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YEAR 27, NUMBER 3

MARCH 2017

The East Shore Mainstreet

KOOTENAY LAKE BC

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



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Mainstreet Meanderings

by Editor Ingrid Baetzel

Spring has returned. The Earth is like a child that knows poems.

-Rainer Maria Rilke

Yes, the hopeful season is upon us. Today (weeks before the official start of spring, and still buried under mountains of snow and sub-zero temperatures), I can smell it in the frozen earth. It takes some imagination, but it must have something to do with our more trusted and tuned in internal clocks, or just be a suspension of disbelief due to that glorious winter sunshine filtering through the icy air. The joy of possibility settles gently upon my hands, turned palms-up to the sun. Absorb some Vitamin D. Say yes to a question that was, previously, difficult to answer. Put on your gum boots and step into the defrosting mud; you know, the stuff that will represent our state of affairs for the next month or so? We've got a serious muddy and wet season coming, folks. Brace for it. Put on your water wings and dig some trenches.

What is this human condition that pushes us upwards, optimistically, into action – this force of nature that returns resolutely, year after year, to remind us of our youth and spank our bottoms into forward momentum? I have learned to embrace winter. It's not impossible to find the sun or to move your body in the frozen months, but how I yearn to see the first signs of spring. The slow unfolding of the yard and the trees, the subtle additions of colour and warmth... these are the things that make me breathe more deeply and see more clearly.

This may be the time to get out and lend a hand to your neighbours. Now may be the perfect moment

to make that change that's been waiting for you. This could be the season of community, if we choose it to be. Before we know it, summer will be upon us again with its glorious combination of hectic engagements and lazy days. And then will come fall with its preparation and bounty and harvest... Winter will follow, as it always does, to slow us down and encourage some internal dialogues and investigation. Another year will be gone until this time returns. Another year to choose to engage or to disengage. Another year before this sense of wonder, of light, of promise rolls our way again. Spring forth!

Never cut a tree down in the wintertime. Never make a negative decision in the low time. Never make your most important decisions when you are in your worst moods. Wait. Be patient. The storm will pass. The spring will come.

-Robert H. Schuller



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**April 3-13 and April 19-30:
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the regular winter schedule.**

MV Balfour weight restriction: Only one 6 axle semi-trailer per sailing. Possible sailing delays.

LETTERS TO THE EDITOR

SNOW WON'T STOP US & THANKS FOR THE PLAY!

Dear Editor

Snow glittering, dancing, spinning; snow on snow playing with its own shadows – and where are we – why comfortably seated of course, in the well-appointed performance space at Crawford Bay School. And we're laughing.

We managed to get here from Riondel through all that snow and we are now transported from Kootenay winter to Moliere in Paris aka Crawford Bay, and it was more than well worth the trip. Not only did we thoroughly enjoy the many faces of Moliere, but we were treated to some pretty special snacks as well.

Congratulations to Hexagon Players and all the transformed members of our communities – including the honourable editor and publisher of this esteemed paper.

Great work! Thank you.

Wendy Scott, Riondel

THANKS, AND...

Dear Editor:

Thank you, John Edwards for your compliments in the last issue. I understand your appreciation of the longer ferry trip that allows us to visit with people we might not otherwise see.

However my reasons for the move to Queens Bay are many – the most important being the ambulance becoming 40 minutes closer to Emergency at the Nelson Hospital. Next would be the benefits of hourly service to Highway 3A traffic - as has happened to Highway 23 between Galena Bay and Shelter Bay where the new 80 vehicle ferry, MV Columbia's hourly service has improved traffic flow so much. Thousands do not use our ferry because of the hard to memorize schedule. Look at how many cars pull out of the lineup – and multiply this by those who avoid it entirely.

2 Mainstreet March 2017

Highways maintain that traffic across the ferry is not growing, not acknowledging that the existing schedule discourages so many, that would welcome an hourly schedule.

Our business suffers because of the extra 20 minutes going into the narrows to Balfour. Since we deliver fireplaces and chimneys to Kaslo, New Denver, Trail and more this expensively complicates our scheduling, and is much worse with so much time wasted because of the Balfour being overloaded. We pick up 2 or 3 pallets of hardware that are dropped off by a Kelowna distributor each week in Nelson and have to fit this into the oddball 100-minute schedule that we have to endure. We are truly Metrifried.

However our extra costs are minimal compared to what Kalesnikoff loses every day, having to pay truckers for waiting as well as crossing time. We all have possible speeding problems as well, for having to highball to get in the lineup.

Tom Lymbery, Gray Creek

DANGEROUS DOG IN AREA

Dear Editor:

On February 10, 2017, while walking along HWY 3A west of Crawford Bay's old airstrip, a local dog charged my dog, P. Funk, from nowhere.

My dog is now dead. I believe this was the third time this dog has attacked P. Funk over the last year in public places. Many of us walk or ski in the community with our children and dogs.

I am writing this letter so that this will not happen to anyone's else's dog, or child.

To my knowledge, the dog remains at large and the owner has taken absolutely no responsibility for his dog's actions. Please help ensure the appropriate actions will be taken for the safety of our community members and visitors.



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If you have had a similar encounter, please add your letter to those I have already received. Send to P.Funk, Box 2, Riondel, BC, V0B 2B0 or email to pfunkstar17@gmail.com.

Thank you,

Nicola Smith, Crawford Bay

The Mainstreet is now sold at Kootenay Gourmet in Balfour (by Balfour Autobody). Stop in and say hello to Daniel and try his amazing food! Get it hot and take it home with you on the ferry... Call ahead if you're in a hurry - 778-529-2900. Take the stress out of cooking - Get your dinner from Kootenay Gourmet & pick up a paper for the ride too!

Gentle Spring Cleanse

with Zora C Doval



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RDCK Area "A" Update

by Garry Jackman,
Director - Area "A"

WHAT THE CENSUS INDICATES:

Last month I outlined the trends in property assessment as a result of growth (new subdivisions and buildings) plus market trends. The Area A tax base has either grown more slowly than adjoining areas or in some pockets has declined. The impact of this shift has been to reduce the relative burden of taxes on some Area A residents when supporting shared services across the RDCK or within sub-regions of the RDCK. The disadvantage is if our property values are not keeping pace with inflation in other markets it becomes increasingly more challenging for those in our communities who need to move due to work, family or medical reasons to find comparable places to live outside our area.

Ideally we would see new residents coming to our communities, keeping up the demand for our housing stock and injecting new energy, services and skills into our community. However, as far as the census data can be considered to be an accurate measure of the number of permanent residents, our full time population continues to decline. This is not a Kootenay wide trend, as several small towns and rural electoral areas have seen increases. Concerns around our population decline are compounded by the fact we are also trending towards having a more elderly population than some of our neighbouring areas.

Between 2011 and 2016 the population of BC grew by 5.6%. In this same time frame Nelson grew from

10230 to 10572 and Creston grew from 5306 to 5351 while Area A reduced from 2030 to 1930. A loss of one hundred people while our neighbouring communities continue to grow. Note the other rural areas around Creston (Area B and C) also grew in population.

I state above that census data may not be fully representative of our situation. It is a little more difficult in rural areas to get complete data. We also have a number of residents who may spend the majority of their time in this area but maintain an address (family perhaps) in another area or province which they declare as their permanent residences. Inequities in levels of personal income tax, medical premium payments, vehicle insurance, etc between provinces may be the incentive for some to declare one location as their permanent residence over another. It may make little practical difference in most respects at the provincial level, but our voting strength and share of grant money transferred from other orders of government are tied to permanent residency.

How we appear, in terms of being a suitable area for potential investors to move into, may also matter. A growing market with a large segment of the population raising families or at the peak of their material consumption will attract different investors and entrepreneurs than an aging or shrinking market. Still, in a region with an aging demographic and less competition one might find great opportunities in the service industry which offers support to seniors.

We will not see a change most of the trend which we have observed over the past few decades without some outside influences. Nelson real estate has already inflated sufficiently to give new residents incentive to look to the surrounding rural areas, but not as far as our east shore communities for the most part. An injection of \$40M to \$50M in our local transportation network (whether ferry service upgrades, major road works to streamline travel to Creston or a combination of both) could work in our favour when trying to attract residents. Recently, as confirmed by my correspondence

with Ministry of Transportation officials, we have given them the message that we do not favour change or upgrades. That is another topic.

So how to attract residents? Or do we not try? If not, how will our communities look after another decade? Would the preferable scenario be the current trend? Do you want to sit down and talk about the options? As I have mentioned over the past months, we are part of a project called asset based rural development which will, in part, guide us on how to attract residents.

2017 BUDGET MEETING REMINDERS:

The current schedule for the RDCK board to approve its 2017 budget is at the open (public) meeting in Nelson on Thursday March 16 at 9am. There will be a number of meetings before this in communities around the regional district. The meeting where public can see what is proposed and ask questions in Riondel will be at 6:30 pm on March 8 at the community center. The next day there will be a meeting in Creston at the recreation complex beginning at 9am. There will also be a meeting in Nelson on March 2 at the RDCK boardroom in Nelson at 6pm.

As always, 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.

EAST SHORE FACILITIES SOCIETY *Notice of AGM*

Tuesday, March 28, 2017 at 7pm

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Hidden Taxes

by David George
99 Reasons 2016 Was a
Good Year - Part 2

Do you remember 2016 as a horrible year? Take heart--here are the next 33 reasons that 2016 was a good year, from an upbeat Australian website called Future Crunch: <http://futurecrunch.au.com/>

34. Gambia and Tanzania banned child marriage, following sustained lobbying by civil society groups. *Independent*

35. In June, after years of wrangling, the drive to end female genital mutilation in Africa made a major breakthrough, when the Pan African Parliament endorsed a continent-wide ban. *The Wire*

36. Germany took on rape culture, introducing a law to broaden the definition of sex crimes by zoning in on the issue of consent. *Catalogue*

37. Two weeks before #Brexit, the African Union announced a new single African passport that permits holders to enter any of the 54 AU member states without a visa. *Washington Post*

38. The United States now feeds healthy lunches to more than 30 million children, is about to ban trans fats, and has enacted one of the biggest overhauls of nutrition labels in decades. *Vox*

39. Italy became the last large Western country to recognise same-sex unions in 2016, following a long-running battle by campaigners. *Independent*

40. Denmark became the first country to no longer define being transgender as a mental illness, and Canada announced a ban on transgender discrimination. *Telegraph*.

41. 2016 marked the 24th year in a row that teenage pregnancy rates declined in the United Kingdom and the United States.

42. The Paris Agreement became the fastest (and largest) United Nations treaty to go from agreement to international law in modern history. *CBS*

43. Global carbon emissions from the burning of fossil fuels did not grow at all in 2016. It's the third year in a row emissions have flatlined. *Scientific American*

44. Thanks to rapid technological innovation and political support from around the world, renewables now account for more newly installed capacity than any other form of electricity in the world, including coal. *Gizmodo*

45. The Chinese government placed a ban on new coal mines, created new rules for grid access and doubled its renewables targets for 2020. *WRI*

46. India announced it won't need any new coal plants for the next three years because it's flush with generation capacity. *Times of India*

47. In April, the UK's Chatham House released a report saying "Big Oil is screwed." *Chatham House*

48. In the same month, 25% of European countries announced that they had quit coal. *EcoWatch*

49. The BRICS New Development Bank approved \$1 billion in renewables investments in China, Brazil, South Africa and India. *RT*

50. In 2016 Costa Rica ran solely on renewable energy for over 100 days. Now it's aiming for an entire year with no fossil fuels. *The Independent*

51. In July, the USA, Mexico and Canada committed to getting 50 per cent of their electricity from renewables by 2025. Their leaders also nailed the awkward handshake thing. *Time*

52. A new report showed that China reached peak coal in 2014. A landmark moment in the fight against climate change that was reported by every media outlet on the planet. Right? *Guardian*

53. China installed 20GW of solar in the first half of 2016, three times as much as during the same period a year ago. *Reuters*

54. In October, the International Energy Agency reported that half a million solar panels were installed each day around the world in 2015. It also drastically increased its five year growth forecast for renewables. *IEA*

55. In the same month, 197 countries agreed to drastically reduce their use of HFCs, and the International Civil Aviation Organisation agreed to measures

to combat the impact of flying on greenhouse gas emissions. *Scientific American*

56. The world's biggest offshore wind farm received the go ahead for its second phase. *Guardian*

57. Mexico announced \$6 billion in renewables investments, Argentina \$2.7 billion, Scotland connected underwater turbines to its grid for the first time, and solar energy generated more power than coal in the United Kingdom. *Independent UK*

58. In November, India unveiled the world's largest solar power plant, and revealed that it is now on track to be the world's third biggest solar market in 2017. *Al Jazeera*

59. And in the same month, the United Kingdom agreed to phase out coal by 2025, France said it would get there by 2023, and Germany promised to reduce emissions by 95% by 2050. *Guardian*

60. Following the end of conflict in Colombia in 2016, all of the war in the world is now limited to an arc that contains less than a sixth of the world's population. *Associated Press*

61. ISIS quietly started preparing its followers for the eventual collapse of the caliphate it proclaimed with great fanfare two years ago. *New Yorker*

62. In April, a new report revealed that for the first time ever, the death penalty has become illegal in more than half of the world's countries. *Article*

63. Juarez, in Mexico, used to be the world's most dangerous city. In 2016, crime came down and residents started losing their fear. *National Geographic*

64. Crime rates in the Netherlands plummeted, with total recorded crime shrinking by 25% in the last eight years. One third of the country's prison cells are now empty. *Dutch News*

65. Three years ago Honduras was the most dangerous place on earth. Since then community crime programs have achieved a remarkable reduction in violence. *New York Times*

66. Hellholes? Not according to US mayors, who in 2016 celebrated years of positive gains in US cities. *Politico*

A fortnightly emailed newsletter of good news is available from Future Crunch. Cheers!

