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YEAR 26, NUMBER 5

MAY 2016

# The East Shore Mainstreet

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# Mainstreet Meanderings

by Editor Ingrid Baetzel

As I write this, it's only five days since that flash of violet streaked one last time across the sky. Five days of sporadic tears and an eerie sense of no control over them – a rare thing for me. Five days of listening over and over to the music that made me... me. Five days since our Prince left this worldly realm.

Now, the reason I'm writing about this is that I've had a monumental life lesson over the past five days of recalling his life, his music, his philanthropy. I have never cried for a dead celebrity before. Never. Not MJ, not Bowie (who I loved), not Garcia, not Mercury, not Cobain, not Zappa, not Tupac... oh the list goes on. So many have died and so many did so very early in their lives. And, losing those voices, those music makers, is somehow always tragic. But, I never mourned them in grief because I always held on to the knowledge that we (and often they, too) were immeasurably blessed to have had the privilege of a potent legacy – a message to spread and a strong voice with which to do it. Also, they're just famous people, right? How many die daily around the world, who were never even given the opportunity to have that kind of promise and power? How many children and innocents pay the ultimate price in other people's thirst for power and the numerous religious wars going on around the world? Even acknowledging this now makes the next few sentences almost embarrassing to write, but the lesson is this...

We are shaped by the sights and sounds around us as we come of age. We become painted by the brush of those who sweep over our developing lives and sometimes the impressions from that brush run a thousand shades of one specific colour. For me, it was purple.

Prince was the voice and the guitar of my youth, my young adulthood, and my today. He reminded me of myself. Not in any physical way – we couldn't be much different. But when he spoke, when he bellowed and wailed like a banshee, panted and roared with his low, rich, big man voice, when he made his guitar into a living, breathing sex goddess, he was talking to me. I know others out there think the same thing, but what happened between me and Prince was our own.

I never really studied Prince beyond the music until after he died and there were details about his life and his views that surprised me, but it was never about the man who likely made pancakes for breakfast and had bowel movements and root canals. It was all about the music. And it was all about the long walk we did together, sometimes forking off on tangents and not seeing each other for many miles, but always coming back to the same place of quiet, peaceful comradeship and comfort. His brush painted the path and the rhinestone light always picked up the streaks of blue-violet, lavender, lilac and plum.

So, to those who I may have mocked or not given enough respect to when you wailed and howled and hurt at the death of your own personal path painter – I am sorry. I get it now and I'm still crying with the doves. Electric life goes on, though, and maybe not for such a mighty long time, dearly beloved. Be painted while you can.



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## LETTERS TO THE EDITOR

### HIGHWAY CLEAN UP THANKS

Dear Editor:

I would like to extend my thanks to all the individuals, students and businesses that volunteered in this year's Highway Cleanup, and also to our local YRB team who took all the garbage bags to the transfer station and paid the tipping fees. In a combined effort we cleaned up the ditches from Riondel Road, Pilot Bay Road, Kootenay Bay, the Highway all the way to East Shore Properties in southern Gray Creek, and the Crawford Bay Loop Road.

40 students of all ages were involved - some did the Riondel Road, others did the "downtown" of Crawford Bay and the park and beach. Thanks also to Wes and Jan Brooks of Boswell for organizing the cleanup from East Shore Properties south to Kuskonook. Our beloved East Shore now has roads with clean ditches from one end to the other!

*John Smith, Cleanup Co-ordinator*

### TASTE OF INDIA SUCCESS

Dear Editor

Thank you, thank you to all the wonderful volunteers who helped for the Taste of India Fundraiser for the CBESS PAC HOT LUNCH Program. We raised over \$1000 towards the operations of the Hot Lunch Program!

- It wouldn't have been possible without the masterful and steady coordination of Amanda Hulland. Thank you.

