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YEAR 29, NUMBER 3

MARCH 2019

# The East Shore Mainstreet

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Winter photo at CB School by Rowan Medhurst



*You seem to have forgotten  
I am a flower in your arms.  
When will you give me back the sun?*

An excerpt from "The Longest Winter" by Clairel Estevez

Flower photo by Danyell Rosenbaum, Kootenay Bay

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*Mainstreet  
Meanderings*  
by Editor Ingrid Baetzel  
Improving with  
Improv

The Hexagon Players, your local home-fertilized-and-grown theatre troupe, may not be toiling and fussing away to bring you an elaborate production this year, much to the dismay of many locals (and Hexagonians alike!), but we are still playing. We are ardent about play and about development. Being an entertainer is work and we do everything in our power to make that work as fun as can be. The old “if you don’t use it you’ll lose it” adage has spurred us to starting up weekly improv practices and we’re having a hoot. We’re only getting going this past February and we want to extend the warmest, wiggliest welcome to you to join us, if you are inclined.

We meet every Monday night at the Community Corner in Crawford Bay at 7pm. We have a game bible to draw from and find fun games and sketches to play with, we have the core group of individuals committed to being there for you if you choose to drop in, and we promise that WE WILL NOT JUDGE YOU (harshly).

It’s about letting go – being honest and committed – riding the rail of respectful listening, partnering and release. We laugh. Oh, how we laugh. We laugh until those of us over 35 have to visit the bathroom. We laugh at ourselves, with each other, and to the world with the greatest abandon. And, although I’m putting a lot of emphasis on the laughter and funniness, rest assured that you don’t have to be a funny

person. In fact, forget funny. The more we worry about funny, the less we focus on what makes improv beautiful and uplifting: unflinching, ridiculous honesty. That’s something anyone can do – whether you’re wonderfully wacky or straight as a ruler.

We’ve had some newbies coming every week, and they are marvellous and brave for joining us and, I’ll bet if you asked one of them, they would say they don’t regret it for a minute. Well, certainly not for two minutes.

Welcome friends. Welcome to the world of improvisation. It’s genuinely one of the most freeing things. We hope to see you there.

**Contact Mainstreet**  
**mainstreet@eshore.ca**  
**Deadline: March 27/19**



**Western Pacific Marine Ltd**  
Kootenay Lake Ferry Office

**Employment Opportunity:**  
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**LETTERS TO THE EDITOR**

**KOOTENAY LAKE FERRY SCANDAL**

February 10 2019

To: Hon. Andrew Weaver MLA and Leader BC Green Party. CC: Claire Trevena, Jordan Sturdy

Dear Mr. Weaver,

On behalf of the East Shore Community Advocacy Society, I would like to sincerely thank you for presenting our 2500+name petition in the BC Legislature on November 27 2018 regarding our wish to have the Balfour ferry terminal moved to Queen’s Bay.

Of course the reason you wound up reading our petition is because our own MLA Michelle Mungall refused to read out our petition. She had in fact read out a petition opposing the ferry move in the fall of 2016.

We are a small community of about 2000 from Wyndell (sic) to Riondel. Our future is threatened due to difficult access to urban centres for commerce, medicine, education, recreation, etc. which consists of a very windy road to Creston and the lengthy ferry ride. Our school, stores, hotels, businesses, and local golf course all face ongoing challenges.

We believe the decision by Todd Stone in the fall of 2016 to leave the ferry terminal in Balfour was politically motivated on the eve of a provincial election and in response to opposition spearheaded by Ms. Mungall that we believe was exaggerated, ill gotten, based on false information, and traceable to the vested interests of a few individuals.

In my conversation with your assistant Aldus, he stated that MLA Adam Olson was struggling to find extra cash to fund coastal inter island ferries. He was surprised when I stated that moving our terminal to Queen’s Bay is not only cheaper initially but will save millions of dollars in fuel over a 25 year period.

Mr. Weaver, your party stands for green initiatives, conservation, and reducing carbon footprint wherever

possible. Every politician wants to look back at their time in office and be proud of specific initiatives that carried out their mandate and improved the lives of their constituents. This situation is your opportunity to do just that.

It is our sincere wish that you make time in your busy schedule and raise this issue at some point in the Spring 2019 session of the BC Legislature with the goal of pressuring Ms. Trevina and the MOTI to revisit this erroneous and politically motivated decision.

When the East Shore Community Advocacy Society was formed, we all agreed that we were going to present our case based on facts – not conjecture, opinion, or political motivation. To that end, we have created the fact sheet accompanying this letter. (See page 4.) We hope this will be useful should you elect to raise this issue in the legislature.

I don’t know how to convey how frustrating it is to live in a riding where your own MLA refuses to represent you. We need our voices heard.

Thank you for your time and attention.

On behalf of East Shore Community Advocacy Society.

*Paul Hindson, Managing Partner -  
Kokanee Chalets. Crawford Bay BC.*



**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.



**OFFICE DESK**

Box 140, Crawford Bay, BC, V0B 1E0

**Editor: Ingrid Zaiss Baetzel (since 2002)**

Phone: 250.505.7697

Email: mainstreet@eshore.ca

**Proof Editor:** Doreen Zaiss

**Writers:** Community

**Article? Letter? Etc?** Drop off at Gray Creek Store drop box, mail to Box 140, Crawford Bay, V0B 1E0

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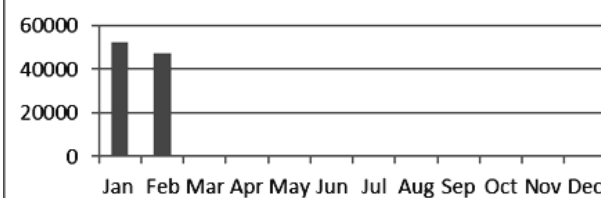
The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers.

Send in April 2019 issue items by:

**Next Deadline: Mar 27, 2019**

**Contact Mainstreet**  
**mainstreet@eshore.ca**  
**Deadline: March 27/19**

**Kootenay Ferry  
\$ Wasted BC Taxpayers  
/Month...**



**Western Pacific Marine Ltd**  
Kootenay Lake Ferry Office

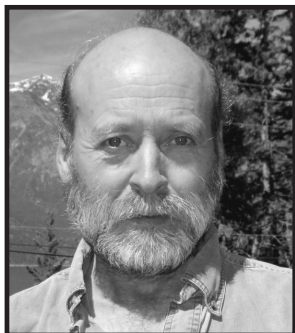
**OSPREY 2000 FERRY  
OUT OF SERVICE**

**March 24-April 12  
For Semi-Annual Maintenance**

The smaller capacity MV Balfour ferry will be in service operating on the regular winter schedule. Potential for increased wait times during busy sailings.

**MV Balfour weight restriction:**  
Only one 6-8 axle semi-trailer per sailing.





## RDCK Area "A" Update

by Garry Jackman,  
Regional Director  
- Area "A"

### REGIONAL ENERGY EFFICIENCY PROGRAM:

Over the past few years the RDCK has been proactive in linking residents to grant programs, such as those offered by Fortis and BC Hydro, to upgrade their homes and appliances to save energy. Typically these programs have time limits and I believe some residents have missed out by not having enough lead time to investigate how the programs can work to their advantage. The most recent program we are helping to promote is the Regional Energy Efficiency Program which has two funding streams, one for new construction and the other for home retrofits. The RDCK has partnered with the Community Energy Association and Nelson Hydro to roll out this program. Go to rdck.ca and look under the "services" tab then "sustainability" where at the bottom of the page you will see the link to "energy".

The new home construction program will not be as widely applicable to most of us as the retrofit program, but it is well worth considering if you are building. It is based on a larger initiative launched by the Province to have all new homes meet a progressively higher standard for energy efficiency between now and 2032. The Province will achieve this through the BC Energy Step Code which came into effect in April 2017. An online search of the above title will get you to more detailed information. The website states "The BC Energy Step Code is currently a voluntary standard builders across B.C. can use. In addition, local governments can choose to require or encourage builders to meet one or more steps of the BC Energy Step Code as an alternative to the BC Building Code's prescriptive requirements." At this time the RDCK is not requiring any of the higher steps be met prior to the Province making them mandatory.

You may wonder if the long term goal extends out to 2032 why should you be interested today? When you build to a higher standard for insulation and air tightness along with selecting more efficient equipment your heating costs tend to go down significantly, so although you may spend a few percent more at the construction stage you may find you rapidly recover those costs through lower energy bills. In addition, the grants have several components including subsidizing advisors to help you in making your decisions. In a recent discussion one person noted a higher building cost may make it harder to qualify for a mortgage, but in reality banks are looking for more information on applications now, including household operating costs, so demonstrating a long term savings on utilities based on the calculations of an energy advisor (who reviews your building plans) may work to your favour at the bank.

The granting stream which I believe will have a much bigger impact for most of us is the home retrofit which includes rebates, energy audits and incentives with Fortis and BC Hydro. Some of the costs are adjusted to suit income, so anyone who is in older home with high heating bills should look into their opportunities. Our delivery partners are setting dates for community briefings starting in the spring. The first set of dates (not confirmed yet) were for towns but there will be about 4 presentations in rural areas as well. I will be working to have one of these along the east shore. Dates will appear on the RDCK website as community meetings are scheduled. Like any program, funds are limited which is why I want to give

this heads up. As I understand the funding limitations, the program should be able to support various levels of grants to about 3% of the RDCK housing stock, or about 774 homes. If you think you will qualify please keep your ear to the ground as it will be first come first serve.

### VOLUNTEERS FOR RDCK COMMISSIONS

We still have space for additional community volunteers on the Area A Economic development Commission, the Recreation 9 Commission and the Area A Advisory Planning Commission. There is also a space available for an Area A resident from Wynndel on the Agriculture Advisory Commission. Please contact me to learn more about these positions. Your local knowledge and input is important to our communities.

### 2019 RDCK BUDGET PRESENTATIONS

Our dates to provide local briefings on our 2019 budget needed to be postponed due to staff illness. Meetings have been rescheduled to provide a briefing at the Crawford Bay Hall on Monday evening, March 4 starting at 6:30pm and in Creston at the Rec Complex on Thursday, March 7 starting at 9am. I apologise for any inconvenience this may have caused for those who were prepared to make the original dates. The silver lining is that the budget figures presented will be more refined by the time the new dates arise. Budget preparation for about 170 individual services delivered by the RDCK tends to take several months in total and the information is constantly updated until final approval, as is the case for our neighbours in cities, towns or villages. Our final budget discussion and adoption will be at the March 21 board meeting.

At each meeting there will be handouts available covering the range of services which directly impact each community. Even if you find the initial information more than can be digested in one sitting, you can take a handout package home and call me later with additional questions. The Crawford Bay and Creston basic presentations will therefore each be structured a little differently, but any questions about any RDCK service can be fielded at a meeting.

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.

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## MP Stetski Calls For More Funding For Rural Internet & Wireless

press release

OTTAWA – Wednesday (Feb 20) in the House of Commons, the NDP Member of Parliament for Kootenay –Columbia called on the federal government to increase investment in rural internet and wireless infrastructure.

Speaking on a motion calling for two studies on rural digital infrastructure, Stetski said what is really needed is an action plan and proper funding.

Stetski spoke about the growing digital divide between rural and urban communities saying, "it impacts Canadians' quality of life, compromises public safety, and limits innovation and economic growth."

Stetski discussed how new technologies are changing everything from farming to education to healthcare, but reliable high-speed internet is needed to take advantage of these advances.

The private sector business case for digital infrastructure is not the same in rural areas as higher density communities, so the government must step in to get Canadians connected, Stetski said.

The CRTC estimates it will cost \$7 billion to achieve universal access to high-speed internet in Canada.

The Liberal government so far has committed \$500 million through its Connect to Innovate program.

Stetski called on the government to substantially increase its investment in rural connectivity in the 2019 budget saying, "rural Canadians deserve no less".



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 Crawford Bay Store - Crawford Bay, Riondel Market - Riondel, The Osprey 2000, and the Gill and Gift in Balfour.

Contact: Ingrid Baetzel, Editor

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## March Horoscope

by Michael O'Connor

### Tip of the Month:

Mercury retrograde in Pisces will produce a delayed effect to spring. If not literally in terms of the weather, it will prove true for many mentally and emotionally. In a Universal three-year, depressive states can prove more prevalent. As ever, awareness is a valuable key regarding how best to respond and the timeframes involved. Positively, the time is right to rest, reflect, meditate and contemplate upon ideals, plans and priorities.

### Aries (Mar 21- Apr 19)

A dreamier cycle has begun. Yet, you have maintained at least one solid foot on the ground. Mars in Taurus is helping you planet the other but Mercury in Pisces is making it a slippery slope. Creative interests balance the scales with the j.o.b.

### Taurus (Apr 20-May 20)

New activations in your career and overall social status are keeping you busy. For you at this time, business is your culture. Pushing through to new territory feels right, yet you wonder if you are dreaming. You might be.

### Gemini (May 21-Jun 20)

Pisces time is when you often experience the opportunity to shine. Yet, this year due to Mercury Rx there, shy may be in the way of shine. Your confidence levels will little bob like a float with a fish on the line.

### Cancer (Jun 21 – Jul 22)

Some dreams are bigger, deeper and longer than others and it may feel like you are having one of those. Yet, reality keeps shaking you awake, if gently. As it does, you want to push rebelliously yet you may feel a little lost.

### Leo (Jul 23 - Aug 22)

The influence of strong Pisces energy this month will pull you deep within. However, you are also supported by Mars to persevere in your work. Venus chimes in by saying, “lighten-up and weave in some socializing respite!”.

### Virgo (Aug 23 - Sep 22)

The lure of Pisces could prove quite intoxicating for you. A deep attraction to the mystical, mysterious and imaginative realms has always been your dessert. Yet, Venus says: “I’m into my work right now”, and Mars adds: “I’m with her”.

### Libra (Sep 23 - Oct 22)

‘Steady as she goes’, is your attitude now. After all, your ambitions have kicked-in again. Work spliced with some play helps. Keeping your energy levels and immune system boosted is a priority .