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February Horoscope

by Michael O'Connor

Tip of the Month:

Moon, Mars, Venus and Uranus in Aries now are together activating a pioneering impulse.

Venus Retrograde adds complexity to the mix. Sun enters Aries on March 20th marking the first day of spring. As each planet in Aries approaches Uranus, they will contribute to activating the already charged T-Square with Pluto at the apex, signifying big changes at governmental and other major societal levels. Saturn hovering at the Galactic Center throughout March and April is a call for unity and ethical principles and conduct.

Aries (Mar. 21-Apr. 19): Many activations of your pioneering spirit suggest spring's early arrival. The impact will be measurable and others will see the changes in you too. Relationship opportunities will abound. Your focus will become increasingly practical.

Taurus (Apr. 20-May 20): Discerning between dreams and fantasies, needs and wants, is a lingering theme. Something of a soul-searching process is implied, continuing all spring. Still, you will be happy to get your hands dirty in practical projects, soon.

Gemini (May 21-June 20): A rebellious impulse that began in February will escalate in March. It could manifest as an early spring cleaning purge. Making way for more practical projects is a core motivation. You also yearn to learn a few new tricks.

Cancer (June 21-July 22): Your sights are set on the bigger picture. A long-term vision beckons. Drawing on existing skills and past experiences feels necessary. Yet you are ready to try something new. Expect a push for reform by mid-March.

Leo (July 23-Aug. 22): Seeing through illusions and identifying what is real and reliable is underway. You want to feel freer. Financial interests and concerns are featured. Many creative expressions are budding. This trend will increase. Anticipate a definite learning curve.

Virgo (Aug. 23-Sep. 22): Taking initiatives to increase your social outreach, continues. You yearn for more intimate and/or responsive connections. Seeing through blind spots is the sober side. Aim for a blend of creativity and practicality.

Libra (Sep. 23-Oct. 22): Your focus has turned to matters of health. The categories could range from lifestyle rhythms to eating habits to business practices.... Social interactions are sparking, for better or worse. You want to feel accepted and embraced.

Scorpio (Oct. 23-Nov. 21): Waves of creative inspiration are flowing your way. You would like to make a difference and have a positive impact. Mak-

ing extra efforts feels necessary and circumstances are pushing. You are open to suggestions, but reserve considerable creative license.

Sagittarius (Nov. 22-Dec. 21): Although you are happy to continue to cozy in close to home, you are excited by the early scent of spring. Your mood is playful and punchy. You could probably use a boost of confidence, however, which may take a little longer to manifest.

Capricorn (Dec. 22-Jan. 19): Much is stirring within. This could refer to your home environment. Renovations and overhauls of some kind are likely. Your imagination wheels are turning. You need new leads and inspiration too. Take the economical route.

Aquarius (Jan. 20-Feb. 18): Change is in the air and on the ground. You are hearing spring's early call. Ideas are beginning to flow. The momentum will build steadily. You may have to contend with feeling scattered or spread too thin. Avoid over analysis, stay busy, be productive.

Pisces (Feb. 19-Mar. 20): Inspirations to take new initiatives are increasing daily. Your ambitions are certain, but your drive, motivation, and focus could be wavering. The momentum should steady by mid-March. Be open to extra support early on.

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- Never burn garbage, or treated wood
- Use a high efficiency wood stove
- Ensure stove is installed/inspected by a certified technician



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Hacker's Desk

by Gef Tremblay

The Desire to Be Part of Something

Waking up in the middle of the night, with mild hypochondriac worries, I try to find ways to appease my mind. I browse the internet in search of something. Trying to find something creative, something nourishing, something social and something greater than me. Are these theatre withdrawal symptoms?

I realize that social networks used to give me that feeling of being part of a mass of creative minds, but I've quit all that in the last years. Social networks do fulfill this desire to be part of something greater than me, something that is always evolving, always changing, connected with family and friends. We are building this massive database of information both mundane and supernatural.

Is this feeling nourishing? Or is it simply numbing? In one way, social networks offer us this everlasting feeling of being part of something. It's a great offering - and the trade-off seems quite minimal. But compared to the elation I get by playing my

part in the theatre troupe, there is no comparing the two. Real life creative social activity is on the top shelf of human experience.

All good things have an end, what now? How to cultivate that feeling? Running my business is great and creative. I am in contact with people around the world and continue to expand in new fields related to my work. But most of my work is in on the computer.

Working on my own, in front of a computer for most of the day, I've reduced my usage of the internet to a strict minimum. If I don't get paid to aimlessly browse the internet why would I do that with my life? In this process of elimination, I've rendered my internet usage quite boring and predictable. I use it as a tool, which is great but quite dry.

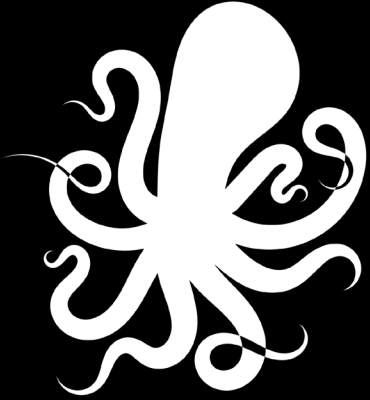
I do learn a lot from the internet. I am taking a class in calligraphy now, and planning to take a class on architecture in the next couple months. I also get my entertainment from the internet, buy music online and stream movies. I have a solid feed of news from the most creative and inspiring sources I've compiled over the past five years. But the internet isn't giving me any sense of greatness anymore as it used to. To be fair, I was part of the internet before it was created. Running BBS connecting computers to each other, it was quite a thrill back then.

Focusing on creativity, writing, calligraphy, illustration helps with the bitter feeling of separation. But the soothing feeling is easily replaced by a lack of motivation. Not finding any solution to my bitterness, I see my yoga mat in front of me, inviting me for something different.

I stand on my mat, stretching a bit. Yoga is enjoyable from the very moment I start practicing. I sit in meditation to let go of my busy mind and in a glimpse, I catch a sliver of the feeling of being part of something greater than me. It appeases my craving of looking outside my life in search for this connection. I realize that it's time to care for myself. I am connected, I am fulfilled, there is no other place to look for it.

I've done plenty, I've done enough for the day. I can feel my racing mind finally letting go of squeezing even more from the day. This similar feeling of coming out of a nightclub in the early hours of the morning, the sun rays spilling through the dirty grey city, chasing us away like vampires. There is a time to let go, release, rest and recharge. A time to care for my mind and body balance, my ever-growing creative life. This feeling was the perfect answer for my busy mind and I finally felt sleepy.

That night I had beautiful dreams. Now when I wake at night, I know it's time to practice more yoga.



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Our Back Yard

by Galadriel Rael

Given the current state of the world I've spent the last little while, listening to conversations that weigh heavy on me. Watching a sort of descent, that seems to me

mostly avoidable, if people would just stop pitting themselves against each other. It's time to strip down, get naked in a way. Start looking at people as people. Not Christian or Muslim, not elite educated or coal miner, not Republican or Democrat, Conservative or Green Party, not black, brown or white. Once we have stripped off the titles we bind our minds by, we can see each other better. Now ask everyone the same questions:

- Would you like to live somewhere you feel safe?
- Would you like access to a good education?
- Would you like to be able to feed your family?
- Would you like to drink clean water?
- Would you like to make a living wage?
- Would you like to know that if you are sick, you will have access to medical care?

The questions go on, but the point is made. At the heart of it all, we are all after the same basic things. I wish we would choose to gather around the things that bond us, instead of pushing against the differences we perceive. Just as diverse crops and symbiotic relationships are crucial to life on this planet, so too is keeping a colourful array of humans to populate it.

To those who would criticize the protestors, shaming them for "perpetuating the negative", I ask that you consider, is it not more about what they

support, and less of what they are against? Did the women who protested for their right to vote, feed into negative ideas? Did the people who marched during the Civil War, for the rights of black Americans perpetuate the negative? I would suggest that "pushing back," is different than "standing tall". I would suggest that a lot of what people are proud of and enjoy in their day to day, was built on the shoulders of those who stood tall. It is a great privilege to be able to protest freely, without fear of being imprisoned or shot or beaten. The day that right is lost will be the day one will repent for critiquing those who rallied, and one will beg for the opportunity to protest with pride. I for one am so incredibly grateful for the people who have marched in support of the things that align with the freedoms I enjoy today.

To those who say they can't be burdened with the "negativity of the news", or "tired of hearing people talk politics": I understand the challenges of being bombarded with the world's news, dying children, morphing viruses, etc. But I would like to remind you what an INCREDIBLE PRIVILEGE it is to be able to say that, to live in a country where you can afford to NOT be informed. For the people who fear for their lives, fear they won't be able to provide the basic necessities of life for their children, it is not an option to decide; "I'm tired of being hungry", or "that war outside my door is just too negative".

If someone screamed obscenities at your wife or brother or daughter, would you walk away quietly? Choose not to be involved, because it puts you out? Everybody on this planet is someone's wife, brother, daughter. Every day, all day, someone is abusing them, and your conscious blind eye, carries the burden of that darkness. I am not suggesting that one must go and fight every battle, or expose themselves unnecessarily to things that could emotionally cripple them. But it is criminal to claim "well,

it doesn't affect me, so what do I care". What to you care! Do you care to be treated with respect? Do you care about your children having access to education? Do you care to have a job that sustains the needs of you and your family? Then you should care that another human being doesn't have that. And as we are millions that populate this life-giving planet, we are millions that are drops in a bucket. If you feel overwhelmed, be a drop in the bucket. I challenge you to pick any small item that you will stand for, don't doubt the impact you will have. Commit to buying one organic item that you normally wouldn't for the rest of the year. Don't buy socks made in Cambodia. Pick up the garbage on the side of the road. Take the time to listen, just listen to someone who has an opposing political opinion. Rejoice in healthy debate. **You don't divorce your husband cause he likes mushrooms on his pizza, you put mushrooms on half the pizza. Look strangers in the eyes, and smile.**

It is time to make your dollar work for you, not in the classic invest in RESP's kind of investment, but use your dollar to be your voice, investing in your beliefs, the things you stand for. This is the greedy capitalist's kryptonite! If you feel that corporations are too big to take down, remember the dollars you have in your pocket are your weapons. Wield them wisely. You can no longer afford to buy things that don't stand in line with your morals. The next time you buy something, ask yourself, "where was this made/grown", "who made/grew this", "did the production of this pollute the planet", will the use of this pollute the planet?" "Will the disposal of this pollute the planet?" "Who is putting money in their pocket when I buy this?" We live in a corrupted capitalistic money hungry world. Stop feeding the beast!

"Back Yard" Continued on page 6

“Back Yard” Continued from page 5

Don't be afraid of criticism; don't be intimidated by those who might put you down. You don't need to be well educated to speak; you don't have to be a good speaker to be heard. You don't need to be a rocket scientist to know in your heart what is right and wrong. When words come from your centre, your heart, your roots, they are what anchor you, keep you steady, and hold you up strong. Speak from that place, and your words will resonate with others. For truth has a scent, and like animals running to water, we will gather where life flourishes. Be respectful, for as you demand respect, you must reciprocate it. Speak, unify, love. Don't let big shadows, drown out your light, for as we all walk under that shadow, it's how we will find each other.

Remember that in a world that kills journalists, dilutes content, trolls run amuck, and clicks remould the shape of our news, we must dedicate ourselves to supporting the truth tellers. The news channels we watch, the click bait we fall prey to, this is where our power stands. If money is what rules the world, let's rule the world with our money, steering what road we go down is at the tips of our fingers.

I am tired of hearing people criticize others who are trying to do good work. For example, famous people hated for not taking advantage of their platform, and simultaneously hated for speaking up, or taking action on issues of climate change, poverty etc. Maybe good intentions go sideways sometimes, but why the desire to chew and spit out people making their best attempt at doing something good? If you think you can do better, then do better! Instead of pouring poisonous words into an already sick world.

As all great leaders have understood, together we are powerful. And it seems to me that sometimes we are unaware of how intelligently crafted

the fracture lines have been planted by those who want to divide us. Fractures are more insidious than an unmistakable break. A break demands to be healed, for it is undoubtedly broken. Whereas a fracture never the less is broken, but so much harder to identify, we may still move forward, but crippled just a little. Use your words to heal, to bridge gaps, fill holes, not to plough more splinters into the crack.

Building walls.... Well, I beg people to see what a band aid this is on a gaping wound. Just something that will work to cover up the unsightly wound until it is a deadly festering infection. Walls do not work. History is our witness. A dividing line. A lazy, short sighted solution, for a very long and old problem. Imagine investing the hours, people, and money that would build a wall, into preventing the poverty, fear and injustices that force people to flee their countries in the first place.

Let's remember that when people choose to risk their lives to cross a border or ocean, more often than not, it's because their options were death, starvation, watching their son's be "recruited" (a gun to the head saying join us or join us) by gangs and war lords, having their daughters sold into the sex trade etc. Take just one tiny fleeting second to imagine that was your reality. What would you do? I have yet to meet a migrant or refugee who doesn't say something along the lines of "where I want to be the most is my home country, but it is not safe".

Some may say it is their responsibility to fix their own countries, and to that I say, well yes, but mistakes have been made that have gotten them to this place, and they will take time to fix. So please, let us learn from those mistakes, and dare not repeat those errors as they stare us straight in the face! Because the kettle is turning black my friends. ●



Lindero News & World Report

~ News and Views from a Fictional Central Kootenay Town ~

[filed by Lindero correspondent H. Porpoise]

February-March 2017 - The news on everyone's lips in Lindero this week were numerous sightings of a pebbly black substance later identified by town historian and chairman of the Lindero Hysterical Society, Theodore Tuxedo, as pavement. Tuxedo produced archival photos suggesting pavement was once common in Lindero. At the time of publication his hypothesis was unproven, causing one local wag to opine, "Next he'll be saying he's seen a snowplow."