- To our chefs, Will Hulland & Tyler Wedman - the food was delicious. Shout out to Elisa Rose for

the chutneys, Steve Sayer for kitchen help, Amanda Ball for dessert and Bogustown Grill in Nelson for the Vegetable Korma.

- Ben Johnson, thank you for the music coordination and poster design.

- Musicians: Ben Johnson, Gef Tremblay, Steve Pierson, and Alanda Greene. It was a feast for the ears.

- Yasodhara Ashram dancers - Swami's Satyananda, Yasodananda, and Matananda, Francesca, and Padma. Your dance offerings were truly beautiful.

- Servers Jacqueline Wedge & Christine Hamilton as well as Branca Lewandowski for stepping in at the last minute at the door.

- Thank you to Melina Cinq-Mars for organizing the raffle and for the raffle items we thank – Terry Fiddick and the Black Salt Cafe, East Shore Fitness Place and Yasodhara Ashram.

- For thoughtful and precise decoration of the beautiful Gray Creek Hall thanks to Christina de Pape; and Jayanti Holman for the lovely saris.

- Will Chapman for organising the hall rental.

- Clean up- Zora Doval and Nicole Plouffe.

- Thanks to Ingrid Baetzel for moral support and advertising.

- Lastly, to this wonderful East Shore community, thank you to the sixty plus people who came out and made the event a night to remember. Warmly and with a full heart I thank you,

*Palma Wedman  
(Hot Lunch Coordinator)*

### KUDOS TO GERALD

Dear Editor

Kudos to Gerald Panio for his fascinating piece in April's *Mainstreet* about Lotte Reininger's *Adventures of Prince Achmed*. What a beautiful and exacting animation technique, along with a compelling life history. Great article, well researched, intriguing illustrations.

Thanks, Gerald.

*Shirleen Smith & Wendy Scott*

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## RDCK Area "A" Update

by Garry Jackman, Director - Area "A"

**A LITTLE MORE ON SNOW PACK AND EMERGENCY RESPONSE:** Going back to the BC River Forecast Center site since my comments last month I see the impact of this year's warm temperatures is well illustrated. You can look at Redfish as an example by going to [http://bcrcfc.env.gov.bc.ca/data/asp/realtime/asp\\_pages/asp\\_2D14P.html](http://bcrcfc.env.gov.bc.ca/data/asp/realtime/asp_pages/asp_2D14P.html).

In 2015 Redfish had been tracking at above average snowpack until late April. In the following weeks snow levels dropped dramatically and resulted in record low snowpack levels from the end of May 2015 onwards. This year Redfish and East Creek were both tracking higher snow packs than in 2015 but in the past few weeks both have dropped to below average and below 2015 levels for this time of year. This may be a challenging year with low flows at some of our water boxes.

Emergency response folks have been tracking the weather and creek flows for several weeks now. They invite input from residents who believe they are observing unusual events. Recently I had a phone message about a slide at high elevation along Croasdale Creek. I passed along the information to our RDCK emergency response coordinator, Alanna Garret, who advised ministry staff who can now put extra emphasis on checking on that area, in particular when they have the helicopter making rounds on the lake. Note that if you believe there may be an imminent risk you can call it in to the Emergency Management BC center at 1-800-663-3456.

### THINKING STRATEGICALLY ABOUT YOUR NEEDS AND YOUR TAX DOLLARS:

Each year in January and February RDCK senior managers prepare a workplan which outlines what tasks they are working on along with a timeline for completion (based on in-house or consulting resources available within the draft budget). By the end of March we approve an annual budget based on these workplans and receive quarterly updates on progress. In the past an annual report has been published which outlines for the public (and elected directors) the big picture for the past year. Looking through our website I note our last published annual report was for 2013. That is about the same time we last had a full strategic discussion around delivering services based on resident needs and requests while performing the tasks mandated for local government by the provincial government.