### Scorpio (Oct 23 – Nov 21)

Sometimes a creative wave is better felt that engaged actively, like now perhaps. You are keen to entertain a variety of options. Circumstances are pushing you to do just that, like it or not, so you might as well.

### Sagittarius (Nov 22 - Dec 21)

Some cycles are deeper, more mysterious and perplexing than others, like this one. Despite a clear desire for practical results and a steady determination with a

healthy twist of social activity, this is not a good time to think too much.

### Capricorn (Dec 22 - Jan 19)

Your imagination is going off. Hopefully, it is so in the directions you want. Expressing your self with grace, beauty and charm feels good. Although quiet, you are a force to reckon with and others are noticing.

### Aquarius (Jan 20 - Feb 18)

Everyone is contending directly or indirectly with the strong Pisces energy. You especially are noticing and feeling the vibes. These are pushing you to focus to gain your anchor, or latch on to your rock, as the case may be.

### Pisces (Feb 19 - Mar 20)

Sun, Mercury Rx, and Neptune all in Pisces indicates inspirations to direct your imagination to pointed pursuits. Yet, you know that pointed is not the Pisces way. Venus and Mars both urge you to mix it up a bit.

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## INFO SHEET KOOTENAY LAKE FERRY SCANDAL

Submitted by Paul Hindson

Studies commissioned by MOTI recommending moving Kootenay Lake Ferry Balfour Terminal to Queens Bay:

- Reid Crowther July 15 2008
- Worley Parsons 22 June 2012
- SNC Lavalin March 31, 2016

Crowsnest Highway #3 is a crucial transport link for goods and people from Medicine Hat Alberta to Hope BC.

Hwy 3A including the Kootenay Lake Ferry is also a crucial part of this corridor when the 1774m Kootenay Pass is closed. The Kootenay Pass closed numerous times in 2018, including a mudslide on the May long Weekend which created 13 hour waits for traffic stuck in Kootenay Bay.

The current crossing is approximately nine km with approximately two km in the West Arm of Kootenay Lake. While the main lake is approx. 120 meters deep, there are at least two parts of the Arm that barely meet the required five meter depth for the MV Osprey to operate. (SNC Lavalin). Because of this, the ferry must operate at much lower speeds in the Arm.

For an approximate 3-week period in April 2018, a drop in Kootenay Lake depths resulted in the MV Osprey being unable to negotiate the West Arm. The 64 year old 28 car MV Balfour was the only ferry usable, effectively cutting off the East Shore from Nelson.

With the terminal in Queen’s Bay the crossing is 5.4km, a 40% reduction, and all in deep water. Thus the ferry can operate at full speed the entire trip.

With the terminal in Queen’s Bay , the load/unload/sail time is reduced from 50 minutes to 30 minutes (SNC Lavalin). This increases the capacity of any boat by 40% and eliminates the need for a 60 car second ferry to replace the 65 year old MV Balfour. A much cheaper 35-40 car ferry is sufficient. A new terminal would also provide for dual lane load/unload similar to Galena/Shelter Bay.

Despite documented proof of a 40% (20minute) reduction in travel time and fuel use per trip, Ms. Mungall is quoted saying it would only result in a “five or ten minute shorter travel time” (*Creston Valley Advance* November 26 2018).

In August 2016, the Regional District of Central Kootenay (RDCK) supplied a grant of \$8960 to the Balfour/Queen’s Bay Resident’s Association at the request of Ramona Faust, RDCK Director for Area E. Part of this grant was used for a study only outlining the negative economic impact of moving the ferry terminal and, we believe, hiring people to collect petition signatures at the Balfour ferry terminal opposing the terminal move. We are currently carrying out a request to discover use of these funds under the Freedom of Information Act.

The petition opposing the ferry move presented by Michelle Mungall in the BC legislature July 28, 2016 “3000 people from the Kootenays and around the world” in fact had no addresses of the signatories and thus we deem this petition as illegitimate. We believe most of these signatures were from tourists solicited in their cars at the Balfour terminal who have no understanding or stake in this issue.

The petition you read out, Mr. Weaver, requesting the terminal move to Queen’s Bay, contained 2550 signatures. Of those, 48% live within 100 km. of the ferry, 67% were BC residents, 82% were Western Canadian residents, and 91 % were Canadian residents. Please see attached breakdown.

In late 2018 the Creston Town Council wrote a letter to the BC MOTI requesting the MOTI reconsider building the terminal in Queen’s Bay.

### SAFETY

Conflict with smaller craft- The narrow West Arm is filled with small pleasure craft in summer, creating constant conflict with the larger ferry boats. Mike Thompson, long time owner of Split-Shot Fishing Charters, Balfour, BC: “The West Arm is no place for these giant boats. A deep water port is where they belong”.

Balfour parking lot-insufficient parking means traffic is often forced to queue on the highway to the south, blocking a local business and forcing people to enter/exit their vehicles immediately adjacent to the driving lane. Traffic from the north is forced to make a U-turn on a busy highway to join the queue. Current plans for additional parking include eliminating all green spaces and public washrooms, but the fact remains the Balfour Terminal is too small for current and future needs.

Kootenay Bay-8-9% grades and sharp corners approaching this landing necessitate a truck runaway lane about 1/3km above the parking lot. In summer with heavy traffic, the queue often extends past this lane, rendering it unavailable for a runaway truck. A disaster waiting to happen! The only solution is a more efficient ferry that can clear traffic faster.





## Hidden Taxes ZAPPED...

...is the title of a report released in February by the government of British Columbia. The full title is "Zapped: A Review of BC Hydro's Purchase of Power from Independent Power Producers conducted for the Minister of Energy, Mines and Petroleum Resources" and that minister is our own MLA, Michelle Mungall.

The report deals with a subject which I mentioned in a previous column: BC Hydro and all the citizens of this province are on the hook for billions of dollars of debt which will be incurred when and if BC Hydro is compelled to pay Independent Power Producers (IPPs) for energy purchases contracted for, but not used. This is called "take or pay".

I will quote some from the report, including a section dealing with an unneeded project called the Waneta Expansion, which Fortis BC has just sold for a huge windfall profit to Columbia Power Corporation and Columbia Basin Trust.

"British Columbia Hydro and Power Authority (BC Hydro) began purchasing power from independent power producers in the mid-1980s. Independent power producer (IPP) projects were initially developed at a small volume and without market price impacts."

Around 2002, when the Liberals took over the government of British Columbia, changes began to happen. BC Hydro was told it could not increase its own generating capacity nor import power to meet future demand, which the provincial government began to overstate and insist BC Hydro go along with them.

Instead, BC Hydro would have to contract with IPPs for future electrical energy, mostly at higher prices than actual market value. Well, in short, the IPPs, about 80

percent of which are owned outside BC, submitted lots of proposals, many of which were approved and built, and have since walked away with pots of money, paid out by BC Hydro.

BC Hydro is committed by those contracts to take the energy from the IPPs even when it would cost less to use Hydro's own generation. Even worse, most of the IPP energy production is not available at peak demand times. Much of it is from run-of-the-river small hydro plants, which give most of their energy at the time of the Spring freshet from April through July. At those times, market prices for electricity are low, but BC Hydro must pay those IPPs at the higher contract price.

What about Waneta, then? There are two plants, and the British Columbia Utilities Commission has oversight of only one. The former Liberal cabinet made sure that the mandate of the BCUC was reduced, in my opinion so that cronies of the Liberals could get their hands into the public's pockets.

"BC Hydro purchased first one-third and then the remaining two-thirds of the Waneta Dam and Generating Station from Teck in two transactions reviewed and approved by the BCUC.

The Waneta Expansion project is related to the Waneta Dam project only in that it has a similar name and is located immediately downstream from the Waneta Dam: the two projects are totally distinct. In contrast to the purchase of the Waneta Dam and Generating Station, the Waneta Expansion project was directed by the Province, despite resistance from BC Hydro.

BC Hydro confirmed in writing the energy output from the proposed Waneta Expansion would be primarily during the spring freshet period, a time when BC Hydro's system could not incorporate a lot more energy without spilling or selling energy into a low

price market.

If there was one thing BC Hydro didn't need at the time, and still doesn't need today, it is more freshet energy. The Minister (Liberal) approved direct negotiation with Columbia Power Corporation (CPC) and Columbia Basin Trust (CBT). Fortis Inc. formed a Limited Partnership with CPC and CBT to construct the Waneta Expansion project, with Fortis holding 51%, CPC 32.5%, and CBT 16.5%."

Windfall profit has happened. "On Jan. 28, 2019, Fortis announced that it will be selling its 51% interest in the Waneta Expansion project to CPC and CBT for \$991 million. The sale demonstrates the profitability embedded in the agreement. Fortis has sold its \$459 million (51% of \$900 million) original investment for \$991 million generating a gain of \$532 million in five years. It is certainly unfortunate for the BC Hydro ratepayers that this was not subject to review by the BCUC."

Site 'C' aside, this is the last straw! Fortis must not be allowed to make off with nearly \$1 billion of our heritage money from the Columbia Basin Treaty. The CBT and the CPC need to be perfectly transparent about where this money will come from. We must not let our treaty heritage money disappear the way Alberta once blew their \$8 billion Heritage Fund.

Take action! Let our MLA and the present BC government know that Fortis is not acting in the interest of the people of this province, and it must be prevented from taking a windfall profit out of BC. If you wish to read the whole report, it is available in all its 90 pages at this rather long URL: [https://www2.gov.bc.ca/assets/gov/farming-natural-resources-and-industry/electricity-alternative-energy/electricity/bc-hydro-review/bch19-158-ipp\\_report\\_february\\_11\\_2019.pdf](https://www2.gov.bc.ca/assets/gov/farming-natural-resources-and-industry/electricity-alternative-energy/electricity/bc-hydro-review/bch19-158-ipp_report_february_11_2019.pdf)

**M**edical/emergency/forest fire-We cannot stress more strongly the need to evacuate people from this area quickly and efficiently should the need arise. Human lives are worth more than reduced traffic for certain Balfour businesses.

**FUEL SAVING/CARBON FOOTPRINT**  
700-1200 tonnes less per year-equivalent to 150-270 cars off road per year depending on number of sailings. Cash savings up to \$700,000 (HerveBlezy).

**M**OTI Mandate - "to facilitate the flow of traffic in as safe and cost efficient a manner as possible". Does the current plan carry out this mandate?

**Contact Mainstreet**  
[mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)  
**Deadline: March 27/19**  
[www.eshore.ca](http://www.eshore.ca)

## Temporary Service Change at Kootenay Lake Ferry

<https://news.gov.bc.ca/18981>

**T**o ensure ongoing safe and reliable operation of the Kootenay Lake Ferry during spring low-water levels, the Ministry of Transportation and Infrastructure is implementing the following service changes.

**March 10 to March 23:**

- MV Osprey 2000 in service with a reduced weight load
- Potential for increased wait times during busy sailings

**March 24 to April 12:**

- MV Balfour in service
- Vehicle capacity reduced to 28 vehicles
- Potential for increased wait times during busy sailings

**April 13 to April 20:**

- MV Osprey 2000 back in service, with reduced weight load
- Potential for increased wait times during busy sailings

Depending on the number and weight of commercial vehicles boarding the vessel during this time, the number of vehicles may need to be reduced. In some cases, this might result in a sailing wait for heavier vehicles.

To prevent future service interruptions, the Province will be performing selective dredging in the shallow areas of the channel near the Balfour Terminal in fall 2019.

The ministry apologizes for any inconvenience this causes. Travellers are suggested to:

- go to [DriveBC.ca](http://DriveBC.ca) for up-to-the-minute information, ferry schedules, delays and to see cameras;

- check the overhead messaging boards in Nelson and Creston;
- plan to arrive early for the ferry;
- allow time for a potential sailing wait;
- consider off-peak crossing times before 9 a.m. or after 5 p.m.; and
- help spread the word to friends and family about these changes.

## Response to Information by RDCK Area A Director Garry Jackman

*To Callum Campbell, P. Eng.*

*Manager, Marine Branch*

*Ministry of Transportation and Infrastructure*

Thanks for the heads up, Callum. All of these impacts are unfortunate. I hope you (Ministry of Transportation and Infrastructure) have a sense of the long term population and economic decline our East Shore region has faced over the past 20 years, combined with an aging population.

Among other issues, this has threatened our school (facing cutbacks in the last facility review to eliminate grades 11 and 12, which would have been a nail in the coffin so to speak).

The issues around the ferry go far beyond a closure here and there or incremental increases in capacity. I feel senior Ministry staff have not listened to the ferry users, including locals and industry, or their own professionals hired to analyze the long term situation.

That said, Kirk (Handrahan, Executive Director Marine Branch) had promised last fall to keep me informed as total project costs unfold, including risk mitigation and service enhancement at the Kootenay Bay side. I have not received any updates.

I still believe the retention of the Balfour terminal at this time is inappropriate on many levels.

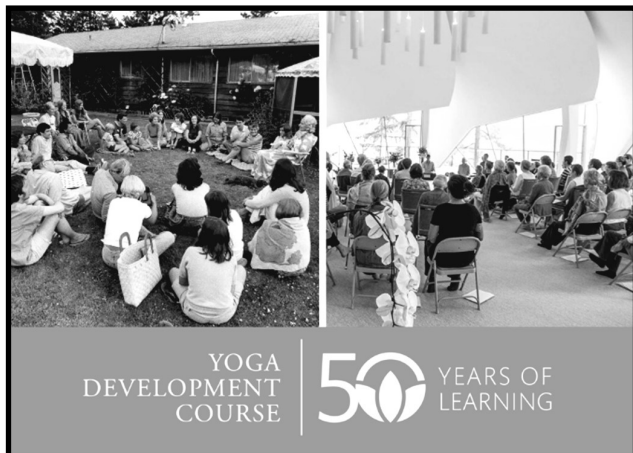
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## 50 Years of Yoga Development at Yasodhara Ashram

submitted by Nicole Plouffe for Yasodhara Ashram Society

2019 marks the 50th anniversary of the Yoga Development Course (YDC) at Yasodhara Ashram. On January 9th, teachers, karma yogis (volunteers) and employees gathered in the Temple of Light for the first night of the three-month course. This year there are 21 participants from as far away as Ireland and Mexico. What drew them to this course? A desire for healing, to navigate transitions, a longing for community, a need for inspiration, and an urge to update their life goals.



