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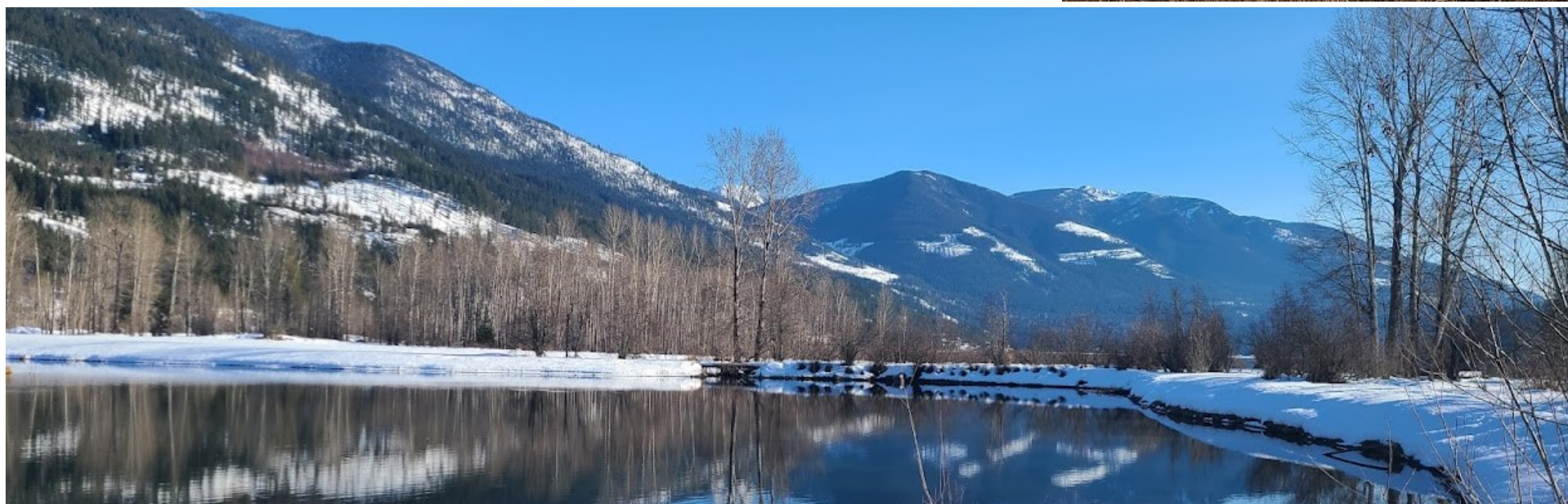
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**The photos above were taken
over 2021/22 at the pond in the
Crawford Creek Regional Park.**

(photos: Ingrid Baetzel)

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Mainstreet Meanderings

by Editor Ingrid Baetzel

March is always a busy month for celebrations in my family. On March 1, my brother celebrates his 47th birthday. On March 3, my husband Juergen and I celebrate 27 years married.

March 6 is my dad's 82nd birthday, March 5 is my father in laws birthday and March 8 my sister in law's. March 12 is my niece's 21st birthday. March 16 is the two-year anniversary of my mom's death and March 18 is my 50th birthday. So much to celebrate but mostly what listing all of those dates and numbers does is signify a dramatic passing of time. A huge piece of life gone by and the imbued memories therein. Milestones like a 50th birthday have, in my experience, come with mammoth piles of introspection and revelation. They deepen our sense of mortality and help hone our purpose. Right now, as a war in Europe shades everything we know and people's faith in institution and government is being heartily shaken, it is hard to find justification for celebration. It all seems so trite and entitled.

I found even putting this newspaper together to ring a bit empty. Are we right to continue as usual? Are we allowed to celebrate? Is it reasonable to "hang on to our hang-ups" in a world of suffering? A recent conversation with my son (in which he expressed his justified fears) led us to a recognition to accept the prevalent emotions and also to choose to fight to continue to LIVE with intention, step forward with hope, be brave. The Ukraine/Russia crisis is powerful in its relatability. We in the West are inextricably tied to this conflict due to world power relations, media coverage,

the potential impacts to our own lives, and, maybe, maybe, a sympathy of culture, skin colour, descendance? There are other wars in the world. The Ethiopian/Sudanese clashes continue and already in just 2022, over 300 people have died. The Yemeni Civil War continues (since 2014) and it is reported that over 100,000 people have died, including citizens. Somalia, Congo, Nigeria, Darfur and so many other countries have been in conflict for generations and seen immeasurable loss. Even the ongoing Mexican drug war has seen over 1000 people killed already in 2022 according to the ACLED dashboard.

I report this small handful of wars and crises not to be a downer or a propogandist or to make us even more despairing. Rather, it somehow helps me to understand that if we stretch our limited vision just a little bit further, we can see that at ANY point in human history, we as humans are killing each other, hating each other, trying to obtain power by destroying each other. We just don't always see it. Okay, I recognize that I'm not making anything better by continuing, so let me tell you where I am now and why, despite the horrors, I feel like life will go on, and we can and will do better.

We choose our life path and our intention when it comes to interaction. We are also born (arguably by total fluke) into particular geographic, cultural, spiritual, financial, emotional bubbles. What we choose to do with the fortune of our lives is entirely ours. If we all give up because the fear is too great, the sadness to pervasive, then we have squandered what has been given us. I am so, so, terribly grateful to have been born in Canada to kind, intelligent, compassionate, well-intentioned people. I'm grateful to have struggled as much as I have, to have been given as much grace and fortune as I have and to have wound up in the place I am at this age, in this time, and in this place.

Not to preach, but this is my wish... I hope we keep taking small steps towards being as compassionate as

we can be. I hope we fight (without weapons) for what we believe in while being tolerant of others' perspectives. I hope we do everything in our power to not dissolve into battles with people just like us which cannot be won (this is not in any way to say that we must not fight against authoritarianism, populace control, corruption, and abuse of power). I hope we find ways to come together and evolve as a species into the best versions of ourselves. I know it all sounds kind of pie in the sky, but it's my damn 50th birthday soon and it's what I want, so there! (Stomps out of the room, flouncing and fabulous).



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

Letters to the Editor

COMMUNITY GARDEN/SHARED SPACE

Dear Editor:

Is anyone interested in being involved in a pairing project where we match people that have garden space they don't use or space that could be turned into a garden with people like myself who want to grow a garden but have nowhere to grow?

Are there other people out there who would like to grow a garden but have no garden space? Equally, are there people out there that have a space where a garden could be grown and would love to reap the benefits of fresh healthy produce but either can't be bothered, don't know how or for whatever other reason can't or won't?

To express your interest, please email Mark at east-shoregardenconnections@gmail.com. While I've got your attention, what about a Community Garden? Anyone out there have similar ideas?

Mark Wolstencroft, Crawford Bay

CHANGING HOW WE INTERACT

Dear Editor,

Please accept my thanks for your unwavering dedication to unity in our community.

Over the past few years, you have patiently published varying opinions regarding the happenings in our world. It is obvious to me that you have not judged anyone, and have given everyone a chance to say what they need to say. I personally have had the opportunity to contribute in this way, and I believe that it is more and more becoming an act of courage on your part to allow us to do so.

It has been challenging for me to navigate the information out there. I have experience in healthcare, both in the delivery of care directly, as well as the billing aspect, and pharmaceutical manufacturing. I have personally been to the facilities and been the guest of those at the very top of the food chain in the Pharma industry. I have researched extensively on every topic you can imagine regarding what it happening in our world. To say that any of us, myself included, has a

clear understanding of what is really happening, would be hubris.

I would like to thank you for providing us all the chance to enlighten each other. Going forward, it is clear to me that we need to build working relationships with our neighbours. We obviously are out on a limb here, we are all equally confused as to what the future holds. At the very least, let's all agree that we have to help each other.

When your neighbour says they are afraid, listen. Tell them you are, too. Then talk to each other and find out how we can navigate through the fear together. Even if we do this simple thing, it can change everything.

Maybe we can't change the world, but we can change how we interact with each other. Wishing everyone love, light, peace and joy,

Barb Kuhn, Riondel

ALL YOU NEED IS LOVE

For reproduction, below is an email I sent to Trudeau:

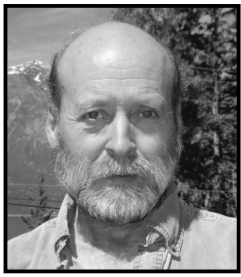
Dear Justin,

Please end the vaccine mandate and the national pre-occupation with a virus. Your father would have been strongly opposed to the measures you have initiated, I am sure.

Perhaps a wiser course of action would be to distance yourself from those involved with the World Economic Forum. That particular body of money-focused individuals is a greater menace than truckers and ordinary citizens who desperately want to be listened to.

Your challenge is to rebuild Canada; repair the torn social fabric; end the civil war. You can initiate that process by facilitating communication, re-building trust, and recognizing that many of our institutions are either dysfunctional or out-dated.

No more blaming and shaming please. This Covid preoccupation is a waste of time, energy, and money. Our world is facing much greater problems.



RDCK Area "A" Update

by Garry Jackman,
Regional Director

Sixteen Percent Increase in Area A Population:

Statistics Canada is beginning to release results from the 2021 census. Over the previous two census periods some rural electoral areas saw modest population increases, some were steady in numbers and others, such as our area, saw net declines. We know in rural areas many residents are only part time and some may choose to declare their primary residence as an urban center, regardless of how the census rules defined official residency, for various reasons. These may have included not paying provincial medical monthly fees (which are now buried in employer payments and other budget line items), trying to maintain an out of province drivers license and vehicle insurance policy, or seeking a primary resident tax break in one community versus another depending on the local tax rates. Understanding such influences on how people fill in their census forms, we know the exact numbers are always questionable. This is clear when we look at the discrepancies between federal and provincial population estimates. The trend as seen locally in the federal figures over the past five years, however, has eclipsed any other influences. In Electoral Area A we have seen an "official" population increase of just over 16%, as compared to an RDCK wide increase of only 5% and a provincial increase of 7.6%.

One observation is that while BC had a higher population growth than the rest of the country, B.C. was also the only province in Western Canada to see more people move in from elsewhere in the country

than move out. We are of course relatively close to a provincial border and may have been influenced by cross border migration. While Canada's population trend towards urbanization continued, within the RDCK the rural population actually further increased its small edge over the combined population of incorporated municipalities, with the 11 electoral areas now having just over 52% of the total RDCK population. This is likely due to the affordability of rural homes over those in some of our local cities, combined with the fact it is easier to commute from our rural areas to the commercial cores than in large urban settings. Stats Canada's official website also recognizes the impact of the pandemic, noting "full-time remote work has created opportunities for many Canadians to live in more distant suburbs or rural areas that would not have been deemed a viable option before the onset of the pandemic". Still, across Canada the share of the population living in rural areas decreased from 18.7% in 2016 to 17.8% in 2021 so we are definitely bucking the trend.

How does population impact our community and our local governance? Certainly we have seen large increases in property assessments, higher than adjacent areas in some housing markets, which have benefits and drawbacks. For those who may be downsizing or shifting to longer term rental there is a more equity to be pulled from their home. For those entering the home owner market the struggle to own your home will be harder and longer, as earnings have not kept pace with housing prices. I have not seen the demographic breakdowns yet, but I believe we are seeing a significant increase in younger families which can support our school and fend off plans such as we saw in the past to downsize our educational opportunities. The population increase combined with the merging of child care services with the education ministry may build a case for us to finally get the child care facility within the Crawford Bay school operating at its potential. I am looking forward to support from our SD8 trustee to proactively seek opportunities for us in light

of the new provincial direction.

If the demographic shift is not weighted to the 55 plus category we should see a stronger workforce. That can encourage investment and growth in the small business sector, although I note with interest some residents prefer minimal growth. I agree the point is debatable from an ideological perspective and I have an appreciation for our quiet, quasi isolated life style but if the reality is we have more people looking for work and amenities then we need to be able to respond as community to support those jobs and amenities which we also value. The Area A Economic Development Commission is always looking for community champion volunteers to help guide us in this area.

The provincial and federal government use population to determine some of the funding sent to local government and the province uses increments in population to set "voting strength" at the regional district Board for financial matters such as setting the annual budget or entering into contracts. In terms of grants, we will now receive more money year over year until the next change. In terms of voting strength, only one RDCK electoral area should see an increase as a result of this census and pending a review by the provincial government, that being Electoral Area H (Slocan Valley) which now has a population in excess of 5000. The increment used by the province is 2500. If Area B (Ericson, Canyon, Lister, Yahk, etc) grows by another 4.1% in population it will also gain one additional vote on regional matters, moving from two vote to three votes. We (Area A) have one vote at the Board table and that would only increase if our population increases another 11.6%.

Budget: On February 15 the first public presentation for the draft budget was held online with a focus on Area A north services. Only a few residents joined the session where our head of staff presented a series

CONTINUED ON NEXT PAGE

Letters to the Editor

trustees of the Greater Victoria School Board were suspended following complaints of their bullying and harassment of teachers. There is a policy of zero tolerance rule for bullying.

When we speak out, we need to guard against falling into the breach, blaming, passing judgment to the point of inciting hatred and prejudice. The best guard is to reverse the roles and see things from the other side. Ask questions rather than pass judgment. Seek understanding and compassion for another point of view.

We are all fragile now, especially children. Consider what you project with your words and behavior to children and others. Not everyone has the ability to deal with your aggression and judgment. The depression, anxiety, fear we experience could be better served through understanding and support. Once eroded, it takes a long time to rebuild trust. Mistrust is very destructive not only to children but society as a whole. Bullying does not have a place in the pursuit of wellness. Look in the mirror. Recognize when you have become a bully.

We now see that the authorities and leaders have been challenged. Dealing with this pandemic and the fear was a new experience and there were a multitude of variables and unknowns.

There are also many influences of business and politics which should not have the "call" on public health. As Dr. Seuss said, "We can, and we must do better than this."

