antenna sporting Adorian. They are transporting a ragtag group of orphans aboard the USS Possibility to a new home when they come across Queen Alpha (Debra Mehrer) of Lularia.

“The crew doles out lots of laughs and a space battle right out of the original '60s series,” says Smith. “Soon things go awry, however, when the orphans become unwitting pawns in Queen Alpha and the Lularians' plot to take over the ship and destroy Earth.”

Star Trek is the sixth play written by Smith and Chubb, and is one of the most challenging he's directed, with multimedia portions and musical underscoring integrated with the live action.

“To really pull off a true science fiction feel, this show goes far beyond anything we do in most productions — from makeup to costumes to set design,” says Smith. “It's required an incredible amount of planning, but it's really helped us stretch our skills in a new way.”

The hard work will pay off for the audience members, who will have the rare experience of seeing science fiction live on stage. And, of course, they will learn the answers to a couple of tough questions: Can the captain uncover a secret twist of galactic proportions and save the Federation? Will Spamm (Robin Clegg) the android and Schultz (Dan McCowan) down in engineering ever get along?

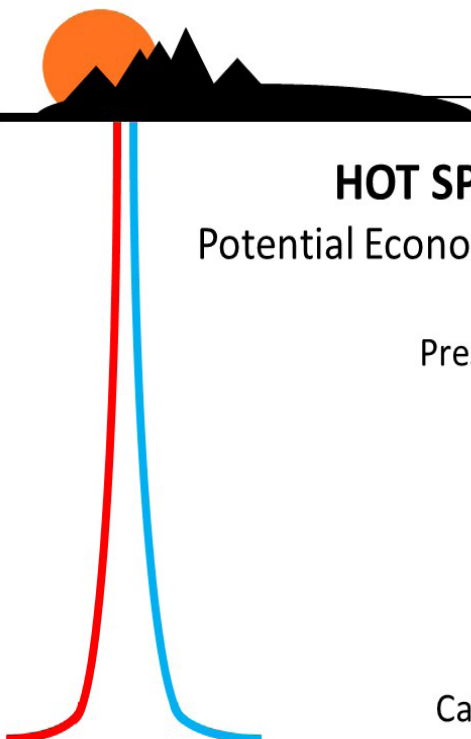
“And, most importantly,” asks Smith, “what are Bibles?”

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Cost: \$100+GST \$5. (If money is an issue, talk to us.)
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Register: **Blanche Tanner 250-505-6166** or lifeshift@bluebell.ca Harreson and Blanche Tanner have been co-facilitating workshops for personal development and life enhancement for over 35 years. www.lifeshiftseminars.com




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EASTSIDE STORY



"I'M A LITTLE CONCERNED ABOUT THIS MOLE ON YOUR NECK"

By Al George

Birth Announcement

Zayla McCrea Wallace

Zayla was born to Caillie Wallace and Matt McCrea Okrainec February 15, a 'birthday twin' for her Great Grandma Gwen Hurst who had her 90th birthday the same day and Edward Hughes, who had his 10th! Cousins Alice, Nola, Riley and Margot and the whole clan are thrilled.



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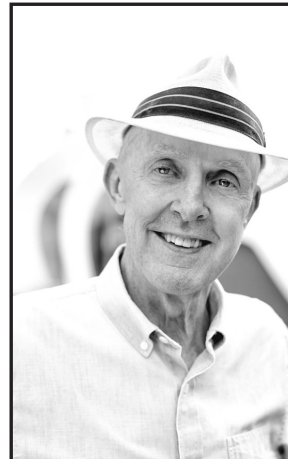
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What Would A Swami Say?

submitted by Yasodhara Ashram



The following article appeared in the Ashram's recent Newsletter. Many East Shore residents know Don Gamble (Swami Sivananda) for his long-standing support of the community such as the Crawford Bay School, Chamber of Commerce and helping to start Community Connections. We sat down with him to ask questions about everyday issues. He explores how reflection

reveals a greater understanding of ourselves and how we deal with the world around us.

How is conflict handled when you're living in a community like the Ashram with so many different people?

"Conflict isn't as much of a factor here because people are focused on finding out about themselves. I'm not perfect and I make mistakes, and I can appreciate that I irritate other people. But the idea of us living together is to learn what it means to support each other in our growth. As extraordinary as it may seem, this actually works here. The idea is to address what's real, what's really happening. Through the classes that we each participate in and the structure that's provided by the teachings, we hopefully catch things as they're emerging and are still small."

Many people come here because they're going through changes in their lives, and the Ashram itself is always changing. How can someone approach change gracefully and without fear of the unknown?

"Your question implies the ideal – that we manage change well. At the Ashram, change does happen often so in a certain way it is part of the Ashram living experience.

I think the key again is understanding oneself. Reflection is a large part of it. It's fair to say that if we stop that internal reflective process, then managing change becomes harder and kind of scary because it seems external. But if I've already gone through changes in myself and understood what I'm doing and why I'm doing it, I have a lot less fear because of the confidence I've gained through my experience.

It's so helpful to become familiar with change. Take death as an example; it's a huge change. If we reflect on it in a healthy way instead of running off in our imaginations – what Swami Radha calls uncultivated imagination – we harness that imaginative force and the emotions that are hooked into it. With the strength of this technique, change isn't as spooky or fearsome."

In a world where instant gratification seems paramount, why is patience a virtue and what do we gain from it?

"That's everybody's exploration. I've explored these things a little bit and come to my own understanding, and then I've read about them to see what other people say. The Dalai Lama said, "What's the opposite of anger? Patience." And so, if we want to live in a more harmonious world – or at least one where anger is less of a driving force – then patience is one of the most important starting points. Eventually patience starts to take on other dimensions, like surrender. That leads to a whole other exploration. When this kind of reflective thinking starts to become part of our daily environment, we really start learning."

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Tom's Corner

by Tom Lymbery

Greyhound to the Rescue on the New Alaska Hwy, WWII

In 1933 Harry Zoltok of Fort Garry Body and Paint Works in Winnipeg built his first bus on the chassis of a Packard car.

He soon caught the attention of Central Canadian Greyhound in Calgary, as they were looking for buses that could stand up to the rough Canadian roads. There were other bus manufacturers – for example, the 29-passenger coaches that regularly crossed on the Kootenay Lake ferry *SS Nasookin* were built by Kenworth in Seattle – nos. 31 to 37. General Motors were building their Yellow type of buses, but these had proven too heavy for Canadian roads. However Greyhound in Calgary knew what was needed for their routes, and Zoltok in Winnipeg provided the answers - Motor Coach Industries buses.

The proving ground for these MCI buses turned out to be the new Alaska Highway. In 1942 the Alaska Highway was a basic, barely passable military road built by the US Army through the bush from Dawson Creek, BC to Fairbanks, Alaska. In the winter of 1942 – 43, the US Army had no drivers able to handle the ice, snow and mud of the steep and twisty track through the bush, much less provide regular scheduled transport for its troops. Army trucks lay abandoned where they had ditched in many of the rougher sections.

In 1943 the US Northwest Service Command turned to Western Canadian Greyhound in Calgary for help. Calgary had 12 newly built 37-passenger MCI buses available, and the request had come at an opportune time. Late in 1942, Canada had restricted Greyhound to trips under 50 miles to save gas and rubber. (Greyhound routes like the East Shore and Nakusp were not affected by this restriction, as they had no alternate passenger rail service.)

Moreover, Greyhound drivers were well qualified to handle the Alaska Highway under construction. They were able to drive winter mountain roads and slippery, snow-covered ferry wharves onto the bow of the *Nasookin* bow, often chaining up to drive through fresh snow.