Many past participants shared their fond memories of the YDC and expressed what a significant impact three-months of reflection, spiritual practice and yoga had on their lives. They acknowledged that the tools they learned had helped them create the kind of lives they wanted to live.

## Boats Contaminated With Invasive Mussels Were Kootenay Bound

press release by Central Kootenay Invasive Species Society

The 2018 interim report on the Provincial Mussel Defence Program was recently published on the program's website. It revealed that out of the 38,000 watercraft inspected during the 2018 operating season twenty-five boats were confirmed to have highly invasive zebra and/or quagga mussels (ZQM). The stations were open from April until October 2018 and luckily they stopped mussel-fouled boats that were destined for the Lower Mainland (11), Okanagan (3), Thompson-Nicola (5), Vancouver Island (4), and the Kootenays (2).

To date, B.C. is still free of invasive mussels, which have caused millions in damage per year to hydro-power stations, and municipal water supplies in other parts of North America that have already been invaded by ZQM. In addition to economic impacts, ZQM can negatively impact biodiversity, species at risk, fisheries productivity, water quality, and recreation opportunities.

In an effort to prevent the introduction of ZQM, the province of B.C. launched a pilot watercraft inspection station program in 2015. During the pilot season, 4,300 watercraft were inspected and provincial inspectors interacted with approximately 10,000 people to promote Clean, Drain, Dry. On March 30, 2017, the B.C. government announced new measures to address the threat of invasive mussels. The province added two

50 years ago, yoga was new to North America, where now it is mainstream. Swami Radha, the founder of Yasodhara Ashram, was a pioneer in providing in-depth personal and spiritual training in yoga. She knew from her experience the power of the ancient teachings and understood their relevance to the modern times in the West. The first participants of the YDC were also pioneers, willing to commit to three months of personal study that enabled them to offer the teachings to others. The tradition continues at the Ashram today.

For the past 50 years, the Yoga Development Course has been a journey filled with exploration, discovery and learning. We wish the same for this current group!

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### NEW HOURS FOR

**HARRESON TANNER, RMT,**  
Harreson Tanner, RMT - announcing new days and hours at the Crawford Bay Health Center. As of Friday, March 1, practicing days and hours are as follows, Fridays from 9am to 1pm, Tuesdays and Wednesdays from 1-6pm.

**Deadline: March 27/19**  
**[www.eshore.ca](http://www.eshore.ca)**

new inspection stations, increased inspection hours, and included a mussel-sniffing dog to inspect watercraft as part of their Mussel Defence Program. During the 2018 operations season 78,000 people were reached to promote the Clean, Drain, Dry message, 450 decontamination were performed and 82 violation tickets were issued to people who failed to stop at the mandatory inspection stations. The majority of non-compliant vehicles were carrying non-motorized watercraft such as kayaks, paddleboards and canoes.

Lake monitoring is another aspect of the Provincial Mussel Defence Program. Next to prevention, the next best tool in our toolbox is early detection and this is why sampling frequency increased in 2018. The Central Kootenay Invasive Species Society (CKISS) coordinated weekly plankton sampling for invasive mussels in the West and Central Kootenay region from June through October 2018. The CKISS collected 350 samples at 34 sites within nine different high priority waterbodies. All of the samples sent to a provincial lab to be analyzed came back negative for free-swimming microscopic mussel larvae called veligers. To date, the province has analyzed 812 samples from across B.C. and all have come back negative for invasive mussels. The complete results from the 2018 Lake Monitoring season will be released in the final report in spring 2019.

Program staff are now planning for the 2019 operation season by reviewing data and feedback from staff, partners, and stakeholders. The province will be meeting with neighbouring states and provinces in order to coordinate inspection stations across Western Canada.

CKISS would like to remind the public that suspected invasive mussels should be reported immediately to the Conservation Officer Services Report All Poachers and Polluters: 1-877-952-7277 (RAPP).

## Can We Get Wheels Under These Meals?

by Fran O'Rourke

We know there are people on the East Shore – seniors and those with medical issues – experiencing difficulty preparing meals. Others have trouble cooking for one or are just tired of their own cooking.

Riondel Seniors Association is trying to initiate a meal delivery program that responds to some of these needs. Kootenay Gourmet in Balfour is willing to package and deliver meals as far as the ferry.



There will be a meeting on Monday, March 11 at 4:30 pm in the Seniors room of Riondel Community Centre. We are inviting people from all over the East Shore to join us in discussing how to create a workable meal delivery program. We have volunteers to deliver meals in Riondel, but to serve the East Shore, we need volunteers from other communities.

Daniel from Kootenay Gourmet will attend the meeting with examples of his menu. Sampling plates will cost \$10 each.

You don't have to pay to join the discussion, but if you are interested in the tasting, please register with Fran O'Rourke (250.225.3268). Daniel needs to know how much food to bring. And join us on March 11; this is a program the East Shore needs.

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## Water Meter Installations in Balfour Completed

**an RDCK Media Release**

Feb 20, 2019: View on the RDCK website: <https://rdck.ca/EN/meta/news/news-archives/2019-news-archive/water-meter-installations-in-balfour-completed.html>

Nelson, BC: The Regional District of Central Kootenay (RDCK) and Corix Water Products have completed the installation of water meters for customers on the Balfour Water System. This work is part of a larger upgrade project to improve water system infrastructure, and provide the Balfour community with an enhanced water system that emphasizes efficiency, dependability, and water conservation, and will help to ensure the sustainability of the system in future years.

“I would like to thank Balfour homeowners for taking the time to book their installations and participate in this important project,” said Ramona Faust, Director of RDCK Electoral Area E. “I am committed to this project because it means a better water system for Balfour. I am pleased to see that same commitment from members of the community.”

RDCK Water Services has begun to monitor water usage in the Balfour Water System. Once they have collected commercial, household and irrigation data, they will be able to start the process to develop metered rates, with metered billing to commence in 2020. Balfour water users will be consulted regarding metered rate setting, and can expect to receive a letter with more information about this process in March.

“In addition to the expected reduction in consumption, metering has already allowed us to find several leaks that were addressed immediately, and we’ll be contacting other residents who may have issues with unwanted water usage or leakage,” said Uli Wolf, General Manager of Environmental Services. “Thank you to all Balfour homeowners for working with us to ensure our infrastructure is maintained for many years to come.”

“The successful completion of the Balfour Water System Universal Metering Program wouldn’t be possible without the cooperation from the community, the RDCK, and our partner, Diameter Services,” said Alex Hazenack, Corix Water Products Project Manager. “Corix would like to thank everyone for their cooperation while our installation teams safely installed new water meters throughout the community, and for helping to make the project a success.”

Universal water metering was initiated in 2018 as part of the Balfour Water System Upgrades Project. With universal metering in place, the water system will see improved demand-side management that will reduce the need to issue Stage 3 water conservation measures. In addition, research has shown that metering can reduce consumption by up to 25%. This reduced water consumption can extend the life of water system infrastructure, thereby reducing costs to users.

Residents with meters located inside their residences are reminded that they can now read their water meters. Visit [www.rdck.ca/balfourproject](http://www.rdck.ca/balfourproject) to learn more.

For more information about the Balfour upgrades project, including water metering, visit [www.rdck.ca/balfourproject](http://www.rdck.ca/balfourproject), or contact the Water Services department at 250-352-8171 during regular business hours (8:30am to 4:30pm). You can also send your questions by email to [WaterContact@rdck.bc.ca](mailto:WaterContact@rdck.bc.ca).

*Incorporated in 1965, the Regional District of Central Kootenay (RDCK) is a local government that serves 60,000 residents in 11 electoral areas and nine member municipalities. The RDCK provides more than 160 services, including community facilities, fire protection and emergency services, grants, planning and land use, regional parks, resource recovery and handling, transit, and much more. For more information about the RDCK, visit [www.rdck.ca](http://www.rdck.ca).*

## Kootenay Career Development Society to Deliver Enhanced Employment Services to Job Seekers

**press release**

Boundary-Kootenay Region, BC – Job seekers in Central/West Kootenay/Boundary will get extra support in their search for sustainable employment as Kootenay Career Development Society (KCDS) prepares to be the primary contractor for the new and improved WorkBC Employment Services program, funded by the Province of British Columbia, Ministry of Social Development and Poverty Reduction. They will be responsible for delivering the program in a region that spans the Boundary, West and Central Kootenay regions. But they won’t do it alone; their winning bid included working closely with a variety of experienced community organisations that have been providing employment and self-employment services for many years.

“In our bid to manage the primary contract, it was critical to us that we adopt a highly cooperative model and work with existing providers wherever possible. Communities in our region have a lot in common and succeed in supporting clients because of their deep knowledge of the communities they serve. Our approach was to take advantage of both our common bonds and our community wisdom.”

KCDS’ community partners include Arrow Lakes Community Service (Nakusp service area), Kootenay Employment Services Society (Creston service area), and Community Futures Boundary (Grand Forks service area), specialized self-employment services delivered by Community Futures Central Kootenay and Community Futures of Greater Trail and specialized employment counselling provided in Trail by Career Development Services.

KCDS will provide the Province’s WorkBC Employment Services program in the tri-city area, with the continued operation of their WorkBC Centres in Nelson and Castlegar and a new WorkBC Centre located in downtown Trail.

The new WorkBC Employment Services program will enhance programs and services by increasing accessibility by extending centre hours; removing EI eligibility barriers; helping clients find better jobs if their hours are unstable or if the work is not aligned with their skills; assisting clients to maintain their employment through job coaching; adding \$9 million in additional supports for skills and trades training across the province; offering clients with disabilities adaptive technology; and ensuring delivery of services in rural and remote communities.

In addition to the changes, two WorkBC programs will now be offered provincially, providing consistent, reliable services for people no matter where they live:

- The Neil Squire Society will deliver assistive technology services through a resource centre, in partnership with WorkBC centres and online. The program offers adaptive technology to people with disabilities to open up employment opportunities and help them thrive in the workplace.
- Douglas College will deliver apprentice services provincially. Services include processing financial support applications and help for apprentices to collect employment insurance benefits while in school.

“KCDS and our regional employment service providers have supported 34% of the population to find and sustain jobs since 2012.” says Carver. “We are all excited to build on this success in delivering the new WorkBC program starting in April.”

## Species on the Brink: Selkirk and Purcell Caribou Relocated to Revelstoke

**press release by Wildsight**

Kimberley, BC - Efforts to rescue mountain caribou in the Purcell and southern Selkirk Mountains over the past two decades have resulted in translocation of animals to the Revelstoke maternal pen.

Provincial biologists recently moved the only known remaining female from the South Selkirk herd and one female and one male from the South Purcell herd to the maternal pen near Revelstoke. This is the latest chapter in the heartbreaking story of a species on the brink. There are no known caribou remaining in the South Selkirks and only three males in the Purcells.

As one of North America’s oldest mammals, southern mountain caribou survived ice ages 12,000 years ago. Once abundant throughout the Columbia, today they exist in 18 isolated subpopulations, hanging on in remote areas of our heavily-altered mountain landscapes. This week’s translocation came as no surprise—the situation is dire. The decline of mountain caribou has mirrored the destruction of the inland temperate rainforest ecosystem. As industrial disturbance increases, caribou populations decrease.

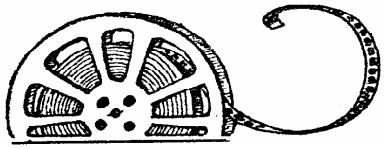


“These are extreme measures taking place. They speak to British Columbia’s failure to adequately protect and recover caribou and their habitat. While habitat loss due to logging, mining and intensive recreation continued to expand, we have watched the ongoing decline of caribou across the landscape for over 30 years. We have failed these herds and we have to do everything in our power to ensure that other caribou herds don’t follow the same trajectory,” says Eddie Petryshen, Wildsight’s Conservation Coordinator. “The government must take drastic action now to protect remaining mountain caribou habitat in the province and implement a breeding program to provide for reintroductions as habitat recovers. Unfortunately, it is not only caribou that are suffering from ongoing habitat destruction. Wildlife across the province have been on a steep decline over the past decade.”

At least three male caribou still remain in the South Purcells near Kimberley. The translocated animals were greeted in the maternal pen by an orphaned caribou who was visibly heartened to see some of her own kind arrive. These animals will be released back into the wild after a period of acclimatization to their new home.

***Next Deadline:  
March 27/19***





## Seldom Scene

by Gerald Panio



This month's column is going to attempt to answer a question that I'm sure is on a lot of people's minds these days: Are we in a post-Tarzan age?

Let's face it, how far are we going to get in the second decade of the 21<sup>st</sup> century with a white guy being King of the Jungle in the heart of black Africa? Now that we have Black Panther, does anyone need John Clayton, Lord Greystoke anymore? Or Jane, for that matter.

By choosing to film *The Legend of Tarzan* in 2016, director David Yates was definitely stepping out on a limb (pun intended). By and large, critical reviews tended to echo Richard Brody, whose *New Yorker* article was titled "Tarzan Cannot be Rebooted." I'm not so sure. *The Legend of Tarzan* is by no means an unqualified success, but I can't say I was offended, outraged, or unsympathetic. I was disappointed, but only because the film tried to do something that, however worthwhile, was impossible. At the same time, it demonstrated that something I'd thought to be impossible, or at least still a ways off, is not a *fait accompli*.