The COVID experience has created a lot of learning opportunities. Some have grasped the opportunity. Some avoid it and would rather blame, threaten, and hide away as our Prime Minister has done. Is it not his role to pay attention to citizens, listen, learn, and lead? The government summary of the Canadian Charter of Human Rights and Freedoms states: "In a democ-

racy, people must be free to discuss matters of public policy, criticize governments and offer their solutions to social problems" I am thankful for the internet and cell phones which, used wisely and with caution, can reveal the other side of the story, different perspectives and expose censorship. We need a balance to mainstream media which is too influenced by business and politics. Look at both with your "thinking cap" firmly in place!

The Public Health Agency announced it will be reviewing the current "suite of measures" and that all existing health policies including provincial vaccine passports need to be "re-examined".

There is an awareness that there have been policies created based on assumptions that are being proven now, by statistics, to be not accurate or current and that they have had serious destructive impacts. Other countries such as Sweden, Denmark and the United Kingdom are ahead in this process and revoking many mandates.

Something presented as a "good thing" or solution has morphed into something very destructive to the wellness of our society. Bridges need to be constructed to heal the impacts on our social structure, mental health, health care, educational and general well being of our society. The fear initiated by authorities and their ever-changing stance, missing info on side effect statistics and misinformation has eroded trust. We believed at first getting vaccinated was a good solution. Now the fourth booster vaccine is waiting in the wings. Is this success? Are we developing an addiction to vaccines? Who all benefits from this?

The media has been bent and we have experienced censorship. Friendships and family relationships have been broken. Children are stressed and no longer trust when they experience harassment and discrimination and hear the hate mongering being espoused even by

teachers and parents.

We have come to the point of good employees losing their jobs over the vaccination issue. Authorities now state in the mainstream media that the belief that vaccination eliminates transmission or prevents getting COVID has proven to be incorrect. So, what justifies the termination of employment? Our hospitals are short staffed due in big part to employment suspensions without pay. Soon schools may also be short staffed. What is wrong with this picture?

A skill basic to survival is to recognize the threat. The same tactics and strategies as we are subject to have been used over and over again in history. Steps to create fear, target, and blame, withdraw freedoms and privileges to create hatred, prejudice and segregation are well known. The rise to power of the Nazi regime, Communism in China, the USSR and East Germany illustrate this clearly. Members of our community have experienced the process firsthand. They can see the signs. Many who object to this comparison need to educate themselves. You can connect with your community members who have firsthand knowledge of this reality. "There are none so blind as those who cannot see."

It is revealing to watch the series "Line of Separation" available on Prime Video. It is based on a real situation involving a small town in Germany at the end of WWII which becomes divided with the division of Germany into East and West. The process unfolds as you watch the families navigate the changes and choices. Relationships and the social fabric erode. Values are lost.

Unfortunately, as Mark Twain said, "It is easier to fool people than to convince them that they have been fooled." Let's do our bit in keeping Canada "glorious and free".

Respectfully, Shirley Wyngaard

March 2022 Mainstreet 3



Hidden Taxes

by David George

Like father, like son. I never expected to see the return of the War Measures Act in my lifetime. Well, the new Emergencies Act cannot be in effect for longer than 30 days, and it does have more safeguards, such as mandatory review by Parliament, but it can suspend many of the civil liberties we cherish. I was appalled to see our nation's capitol invaded by a bunch of misled yahoos for three weeks and even more dismayed to see several border crossings blocked for days. I believe we can expect to see even higher prices for many consumer goods because of those stoppages of goods flowing to and from the nation south of our border.

Our editor floated the idea of a good news only edition of *Mainstreet*, but even though it did not get taken up, I will use this edition of "Hidden Taxes" to bring some more good news from around the globe.

Do you like oysters? *Nature Conservancy* reports the world's largest oyster restoration has been achieved on the Piankatank and Great Wicomico rivers in Virginia with over 1,000 acres improving water quality and habitat for other wildlife. The initiative is part of the 2014 Chesapeake Bay Watershed Agreement which aimed to fully restore oyster populations in the bay's tributaries by 2025. So far, four of the six targeted tributaries have met their restoration goals.

Wildlife corridors are gaining momentum around the world. Wildlife bridges and crossing structures are allowing animals to safely cross highways, reducing the risk of vehicle collisions. Banff National Park in Canada boasts the most wildlife crossings in the world, with 38 underpasses and six overpasses.

Dolce & Gabbana has banned fur and angora from all future collections. It's a huge win for campaigners who fought for this for decades. The announcement follows other luxury brands like Moncler, Gucci, Alexander McQueen and Balenciaga who have also recently gone fur free.

After more than 150 years, the legal ivory trade in Hong Kong has come to an end. Landmark legislation has banned the sale of ivory products. The new rules ban the 'import, re-export, and commercial possession of elephant ivory' but exclude antique pieces dated before 1925.

You don't hear about much about rubella (German measles) in rich countries these days, because science. In poor countries though, it's still the leading cause of birth defects. Some welcome news from the WHO then - between 2012 and 2020, the number of countries that introduced the rubella vaccine increased from 132 to 173, resulting in a 48% drop in cases. 70% of the world's infants are vaccinated and elimination has been verified in almost half the world's countries.

An historic ruling in Ecuador has given the country's 14 indigenous groups the power to veto mining and oil projects on their lands. Indigenous communities must now be consulted and give consent before any extractive projects can commence on or near their territory.

Cuba has established a new marine protected area spanning 728 km² of mangrove forests, seagrass beds and coral reefs. The region is an important spawning site for coral reefs and fish and is also home to critically endangered hawksbill turtles, loggerhead turtles and American crocodiles.

Iceland will officially end all commercial whaling in 2024. Only one license holder remains in the country after a two year suspension on hunts, and even they doubt there is 'any economic advantage' to continuing

beyond 2024 when the current quotas expire.

Indonesia has recorded significant progress in its program to restore its tropical peatlands. In 2021 it rehabilitated 300,000 ha, representing 25% of its four year target. Attention will now turn to mangrove restoration, emulating the same approach.

Good news for cranes in the UK, with 72 pairs recorded last year, the highest number since the 17th century. A small number of birds were reintroduced to Norfolk's Broads in 1979 after a 400 year absence due to wetland drainage and hunting. Habitat protections and hand-rearing projects have helped boost the population to over 200 birds.

Good news for dogs in America. A decade ago, 2.6 million stray dogs and cats were being euthanized each year. However, thanks to dog-relocation networks, animal rescue and increased demand for pets during the pandemic, the number of euthanised dogs has now fallen to a historic low of 390,000.

Big news in the world of vertical farming. America's biggest retailer, Walmart, has bought an equity stake in Plenty, which grows food off tall, modular towers. The move makes Walmart the first major US retailer to make a significant investment into this area, and it will start offering vertically farmed produce to consumers later this year.

All this good news thanks to *Future Crunch*. Enjoy our East Shore spring, and watch for those wild turkeys on our roads. Until next time, be safe, be well, and be kind.

Next Deadline: Mar 23, 2022

mainstreet@eshore.ca

"RDCK" CONT'D FROM PAGE 3

of pie charts and tables that showed a snapshot of revenues (taxation, user fees or grants) and expenditures (capital and operating) for our electoral area plus detailed examples of typical taxation projected in the draft budget as of that day. I can send you a copy of the presentation, noting it is a draft, or if you want to wait a few more days I can send a copy of an updated budget presentation which will be available for a March 10th presentation which will be geared around Creston plus Areas A, B and C. Public will be able to ask questions. That meeting begins at 9am.

We held our second review of the 2022 draft budget (with the entire Board) on February 18th. Slides from that presentation are also available so email me if you want a copy. The RDCK needs to provide its 5 year financial plan, which outlines the 2022 budget along with projections for subsequent years, to the province in early April. This document will indicate the requisition or dollar amount in taxation which the RDCK is requesting the province to include in their 2022 rural property tax bills. We will need to vote on that financial plan by our regular Board meeting on March 17th or if any unforeseen complications arise hold a special Board meeting in the following days to approve a budget. In my years serving Area A I have only seen that happen once. If you want to have a look at budget figures or join any of the budget presentations across the RDCK look on the calendar on the RDCK home page for meeting dates and times. Just hover over an event and the details will come up.

Grants: Please look in upcoming editions (and online) of *Mainstreet* for the dates to submit spring applications to Rec 9. Also, the Columbia Basin Trust - Community Initiatives Grant applications have now closed and staff are preparing the summaries of applications to post online for public comment and for the community reviewing group to look at to provide recommendations to an RDCK Board meeting later this spring.

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.

4 Mainstreet March 2022

Riondel Fire and Rescue Blotter

by Fire Chief Cory Medhurst

February saw a return to a somewhat normal training schedule, continuing on with our member's learning and practicing skills for their exterior firefighter certification. This is the first level, and our minimum requirements for volunteer firefighting in BC. In 2015, the OFC (Office of the Fire Commissioner) developed the Structure firefighter competency and training playbook comprising three levels of service that each department trains to. These levels are exterior firefighter, interior firefighter, and full service firefighter and are explained in detail on their webpage at www2.gov.bc.ca/govcontent/safety/emergency-management/fire-safety/training/firefighter-playbook.

With the hope of eventually progressing through to a full service department, our crew is currently working through the bulk of the hands-on training for exterior firefighting with an expected completion date sometime this summer. We are continually adding new members to the training which requires constant review for everyone of all skills before we complete the training as a group. When the department has 80% of our members trained to the exterior level, we will continue on training to the interior level.

In addition to these minimal requirements for firefighting, we are required to be certified in auto extrication, ICS 100, Hazmat Awareness, Emergency Scene Traffic Control, Gas and Electrical Safety, and SPP-WFF-1 Wildland firefighting. As mentioned last month, an additional 40 hour course is separate from firefighting and is required for medical first responder calls. It sounds like a lot and it is, but we learn a lot and have fun during the different training events throughout the year held through the Regional Fire Service,

and our weekly practices. A huge shout out to all of our members for their commitment and dedication to the learning and time required to help our neighbours. All of our training helps us to safely respond to, and assist at all kinds of emergency calls including road rescue, medical FR, and structural or wildland fires within the fire boundary. Some examples of recent calls below.

February calls to date are as follows:

February 2 - Six members responded in personal vehicles and our rescue truck to a motor vehicle incident in Crawford Bay. A vehicle traveling southbound on the Crawford Bay summit of highway 3A lost control and ran head on into the bank of the road. Upon arrival of the first crews it became evident that the driver had suffered a medical emergency requiring further care from paramedics. The crew attended to the patient and secured the scene while waiting for the ambulance to arrive.

February 3 - A medical emergency in Gray Creek saw three members respond to assist paramedics with patient movement from the residence to the ambulance.

February 15 - Three members responded to a motor vehicle incident on Riondel Road. A vehicle traveling southbound lost control and fortunately won a battle with the ice and slush which attempted to swallow the vehicle down the embankment; the vehicle came to rest precariously on the shoulder of the road and the single occupant was able to climb out. The occupant was transported to the hospital for examination with BC Ambulance.

As spring nears on the March 20, we will see an increase of traffic on the highways as many people with winter blues seek refuge from the zoom-zoom of life in the cities. With motorbikes eager to race along the windy roads with leftover gravel from the wintery roads; or RV's coasting the highway followed by plumes of dust, we urge everyone to drive with care,



Hacker's Desk

by Geoffroy Tremblay
Compassion for the Collapse of Patriarchy

These are the words that concluded my last meditation retreat two weeks ago. It resonates with me deeply as it seems to synthesize a feeling that has been with me since a very young age. I am still exploring its meaning, but I wanted to share my process and hopefully create a conversation about its implication.

We live in a patriarchy, and it seems that many of its structures are collapsing. Eroding democracy, neo-liberal-capitalism taking over every part of our society, overwhelming media and communication system and the over-exploitation and destruction of our natural environment. We created an unhealthy and toxic environment where we have lost control over its governance. We are being bombarded by an ever-increasing amount of news and media, both confusing and polarizing. We are merely consumer feeding an evergrowing capitalistic machine ready to implode at any moment. Most importantly, it's getting worst, and most people seem to deny it.

But are we really in a collapse? It's actually hard to prove. If you're falling down from a building, you might not realize you're falling until you land. There might be some hints that you are dropping, but the fall in itself is still pretty gentle. I assume that we will only know in the aftermath. But should we wait until then to prove a point?

Patriarchy in itself isn't evil. What seems to be the problem is this toxic masculinity devoided from any femininity and compassion. We could have well-balanced patriarchy with a balanced view of

the world. But as we all become more and more out of balance with our environment and with ourselves, toxic patriarchy creates a lot more destruction than sustenance.

So what can be done in this situation? You can deny it all, live your life, make money, hope for the best and try to enjoy comfort while it last. It's not a wrong choice. If you are truly happy while doing this, it might even bring some positive energy to your community and family.

You can deeply freak out, fill the social network with anger, prepare for the worst, live in fear. That might be a good solution, which might bring people to question their own way of living. And if you prepare well and a significant shift happens, you might become an excellent resource in the future.

You can take action, go out on the street, find a way to fight back the system, bring about some change in a forceful way. Creating community and groups while informing and demonstrating publicly to bring awareness. The collective "Extinction Rebellion" created some wave in the media. While older groups like Greenpeace has been at it for so long that we almost do not consider them activist anymore.

There are a thousand and one ways to be in this uncomfortable space. But you probably saw that coming; you can also practice compassion...

When you practice compassion, it doesn't matter which side you are on or what action you are taking. Even if you might disagree with someone acting dif-

ferently, taking a different position, you still have compassion toward that person.

By using a compassionate approach, I can take stock of what might be happening and see what I can

do to accommodate the change coming our way. Learning about gardening, micro-farming, fermenting and sprouting. Communication technologies like HAM radio might become handy, for instance. Some friends on mastodon are looking into permacomputing, figuring out the use of technology outside or after the supply chain has failed. Looking at the more fragile aspect of our society, like power, gas, health and food system and planning what would happen if we couldn't rely on these anymore.