The MCI coaches were painted with signs reading “NORTHWEST SERVICE COMMAND USA” but had all Canadian drivers and service personnel. Most buses were shipped to Dawson Creek on the Northern Alberta Railway, but some were driven north from Edmonton when the roads

were sufficiently frozen. Bud Armstrong of Greyhound Calgary set up a schedule of three buses daily each way from Dawson Creek to Whitehorse, but it took six months for the US Army to put this schedule into effect. Bud couldn't understand the delay but there was nothing he could do about it. At least Greyhound was being paid.

Even today many don't know that this scheduled run from Dawson Creek to Fairbanks was entirely Canadian. Two Greyhound drivers would alternate, one sleeping across the back seats while the other drove. They crossed lakes on barges made of logs and



Greyhound drivers “Brassy” (Dennis) Ball (left) and Harris Bishop at the door of their Fort Nelson, BC bunkhouse on the Alaska Highway. Photo: Bruce Harger

handled hills that had defeated US Army drivers. At first they had to stop overnight at army camps and persuade the cooks to feed them. No one knew that Greyhound was on the job, and all were surprised to see the buses with the running dog emblem so far from their homes in the southern US.

Many US troops stationed along the track were caught by surprise by the new scheduled operation. Many in the US Army hadn't had this explained, and often there was no gas available for the buses' under-floor Hall-Scott engines. The drivers often had to search barrels for gas and at one place, their only choice was to mix part gas and part diesel. It smoked but it worked. Calgary was able to send lower-g geared rear drives which helped to get over the steepest summits, sometimes using the passengers to push.

Twenty-four-hour daylight leads to long work days in the north. Some of the Greyhound drivers drove US soldiers in school buses

after arriving in Whitehorse, after driving the new Alaska Highway all day. Dennis Ball, known to all as Brassy Ball, was one of our regular Greyhound drivers who delivered our daily mail bags. Brassy drove buses each way from Dawson Creek to Whitehorse, and said that the Hall – Scott engines worked well but were hard on sparkplugs, so they had to carry many spares.

Brassy was up there for about two years while his family stayed home in Nelson. It was back to the Kootenay Lake route once he returned.

Brian Grams, author of books on Canadian Greyhound, tells me his father drove for Greyhound after his return from serving with the RCAF during WWII. He drove one of the buses that had been on the Alaska Highway route, still carrying the large NORTHWEST SERVICE COMMAND US sign. His route was over the Big Bend road which followed

the Columbia River between Golden and Revelstoke, and was only open from May until late September. It was a tough gravel route which took eight hours to drive – truly proof of the expertise of the driver, and of the quality construction of Harry Zoltok's efforts to build the most suitable buses for Canada.



A Greyhound bus under contract to the US Army's Northwest Service Command drives off a temporary cable ferry on the Teslin River, YT. Photo: Bruce Harger

TOM SEZ

Canada's Christine Sinclair created a world record when she scored her 185th soccer goal for Canada. No one else in women's soccer has ever done this. She scored her first Canadian goal when she was 16. These goals were all when she was representing our country and don't count any of the large number she continues to score in regular games.

Three out of four people prefer printed books over eBooks. Back in 2010 it was predicted that eBooks would soon supersede print in popularity, but this prediction has never happened.

The world's toughest race by dog teams, the 1000-mile Yukon Quest, ran in somewhat warmer weather this year than in 2019 when some of it was –45 degrees Fahrenheit. This year's race started in Fairbanks, Alaska and ran to Whitehorse, with a mandatory 24-hour layover in Dawson City. This is a much more challenging race than the heavily publicised US Iditarod as it includes some tough summits and also negotiating the dog teams between the blocks of jammed up ice on the Yukon River. The Yukon Quest dog sled race was won by Brent Sass of Eureka, Alaska for the second year in a row. Michelle Phillips of Tagish, Yukon was a close second, having traded the lead a few times with Sass.

It appears safe to burn grass as soon as the snow leaves, but you must be very careful. Often people burn their garage, sheds and cars in Creston because the wind changes so suddenly.

Watch out for heavy March rains; these can increase the snow weight sufficiently for barn and cabin roofs to fall in. The compacted snow on roofs can act like a sponge.

The store has all the tools and equipment you need for beach cleanup and dock repair that the low lake levels soon after March 31 make this possible.

We always stopped for Borscht at the Yale Hotel when going through Grand Forks and enjoyed the singing waitress, Elaine Nagreyoff. Her singing over the years gave Grand Forks a country wide reputation.

The Hope slide of January 9, 1965 brought down a massive fall that rivalled the Frank, Alberta slide. Several people died when their vehicles were inundated but caution by Greyhound driver Jim Kellett saved a busload of passengers.

Gunny Sacks (jute feed bags) came long before any type of plastic bag and had so many uses – to carry your shopping over your shoulder, something to put the newly dug potatoes in, even two gunny sacks doubled could have a tom cat stuffed in head first while he was castrated.

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Building East Shore Tourism wraps up

by Farley Cursons,
BEST Project Manager

Small towns and rural areas in British Columbia are showing significant potential to diversify their local economies through tourism given their proximity to exceptional natural amenities and rich cultural history. Small towns and rural areas are an essential retreat for the majority of Canada's population living in cities and urban areas. Our rural landscape with lakes, rivers and wildlife also attract growing numbers of international travellers who seek to connect with our abundant natural amenities often unavailable in their home countries.

Success at tourism however, requires more than an abundant and scenic landscape. The savvy traveller seeks a connection to local people as well. They seek an experience that engages all their senses and an experience that is most effectively provided by the local people. However creating experiences and a livelihood through tourism is often no easy task in a small town; it demands time, dedication and patience and a supportive community.

With all this in mind a core group of local businesses, nonprofits and the RDCK's Area A EDC recognised that there was an opportunity to support the development of the East Shore's tourism presence in the region. With primary funding support from BC Rural Dividend and Area A EDC an enhanced tourism education program began. The group created Building East Shore Tourism or BEST.

The primary organizations and representatives leading the program have been;

- East Shore Learning Hub - Laverne Booth
- Area A Economic Development Commission - Lois Wakelin & Debby Johnson
- Guiding Hands Recreation Society - Farley Cursons
- Kokanee Springs Resort - Richard Bertram
- Yasodhara Ashram - Gauri
- RDCK Area Commissioner - Garry Jackman

Tourism Products and Experiences

It may be easiest to think of a tourism product as a tourist 'attraction' and that there are two common types of attractions: natural and cultural.

• Natural – including natural sites and natural events (e.g., mountains, beaches, lakes, canyons, valleys, hot springs)

• Cultural – including cultural sites and cultural events (e.g., museums, heritage buildings, festivals, farms, wineries, mines, historic trails, etc.)

Therefore, developing tourism products involves developing a natural or cultural attraction with visitors in mind.

Many tourism professionals refer to this as creating tourism experiences. A tourism product is a complete experience that fulfills multiple tourism needs and provides corresponding benefits.

Building East Shore Tourism has been focused on developing tourism products and experiences using both natural and cultural attractions, creating local education projects and developing a knowledge base used to develop tourism products and experiences into the future. In addition to creating the experience, there are business aspects of delivering the experience—human resources, finance and budgeting, marketing, training, etc. Consequently, developing and delivering a tourism product or experience becomes a complex undertaking requiring collaboration of a diverse set of skills.

Building East Shore Tourism has been grateful for the communities participation in our various events, research groups and content development initiatives. As the east shore looks to the future we have many of the building blocks to support a vibrant tourism indus-

try and offer tools for resident attraction and retention.