Meeting the expectations of the provincial government is not always easy, but through working with our neighbouring regional districts and province wide peers we try to accept the workload which can be effectively delivered at a local level and push back to the province suggestions that we take on issues which, due to their size or complexity, should remain provincial responsibilities. Meeting the expectations of residents is a separate challenge. The following is a partial list of the types of requests which come forward, ranging from very specific local requests to more broad projects:

- expand fire service coverage to...
- encourage province to create more provincial parks
- create more regional district parks & lake access points
- create bike path from Creston to ferry landing
- add more street lights and one more fire hydrant to the Riondel systems
- bring in the unsightly premisis bylaw to Area A along with more bylaw officers
- stop illegal dumping on crown land, clean up what is there now

- increase grants and provide core funding to local non-profits
- expand local agriculture, provide extension services and support food hubs
- manage development on Kootenay Lake to minimize environmental impacts
- support economic development through...
- support and maintain the educational program at the Creston Valley Wildlife Management Area
- support early learning programs at risk or under stress due to Board of Education proposals
- improve local health support and services
- reduce interface fire risks around our homes and infrastructure
- obtain "community water shed" designation for some areas with multiple water users
- strengthen watershed protection
- assist with proactive flood protection measures
- and many more

Dealing with such a wide range of issues is what keeps this job so interesting. Many actions are underway now to address some of the examples listed above. Some are very local initiatives where the goal is attainable without working regionally, but most will proceed more quickly and more smoothly if a regional approach is taken. Some actions have been taken which have identified solutions along with funding sources but the final approval or perhaps even just the press release is waiting for the nod at the provincial level.

After a few years of not updating the RDCK strategic plan at the board level, we will go into this exercise through the coming months. I am interested in what you consider to be the highest priorities. Along with your thoughts, would you support increasing staff or budgets for consultants to move more quickly on some items, or what items would you identify to defer while your priorities are dealt with first?

If you have questions or comments on any topic (including your priorities) please drop a note to [gjackman@rdck.bc.ca](mailto:gjackman@rdck.bc.ca) or call me at 250-223-8463.



## Hidden Taxes

by David George

Doctor, Doctor, give me the news...##

Do you have a family doctor? One who is ready to see you at least five days a week? We used to. We used to see a really dedicated GP although we had to drive to Slocan Park after she moved from Nelson. After a number of years, she semi-retired, although she still is one of the doctors at the walk-in clinic in the mall in Nelson, so we can still see her there if necessary.

We do have a local doctor, but I must qualify that by saying that we can only see her three or four days a month, at the East Shore Community Health Centre here in Crawford Bay, open only Tuesdays, Wednesdays, and Thursdays, and she will be retiring in less than five years.

That fact tied in neatly with the CBC's online news feed which I read this morning, April 26. The headline read: "Wave of retiring doctors expected to worsen doctor shortage in B.C." It went on: "Hundreds of family doctors in B.C. are expected to retire in the next five years, raising concerns about the province's ongoing shortage of family practitioners."

In 2013 it was estimated that 200,000 people in BC needed a family doctor. That same year, during the election campaign, the government promised everyone would have access to a family doctor by 2015. The GP for Me program was launched, and it cost \$132 million before it ended earlier this year.

Is it time for some tasty alphabet soup? Sure! How about JSC, RCC, GPSC, PRA-BC, and RSA?

JSC is the Joint Standing Committee on Rural Issues, with offices in Victoria and Vancouver. Google the name and one finds on the RCC website

"The Joint Standing Committee on Rural Issues (JSC) was established under the Rural Subsidiary

Agreement in 2001. It is composed of representatives from Doctors of BC, the Ministry of Health, and the health authorities. The JSC advises the BC government and Doctors of BC on matters pertaining to rural medical practice.

The goal of the JSC is to enhance the availability and stability of physician services in rural and remote areas of British Columbia by addressing some of the unique and difficult circumstances faced by physicians in these areas." Doctors of BC was, until 2014, the BC Medical Association, of course.