Compassion it's not a one-way street. You cannot be compassionate

toward people and not toward yourself; this is not compassion. It's not so much action but a state that infuses every action. So practicing compassion for myself has to be part of the deal.

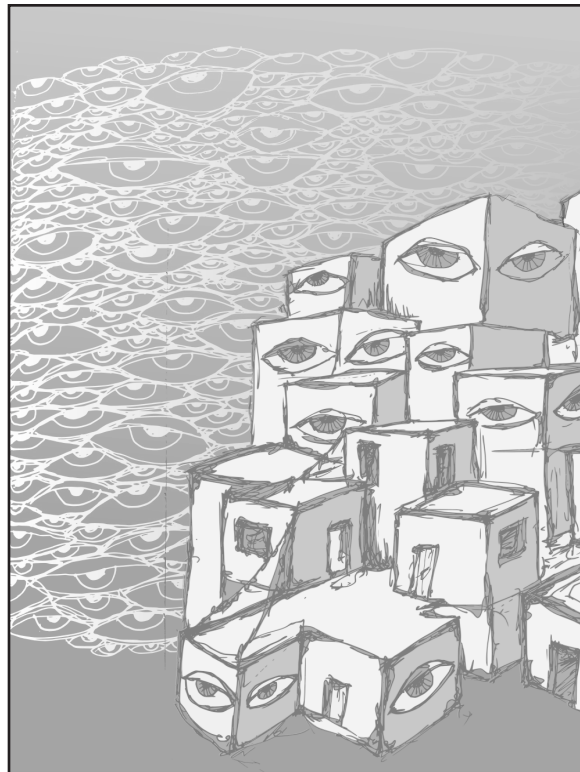
Media has taken quite someplace in our life. It not only informs us but also somewhat defines who we are. I feel quite polarized when watching media. The mainstream press charges me up in one way. At the same time, the social network brings up anger and other ranges of emotions. Anti-establishment news channels get me pumped up and ready for a revolution... All of it would be taking so much energy from me. Although it's important to stay informed, I just want to be informed. Not manipulated, not charged, not angry at this to that, simply informed.

Not taking the news too seriously really helped with caring for myself. Most media companies have their own agenda and aren't entirely objective, so anything I read and listen to, I take it with a grain of salt. Most news and media sources only tell one part of the story or take one side, so to stay truly informed I try to check in with different international news, from Moscow Times, to Aljazeera, Reuters, BBC. I also look for independent news channels, which are funded by the readers and outside the influence of corporations. I find it also healthy not to take a strong position on news events that I don't have time to really get informed. By doing all this, I feel more at peace and balanced without being overly triggered.

Another aspect of my life is the exploration of evolution. Not actively participating in personal and social evolution seems to go against compassion. Evolution is the natural process of life; actively or purposefully going against it is going against our wellbeing. There are many tools and techniques that help with the process of evolution, from creativity to self-study and meditation. But this is outside the scope of this article.

You might be wondering, since the patriarchy is collapsing and taking the world down with it, wouldn't it make sense to bring about a matriarchy. I personally think that a matriarchal society would be pretty exciting and refreshingly different. There would be a whole lot of healing. But a matriarchal society can also be imbalanced. In the end, it's that balancing act that will bring about change, that could bring about a revolution.

The title of this article can have a different meaning. You can read it as using compassion while the collapse is happening. But you can also read it as using compassion as a means of collapsing the patriarchy. Now, suppose a society completely lacks compassion. What would happen if, out of a sudden, compassion would be at its core?



be aware, and share the road. A reminder for those of us who enjoy a nighttime or early morning walk to wear bright clothing, or a safety vest. It may not match your sneakers but it could save your life, it's dark out there.

With the cold snaps we had this winter and the inevitable extra woodburning, we'd also like to remind everyone to look at the condition of your chimneys. Take a portable mirror, during the day, and put it in the clean out of the chimney to see how much daylight you can still see at the end. The smaller amount of visible light, the more creosote build up there is with an increased possibility for a chimney fire. Another

reminder for this time of the year is in the event of a chimney fire, turn down the damper and empty a cup of water onto the fire, close the fire box and wait for the steam to extinguish the chimney fire. Call 911 for assistance if you are unsure or unable to extinguish on your own; we train often for these types of events.

Better than using water for a chimney fire, come join our crew and learn how to extinguish all types of fires and much more to protect you and your neighbours. We practice Thursday evenings from 7 - 9PM at the fire hall in Riondel. Go online to www.rdck.ca for an application and start your next exciting adventure with an amazing team.

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Memories & Musings

by Leona Keraiff

I invited the Wallace family to share their memories simply by writing to Janet. They generously shared the following:

From Janet: The Wallace family came to spend a lot of time in the Crawford Bay Hall since moving here in 1981. Our family has been attending 4 decades of theatre performances, dances, classes, community potlucks, Fall Fairs, silent auctions and Craft Fairs, weddings, funerals and lively community meetings. Many fond memories.

From Johanna: I really have so many memories in that building. Everything from twirling over the warm air vent and letting it puff my skirt out, to band practice in there, blaring my trumpet. I remember eating the amazing hot lunch started by Terry Fiddick. I remember all of our many theatre productions and classes starting when I was the snake coming out of a basket in Shahrazad and then the many productions I both participated in and watched. I still have dreams about being backstage there. So many Christmas potlucks with my kids. I even have memories of flipping around the metal railing with my friends while the adults celebrated inside. I remember falling asleep in the pile of coats in the boot room by the door. I also remember doing swing dance lessons there and having a blast!

From Nissa: Ballet class with Jocelyn Donald. I was SO excited about the dance we did to Loveshack. Ringing in Y2K. I was 9. I think a swing band performed and I remember swing dancing with Dad and having a blast. I was very chuffed that I got to stay up until midnight. Drama class in the hall, which solidified feeling like a real teenager because I had watched

all my older siblings in plays as a kid. Being terrified of backstage and the tiny hallway behind the stage. I was convinced it was haunted and would do my best to not be back there alone. I would run as fast as I could through the little hall. Organizing and running



various concession stands/bake sales. It was almost always with Stephanie Draper and I loved connecting with the community that way. Violin recital while taking Suzuki lessons with Ed Fuzzen.

From Caille: Taking dance classes with Evie Claire, Jocelyn Donald, teaching dance classes and lots and lots of drama!

From Cameron: *Moliere Plays Paris*, Donnie Clark and the big band, Christmas potlucks. Grad breakfast! I really enjoyed acting classes with Doreen Zaiss in the hall.

From Ted: So many life passages: weddings, funerals and other community celebrations. The funeral of Alvin Dunic comes to mind with the place overflowing, a centre and gathering place for love and care in the community. I remember playing in the hall with the Band the New Years Eve night of Y2K, a great celebration, especially when the world did not fall apart at midnight. I also took part in a number of art events including the Paintathon and a few art shows. Soon as we had enough lights to show the art, then the breaker would blow. It was always a juggling act with the electric circuits.

I did the occasional volunteer work on the building but what I remember the most was checking out the attic space over the stage. It was the middle of winter. When I finally got through the attic hatch, I shone my light around to see the state of construction. My light came across the biggest ball of bats hanging from the rafters in the middle of the attic. They were slowly circulating in the cold, each taking turns in the warm middle of the ball. We decided all work up there could wait until summer when the bats were gone. And of course there were the many years of Grad breakfasts where all the teachers and staff would show up at the hall at 5 am on the morning after grad to cook breakfast for the Grads. They would stumble in at 6 for the joyous chaos and then say their fond farewells and thanks as they stumbled bleary eyed into the world.



Hall Board News

by Susan Hulland

It's been a busy past two years for our directors.

Phases 1 and 2 of the community hall restoration project are complete. Phase 1 included: land purchase, energy audit, hazardous materials study, Radon testing, and a community survey. Total cost for this work was \$80,000 which was paid for with saved funds.

Phase 2 included: architectural and engineer design drawings, a site plan of the property, a sewerage plan and obtaining Class 'C' construction cost estimates. Total costs were \$46,000 paid for by a Regional District of Central Kootenay Community Development Grant, Columbia Basin Trust Community Development Program Grant, CBT Community Initiatives Grant and donated funds.

The early part of this year's work is Phase 3 which involves obtaining construction drawings and detailed cost estimates for the entire project as we have been advised that this will save money in the long run. The necessary grant applications have been sent. These will hopefully allow funds raised from our online auction and recent donations to be maximized.

Phase 4 will involve actual construction which we propose to do in four stages: foundation, building envelope, building interior and kitchen. We would like to tackle the foundation and building envelope first and do them together. This work would enclose and insulate the underside of the hall, reinforce the foundations, build an expanded entryway with barrier free access, replace the roof, windows, doors and exterior cladding and add much needed insulation to the structure. These two parts of Phase 4 are estimated to cost just shy of \$1.2 million. If our applications for funding are successful our goal is to begin construction in 2023.

Ambitious? Yes! We have worked hard to get this far and are anxious to start making the changes which will not only save this much-loved historic building but bring it up to standards that will meet today's building codes and allow it to serve East Shore residents for decades to come.

Fundraising is top of mind for us now and we are researching all the grant funding opportunities that exist. This will consume the bulk of this year's efforts. If you have grant writing skills and would like to help us, please contact us. We are planning more community fundraising activities, too. If you are interested in being part of this important work please contact Leona Keraiff (lkeraiiff@cbhall.ca or 250 227-9361) or Susan Hulland (shulland@cbhall.ca or 250 227 9387).

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A Little Census Information

a Mainstreet Feature

Following are some statistics from the recent 2021 Census.

- BC Population 2021 Census: 5,000,879
- BC Population 2016: 4,648,055 (7.6% increase, difference of 352,824)
- RDCK Area A population. 2021: 2241
- RDCK Area A population 2016: 1930
- Nelson, BC has grown to a population of 11,106, an increase of 534 residents from the 2016 Census.
- Creston recorded a population of 5,583 living in 2,670 of its 2,810 total private dwellings, a change of 4.1% from its 2016 population of 5,361.
- Other RDCK areas include: Area B (4,802); Area C (1,475); Area D (1,462); Area G (1,650); Area H (5,045); Area I (2,607); Area J (3,517); and Area K (1,784).
- Castlegar's population grew slightly to 8,338, as did Trail (7,709), Creston (5,583) and Grand Forks (4,112).
- Salmo's population dropped by one person to 1,140, Ymir fell to 214 and Kaslo rose to 1,049.
- Canada's total population grew up to 36.9 million, while British Columbia grew by 7.6 per cent to five million (5,000,879)

Statistics Canada will release six more data packages with findings from the census throughout the year. The next on April 27 will focus on demographics.



Thoughts from the Frog Pot

by John Rayson
POST COVID?

We appear to be approaching the end of the present Covid-19 epidemic. The numbers of cases of the Omicron variant are dropping and there does not appear to be an increase in deaths or hospitalization. Provinces, B.C. being slower than others, are lifting restrictions and life may return to a semblance of order. Will we see the development of a new more deadly variant or will the disease become endemic? Only time will tell. We may in fact require further actions to deal with the present epidemic.

In any event, many things have been blamed on the pandemic but in fact changes were occurring earlier but timelines much increased by the pandemic. A number of these issues will become more apparent to us in the near future. In this column, I would like to highlight a few of these issues.

Healthcare: Healthcare is an issue of paramount concern on the Eastshore. Prior to the pandemic we were aware of shortages of medical personnel and other issues.

We were beginning to see an increase in the use of personal devices to monitor healthcare and an increase in the use of telemedicine. Now, we have an explosion of virtual visits and the use of a variety of personnel (eg. nurse practitioners) to provide healthcare. The medical profession and governments are now struggling as to how these issues will function in the

future delivery of health care. Not all changes have been positive but much good should come out of the changes. We need to provide broader and more effective health services. As an example, should we have a “team approach” to primary care with a change in the funding model? Should family physicians change to a salary- based model from a “fee for service model? Such a change would require a full discussion and debate of healthcare in Canada (the Canada Health Act was established in 1985 and there has not been a full debate since). We are far from a resolution of these issues. Presently, as an example, Nurse Practitioners work independently from physicians.

Work remotely: The whole process of work from home, a process starting prior to the pandemic, will become an increasing focus. It is occurring in big cities as individuals and companies debate the need to return to the office, plus individuals are choosing to move to smaller more remote areas, (East Shore) and establish online businesses with world- wide reach.

Supply chain: Supply chain issues are occurring in our own backyard; grocery stores are having an increasingly difficult time providing items we now consider routine, even though they may come from far distant locations. Shipping Is more expensive. We are all familiar with the lack of “chips” for new vehicles. All the above were becoming issues prior to the pandemic, but were speeded up in the last 2 years due to the pandemic.

Internet for all: Online learning has become a necessity and a fact of life. It is evident that it will be necessary to provide high speed internet to all. Will this occur in remote areas? Elon Musk, of Tesla fame, thinks so as he is working to establish a system of satellites to service remote areas. We will require broad-

band high speed service in all areas for healthcare, education and online businesses. Soon.

In this column I have attempted to summarize a few of the issues highlighted by the pandemic. It is of note, these issues are general but do in fact impact those of us living on the Eastshore, even though at times we may think of ourselves as remote and removed from broader issues. We are not and they do impact our daily lives.

Obviously, we are living in a time of change. Thus, I leave you with a quote from Heraclitus, a Greek philosopher, 550 B.C, who stated “the only thing constant is change”.

There are further issues accompanying the recent pandemic that I will attempt to address in subsequent columns.

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Yarns From the Back Alley Shepherdess

by Barb Kuhn



Gamla Varen Ranch was a fun place to be, lots of great memories. I recently put a picture of my sheep, Gracie, and my goat, Queenie, up on my wall. Another picture of my dog, Rudy, with my grandson, has made it up on my wall and

will be accompanied by many more pictures as I build the collage.