The first year of Building East Shore Tourism involved a great deal of outreach and data collection as well as identification of four areas of interest; History, Wellbeing, Recreation & Culture. The second year has been about implementation of identified opportunities and projects. We would like to thank the following people for their participation in our projects:

- Garry Sly - South Kootenay Lake Community Services Society
- James Gates - Grant writer & early program development.
- Marg Durmin - BEST Project Manager (1st year)
- Bohdan Doval - Development of a photo and video bank as well as creation of an Artisan/ Mountain Bike promo video.
- Babs Lucas, Scotty Buxton, Dan Silakewicz & Leah Wilson - Knowledge holder historical interview project.
- Geoffroy Tremblay - Website directory: eastshore.life & Google Ad processing & more.
- Jesse Willicome - Creston Valley Kootenay Lake Route DMO. Tourism Intercept survey creation and delivery.
- Ben Johnson - Wordpress lab workshops.
- Ingrid Baetzel - Content editing
- Geri Gomola and Warren Clark - Kootenay Lake Art Connection
- Darla Garrett & Summer Students Eli & Joli

In July of 2019 we created a one day event to support visitor retention and attraction following the two day Starbelly Jam Music festival. We called it Community Culture Day. It was a wide spectrum event with activities from Riondel to Wynndel. From local business feedback it was for the most part successful.

Building East Shore Tourism would like to thank the following groups who were featured at Community Culture Day 2019:

Kootenay Sound Healing, East Shore Youth Council, East Shore Food Roots, Artisans of Crawford Bay, Kokanee Springs Resort, East Shore Trail & Bike Association, Kootenay Lake Art Connection, Gray Creek Historical Society, Sirdar Station Pub & Grill, Wynnwood Cellars and the East Shore Transportation Society.

Thanks also to the *East Shore Mainstreet*, the Kootenay Lake Chamber of Commerce and CVKL Route for promotional support.

With the East Shore of Kootenay Lake soon to be part of the Nelson & Kootenay Lake Tourism DMO, there is significant opportunity to continue developing a sustainable tourism industry that can benefit our communities. Some might say our work is done however the benefits of continuing with a local East Shore tourism entity are clear.

We as a community need to ensure tourism development is monitored locally and remains sustainable. Our recreation, conservation and business groups need to work together for an aligned vision of the East Shore's social, environmental and economic future.

If you have any questions about the Building East Shore Tourism project and how it might continue or if you wish to share any constructive feedback please send an email to eastshoretourism.pm@gmail.com.

WayFinders Needed in New East Shore ElderConnect Project

Submitted by Laverne Booth

We are looking for youth and younger adults to teach and mentor seniors and elders to access a new Smart Hub. Training will begin in April and by late spring we should have some new I-pads in the community with a fantastic website managed by ElderConnect and a local team. We are fortunate to be partners with the BC Healthy Communities Society (BCHCS) and the ElderCare Foundation who are funding some staff time, and resources to get our people trained up. Are you interested? Call Laverne at 250-551-6020.

Follows is an update on the Elder Connect project soon to be underway in our communities. Jodi Mucha is the director of BCHCS and is practically a local since she grew up in Balfour and area.

The SmartHub which is the central ElderConnect website that will host provincial level resources, tools, guides, information. Eventually this will also be the place that will house the grant program we are fundraising to develop. The idea is that we leverage donor dollars through the Eldercare Foundation (They are a charitable foundation) and have grant funds available to ElderConnect communities to implement project ideas they have gotten from the range of guides and toolkits that we develop and host on that website (like the Intergenerational Guide Laverne is developing and the Rural Guide that Sarah is working on).

The guides are under development right now and soon to be designed and ready. We are working through some technology glitches at the moment- this is the main reason for our delay on timelines overall. We've also got two other 'how to' guides being designed right now (Embrace Aging: How to Host a Community Event, and Valued Elder Recognition Award: How to host an Event).

2. ElderConnect Pilot Sites, we are working with Sooke, Saanich Peninsula and East Shore as pilot sites for our overall ElderConnect concept. This generally includes initial community engagement, asset mapping, recruiting WayFinders, populating the local ElderConnect portal with local data, testing the portal, training the WayFinders, engaging the community and a launch event.

We were well on our way with East Shore in terms of beginning to populate the site, to then come back to the community and begin the testing and training of WayFinders and then we encountered the issues with the technology and technology provider. That is again where we have been held up.

This IS a pilot so good that we are quickly learning about what we can do and what we overlooked, what we need to change. Each of the three communities have been involved for different periods of time so are in different places as part of the pilot testing.

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Smarter Than Jack or Jill

by Sharman Horwood

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

What the Dog Knows

Writing about smart dogs is difficult. Our attachment to them is so strong that it is difficult to separate emotions from our reaction to them (I'm referring to some scholarly books and documentaries that are too emotional to be sensible when it comes to dogs). Nonetheless, there are remarkable examples of dog intelligence and behaviour.

Like Ziggy and the Hummer, a previous column I wrote for this paper, Beverley Smith was walking her German Shepherd, Goofy. Because they were in the country in Alberta, she was letting him run without a leash. He ran towards a ditch and he wouldn't come back when she called. When Beverley walked up beside him to see what had caught his attention, she found a paper shopping bag. Inside it were five one-day old kittens. They were exactly what Goofy wanted her to see. Beverley took them home with her, and tried to feed and warm them. Unfortunately, only one survived, but Beverley gave it a good home.

However, dogs often form instant attachments that to us just aren't rational. Like Ziggy with the hummingbird, Goofy knew that there were kittens in the bag, and that they were in trouble. He wasn't going to leave them to die.

As with Ziggy and Goofy, there are many cases of dogs responding to someone needing help. Nanook, a seven-year old white husky cross, however, is one of these and a very unusual dog.

Amelia Milling was going on the adventure of a

lifetime. She is a 21-year old deaf student from a Tennessee college, and she was pursuing a dream. She wanted to hike alone for three days on the Crow Pass Trail in Alaska. Unfortunately, early in the hike on a steep hill, one of her walking poles broke, and she tumbled down a long icy slope until she fell against a large boulder. She was stunned, bleeding and sore, and lucky not to have broken either an arm or a leg. She lay there for a while, but when she rolled over to stand up, there was a white dog beside her. She didn't know whether to be frightened of him or not. But he wouldn't leave her. Slowly, when she could walk again, he led her back to the trail.

That night, after she set up her tent, Nookie stayed. By then she'd realized he wasn't a danger; he was there to help. He wouldn't enter the tent, but in the morning when she unzipped the flap, he was still there. The dog stayed with her as she continued on the trail. When she came to the Eagle River Crossing, she ran into trouble again. On her first attempt to ford the fast river, she became stuck. The water was icy cold, all of it glacier melt. She managed to work her way back to the water's edge, and tried to cross it again. She fell, and she couldn't get herself out of the water. Nookie grabbed her backpack and tugged at it. That encouraged her. With his help, she was able to drag herself back to the shore.

By then she was hypothermic. She couldn't stop shivering. She wound her sleeping bag around her. "Nookie was really going crazy and licking my face," she said. Amelia realized she was in serious danger. She pressed the button on her emergency locator

device, alerting authorities that she was in trouble. She and Nookie stayed on the side of the river waiting for several hours for help. A helicopter found her at the water's edge, her red sleeping bag wound around her. At her side was Nookie, curled up and waiting, too.

The State Troopers were able to return her to Anchorage, along with Nookie. There they took him to his owner, Scott Swift. Scott said that Nookie often

disappeared for days at a time, and called the dog a "free spirit" so he didn't try to stop him. Nookie was often returned home by hikers or skiers the dog had found and accompanied on their journeys.

Of course, Nookie was an instant celebrity, to Swift's surprise, and other people started to come forward with their own tales of Nookie. Lindsey Honemann, of Anchorage, for example, credits him

with saving her life when she was snowshoeing along the trail. Swift says, "I'm just floored by it all. I've never taught him a damned thing."