Meanwhile, down at the Lindero Pub & Town Living Room, publican Wynn Baker was seen scrubbing nose prints off his front window and mopping up a puddle of what was later identified by volunteer fire chief Sparky Flint, as tears.

Late last week, scuttlebutt outside the Lindero Postal Minimart & Boozery was that the town is in general decline. Clarification of this discouraging observation revealed the true meaning: several roofs and shelters of shaky disposition have collapsed. One local business is without a carport, several woodpiles were flattened, and a number of boathouses at the tony Lindero Marina & Live Bait listed to starboard and turned turtle. The cause was attributed to winter conditions and the American election.

Earlier this month, Lindero denizens were cheered by the cultural event of the season as local thespians joined their regional counterparts in the little-known French masterpiece, Moliere Plays East Kootenay. Critics and citizens alike giddily praised the produc-

tion which saw the skillful depiction of plot-twists, humour, pathos and, best of all, butt-smacking. This thoroughly enjoyable production featured many semi-recognizable friends, neighbours, local business-people and cross-dressers in a variety of roles, to the upright ovation of all. Bravo Hemispherical Players!

Finally, Linderoians were greeted with some very early signs of spring in the form of the return of several Summer People. Sadly, as foretold in early February by the local shadow-observing rodent (a packrat named, predictably, Lindero Linder), the early-summer crowd took one look at the avalanche that has engulfed Lindero these past weeks and drove straight through town looking for a spot on the road wide enough to turn around. A number managed to escape and the rest found shelter with friends, at least until their plumbing thaws or a tow truck makes it all the way up Lindero Road to their rescue, whichever comes first.

Minding Your Business – March Membership Drive!

Gina Medhurst - President of KLCC

Are you a Trades Person or Business on the East Shore and would like to have another way to promote your business? Are you a smaller business that is made up of you and one other? Did you know that being a Kootenay Lake Chamber Of Commerce Member gives you FREE inclusion on our website so locals and visitors alike can find you?

At our meeting on February 20 we spoke more in detail about how difficult it can be for East Shore residents (new and old) to find you. Electricians, builders, hair stylists, massage, yoga, these wonderful aspects of our small community are not listed on our website which receives a lot of traffic from BC, other parts of Canada and the US. We also have implemented a special Trades Membership rate of \$35 and have lowered our regular business rates across the board.

The cost of running a business, especially a small one, can be high, as we don't have the buying power like other large businesses do. As a Kootenay Lake Chamber Member, you are given access to some amazing discounts to help with the bottom line.

Here are a few:

- Networking opportunities with other Chamber members locally and regionally.
- Each membership gets one vote on several key initiatives that help drive our local economy, provide advocacy on numerous key issues that impact our communities and have a voice on any matters that you feel are important to your business success.
- Group insurance plans through Chamber of Commerce Group Insurance for businesses of ANY size, even if you are simply 1.
- Exclusive low rates on merchant services, credit and debit card transactions and products tailored to suit your business needs
- Exclusive discounts on hotels and car rentals (average of 10%-20% off)
- Discounted insurance and educational resources that support local non-profits and charities in our community
- Gas discounts (up to 3.5 cents off a liter!)
- Access the Staples Advantage discount program, which provides savings on office essentials, print solutions and more

If you are not yet a KLCC Member March is the time to consider being one. We would love to get to know you better and work together. The concept of community health and business health go hand in hand, and the more health of our local businesses the more our entire community thrives.

Please contact the Kootenay Lake Chamber Of Commerce via email at info@kootenaylake.bc.ca. Our membership drive team will get in touch with you to help you get signed up.



**Creston
Veterinary Clinic**

Your Hometown Vet
1 (250) 428-9494

**Mobile veterinary clinic available
in Crawford Bay.**

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

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

Mobile Clinic Dates:
March 7 and April 4

Administrator Wanted:

Community Connections is seeking an enthusiastic individual for the role of Administrator for their non-profit society.

Responsibilities include grant sponsorship, fund administration, project oversight, financial supervision, and society management. This is an independent contractor position reporting to the board of directors and expected to be \$20/hour, flex time, 8 hours/week.

Submit resumes to:
skootenaylakeccs@gmail.com
or call 250-509-0751 for more information.

East Shore Food Roots Things are Sprouting!

by Nicole Schreiber

Most of the food events and projects in Area A are volunteer driven, so let's start with a hearty shout out to all these volunteers, and to their dedication to increasing food availability, security, knowledge and economic development in our community. It's a growing list of wonderful people of all ages working on many different but ultimately connected projects. I encourage others to come forward to volunteer if one of the projects mentioned below calls to you; each project is seeking additional assistance. You can get in touch at eastshorefood@gmail.com or 250-227-9111 and I'll happily connect you with the appropriate folks.

Other food projects not mentioned in detail this time continue to develop in our area and region, including Fields Forward, Crawford Bay School's 'Farm to School' program, and the Kootenay Regional Food Council. More updates on these in future.

So many food projects are sprouting on the East Shore...it must be Spring!

Mother's Day in Crawford Bay Spring Market:

Food Roots is hosting a Spring Market in Crawford Bay this Mother's Day. Plan on spending the day with Mom, enjoying the market and all that the area has to offer in spring. More details and a call for vendors will come shortly. If you have a business special you'd like to offer or another community event that you'd like to hold in the area on Mother's Day, contact us and discover if we can work together to make them both better. Thank you to the RDCK Area A's EDC for their support for this event.

'Farm Food Fork' 2017 Annual Regional Conference:

In partnership with Fields Forward and the West Kootenay Permaculture Co-op, Food Roots will host the next regional 'Farm Food Fork' conference here on the East Shore. This multi-day event will be held in the autumn and late winter and will be focused on institutional food procurement; helping Kootenay farmers develop relationships and make successful deals with restaurants, schools and other institutional food purchasers. More details soon.

Twisted Roots Community Greenhouse 2017 CSAs and Soil Workshop:

The Twisted Roots Community Greenhouse and Gardens has started their spring plantings! They will be selling a limited number of weekly produce boxes (CSAs) this 2017 season, so if you are interested in having delicious local produce weekly throughout the growing season, contact their CSA coordinator Kathy at 250-354-3695 or kathyrave@mac.com. The CSAs support the other work of the community greenhouse, which includes giving produce to the Crawford Bay School's Hot Lunch Program. The greenhouse is also working with Fields Forward to offer a soil development workshop this spring.


Kootenay Food Tree Project:

With support from Fields Forward, the Kootenay Food Tree Project is beginning this year in Area A. The goal of this project is to increase local food production and help create local employment and entrepreneurial opportunities through the strengthening and rebuilding of the East Shore's fruit-production infrastructure.

This pilot year will focus on offering locally-suitable fruit bushes and dwarf fruit trees to students and area landowners, and will offer educational and planting support to those involved. They are also looking for a spot for a test orchard in which to test newer, heritage, and unusual varieties of berry bush and fruit tree

which may be of future commercial and social value to the area. For more information about this multi-year (and, hopefully, multi-area) project, or to help support the program, contact kootenayfoodtreeproject@gmail.com or 250-227-9111.

They are currently seeking donations of fruit bush shoots/'suckers' (especially good raspberries!), pots (approx. 1/2 to 1 gallon), topsoil, manure, tools (picks, shovels, rakes, etc.), and fencing materials, as well as volunteers who can assist with planting later this year or offer their expertise in planting, feeding and pruning of food trees and bushes. They are also seeking sponsorship from local businesses. If your business would like to be involved, please let them know.



The PAC Box

Your Parent Advisory Council works hard as a liaison between school and families & would like to take a moment to let you know about what's going on...

PAC MEETING: The next PAC meeting is on **WEDS, March 8 at 5:15pm 20 in the school library.** Email Nicole or Palma the new PAC email cbess.pac@gmail.com to be put on the agenda or with questions. We'd love to see you there or hear from you.

GROCERY GIFT CARDS: The next round of gift cards has a **deadline of March 1st!** To order, call/text Maria at 250.509.1155 or posturebeads@gmail.com or Sandy at 250.227.9218 or clerical.crbay@sd8.bc.ca. **WE ARE NOW TAKING E-TRANSFER PAYMENTS FOR GROCERY CARDS!** Remember to include a note for what the transfer is for. E-transfers can be sent to cbess.pac@gmail.com.

FUNDRAISING: Are you interested? Calling out for 1-2 people who have the time and flair for fundraising. We are looking ahead to future student activities that will need financial assistance like: elementary music, Kokanee field trip for Sept/Oct, skiing in January and SEVEC (secondary travel) next spring. Any help is greatly appreciated! We already have on parent offering to head up one fundraising event so we just need a bit of extra help. Contact cbess.pac@gmail.com

Twisted Roots Community Greenhouse

by Kathy Rave & Jacqueline Wedge

Spring is just around the corner and we are busy planting fresh greens and spring vegetables in the greenhouse. Once again, we are offering a CSA (community-supported agriculture) box program. Pre-order sales are available NOW! For more information contact Kathy Rave (250) 354-3695 or email: kathyrave@mac.com.



A few events are planned for this spring, including a PI day activity at the school (March 14 - 3.14), a membership drive, regular pop-up sales, a soil-building workshop, and a huge Mother's Day sale and open house.

Watch for our presence at weekly farmers' markets, and up-dates on our becoming a co-op. We are working towards a not-for-profit status and invite you, this beautiful hungry community, to enjoy the rewards of membership.

For general information contact us at twistedrootsg@gmail.com.

Food Based Education Workshop in April

by Melissa Flint, Fields Forward

Spring is almost here and soon the snow will melt allowing for green again. Fields Forward Education Group has just the event to help usher in the excitement of the season - Michael Becker. Michael Becker is an exceptional school teacher from Hood River, Oregon. His classes are so interesting and sought-after, that the school had to expand his teaching to all students. He teaches curriculum through hands-on, project and place-based learning. His students have built school gardens, cob ovens, hosted the town's farmers' market, installed solar panels, started a student-led entrepreneurship club, assisted environmental monitoring projects and learned to prepare the food that they grow. Becker emphasizes transformative education and has shared his experience and approach with teachers across the US and Canada.

The Fields Forward Education Group is putting on a 2-day workshop + evening presentation on April 8 and 9, 2017. For teachers and educators this is a rare opportunity to learn with Michael Becker as he shares his process, his passion and his ability to inspire generations of youth. During the 2-day workshop you will learn skills and pathways to bring more food based education into your classroom or home. The intent is to enhance local teachers' and educators' ability to start school gardens, deepen their environmental education, develop creative ways to teach curriculum using local community resources. This is not about learning new curriculum, but rather a way to work within your school's framework.

And if you are looking for an evening that will bring a smile to your face and give you some inspiration, don't miss out on Michael Becker's evening talk on Saturday April 8, 2017. Come explore the beautiful possibility of food and education with your family and community.

Space is limited for both events, so book your tickets now to avoid disappointment!

Workshop \$110 for the 2 days and includes meals and snacks - <https://www.eventbrite.ca/e/skill-building-workshop-with-michael-becker-food-educator-extraordinaire-tickets-30235582441?aff=es2>

Dinner & Presentation: \$15 - <https://www.eventbrite.ca/e/food-education-presentation-and-dinner-with-michael-becker-tickets-30235739912?aff=es2>

Fields Forward is a new food and agriculture initiative working to support the communities from Yahk to Yaqaan Nukiy to Riondel (Creston & District). Launched in January 2016, FF has built connections with close to 100 producers, business owners, local government in an effort to create collaborative solutions for the challenges of our food system. Part of the solution making starts by working with kids, in our homes, communities and in schools - hearing their ideas and getting them excited about the opportunities available in food and agriculture. Last year the FF Food Education group brought together 3 schools to raise money for school gardens and created this fun video: <https://www.youtube.com/watch?v=p2ASJUU0ZIE&t=1s> This year the group is offering extension and training and raising money for more food based educational opportunities. Do you have a food education project you would like to work on? Bring it forward.

For more information contact us: melissa@auroraedibledesigns.com or paris@fieldsforward.ca

**Next Deadline:
March 29/17**

March 2017 Mainstreet 7



Seldom Scene

by Gerald Panio



"I'm Kirk, you're the warp drive." --Caleb to Nathan in *Ex Machina*

Is it time to panic yet? First, they started out by replacing us on assembly lines. Then, they beat us at chess. Next, they out-strategized us at go. Lately, they've whopped our asses at poker. Soon, human translators may be lining up *en masse* at soup kitchens and homeless shelters. Robots and Artificial Intelligence are upon us with a vengeance. Insanely clever algorithms designed for search engines and social media are being harnessed to narrow the gap between the human brain and true cyber-intelligence. If, way back in 1970's *Colossus: The Forbin Project*, screenwriters were worrying about supercomputers running amok and dominating humanity, some measure of anxiety is probably now in order as technology leaps beyond what most of us who grew up with 8-track tapes could have imagined. (I say "most" and not "all" because SF author William Gibson, whose genre-defining vision of cyberspace was set out in the novels of his *Sprawl* trilogy in the 1980s, was born in 1948.)