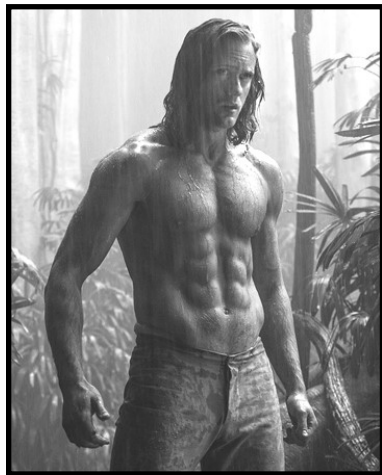
I'll deal with the noble failure first. Screenwriters Adam Cozad and Craig Brewer chose to set their story in a real place and a real time: the Congo, at the end of the 19<sup>th</sup> century. They also pulled two of their main characters out the history books: George Washington Williams (Samuel L. Jackson) and Leon Rom (Christoph Waltz). These choices matter. What happened in the Congo during the decades that it was run as a personal fiefdom by Belgium's King Leopold II stands as one of history's most appalling narratives. I'd become aware of the story back in high school when I first came across Vachel Lindsay's poem "The Congo," with the lines:

*Listen to the yell of Leopold's ghost  
Burning in hell for his hand-maimed host.  
Hear how the demons chuckle and yell  
Cutting his hands off, down in hell.*

Not the kind of thing one is likely to ignore. What's behind those lines is the fact that for decades Leopold managed to rape the Congo—first for ivory, and then for rubber—while banking one of the world's largest personal fortunes and successfully passing himself off as a great humanitarian. He was feted by royalty in the courts of Europe and by Presidents in the U.S. at the same time as his paramilitary Force Publique soldiers were burning entire villages, holding women and children hostages to guarantee the cooperation of male slave labor, and cutting off the right hands of those they'd killed to prove to their commanding officers that no bullets were "wasted." A couple of decades of courageous and tireless investigative work & proselytizing by a handful of individuals eventually brought this early genocide (it's estimated that half of the region's 20 million people died during the period between 1885 and 1908) to the world's attention. The Congo was finally wrested out of Leopold's hands

shortly before he died of old age—rich, unrepentant, and still a European darling.

One of the first dissenting voices was that of a forty-year-old Black American, who'd already written a major two-volume study, *History of the Negro Race in America from 1619 to 1880*. The author's name was George Washington Williams. In 1890, as part of a year-long voyage around the entire African continent, Williams spent six months in the Congo. For a man who'd once dreamed of this region as a possible destination for Black Americans, where they could work and build new lives free from the racial straitjackets imposed on them in the U.S., what he saw was a brutal awakening. At the end of his stay, he wrote *An Open*



*Letter to His Serene Majesty Leopold II, King of the Belgians and Sovereign of the Independent State of Congo*—one of history's most memorable human rights documents. Three months later he followed it with *A Report on the Congo-State and Country to the President of the Republic of the United States of America* in which he called for a regime change to install a new government that would be "local, not European; international, not national; just, not cruel." A year later, cutting off any chance of continuing his crusade against injustice, Williams would die of tuberculosis at age forty-one.

And therein lies both the ambition and the failure of *The Legend of Tarzan*. For every person that might watch the film and become aware of Leopold's rapacity or William's witnessing for the first time, something has been accomplished that goes far beyond "rebooting" Tarzan. These are people who might then be moved to go out and read Williams' writings or pick up a copy of Adam Hochschild's recent, powerful history *King Leopold's Ghost: A Story of Greed, Terror, and Heroism in Colonial Africa*. As far as movie plot points go, what more apt a figure than George Washington Williams to drag John Clayton out of his twelve-year funk back in England, brooding in gloomy Greystoke Manor, trying to live his father's life instead of his own? Williams tells him he needs to go back to Africa to see what's being done to his homeland. He also needs to strip off the veneer of a civilization that only stifles him

Unfortunately, in real life even victories are often only partial or come at a cost. While Tarzan, Williams, Jane, the tribespeople, and Africa's magnificent wildlife carry the day in the movie; there was no such happy ending in the Congo Free State. Ten million dead. Cultures decimated. Two of the most eloquent voices against that tyranny condemned to prison, disgrace, and early death. Virtually no change in the exploitation of people and resources after the Congo was put into the hands of the Belgian colonial government. In Belgium today, no visible markers to serve as reminders of what was done in that country's name. When one knows the full history of the Congo Free State, *The Legend of Tarzan's* happy ending can only be an anti-climax. I want a Tarzan triumphant; he was one of my heroes as a kid, both in comics and on the screen. But the only victories he can win in our time are small ones. He can't rewrite the colonial history

that weighs Africa down. And in the rich heritage of pre-colonial Africa, he has no place. Of course, had the Great Apes adopted a black child.....

Now that I've rained on the mythical parade, let me give a few reasons that I *don't* regret having *The Legend of Tarzan* in my DVD library. Alexander Skarsgård makes a superb Tarzan. He took the role more seriously than any actor who's played it since the more innocent days of Johnny Weissmuller. Skarsgård manages just the right balance of keen intelligence, toned muscle, primal instinct, and feline grace. He trained hard for the role and, as with the film's other main characters, I think the grim historical background precluded any impulses

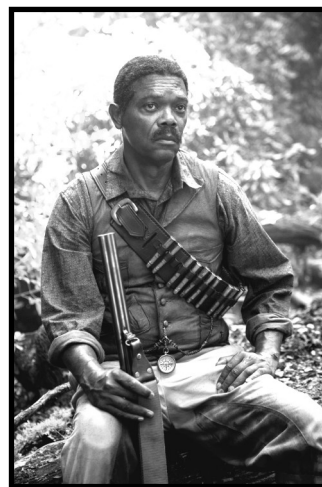


towards condescension.

Margot Robbie makes a lovely, feisty Jane, as fiercely bound to her African roots as is her mate. Jackson's Williams is the passionate striver after justice that his biography shows him to have been. Christoph Waltz's loathsome Rom meets a much more fitting end in the film than in real life. Léon Rom, who decorated the flower garden of his house at Stanley Falls with severed heads, may have been the model for Kurtz in Joseph Conrad's *Heart of Darkness*. In 1899 he published his own book on the Congo. He died in Brussels at age 64, still working for the Compagnie du Kasai in the Congo Free State.

While *The Legend of Tarzan* may not have succeeded in coming to grips with history, the set designers, art designers, and special effects crews proved conclusively that CGI technology is henceforth indistinguishable from reality. None, I repeat, *none*, of the animals in this film were real. I still find that hard to

believe. Those magnificent elephants that materialize like ghosts out of the forest, the lion that Tarzan nuzzles, the ill-tempered hippopotami, the rampaging wildebeests....the level of detail is breathtaking. Personally, I've been waiting since I was in Grade 6 for someone to make a Tarzan movie where I actually believed that the Great Apes were just that, and not upscaled chimpanzees or miscast gorillas. Satisfaction, at last.



Aside from using some helicopter footage shot during a six-week period in the Gabon, the entire film was created on soundstages in London: the town of Boma, the jungle itself, an entire African village. A functional 90-foot steam paddle wheeler was built on site and floated in an artificial lake. It's all a massive deception, but when you're trying to bring myth to life there's no point in pulling your punches. This is as good as Tarzan's ever going to look, and that's pretty damn good.

How did people make jungle movies before the days of CGI? For the mind-blowing answer to that question (no special effects, no models, no miniatures, no opticals) I recommend two films by Werner Herzog—*Aguirre, the Wrath of God* & *Fitzcarraldo*—and Les Blank's documentary about the making of the latter, *Burden of Dreams*. Movies will always take us places we never imagined we could go, no matter how they choose to get us there.

[Note: The makers of *The Legend of Tarzan* also promoted support for Stop Ivory, an NGO that aims to protect elephants and stop the ivory trade. The website is [stopivory.org](http://stopivory.org).]



# Starbelly Jam Sweetness

by Dan Silakiewicz

Starbelly Jam Music Festival, the sweetest in BC, is celebrating our 20th anniversary with another fabulous showcase of music, dance, art, and everything else you've loved for the last two decades!

We're feeling nostalgic having come this far and are combining some elements of times past with new trends and your feedback to keep Starbelly fun, safe, and sweet for 2019.

This year we're trying something new - we're doing our usual awesome on-site shenanigans Friday and Saturday and opening up the festival to the whole community on Sunday!

We've seen the last few year's Sunday attendance dropping. Outside the Starbelly bubble people have to



travel back for work and are missing out on a third of the fun including the fabulous Giant Parade.

So, for Sunday 2019 we're working on coordinating with businesses and groups in

Crawford Bay to offer those who can stay an adventure out on the town. Music and events at various businesses and restaurants (hopefully even a gospel choir at a local church!), tours of our hiking and biking trails, beach time and more so you can have a real East Shore Adventure Sunday!

What's staying... the Giant Parade (we're having it Saturday), morning yoga and meditation, Rock & Roll Friday Night, an amazing variety of talent all weekend including engaging and creative workshops, and abundant music and hilarious distractions for kids.

We're keeping a high standard of delectable food and superb craft vendors, free fresh delicious water on tap, and an amazing recycling and composting program (only about a dozen bags of garbage over the weekend)! All in a safe, inclusive atmosphere that truly makes Starbelly Jam the sweetest of festivals.

A lot of people have been asking "What's up with the 2 (official) days instead of three?"

Besides our guests' changing lifestyles, a three-day festival is a real stress on the volunteer situation. We depend on a lot of caring people to make the magic and we've been going for so long now we don't have the same volunteer base as years past, and many are getting up in age a little, so we struggle to fill all the positions. One less day would ease that considerably, a second reason we're going back to the early days when Starbelly was a 2-day event.

We originally started the third day because we could get more grants to help out our struggling little fest. We've always turned down breweries' requests to have a beer garden, feeling it would take away from the backyard vibe and possibly increase safety and security issues, so we said (and still say) 'no' to easy money to preserve the sweetness!

Initially Friday night had events throughout the community, and it was fun and successful, but back then we figured if we're setting up for 2 days why not three? And so, it went. Now we're going back to the future to keep the event happy and healthy for the next 20 years.

That's just the beginning of the story. Head to [www.starbellyjam.org](http://www.starbellyjam.org) for festival info, to join our volunteer family, or get your Early Bird tickets (while they last).

# Riondel Arts Club

by Sharman Horwood

The artists in Riondel are taking advantage of this last bit of winter to finish preparing for their show in Cowan Office Furniture at 517 Victoria St. in Nelson. The show will go up on March 1. Stop by to see it and please let us know what you think.

Gerald Panio is still busy with his art series on Tuesday afternoons at the Community Centre in Riondel. These discussions start at 1pm. Everyone is welcome, and they're very interesting lectures. He is planning to give a further look at the Post Impressionists and Symbolists on March 5. March 12 will be the life and work of Mark Rothko. On March 26 Gerald will show Sister Wendy and her coverage of Picasso and Matisse. You don't have to be a member of the Seniors' Association or the Arts Club in order to attend these interesting lectures, but you would be expected to make a donation.

In the meantime, the artists of the club are gradually returning from winter vacations and preparing work for the next show, hopefully in May. I will give definite details about that in next month's column. Come by the art room, or contact me for any information about our art club. In the meantime, have a creative month of your own.

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Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

Box 140, Crawford Bay, B.C. V0B 1E0

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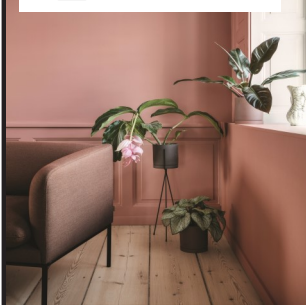
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*They are in each other all along.* or *"In this tangled world, who else is there but the Friend"*. Kahil Gibran wrote *"One day you will ask me which is more important? My life or yours? I will say mine and you will walk away not knowing that you are my life."*

**Symbols of love:** (We brainstormed some of these in class): the eyes, the mouth, flowers, perfume, sweets, music, birds, colours, nature, diamonds, gem stones, giving birth, a child, the heart; it beats and throbs, the heart strings, striking a chord within the heart, unrequited love, surrender to love...

**Poems often use metaphor.** *"Metaphors are used in all types of literature, but not often to the degree they are used in poetry. This is because poems are meant to communicate complex images and feelings to readers, and metaphors often state the comparisons most emotively"*. <https://literarydevices.net/metaphor>.

Here are some examples of metaphor: Your beauty strikes a chord in my heart. I am captured by your irresistible charm.

**Often poems use simile.** It's a figure of speech that makes a comparison. Your eyes are like sapphires drawing me into their depths. He is as powerful as the day is bright.

*"A Red, Red Rose"* (By Robert Burns). This poem uses rhyme and rhythm.

*"O my Luve's like a redm red rose/That's newly sprung in June/O my Luve's like the melodie/That's sweetly played in tune."*

In his book *The 5 love Languages* Gary Chapman suggests there are five love languages. Usually we only respond to one or two. What is your love language? #1 Words of Affirmation. #2 Quality time. #3 Receiving Gifts. #4 Acts of Service. #5 Physical touch.

**Questions:** Is there someone or something you desire to write a love poem to? Who is your beloved? Who/what opens your heart? Who do you appreciate? What gives you joy? What do you long for? What needs to be expressed? What is the language of your heart? How would your beloved wish to be wooed? What's your love language? What is your beloveds?

## The East Shore Writers Group

submitted by Susan Snead

Twice a month the East Shore Writers Group meets to explore the power of words and how they can support us to communicate and express ourselves in a variety of ways. In the group we share information on anything from short story writing, to writing memoirs, journals, and even sharing opinions by writing editorials in the newspaper. The excitement of putting pen to paper or exercising fingers on a key board is shared by most of the members of this group.

Each week someone offers a short lesson on something they are inspired by and on Feb 13, only one day before Valentines day, Susan Snead offered her thoughts on writing love poems! After this short lesson the group then took pen to paper and we all shared something from our hearts that was longing to be expressed. Just in case you are interested in writing a poem to a sweetie or to your beloved here is the actual lesson from that day. For anyone wishing to join our group we meet monthly on every second Wednesday from 1-3 and every 4th Thursday from 6-8 at the Crawford Bay School meeting room below the gym entrance. A \$2 fee is collected.

### Writing Love Poems

A love poem is an expression from the heart. It captures a feeling or emotion or a quality that the writer holds dear. A poem, like any writing, elicits a visual image or essence of what is meaningful. It is rich in imagination.

**A love poem can take many forms.**

We often think of a person as the object of our desire. Historically the young man woos the maiden with a poem to stir the heart strings within himself and also within her. It coaxes a response to love.

In school, children gave Valentines poems to their friends as a way to to show their love or gratitude for liking them or asking them to be their friend. Be Mine Valentine.