Nookie seems to have appointed himself a trail guide. One call Scott received to come and get his dog was at the Eagle River Nature Centre, 23 miles away, far for any animal to wander. Nookie has now been named an honorary Alaska State Trooper and equipped with a GPS beacon on his collar. He still goes for solitary treks on the Crow Pass Trail, and often joins other hikers along the way.

However, how he knew Amelia Milling needed help is a mystery. He seems to recognize where people are and when they're in trouble. He does what he can to help them. Not to be emotional about it, but he is a very remarkable, smart dog.

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pebbles by Wendy Scott Remembering A Stranger

There was a garden party. There was a measles injection. There was a parrot. And then on the back page of a March Pennywise, there was an article by Yutaka Atagi.

To me Yutaka is the stranger, but Yutaka's life is part of the smudged spot in the history of BC, and indeed, of Canada. His life, and lives like his, became part of my childhood, part of my mother's bewilderment, and part of my later life in the BC Interior.

In 1929, when Yutaka was born in Campbell River, his family were boat builders and part of the fishing industry on Quadra Island. It was a busy, happy life until Yutaka reached his teenaged years. At that time, about 1942, with the world fully engaged in war games, nerves were on edge and any skin that held a hint of yellow was suspect.

Some say that a Japanese submarine was spotted off British Columbia's west coast. That suggestion was all that was needed; Yutaka, his family, and all families of Japanese descent were removed from their homes, and businesses along the coastal areas of BC and relocated to places like Kaslo, Shalalth, New Denver, Sandon, Lillooet, Slovan City, and many other towns and villages in the interior of BC, Washington and Idaho.

Diana Morita Cole was born during the war years to Japanese American parents interned in Idaho. In November, 2015, Diana brought her story to the Riondel Library Celebration of Words at Dutch Harbour. Her book, "Sideways: Memoir of a Misfit" is at Riondel Library. Her story - frantic sometimes, confused, sad, angry - chronicles her search for a place to call home. Diana married Wayne Cole, Nelson's former Chief librarian, and as they travelled across Canada Diana was horrified at the hatred she still found

towards her and anyone of her cultural heritage, and on the east coast the blatant discrimination towards her son for being biracial.

The Second World War lasted for six years causing the deaths of friends, neighbours and relatives and shattered and confused many family units. Is it any wonder that those six years had a lasting effect that is still felt, but not excused, in our world.

While fathers, brothers, uncles, as well as several women, were "overseas" fighting to keep our countries free, women worked in factories making weaponry and ammunition and took over many of the men's jobs. Other women took care of the children of "war-working mothers" and put on events to raise money to support the "war effort".

One of those events was a garden party held at the Austin Taylor estate in South Vancouver. At that time West Vancouver was home for me, my mother, my grandmother - and several "children of war-working mothers" who were bunking at our house.

And also at the same time measles had appeared in BC and children were taken to the nearest doctor's office to receive their 'shot'. My shot was ready on the day of the garden party, so my mother and I walked down to the doctor's office on Marine Drive and I got an injection in my leg and then we boarded a Pacific Stage Line bus and crossed the new Lions Gate Bridge to Vancouver and that all important wartime effort garden party.

The garden was crowded with women balancing teacups and the usual plates of small sandwiches and sweets. There was nowhere to sit and I spent most of my time talking to an elaborately coloured parrot whose perch was at my level. Needless to say, by the time the party was over, my injected leg was very sore.

Events such as this were the wartime equivalent of email and the internet. It might have taken longer to gather the information, but once received, it became permanent and often deeply disturbing.

About that garden party: the host, at that time, Major Austin Taylor, was chair of the British Columbia

Security Commission which was created to "manage Japanese Canadian internment." And for this position he was made Commander of the Order of the British Empire. Perhaps it was appropriate that I was only allowed to speak with a parrot?

It was at this garden party that my mother learned that two Japanese Canadian men that she knew as waiters at her favourite hotel in downtown Vancouver had been removed and shipped off into the BC Interior. She was shocked, puzzled and bewildered. And I don't think she ever really recovered from that. When a person you have trusted to take care of your visitors and who has often served you tea is suddenly an enemy, it is difficult to comprehend.

Many years later while living at Shalalth on Seton Lake near Lillooet a family purchased a house just down the lake from ours. And here is a twist in the story of internment. The new purchasers, Bob and Aya Nishimura, were returning to their wartime internment location. This was not an unusual decision as there were families who took the forced move of their wartime years and not only made the best of it, but either stayed, as Yutaka Atagi did, or returned as Bob and Aya decided to do. They told us they were coming home.

For others, like Diana Morita Cole, it took a much longer search to find a place acceptable to her and acceptable of her. And that for me and for most of us is difficult to acknowledge. To do so we have to consider the attitudes that prevailed during those wartime years and ask ourselves for an answer that is almost impossible to give. When the world is at war around you, who do you trust? Can you maintain your own values? World leaders stumble over those queries.

I can only say it pleases me to know that Diana Morita Cole found her home in Nelson, BC. I'm happy that she was close by and that all of us can learn a bit more about ourselves and our heritage by reading her memoir, listening to her speak and hearing what she has to tell us.

For the Love of Genre

by Sharman Horwood

Versatility and Grace

A book addict's delight is finding a good author who writes in several genres. Barbara Hambly is a fantasy, science fiction, historical fiction, and mystery writer who has had a long career in all of these fields. She's been nominated for many awards, particularly the Locus Magazine awards, and subsequently shortlisted, but the titles that actually won were her vampire novels (*Those Who Hunt the Night*, 1988, and *Traveling with the Dead*, 1995). However, they're not her best novels. In my opinion, her best work is in speculative fiction (*Sisters of the Raven*, 2002, and its sequel *Circle of the Moon*, 2005), and in the Benjamin January mystery series where she is free to indulge her knowledge of New Orleans' history.

In *Sisters of the Raven*, Hambly ventures into speculative fiction for the first time, and only for this one book and its sequel. Speculative fiction is a sub-genre of science fiction. SF tends to extrapolate current scientific knowledge and the way it will affect humans, as in Robert J. Sawyer's or Jack McDevitt's works. Speculative fiction generally is more of a thought experiment; wherein a social phenomena is worked through: how it would affect society and people in general. (Some academics prefer to regard all science fiction as speculative fiction since the genre sets up these thought experiments about the future.) Notable speculative fiction works are *The Handmaid's Tale*, or most of Sheri Tepper's novels. Hambly's previous novels were primarily fantasy (such as *Dragonsbane*, 1984), and they are a good romp, an interesting read, and exhibit many of the standards of the genre at that time. *Sisters*, however, is a step up with a more serious side.

Sisters is about a society that is a mix of Middle Eastern and western indigenous culture. Women in

the novel's Yellow City don't have rights. They are given their names by husbands when they marry; their husband is their social position, and they are chattels. Above all, women don't have any magical power. Only men have this ability, and it is beginning to badly fail them. However, a few women are starting to display an aptitude for it. The ravens of the title refer to the belief that all ravens have magical aptitude, not just the males of the species.

The novel's plot is interesting: the failing rains and ensuing drought, the conflict between the magical college of men, the diminishment of men's powers, and the rebellious side of their slave race, the teyns. One young woman has been allowed into the college at the Summer Concubine's request, but the resentment among the students and their masters is excessive, comparable in fact to the loss of their own magical skills.

Hambly's characterization is superb. The current King Oryn is dismissed by many because he is fat and loves good food, good poetry, and plays music when he can. He is not a "manly" man. He has persuaded his ministers to allow him to build an aqueduct to bring water to the Yellow City from the distant mountains, approximately two hundred miles away, a project that most think is crazy. He also loves only one woman, the Summer Concubine, and listens to her good advice. She, too, has some small gifts for magic, and was trained as an intelligent companion before he takes her as his favourite. She leads a group of women to learn why magic is failing men, and why there is now a growth in women's talents. Above all she wants to find a way to bring back the rains.