Lest we be tempted to sink too comfortably into our warm baths of social media & GPS-guided vacations, we should be grateful that filmmakers

like Alex Garland are around to fire some warning shots. Garland's *Ex Machina* (2015) is a worthy successor to Ridley Scott's *Blade Runner* (1982). Both are neo-noirs, although at first it might seem odd to associate *Ex Machina*'s beautiful, remote Norwegian exteriors with the standard film noir urban jungle. What I think Garland manages to use landscapes to create a sense of existentialist chill—those landscapes will be here even if humanity assures its own extinction. *Ex Machina* replaces shadowed city alleyways with some ultramodern glass-steel architecture whose hallmark is sterility, even when you dress it up with a wall-sized Jackson Pollack or a Gustav Klimt portrait of Margaret Stonborough-Wittgenstein.

Speaking of extinction, one way humanity can tempt fate is by creating machines that are smarter than we are. This has been a standard theme of science fiction since the first room-sized computer's breaker panel was switched on back in the 1940s. The femme fatale of *Ex Machina* is an android named Ava, the creation of a reclusive programming wunderkind, Caleb (Domhnall Gleeson), with the looks and personality of a dyspeptic *Ursus americanus* and the modest belief that his genius endows him with godhood. His divinity might have a stronger foundation if he could lay off the booze for more than a few hours.

The plot of *Ex Machina* centers around Caleb's "welcoming" of a young programmer, Nathan (Oscar Isaac), to his alpine redoubt, ostensibly to run a Turing Test on Ava to see if she's truly capable of independent thought or is just highly skilled at simulating it. (Proposed by Alan Turing in 1951, the Turing Test was "a test for intelligence in a computer, requiring that a human being should be unable to distinguish the machine from another human being by using the replies to questions put to both."). More likely, Caleb already knows that Ava would pass the test and just wants to mess with Nathan's mind. Nathan's the rat in

the maze, not Ava. It turns out that Caleb has "engineered" Ava based on some interesting parameters that Nathan doesn't become cognizant of until very late in the game.

True to noir narrative, a woman in distress is liable to prove highly stressful to any male who reaches out to her. Ava is no exception. She's a dangerous blend of Pygmalion and Pandora. Played to perfection by Alicia Vikander, Ava is also in part the creation of Garland's extraordinary visual effects team (check out Graham Edwards VFX Q & A at http://cinemafax.com/blog/ex_machina). I couldn't help associating Ava's name with that of another extraordinary woman connected to cybernetics—Ada Lovelace, the daughter of Lord Byron and perhaps the author of the world's first computer coding. The Ava-Ada link may only be incidental, but given the number of hidden references detailed in the lengthy "Trivia" section of the IMDb entry for *Ex Machina* (well worth checking out after you finish reading this review) I don't think I'm sticking my neck out too far here.

We all know that poor Nathan's going to fall for her. Hard. We just don't know what the consequences will be. To add to the overall level of creepiness there's a second woman in the picture, a lovely oriental girl, Kyoko (Sonoya Mizuno), whom Caleb treats as a virtual slave and who may or may not be human. There's a disturbing little disco dance number with Caleb and Kyoko that could be straight out of a David Lynch film.

Another nice noirish touch is the cracked glass pane in the observation room where Nathan communicates with Ava. We guess that this shattered glass is a sign of something very, very wrong somewhere, but Garland keeps us in suspense for as long as he can.

If *Ex Machina* has a flaw, I'd say it's the closing shots

of the film. I was hoping for something with the impact of Rutger Hauer in *Blade Runner*, reaching out to save Harrison Ford because at the moment of his own "death" any life—even that of a scumbag bounty hunter—becomes precious. Garland doesn't quite hit the bull's-eye.

If anyone's wondering about the Latin title, here's a brief explanation courtesy of IMDb: "The title derives from the Latin phrase "Deus Ex Machina," meaning "a god from the Machine," a phrase that originated in Greek tragedies. An actor playing a god would be lowered down via a platform (machine) and solve the characters' issues, resulting in a happy ending."

Nathan could have used that information. At one point, he asks Caleb what will happen to Ava if she doesn't pass the Turing Test. It's the wrong question, of course. He needed to ask what would happen if he passed Ava's test.

While I'm on the subject of science fiction, I want to give a shout out to the TV series *Black Mirror*. Now in its fourth season, it's the best attempt to address the potential perversions of technology that I've come across since HAL went on his homicidal bender in *2001: A Space Odyssey*. *Black Mirror* is *The Twilight Zone* for the Facebook generation. Two episodes from Season 3, "Nosedive" and "Men Against Fire," were brilliant reminders of how effective SF can be in forcing us to re-examine what it means to be human (and inhuman) in the age of the machine. Now that the president of the most powerful nation on the planet is replacing statesmanship with Twitter feeds and cyberdemagoguery, shows like *Black Mirror* should be able to feed our nightmares for years to come.

(As Ingrid mentioned last month, my Seldom Scene website is now online at <http://seldomscene.ca>.)

I'll be adding one expanded review on the site each week, and welcome any comments & suggestions. It's a joy to revisit old films and make new connections. My thanks to Geoffroy Tremblay for his website design & suggestions.)

Don't Miss This One

by Deberah Shears

The Kootenay Chamber Jazz Quartet is coming to perform at Harrison Memorial church (Crawford Bay) on Friday, March 31, at 7 pm - and you will NOT want to miss it!

This professional group plays intricately arranged chamber jazz inspired by ensembles like the Modern Jazz Quartet. The group will present original music and arrangements of pieces by jazz legends such as John Coltrane, John Lewis and Gerry Mulligan.

Clinton Swanson has performed nationally and internationally at festivals, concert halls and night clubs for over 27 years. Before moving back to the Kootenays 9 years ago, he spent 12 years in Vancouver studying saxophone with renowned instructor, Stan Karp. Constantly performing and teaching, Swanson presents his original compositions and arrangements with multiple ensembles.



The hidden jewel of the Kootenay music scene, Donnie Clark, is an incredible trumpet player. He has a resume filled with international touring and recording; having been a member of the Vancouver Symphony Orchestra, the Vancouver Opera Orchestra and the CBC Chamber Orchestra, he has performed throughout Canada, the US and Europe. He is known as one of Canada's top jazz performers and has toured with New Orleans Connection as well as his own Donnie Clark Quintet. Clark lives quietly on the east shore, conducting the Many Bays Community Band and performing with the Creston Community Band and the Playmor Junction Big Band (Nelson). He writes original music and arrangements for many BC bands and small ensembles - and he has recently picked up the clarinet.

A native of Calgary, Doug Stephenson has been an integral member of Western Canada's jazz community for over 40 years. He is a world-class guitarist, bassist, songwriter and producer. He joined the Nelson music scene in 2012 when he moved there from Vancouver. Including blues legend, "Big" Miller, Stephenson has worked with a wide range of artists including Charlie Rouse, Tommy Banks, P.J. Perry, Michael Occhipinti as well as Kootenay favourites, Gabriel Palatchi and Melody Diachun.

Originally from Ottawa, Rob Fahie has multiple music degrees from McGill University and the University of Colorado. During his career, he has performed at prestigious jazz clubs and premiere concert halls throughout the world including The Blue Note and Dizzy's Club, as well as Carnegie Hall and The Kennedy Center. In 2013, Fahie moved to Nelson and has succeeded in making a name for himself in the region's vibrant music scene.

Tickets for what will be an amazing performance can be purchased at Lakeview Store, Highway 3A in Gray Creek for \$15 each. There is limited seating in this venue, but if there are any tickets left, they will also be sold at the door.

Moliere Plays Paris... in Crawford Bay!

by John Edwards

On the weekend of February 10-12, the Hexagon Players presented our community with their latest extravaganza in a long line of winter productions that help keep us from going berserk with boredom as winter slowly unravels here on the East Shore.

"Extravaganza?" you may query, if you weren't fortunate enough to see a performance that weekend – but let me assure you, it was very much so, and we're bloody lucky to have this amazing group of performers and artists here in our small community to stage these performances for us.

I attended Saturday evening, along with a packed audience, and the curtains parted precisely at 8pm to reveal yet another curtain, but a semi-transparent one, behind which we could see and hear a ragged troupe of actors, apparently arguing about what to do next. Was this part of the play, or had the main curtain been drawn open too soon to reveal the cast in mutinous disarray? But then I remembered it's a "play within a play", and most of the characters were quickly shooed offstage and the transparent curtains were gracefully parted by a pair of exotic gypsies, Marquise Therese du Parc and Catherine de Brie, (more commonly known as Galadriel Rael and Madison Ashton) to reveal a town streetscape with charming two-story houses and a central square. It seems that this troupe of actors had been gathered to perform for King Louis XIV, who was rumored to be in attendance that evening, and they would try their very best to amuse the great monarch and the rest of their more ordinary audience.

They succeeded.

For the next couple of hours, we were held enthralled by a series of comical sagas that could have been invented by the Marx Brothers. We met Armande (and Lucinda, her first character in the play within the play), a gorgeous and elaborately dressed jeune fille, played by Carol VanR., who was perhaps just a little self-centered, but successfully caught the eyes of several potential suitors. We also met her beleaguered father, Monsieur Bejart (and M. Gorbibus), whom Jacques Wedge portrayed brilliantly – exceedingly worried for the health of his precious daughter, and her exposure to unsavoury male attention, and her friend/sister/maid Madeleine (and Sabine) played by Ingrid Baetzel, who's determined to help her receive just that kind of attention. Lucinda's health seems to be failing and her father calls in every doctor in town to examine her and recommend treatment. Unfortunately for him, the doctors in town turn out to be a collection of quacks that can't even sit on a bench together successfully, much less come to a common diagnosis. Felix Wedge-Darchen, Ryan Davis, Mandy Petrie, and Darlene Knudson made up this team of medical mal-practitioners who succeeded very crazily, but only in getting in each others' ways.

Fortunately, another doctor (M. Sganarelle, the alter character played by Moliere himself) soon arrives on the scene, this one a bona fide fake, (actually James Linn, a tree surgeon) and paid off to prescribe rest for the daughter in the garden house as the only pos-

sible cure, where she eagerly goes to rendezvous with her secret lover, (La Grange/Valere played by Cassia Welldon). While Lucinda is away, her father (Gorbibus) suffers through a ridiculous encounter with the fake doctor and his imaginary brother, never quite seen at the same time, since they are the same person, and clearly starts to doubt his own sanity, not to mention the doctor's. But when his daughter returns, her cure has been quick and miraculous (entirely fitting for a Valentines production), and all's well that ends well.

That's just farce number one. Farce number two is every bit as complicated and whacky, with great performances by all the previous actors, but in different roles, not to mention Tim Miller's hilarious portrayal of a philosopher (Dr Pancrace) called on for romantic advice (not recommended!), who gets his butt literally booted out of town by the frustrated Sganarelle himself (James again, the only character).

Ben Johnson "the Pesky Musician" incessantly appeared and disappeared playing his melodious lute with a most deranged grin and adding to the feeling of general whackiness. Ingrid Baetzel appeared again, this time as La Comtesse D'Escarbagnas, an amazingly dominant personage with hair stacked high and the attitude of a ruler. She announced that she's the

mother ("Huh?!") of the wayward, petulant daughter (Dorimene) played by Carol VanR., as the plot twists yet again. Ryan Davis did a great job of portraying Alcidas, the brother of Dorimene, with an abundance of French "attitude" that seemed to surround him like a cape.

At the end of this skit, a Herald (Babs Lucas) announces the appearance of Emperor Louis XIV (known to us all as Gef Tremblay – who doubled as the lights guy), sumptuously dressed in scarlet velvet robes, and fawned lavishly upon by the gorgeous gypsy girls. King Louis announces that

the troupe shall become per-

manent employees of his royal court and perform for them continuously. Their fortunes are made!

What a great evening's entertainment it was for us all. Special thanks to Director Doreen Zaiss for putting so much together and, as usual, getting great performances out of everyone involved. Doreen has been gifting our community with superb drama productions for as long as I can recall, and I hope she never quits. I don't know how James Linn manages to memorize all of those lines, but he seems to do it somehow, and delivers them in hilarious form.

Congratulations to Michelle Moss for creating an exquisite set that looked exactly like a real town centre but could be folded up in the twinkling of an eye.

And hats off to costume designers Mandy Petrie, Babs Lucas, and Kathy Donnison for creating incredibly lavish period clothing for the entire cast that really transported the production to another time and place.

It takes a lot of people and huge effort to mount such an epic production, and as a grateful audience member, my thanks to everyone involved. You broke up the winter doldrums for me and, I'm sure, lots of other people, many of you playing several different roles and transporting us for 2½ hours to another realm completely, without the cost of airfares and passports.

Long may the Hexagon Players perform!



Photo by Scott Buxton

Be A True Gift To The Future Of Our Community

submitted by Laverne Booth for the
Eastshore Facilities Committee

Did you ever wonder how the East Shore got such a beautiful environmental school in Crawford Bay? Never doubt what a small group of committed citizens can do (Margaret Mead?) – in this case they did. You know who you are. They got together and made a plan, fund-raised, attended meetings, and felt good about themselves as they brought our beautiful school into being.

The East Shore Facilities Committee and the whole community raised around \$850,000 to realize a community dream for a day care center, a performance area, a commercial kitchen, a fabulous wood lab, three community use rooms and the Fitness Gym all built into the school building. What an accomplishment!

In this last year, the Facilities Committee has been busy creating the purposes and by-laws of the East Shore Facilities Society. We are holding our first AGM on March 28 at 7 pm in the corner community use room at Crawford Bay School (right under the Fitness Centre stairway). We needed to define a business structure to continue to negotiate with School District 8 over utility costs and to manage the community use portions of the school including the Fitness Gym. New board members are needed for the next step of the journey.

Please come out to celebrate what has been done! Help us imagine into the bright future of our community school.

Arts, Culture & Heritage Grants Now Available

Columbia Basin – Artists in all disciplines—as well as arts, culture and heritage organizations—are invited to apply for funding through the Columbia Kootenay Cultural Alliance (CKCA), which delivers the Arts, Culture and Heritage Program on behalf of Columbia Basin Trust.