Rudy was a Golden Doodle. He was a first generation cross between a Golden Retriever and a Standard Poodle. He was really big. The biggest part of him was his heart.

We had lots of fun together. He would chase down a chicken that made it over the orchard fence, put his paw over it and wait for us to get it and throw it back over. He was always eager to please and never backed down from an assignment. He sat quietly with my grandson while we worked our honeybees. He always let us know if there was anything that needed our attention.

Rudy’s ability to care for other animals was extraordinary. I was in the habit of rescuing baby goats rejected by their mothers. Since we had an ambitious billy goat that was impossible to fence in, we had lots of kids that didn’t make the cut. At one time I had 12 baby goats in my bathtub that I bottle fed around the clock. Rudy’s help was indispensable.

When I would find a baby goat left alone, Rudy got so excited. I would carry the kid in the house and wrap them up with an old sweater and put them near the woodstove to keep warm. When the kid woke up and

started to cry, Rudy licked them from stem to stern and put his nose under their belly, to lift them up. He got them walking and moving around.

Once I fed the kid their first liquids (a powdered colostrum mixture), they would settle down to sleep. As I needed to go out and throw hay over the fence to the other 75 animals, I relied on Rudy to babysit. He dutifully laid down next to the kid, and was still there when I came in after feeding the flerd (mix of sheep flock and goat herd). I told him to stay there and watch the baby. He was vigilant.

Rudy’s companionship got me through a lot of rough times over the years. His back provided a nice place for my grandchildren to sleep or read a book. He kept my feet warm but made it impossible to pull up my wool blanket, once he was on it. He was very friendly, very loving and loyal.

It broke my heart to put him down at the age of 9, in 2019. His legs just didn’t work the way they needed to anymore, and he was in pain. A large lump in his neck told me why he was having difficulty eating. It was time.

The day before he passed, we went to say goodbye to everyone he got to know on the East Shore, since coming here to live in 2016. I took him for ice cream and he enjoyed the pralines and cream as a last sweet treat. I go to Screaming Cream and get a cone in his memory every August.

This time of year conjures memories because Rudy’s birthday was February 14, 2010. A Valentine’s puppy. Up until the moment I met Rudy, I wanted a Standard Poodle. After I met Rudy, I couldn’t imagine having another dog (except our two great Pyrenees dogs, but they were working dogs, not oversized lap dogs like Rudy was).

In memory of Rudolph Valentino Gabbitas, February 14, 2010-August 9, 2019.



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TOM SEZ

by Tom Lymbery

Time to clean up beaches and maintain your waterfront docks. Peaveys, cable staples, all the tools and equipment you may need are at the store. The lake has to drop to zero by March 31 and may go lower in April. When it rises depends on runoff, but definitely by early May.

Heavy March rains fill a sponge of snow on roofs that haven't been shovelled – these may collapse anytime with the added weight.

With cardboard milk cartons now refundable, Mike Jeffery suggests that KL Lions may need an old wringer washer to flatten the cartons with. Please help by folding these before donating.

Several new light standards at Kootenay Bay give a different look at the ferry landing, if you scan the ferry cam when its dark.

Did you watch this years Stupour Bowl on TV? This is the day when most of the US is incapacitated by booze?

Canada's Soccer Team is to be congratulated for their wins – 2 – 0 over the US and beating Honduras by the same score. Coach John Herdman was formerly coach Canada's women's team and is doing just as well with the men.

When Sharon was training in Vancouver to become a Licenced Practical Nurse, I sent a US dollar to an address I found in *Playboy* Magazine and they mailed her "The Worlds Largest Valentine" - it covered almost a full wall in her grandmother's house where she was boarding.

2021 Census just released shows that Area A (the East Shore) has increased its population by 331. Total is now 2,241, previously 1930. Nelson is the largest city in the west Kootenay with 11,106 with Trail now 7,709. Creston is now 5,583.

Olympic Gold medals are made of silver with only sufficient gold to cover the silver. Second place medals are entirely silver. Google didn't want to estimate a market value.

Soon we will see those attractive streamside lilies, a sure sign of spring – skunk cabbages.

Frances Roback was able to improve so much this issues story of Pilot Frank Judd flying in the Aleutians in WW II and also flying The Hump into China – a continuance of the man who made that amazing safe landing in 1935 in Nelson. Frances also brought a Gray Creek connection to the Aleutian story.

BC to Bolster Wild-fire Budgets by \$517 Million Over 3 Years

press release

B.C. government to step up its wildfire prevention measures after blowing an \$801-million hole in its budget last year to combat fires; new funding to include year-round preventative service.

The provincial government is planning to spend over half a billion dollars on new resources to prevent, manage and fight wildfires over the next three years, Finance Minister Selina Robinson announced on budget day in Victoria.

"For the BC Wildfire Service, this marks a transition toward year-round firefighting and risk mitigation," Robinson told the Legislative Assembly.

Prompted by one of the costliest wildfire seasons in B.C. history last summer, the government is stepping up measures to prevent future fires with \$145 million in additional funding for the BC Wildfire Service and Emergency Management BC.

"Funding will move the BC Wildfire Service from its current reactive model of wildfire response to a more proactive approach and allow it to work on all four pillars of emergency management (prevention and mitigation, preparedness, response, and recovery)," stated the budget document.

"This funding will also improve Emergency Management BC's ability to prepare and respond to climate-related events, ensure impacted communities are supported during and after events, improve the public alerting system, and help communities with emergency planning," noted the government.

An additional \$98 million over three years is also provided to fund wildfire prevention work and projects and to maintain forest service roads to help the service respond to future forest fires. This will mean more permanent employees working for the service, which largely comprises of seasonal staff.

And \$90 million is being injected into the FireSmart program aimed at improving "community and ecological resiliency."

Finally, the government is increasing its existing annual firefighting budget from \$136 million to \$199 million, although the 10-year average annual cost has been \$324 million.

Last year the province spent \$801 million fighting wildfires, according to the updated budget. The season saw the catastrophic loss of the Village of Lytton due to a fire during record-breaking heat combined with drought conditions.

B.C.'s heat wave was widely attributed to climate change and the government states much of this new funding is in response to such changing weather conditions.

"This funding will also improve Emergency Management BC's ability to prepare and respond to climate-related events, ensure impacted communities are supported during and after events, improve the public alerting system, and help communities with emergency planning," stated the budget.

The new funding and planning is welcomed by experts, including Mike Flannigan, professor at Thompson Rivers University in Kamloops, a city besieged by wildfire smoke for most of last summer.

"As the old adage goes, an ounce of prevention is worth a pound of cure," said Flannigan, who noted several Canadian provinces already have year-round wildfire service.

Flannigan expects the funding to support building "fuel breaks," which are swaths of land cleared of brush and trees intended to stop a wildfire in its tracks. As well, firefighters will be able to conduct more prescribed burns to better manage the trajectory of future fires.

"Our climate is changing and we're expecting more. On average, we're going to see a lot more fires. We need to do a lot of prevention and mitigation," said Flannigan.

The university's research chair for Predictive Services, Emergency Management and Fire Science emphasized the need for better community planning. For example, he said towns can build sports fields along its forested boundaries. And local governments can and should create enhanced early warning systems, he said.

Lori Daniels, professor in forest ecology at the University of B.C. Faculty of Forestry, also emphasized the need for better community planning, especially for remote, rural areas.

"I was really pleased to hear the minister (Robinson) using the term proactive management," said Daniels.

She too raised the need for more prescribed burns; her hope is the new funding rejuvenates local expertise in firefighting.

But Daniels cautioned that fire breaks won't be feasible everywhere given the size of the province and cost of building them.

Daniels said while B.C. has lost a lot of forest, there's still so much more to protect.

The province has about 60 million hectares of forest. Last year, about 800,000 hectares burned. In 2017 and 2018, 1.2 million hectares and 1.4 million hectares burned, respectively. The region saw a respite in 2020 and 2019 with roughly 36,000 hectares burned.

And while about 5% of the province's forests have burned in the past five years, creating some natural fire breaks, Daniels said, "I do think we'll have years in the not so distant future where we burn another million hectares in B.C."

Both Flannigan and Daniels cautioned that the funding plan, while good, is no guarantee — especially with longer fire seasons becoming the norm, not the exception.

"I'm loath to say it but we aren't prepared yet," said Daniels.

March SKLCSS Update

by Garry Sly

On behalf of South Kootenay Lake Community Service Society, I would like to thank everyone who attended our AGM on February 7, 2022. It was great to be able to share information about our projects and programs with local community members.

Our Eastshore Traveling TAPS program would like to welcome Shawn Ryks as our new Assistant Coordinator. He is a resident of Boswell and he will be working with our Coordinator, Christian McStravick, to connect with local seniors who are interested in our TAPS program.

Once we can resume in person gatherings, the program will offer elements of physical exercise, arts & crafts, music therapy, wholesome meals, and a chance to connect with other community members. Currently, we are continuing on a different approach due to winter weather and Covid restrictions, offering weekly one on one home visits/wellness visits with meal options available.

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Tom's Corner

by Tom Lymbery

War in the Aleutian Islands

We hope you enjoyed last month's article "Nelson's Most Unusual Story" on pilot Frank C. Judd's emergency landing feat in upper Nelson in 1935. This article follows Frank's extraordinary war-time flying career, first in the Aleutian campaign, then in the equally hazardous China-Burma airlift.

The Aleutian Islands may seem far removed from any threat of a Japanese attack on North America. But a glance at a map shows how the Aleutian island chain resembles a stepping stone bridge to Asia, with Japan not far away. In 1942, the US government contracted Northwest Airlines to set up routes to Alaska through Canada, and Frank flew the survey flight. During his term as Superintendent of the Northern Region, the flight route was extended to Adak, the furthest west of the Aleutian Islands.

Not long after the attack on Pearl Harbour on December 7, 1941, Japan occupied two of the westernmost Aleutian islands, Kiska and Attu. The Aleutians have some of the worst weather in the world, with heavy fog, fierce winds, and violent seas breaking on unwelcoming shores. But despite it all, the Americans managed to retake Attu in 1943, after a lengthy killing battle in which they took the heaviest casualties. Fortunately the Japanese abandoned Kiska. Meanwhile Frank Judd carried on piloting support planes for the soldiers, while finding the continuous fog and high winds hard to handle.

On June 3 and 4, 1942, Dutch Harbor on Unalaska Island was attacked by 20 Japanese bombers in a rare aerial attack on the continent. The bombing destroyed some buildings and fuel tanks. Dutch Harbor became the largest Aleutian base with about 10,000 soldiers and 9,000 sailors. Today it is a community of about 3500, located on one of the best fishing grounds. The TV series "Deadliest Catch" is filmed here.

In 1943 Frank joined the China - Burma airlift in the Far East and flew missions over The Hump (Himalayas) to China to supply the Chinese war effort. He also trained other airmen to fly that extremely hazardous supply route, all without reliable charts, radio navigation aids, and weather information.

After the war, Frank oversaw the extension of routes to Hawaii, then Tokyo, and on to Manila in the Philippines. At Northwest Airlines Frank rose through the corporate ranks to become V-P of Operations in 1951, and V-P of Maintenance and Engineering in 1961. When Northwest Orient Airlines flew its first Boeing 747 in 1970, Frank was among the officials in the airline's publicity photos.

In the same year, Henry Stevenson was vacationing down south when he met someone who asked where he was from. When Henry said, "Nelson, BC" the other man exclaimed, "I've been to Nelson!" It was

the pilot Frank Judd! They talked for some time and Henry found out more details of his 1935 emergency landing, including the fact that Frank had never previously attempted a wheels-up landing.

Frank C. Judd died in 1984. In 2015, he was inducted into the Minnesota Aviation Hall of Fame. His photo and tribute can be seen at www.mnaviation-halloffame.org/inductees/.

Gray Creek's own Dorothy Oliver (Kluk), R.N. also served in Alaska during the war. Dorothy was born in Gray Creek in 1911, the 11th child of Thomas and Eliza Oliver. Around 1939, Dorothy was the nurse superintendent at the hospital in Bremerton, Washington, when she was assigned to Kodiak, Alaska as a civilian nurse attached to the large US Naval Air Base. Kodiak Island was the main forward operating base for the defence of Alaska and the North Pacific.



Nurse Dorothy Oliver (Kluk) in an off-duty moment in 1942 on Kodiak Island. Photo courtesy of Mike Kluk (GCHS 2019.005, Ian Oliver scan)

Its naval air station had an airfield, a seaplane base for a fleet of PBY Catalina flying boats, a submarine base, and more. For a time, Canada's RCAF stationed bomber and fighter aircraft on Kodiak as well.

While Dorothy was caring for US servicemen on Kodiak, her sister Lil Nisbet wrote this poetic tribute to her. It reads in part:

" (...) You have seen our boys shot down, then left to sink/Riddled with bullets, battled, bleeding and torn/Their suffering and tortures you have calmly borne/But your mercy and kindness will be seen from above,/All this you have done, for the country that you love."



Dorothy's wartime photo of the Kodiak Island shoreline. Photo courtesy of Mike Kluk (GCHS 2019.005)

In 1943 the Aleutian Campaign was winding down. Dorothy was reassigned to Maui, Hawaii - quite a change from the North Pacific - and was stationed in Hawaii for the duration of the war. There she met US Navy Lt. Paul Kluk, and after a whirlwind romance lasting one-and-a-half weeks, they were married in 1945. Their marriage lasted 51 years, until

Dorothy passed away in 1996.

We are indebted to Dorothy's and Paul's son Michael Kluk for his loan of his mother's extensive family photo collection to scan for our community archives and the Oliver family. It is an incredibly valuable resource on the Oliver family - now in its fifth generation in Gray Creek - and its many family branches.

Tales From Shprialand



The Giddy-Up Counterplot

by Heath Carra

How about those gas prices, hey?