Barbara Hambly has also written approximately seventeen books in another series, the *Benjamin January* mysteries. These novels explore the difficulties and changes in French Creole society in the city, and throughout Louisiana in the 1830s. These novels are all rich in atmosphere and historical context, and Hambly shows a deep knowledge of the time. Like the culture of New Orleans, the novels are slow and complicated,

but they capture the age and that city's difficulties, particularly with respect to those who are slaves and those who are not.

Benjamin January's mother was fortunate. She was purchased by a rich white man, and set up under his "protection," making her a placée. (This was a status somewhere between being his wife and his mistress, a position, a somewhat respectable position in Creole society.) He frees her, sets her up in her own home and thereafter supports her and her children. He also frees her children from slavery. January is thus a free "coloured" man, as they were called, and journeyed to Paris to study as a surgeon. He came back to marry Rose, another free woman who has set up a school for free coloured children. Benjamin cannot practice surgery in New Orleans, so he supports himself as a musician in the local bars and hotels, as well as playing for particular events, like funerals.

The novel's mystery starts out with a funeral. Both January and his friend, Hannibal Sefton, play music for the event. Sefton is a British man who graduated from Oxford, but became addicted to alcohol, opium, and gambling. Nonetheless, he tries to support the slaves despite the skin colour discrimination of Creole society in New Orleans. Unfortunately, there is an accident with the coffin at the funeral, one that deeply involves Sefton, though he had no prior knowledge of the mystery that develops. I won't spoil the mystery by saying more, but it eventually involves Sefton's life back in England, and the fortunes of private banks in New Orleans in 1838.

Hambly is very good at weaving throughout these mysteries the culture of antebellum Louisiana, the plight of slaves and non-slaves, and the double standard of social ideals in Creole culture. She lived for many years in New Orleans, and isn't afraid to show the inequalities of the times.

Almost all of Hambly's novels are a good read, but these novels are, I think, her best.

One of the doctors removed from the coast was interned at Bridge River near Shalalth. The city of Lillooet, however, had lost their own doctor and managed to convince the powers in charge of re-location to bring the doctor down Seton Lake to Lillooet. Dr Mayazaki set up a practise in Lillooet and remained until his death in 1984.

In many cases re-location meant a completely new way of life. The towns of Sandon and Slocan City were peopled with many internees and these towns still exist; others like Minto, Wayside and Congress that were busy, productive mining towns, can only be glimpsed from a cliff above the man-made Carpenter Lake. It is odd to look at streets, avenues and buildings laid out in a perfect grid but all under water.

The city of Greenwood was a relocation centre that has continued to be a busy and productive town although the population has dropped from its peak of 3000 to about 700. The town's history is well catalogued in Dave Edmonston's Motherlode Bistro and Galleria – his Noshery is about 2 ½ hours from Nelson.

Which brings to mind that the ease and speed of communication and travel now has not eliminated the "garden party" – we just prefer to call the parties by other names: we offer you a November Celebration of Words at Dutch Harbour and watch for an Open House in the spring at Riondel Library.

May I add a note from another area of BC – that MacIntosh apples from Seton Portage near Shalalth were at one time among British Columbia's official gifts to Buckingham Palace. But the BC Kootenay had its own Johnny Appleseed. His name was Mr. Jack Crowe. He planted and grew his trees – first on the Blaylock estate and then here in Riondel (and a certain Ms Crowe carries on that wonderfully juicy tradition!)

Watch for a party in April and if you're really lucky, there might be an apple or two on hand. And most cer-

Blast from the Stacks

Riondel Library News

by Muriel Crowe & Shirleen Smith

Riondel Library has declared March "Movie Month". Now's the time to cuddle up with a few of the over 750 DVDs in the Riondel Library movie collection. Perhaps an evening with Inspector Lewis would stimulate your late winter creative juices. Maybe you're in need of a hero like Captain Marvel to ferry you to spring. Or would you prefer to battle your way to summer with Dunkirk?

Perhaps you'd rather celebrate the run-up to the vernal equinox (March 21, as you know) with a book and you're wondering what's new in your Library? The latest arrivals are by Ann Cleeves (*The Glass Room*), Armando Correa (*The German Girl*), Michele Campbell (*It's Always the Husband*), Meghan Carver (*Amish Covert Operation*), Ian Rankin (*Westwind*), John Le Carre (*Agent Running in the Field*) and Lyndon MacIntyre (*Wake: the Deadly Legacy of a Newfoundland Tsunami*). To name but a few.

While you're sampling Riondel Library's bounty, take in the progress on the technology renovations. There's a spacious new desk/bench to house the fleet of new computers for your catalogue-browsing and internet-surfing pleasure. And, marvel of marvels, a new White Board for your book recommendations and requests. Of course you've always been able to request books from the link on the Riondel Library website (library.riondel.ca) but an actual flesh-and-blood (well, plastic and marker...) object has certain advantages over the digital world: you can see other people's suggestions. It's like a conversation, a dialogue, a community! It makes your fingers itch to pick up a marker and tell your fellow readers about your current favourite read or heart's desire, like, for example, Emily Wilson's translation of *The Odyssey*, of which the Guardian proclaimed, "The first version

of Homer's groundbreaking work by a woman will change our understanding of it for ever." So go ahead, grab the pen.

BOOK REVIEW

MOUNTAIN MAN

by Tom Lymbery

MOUNTAIN MAN – THE LIFE OF A GUIDE OUTFITTER, by Hiram Cody Tegart with Andrew Bruce Richards. Publisher Caitlin Press. 223 pages, \$24.95

Mountain Man is a celebration of a man and a legendary way of life that is quickly disappearing. Guiding hunters will soon be a thing of the past. Cody Tegart writes of his early years and he got into the business of guiding Hunters from the US and putting on promotions to find customers. In the off season he was logging as guiding didn't pay as a full time job. He also made a trade with a guide in Africa so was able to shoot some exotic animals.

Co-author Andrew Bruce Richards has included his own memories but even includes a chapter by one of the hunters guided by Cody. This gives a variety of writing, with particular emphasis on the beauty of the alpine country to make this a very readable book.

There is also a chapter by retired Game Biologist, Bob Jamieson who came to Cranbrook in 1973 to work as a game biologist. He, along with Dr. Allan Askey worked hard to create the Palliser Wilderness Society. It took fifteen years but they were able to create The Height of the Rockies and Elk Lakes Provincial Parks. They had to persuade the Tegarts, other guides and trappers that they were all working for the same project – preventing logging and destruction of the wilderness. They were able to enlist wilderness advocate Ric Careless and Cody provided the money to send Ric to Victoria to promote this important project.

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Harrison Memorial Community Church New vision for the old building

by Zora Doval

It is year 2020 and many places on our beautiful blue planet are in turmoil. As humanity we are presently worried about the health of our environment and even the very survival of our species. The tremendous development of technology has brought a mixed bag of blessings and curses. The tempo of modern life is fast and brutal. Depression and lack of meaning abound. The gap between generations is getting wider. Many people (and now even parts of nations) are becoming uprooted and don't know where they belong. There is a sense of alienation and isolation in our modern society that is biting most of us.

Have we, as humankind, lost some of our sacred connections to our host planet, to other animal species, to the plant kingdom, to our own purpose, to subtler realms of existence and the very source of everything? Are there still places on earth where angels descend to commune with humans and sing praises of this creation? I believe that there are such sacred places.

One such place is in the heart of Crawford Bay: Harrison Memorial Church, surrounded by tall trees, and was built precisely 100 years ago by Commander Matthew Harrison in loving memory of his wife Lucy and three sons. And just like the builder of the famous Taj Mahal in India, the Commander's grief for the members of his family transformed into a remarkable deed of architecture.