"This year will be the nineteenth time the Columbia Basin Trust has given the Columbia Kootenay Cultural Alliance the annual responsibility for finding and funding arts and heritage projects from across the Basin and providing opportunities for people involved in these areas to embark on new projects, improve their skills, share their talents and more. The response we get from Basin residents and organizations regularly highlights for us the importance of this program to recipients."

For 2017/18, CKCA is receiving \$751,000 from the Trust. Funding is available for: individuals and groups through community arts councils; minor capital projects; touring; arts and heritage mentoring/master classes; organizational development; major projects; artists in education; major exhibitions; major heritage capital projects; and new heritage projects. Applications are adjudicated once a year by local arts councils and the CKCA Steering Committee.

"Basin residents are very proud of the communities they have chosen to call home, and access to artistic and cultural performances and exhibits, museums and archives help strengthen their pride of place. The Trust continues to support the arts, culture and heritage sector through a suite of programs delivered by our partner CKCA," said Lynda Lafleur, Columbia Basin Trust. Manager of Community Relationships North.

Find out more and get application forms by visiting www.basinculture.com, contacting your local community arts council or phoning CKCA at 250.505.5505 or 1.877.505.7355.

Applications must be received by March 3 or March 17, 2017, depending on the program.

Columbia Basin Trust supports efforts to deliver social, economic and environmental benefits to the residents of the Columbia Basin. To learn more about Trust programs and initiatives, visit www.ourtrust.org or call 1.800.505.8998.

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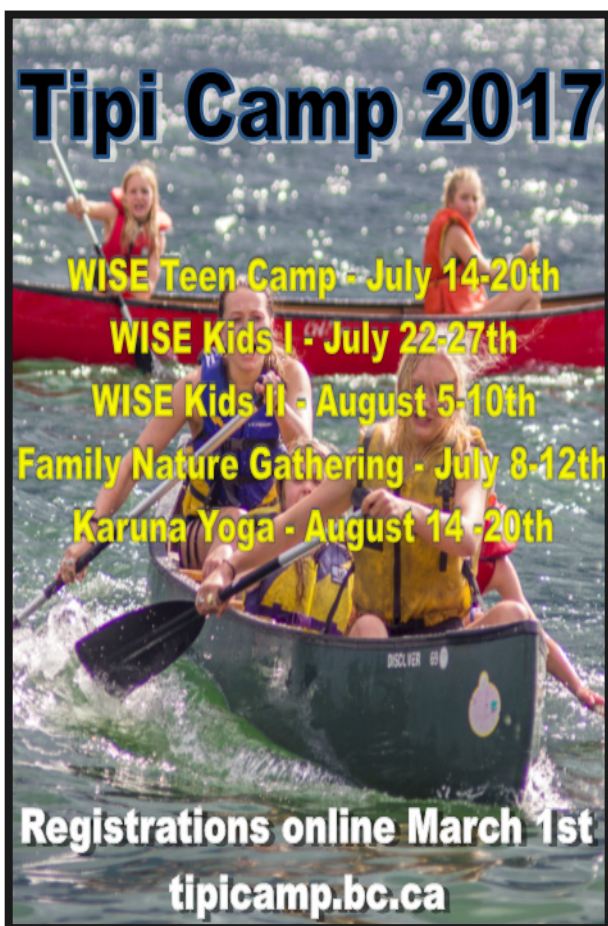
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What's Your Chimney Done For You Lately?

by Dan Silakiewicz

Once I started in the stove department I was surprised at how little I knew about the fire raging in the middle of my house. There's a lot to know - this is the first in a series of articles explaining what's going on with your stove and chimney.

Most people don't realize the chimney has as much or more to do with how the stove runs than the stove itself.

A wood stove (fireplace, etc) is a safe place to turn wood into fire and smoke. How the appliance is designed will affect how much heat is harvested into the house and how much pollution comes out of the chimney. But it's the chimney that determines how (and why) your stove works.

Your heater needs a chimney like your car needs an engine, it won't go without one.

Chimneys work like a hot air balloon. The balloon is filled with hot air until it is warmer and more buoyant (lighter) than the cooler air around it, so the balloon rises. Smoke in the chimney is hotter and lighter than the air outside the house, so it rises - same concept. So get this - the colder it is outside, the better the chimney will draw and the stove will work (there are exceptions, of course).

So smoke gets sucked from the firebox which has to replace that air from somewhere. Fresh air gets sucked into the stove from the house or an outside air duct and feeds the fire. If there is a weak draw in the chimney, you will get a weak supply of air for your fire.

Some facts about how chimneys work:

- The taller the stack, the stronger the pull. In some cases a small stove on a tall chimney needs a damper so that the chimney doesn't pull too hard and over-fire the stove. You can increase the draft of your chimney by making it taller and many stove manuals list a minimum chimney height.

- A chimney inside the house (or in an insulated chase outside) will work better than an exposed outside chimney that will always try to cool to ambient temperature.

- If the stove's been out for a while and everything is cold, pre-heat the chimney before lighting your kindling. Light a few pieces of newspaper in a spot where the smoke will go right up the chimney. That heat will get your draft started. Experiment to find out how much newspaper you need to use to get the fire to reliably go. One of my customers keeps a hair dryer near his stove and shoots it up into the chimney to pre-heat it. Apparently it works well and fast.

New stoves and old chimneys sometimes don't mix. People who are upgrading from their old Fischer or other ancient stoves to a new high-efficiency appliance find their chimneys don't work as well. It's a phenomenon plaguing many homes. See, a pre-80's stove lost 45% - 65% of its heat up the chimney. Smoke that hot made any chimney work well. Now stoves only give up 18% - 25% in the chimney - way less heat (good news is you're harvesting that heat into your house). More consideration has to be given to the chimney system with a newer, more efficient stove.

The next articles will deal with forces inside and outside the house that act on your chimney and make your stove sometimes work better and sometimes worse.

For answers to your specific stove and chimney questions call me at Gray Creek Store - 250 227 9315.

Next Deadline: March 29/17

Temple Update

Submitted by Yasodhara Ashram

Construction on the Temple of Light reached a major milestone on February 15, with the completed assembly of the 56 pre-fabricated panels, which create the "petals" or wings of the new design.

"I'm exceptionally pleased that everything fit together as well as we hoped," said Geoff Lucas of Nelson's Spearhead Inc. "The complexity of the project meant that all of the components were manufactured sequentially and never test-fit to one another, but it worked. We did not have to go backwards once and now the Temple construction will carry on moving forward."



Throughout this phase of the project, crews from AHC and Spearhead worked together to bring the Temple into being.

"I'm proud that the Temple is up and I'm happy that we've all worked well together. The proof is here before us," says Dennis Cadrain, foreman of AHC.

"We have put up a lot of phenomenal buildings," said Pete Terwoord of Sheep Creek Crane in Salmo. "This one takes the cake, and on top of that you've got such a beautiful setting."

Work continues on the deck and entryway, as well as the transition point between the Temple itself and the annex. The diligent AHC construction crew continues through blizzards, rain and sunshine to complete this unique structure, dedicated to the ideals of unity and hope.

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Westjet Ticket Winner Announced

by Tom Lymbery

The winner of the draw for a return ticket for 2 to anywhere Westjet Airlines flies is Heidi Deleurme of Kelowna. Draw tickets were sold by Costalegre Rotary of Barra de Navidad, Mexico and the funds raised all go into helping Mexican schools, libraries, old folks homes and more. Tickets were also purchased in Gray Creek, Crawford Bay and Riondel.

News For Seniors

submitted by Fran O'Rourke

Thanks to the Columbia Basin Trust, the Internet Cafe project is underway. Thanks to positive support from the Riondel Cable Society and the Columbia Basin Alliance for Literacy, the project will be able to run for several months and address most of our computer and technical questions. The Internet Cafe, which runs Saturday mornings 10:00-12:30, has been a modest success; the most interesting topics that have arisen from group discussions have been about internet security and using Linux rather than commercial servers. The major topic in March will be filing taxes on line, lead by Wendy Miller, on the 18 and the 25. In April, Geoffroy Tremblay will be addressing the problems of using those new smart phones that make most of us feel anything but smart.

Unfortunately, so far we have been unsuccessful in reaching seniors with marginal computer skills who are the target group for this project. So we invite anyone just starting out with computers or struggling to feel comfortable with unfamiliar equipment or programs, to drop in. We may not have the immediate answers, but we have the time and space to find the help you need. It is never too late to learn.

Dates for Your Calendar:

Wed, March 1 & 15: Afternoon Bridge at 1:30

Fri, March 3: Whist at 7:00 pm

Fri, March 17: Games Night at 7pm

Sat, March 18 & 25: Filing Taxes Online 10am

Tue, March 21:

- Pot Luck Lunch 12:30
- Estate Planning with Holly Pender-Love and Grenville Skea

MLA Mungall Disappointed by Christy Clark's "Forget Everything" Budget

news release by MLA's office

These are shaky election promises not economic policies," said Mungall. "After years of cuts and spiralling costs to MSP premiums and housing, Christy Clark wants the people of BC to simply forget everything and vote for more of the same."

Under the Liberal government, MSP premiums have doubled and hydro bills, housing costs, and ICBC premiums are all spiralling out of control. The average BC family is now paying \$1000 dollars more for services, making Christy Clark's last minute attempt to buy people with their own money seem especially cynical.

BC New Democrat Leader John Horgan points out that the wages of working people in BC are stagnating while Christy Clark received a \$300,000 "signing bonus" from her corporate sponsors in exchange for billions in tax breaks to those same wealthy people. "One 'forget everything' budget isn't going to change who Christy Clark is really working for," said Horgan. "She didn't work for you after the last election and she won't work for you after the next one."

"Chrissy Clark made life worse for families. And now that an election is coming she wants people to forget everything," said Horgan.

"This budget doesn't mention seniors and fails to get to the heart of BC's affordability crisis," said Mungall. "Election time promises from this government must be weighed against Christy Clark's record of working only for her rich donors. Unfortunately for Christy, the people of BC have good memories."

Tom's Corner

by Tom Lymbery
Libraries



While I was attending school in the Gray Creek Hall in the years 1934 - 1942, our school received a wooden box of library books each season for the students to enjoy. These often included a few copies of the National Geographic, dating from the 1920s. I think the magazine built its attraction on a photo feature that appeared nearly every month - a line-up of black African women with pendulous bare breasts. Did the magazine have reporters searching for places in the world where people went topless?

I was enthralled by a serial story in a series of school readers in which two boys were making a trip along the trail/road between Hope and Princeton. They designed a two-wheel cart using bicycle wheels to carry their tent and equipment. The early Dewdney Trail went this way - part of it had even been built by the Royal Engineers. The boys experienced problems crossing creeks, but their trip was successful. This was the same route that Denny Davis and I considered biking from Vancouver to Kootenay Lake in 1946 after we had completed high school. How I wish we had tackled that, but at the time we felt it had too many impediments. The Hope-Princeton highway was finally paved and opened in 1949.

The Nelson librarian, a Miss Hincks, very helpfully mailed us books which she felt our family would enjoy. These were much appreciated as we were all avid readers. Reading came easily to me, thanks to the phonic system used by our Gray Creek school teacher Evelyn ("Stoddie") Stoddart when I started Grade 1. Stoddie taught all eight grades in our one-room school. I was soon reading the *Nelson Daily News*, despite my Dad's admonition, "Don't believe everything you read in newspapers."

Another valuable source for library books was the provincial library in Victoria, in the days when the post office had a most reasonable book rate. There were tremendous choices, but Victoria didn't have Miss Hincks to help with suggestions. I don't know when the book of the month started, but mother soon took this on after prompting from her friends Cax (Catherine) Clark and Fi (Sophia) Francis.

Charlie Wilson of Kuskonook was our regional district rep at the time, and one day he turned up with his pick-up truck box half full of hardcover books. These were discards from the Creston library and he had been told to dispose of them. This was something he just couldn't do, so he brought the books to my mother, Kathleen, another book lover. She had Johnny Kastren build more book shelves in our Gray Creek Auto Camp cabins. There they found many readers - some guests even mailing books back that they had taken home to finish reading. And some of these library discards are

still finding homes through our used book bin at the Gray Creek Store, after we discovered during Gray Creek Museum Days how much people valued old hard covers. We even found a home for a 21-book encyclopedia set after we priced the whole set at \$9.95. (I had been told by many that no one uses that junk any more, and just put them in the recycling bin.)

My personal library consists almost entirely of BC and Yukon history books, many of which I pick up and re-read often, as well as use for reference. Evelyn Davis collected many books of BC history, and these were gifted to me by her son Denny after she passed away. (Both Evelyn and Denny lived in Willow Point on the North Shore and were born in Nelson.)

Charlotte Blanke, an accountant, had moved from Montreal to Calgary with her husband John and discovered the Gray Creek Auto Camp. After John died, Charlotte built a retirement home on Haddon Road (now Oliver Road North) in Gray Creek. Charlotte became the Crawford Bay School librarian and worked tirelessly to open a community library. BC Forest Service had put the Gray Creek Forestry Station up for sale and she had us trying to turn that building into the library - but this was before the Columbia Basin Trust could help fund community projects. But Charlotte persisted, and eventually the library took over a previous hallway in the Crawford Bay Hall, then moved into

a small portion of the hall. Finally, after Crawford Bay Building Supplies went out of business, the building's new owners David and Lea George made the upstairs available to the Eastshore Community Library. In 2012, the library made its final move downstairs to the more accessible ground floor.

You can read the full story of Charlotte Blanke and her library

legacy in Part II of *Tom's Gray Creek* by Tom Lymbery with Frances Roback (see page 317), and yes, copies are available at the Eastshore Community Library in Crawford Bay, the Riondel library, and public libraries in Creston, Nelson, and all through the entire Kootenay region.