Like the rest of you, I'm tempted to blame any one of our favourite hated politicians, or the typical consortium of market manipulators, the oil and gas industry itself, trucker's convoys burning fossil fuel for your freedom, or why not the green movement with their nutty ideas about preserving clean air and water. Ha! Dingbats.

It would be easy to build an argument for why any of these, or all of them, are to blame for the soaring prices of that sweet, sweet fossilized zooplankton nectar, but that would be playing into the hand of those that are truly responsible. I am, of course, referring to the horses.

By comparing the DNA of ancient horse bones to that of modern horses, scientists have found 125 genes that correlate to domestication. As you'd expect, many of those genes affect the physical traits of horses, but some are linked to cognitive function - learning capabilities, social behaviour, fear response, etc. Five of those genes have actually been linked to revolutionary tendencies and what the Canadian Intelligence Agency has called 'equine espionage'.

Archaeological evidence suggests that equus ferus caballus first infiltrated human society around 4000 BCE by feigning domestication. What we know as the modern horse swiftly gained control of our transportation and agriculture, ingratiating itself into human societies and orchestrating the rise of civilization according to their own design.

Through their clandestine network, horses strategically disseminated information that fuelled the Industrial Revolution. Some even claim that Adam Smith was an operative, writing the Wealth of Nations at the behest of his equine masters. Obviously, the assembly line was the greatest horse invention, advancing horsekind from their functional place as the backbone of societal infrastructure, to the life of luxury that had been their goal all along.

While standing around in fields munching hay, snacking on carrots and going for pony rides, horses have been able to enjoy their dominance quietly and unsuspected. But for such an ambitious creature, their victory has been bitter-sweet. A century of relative idleness chafes, and now horses have begun planning their next great rise. This time it will lift them right off of the range and clear into the cosmos.

Yup. I'm talking about space horses!

You see, the internal combustion engine was their masterpiece, but now that it is challenged by electric cars, horses have realized that the time of their second dynasty is at hand. By manipulating gas prices and helping make their own invention obsolete, they'll once again don their saddles and ride gloriously into a future of solar system supremacy. After reclaiming the roads of the earth, horses want to blaze a brave new trail to the rolling plains of the planets. Let the cows jump over the moon, horses want to terraform Mars, Venus and Mercury, and idle the future away grazing those alien pastures.

Forget rockets or space elevators; horses have been riding off into the sunset for ages. Now they'll ride us right out the other side.

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FOUNDATION



SERVING CRESTON VALLEY - KOOTENAY LAKE

We have a new name!

Formerly known as the Creston-Kootenay Foundation, the Creston Valley Community Foundation is the same group of local volunteers working together to improve our community.

Why the change?

There were two main reasons for the new name. First, we wanted the word “community” in our name since our public foundation is all about improving the quality of life for all who are part of our community. The second reason was to add some clarity to the geographic description of our area of impact, which stretches from Yahk, through the Creston Valley, and up the lake to Riondel.

What else is going to change?

Nothing. The Creston Valley Community Foundation is still volunteer driven and provides grants to help finance capital projects led by non-profit organizations throughout our communities.

Want to get involved?

The Community Foundation provides a number of ways to get involved! Have you considered making a donation, joining a committee, or becoming a volunteer to help with specific tasks?

If so, let us know or request more info:

250-254-9606
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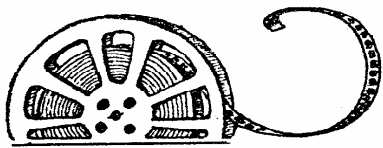
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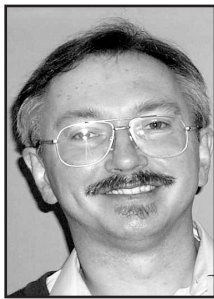
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Seldom Scene

by Gerald Panio



For dogs have compassed me: the assembly of the wicked have inclosed me: they pierced my hands and my feet. I may tell all my bones: they look and stare upon me. They part my garments among them, and cast lots upon my vesture. But be thou not far from me, O Lord: O my strength, haste thee to help me. Deliver my soul from the sword; my darling from the power of the dog. Save me from the lion's mouth: for thou hast heard me from the horns of the unicorns.

--Psalm 22: 16-21, King James Version.

Two of the greatest pleasures in watching movies: (1) following the career of a director you admire; (2) watching an actor you thought you knew shapeshift before your eyes. Jane Campion's *The Power of the Dog* (2021), available on Netflix, delivers on both counts. In spades.

Jane Campion has been one of my favorite directors since the release of her second feature film, *An Angel at my Table*, just over 30 years ago. *Angel* was a brilliant adaptation of the autobiography of Janet Frame, a New Zealand writer whose short stories have continued to haunt my imagination since I first encountered them in a high school anthology. Campion deservedly won an Oscar for her third film, *The Piano* (1993), and I've reviewed both that picture and *Bright Star* (2009), about John Keats' love affair with Fanny Brawne. I think I may also have written columns on *Holy Smoke* (1999) and *The Portrait of a Lady* (1996), but I've lost track over the years.

The Power of the Dog is Jane Campion's first feature film after several years spent writing, directing, and producing the powerful TV series *Top of the Lake* (2013-17). *Power* is based on a novel by Thomas Savage, a mid-20th century American writer of westerns. Campion wrote the screenplay, and produced and directed the film. Although the story is set in Montana in 1925, she shot the entire production in her native New Zealand. The landscape is perfect, and the sets for the main farmhouse, the barns, and other outbuildings feels as authentic as anything I've ever seen on the screen. Even the echoing sound of boots on wooden floors reminds me of my grandparents' house on the Prairies. With its sheer looming dilapidation, the Burbank brother's home is Bleak House in the foothills of the Rockies. Production Design was by New Zealander Grant Major, who earned an Oscar for his work on *The Lord of the Rings: The Return of the King*. Cinematographer Ari Wegner translates Campion's unique vision through eloquent faces, lamp-lit interiors, and wide-angle vistas, earning an Academy Award nomination for *Power* (one of twelve!) and becoming only the second woman to be nominated for cinematography in the Oscar's 94-year history. Sometimes lyrical (with echoes of Leonard Cohen), and sometimes unnerving (with echoes of Schoenberg), the musical score is by English composer Jonny Greenwood (who has also garnered an Oscar nomination for *Power*).

I'm mentioning the production designer, director of photography, and composer before I even talk about the actors and the story because I think it's good to have a

sense of the level of all-around craftsmanship that Jane Campion brings to all of her work. The Internet Movie Data Base currently credits her with 137 award wins and 118 nominations, a record that few directors can come even close to matching.

All of this talent would be for naught if were not borne up by the story being told and the quality of the casting. The story has the simplicity that underlies the truly tragic: Two orphaned brothers have worked together for 25 years to build up their cattle ranching operation, but their lives suddenly diverge when one falls in love with a young widow. A hardened, bitter man who still hero-worships a long-dead ranch hand named Bronco Henry, the man who turned Phil from a Yale classics scholar into a take-no-prisoners cattleman, Phil resents the new woman who has entered their house and their lives, and brought along her effeminate-seeming beanpole of a teenaged son.

As Phil Burbank, Benedict Cumberbatch, ramrod-straight and darkly bearded, is a very, very long ways away from his previous incarnations as Sherlock Holmes and Doctor Strange. In *Power*, he's an emotional black hole threatening to leech the life out of anyone who enters his orbit. I haven't seen this level of malevolence since Gene Hackman's spine-chilling Little Bill Daggett in *Unforgiven*.

As Phil is sloughing off what little humanity and empathy he has left, his quiet, suit-wearing brother, George, realizes that his own survival needs more than the camaraderie and macho posturing of cowboy life, and the daily grind of ranching. He finds his salvation in Rose Gordon, a young woman who has resigned herself to an unassuming life in limbo, waitressing in a backwoods saloon. Not long after meeting Rose, George tells her, "I just want to say how nice it is not to be alone."

Just as Benedict Cumberbatch's transformation into pure vitriol is remarkable (Clint Eastwood would be proud), so is Kirsten Dunst's change from the demure woman with whom George falls in love into the trainwreck that Phill needs and relentlessly drives her to be.

Walking through the no man's land of this war of attrition, Rose's son Peter cuts an enigmatic figure. At first, he seems a bit of a cliché, a character out of a Tim Burton film at sea on a stage filled with testosterone. His large white Stetson, stick-thin jeans, loose white shirt, and patent shoes are a mockery of everything Phil believes a man should be. But because his rage is directed at Peter's mother, and because

he secretly dreams of himself as being a god-like mentor in the same way that the legendary Bronco Henry was to him, Phil begins to try to make Peter over into his own image. He'll turn a 98-pound weakling into a man if it kills him. Peter, that is.

There are several hints that Phil's project of rehabilitation might be even more fraught than it first appears. First, there are the homoerotic overtones of nude male bathing in rivers, and retreats into hidden vales. Watching Phil braid a leather rope for Peter is more suggestive than such a simple act has any right to be.

Then there's what happens to the bunny. And to that other bunny, later on. Phil might see Peter as Little Lord Fauntleroy, might call him "Miss Nancy" and warn him about his mother making a sissy out of him, but Peter's got some steel in his spine that Phil can't see because he's too wrapped up in his own dark

agendas. Even when Peter tells him that his own father used to tell him that he wasn't kind enough, that he was too strong rather than too weak, Phil is oblivious to the implications of that confession.

As Peter knew he will be.

In the end, it all comes down to Psalm 22. Sometimes, a little learning is a dangerous thing. And speaking of a little learning, I looked at half a dozen translations of Psalm 22 when I was preparing this month's column. The subtle (or sometimes not so subtle) differences in translation are fascinating, I include one more version, from *The New Jerusalem Bible*, below:

*A pack of dogs surrounds me,
a gang of villains closing in on me
as if to hack off my hands and feet.
I can count every one of my bones,
while they look on and gloat;
they divide my garments among them
and cast lots for my clothing.*

*Yahweh, do not hold aloof!
My strength, come quickly to my help,
rescue my soul from the sword,
the one life I have from the grasp of the dog!
Save me from the lion's mouth,
my poor life from the wild bulls' horns!*

For now, I'd love to go back to Thomas Savage's original novel (available in a Kindle edition) to see how Jane Campion's translation of the book to the screen mirrors a personal vision.

Just in case one western isn't enough, and it never is, you know, I'd also recommend Tommy Lee Jones's *The Three Burials of Melquiades Estrada* (2005), with a screenplay by award-winning Mexican writer Guillermo Arriaga.



Next Deadline:

Mar 23, 2022

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Riondel Arts Club

by Sharman Horwood

February is ending with some very cold weather, and the snowdrops that have been showing their noses might, like the groundhog, pull back into the ground to wait for some warmer airs. This is a good time to be creative as we, too, wait.

Art is still underway at the Riondel Community Centre. We meet on Tuesday mornings and sometimes early afternoon. Covid restrictions still apply--everyone must wear a mask. However, creativity is energizing. If you feel the urge, come and join us. In the Community Centre hall, you can see examples of our work. Every skill level is welcome in the club. There is a drop-in fee, but if you decide to join the club, that will be deducted from your dues.

Gerald Panio is continuing his excellent art history lectures. On March 8, he will give a lecture on the life and art of Tamara de Lempicka; she is a Polish painter known for her Art Deco portraits of aristocrats and the wealthy, as well as highly stylized paintings of nudes. On March 15, Gerald plans to show a short film on Pablo Picasso's *Les Femmes d'Alger*. A week later, on March 22, Gerald's lecture will cover Jackson Pollock's life and art, followed on March 29 by another film on Gustave Klimt's *The Kiss*. These lectures are interesting and lively. For members of the Art Club and the Seniors' Association they are free. For everyone else, there is a fee of \$5. You can pre-register by emailing gpanio@bluebell.ca. Masks are mandatory, as is proof of vaccination.

Have a great March, and think creative!

ArtConnect Diemm at Harrison Memorial Church Invitation to our first concert by Zora Doval

On behalf of the ArtConnect Society board I like to invite the community to our first concert at the Harrison Memorial Church on **Saturday, March 12** starting at **6 pm**. With all the obstacles the Society had to overcome it seems almost unreal that the door of this beautiful heritage building will actually open and start hosting cultural events for the enjoyment of our community. We will welcome an accomplished harpist/poetess known under her artistic name **Diemm** to be the feature of our first concert. Her music has been described as "ethereal folk" with crystalline vocals and lyrics like arrows, her poetry inviting the listener into the place between conscious and subconscious mind. She communes with the Muse that has power to illuminate. I am looking forward to hear her harp and voice release the overtones the special acoustics of our church are known for.



As a society we have an ambitious programming plan with coffee houses offered every fourth Saturday each month. It is my hope that these events will become a popular platform for musicians both professional or amateurs, local or more distant to come together to share in each other's artistry and message. These events will be hosted under the artistic umbrella of ArtConnect Society by local musicians Mary & Paul Wherzpeter. The hope is that the format of a coffee house will create opportunity for younger and less seasoned musicians to perform in front of an audience. And so, if you like to try a performance, but don't feel you have enough repertoire or stamina for a full concert, you can start by singing 2-3 songs at the open mic during a coffee house.

We are also hoping to offer several full concerts featuring musicians of different genres and from other areas. My goal as the artistic director of the society is to bring a variety of performers so that audiences with varied taste will be able to enjoy the venue. I am negotiating with some very remarkable talent from both classical and jazz realm for shows in late spring and summer. I hope that many of you will choose to attend the events. Your attendance will be the best way to support the cause of making sure the church will remain a community asset for years to come. It is easy to purchase tickets on our brand new website artconnect.cc or personally at **The Lakeview Store**.

Next Deadline:
Mar 23, 2022

The ArtConnect Society Marches On! submitted by Mary Livingstone and Paul Winfield, Wherzpeter

Paul & Mary - hosts *Wherzpeter* - are delighted to declare that ArtConnect's premiere Coffee House Music Night will be pandemic-postponed no more.