When you enter the church, you can feel the air of nostalgia for beloved people and ages gone by. It is infused by a spirit of timeless beauty. The atmosphere is serene and profound. This is a place of contemplation and communion.

The church has always served the community of Crawford Bay and has been lovingly cared for by various groups of dedicated individuals. With the dwindling congregation the present owner is looking for new stewards to champion the building into the future. The church is a true jewel in our community not only because of its age but also because of its architectural design, beautiful stained-glass windows, and most importantly its excellent acoustics.

The building is in fairly good shape and whatever is lacking in modern infrastructure is richly compensated for by its serene beauty and atmosphere. The heritage value is beyond doubt and it alone is worth saving and protecting for future generations. The sense of magic that the whole place evokes is beyond what words can express.

ArtConnect is a collective of creative individuals who are dedicated to practicing and promoting contemplative, visual and musical arts on the East Shore of the Kootenay Lake. We feel that the Harrison Memorial Church could serve as a perfect seasonal venue not only for concerts but for local artists to show their art. Among other ideas for use are literary art performances/poetry readings, art openings/auctions, healing arts festivals, meditation retreats, coffee houses, weddings, memorial services, energy cultivation practices and lectures on topics of special interest.

We are working with our local RDCK director Garry Jackman and with granting bodies to see how the church could become a permanent asset to our community into the future. The diocese has expressed their good will to work with the community for the acquisition of the property. The lease offered to our group will afford us to create awareness of this little jewel in the woods and much needed time to mobilize our community into action.

We will need all the support we can get, from morale to financial. We will need letters in support of preserving this building for the communal use. You can

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also help us with programming. If you have any favourite performers who would fit nicely into this aesthetically pleasing venue, please let us know. If you know a lecturer with some interesting subject to present, let us know. If you have any great ideas, talk to us. We hope to have our first concert sometime in May and it will be accompanied by a fundraiser. We will need some more fundraising efforts throughout the year. We promise these not to be tedious. Perhaps we should call them "funraisers".

In the meantime, if you can and would like to contribute to our operational costs, you can donate at the Credit Union, through the East Shore Advocacy Society who now handles the funds dedicated to the Harrison Memorial Church Initiative. If you have questions or ideas call/text Zora at 250.777.1856

Harrison Memorial Church, Once Family Memorial, Now Serving the Community

by Frances Roback, Gray Creek Historical Society

Naval commander Matthew Harrison and his wife Lucy could have retired almost anywhere in the world, but the beautiful Crawford Bay valley was their choice. Matthew's legacy to our community, a 100-year-old church and a landmark manor house, are two of the best known historic places on the East Shore. His little church is a portal to past family tragedies, and in the present, both a peaceful sanctuary and a community venue for music and the arts. Will it continue to be so in the future?

In his long naval career, Matthew James Harrison (1846 – 1926) had travelled across Asia and the Pacific before settling on Crawford Bay to build his English-styled manor house and formal gardens, now known to all as Wedgwood Manor, in 1908. Building design and construction would have come naturally to Matthew – his father James Park Harrison (1817 – 1901) was a prominent Oxford-educated church architect. By 1912, Matthew's new home was ready for his wife Lucy Caroline and daughters Ursula (Houghton) and Anne Dorothea (Gooch) to join him. Lucy's own family included Josiah Wedgwood of English pottery fame, composer Ralph Vaughan Williams, and the legendary Charles Darwin.

The Harrison family lived their dreams of a genteel rustic life, while their less affluent neighbours had to plant their dreams of a fruit ranch and wait for them to bear fruit. But then war was declared in August 1914, and their lives were shattered for all time with the untimely deaths of their two sons Thomas Edmund and George Basil in separate naval incidents.

On Sept. 22, 1914, Lt Commander Thomas Harrison was serving on board the armoured cruiser HMS Aboukir off the coast of the Netherlands when it was sunk by a German submarine. The death of his brother Lt Commander Basil Harrison followed one year later during the 1915 Christmas holidays when his armoured cruiser HMS Natal was unaccountably blown up in its home port of Cromarty Firth, Scotland.

In time-honoured British tradition, Matthew

set aside an acre of his estate at what is now 16004 Crawford Creek Road, and built a church on it. By the time it was completed in 1920, Matthew's church had become a monument and memorial to his entire family, - two naval officer sons killed in the war, his first-born son Geoffrey who died in childhood, and his beloved wife Lucy, who died a year before the church was completed.

The century-long legacy of Matthew's church continues to draw inspiration from its natural setting, the devoted following who had cared for the church and kept it in good repair down the generations, and its ongoing relevance to the community. Now named the Harrison Memorial Community Church, this little church provides a peaceful sanctuary and spiritual setting in a serene wooded landscape. Over the years local artisans and benefactors have added many Kootenay-flavoured furnishings, such as its unicorn altar front, a medieval symbol of the resurrection, carved by Wayne Worthington of Kuskonook, and the stained glass window above the altar, a cross and dove of peace in a Kootenay scene from Dick Wingate, which gives praise to the local landscape. A roll of honour for the war dead and a series of needlepoint kneelers designed by Kathleen Lymbery and executed by members of the Crawford Bay Women's Institute enhance its home-grown character. More recently, the church acquired its first-ever bell for its belfry from the historic Anglican church of St. Andrew's – by – the – Lake in Willow Point across the lake.

Matthew Harrison's little community church, designed and executed by one man, is truly one of a kind. While it is dedicated by the Anglican Church, its non-denominational church services have allowed for greater flexibility in this sparsely populated area. The church also hosts local performers and concerts, social events, and many other gatherings to help to keep it alive and relevant, while so many other community churches are forced to close when their congregations aged and moved away.

But as any Kootenay homeowner will tell you, building maintenance, repairs and upkeep in this cold, rainy climate require constant attention. Now in its centennial year, the church stands at a crossroads. Community volunteers, support, and funds are needed to preserve the spirit and physical health of our historic gem as never before.



The newly-built Harrison church, ca 1920. Photo: Gray Creek Historical Society (Touchstones Nelson, Alex Wood collection)

Did You Know?

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E-mail: betterathomeeastshore@valley.services

Online: www.valley.services



Holistic Health Tips

by Kim Young

Should You Do the Same Stretches Every Day or Vary Them?

There is a lot of debate about the best way to improve flexibility. Some suggest that doing the same stretches every day will provide the best results while others believe that doing so could do more harm than good.

Strength Training is NOT Stretching

More than likely, the belief that you shouldn't stretch the same muscles two days in a row comes from the idea that you shouldn't do strength training on the same muscles two days in a row. While this is true of strength training which works by damaging then repairing muscles, it's not true of stretching.

Stretching does not damage muscles at the cellular level the way strength training does. Instead, it gently pulls your muscles and lengthens the fibers while extending the range of motion in the nearby joints. For this reason, it's not only safe but beneficial to stretch every day.

Why Stretch Every Day

A study conducted in 2012 (Journal of Strength and Conditioning Research) had groups of participants who stretched their muscles at different intervals throughout the week. Some stretched every day while others stretched only 3 days per week. It was found that those that stretched every day increased the length of their muscle while those who only stretched 3 days showed very little improvement.

It's important to realize that while you may not exercise every day, you are moving every day and those muscles are then warmed up and ready to be stretched to encourage flexibility and better mobility.

Another reason to stretch every day is that it keeps you in the habit. If you can make stretching a part of your daily routine, then it's easier to remember and soon your day won't feel complete without doing your stretches.

What to Stretch Every Day

The best thing you can do for your body is to stretch all of your muscles every day. If you have certain areas that you're concerned about or want to focus on, then you may even want to do these twice per daily stretching session.