A poem can be expressed in the form of a song. *"Love me tender, love me true."* or *"Love, love me do. You know I love you. I'll always be true. So please, love me do, OH OH OH love me do..."*

Many love poems are written about nature or to the Divine. Local song writer and author Alanda Greene's poem/song "You" is the ultimate love song to the Divine. *"...You are everything of wonder that I see. You have woken love from deep inside of me..."*

The mystic poet Rumi also wrote love poems about the Divine. *"Lovers don't finally meet somewhere."*



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pebbles  
by Wendy Scott  
Winter Warm

Looking from a window in Riondel during the month of February is not pretty anymore. The snow slumps. We can be forgiven for thinking of warmer places, warmer times.

November in southern Alabama: orchards are impressive with tall pecan trees. Pickers spread out over the fields to gather ripe nuts from the ground. Green leaves have fallen with the fruit. Further north – soft gold and brown – nothing too bright. But, oh, those fresh pecans, how delightful, and how spoiled we quickly became. Cotton is ripe at this time of year and scattered by warm wind onto roadside grass.

Talladega National Forest is on the gentle slope of the Appalachian foothills. A fifteen minute drive to the top of the mountain – the highest point in Alabama. Twisted pines stand beside the road in their own forest of Alabama's majestic Live Oaks – bare now in their winter shapes. A young magnolia still hangs on to dry misshapen leaves – the undergrowth so sparse that the sky and distant slopes are visible past pale gray winter trunks. Below, there is colour in the silent, rusty valley and Hickory rattles like dozens of mad castanets.

Back here in Riondel during February, we viewed a Michael Moore movie, "Fahrenheit 11/9". As with all Michael Moore's movies, he reaches across the border for us and hits hard. His focus is on the lead-up, the consequence, and the possible future of the 2016 presidential election. The astonishing and hopeful reactions of teenagers and younger children who organized and gathered in huge rallies to show their true colours, you might say, are encouraging. These are the voters who

will attempt to determine the future of our neighbour to the south. Our hopes rest with those children, that they will reach for a future when the world will learn from its many and frequent mistakes, that they may see, at least the beginnings of a time where individuals, countries and governments are able to come together truthfully and sincerely to seek the way to a true world peace.

Wars are expensive. Where did this young country, split by conflict, find the man power and the funding in the 1800's. The Union campaign was financed by California gold. Troops and gold bullion were shipped from San Francisco down the Pacific coast, to be transported by rail forty seven miles across the crooked neck of land that is the Isthmus of Panama. At the port of Aspinwall on the Caribbean Sea, the precious cargo had to be loaded onto Royal Mail steamers to be shipped – not up the east Coast to New York but all the way across the Atlantic to England. At Liverpool it would be transferred again to another British ship and returned to New York. This convoluted route became necessary when the Confederate army hired privateers to waylay United States mail steamers sailing north from the Caribbean.

Over the ensuing centuries communication, travel, and the disbursement of funds has changed considerably; the United States is now, you might say, extremely rich and able to rent/buy/use office space. The privateers? No need for ships, there's plenty of room in that tower we hear so much about.

But let's drop that and return to Alabama: It was November, 1996, and another election day when Bill Clinton would begin his second term as president of the United States. We walked, on that day, along Alabama's Gulf Shore, across sand as soft as cigarette ash.

The long spit of land between the Gulf of Mexico and Mobile Bay leads the way to Fort Morgan and its continuing tribute to the divisive force of Civil War.

The sea was sewn with floating mines and Fort

Morgan fortified by cannons and all those young confederate soldiers battle-ready. In spite of this display of force, Admiral David Farragut uttered his now famous cry, "Damn the torpedoes – full speed ahead". He took his Union squadron through the mines and past the guns to take the fort. The Civil War ended there, in Alabama and freedom and citizenship for black slaves became more than just a desperate cause to fight for. In the spring of 1865, Abraham Lincoln would pay for that victory with his life.

Fort Morgan is a huge circular brick construction, empty now but for the echoes of those battles fought between countrymen. Its long tunnels and passageways weep. We are told this is condensation but it seems to us to represent the anguish of a country torn. From the top of the wall (yes there's a wall there) both the Gulf of Mexico and Mobile Bay are easily visible and we can see the red freestone that still marks the boundary of the old fort. Orange butterflies flit between the ramparts and pelicans fly over and out to sea in their heavy-winged single line formations. In the Bay, sea lions have taken the place of war ships that just 150 years ago flew the disparate colours of a country fighting against itself in Mobile Bay.

Forts become museums and this one, at Mobile Bay, holds reminders from a distant past when Indians fished and hunted on these shores. Written history begins with accounts from the 1500's of many Spanish explorers. In a century or two Mobile became the capital of French Louisiana, was ceded to Britain, captured again by Spain and, during the war of 1812, seized by the US. But the history of the Civil War is dominant. We can read personal letters sent from soldiers: effusive thanks to wives, mothers and sisters for Care packages of food; a vivid description of the death of an officer decapitated by a 200 pound gun fragment – followed by the assurance that the fellow "probably" was killed instantly; letters to a wife and young family expressing first, the hope of a soldier's speedy return then, his unexpected capture and a last brief account of his death from pneumonia. Fragile, tenuous connections.

On November 11, we pass a small Memorial Garden with three crosses and a few flowers. But that is all. Talk was of the Tyson-Holyfield championship fight which Tyson lost in the eleventh round. No one speaks of fallen soldiers. In four years, the Civil War took 600,000 lives. Perhaps here in the South it is still painful to look back.

Cathryn J. Prince is an American. She wrote about her father. He was seventy years old and a Vietnam veteran. He will always be a Vietnam veteran. Cathryn said she has learned over the years that children of veterans carry their parent's war. As a young man, her father volunteered to fight for freedom in another land. He came home to a disillusioned and bitter country that still finds it difficult to acknowledge that young soldiers fought and died in Vietnam because of their own country's beliefs in freedom and democracy.

It is children and grandchildren who see clearly beyond our borders and can learn and remember how the freedom we call democracy must be maintained. Princess Diana brought the danger and devastation caused by land mines clearly into focus in the mid-nineties. In 1999 an International Collective signed a treaty to ban the use and possession of these mines worldwide. The public was presented with the figures: at least 26,000 people had been killed or maimed by mines "every year, for ten years", until the date of that treaty. Alabama's Gulf Shore is relatively peaceful now and the South of France has returned to holiday mode, for the time being. But how about those mines? Was that treaty successful? In 2016, more than 8000 people lost legs, arms, eyes or their lives because of a mine hidden by a gate, on a playground, beside a road, in the sand. It is now 2019. Another president is halfway through his first term in office and there is much more to remember. Much more that must be remembered. Sorry Diana, we still have a long way to go.

*Our lives begin to end the day we become silent about things that matter.* - Martin Luther King Jr.

## Smarter Than Jack or Jill

by Sharman Horwood

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

### Not Just The Honey

One of the most notorious creatures is the honey badger, also called the ratel. It inhabits sub-Saharan Africa, some areas of the Middle East, and India. It is a ferocious animal, and also one of the smartest. People have found to their dismay that it is a skilled escape artist, and quite able to use objects as tools for its own benefit.

The honey badger is not quite a badger, but more closely related to weasels. It is similar in shape to badgers, but with dark brown fur that changes to white-grey from the head to the tail. The honey badger is also stronger and has a thicker skin. Bees, for example, can't sting through it, nor can porcupine quills pierce it. Possibly because of this, the honey badger is fearless, and to many, the most fearless animal of all (several researchers claim that The Guinness Book of Records ranks the ratel as the most fearless of all). Even lions hesitate when faced with one of these small but fierce creatures. I first became interested in these animals when I saw the documentary Honey Badgers: Masters of Mayhem. (Originally shown on television on Natural World, it is now also available on YouTube.)

The name honey badger isn't entirely accurate in another way. They will eat the honey, but they are

actually after the larvae in the nest. They are primarily carnivores, with some occasional scavenging habits. Up to one quarter of their diet comes from venomous snakes. If a cobra, or other poisonous snake, bites them, the ratel goes to sleep, and wakes up some time later without suffering any harm. As you know, a bite from a cobra will kill a human. Scientists still don't understand what chemical mechanism in their biology that allows them to survive these venomous attacks.

Honey badgers are amazingly ferocious animals. They will attack rhinoceri or giraffes. Size isn't an issue for this small demon. They are more fierce than Tasmanian devils, an animal that many say communicates mostly through biting. The honey badger will defend food from hyenas, which are rather aggressive animals in their own right. (Hyenas can bite through large bones and grind them up, storing the hard substance inside their stomachs for later digestion; their jaws are strong enough to eat those bones; as a result, they are not afraid of most other predators.)

The ratel are scavengers as well as hunters so they are a menace to farmers who are raising pigs or bees. They don't just eat the food given to the pigs: they will attack and kill their young, as well as fight off the much larger animal. Some beekeepers have tried to place beehives out of the honey badger's reach but often without success. Unfortunately, honey badgers are tenacious. They have very long claws and can dig holes in hard ground in a very short time when they're after mice, or snakes. With the same claws they learn where to pry them into the wooden poles and then climb up to the hive to tear it apart. They are persistent and destructive. If they fail and fall to the ground, they try again, regardless of the bruises, learning the best way to do so. It isn't a haphazard process: the ratel thinks it through.

Brian Jones operates a game rehabilitation centre in southern Africa. One of the ratel that he has

*Smarter Than, continued on next page*



## Lindero News & World Report

~ News and Views from a Fictional East  
Kootenay Town ~ March 2019

So, snow. As Linderians peer cautiously over the enormous snow windrows surrounding our very existence, we enthusiastically embrace the diversions and pleasures of the season, however scarce. Outstanding among them is the Lindero International Motion Picture Society (LIMPS), our weekly staycation with/to the stars.

And so it was on a recent Monday evening that a middling group of munching movie-goers mingled at the local Community Hall in the dark all facing the same direction. This particular night, we were treated to an animated feature about love, life, family, the afterlife, mariachis and mercifully little politics. In a jovial mood, we repaired to the local watering hole to dissect the film.

"Great movie," I opined to my table-mates, the current LIMPS programmer Frank Truffle, avid film buff Buffy Slater, former long-haul truck driver CB Carter, and Lindero Hysterical Society Poobah and general know-it-much Theo Tuxedo. They chuckled their agreement. "I love a good Pixar," Buffy enthused. "It was a gooder alright, but there coulda been more horses," CB nitpicked on his favourite hobby: horses. Frank took a satisfied sip of his brew, "It's gratifying to pick a crowd-pleaser."

At this point, Theo glanced skyward briefly and leaned over his tankard, sure signs we were about to receive a blast from Lindero's past. "Well, there was a time ..." he intoned, and we all got comfy, "when Lindero's film society was almost the undoing of the town,

the very rending of the social fabric." We gasped! Tell us more! But he digressed, "Was it Oscar Wilde who said that Art imitates Life?" Buffy, an avid seamstress, chirped impatiently, "We'll Wikipedia it later. Tell us about the fabric!"

"Well, this is the reverse: a tale of Life imitating Art. It was a decade and a few triennia ago," [we frowned] "that the delicate web of ties that bind spouses, families, neighbourhoods - the very town! - was shredded to its very ... warp? ... by the peculiarly pernicious programming of our very own LIMPS." Frank looked aghast. "Before your time, Frank," Theo reassured perfunctorily. CB weighed in, "I 'member my dear Ma goin' on about about the Lindero movie wars, back before I quit haulin' grain and moved in with her. Started with war movies, so she said."

"Indeed," Theo intoned, "Part of the LinDerring-Do series. The LIMPS programmer of the day was an action-adventure fan, especially WWII films. It was all bombers and beach-heads." CB shook his head, "Ma and the other ladies had A Bridge to Far." "Yep," Theo said gravely, "They staged a Great Escape. More of a coup, actually. Then took over the programming and ushered in the era of LindeRomance." "What's wrong with that?" Buffy defended, "Everyone loves a good chick-flick!" There was a telling pause.

"Well, think about it," Theo thought about it, "Endless films featuring fetching Englishmen with wavy hair, swashbuckling heroes in tight pants, and sensitive American lads with their shirts off." "Good grief!" Frank got there first, "A few months of that and no average Lindero guy would stand a chance!" "Exactly!" exclaimed Theo, "The seeds of disappointment were planted in every home. Then the men boarded a Streetcar Named Desire for a trip down the Boulevard of Broken Dreams, over the River Kwai, took a left at Elm Street and fetched up at the Bates Hotel." We gasped, "Horrors!"

"Yup," shivered Theo, "for months it was all Texas chainsaws, the Living Dead, Body Snatchers, and in an occasional bid to placate the ladies, a trip to Hill House. When it looked like Chucky wouldn't avert a counter-coup, the LIMPS leader took a desperate plunge on the Wings of Desire, but it turned out that Some who Like it Hot weren't the gals." Buffy frowned, "LIMPS tried LindeRacy movies?" "Briefly," Theo nodded to CB, "then they tried Paul Newman." Buffy almost cheered. "But really the LIMPS programmer was more of a Good, Bad and Ugly guy than a Butch Cassidy fan and in no time he reverted to The Duke and Stagecoach." ("Horses!" whinnied CB.) "LIMPS was Unforgiven by the ladies. Home life felt a lot like Narnia."

I looked around the pub at the happily chatting Linderians. "How was the town saved?" I wondered.

"French New-Wave," Theo explained unhelpfully. "Whaat?" we were je ne sais quoi. "Arthouse films that nobody really understood. Small Change, that helped. Subtitles, too. It's hard to stay mad in Marion-bad with no idea what's going on, in French." "Hard to stay awake, too," Frank muttered. Theo nodded, "Everyone experienced a Murrur of the Heart and then, when the Hot Tin Roof cooled a little, it was time to Call Home." We all chimed, "ET!" "Yep, the town lifted off into LinderOrbit along with Han Solo and Princess Leia and Captain Kirk," ("Picard," muttered Buffy), "and Lost Arks and ultimately, our States were Altered, our Encounters Closer, and we found Serenity." "Awww!" we applauded, "Then what?" After all, it wasn't 2001 anymore and we weren't stuck in the Matrix (as far as we know).

Theo raised his stein to Frank, "Then Frank. Finally LIMPS got the programmer this town needs to remind us "There's no place like home.""