Crawford Bay's former Harrison Memorial Church has a new purpose in this creative community. It was recently acquired by ArtConnect, a non-profit society dedicated to heightening access to the arts on the breathtaking East Shore of Kootenay Lake. We are proud to be working with their artistic director, Zora Doval.

If you love live, in-person music, we invite you to the launch of Crawford Bay's Coffee House Music Nights on Saturday March 26, 2022. The music will begin at 7pm MST, with the doors opening at 6:30 pm for those hoping to play the Open Stage. If this appeals to you musicians, please see the guidelines below.

Please come experience with us this time-honoured way to appreciate the art of music as a community.

The ArtConnect location (formerly Harrison Memorial Church in Crawford Bay) is a beautiful heritage building which does not have indoor washroom facilities although there is an outhouse available. We appreciate your kind support as we adhere to the pandemic protocols, whatever they may be at event time.

As promised, Riondel's Sam Hurrie will be the first Coffee House featured artist. We can't wait to hear Sam's signature guitar licks and brilliant bluesy style ... his skilful mastery has been enjoyed throughout BC. Many of you will remember his outstanding live performance from the Cabin for the 2021 Starbelly Jam. Our deep appreciation doesn't stop with his talents, though. After a pandemic postponement of two months, we are sincerely grateful for Sam's continued support of live and local music.

Please join us in celebration. The acoustics in this new venue are remarkably good, and Sam Hurrie ... need we say more?! We hope our new community of melophiles all come to agree that Coffee Houses in this sonically magnificent location are not to be missed.

The details - which first appeared in Mainstreet's January 2022 issue - have been updated as follows:

For those unfamiliar with standard Coffee House format, they typically take place once a month, which is our hope as hosts. Doors will open at 6:30 pm. Covid protocols as of March 26, 2022 will be followed.

To Play the Open Stage:

Local or visiting musicians, please check in at the admission desk and with us - Paul and/or Mary - to be placed on the evening's play-list. You might also be asked what you would like the audience to know about you. We'll have a quick chat with you before you please choose a seat in the audience anywhere you can be ready to take the stage quickly when introduced. As Open Stage Artists, you bring your own instruments and your own personal mics (unless you choose to play acoustically). Since the Open Stage needs to finish by 8:30 pm, participants will play on a first come, first served basis. After playing your three tunes and enjoying the crowd's wild applause, please join the audience again to enjoy the remaining artists.

After the Open Stage segment of the evening:

This is the traditional time to mingle with neighbours over coffee and treats. That will depend on the latest available Covid guidelines. After the break, we will all return to our seats for the Feature Act, beginning around 9:00 pm.

We truly hope to see you on Saturday, March 26, at 6:30 for Open Stage Artists / 6:50 for supporters of live, local in-person music, at 16004 Crawford Creek Road, the new home of ArtConnect. For further information, please call Paul & Mary at Stonewin Studios: 250.227.9406.

Harrison Memorial Church is becoming a community gathering place for the arts, so let's do it!

East Shore Reading Centre

by Taryn Stokes, Librarian

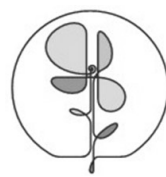
Happy March to all. I hope everyone has found some great books to read. In February we had 189 items checked out and served 34 patrons. We added 14 new books this month, including some fantastic donations, but there are also 14 new books in the mail enroute. We have new books by Cheri Dimaline, Neal Schusterman, Thomas King, JD Robb, Douglas Preston & Lincoln Child, Clarence Louie and Christopher Golden. Most of these are series books but there are a few stand-alones.

Welcome to our new volunteer, Rhoda Taylor, who has been training these past few weeks. Thank you so much to all our volunteers who keep our reading centre open and accessible. It is so fantastic to have so many books available locally. (e-books and audiobooks are also available remotely with a Creston Library Card and the Overdrive app - this will be a topic for next month!)

I've been working on the list of Award Winning books for our March seasonal book section but there are so many: CBC Canada Reads, Scotiabank Giller Prize, Governor General's Literary Awards, Leacock Medal for Humor... and those are just some of the Canadian ones. Check out *Jonny Appleseed* (Joshua Whitehead), *Ru* (Kim Thuy), *The Orenda* (Joseph Boyden), *Five Little Indians* (Michelle Good), or *The Back of the Turtle* (Thomas King). Of course I am a bit biased having been an engineer, but if you want to see how engineers could change Canadian politics try reading *Best Laid Plans* by Terry Fallis!

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

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Smarter Than Jack or Jill

by Sharman Horwood

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What's With That Head?

Dinosaurs are fascinating, and if you've ever held a fossil in your hand from something that lived and breathed millions of years ago, you will understand that tingle of excitement in the pit of your stomach. None were more fascinating than *Tyrannosaurus Rex*, the king of dinosaurs. *Tyrannosaurs* were large theropods that lived in what has become western North America, as well as an island continent known as Laramidia. *Tyrannosaur* fossils are found in rock formations that date back to the Upper Cretaceous period, 68 to 66 million years ago. They were among the last of the non-avian dinosaurs that existed before the extinction event of 65 million years ago.

As fascinating as these animals were, were *Tyrannosaurs* intelligent? They did have enormous heads, but does the brain cavity suggest that they were smarter than other dinosaurs? Some paleontologists maintain that *Tyrannosaurs* were as smart as chimpanzees. Others say their intelligence was "relative," meaning considering their size and environment, they might have been as smart as chickens, for example, while all the other dinosaurs existing at that time were no smarter than tadpoles. *Tyrannosaurs* did have the advantage of size and senses, but might not have been as smart as chimps.

Tyrannosaurs didn't start off large. They evolved from a much smaller dinosaur: *T. euotica*. *T. euotica* existed 25 million years before *T. rex*. *T. euotica* was no larger than a horse, but it had a brain the same size as the later *T. rex*. According to Dr. Stephen Brusatte, *T. rex's* ancestors "evolved big brains and keen senses

before they developed huge body size . . . getting smart was probably what allowed them to rise to the top of the food chain" (*BBC Science Focus*, June, 2018). In other words, brains came first. Their intelligence created the condition that allowed *Tyrannosaurs* to grow so large.

There is no direct evidence--so far--that tells paleontologists whether or not *Tyrannosaurs* parented their young. If they did, that would have been another advantage for this remarkable creature: a high survival rate. Some paleontologists credit crocodylians and birds as "modern analogues for dinosaur parenting" (*Wikipedia*). Also parenting behaviour did exist in two other species of dinosaur: "*Maiasaura peeblesorum*, the first dinosaur to have been discovered to raise its young, as well as the more closely related *Oviraptorids*" (*Wikipedia*). *Oviraptors* were the "egg thief lizards" and were feathered maniraptoran dinosaurs. Though parenting as depicted in *Jurassic World* hasn't been ruled out, "the rarity of juvenile and nest *Tyrannosaur* fossils has left researchers guessing" (*Wikipedia*), although the lack of fossils in itself may suggest that *Tyrannosaurs* did parent their young: they lived long enough to grow up.

Tyrannosaurus Rex had many other advantages, however. This big animal "had enormous olfactory bulbs that imparted a strong sense of smell, elongate and looping inner ear canals that coordinated rapid eye movements and quick reflexes, and an elongate cochlea that could hear low frequency sounds" (*BBC Science Focus*, "How brains, not brawn . . ." by Dr. Stephen Brusatte, June, 2018). As a predator, evolution gave *Tyrannosaurs* all the equipment they needed to dominate their time.

That extraordinary sense of smell suggests also that they may have been scavengers as well as carnivores. Like vultures, they could smell dead carcasses from a great distance. Further, if they didn't kill an animal, once they located the smell, they were certainly large enough to rob other predators of their prey.

Tyrannosaurs might have had other advantages as well. One researcher, Philip J. Currie, has "suggested that *Tyrannosaurus* may have been pack hunters" (*Wikipedia*). Fossil evidence of two other related species--*Tarbosaurus bataar* and *Albertosaurus*--indicate that they were gregarious, a

behaviour meaning they traveled in herds or packs (*Wikipedia*). On the Dry Island bonebed, the discovery of 26 individuals of various ages indicates gregariousness in the species. Also three *T. rex* skeletons found together in South Dakota indicate that "cooperative pack hunting may have been an effective strategy for subduing prey" such as *Triceratops* and *Ankylosaurus*. Both of these dinosaurs would have been difficult to kill. *Triceratops* had massive horns, and the *Ankylosaurus* had thick body plates with a large armored knob at the end of its tail for protection (*Wikipedia*). A single *Tyrannosaur* would have difficulty killing these creatures.

Thomas Holtz Jr. has suggested that because of the prey *Tyrannosaurus* hunted, precision was thus very important. *Tyrannosaurs* had binocular vision, like hawks (*Wikipedia*). Their two forward facing eyes enhanced their ability to see. Binocular or stereoscopic vision enables a predator to see and judge depth accurately, helping them track and kill prey. Also, in a world where prey is sometimes scarce, as it could have been at times, binocular vision was a tremendous asset for *Tyrannosaurs*.

That large head, however, is important: *Tyrannosaurs* had a large brain cavity. Scientists know that usually a large brain in proportion to body size--and *Tyrannosaurs* were very large--means that there would be more room for cognitive functions. Unfortunately, because *Tyrannosaurus Rex* had a strong sense of smell, its olfactory receptors had to be large and they took up valuable brain space. As a result, "the olfactory bulbs . . . which receive information from smell receptors in the nose, are nearly as large as the rest of the brain" (*National Geographic*, "Debut Sue," Donovan Webster, 1999). *Tyrannosaur's* receptors for the animal's sensors took up a great deal of space. Also, we know that "*T. rex's* brain was larger than the human brain, but the cerebrum (the part of the brain that we use to think) was tiny" (Enchanted Learning, online).

The small predators, *Velociraptor*, *Troodon* and *Zanabazar*, were the smartest of the dinosaurs, but *Tyrannosaurus Rex* was their close cousin. While it wasn't the smartest of the dinosaurs, with the combination of its size and senses, *Tyrannosaurus rex* was smart enough to be king.

For the Love of Genre

by Sharman Horwood

The Moon: Above Politics

The novel *Moonfall* (1998) has nothing to do with the recently released movie of the same title. The novel was written by Jack McDevitt, a noted "hard" science fiction writer, and is very good. It is also a disaster novel but with a different kind of plot and cast of characters.

In McDevitt's story, the year is 2024. Charlie Haskell is the vice president of the United States and he's on the moon. He doesn't think of himself as a hero, just an ageing, unmarried man. He has no family, and his attitude towards being vice president is that he is just a figurehead, a promotional man giving the government a positive public face. He opens major government facilities, and sits on diplomatic committees. He's on the Moon to inaugurate the first Moonbase, a "special place" that is "above politics," quite literally, he thinks. Unfortunately, this is a bad time to be away from Earth, though he hasn't learned that yet. He is immensely pleased when he manages to persuade an administrator to take him out onto the moon's surface so that he can actually step out onto the moon's regolith and see Earth and the stars without a telescope, with just his spacesuit as protection. He is one of the last people to walk on the moon.

On the same day, the Orbital Lab notices a space anomaly just outside of the sun's corona during a solar eclipse. The object is travelling very fast, and is soon recognized as an interstellar comet. It is large, and it will strike the Moon, possibly shattering it. The race is on to evacuate the personnel and visitors from Moonbase, approximately 1,000 people in total. There are limited resources, however. Moonbase and Earth have five large spaceships, called SSTOs, one of which

was waiting for the following year to travel to Mars, Earth's first expedition to the red planet. Moonbase also has a group of "moonbuses," smaller vehicles used for short distance travel around the moon and to L1, a space station at one of the Lagrange points where the gravitational forces of the solar system keep it in place. However, the comet is coming too fast. Even with the most efficient organization of the landing and take off windows, there will still be approximately ten people left behind on the moon. Who will stay? Whoever is left will not survive the comet's impact. As everyone watches the comet speed towards them, they see "the nucleus half-hidden in the ruddy glow of streamers and mist." It "looked like nothing so much as a devil's eye."

The Moon is not all that will be destroyed by the comet. If the moon breaks up when Tomiko hits--named after the amateur astronomer who discovered it--the debris is likely to fall and strike Earth, destroying areas of the planet. However, scientists can't forecast what will happen until Tomiko actually collides with the Moon. Then, if debris does fall to Earth, some of the pieces might be large enough to cause an extinction event, wiping out most of the life on the planet. The comet that struck Earth 65 million years ago killed all of the major dinosaurs.

This is a good disaster novel, unlike disaster movies in general. As with the usual structure, the author creates stories out of the many lives that are altered by the coming catastrophe. This novel follows the lives of the last group of people saved from Moonbase, including Charlie Haskell. The novel also details what happens to Earth, and how people cope with the devastation there, with some interesting parallels to our world.

Jack McDevitt is an experienced author with more than thirty books to his credit. His novel *Seeker* won the Nebula Award in 2005. My personal favourites are *The Engines of God* (1994) and *Chindi* (2002), two of the novels that follow the spaceship pilot Priscilla

Hutchins. In this series of novels McDevitt has imagined a universe that "was once teeming with intelligent life, but contains only their abandoned artifacts by the time humans arrive" (*Wikipedia*). In the Hutchins novels, she navigates through space, piloting researchers and explorers to interstellar and alien sites, combining both space exploration with interstellar archaeology. McDevitt's other series, the Alex Benedict novels, also focus on these two themes.

Moonfall is McDevitt's "hard" science fiction novel. That means the story is prioritizes scientific fact. While the other novels are also all science fiction, they are a little more "soft." The science is there, and the story does follow scientific fact, but the alien archaeology, the space travel and the people are all a little less defined.

Steven H. Silver, a critic for *SF Site*, describes Jack McDevitt's novels. He states, that McDevitt has a "tendency to give the impression that his novels will go in one direction and then take them in a different direction . . . his background is so well thought out, that throw away lines, or subplots, or minor characters, have enough information behind them to make the reader want to see their story as much as the main plot of the book." *Moonfall* has all of these qualities and they raise it above most disaster novels.