To make sure that you stretch every part of your body every day, it is best to follow a specific routine, whether you follow a video or create a written list of your favorite stretches that cover every major muscle group.

Creating your own daily stretching regimen will help you establish a routine and ensure that you work on every muscle every day so you can increase your flexibility and mobility.

Kim Young is a Director with the East Shore Kootenay Lake Community Health Society, a Precision Nutrition certified Holistic Health and Wellness Coach, Functional Aging Specialist and Reiki Master who lives in Kootenay Bay with her husband Jim and their dog Jax. Check out my website at: www.kimy-oung.ca

Deadline: Mar 25/20

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"Pocket Talker" Donated To Community Health Centre

submitted by Tom Lymbery



Kathy Smith admires the new pocket talker, presented by Cathy White, Director, East Shore Community Health Society.

The East Shore Kootenay Lake Community Health Society, using some of its own funds combined with a donation from the Yasodhara Ashram, purchased a "pocket talker" for the East Shore Community Health Centre.

Those of us who are patients at the Health Centre know that it is far from soundproof. Sitting in the waiting area one can sometimes hear bits of conversation between the attending physician and a patient even though they are in the examination room and behind a closed door. That is especially the case when the patient is hard of hearing, does not wear hearing aids and tends to speak in a loud voice. The right to privacy and confidentiality of personal information is at risk in the Clinic. The Society has alerted Interior Health to the issue but an investigation revealed that there is little that can be done to physically improve the building—really, we need a new facility!

Fortunately, there is something we can do to improve the situation. The donated pocket talker is a portable, personal communications device that improves the listening experience for a partially deaf person who does not wear a hearing aid. About the size of a pack of cards, the device detects sound via a directionally sensitive microphone, amplifies it and transmits it to connected earphones. The magnitude of amplification is adjustable by the patient.

The Pocket Talker will not only help patients to better hear the physician, it will allow them to better hear their own voice and thereby enable them to speak at a lower volume. Hopefully it can help to restore to some people a sense of privacy and eliminate the possibility of embarrassment that others have heard one speak of health concerns and issues.

Who is your Community Hero?

a Mainstreet Feature

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

Ron Planiden, for keeping all the machines in good order at the Fitness Centre.

I would like to voice appreciation to **Mautz Kroker** for always helping out his friends and community. Despite the fact he has no children of his own in our community Mautz dedicates consistent time and energy being on the youth council board. Thank you Mautz and all the youth council members for creating engaging activities for youth in this rural area. Mautz you exemplify community spirit.

East Shore Hospice In The Moment

by Maggie Kavanagh

Recently I was telling a friend, Janyce about a recording I have of Gord telling a story to our grandson Riley. The recording took place when Riley was 4 years old, about 15 months ago. Although he was very quiet and attentive during the story he did say a few things. It was so endearing to hear his sweet little voice and note how it had changed in just over a year.

Janyce then told me about a visit she had with her 97 year old father while having lunch in a café. Although her father is doing well, he started talking about how he would like to be cared for, treated and handled when the time comes for him to leave this world. She decided to record their discussion. She then passed on that recording to her siblings who both live out of town. While it is very important to have documented directives laid out in your will, I thought this was a beautiful way to share his wishes and to have the gift of his voice to cherish.

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

If you or someone you know is in need of Hospice Care or you would like more information, please contact Susan Dill East Shore Hospice Coordinator at the East Shore Community Health Center Hospice Office at 250 227-9006. 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 Kavanagh and/or Barb Kuhn or any one of our other volunteers.

Deadline:

Mar 25/2020

www.eshore.ca

mainstreet@eshore.ca

SUNSET SEED COMPANY



Your Complete Farm,
Garden & Pet Care
in Creston, BC
250-428-4614

NOW OPEN! We look forward to seeing you.
1628 Canyon St, Creston (right next to 7-eleven)

Memorial Wall

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

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

SERVICES DIRECTORY/CLASSIFIEDS

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

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

BUSINESS SERVICES

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

CONSTRUCTION/CONTRACTORS/ TRADES/GENERAL HELP/SERVICES

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

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

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

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

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

PERSONAL CARE/HEALTH

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

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

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

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

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

KOOTENAY SOUND HEALING CENTRE on Riondel Road, offering Sound Healing treatments, Gong meditations, Astrology consultations, Workshop/Event space, Acutonics® classes, and products. www.kootenaysoundhealing.com, 250-225-3518, theresa@kootenaysoundhealing.com

REGISTERED ACUPUNCTURIST, LISA SKOREYKO R.A.C. Treatment for pain, emotional disturbances, gastrointestinal issues and much more. 250.777.2855. Unit #9 Crawford Bay Inn. 16210 Hwy 3A, Crawford Bay.

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

REGISTERED MASSAGE THERAPIST: Harreson Tanner - Over 40 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doct refl req'd. 227-6877/cell: 505-6166.

SUSAN SNEAD ACUTONICS PRACTITIONER (TUNING FORK THERAPY): With certificates in Ayurvedic massages, Foot Reflexology, Fibonacci tuning fork alignment. Bach Flower Remedies and Astrological consultations. 250.225.3520.

18 **Mainstreet March 2020**

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

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

RENTALS/ACCOMODATION

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

RESTAURANTS

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

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

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

YARD/LANDSCAPING/SITE PREP

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



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

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

Massage Therapy
Harreson Tanner, RMT
Over 40 years clinical experience



* Knowledgeable * Skilled * Experienced
For appointments, call 227-6877/505-6166

CLASSIFIED ADS

BUSINESS ANNOUNCEMENTS

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

BUSINESS SERVICES

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

- Planning a wedding?
- Holding a meeting?

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

The Fitness Place

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


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

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

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

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

CRAWFORD BAY HALL
Your community hall
A non-smoking facility



NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

BULLETIN BOARD

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

*** BULLETIN BOARD * BULLETIN BOARD ***

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

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

PHYSICIAN COVERAGE FOR MAR 2020

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

PLEASE CHECK BACK PAGE CALENDAR FOR DOCTOR DAYS

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

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

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

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

HEALTH PHONE NUMBERS

ES Health Centre: 227-9006

Drug & Alcohol: 353-7691

Child & Youth: 353-7691

Community Nursing: 352-1433

Public Health Dental Screening/Counseling:

428-3876

Hospice: 227-9006

Baby Clinics: 428-3873

Mammography Screening: 354-6721

Physiotherapy: 227-9155

Massage Therapy: 227-6877

Mental Health Crisis line - 1-888-353-CARE (2273)

SENIORS GROUP - 55+ CLUB

55+ CLUB Meets Mondays, except holidays, 2-4 PM at the Community Corner building in Crawford Bay Park. All Seniors welcome!
 Admission: a toonie
 Mar 2 (12:30-2:30) Potluck lunch
 Mar 9 (2-4) Focus on Health "Happiness"
 Mar 16 (2-4) Chair Yoga with Kym
 Mar 24: Special Presentation 10-11:30am: Income Tax for Seniors by CRA Outreach
 Mar 30: Final meeting for season: potluck snacks and games, 2-4pm.
 Call or text 250.551.4443 for info.