Tom Sez

by Tom Lymbery

If you have had problems with pipes freezing please keep that tap running longer after the weather warms up. The frost continues to move underground even though its warmer above ground so pipes often freeze later than you would expect.

2017 may be even a heavier snowfall year than 1995-96. That year we had to shovel 40 roofs over trailers in Gray Creek Auto Camp. March rain makes deep snow a sponge too heavy for many structures.

Sometimes March is dry enough for grass to burn and every year someone loses buildings or vehicles in Creston because of the wind spreading a grass fire faster than you can run.

How is it that oil spills are always reported in litres but oil prices or storage in barrels? Just the media's magnification to alarm us.

The world's toughest sled dog race - the 1000 mile Yukon Quest, went this year from Whitehorse to Fairbanks, Alaska with a mandatory 36 hour stop mid way at Dawson City. The winner was Matt Hall of Two Rivers, Alaska with a time of 10 days, 1 hour and 7 minutes. This is a far tougher race than the Iditarod but never receives the same publicity.

Mexico has now installed 911 for emergency calls, replacing the previous 066.

In last month's *Mainstreet* article on kitchen cook stoves I missed including one of the handiest benefits - instant disposal. Lift a lid and pop in a tapioca carton and it's gone! But if you gave the same treatment to a condom, it was immediately noticeable outside the house with a strong smell of burning rubber.

Will BC's increased teacher funding help our Crawford Bay School?

With this season's extreme snowfalls, will it be mid July before the Gray Creek Pass opens? And 2017 is the year when it becomes officially part of the Trans Canada Trail - and perhaps the most challenging of the entire route across our country.

For some reason this year, open water has persisted on the Yukon River at Dawson City. Thus the usual Ice Bridge could not be made and the Yukon Quest had to cross at an uncertified Ice Bridge further upstream. This is also the only access to West Dawson until May when the ferry resumes.

Where can we plant 150 trees to commemorate Canada's 150th? We are now being told to plant more ponderosa pine, fir and larch in the hopes that they will survive the supposedly hotter and drier years to come.

BC may mean Before Cellphones but I much prefer the meaning of BC as Before Chainsaws - having felled too many trees and tried to keep up with the insatiable demand for firewood with a crosscut saw. The advent of the chainsaw felt as if you were holding a magic wand compared to the slowness and effort needed to buck off rounds with a crosscut.

I got permission from Greg Nesteroff of his series of *West Kootenay Place Names* to print in *Mainstreet* his most interesting article on Riondel, but got no reply when I asked the same of Black Press.



Library co-founder Doris O'Dine cuts the cake at the Eastshore Community Library's re-opening in its present location, March 24, 2012. Shown with Doris are (left to right): library volunteers & supporters Bonnie Millard; Joan Valgardson (board chair); Harvey Valgardson; Susan Dill; librarian Cathy Poch; Brenda Panio; Kathy Rave (behind Doris). The library celebrates its 40th anniversary this year.

Photo courtesy of Janet Schwieger

The Mainstreet
Creativity,
Community,
Conscience



pebbles
by Wendy Scott
Arrivals and Departures

Megallanic penguins depart for Brazil; The Lymberys return from Barra de Navidad; the Panios, and several others are homeward bound from Hawaii; and the usual group of Canadians including Riondelites head home, reluctantly this year, from Mexico to do a bit of shovelling. Earlier this year there were return trips to Cuba and wanderers journeyed across Canada and back using the sometimes maligned Via Rail; England was in the books for others, but none of the East Shore excursions were specifically food related.

Megallanic penguins, like their human counterparts, prefer warm seas and dry land as opposed to the more familiar image that comes to mind of their larger cousins slipping in and out of icy shores and chilly landscapes. These little penguins, however, must swim terrific distances to grab a meal – with a bit of sex thrown in for good measure. This year, due to an abundance of anchovies and sardines, over a million Megallanic penguins arrived in Argentina on Punta Tombo's beaches. The birds congregate as well along the coast of Chilli and the Falkland Islands and some nearly 3000 km north in Brazil and Peru.

Excellent swimmers, the chubby birds are just over two feet tall and can literally fly through the water at speeds reaching 24 km per hour.

Stripes curve over the eyes and around their chins with another border across the chest above a white belly leaving the rest of the body black. Although these penguins never see ice or snow, their camouflage is effective against ocean predators – their white bellies when seen from below blend with the sky and dazzle in the bright sun on land; their brown-black plumage flows with the darkness of a turbulent sea; but these penguins in their formal attire have a call that resembles that of a braying donkey. Ferdinand Magellan discovered the birds after taking a short cut across the tip of South America to avoid Cape Horn with its mess of broken vessels. Did he hear them first or spot their jogging waddle – we don't know, but they caught his eye and claimed his name; his chosen route from Atlantic to Pacific is also known now as the Strait of Magellan.

Many present day Canadian explorers come to us through the airwaves, and because we can listen in our cars, living rooms, kitchens, we call them our friends. And because stories and music are intimate mediums they bring laughter, they bring tears, and they touch the strings of memory. We allow them into our lives, so that we can share what we truly believe are their lives. That's what a good storyteller does.

Mike McCardell exchanged his New York life for Vancouver, BC, and the promise of a few minutes during a nightly television newscast: *Here's Mike* or later *The Last Word* would often be shot, recorded and broadcast from a van travelling to or from Vancouver's Downtown Eastside. Mike walked in snow and rain or through the summer sun that bounces off Vancouver's sidewalks to catch the human interest in bus line-ups or in the deep snow with kids and their toboggans at Queen Elizabeth Park. Mike wondered when he spotted a pair of forgotten shoes left for several days on a washroom floor, or a recent immigrant scattering seeds for winter birds while practising her English. Mike, a writer and newscaster turned story teller always gave credit to his Story God. One of his books is prefaced

with an explanation, *This is a book. It doesn't have a battery. You can drop it and it won't break... You must reach up with your right hand and turn the page... You must actually touch the paper... This will burn up about one calorie every five pages... Reading the entire book will reduce you by a quarter pound in page turning alone. You don't pay extra for that.* Mike McCardell news reporter turned tongue in cheek commentator on the human condition manages a breath of fresh air in today's turbulence.

Some of us remember Peter Gzowski's fifteen years with *This Country in the Morning* and, later, *Morningside*. Peter had the knack of catching the nuance behind a voice, and Peter did travel for his stories. His reports were often political, always Canadian and an integral link across Canada's vastness. Pierre Trudeau reigned in Ottawa when *Morningside* began and Jean Chretien could have taken in the last show and might have had a hand in the 1997 cutbacks to CBC. Gzowski had political discussions with Stephan Lewis, Dalton Camp and



Eric Kierans; he brought us the delicate beauty of W.O Mitchell's writing; the reluctant presence of Alice Munro and he considered hers one of the most difficult interviews; conversely Roberson Davies easily projected a learned experience. Gzowski captured Timothy Findley's turn of phrase and Margaret Atwood's sheer confidence. But Peter Gzowski's broadcast of Emil Sher's devastating and

compassionate play, *Mourning Dove* in its entirety brought listeners to their knees. Emil Sher managed to treat death (some say, murder) with the consummate truth of love between a father and his severely disabled daughter.

Morningside was not the first time I listened to Stuart McLean, eighteen years before his appearance on *Morningside*, Stuart was awarded the Actra for his documentary of the Jonestown Massacre. Stuart came to Peter Gzowski's last broadcast to bring Peter a collection of items he was able to purchase for the grand sum of one dollar – one-upmanship on his part to Danny Finkelman's earlier bagful gathered for \$1.25. Stuart's collection included a cricket in a questionable state of health. From that time on Stuart McLean, Dave, Morley, Sam and Stephanie were fixtures on our weekends.

Stuart McLean not only brought the Vinyl Café across Canada, but he gave Dave's record store and Wong's Scottish Meat Pies to everyone throughout the radio world. He made many on-air phone calls as he gave out "Arthur Awards" to people recommended by listeners for their good deeds. Switchboard operators often had to track down surprised recipients.

Stuart was the ultimate Canadian traveler catching the essence of each small town he touched; bringing us the Sanctuary cities embraced by the American Negro fleeing slavery before the end of the American Civil War. He quoted Martin Luther King Jr's words from his 1967 Massey Lecture. King spoke of the historical relationship between Americans and Canadians, and yet according to Thomas Hughes, a preacher and diarist in 1861, many white people were reluctant to mix with the coloured folk. King said, Canada was not merely a neighbour ... to the Negro, Canada was their North Star. The words of a Negro spiritual, *follow the drinking gourd* were disguised directions. The gourd was the Big Dipper with its handle pointing to the North Star and their flight to freedom. Canada was their safe refuge.

Today there is a small town in Manitoba, where King's words have become prophetic. Stuart may have looked back at his retelling of those words gathered together and published in 1992, and dreaded their sig-

nificance. Stuart touched times and places where others have been reluctant to venture. He spoke of World War II and the silencing of 80,000 bells as Germany forged their brass into cartridges and cannons. The German documentary maker, Peter Loenhard Braun said, *The guns chime and the bells fire*. After the war, Stuart said, the bullets became bells again.

During Stuart's travels he always tucked in a meal or two describing barley and beet borscht in Foxwarren, Manitoba; burgers and homemade fries from an old milk truck in Sackville, New Brunswick; Stuart took us with him into Quebec's cafés and guided us through Toronto's streets and his hometown, Montreal's historical and unique beauty. He enjoyed coffee and cinnamon buns at Currah's Bakery in Maple Creek, Saskatchewan; he sampled bacon and eggs with toast and thimbleberry jam at a house in Nakusp on Vancouver Island's West Coast. Stuart took the Vinyl Café to Victoria, Vancouver, Fort St. John, Chilliwack, Whitehorse and even dropped down to Seattle and Bellingham, Washington, and Saginaw and Clinton Township in Michigan. He traveled from Ottawa south to a huge welcome in Ogdensburg and Potsdam, New York. He would have felt an affinity with those penguins, traveling far but always returning home.

Stuart spread the word – the Canadian word – across our country, over our borders, and tossed it into the ether of radio land to settle and sooth wherever and whenever it chose to land.

Stuart always ended with a promise, and we repeat that vow: So long, Stuart, for now.



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

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BOOK REVIEW

By Tom Lymbery

THE JUDGE AND THE LADY by MARLYN HORSDAL, Publisher TOUCHWOOD EDITIONS, 218 PAGES, \$19.95.

This is a historical novel but written and researched so well that it is very readable and truly believable. Those familiar with Victoria and its 19th century history will appreciate the descriptions and the growth of the city. As well is included an 1865 trip to Barkerville by a clergyman and his wife – unusual as in those years ladies rarely took that tough trip.

Chapters alternate between two great friends (though very different people). One was banished from London to Victoria and later becomes enamoured with Judge Begbie. The second is the wife of a clergyman, but has most unusual ideas for that era.

Eleanor begins the story of coming to the outpost of Victoria, leaving high society of London for the back woods. Through the book she debates telling her secret to her friend Celia. This keeps the reader on edge to know her story, so that you are eager to continue reading.

Horsdal has created conversations of that era between her characters that do not seem stilted – and she has researched many of the records of Judge Begbie's reports and decisions of the assizes he conducted throughout the province to establish his actual words.

BULLS, BRANDS & B.S. – History and Humor from Alberta's Livestock Brand Inspectors, by Hank Pallister and Joyce Pallister-Bronsch, self Published, 243 pages, \$26.95.

Here are the writings of the late Hank Pallister, Supervisor of Alberta's Brand inspection system, told in an entertaining way, along with stories sent in by other inspectors. With so many cattle running in mixed herds this was the only way to determine who the owners were of so many cattle and horses

While many feel that branding with a red hot iron was inhumane, he explains it as more of short term inconvenience to the animals. He also points out that in the early days of slavery many humans were branded as well. When every calf has a chip inserted that can be read from 30 feet, hopefully that will replace the hot iron.

The Kootenay connection? He reports a Pincher Creek case of two horses belonging to Elwood McCurrach of Creston. As his horses were unbranded they had been stolen and shipped to Alberta. Elwood finally got his horses back after the thief was convicted and sentenced to three years in jail for stealing at least 26 horses. McCurrachs competed in the gymkana that was part of Kokanee Karnival of sports in Crawford Bay.

When I was importing woodstoves that were made in Coeur d'Alene I had to wait for a couple of hours at Kingsgate while the custom's broker processed the invoices. At that time there would be up to 25 tractor trailer loads of cattle waiting for the brand inspector's approval before they went on their way into the US to a processing plant.

Next Deadline: March 29/17

- Planning a wedding?
- Holding a meeting?

Consider renting the
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Smarter Than Jack or Jill

by Sharman Horwood

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

The Art of Communication

Cats are versatile communicators. While their human owners don't always know exactly what their pet is telling them, they usually have a good idea. Yesterday, my cat Sky insistently told me all day that there was something wrong. I knew what he was saying: he didn't want to eat the food in his dish and he was hungry. I ignored him. He didn't use words, of course, just a persistent meow that grew louder as the day progressed. (He did eventually eat what was in his dish as he's done many times before and it didn't do him any harm, although he claimed it would.)

Here is the interesting thing: adult cats do not meow to each other; they meow to humans. Kittens mew and the adult meow may be an extension of that behavior. Instead adult cats use body and eye gestures to communicate with each other, along with chirps and chirrs to indicate friendliness, and snarls and hisses, not to mention howls to tell an intruder it is not welcome. Humans, however, use a different language. Despite this limitation, cats usually communicate their needs and feelings quite well with their human owners. In order to do so, though, each animal invents a language its owner understands, a construct that works for them both. Sometimes this might be irritating—as in the sotto voce tune Sky sings to let me know that he's cold and it's time to get the fire going—but it is usually effective. Another cat wouldn't understand his meaning at all; it's a language he uses with me alone.