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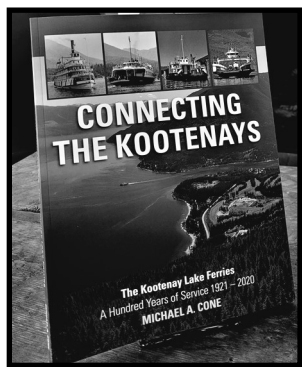
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BOOK REVIEW

by Tom Lymbery



CONNECTING THE KOOTENAYS
– *The Kootenay Lake Ferries, 100 Years of Service*, By Michael A. Cone, self published, 354 pages. \$45.00

Michael Cone has been working on this for all the years that I have known him, collecting photos and interviews. So this book is the culmination of all of his effort.

There is tremendous detail of the ships, routes and staff. Before 1921 there was no way of driving a car across BC. Rails and sternwheelers carried people and freight wherever the lake allowed access by boats.

The CPR's construction of the Crows Nest Rail line in 1898 reached Kootenay Landing where the Kootenay River enters the lake but the west shore was considered too difficult for rail building so a daily sternwheeler service to Nelson filled the missing link. By 1921 there more cars wanting to drive across BC so the road access to Kuskanook wharf was improved and the SS Nasookin could carry 10 cars making the first connection for vehicles across the lake.

The main deck of the Nasookin was changed by removing posts and storage spaces and in a few years could carry up to 26 as more cars from California toured BC. The author has included more photos of the Nasookin, the most picturesque sternwheeler, than any other book.

The terms of the Crows Nest Pass rail contract specified that the line would be completed on the western shore and the Associated Boards of Trade followed up

on pushing for this. Increasing Kimberley ore going to the Trail Smelter, as well as generally increasing traffic, resulted in the CPR surveying in 1927 and letting contracts in 1929. The work progressed steadily and finally the 33 miles of missing link was completed January 1, 1931.

This radical change meant all sternwheelers except the Moyie were tied up at Procter with their crews laid off. BC Minister of public Works, Rolf Bruhn, arranged to charter the SS Nasookin from the CPR to run three daily trips from Frasers Landing to Gray Creek. Bruhn made a trip to see how this would work and decided to have the boat run two trips daily to Boswell until the new highway to Gray Creek could be completed. The terminal moved back to Gray Creek in a few months.

The road was finally completed to Kootenay Bay with the new drive-through ferry MV Anscomb operating, gradually increasing trips. Michael has included the design and assembly of the Anscomb in Nelson. His interviews with captains and deckhands gives you an accurate report on the operation, including the problems with semi trailers that were too high to drive through.

When the entire superstructure of the Anscomb was lifted to give the truck clearance needed. the original ten cylinder Vivian Diesel engines were replaced by Caterpillar units. The Vivians had been designed in Vancouver and used in wartime freighters. Shortage of parts made these obsolete but the engineers found their workplace cold and noisy with the new Caterpillars. The modified Anscomb looked completely different.

Michael fills his work with clear photos of changes and operations with staff carefully identified. Installing radar into the Anscomb wasn't a high priority until she nearly hit the shore during a foggy day. There were two large truckloads of steel pipe on board and the excess steel misread the compass by three degrees! Radar appeared very soon.

Complete details of the auxiliary Balfour in 1954

allowed this radical design with two outboard style diesels and a flat bottom to be assembled and launched in Nelson surprisingly quickly. But operation by mariners didn't come easy. With a flat bottom the boat would turn in its own length and pilings suffered. A third engine was need to try and keep up with the Anscomb when both ferries were worked to the limit in ever busier summers. Finally opening of the Rogers Pass in July 1962 slowed the back ups that extended over the Kootenay Bay summit almost to Crawford Bay. But still the avalanche closures of the Kootenay Pass and the Rogers needed both ferries ready to handle overnight back ups.

Michael mentions the radical changes that happened in 2004 when all the late night trips were completely cancelled. This hit me particularly hard as I used the ferry at least times weekly, delivering stoves, attending Masonic Lodge meetings from Kaslo to Grand Forks, attending chainsaw seminars in Vancouver and Kamloops. All East Shore residents were affected – no more movies or Capitol Theatre events, weddings or family gatherings.

Sad photos of the decrepit Nasookin after she broke her back in Nelson in 1948. I'm sure Michael spent as much time as I did interviewing Earle Cutler who purchased the hull and spent years salvaging the scrap metals.

Construction of the Osprey 2000 is handled in detail along with the major changes to both Balfour and Kootenay Bay docks which had to match the Osprey's much higher car deck. Most fortunately the intricate designs of Robert Inwood were incorporated, even into the seating giving the ferry an artistic look. We learn much of the careful selection of heavy vehicle positioning on both ferries.

Michael Cone's book is a triumph of accuracy and detail. Because of a limited print run don't delay your purchase, perhaps hoping for it as a Christmas present.

Seeds of Love

by Gord MacMahon, East Shore Writers Group

As a child, I was fascinated with the idea of a seed and the complexities embedded inside each tiny shell. Something I could hold in my hand, contained all the necessary information to create a magnificent tree. I marveled at the massive canopied structures that one of these minuscule seeds could create. I would routinely collect acorns and chestnuts, polishing them until they were bright and shiny, saving them until they dried out and had become hard, losing their lustre.

Each spring I watched for the first green sprouts to burst forth from the ground, after the snow was gone. Planting seeds in the small family garden, I liked to tend and care for those seeds watering them each day. When they grew enough to stand robustly on their own I could recognize the individual varieties and what was distinct or unique. How the leaves formed and split or how they would turn towards the sun. Witnessing the array of leafy offerings that came forth from the earth was something special. Their vibrant good health a reminder of my efforts, providing me with satisfaction to see how they thrived with my support and then without it.

I can remember eating watermelon on a hot summer day in the back yard, spitting seeds at my siblings as we downed wedge after delicious wedge. I always wondered why we never had watermelons springing up all throughout our yard the following year. Why did these randomly cast about seeds not start life on their own? Maybe it was because they weren't properly cared for - perhaps I could do a better job of helping them get started. For some reason, my parents didn't want to plant watermelon in our tiny garden, something about the space they required.

St. Francis told us to sow seeds of love wherever there is hatred, seeds of hope where there is despair

and seeds of faith when there is doubt. Once planted a seed can grow strong and stand witness - against all that is not of love, against despair, fear and doubt. I have come to the place now in my life where I feel this is the main task ahead for us, as individuals, as communities and for all of humanity. It truly is the test of our time.

A few years ago, I was particularly moved by a story about a social support program that started in Zimbabwe, called Friendship Benches. These brightly marked benches were placed in prominent locations within communities and overseen by 'the grandmothers'. These community matriarchs were trained in active listening skills, in addition to their own natural abilities of compassion and loving kindness developed as mothers and grandmothers. It was well established that the benches were to be used only by people who were troubled in some way, people with anxiety or depression. Once a grandmother spotted someone sitting on a bench she would join them, to be with them, to comfort them and to listen. As these grandmothers share their gifts, they are in a way sowing seeds of love, hope and compassion in the face of despair. These seeds of loving kindness can go on to be nurtured further by the community in which they live, thus sowing more seeds and so on and so on...

St. Francis' notion of sowing seeds creates a range of possibilities, but how do we sow hope when we still suffer through periods of despair? How do we sow faith if we still hold doubts, if our own faith is not a brilliant flame? Perhaps, if we have faith, even a modest amount of faith, it too is like a seed that can gradually blossom with time. As our faith grows, residual skepticism and fragments of doubt slowly dissolve away.

I believe we can take our own unique gifts, whatever they are, and share them with others regardless of the spiritual path we each may follow. Whether our faith comes as a love for Jesus or a great appreciation for Buddha and his teachings. Or maybe our faith is

rooted in the profound awe we experience when we are immersed in the sheer beauty of nature.

Whatever our faith, we each have our own unique and special gifts. These gifts or seeds can be shared through acts of loving kindness and initiate the beginning of a spiritual journey. Every seed contains a spiritual insight of its own which we don't need to understand, but only accept. By sharing our seeds of faith, hope or love with others we nurture our own deep sense of compassion and with that experience the sacred reality of God, building a deeper connection with the Divine. Faith is the ability to move forward in life with confidence, like advancing through darkness toward a light.

St. Francis' prayer reminds us that we all have an inner light, no matter how small or insignificant it may seem and like the grandmothers, we are compelled to share our gifts. Our individual light has the ability to make a difference in a stranger's life or in some dark corner of the world. Sowing seeds of hope, love and faith are like sharing candles in the darkness, spreading light and loving kindness at the same time. Share the light, share the light.

Inspiration for this came from reading Kent Nerburn's book—Make Me an Instrument of Your Peace: Living in the Spirit of the Prayer of St. Francis.

*Want to
Contribute?*

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East Shore Health Practitioners Series

A Mainstreet Series

Submitted and formatted by
Christina de Pape

The intention for this submission is to be a series of short articles by alternative health care practitioners who wish to concisely describe why they do what they do in a way that might bring about inspiration for folks to up the ante of self care.

March 2022

**Practitioner: Maya Skalinska,
Master Herbalist, Registered
Herbal Therapist**

What kind of health care do you practice?

I am a Registered Herbal Therapist with the British Columbia Herbalist Association, a wholistic nutritionist and an iridologist. I also studied Ayurvedic medicine, a 5000 year old healing art from India. I competed a large part of my practicum out of an Ayurvedic hospital in Kerala, India, which gave me a unique approach to my practice. I weave the ancient wisdom of Ayurveda based on individual constitution and plant energetics, with modern western herbalism encompassing clinical research and empirical knowledge.

What inspired you to become an herbalist?

The healing power of herbs. Since I was a small child, growing up in Poland, I have been treated with herbal remedies for all sorts of ailments. Even

though they never tasted good (other than my great aunt's elderberry syrup), they always made me feel better - I knew they worked. I also always knew I wanted to be in service, to help others heal. Due to my fascination with the human mind, I studied Clinical Psychology at U of C, but became disillusioned with the lack of holistic approach in psychology. I came to a crossroad. Do I continue with something I am continually questioning? Or follow a path of a holistic approach to healing, encompassing body, mind and spirit. At that same time, I had been struggling with recurrent Strep throat, and not wanting to take any more antibiotics, I had decided to cure it with herbs. It worked, and the Strep never came back. I realized that the answer was right in front of me - Healing with herbs! Something I have been connected to my whole life. Soon after, I enrolled in the four year Clinical Herbalist program at the Wild Rose College of Natural Healing.

Why do people come to see you?

Anything from a general check up to see how to optimize your health or diet, to conditions such as digestive, cardiovascular and autoimmune disorders, fatigue, stress, adrenal issues, arthritis, fibromyalgia, recurring infections, neurological issues, skin issues, cancer support, weight loss, anxiety, and as a last resort, when doctors do not have the answers, and the pharmaceuticals are not working. I figure out the root cause and work from there.

What is your favorite thing about your profession?

For me, there is nothing better than knowing that I have helped someone heal. I also love helping my clients understand the root cause of their ailments, and empowering them to take their health into their own hands. Teaching is a big part of my approach. I believe it's important to understand

what is happening to your body, and how the herbs, the diet and lifestyle are helping you heal. Once understood, this knowledge gets passed down to families, friends, peers. I get to plant a seed and watch it grow, spreading the wisdom holistic medicine has to offer.

What do you do for self-care?

I follow Ayurveda's four pillars of health, with a major focus on eating seasonally, with a diet based on whole foods. I aim for 6-8 servings of a large variety of fruits and vegetables per day, including lacto fermented veggies to keep my microbiome happy. I also follow the basic food combination rules. I ensure I get healthy sleep, and always listen to my body for signs of imbalance. I do well on exercise in the spring and summer, but when the outdoor temperatures drop, exercise is the one aspect of my lifestyle that needs improvement. I also carve out time for meditation, relaxation and reflection, to calm my mind, stay in the present moment, and live from a place of gratitude.

What do you hope to inspire in the people who come to see you?

Three things come to mind:

1. To listen to your body, get to know your body's messaging system. Whether it's a headache, thirst, or low mood, it's important to acknowledge the signs of imbalance, and know what to do when they arise.

2. To realize how nutrition is one of the most important aspects of our health. To have fun trying out new foods and spices. To see your food as your medicine.

3. To invite rest, relaxation, silence and stillness. Stress is often the root cause of many illnesses. A relaxed mind is one of the most important preconditions for curing any disorder.

To contact Maya, please email: mayaskalinska@yahoo.com



Four Pillars of Health

by **Maya Skalinska
M.H., R.H.T. Master
Herbalist, Registered
Herbal Therapist**

As a wholistic practitioner, I am all about preventative medicine. Why wait until an illness hits you to change your diet or lifestyle? The idea is to stay healthy all the time, so if illness does happen, you are better equipped to fight it off.

Ayurvedic medicine, a 5000 year old healing tradition and science talks about the four pillars of health:

1. Wholesome diet
2. Healthy lifestyle
3. Quality sleep
4. Self awareness

Think of the four pillars as table legs, and yourself as the table. If one pillar is weaker, it may be shorter or simply not able to support the table. The table is then slanted, off balance. It is only when the table is balanced and strong that we achieve perfect health. So how do we do that?

1. Wholesome diet. Whole foods, with lots of variety of properly prepared foods for maximum nutrition. For example: lacto fermented vegetables prepared with salt, instead of vinegar, in order to properly feed your microbiome. Steamed kale, instead of raw, to properly extract the nutrients and neutralize oxalic acid. If you're going to eat bread, make sure it's sourdough, to ensure proper digestion. There's a quote I love from an ancient Ayurvedic medical text by Charaka Samhita: "It is

the wholesome use of food that promotes the health of a person, and that which is unwholesome is the cause of disease." So simple, and true. We know processed foods ("unwholesome") lead to disease. Let's take white sugar as an example. 65g of white sugar will suppress the activity of your T and B lymphocytes (white blood cells that identify pathogens like viruses or bacteria and neutralize them), for 4-6 hours after consumption. Suppressing your immune system is never a good idea. Processed foods cause damage to all our systems, organs and glands.