MARQUEE MONDAYS

Movies every Monday at 7:00 p.m.
 Riondel Community Centre Seniors Room
March 9: Judy (2019)
March 16: If Beale Street Could Talk (2018)
March 23: Abominable (2019)
March 30: Joker (2019)
April 6: Hustlers (2019)
April 13: The Hustler (1961)
April 20: Downton Abbey (2019)
April 27: The Lighthouse (2019)
May 4: Ad Astra (2019)
May 11: Maleficent: Mistress of Evil (2019)
 Everyone Welcome (membership not required)

ESTATE CLAIM NOTICE

Edward John Robson, tenant at Bocalino cabins in Kootenay Bay, passed away at the Nelson Hospital on January 26, 2020. We will remember John as a very loyal friend, tenant and resident here at Bocalino Cabins since 2015. Unfortunately none of his family has come forward to deal with his passing or claim his belongings. Therefore I would like to ask anybody with a valid proof to come forward to claim any of the following items:

- 2001 Toyota 4-runner with 497,804 km
- BBQ Charmglow
- Crock Pot
- Keurig Coffee maker
- Selton Freezer
- Magic mixer/blender
- Blue ray DVD
- Samsung TV 75"

Contact Gisela Conrad at 250.227.6906

Riondel Seniors Golings On

ONGOING EVENTS:

- **Walk-a-Mile/Strength Training** - M/W/F, 10am (free to members, non-members - \$5 drop in)
- **Whist** - 1st Fri at 7pm. (Entry fee: bring a treat to share & \$3/members, \$4/non-members)
- **Movie Night** (and Popcorn!) - Mon at 7pm ... by donation.
- **Bingo** - Wed at 6:30pm (open to all, must be 18)
- **Seniors Executive Meetings** - (2nd Tues at 2:30)
- **Potluck Lunches** - (3rd Tues, 12:30pm - No Guest Speaker scheduled for March)
- **Yoga** - Thurs at 10am. (Free to members, non-members drop in fee: \$5)
- **Pool** - Mon/Thurs at 1pm (Free to members, non-members drop in fee: \$5)
- **Knitting Group:** Sat at 10am
- **Dancercise (Ballet/Jazz)** - Sat at 10am. (Free to members, non-members drop in fee: \$5)
- **Bridge** - 1st and 3rd Weds at 1:30pm (we are looking for new players, beginners welcome!)
- **Games Night** - 2nd and 4th Fri at 7pm (entry fee: bring a treat to share & \$3 members or \$4 non-members)
- **Art History** - Tues at 1pm except for 3rd Tues

All activities take place in the Seniors Room, Riondel Community Centre (except for knitting, which takes place in the art room).
 Membership Fees for 2019: \$50/year & are due now.
 Questions? Email Sherrie at <sfulton@sfu.ca>.

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

Everyone welcome.

CHRIST CHURCH & EAST SHORE CONGREGATIONS ST. ANSELM'S CHURCH BOSWELL (Anglican)

No services at the present time. Contact Christ Church Creston for info - 250.428.4248

HARRISON MEM CHURCH, ANGLICAN

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

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore
 Come & join us Sundays at 10 am.
 Coffee fellowship after the service.
 Pastors Richard and Ramona Dannhauer
 16190 Hwy 3A, Crawford Bay: 250 505 8286

YASODHARA ASHRAM

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

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

CHRISTIAN SCIENCE CHURCH SERVICES

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

MEETING PLACES

ALCOHOLICS ANONYMOUS:

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

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

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

PARENT ADVISORY COMMITTEE

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

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

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


Deadline:

Mar 25/2020

Boswell Hall Happenings

- **Book Club:** Second Thursday of the month, 2pm
- **Carpet Bowling:** Every Tuesday at 7pm.
- **Nifty Needlers:** Third Tuesday of the month, 1:30pm
- **Farmers Institute:** Meetings held on needs basis. Jan23 at 7pm. Contact is Bob Arms: armsrl44@gmail.com
- **Tone and Trim Fitness:** Every Mon/Thurs from 9-10am. Contact is Darlene Knudson: dar-lean@telus.net
- **First Responders:** First Mon of month at 10am. Contact is Rod Stewart: rod.jean@telus.net
- **East Shore Health Society:** Meetings held on needs basis. Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Focus on Health Meetings:** Last Monday of the month, 10:30. Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Yoga:** Every Weds from 1:30-3pm - Contact is Marilyn Arms: armsmh46@gmail.com
- **Vinters:** 3rd Sunday of each month, 2pm

March 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOTTLE DEPOT DAY 1 EVERY SUNDAY: Alcoholics Anonymous, Community Corner, 7:15pm Therapeutic Healing Gong Journey, 11am CB Dump Day: 9-3 Satsang, Ashram: 7:30pm	2 Marquee Monday, Movie in Riondel Seniors Group, Comm Corner, 2-4pm	3 EVERY TUESDAY: Tara Shanti Yoga, 9:30am CB Dump Day: 9-3 1-month Karma Yoga Art Lecture with Gerald Dr. Piver	4 EVERY WEDNESDAY: Yoga w/ Melina, Bos Hall Boswell Dump Day: 11-3 Dr. Moulson	5 EVERY THURSDAY: Tara Shanti Yoga, 9:30am Dr. Barbour	6 Therapeutic Healing Gong Journey, 7:15pm	7 EVERY SATURDAY: Boswell Dump Day: 11-3
8 Satsang, Ashram: 7:30pm	 9 Marquee Monday, Movie in Riondel Seniors Group, Comm Corner, 2-4pm	10 Art Lecture with Gerald Dr. Piver	11 Dr. Moulson	12 Dr. Barbour	13 Therapeutic Healing Gong Journey, 7:15pm	14
15 ESTS Bus to Ainsworth Satsang, Ashram: 7:30pm	16 REC 9 Mtng, CBESS, 2pm Marquee Monday, Movie in Riondel Seniors Group, Comm Corner, 2-4pm	17 Art Lecture with Gerald Lions Meeting 7pm Dr. Piver	18 Dr. Moulson	19 Dr. Barbour	20 Therapeutic Healing Gong Journey, 7:15pm	21
22 Satsang, Ashram: 7:30pm	23 Marquee Monday, Movie in Riondel	24 Geothermal Energy Presentation, CB Hall, 7pm Taxes for Seniors, CBESS Dr. Piver	25 MAINSTREET DEADLINE Dr. Moulson	26 Dr. Barbour	27 Therapeutic Healing Gong Journey, 7:15pm	28 Constellation Workshop, GC Hall,
29 Satsang, Ashram: 7:30pm	30 Seniors Group, Comm Corner, 2-4pm	31 ESTS Bus to Ainsworth One month Karma Yoga - Ashram Lions Meeting 7pm Art Lecture with Gerald Dr. Piver				

Footlighters Theatre Society presents

STAR TRAK

The New Space Comedy by
SUZANNE CHUBB & JASON SMITH
 Directed by
JASON SMITH




Intergalactic FUN
 For the Whole Family!

**Boldly going...
 where no spoof has gone before!**

7:30 PM • April 2-4
 Prince Charles Theatre • Creston, BC
 \$15 Adults, \$12 Seniors/Students, \$10 Children
 Tickets at Black Bear Books, Fly in the Fibre and Kingfisher Used Books

Show ticket at Real Food Cafe for free dessert (with meal purchase) on show nights. Reservations: 250-428-8882

25TH SEASON OF BRINGING LIFE TO DRAMA!

SILENT AUCTION FUNDRAISER

Crawford Bay Community Hall, Saturday, May 2, 2020
 Silent Auction - Food & Beverages - Entertainment



Do you have a skill, a gently used item, or a talent that you would be willing to donate? Have your business promoted on Social Media, in areas newspapers, on our poster and at the event by our EmCee.

Donations are coming in from Creston, Nelson, Balfour and East Shore trades, artists & artisans ... don't miss this opportunity to be part of protecting our East Shore Heritage.

Bring your donations to the Forge & Furnace Gallery in Crawford Bay - open most weekday mornings & weekend afternoons ... or call 250.551.4443

HELP RENEW OUR COMMUNITY HALL

Crawford Bay & District Hall & Parks Association




Michael O'Connor
 Astrologer & Life Coach

sunstarastrlogy@gmail.com
 1.800.836-0648
 www.sunstarastrlogy.com