Frank flushed and gave a devilish chuckle, "Well, time for me to head down the Yellow Brick Road. I just got in a shipment of Bergman films for next week." We didn't know whether to cry or whisper. "Just kidding! I think it's one of those ABBA musicals you all love." Buffy chimed, "Mamma mia, you had me there for a second."

As we all headed out on the road, Theo wished us a Happy New Year. "New Year?" I asked, "it's March." Theo fairly purred, "Exactly!" CB guessed, "Meaning, spring?" "Nope, I mean March as the first month of the year!" Theo insisted. "How come?" Buffy posed. "September!" Theo seemed to explain. In response to our blank faces, he added, "Septem ... like seven? and Octo is eight, Novem is nine? Decem is ten? You know, Latin?" "Not really." "No." "Not so much." Theo rolled his eyes, "You have to start the year March 1 for the numbers to work out." Then, with the self-satisfied smirk of someone who just corrected an ages-old conundrum, like the wind he was gone.

So, in the spirit of the fabric of the East Kootenays, Lindero wishes everyone a March Felix Annus Novus - a google-translate Happy New Year.

[Filed by Lindero correspondent H. Porpoise]

### Smarter Than, continued from previous page

kept—Stoffel—has climbed its way out of its enclosure—a concrete bunker—several times. It will chase and attack any of the other animals at the centre, or invade the Jones' home. It has learned to open the window latch. Both Brian and his wife say they can do nothing about it. Even though Stoffel is habituated to humans—and this is why they can't release the animal back into the wild—the animal will attack them savagely if they try to stop it from ripping open cupboard doors, clawing at the bottom of the refrigerator door until it opens, so the badger can eat the frozen bacon inside. They don't try to re-capture it until it is back out of the house because of the damage it will do to them as well as their home.

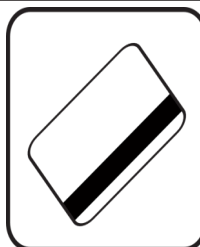
Honey badgers have been known to use tools, or fashion them out of objects at hand. This ability is why they are such inveterate escape artists. Jones placed a tree branch into Stoffel's enclosure in order to give him something on which he could sharpen his claws. Unfortunately, Stoffel promptly rolled the branch over to the side of the enclosure, lifting it up so that it was at an angle, propped against the wall. When Stoffel tried to climb it, the branch fell, toppling the badger to the ground. Stoffel then rolled large stones over to the branch, wedging them against the bottom of the branch in order to stabilize it. Stoffel was up and out of the enclosure in minutes, and off to cause mayhem among the other animals at the centre.

Ratel are smart and persistent animals. Unfortunately, they are known mostly for their ferocious nature. That ruthless quality may be why it can take the time to think about what they are doing, to imagine the opportunities a single tree branch provides, not to mention what stones can do. Its fierceness may just enhance their intelligence. The combination of the two qualities makes them formidable little creatures.

*One note of apology: last month I wrote about a breed of cat supposed to look similar to an ocelot. Somehow—and I blame the computer's auto-correct for this—it came out as "occiput." Sorry: the breed's name is Ocicat.*

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**New Swipe Cards AND  
New Supervised Hours at  
the Fitness Place!!**



Key cards are available to all members at the Fitness Place! A key card will give you unlimited access to the gym from 5:30am until 10:30pm. Please watch our Facebook page for more information on key card information. Please let the supervisor on duty know if you are interested and we will add you to the list for a new card.

### **NEW RATES FOR THE GYM**

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\*Annual Membership: now only \$200 \*Drop ins: \$5

\*12-18 year olds: Free \*70+ Seniors: Optional Discount

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Come in during open, supervised hours to get your card:

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& Mon/Weds/Fri: 6-8pm**

For more info or to sign up for the new key card program,  
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**New Key's Place**

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## **Bartenders & Servers**

Experience not necessary.

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Or, drop off a resume  
at Newkey's in Crawford Bay.



## For the Love of Genre

by Sharman Horwood

This month the two novels I'd like to cover are Julie Czerneda's *Reap the Wild Wind*, and John Dunning's *The Bookman's Wake*. The first is a well-written science fiction novel and the second a different and interesting mystery.

One of Canada's most notable science fiction writers is Julie Czerneda, and fortunately, one of the most prolific. For years she worked as a science and technical writer, although part of her yearned to write her own creative fiction. Since then she has done so, and written several good series in the process. I recommend her novel *Reap the Wild Wind*, the first in a trilogy based on a species she created in an earlier tale, *A Thousand Words for Stranger*. Czerneda has a gift for telling a story from the point of view of alien characters. This novel, first published in 2007, takes the reader to a time before *A Thousand Words for Stranger* when the Clan has not yet left their planet, Cersei.

One of the qualities I enjoy about Czerneda's novels is that they are not a quick read. Her background is science and she's knowledgeable enough that she can describe the principles from many different fields and incorporates them into her characters, projecting what kind of culture they will develop. She doesn't rely on dumps of information to explain these qualities; she embeds the information into her characters and settings. In other words, when I read her work, I have to pay attention. She also does this in a way that is both lyrical and specific, qualities that the best writers achieve.

The planet Cersei has three intelligent species: the Tikitik, who live in the swamps, the Oud, who inhabit the dry plains, and the Om'ray, who survive high in the tree-like plants that feed, and clothe them. The Om'ray trade with the Tikitik for technological items, since metals are rare and they have little technical knowledge. The main character is Aryl, a young member of the Yena Om'ray Clan. She is developing her ability to *place* people she knows. This skill is extrasensory, and she shares it with others of each of the Clans.

The story begins with Aryl. She lives with her Clan high in the rasis. They never go to the ground because that is the Tikitik's domain. She is a young member of the Clan and is climbing with her brother in order to watch the harvest as the M'hir Wind starts to blow. When the M'hir brings its warm winds, the *rasis*—one of the tree-like plants—release their fruit and their pods high into the air. They've ripened and they can now spread across the area. They are important to the Yena: they provide *dresel*, a source of rich food. Their pods can also be carved like wood into implements. The skilled and mature gatherers of her Clan are busy on high ropes that have been strung amongst the tops of the rasi and other trees. The gatherers are poised, ready with their hooks to capture the *dresel* and transport it down to the Clan's homes. Unfortunately, an aircraft interrupts the harvest. They have never seen anything like it, and obviously the pilots of the craft don't recognize what the Om'ray harvesters are doing. It flies into the web of ropes, knocking many of Yena's best to their deaths.

A quality I like about Czerneda's work is her sense of space. She writes three-dimensionally. For instance,

in a different novel, the home of a salmon researcher has a dry streambed built through the entrance to her home, with a variety of salmon suspended above it, a kind of mobile that moves as she walks by, just as if they're swimming. In *Reap the Wild Wind*, this sense of space is used as a backdrop throughout the entire novel. It's a good novel, well worth reading.

The mystery novel I want to cover this month is *The Bookman's Wake*, by John Dunning, published in 1995. Although this novel was a New York Times Notable Book for that year, it isn't for everyone. Unfortunately, the main character—Cliff Janeway, a struggling book dealer—is a bit too much like a bad version of Humphrey Bogart's Sam Spade. Janeway is an ex-police officer in Denver who has turned to dealing in books. However, he hasn't left behind the habit of investigation. He loves a puzzle, and finding rare books, using the research available, is the perfect puzzle for him, away from crime and the police force.

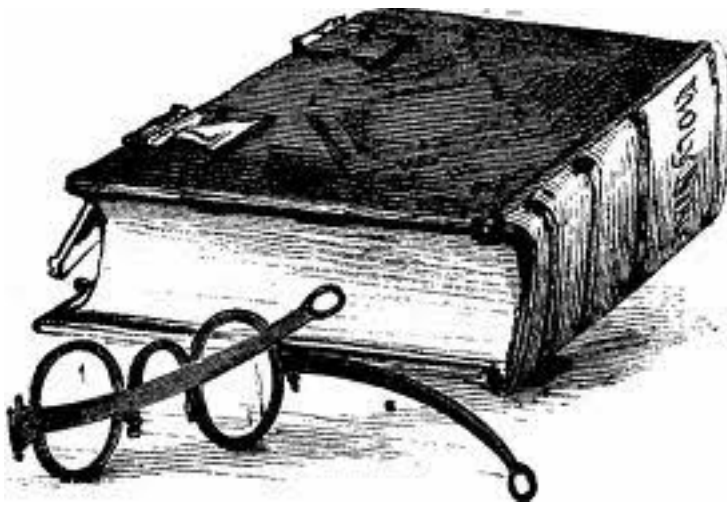
Aside from the dialogue, and some of Janeway's attitudes regarding criminals, this is a very good story. Janeway specializes in rare books. He loves to find them, and he loves to sell them, though he rarely makes a huge profit. It is that hunt for scarce first editions, or unlikely books that are difficult to find that interests him. In this case the book is an Edgar Allan Poe omnibus, titled *The Raven and Other Poems*. It was created by a small press publisher (small

press, in this case, means a small publishing house, not one of the current publishers that survive on print-on-demand or e-books). Based in Seattle, Grayson Books was owned by two brothers, Richard and Daryl. One of the brothers created a special print font to suit this particular book, and they were about to issue 500 copies of it. Unfortunately, the building burned down, but there might have been one or two surviving copies of this book.

Janeway is approached by a police officer, an ex-colleague, to act as a bounty hunter. A woman has twice tried to steal this book from a collector, and in the second incident, someone was killed. The woman—Eleanor Rigby—was arrested but then jumped bail. Janeway has been hired to find her and bring her back to the courts. Aside from the slightly down-home flavour of the dialogue at times, or the less than politically correct attitudes of the police in the book, Dunning's knowledge of the book trade is a strong thread throughout the story. That alone makes it worth reading.

Dunning only wrote five Janeway novels. Instead he returned to more historical pieces about radio, as well as doing his own radio program. However, his knowledge of rare books—how they were published, who owned them, and why they are so hard to find—is superb. The novel is packed with information on this subject and if you don't care much for the characters, the information will keep you turning the page.

Tuck yourself up with a good book for—hopefully—the last month of winter.



## Book Reviews

by Tom Lymbery

*THE LAW AND THE LAWLESS -Frontier Justice in British Columbia and Yukon, 1913 – 1935*, edited by Art Downs, Heritage Publishing, 142 pages, \$9.95

I have always been fascinated by the New Hazelton 1914 bank robberies by a seven man gang of Russian robbers. Somehow the gang leader got away with most of the money and was never captured. The Reverend Donald McLean used his Lee Enfield rifle to kill two of the gang and other sharp shooters got more – right on the main street. New Hazelton is the town that grew up when the Grand Trunk rails went in on the other side of the Skeena River from Old Hazelton.

This is a collection of northern stories so does include that of the Mad Trapper of Rat River – but doesn't include the one years when they dug up his grave in Aklavik and were able to find his DNA. This solved the question of the several people that claimed to be related to the Mad Trapper. – none of them were but they did find that he came from the south and had lived on a corn diet. Aklavik actually has a museum about the Mad Trapper.

*Henry Wagner, Merciless Killer* is the first in this book, taking place in Union Bay on Vancouver Island and tells of a robber who appears, apparently from nowhere each night, while he is actually coming by boat to a town he knows his way around in.

“Death Duel in the Crown Nest Pass” is the closest story to the Kootenays and dates to 1920 when Alberta had total prohibition but BC didn't. “Emperor Pic” was the Bootleg King of Crowsnest Pass.

This is but one of Heritage House series of *Amazing Stories* – excellent value books at \$9.95

## Riondel Library News

by Muriel Crowe

The Riondel library AGM was held February 13 and we are officially into our new year. I am pleased to report that we are financially OK and should stay that way if prices don't continue to rise. The meeting brought some suggestions that I now bring to you. Our updated web page lists links to several newspapers, some of these links are for complete access and others are partially available. We have magazines in the library that we subscribe to, are these worth keeping or should we close out some and order others? Let us know your opinions of the papers and magazines.

We have started planning our spring reading event, no confirmed authors as yet but we will keep you posted. There are plans afoot for some exciting children's events in the summer. August long weekend brings the big book sale and when that is done we will start working on our annual Celebration of Words for later in the fall.

We are happy to take your requests for purchasing books or ordering them from Inter-library loans. Come for a visit, have a cup of coffee, drop off your old electronics batteries, buy your garbage tags and borrow some books and DVD's from one of our friendly volunteers.

Next Deadline: March 27, 2019  
Creativity, Community, Conscience





## Tom's Corner

by Tom Lymbery

### Kootenay Lake Chamber of Commerce

2019 is the 40th anniversary of both our Chamber of Commerce and our Lions Club.

The most important project that our Chamber faces today is that FERRY PROBLEM where we need support from everyone who drives across BC. Past President Gina Medhurst came up with very vital contacts when she attended the annual BC Chamber of Commerce conferences. Hopefully our new President Ron Mondor of Destiny Bay will be able to garner support from other Chambers when he attends this year's conference in May.

Ron is ably supported by Vice President Richard Bertram of Kokanee Springs, Secretary Terry Taylor-Topp from Yasodhara Ashram, Treasurer Janet Wallace of Barefoot Handweaving, and Past President Gina Medhurst.

When we were organizing our Chamber in 1978, one problem we encountered was that the Creston Chamber felt we were part of their district, and didn't want to lose potential members. However builder Gerry Abele (East Kootenay Construction) found that the Nelson Chamber was willing to support us. That was the push we needed. We were in a period of growth with both Gerry and Siggie Wittmoser building houses, Gerry our new store and the Wittmosers their building supply and pre-build shop in Crawford Bay (now home to Lea and David George and the reading centre.)

What to call our prospective Chamber? There is always some inter-community rivalry, so calling it "Riondel", "Crawford Bay" or "Gray Creek" would be a problem. But since no one else was using "Kootenay Lake", my suggestion to use that name was accepted. As well Kootenay Lake is an important feature on maps, so that is an immediate identifier.

We worked all through 1978, and our Kootenay Lake Chamber of Commerce was incorporated in 1979. I can't remember correctly but I think that Sonja Wittmoser was the president and we were fortunate to have a Riondel man with Chamber experience as the Secretary. Sonja suggested different ways to provide funding for operations, such as having people bidding to have annual space on special notice boards at Destiny Bay and other sites. We also put on a fundraising dance at Crawford Bay Hall.