Sometimes the meaning can be obvious. Once in Korea, a feral cat meowed loudly at me outside my building. It was a winter night, stony cold, and I knew exactly what the animal wanted: food and shelter. I could only give it food, and the cat took it from me, as long as I accepted his need for freedom. After a few days, he moved on and I never saw him again. Cats after all choose us in the beginning rather than the other way around.

Cats will also become teachers when necessary. Sky taught me that he wanted fresh demineralized water by jumping up onto the counter when I was filling my glass from the Brita jug. He'd stick his nose into the stream, sputtering when it got up his nostrils (putting me quite off the water in my glass), but pushing my hand away so I would learn that this was what he wanted, not tap water. I'm ashamed to say he gets his way. In our years together, he has learned some words and phrases beyond yes and no that I use, such as "working" to mean I'm busy on the computer, and even though he doesn't literally understand what I mean, he does know that he should leave me alone when I say it. He is quite intelligent that way.

Years ago, a New Zealand friend had a cat named Tigger. He, too, developed a special language he used only with her. One day, when she was reading, Tigger jumped up onto the television. He looked directly at

her, making eye contact, looked at his bowl, then back at her and murmured (rough translation). She knew immediately what he meant. She said, "Oh, I'm sorry," got up and re-filled his water bowl. A friend who was there visiting at the time was dumbfounded. He hadn't seen the look. Nor had he heard the murmur. He just saw the cat sitting on top of the television, looking at Lynnette and somehow communicating with her. The visitor wouldn't have understood anyway; Tigger spoke in the language that he and Lynnette used with each other. Tigger had the sense to know that other humans weren't that bilingual.

I learned many years ago to listen to my cat when he or she was trying to tell me something. Tink was a young house cat that was very smart. She taught me to babysit her kittens, for instance. She let me know if there was a dog in the yard. (I couldn't let her out—not after the day she landed on a friendly Labrador's head just because he didn't belong in her yard; she had no inhibitions when it came to intruders.) I kept a litter box in the basement but she preferred the outdoors for her personal needs. One morning I was late for work,

and was busy tearing around the house. What I didn't know was that the basement door was shut and she couldn't get to her litter box. She hadn't been outside for hours, and she followed me around literally shouting at me that she needed to go outside. Sky knows what "in a minute" means, and back then I thought Tink did as well. Eventually,

while I was putting on my makeup, she jumped up onto my bed. She made sure I could see her in the mirror's reflection. Then she peed her little heart out directly onto my pillow, not my husband's pillow. She was let outside quite quickly at that point. Though she lived to be 19, I never ignored her again.

To adapt a language, to make a language takes an uncommonly gifted animal, and cats are extraordinary communicators. They know exactly how to listen to us, and above all, to speak to us.



Next Deadline: March 29/17

Riondel Library News

By Muriel Crowe

Another AGM done and some plans for the year are underway. Look for our annual spring open house in late April, the preliminary list of authors sounds intriguing. I think we are all happy that spring is not far away. I would like to say thank you to Ruth Edmonstone for taking care of the library two extra days when ice had me locked in.

It will be a few more weeks before we are rid of the snow banks and get busy with warm weather activities but this is a great time for planning. We have a multitude of books that could help you plan your summer holidays, plan your garden, teach you how to raise chickens, learn to fish and even art lessons to help you make an elegant Gone Fishing sign. Personally, I'm looking for a book that will convince me I really do need more plants for the garden.

Whatever you would like your dream to be we would be delighted to help you find the path. Make you library volunteers happy – drop in, browse and borrow.

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Gentle Spring Cleanse

by Zora C Doval

This winter has been very long and strong, no doubt. Everybody seems to be in anticipation of spring with its warmer weather. Spring is coming. This is exciting; the time of life renewal is coming. If spring is a season heralding renewal and rejuvenation, why then do so many people in our culture get sick?

Good question. The ancient system of healing Ayurveda offers an answer: people get sick in spring because they forget to prepare for the warmer season by undergoing a spring cleanse. The spring cleanse is designed to remove the toxins that accumulated in the digestive tract during winter season. The typical Ayurvedic cleanses aim at removing the toxins twice a year, during the times of seasonal junctions - in spring and fall. They are not fasts and not hard to do. Most people very much enjoy simple yet tasty meals comprised of rice/bean dishes, steamed vegetables and vegetable juices.

The upcoming 3-day spring cleanse will be offered from Tara Shanti Yoga retreat on April 7-9. During the retreat the participants will learn the fundamentals of how to correctly conduct an Ayurvedic seasonal cleanse. We will cover the philosophy and theory of this beautiful ancient healing system, the basic knowledge of cleansing herbs, and there will be demonstrations of Ayurvedic cooking. Ayurvedic and/or Thai massages will be also available to assist the cleansing process. There will be daily sessions of Yoga and Chi Kung to open the organism.

Cleansing is not the most cherished activity. Let's face it: nobody, and I mean NOBODY wants to do it at first. We like our comfort foods, even if they sometimes hurt us. We love that chocolate and coffee, we like to sip the wine, we indulge in rich foods. Yet, if we wish to improve our health and prolong life, it is wise to give our digestive tract a break once or twice a year. Our body will appreciate that and pay us back by staying healthy and happy. It is very common that people heal their food cravings and all sorts of addictions by undergoing an Ayurvedic cleanse. It is a special feature of an Ayurvedic cleanse that the body will find its optimal weight. Those who carry few extra pounds will shed them without any suffering; those who are too thin will become rounder. Lastly, when people adopt an Ayurvedic lifestyle (meaning a lifestyle best suited to their innate body type), they always appreciate the influx of positive thinking and increased stamina. Any depression is a thing of the past.

If you feel that you want to welcome the spring season in your optimal shape, with high energy and vitality, join us for this 3-day cleanse. Locals who don't need accommodation, are welcome to participate in the daily program. If you come from elsewhere, call Maggie at Tara Shanti 250 777 48 68 to book your accommodation.

To register call /text Zora at 250.777.1856 (cell) or 250.227.9434. For more info see pureblissayurveda.ca

Gentle Spring Cleanse

with Zora C Doval



April 7 - 9 (3 Day)
Tara Shanti Yoga Retreat

(Fresh Juices, Ayurvedic Organic Diet, Daily Yoga and Chi Kung, Cooking Classes)

Cost: \$270 (includes herbal supplements)
To register: 250.777.1856 or 250.227.9434
For more info: pureblissayurveda.ca

Health & Happiness

by Dr. Sid Kettner

Need More Memory?

When my computer slows down, the solution is often "Install more memory." I'd like to do that for my "shoulder top computer," this aging brain of mine, as well. Well here are eight suggestions for improving our focus, our concentration and our memory. Credits to Dr. Greg Fricchione, Massachusetts General Hospital.

1. Schedule attention tasks for optimal times. Mornings are best for most people. So I try to do my inspirational reading and guitar practice, which require serious focus, soon after arising and before the phone begins to ring.

2. Meditate. Reduces stress, promotes a relaxation response and thus boosts our concentration during the rest of the day.

3. Avoid multi-tasking. Don't try to accomplish too many tasks at the same time. Some may brag about this ability, but it reduces our focus and leads to forgetfulness and errors. Focus on one thing at a time, if at all possible.

4. Minimize external distractions. Learn what interrupts your concentration and take steps to avoid these distractions. Noisy environments can disturb one's focus. Find a quiet place to think clearly.

5. Reduce stress and emotional upset as much as possible. Plan ahead, allow enough time for the needed tasks, discuss your worries with a loved one or professional. Life's hassles interfere with memory and focus.

6. Keep your mind on task. Don't let it wander. If it does, make an effort to "tune in" again.

7. Reward yourself. You might say to yourself, "If I just concentrate for five (ten, twenty or thirty) more minutes, I will go for a walk in the fresh air."

8. Take a break. When you feel that your ability to concentrate seems depleted, take a rest. Read. Take a short nap. Exercise. Stare at the beauty of nature outside your window. This may restore your energy and then you can return to your task refreshed and ready to perform more effectively.

All of these extra gigabytes of memory shouldn't cost you a dime. And you will remember the above hints when you need them.

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This incentivized program encourages youth to stretch themselves more and become greater citizens of their communities.

If you need a hand, call/email Ingrid (505.7697/eastshoryouthcouncil@gmail.com) or Carol (250.505.3760—carolynvanr@yahoo.ca) to put your name and job on our list and we'll coordinate the opportunity with a willing youth.

Yoga & Asana Basics

Garland Pose~Malasana

Many people of the world do not sit in chairs, they squat. As with all yoga poses, there is a rhythm to this pose, when the movements lead to an uninterrupted flow of awareness throughout your entire body, you begin to experience a deep inner balance.



Benefits

Strengthens and brings flexibility to ankles
Increases mobility in the hips
Stretches back muscles
Soothes some causes of backache
Strengthens abdomen

Doing the Pose

Start in a standing position
Bend your knees, squat with feet together, knees apart
if your heels lift, place a rolled blanket underneath them
Lean forward, lower your waist between your thighs
Reach your arms forward, bring the chest toward the floor
Exhale, bring crown of head towards floor
Bend elbows, place palms on the floor, or hold ankles

Focus in the Pose

Move sacrum toward floor
Pull tops of thighs & hips back
Press inner heels down evenly & stretch toes forward
Reach spine forward
Release neck & soften throat

By Jai Holman

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Notice of Passing

**GREGORY MICHAEL
MCGILL (MIKE)**



Mike was born October 21, 1943 in Toronto Ontario, to Willa & Bill McGill, the third of four boys.

The family moved to Nova Scotia in 1953, where Mike graduated from Hants East Rural High. In 1955 Mike contracted Rheumatic fever, which the doctors feared might weaken his heart. He joined the Canadian Army in 1962 & served a four-year tour with the Royal Canadian Electrical & Mechanical Engineers. This tour took him to Soest, Germany where he decided that the military life was not for him.

In the meantime, he had met his wonderful life partner, Monika Goertz, who had been blessed with four healthy children. Together they formed a happy family while managing Gastof's in both the Ruhr & Black Forest areas of Germany. In 1972, Mike Junior was born and in 1982 Anna Katrina, making it a busy household, in Ettenheim Munster.

In 1984 Mike found work with the Canadian Forces in Lahr Germany as a VIP driver. He really enjoyed this line of work, being bilingual and getting to travel and take dignitaries all over Germany. When the base closed in 1992, Mike, Monika and Anna returned to Riondel in BC to be close to his mother. He found work landscaping and gardening as well as greenkeeping on several golf courses.

In 2012 Mike suffered a devastating stroke which paralyzed his right side. After a year of recuperating in Riondel the family relocated to Trail so that Mike could receive more appropriate services in Columbia View Manor. Over the ensuing years, Mike's health deteriorated and finally on February 2, 2017 at the age of 73, Mike quietly passed away with his wife and daughter by his side.

Auf Weider Sehn, Mike

Mike

by Wendy Scott

"I've lost my chickens." That would be Mike McGill in the parking lot at the Chahko Mika Mall in Nelson or outside Home Hardware or Pharmasave on Baker Street. He'd be ready to load up his van and head for the ferry, but there would be passengers missing from his weekly clutch.

This was just one of the tasks Mike took on and it was not an easy one. Sometimes purses would fly inside that van and Mike would have to referee. Eventually one or two ladies moved on, the van went in for one last check up, was rejected and not replaced.

Mike was volunteer fireman, commissioner, chorister, long-time member of the Kootenay Lake ferry crew, and a Riondel Senior, but his starring role was the East Shore Santa Claus handing out gifts and special messages to every small, and not so small, child.

Mike and Monika met while Mike was stationed in Lahr, Germany. They came to Canada with their daughter, Anna, in 1993 and lived in Riondel for twenty years until Mike's health took a turn in the wrong direction.

Mike's connection with Kootenay Lake Ferries came into play as well at Christmas time with a boatload of carollers sailing on the MV Anscomb up the West Arm of the lake nearly to Nelson. Bill and Jean Voyken's guitars blended with Mike's collection of choir members and their voices.

It seems appropriate that both the Anscomb and Mike are together now in the waters of Kootenay Lake.

Bon Voyage, Mike. We miss you.

Notice of Passing

ERIC W. DENNY

Eric was born in Nelson BC on April 24, 1923 to Norman and Mary Denny of Willow Point and passed away peacefully at Summerland BC on January 17, 2017. He married Peggy MacLeod of Proctor on May 4, 1951 celebrating their 65th anniversary during 2016.

Eric joined the Air Force immediately on turning 18 in 1941, serving overseas as an airframe mechanic on Lancaster Bombers. After returning at the end of the war he was a self employed logger owning his own sawmill, plus in later years he became well known for danger tree falling. His passion was always prospecting and he took every opportunity to head for the hills, eventually turning it into the only thing he did. A few of his part time jobs were working on wharves and the pile driver on Kootenay and Arrow Lakes plus he was the guide for the Columbia River survey when they periodically measured the glaciers in Kokanee Park. He became a life member of the Chamber of Mines of Eastern BC in recognition of his volunteering, advocating for mining and always helping anyone who was interested. He was considered by all to be a reliable source of historical information on mining related subjects in the Kootenays. He was an instructor for the prospecting class for several years and often hosted school classes at the chamber.

In 1993 he became a life member of the BC and Yukon Chamber of Mines, now AME, and he was recognized by winning the H. H. "Spud" Huestis Award for excellence in prospecting and mineral exploration in British Columbia. Eric wrote a small book called *West Arm Echoes*, a history of Willow Point based on a series of interviews with all the local oldtimers, which became the 1967 Willow Point Centennial project.