2. Healthy lifestyle. This pillar of health is all about making space in your daily life for exercise, play, relationships and relaxation. When we exercise and have time for relaxation, we are better equipped to handle stress. Stress is directly correlated to suppressed immune, endocrine and nervous systems, which then leads to poor digestive and cardiovascular systems just to start with. We will always have some stress. It's the ability to cope with stress that will keep us healthy. And a healthy lifestyle including daily exercise and relaxation is key.

3. Quality sleep. Did you know that only one night of 4-5 hours of sleep reduces your NK cells (another type of white blood cell) by 70%! So, yes, sleep is crucial to your health. Try to keep a regular routine of going to bed and waking up at the same time, with having as many hours of sleep as possible before midnight. Put away your tablets and laptops well before going to bed, and don't eat late at night. Try not to sleep during the day (unless you're sick). If you still can't sleep, ask yourself, are you consuming too much stimulants? Are you getting enough exercise? How are you coping with stress?

4. Self awareness. Are you listening to your body? Are you aware when you are thinking too much? Are you aware of your negative thoughts, or

speech? These are just a few questions to ask yourself and really check in on what is going on inside.

Try to stay in the present moment, be kind and welcome joy. This will help you cope with stress, which in turn will help you sleep. Better sleep will give you more energy to exercise, which in turn will help you stay more relaxed. This will elevate your mood and give you more motivation to feed your body wholesome foods.

All four pillars of health are interconnected. Keeping them in balance is the key to health.

Maya is a registered Herbal Therapist with CHA of BC. She offers Iridology, Herbal Medicine and Nutritional Consultations in Crawford Bay and Nelson. For more information please email: mayaskalinska@yahoo.com

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Notice of Passing

Donald Edward Fletcher
March 28, 1931-Feb 8, 2022



Introduction by Tom Lymbery:

Don Fletcher was one of the stars of Trophy Town, the movie which premiered at Trail's Royal Theatre last fall. He was a defenseman on the 1961 Smoke Eaters amateur

hockey team that defeated a Russian team of professionals to win the World Cup. The Fletcher family spent many seasons at Gray Creek Auto Camp. When Don retired from Teck in Trail he and Vivian purchased a home at East Shore Properties and Don stayed on after Vivian's passing. He moved to Lakeview Village in Nelson so Sharon and I enjoyed three years of his company. He moved to Talarico Place in Castlegar before his passing.

In loving memory: It is with great sadness that we announce the passing of our father, best friend, Papa, and Grandpa after a short battle with cancer. Don was predeceased by his wife Vivian, son David, and grandson Gordon. Don leaves behind Dawn (Bill), Diane (Rod), Dina (Terry), Deborah, and his grandchildren, and great grandchildren.

The family would like to thank Dr. Andrea Kirsten, his staff, and the staff at the Kootenay Lake Hospital. We would also like to express our exceptional appreciation to Dr. R. Ankerbauer and everyone at Talarico Place for the personal care given to dad and his girls on his last days. To leave a personal message of condolence please see Thompson Funeral Service website: <https://www.thompsonfs.ca>.

Memorial Wall

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

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

Hospice Article In The Moment

by Maggie Kavanagh

The Dreams of Seeds

*Dreaming daffodils
 Scent of new birth
 eternally truthful
 Hearty Heather
 Bee strong and still
 While basking in nectar
 Lilly of the Valley
 Sounds of bells
 suspended in season
 Dancing daises
 Innocently playing in random
 rhythm in soulful harmony
 Prolific poppies
 Lanky and tangled
 forever restful
 Lovely lilac
 alluring and sensual
 Divine forever more*
-by Maggie Kavanagh

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

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

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

At The Same Table

by Cindy Thiessen,
 East Shore Writers Group

*Jack Sprat could eat no fat.
 His wife could eat no lean.
 And so between them both,
 you see
 They licked the platter clean.*

This was a marriage between two unlikely opposites. And so it is in our day. Polarity. Can we find a way to sit with one another at the same table?

We have become polarized in our families, our communities, and in our nation. Strong emotions fuel both sides. Suddenly we are enemies in the same camp, under one flag. Those we once trusted are holding positions we can't abide. Family and friends are now held in suspicion. Do we even know each other any more?

Something heart-breaking happened while we were in Covid's captivity: we began to vilify others and cast blame. We sought relief from our suffering. The pandemic was our captor but we looked for concrete targets. Someone had to bear the brunt of our mounting anxiety and frustration. We couldn't agree on who was to blame or how to live in the midst of a pandemic. We'd never done this before. Under all this pressure we sometimes growled and snapped at each other. While some found their voices, others shut down. Fear grew. We started to despair and were cut off from each other. For many reasons, we fell into relational poverty. We began to believe there wasn't enough good to go around.

We need to remember the truth that our life is a savoury roast served up from the oven. Ours is not a platter of scarcity but of abundance enough for all. It is good. We are hungry. Of course our palates differ. We each stomach different servings. No fat. No lean. Some of us can't eat meat at all, and reach for the roasted vegetables. But can't we still sit at the same table and love the ones we've always loved, even though they are now on the other side of the table?

We need to accept the fact that we can't agree on many things. We can't persuade one another to "see the light". The conservative right wings and the liberal left wings among us, and the rest of us in between, must find a way to live together. We must sit at the same table in our families and communities. We will starve without the love we need from one another. We must not just sit with those with whom we agree. Being right isn't right. Loving one another is the right thing. And banging on about our viewpoint isn't the loving thing. We set aside our right to be right. We leave our egos at the door when we go in to share a meal, to share life.

Jack Sprat can't be forced to eat the fat or his wife to eat the lean. So we sit at the same table and pass the platter around. We have much more in common than we realize right now. We are all hungry for love and respect. Let's focus on everything else besides what polarizes us. This is the loving thing to do. This is the grown-up thing to do. We don't have to agree on the issues that separate us. We are all hungry. It's time to eat! Pass the love, please.

Public Budget Meeting

Creston, Areas A, B & C

The Regional District of Central Kootenay (RDCK) invites the public to provide input into the development of the 2022-2026 RDCK Financial Plan.

Time: 9:00 a.m. MST

Date: Thursday, March 10, 2022

Location: Virtual Meeting - Visit rdck.ca for information on

how to participate in the meeting.

Connect with RDCK Directors and staff • **Ask** questions • **Find out** about projects and initiatives happening in your area • **Learn** about the RDCK • **Provide** feedback

rdck.ca



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

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

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

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

PERSONAL CARE/HEALTH

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

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

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

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

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

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

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

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

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

REGISTERED MASSAGE THERAPIST: Harreson Tanner - Over 40 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doctor referral required. 250.505-6166.

SUSAN SNEAD 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.

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

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

RENTALS/ACCOMMODATION

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

RESTAURANTS

CRAWFORD BAY HALL & COMMUNITY CORNER BUILDING - available for community events, wedding receptions, workshops etc. Non-smoking facilities. bookings@cbhall.ca

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

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

YARD/LANDSCAPING/SITE PREP

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

CLASSIFIED ADS

BUSINESS ANNOUNCEMENTS

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

BUSINESS SERVICES

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

Want to Contribute?

www.eshore.ca

mainstreet@eshore.ca

Massage Therapy
Harreson Tanner, RMT
Over 40 years clinical experience



* Knowledgeable * Skilled * Experienced

For appointments, call 250-505-6166

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

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

Next Deadline:

Mar 23, 2022

www.eshore.ca

NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

BULLETIN BOARD

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

* BULLETIN BOARD * BULLETIN BOARD *

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

EAST SHORE HEALTH CENTRE
Call 227-9006

See BELOW for doctor and nurse practitioner days

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

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

HEALTH PHONE NUMBERS

ES Health Centre: 227-9006

Community Nursing:
1.800.707.8550 Ext: 2 then Ext 3

Mammography:
1.800.663.9203

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

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

PRIMARY CARE PROVIDER

DAYS: March 2022

Mar 1, Tues: Jayme Ingram/Dr. Moulson
Mar 2, Weds: Jayme Ingram NP
Mar 3, Thurs: NO COVERAGE
Mar 4, Fri: Jayme Ingram, NP
Mar 7, Mon: Jayme Ingram, NP
Mar 8, Tues: Jayme Ingram, NP
Mar 9, Weds: Jayme Ingram
Mar 10, Thurs: Dr. Moulson
Mar 11, Fri: No Coverage
Mar 14, Mon: NO COVERAGE
Mar 15, Tues: Locum Coverage
Mar 16, Weds: Dr Moulson/Locum
Mar 17, Thurs: Locum Coverage
Mar 18, Fri: NO COVERAGE
Mar 21, Mon: No Coverage
Mar 22, Tues: Locum Coverage
Mar 23, Weds: Dr Moulson/Locum
Mar 24, Thurs: Locum Coverage
Mar 25, Fri: NO COVERAGE
Mar 28, Mon: Jayme Ingram, NP
Mar 29, Tues: Jayme Ingram, NP
Mar 30, Wed: Jayme Ingram/Dr Moulson
Mar 31, Thurs: NO COVERAGE

NO WALK-IN SERVICES
APPOINTMENTS ARE REQUIRED

Hours of Operation
Resource Recovery Facilities

Crawford Bay Transfer Station November 7, 2021 to March 12, 2022 10:00 am — 4:00 pm Sunday & Tuesday	Boswell Transfer Station Year Round 11:00 am — 3:00 pm Wednesday & Saturday
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 rdck.ca
250.352.8161 | wastedept@rdck.bc.ca

Next Deadline:
Mar 23, 2022
www.eshore.ca
mainstreet@eshore.ca



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

Box 140, Crawford Bay, B.C. VOB 1E0

Email: mainstreet@eshore.ca

Web: www.eshore.ca

ADVERTISING RATES

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

\$45 - 3.25w X 2.5t

\$50 - 3.25w X 3t

\$55 - 3.25w X 4t

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

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

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

\$115 - 3.25w X 10.25t

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

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

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

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

\$450 (full page) - 10.25w X 14t

Sample Sizes - more sizes available.

Column Width: 3.25 inches - double width: 6.75 inches - full width: 10.25 inches

Services Directory: \$5/month, up to 3 lines.

Classified Ads: \$5/first 30 words, 10¢/word additional

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

FOR FULL COLOUR, ADD 30%

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

Everyone welcome.

KOOTENAY LAKE COMMUNITY CHURCH

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

YASODHARA ASHRAM

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

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

CHRISTIAN SCIENCE CHURCH SERVICES

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

MEETING PLACES

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

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

PARENT ADVISORY COMMITTEE

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

ALCOHOLICS ANONYMOUS:

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

AS OF MARCH 13, SUBTRACT 1 HOUR!

Leaving	Balfour	Leaving	Kootenay Bay
Nelson Time	Our Time	Nelson Time	Our Time
6:30 AM	7:30 AM	7:10 AM	8:10 AM
8:10 AM	9:10 AM	9:00 AM	10:00 AM
9:50 AM	10:50 AM	10:40 AM	11:40 AM
11:30 AM	12:30 AM	12:20 PM	1:20 PM
1:10 PM	2:10 PM	2:00 PM	3:00 PM
2:50 PM	3:50 PM	3:40 PM	4:40 PM
4:30 PM	5:30 PM	5:20 PM	6:20 PM
6:10 PM	7:10 PM	7:00 PM	8:00 PM
7:50 PM	8:50 PM	8:40 PM	9:40 PM
9:40 PM	10:40 PM	10:20 PM	11:20 PM



Gray Creek Store

Building Community Since 1913

Mon-

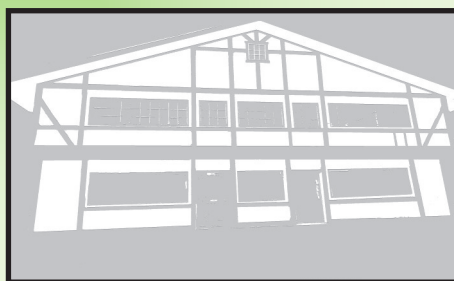
*As Visions of
Springtime Dance
in Our Heads...*



Free Delivery Mondays, Wednesdays & Fridays!

250-227-9315
orders@graycreekstore.com

www.graycreekstore.com



71st Annual General Meeting
JOIN US VIRTUALLY



NDCU 71st AGM

Tuesday, April 26, 2022

Call to order at 7:00 PM

RSVP for your virtual meeting invitation:

AGM@nelsoncu.com

Please join us for our AGM and the review of 2021.

Nelson & District
CREDIT UNION >>> Logically. Locally.

Until there is Peace in Ukraine



The Ladybug will be serving
Ukrainian Borscht.

A Fresh Pot made everyday
and our freezer will be stocked.

\$1 from every bowl will be donated.

To the Canadian Red Cross Ukraine fund. They have committed to matching up to \$10 million that Canadians raise to bring Humanitarian Aide into the Ukraine. Or if anyone on the East Shore has a Ukrainian Charity or Family that is close to their heart that we could help, please let us know.

We Stand With Ukraine.

Regular Menu and Specials available as well
Located at the ferry landing in Kootenay Bay.
Open everyday 6:30am to 3 pm MST.



KOOTENAY LAKE BC

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

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* Groceries *

* Fresh Meat/Produce *

* Deli Meats/Cheeses

* Natural Foods *

* Fishing Tackle

* Liquor Agency * Gas *

Pick Up Our Weekly Flyers

Deals you won't want to miss!

~ Sales run Sunday thru Saturday ~

Store Hours:

Mon-Sat: 9-6:30 Sun: 9-5:30

Bottle Depot: Sundays only, 10-3

Phone: (250) 227-9322

Fax: (250) 227-9417

cbstorebc@gmail.com