Executive and committee meetings were held sepa-

rately from the general meetings for which we tried to have guest speakers. Sonia was a good leader; one of her projects was completed just a few years ago – the large "Welcome to Kootenay Lake" sign at the Akokli overlook just south of Destiny Bay.

While many may think the Chamber's principal business is to promote businesses, most of the major projects benefit every one, such as the left turn lane at Riondel Road and by the Crawford Bay Motel. Getting highways to do these proved that the Chamber has push and merit. The toughest one was to get the run-away lane on the way to the ferry. We had to produce proof of at least three runaways. One was a circus truck that lost its brakes but was able to turn into the road bank. The next was a cement truck that hit the first

car coming off the ferry, but was able to turn behind the washrooms and rolled over there. A brakeless camper van went right into the lake one early May, with the couple trying to swim. Wen McLeod managed to save the lady, but no one else would dive in for the man and he drowned. But finally Highways did build the run-away site, which reassures every trucker coming down the hill.

An important time-consuming project was everyone's concern with the likelihood of

increasing clearcuts affecting our forests and discouraging tourists. We had several meetings at Mountain Shores between the Chamber, BC Forestry, Strom Bothers, Wynndel Box and Lumber, and the East Shore Eco Society headed up by Peter Duryea. Forestry also took us to logging up McFarlane Creek to show us six inch larch that were 80 years old and wouldn't grow any

larger. We were suggesting selective logging. We also questioned the Annual Allowable Cut, calling it the Annual Allowable Waste.

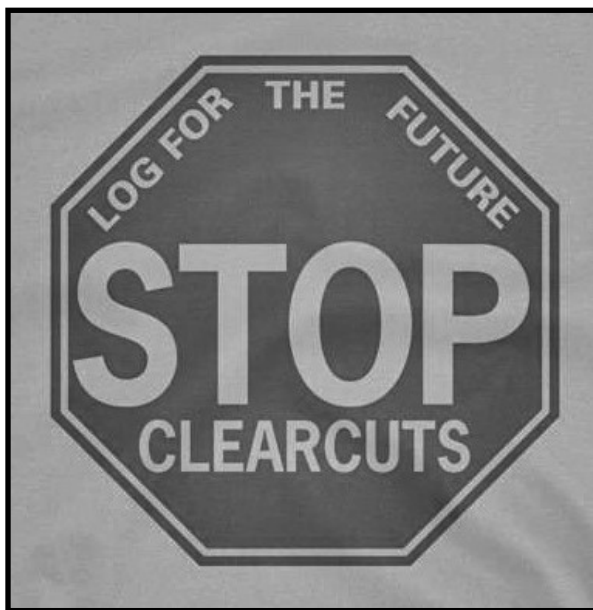
At this time Peggy Tugwell suggested the green "Stop Clearcuts, Log For The Future" sign shaped like a highway stop sign, and these mushroomed all over the country. The end result was that Forestry agreed to limit visible clearcuts to eight hectares (about 18 acres.) This was the first agreement of this kind in the province, and it was copied in other areas.

There are many other current Chamber projects, such as getting an electric vehicle charging station in Crawford Bay where there is much to entertain people while they wait. Our Chamber also needs a paid executive secretary as co-ordination is needed for this and other items.

I have put 40 years into our Chamber, and was recently honoured at the B.C. Chamber's annual conference in Kamloops with a plaque which made me a Member of the BC Chamber. It was accepted on my behalf by Gina Medhurst, as I was presenting a History of Chainsaws talk at another conference in Nakusp at the time.



Ferry Solution sign in window of Gray Creek Store - photo Christy Musil.



The iconic image from the "Stop Clearcuts, Log for the Future" sign

## TOM SEZ 2019

Please google new \$26.5m upper arrow lake ferry to water to find out what new features will likely come if they do build a new ferry for our lake. Technology has changed so much since the Osprey was built in 2000. And will change more before any new ship hits the water.

March winds can set your chimney afire – please make sure you have it cleaned first. And if the temptation to burn grass hits you – please check the wind as it can pick up burning leaves and move them faster than you can run.

Our lake drops to its lowest level by March 31<sup>st</sup> – now is the time to clean your beach and work on your docks. We have hot galvanized cable (hot dipped is much better for rust proof than electro galvanized) 5-foot crowbars, peaveys and more tools.

2019 Yukon Quest winner was Brent Sass whose time was 9 days 2 hours and 34 minutes for the 1000-mile race from Whitehorse to Fairbanks. His 14 dogs all completed the tough trip – not all manage that.

If they do build a new ferry for Kootenay Lake won't the logical name be the Queens Bay?

Students from L V Rogers high school in Nelson made a trip to India staying two weeks. They reported that only 21% of women in India can read in the area they visited.

Kimberley plans to translocate 40 deer – who wants them? They had a more successful program of trapping deer (mostly the large black tails) and distributing the meat to those in need – but those against killing animals protested - hope they translocate the deer to the protesters area.

Watch out for heavy rain in March which may overload the snow on outbuildings – March is the month that sheds and barns fall in with the weight of the snow.

It is reported that 21% of Canadians are tobacco smokers – which has dropped but not enough. Time for new systems to get people off that most addictive killer.

Since they have announced plans to dredge the narrows this fall, we will need to plan the picket line.

If you have to burn brush this spring a pitchfork is the handiest tool ever.

Since the catfish is a bottom feeder the term CATFISHING now applies to those who inveigle lonely hearts people with extra friendly contacts that lead to borrowing as much money as the crooks can.

Enjoying the warmth of Mexico made us chuckle when Maui got snow on February 13.

In 1970 BC Tel installed new equipment in Nelson that allowed the Kootenays to direct dial long distance – previously all these calls had to go through operators.

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## Holistic Health Tips

by Kim Young

### Does Your Body Need A Detox?

*"Millions of us, over half the population, suffer from FLC Syndrome. That's when you Feel Like Crap." - Dr. Mark Hyman*

Detoxing is all the rage right now, but is it really something you need to do? It's possible that your body or mind has been giving you some subtle signs that it's time to cleanse your entire system. Here are some common signs that your body needs a detox.

#### Physical Signs

There are quite a few physical signs that can mean you need a detox. When you have a lot of chemicals and toxins in your body, your kidneys and liver become overburdened and your body reacts with a number of different problems.

Some physical signs of needing a detox include having frequent headaches, bloating or digestion problems, persistent sinus problems, skin irritation, muscle aches, and even menstrual cycle issues.

#### Depression

Some mental health disorders can also be signs of needing a detox. If you have been experiencing worsening episodes of depression, or you suddenly feel depressed even though it is out of character for you, it may be due to the health of your body.

Please, do not ignore these signs. Cleaning your body with a detox can actually help clear your brain of negative toxins as well. However, always consult a doctor if you have new or worsening symptoms of depression.

#### Insomnia

Have you been having trouble sleeping - either falling asleep or staying asleep? If so, it might not be completely due to your mattress or not having a good bedtime ritual. Another possibility is that there are a lot of built up toxins in your body, which is keeping your body from resting properly. Insomnia is not something to take lightly. Try doing a healthy detox and see if it helps you get better sleep.

#### Belly Fat

Excess belly fat, fluid retention, and stomach bloating are also common signs of needing a detox. An overrun of toxins in your system creates an imbalance between the good bacteria and bad bacteria in your microbiome. When there is more bad bacteria than good, this leads to inflammation and a slowed metabolism.

#### Cravings

Insatiable cravings are one of the most obvious indicators that your body needs a detox. Processed foods and sugary treats spike your blood sugar and send your leptin hormones spinning, which then sets your energy up for an afternoon crash and more cravings.

The truth of the matter is that we live in a toxic world, and we're exposed to pollutants on a daily basis, whether it's pesticides in our food, fumes from traffic, or even toxic materials used to make our computers and phones. Our bodies can only handle so much toxic input at a time, and when we get overloaded, we can experience a number of uncomfortable symptoms such as belly fat, bloating, headaches, and the list goes on.

Giving your body a detox can re-set your eating habits so you can get back on track with your health goals, curb your sugar and carb cravings, boost your metabolism and make you feel better than you've ever felt before.

For more information about gentle daily detox methods, visit my website at [www.kimyoung.ca](http://www.kimyoung.ca).

*Kim Young is a Precision Nutrition certified Holistic Health and Lifestyle Coach, Functional Aging Specialist and Reiki Master who lives in Kootenay Bay with her husband Jim and their dog Buster.*

## Come for Soup and Focus on Health

submitted by Shannon Mulhall

The East Shore Kootenay Lake Health Society, held their first monthly Focus on Health presentation, on January 28. A great turnout shared conversation and a light lunch of soup, fruit, veggies and dessert prepared by volunteers, including two third year student nurses from the Selkirk College nursing program.

January's topic was Fall Prevention, presented by Riondel Paramedic, Sharon Webster. Preventing falls is important to help maintain a healthy and independent lifestyle. Falls are a major reason for admission to hospital and residential care homes. Although a fall can happen to anyone, anywhere, the result of a fall is usually more serious as we age.

Sharon provided great insight on preventing falls and identifying hazards around the home that could contribute to a fall. Aside from physical hazards, prescription medications, chronic illness, changes in vision and a general fear of falling, can all contribute to a fall.

Getting up safely after a fall, is just as important as preventing it. Attendees shared their own experiences with falling or caring for an elder who is at a higher risk of falling due to health concerns. Having a fall preparedness plan is a common tool used by many, to provide reassurance to elders who may experience a fall.

A fall preparedness plan may include some of the following:

- Wear a personal alarm on your body that can be reached easily by hand
- Keep a mobile or cordless phone with you
- Set up quick dial phone numbers on your phone
- Carry a whistle
- Have a friend or family member call you daily and leave a spare key to your house for them
- Learn and practice how to get up off the floor if you are not injured



The following tips are useful in preventing falls and recovering after a fall:

#### Fall Prevention

-Exercise regularly, especially activities that improve strength and balance

-Walking, water fitness, dancing, and yoga

-Tai Chi for balance training

-Weight or resistance training for strength

-Remove or repair hazards around the home

-De-clutter stairs, hallways, walkways

-Replace burnt out lights for better visibility

-Install handrails on both sides of stairs

-Remove loose carpets, replace with anti-slip rug

-Install nightlights where needed

#### Getting Up After a Fall

-Stay quiet for a moment-don't panic

-If you're injured, stay where you are and call for help using your fall preparedness plan

-If you're not injured, use your judgment and

try to get up

#### If you cannot get up

-Don't panic, put your fall preparedness plan into action

-Try to stay warm

-Gently move around to stop one part of the body getting too much pressure

#### LET YOUR DOCTOR KNOW THAT YOU HAVE HAD A FALL.

If you would like more information on fall prevention, please contact Sharon Webster at 250-551-0536.

If you missed January's Focus on Health, why not come on February 28, or subsequent meetings?

Join us for soup making from 10-12; volunteers are always welcome! Contact Cathy White 250-227-9095.

Soup will be served from 12-12:30 for \$5, followed by Sharon's presentation at 12:30 on Blood Pressure & Heart Health. If you would like your blood pressure taken, Sharon will be available before and after the presentation.

## Hospice News

by Maggie Kavanaugh

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

If you or someone you know is in need of Hospice Care or you would like more information, please contact Susan Dill East Shore Hospice Coordinator at the

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

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

Contact Mainstreet  
[mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)

250.505.7697

Next Deadline: March 27



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

Call 250.551.1352



## Notice of Passing

**Dianne Wiklund**  
July 3, 1951 – February 2, 2019



Dianne Wiklund of Creston, B.C. passed away on February 2, 2019 at the age of 67 years.

Dianne was born in Mission, B.C. on July 3, 1951 to Dave and Myrtle Russell. In 1968 Dianne married the love of her life David Wiklund in Mission, B.C. Together they moved to Boswell, B.C. to raise their family. Later on in years they settled in Creston, B.C.

Dianne enjoyed spending time with her family and going on adventures with her grandchildren. She made amazing wooden toys for children in her shop. She loved being outdoors tending her many beautiful gardens and fish pond that were enjoyed by many, including the birds and squirrels.

Dianne was predeceased by her loving husband David, daughter Alicia, and parents Dave and Myrtle. She is survived by her daughter Michelle (Chad); grandchildren Mark, Karissa, Kaitlyn, Amber, Ollie, and Blaine; sisters Debbie (Steve) and Dawn; and brother Mick. There will be a private family service at a later date.

**Contact Mainstreet**  
[mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)  
250.505.7697



This beautiful grave marker was lovingly installed by Andre Wenger at his family's plot in the Gray Creek Cemetery in July of 2018. It was commissioned by his Grandfather shortly before his death in Salzburg Austria on October 31, 1961. The grave marker stood at the Salzburg Public Cemetery for over 50 years until the grave was decommissioned in 2017. Andre's Mum Elfriede Wenger, wishing to keep her father's memory alive for future generations, arranged to have the grave marker dismantled, crated and shipped to Calgary in the spring of 2018. From there it was transported to Gray Creek where Andre installed it that summer. The Wenger family have been long time summer residents of Gray Creek since 1958. *Photo: Janet Schwiager*

## Notice of Passing

**William Gordon Hills**  
May 22, 1937 – February 7, 2019



William Gordon Hills died on February 7, 2019 in Cranbrook, BC, at the age of 81. Bill was born May 22, 1937 in Creston, BC to Ed and Nila Hills, the third of their 14 children. He grew up in Creston and spent his younger years working in the family taxi and trucking businesses. In 1953 he moved to Calgary, where he completed his apprenticeship in sheet

metal. In 1959 he went to Hawaii and began his long academic career. He earned five university degrees, culminating in a Ph.D. in public administration.

Bill taught at universities in Oklahoma, Pennsylvania, San Francisco and South Dakota before returning to Canada in 1980 and founding a wholesale archery and hunting supply business in Cranbrook. Bill never lost his interest in public policy. Over the years he wrote dozens of letters to the editor, made presentations to almost every legislative committee that came to town, and in 2004 set up his website, GreaterBC.com.

A memorial service will be held at the Church of Jesus Christ of Latter-Day Saints in Cranbrook on Saturday March 30, 2019 at 10:30 am MDT. Burial will follow at Forest Lawn Cemetery in Creston. Donations may be made to the Salvation Army, for whom Bill served as a Christmas kettle volunteer for many years.