Eric was predeceased by his sister Joyce Woods and son-in-law Blair Donaldson and is survived by his wife Peggy, his daughter Heather Donaldson and son Jack (Linda) Denny with grandchildren Murray, Rhonda, Bob and Brandy. He also leaves six great-grandchildren and several other extended family.

The family would like to thank Dr. Krabbe and the Summerland Seniors Village for their compassionate care. In lieu of flowers, a donation may be made to any organization or charity of your choice in Eric's memory. A memorial service will be held 1:00 PM February 11, 2017 at the Thompson Funeral home in Nelson.

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Notice of Passing

**Forsee, David Hutchison
(1944-2017)**



A much loved teacher and friend died at his home on February 11. In summer 2016, David's Idiopathic Pulmonary Fibrosis changed from stable to aggressive. Unable to undergo lung transplant surgery, David requested Medical Assistance in Dying (MAID) and passed

away pain-free, aware of his surroundings, and with grace. David sends his gratitude to the citizens of Canada who were courageous in advocating for Bill C-14 to pass, and the compassionate doctors and nurse practitioners willing to perform MAID. David particularly thanks his close friends and family who supported, loved, and laughed with him in his final months.

As per David's wishes, his body was cremated and his remains will be dispersed following a celebration of life in spring.

Remain in the light, dear friend. You will be fiercely missed.

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SERVICES DIRECTORY

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

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STEEL WHEELS - Septic systems planned & installed. We dig too, mini hoes for you. Dave/Donovan. 250-227-9646.

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

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

PERSONAL CARE/HEALTH

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

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

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

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

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

GERALDINE ALTER - MASSAGES & WELLNESS FOR WOMEN - European deep tissue, energetic reflexology, Breuss spine-vertebras massage, relaxing massage, hot and cold stone therapeutic massage, Reiki. I am a certified professional therapist in Europe, over 15 years practice, 250-227.9890.

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

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

REGISTERED MASSAGE THERAPIST: Harreson Tanner - Over 30 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doct refl req'd. 227-6877/cell: 505-6166.

SUSAN SNEAD - MASSAGE: Certificates/training in Ayurvedic massages, Reflexology, Polarity Therapy, Acutonics Practitioner Level 4, Fibonacci tuning fork alignment, Astrological Counselling. 250- 225-3520

RESTAURANTS

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

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

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

YARD/LANDSCAPING/SITE PREP

INTERFACE WILDFIRE PREVENTION STRATEGIES: Services: Assessment & Abatement of Wildfire Hazards, Brushing, Thinning, Limbing, Clearing & Removal, Prescribed Burning, Multi-Use Trail & Access Road Clearing/Maintenance, GPS Services, Rooftop Sprinkler Systems. Farley Cursons: 250.354.8553. Certified/Insured.

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

SUNSET SEED COMPANY



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

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

Creativity, Community, Conscience

CLASSIFIED SECTION

BUSINESS ANNOUNCEMENTS

Insurance Certification requires professional chimney installation - we are the Pro's - Gray Creek Store, 250.227.9315

Commercial Lease Space: Accepting applications of interest for the lease of the commercial space @ 16072 Hwy 3A, next door to Black Salt Cafe. All applicants will be considered. Contact Terry or Todd (email): soyoucansendmemail@gmail.com or call: 250.227.9510.

Kootenay Gourmet in Balfour - Coffee at 1.50 Buy 4 get 5 free. Winter offer: Spend \$100 in 30 days and get \$20 off for towards future food purchase. Breakfast Sandwich, Pull Pork on a Bun, Mexican Egg Wrap, are just some of your options. A selection of hot soups, and daily specials and sandwiches. **READY MEALS** include: Meat Lovers Lasagna or Roasted Veggies Lasagna, Beef & Beans Burritos, Spaghetti MeatBalls, Chow Mein, Butter Chicken, Borscht and more....\$10 each. House made 1 L/ SOUPS \$10. A selection of Pot Pies is also available: Turkey, But-

ter Chicken, Shepherd's, Mexi- Lentil. \$5.50. PIZZA (6 toppings of your choice, on pizza crust and sauce made in house) Take & Bake or Baked. \$25! See you soon.

BUSINESSSERVICES

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

EMPLOYMENT:

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

HELP WANTED: The Lakeview Store is now accepting applications for Part Time Summer Employees must be 19 yrs of age up to 30 hr.per week, Competitive wages If interested please contact Linda at: 250-227-9367 or email resume to info@kootenaylakeview.com

A good Driving Record*
&
Your Auto Insurance

The opportunity to save on your auto insurance with RoadStar Gold is available at this point in history! *RoadStar Gold savings are for those customers who have retained their 40% CRS discount for more than 11 years in a row.

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

Kootenay Insurance Services Ltd.
#16030 Hwy 3A, Crawford Bay
Phone: 227-9698

NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

BLACK · SALT · CAFÉ

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

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

CRAWFORD BAY HALL
Your community hall
A non-smoking facility

Commercial Lease Space
Accepting applications of interest for the lease of the commercial space @ 16072 Hwy 3A, next door to Black Salt Cafe. All applicants will be considered.
Email Terry or Todd: soyoucansendmemail@gmail.com
Or call: 250.227.9510.

BULLETIN BOARD

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

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

Will be at the East Shore Health Centre monthly.
For information, call Creston Health Unit at 250-428-3873.

EAST SHORE HEALTH CENTRE Call 227-9006

See calendar for doctor days - Doctor hours are from
9:30am to 4:30 pm. Please call 227-9006.
Interior Health Authority, Community Care Nursing
and Home Support Services - 250-352-1433.

PHYSICIAN COVERAGE FOR MARCH 2017

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

Mar 1: Dr. Moulson
Mar 2: Dr. Lee
Mar 7: Dr. Piver
Mar 8: Dr. Moulson
Mar 9: Dr. Lee
Mar 14: Dr. Piver
Mar 15: Dr. Moulson
Mar 16: Dr. Lee
Mar 21: Dr. Piver
Mar 22: Dr. Moulson
Mar 23: Dr. Lee
Mar 28: Dr. Piver
Mar 29: Dr. Moulson
Mar 30: Dr. Lee

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

BOSWELL HALL HAPPENINGS

Yoga - Wednesdays 9:30 - 11:00am. Contact is Merylin
Arms 250-223-8058
Fitness - Mondays and Thursdays 9 - 10am, Contact is
Darlene Knudson 250-223-8005
Carpet Bowling - Tuesdays, 7pm, Contact is Tom Saw-
yer - 250.431.8404.
Vintners - Sunday, March 20th, 2pm, Contact is Alan
Mader 403-467-5720
Book Club - Thursday, March 9, 2pm, Contact is Melody
Farmer 250-223-8443
Quilters Guild - Tuesday, March 21, 9am-3pm - Contact
Linda Brown 250-223-8607
BADEV - Monday March 6, 10am - Contact is Rod Stewart
- 250.223.8089
Boswell Historical Society - Friday, Feb 3, 10am.
Contact is Margaret Crossley - 250.223.8455.
Focus on Health - Monday, March 27, 10:30am. Marga-
ret Crossley: 250.223.8455
**East Shore Kootenay Lake Community Health
Society** - Contact Tom Wishart 250-223-8445

EASTSHORE GARDEN OF REMEMBRANCE SPRING CLEANUP

11:00 am, Saturday, April 1, 2017 -- No Fooling!
Bring a rake -- bring a rag -- or coffee and donuts
Come for a chat and polish a bench. See you there
Info: Wendy -- 250-225-3381
Muriel -- 250-225-3570

RIONDEL LIBRARY OPEN HOUSE

Watch for it -- mark you calendar etc.
Library Open House -- words, memories, history --
with musical highlights. April 20, 2017 -- 6 - 9 pm



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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

Email: mainstreet@eshore.ca

Web: www.eshore.ca

ADVERTISING RATES

\$35 - 3.25 wide X 1.75 tall (inches)

\$40 - 3.25w X 2.5t

\$45 - 3.25w X 3t

\$50 - 3.25w X 4t

\$55 - 3.25w X 4.5t OR 6.75w X 2.25t

\$65 - 3.25 X 6t OR 6.75w X 3t

\$85.00 - 3.25w X 9t OR 6.75w X 4.5t

\$100 - 3.25w X 10.25t

\$130 - (1/4 page) 5w X 7t

\$150 (1/3 page) - 6.75w X 7t

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

\$225 (1/2 page) - 10.25w X 7t

\$400 (full page) - 10.25w X 14t

Sample Sizes - more sizes available.

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

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

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

THESE RATES ARE FOR B/W ADS ONLY

FOR FULL COLOUR, ADD 30%

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Winter Schedule in effect

All times listed in Mountain "East Shore" Time

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

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH MARCH 2017 SCHEDULE

Mar 5: Brent Mason, 2pm. Music: Brent
Mar 12: Derrick Smith, 1pm. Music: Deberah
Mar 19: Ramona Dannhauer, 1pm.
Music: Ramona and Richard
March 26: Take a springtime stroll through the Remem-
brance Garden - no service today.

CHRIST CHURCH & EAST SHORE CONGREGATIONS

ST. ANSELM'S CHURCH BOSWELL (Anglican)
For information call Christ Church Creston 428-4248
No services at the present time. Contact Christ
Church Creston for info - 250.428.4248

HARRISON MEMORIAL COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!
For info, please contact Karen Gilbert: 227-8914

KOOTENAY LAKE COMMUNITY CHURCH

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

YASODHARA ASHRAM

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

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

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

CHRISTIAN SCIENCE CHURCH SERVICES

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

COMMUNITY HEROES

a Mainstreet Feature

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

Elizabeth Weir, Garry Sly, Qz and all the
incredibly kind and caring people at the
Yasodhara Ashram who generously give their time,
energy and support with such unassuming selflessness.

You are sincerely appreciated!

-Christi Peel

Terry Fiddick for her endless help with this year's
production. We love you so!

-The Hexagon Players

Next Deadline:
March 29, 2017
mainstreet@eshore.ca
www.eshore.ca

MEETING PLACES

LIONS CLUB - meets at the Kootenay Lake Community
Church - 16190 Highway 3A, Crawford Bay.
Meeting Times: 7 pm.
Second and Fourth Tuesday of the Month
For More info call Lion Mike Jeffery - 250-227-6807 or Lion David
George at 250-227-9550 or Lion Jim at 250-227-9622.

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

PARENT ADVISORY COMMITTEE

(PAC) Meetings held at 7 pm at the Crawford Bay School
Email cbes.pac@gmail.com for info or to add to the agenda.

Next PAC Meeting:

CBESS Library, 5:15pm, WEDS March 8

March 2017 Mainstreet 19

March 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Grocery Card Deadline Yoga Bos Hall, 9:30-11 16+ Volleyball, CBESS 7pm Dr. Moulson	2 Dr. Lee	3 Osprey out of service until Mar 13	4
5 Bottle Depot, 10-3	6 Mosaics, Rio Art Club, 10-3	7 Painting, Rio Art Club, 10-3 Vet Clinic, CB Motel Lions Mtng, 7 pm Dr. Piver	8 PAC Mtng, 5:15 Yoga Bos Hall, 9:30-11 16+ Volleyball, CBESS 7pm Dr. Moulson	9 Dr. Lee	10	11
12 Full Moon Bottle Depot, 10-3	13 Osprey back in service Mosaics, Rio Art Club, 10-3	14 PI Day, CBESS Painting, Rio Art Club, 10-3 Dr. Piver	15 Yoga Bos Hall, 9:30-11 16+ Volleyball, CBESS 7pm Dr. Moulson	16 Dr. Lee	17	18
19 Osprey out of service until Mar 30 Bottle Depot, 10-3	20 Mosaics, Rio Art Club, 10-3	21 Painting, Rio Art Club, 10-3 Lions Mtng, 7 pm Dr. Piver	22 Yoga Bos Hall, 9:30-11 16+ Volleyball, CBESS 7pm Dr. Moulson	23 Dr. Lee	24	25
26 Bottle Depot, 10-3	27 Mosaics, Rio Art Club, 10-3	28 ES Facilities AGM, Learning Hub, 7pm Painting, Rio Art Club, 10-3 Lions Mtng, 7 pm Dr. Piver	29 MAINSTREET DEADLINE Yoga Bos Hall, 9:30-11 16+ Volleyball, CBESS 7pm Dr. Moulson	30 Osprey back in service Dr. Lee	31 Kootenay Chamber Jazz Quartet, Harrison Memorial Church, 7pm	



the MARKET

- * 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 Sun: 10-5
Bottle Depot: Sundays only, 10-3

Phone: (250) 227-9322
Fax: (250) 227-9417
cbstorebc@gmail.com




Tipi Camp 2017

WISE Teen Camp - July 14-20th
WISE Kids I - July 22-27th
WISE Kids II - August 5-10th
Family Nature Gathering - July 8-12th
Karuna Yoga - August 14-20th

Registrations online March 1st
tipicamp.bc.ca

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CRAWFORD BAY:		Kootenay Insurance Services	18
Sun/Tues, 10-4		Lee Johnson Realtor	1,11

BOSWELL:			
Weds/Sat 11-3			

CREATIVITY, COMMUNITY, CONSCIENCE

Next Deadline: March 29, 2017

email: mainstreet@eshore.ca

ES Health Centre ~227-9006~

Drug & Alcohol: 353-7691 Child & Youth: 353-7691 Community Nursing: 352-1433
Public Health Dental Screening/Counseling: 428-3876 Hospice: 227-9006 Baby Clinics: 428-3873
Mammography Screening: 354-6721 Physiotherapy: 227-9155 Massage Therapy: 227-6877
For more on facility, call Kathy Smith, 227-9006