Arrangements entrusted to McPherson Funeral Service. Condolences for the family can be offered at: [mcpersonfh.com](http://mcpersonfh.com)



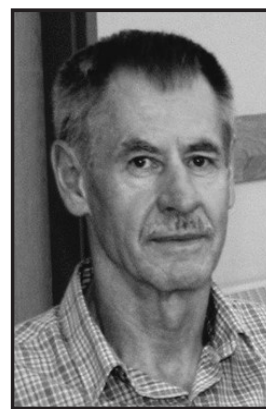
## Memorial Wall

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

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

## Notice of Passing

**Jack Janzen**  
Aug 1938-Jan 2019



It is with great sadness that we announce the death of Jack Janzen of Crawford Bay, BC in Victoria on January 30, 2019 at the age of 80 years. His passing will leave an emptiness in our lives, for he was a dear husband, brother and uncle, and friend to so many. He was predeceased by his parents, sisters Marlene (1939) and Lorena (1943), and brother Marvin (1968).

He is survived by his loving wife Marilyn, brothers Alvin (Carol) and Ron, sister Lorita, sisters-in-law Doreen (George) Reynolds and Gwenyth (Richard) Epp, brother-in-law Jack (Vera) Funk, four Boldt uncles Peter, Dave, Rudy, and Ed (Lori Wallace) and numerous nieces and nephews who will never forget his kindness.

Jack was born on August 3, 1938 in Lethbridge, Alberta, to Jacob and Elizabeth Janzen. He grew up in the Pincher Creek farming community. Jack received his schooling in Halifax and Fishburn country schools and later attended Rosthern Junior College. He became a structural steel welder and worked on many important oil and gas projects in Alberta including the Calgary Tower. Following his employment, Jack started his own business venture as the owner of an automotive service station in Crawford Bay. He loved and respected the Crawford Bay/Gray Creek area and was well-read in its history. His integrity, hard work and generosity gained the respect of all those he encountered.

In 1985, he married Marilyn Funk, the love of his life and a great support to him always. Together, upon his retirement, they moved to the west arm of Kootenay Lake where he spent many skillful hours planning, constructing and enhancing their lovely lake-front home, and hosting scores of visitors. When Marilyn retired from nursing in Nelson, they returned to the Crawford Bay side where they spent sunny hours on property near the lake and on their sailboat, the pride of Jack, the skipper. In the summers, they enjoyed kayaking, exploring the Kootenay back-country and hiking in the mountains. Winters for Jack meant recreational hockey and, when they wintered in Arizona, playing golf. International travel took them to Hawaii, Europe, Central and South America and, perhaps most memorable to Jack, China.

In recent months, Jack found great courage and kept a positive outlook as he faced a most difficult circumstance. It was in his character to do so. He will be remembered for his strength, his devotion to Marilyn, his sincerity, the support of his siblings in his quiet way, and his love of life. A remembrance of Jack will be held at a later date. Those wishing to remember Jack with a memorial donation may consider the Canadian Foodgrains Bank, [www.foodgrainsbank.ca](http://www.foodgrainsbank.ca)

- Planning a wedding?
- Holding a meeting?

Consider renting the  
**BOSWELL MEMORIAL HALL**

Booking/info: Karen Lee at 250.223.8686



**SERVICES DIRECTORY/CLASSIFIEDS**

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

**AUTOMOTIVE/MARINE**

**EASTSHORE AUTOMOTIVE** - Service & Repair 250-227-9370

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

**BUSINESS SERVICES**

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

**CONSTRUCTION/CONTRACTORS/TRADES/REPAIRS/GENERAL HELP**

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

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

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

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

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

**PERSONAL CARE/HEALTH**

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

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

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

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

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

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

**LISA SKOREYKO R.AC.**- Registered Acupuncturist. 250.777.2855. Unit #9 Crawford Bay Inn. 16210 Hwy 3A, Crawford Bay.

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

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

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

**RESTAURANTS**

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

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

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

**YARD/LANDSCAPING/SITE PREP**

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

**CLASSIFIED ADS**

**BUSINESS ANNOUNCEMENTS**

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

**BUSINESS SERVICES**

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

**NOTICES/EVENTS**

**WATCH FOR the Riondel Library**

**Spring Open House, April 2019!**

**Kootenay Lake Ferry Schedule**

*All times listed in East Shore time.*

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

**East Shore Reading Centre:**

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

**Riondel Library:**

Mon: 2-4 pm, Weds: 6-8 pm

Tues, Thurs, Sat: 10am-12:30pm

**Transfer Station Hours**

**CBAY: Sun and Tues 10am-4pm**

**BOSWELL: Weds/Sat 11-3**

**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*

**From... A - Zed**

**Need insurance? Remember 3 things:**


- a) It doesn't matter what letter of the alphabet it begins with.
- b) A lot of things can be insured.
- c) We insure a lot of things.

**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



## 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 2019

**Note: Call to cancel if you can not make your appointment. We always have a wait list for patients needing to get an appointment.**  
March 5 - Tues: Dr. Piver  
March 6 - Weds: Dr. Moulson  
March 7 - Thurs: Dr. Piver  
March 12 - Tues: Dr. Piver  
March 13 - Weds: Dr. Moulson  
March 14 - Thurs: Dr. Piver  
March 19 - Tues: Dr. Piver  
March 20 - Weds: Dr. Moulson  
March 21 - Thurs: Dr. Piver  
March 26 - Tues: Dr. Piver  
March 27 - Weds: Dr. Moulson  
March 28 - Thurs: Dr. Piver  
**Call to make appointments at 227-9006 on doctor days and Thursday morning. Tues, Weds & Thurs (8:30 to 12:30)**  
Not a walk-in clinic - appointments to see doctors are required.  
**LAB HOURS AT THE CLINIC ARE EVERY WEDNESDAY FROM 7:30-10:30am.**  
**No appointments for lab visits, they are on a numbered, first come, first served system.**

### HEALTH PHONE NUMBERS

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

### Boswell Hall Happenings

- **Board of Directors:** Meetings held on needs basis. Contact is Gary Hill: g.dhill@telus.net
- **Area A EDC:** (1st Tues each month 2pm)
- **Book Club:** Meets 2nd Thursday of each month @ 2pm. Contact is Melody Farmer: melodick.farmer@gmail.com
- **Carpet Bowling:** Every Tues at 7pm. Contact is Peter and Sheila Barg: psbarg@gmail.com
- **Farmers Institute:** Meetings held on needs basis. Contact is Bob Arms: armsrl44@gmail.com
- **Tone and Trim Fitness:** Every Mon/Thurs from 9-10am. Contact is Darlene Knudson: dar-lean@telus.net
- **First Responders:** First Mon of month at 10am. Contact is Rod Stewart: rod.jean@telus.net
- **East Shore Health Society:** Meetings held on needs basis. Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Focus on Health Meetings:** Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Nifty Needlers Quilt Guild:** 3rd Tues of each month - Contact is Marilyn Arms: armsmh46@gmail.com
- **Rural Crime Watch:** Meetings held on needs basis - Contact is Herve Blezy: hblezy@gmail.com
- **Yoga:** Every Weds from 1:30-3pm - Contact is Marilyn Arms: armsmh46@gmail.com
- **Vintners:** 3rd Sun of each month at 2pm - Contact is Allan Mayder: maydera@shaw.ca

### BULLETIN BOARD

#### NEW HOURS FOR HARRISON TANNER, RMT,

Harrison Tannern, RMT - announcing new days and hours at the Crawford Bay Health Center. As of Friday, March 1, practicing days and hours are as follows, Fridays from 9am to 1pm, Tuesdays and Wednesdays from 1-6pm.

#### FIFTY-FIVE PLUS CLUB (55+)

Mondays, 2-4 PM, at the Community Corner in Crawford Bay, except for holidays. Everyone in the older but wiser age group is welcome. Cost is \$2 per week, refreshments provided. Refreshments, good company, activities.

#### STRING FEVER

Calling all strings – uke, banjo, guitar, fiddle, mandolin – for some musical mayhem. Sundays except Easter for March and April, 2-4 PM Community Corner Building, Crawford Bay Park \$3 drop-in. Beginners welcome. Some instruction given for the first hour. We will play some tunes, sing, share what we know, have fun. Info: Lorna @ 250-551-4443

#### GENTLE YOGA W/ DANIELLE

Starting Tuesday March 5 in the gym at the Crawford Bay School from 3:30-4:30-Yoga class for everybody. Gentle yoga focusing on the breath and functional stretches. The classes will be offered every Tuesday during the school calendar year. The cost is \$15 with family rates available. For more information please contact Danielle Rogers 250-509-0421.

### Riondel Seniors Goings On

- Walk-a-Mile/Strength Training - M/W/F, 10am
- Dancercize (ballet/jazz) w/ Simon - Wed 11am & Sat at 10am.
- Pool - M/Th at 1pm
- Sports Night with Buzz (pool, darts, ping pong) - Tue at 7pm.
- Bridge - 1st and 3rd Wed at 1:30pm
- Knitting Group - Sat at 10am
- Yoga - Thur at 10am
- Art History with Gerald - every Tuesday at 1pm (except for 3rd Tuesday of the month).  
*The foregoing are free to members; non-members are welcome for a drop in fee of \$5.*
- Whist - 1st Fri at 7pm
- Games Night (cards, board games, dice, etc) - all other Fri's at 7pm.  
*Whist and Games Night have an entry fee: bring a treat to share plus \$3 for members, \$4 for non-members.*
- Movie Night with Gerald (and Popcorn!) - Mon at 7pm ... by donation.
- Bingo - Wed at 6:30pm
- Seniors Executive Meetings - 2nd Tuesday at 2:30pm
- Potluck Lunch - 3rd Tuesday at 12:30pm

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

### CHURCH/MEETING CALENDAR

#### RIONDEL COMMUNITY CHURCH March 2019 SCHEDULE Everyone welcome.

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

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

#### HARRISON MEM CHURCH, ANGLICAN

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

#### KOOTENAY LAKE COMMUNITY CHURCH

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

#### YASODHARA ASHRAM

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

#### MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

#### CHRISTIAN SCIENCE CHURCH SERVICES

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

### MEETING PLACES

**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 Fraser Robb at 250-227-9636.

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

#### PARENT ADVISORY COMMITTEE

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


## Kootenay Lake Ferry Schedule

*All times listed in East Shore time.*

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



March 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Shotokan Karate, CB School, 6:30-8pm	
3	4	5	6	7	8	9
String Fever, Comm Corner, 2-4pm	RDCK Budget Pres, CB Hall, 6:30 Shotokan Karate, CB School, 6-8pm Seniors Social Group, Community Corner, 2-4pm Improv, Comm Corner, 7pm	Yoga w/ Danielle, CBESS, 3:30 Art Lecture w/Gerald Creston Vet in CB Tara Shanti Yoga, 9:30-11	Yoga w/ Melina, Bos Hall, 1:30-3pm Shotokan Karate, CB School, 5-7pm 16+ Volleyball, CB School DR. MOULSON	Tara Shanti Yoga, 9:30-11 DR. Piver	Shotokan Karate, CB School, 6:30-8pm	Taste of the Ashram, 11-2:30
10	11	12	13	14	15	16
String Fever, Comm Corner, 2-4pm	Improv, Comm Corner, 7pm Seniors Social Group, Community Corner, 2-4pm Shotokan Karate, CB School, 6-8pm	Yoga w/ Danielle, CBESS, 3:30 Art Lecture w/Gerald Lions Meeting 7pm Tara Shanti Yoga, 9:30-11 DR. Piver	Yoga w/ Melina, Bos Hall, 1:30-3pm East Shore Writers Group, 1-3pm, CBESS Shotokan Karate, CB School, 5-7pm 16+ Volleyball, CB School DR. MOULSON	Tara Shanti Yoga, 9:30-11 DR. Piver	Shotokan Karate, CB School, 6:30-8pm	
17	18	19	20	21	22	23
String Fever, Comm Corner, 2-4pm	Improv, Comm Corner, 7pm Seniors Social Group, Focus on Health, CB Hall Shotokan Karate, CB School, 6-8pm	Yoga w/ Danielle, CBESS, 3:30 Tara Shanti Yoga, 9:30-11 DR. Piver	 Yoga w/ Melina, Bos Hall, 1:30-3pm Shotokan Karate, CB School, 5-7pm 16+ Volleyball, CB School DR. MOULSON	Tara Shanti Yoga, 9:30-11 DR. Piver	Shotokan Karate, CB School, 6:30-8pm	
24	25	26	27	28		
String Fever, Comm Corner, 2-4pm MV Osprey out of service until April 12	Improv, Comm Corner, 7pm Seniors Social Group, Community Corner, 2-4pm Shotokan Karate, CB School, 6-8pm	Yoga w/ Danielle, CBESS, 3:30 Art Lecture w/Gerald Lions Meeting 7pm DR. Piver	Yoga w/ Melina, Bos Hall, 1:30-3pm Shotokan Karate, CB School, 5-7pm 16+ Volleyball, CB School Dr. Moulson MAINSTREET DEADLINE	East Shore Writers Group, 6-8pm, CBESS Tara Shanti Yoga, 9:30-11 DR. Piver		



\* Groceries \* Fresh Meat/Produce \*  
\* Deli Meats/Cheeses \* Natural Foods \*  
\* Fishing Tackle \* Liquor Agency \* Gas \*

**Pick Up Our Weekly Flyers**  
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**Store Hours:**  
Mon-Sat: 9-6:30 Sun: 9-5  
Bottle Depot: Sundays only, 10-3



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

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More people  
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for training  
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- Career Assessments
- Access To Training & Certification
- Self Employment & Program Options
- Customized Employment & More!

**Book Your  
Appointment Today!**  
Call 250-428-5655

Kootenay Employment Services Society  
119 - 11<sup>th</sup> Ave N, Creston BC



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

**Kootenay Lake**

**Ferry Schedule**

All times listed in East Shore time.

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**Transfer Station  
Hours**

**CBAY:**  
Sun & Tues 10am-4pm

**BOSWELL:**  
Weds/Sat 11-3