RCC is the Rural Coordination Centre of BC, with headquarters in Vancouver. It has an elaborate website at <http://rccbc.ca/rccbc/about-rccbc/> and is worth looking at online. Its stated mission:

"\* supporting the coordination of health education and community participation;

\* engaging rural communities, recruiting faculty and expanding teaching capacity;

\* ensuring learning and curriculum reflects the needs of rural communities; and,

\* facilitating effective, timely and relevant communications between 'town and gown'.

RCCbc advocates for rural health by:

\* attracting, preparing, recruiting and retaining health professionals;

\* enhancing interprofessional education training and collaborative practice; and,

\* advocating for rural health through ongoing dialogue with educators, communities, health authorities, and government.

The most important tools employed by the RCCbc are: communication, facilitation, collaboration, networking, and the sharing of best practices."

It was created in 2005 and has a nifty interactive map of rural communities which divides the province into 10 regions. Two of these concern us on the East Shore of Kootenay Lake. East Kootenay contains Creston and places to the east. Kootenay-Boundary

contains everything north of Creston up to Riondel, and places to the west. Kootenay Bay and Riondel are shown, but neither Crawford Bay nor Gray Creek. Our East Shore Community Health Centre is not mentioned. This may change.

It also happens that these two regions are part of Divisions of Family Practice, A GPSC initiative.

GPSC is the General Practice Service Committee, a joint committee of the provincial government and and Doctors of BC. From their website:

"Divisions of family practice are community-based groups of family physicians working together to achieve common health care goals. Divisions work collaboratively with community and health care partners to enhance local patient care and improve professional satisfaction for physicians.

Beginning in 2009 in three prototype communities, the Divisions of Family Practice initiative has expanded to include 35 divisions representing more than 230 communities, including a division that targets physicians in remote and rural areas of the province.

The Divisions of Family Practice initiative is funded by the General Practice Service Committee (GPSC), a joint committee of the provincial government and Doctors of BC."

The Divisions website may be viewed at: <https://www.divisionsbc.ca/provincial/interior> for our part of the Kootenays.

RSA actually stands for the Rural Practice Subsidiary Agreement, and works to improve health services in remote and under-served communities. More than one million people in BC live in one of these areas, about 27 percent of the population.

We will have to discuss the PRA-BC, the Practice Readiness Program, which enables some foreign-trained doctors to work in BC after an assessment program in the next edition of Hidden Taxes.

##---From the song made popular by Robert Palmer (1949-2003) in 1979 (not the Thompson Twins song). You can see and hear it on YouTube.



# May Horoscope

by Michael O'Connor

**Tip of the Month:** Mercury, Mars, Jupiter, Saturn, and Pluto are all retrograde now. Mercury is in Taurus, Mars, and Saturn in Sagittarius, Jupiter in Virgo and Pluto in Capricorn.

From a wider angle, the cycles of our time reveal a deepening process of a steadily emerging global revolution and the notion of isolation is rapidly dissolving as a global village emerges. It also refers to the process of achieving gender equality in every sector of society. This theme is linked to Uranus Square Pluto (1965 – 2104).

The following offers a breakdown of the basic meaning of each retrograde planet:

**Pluto Rx** (currently: Apr. 18 to Sept 26) has the subtle effect of directing the Plutonian power and process of transformation inward. Healing the ills of the world, or at least immediate outer realities, becomes an inner and/or personal purification process.

**Mars** is the co-ruler of Scorpio and when Rx generally, is the mark of a spiritual warrior. Mars Rx (Apr 17 – Jun. 19) in Sagittarius tends towards heightened enthusiasm for life experience, yet impatience, scattered focus, blurred perceptions, and righteousness.

**Saturn**, aka the lord of karma, when Rx (Mar. 26 – Aug. 14) generally indicates a time to catch-up on unfinished business. When in Sagittarius it increases a sense of independence.

**Jupiter Rx** (Jan 7 – May 9) generally increases idealism and decreases practicality. When in Virgo a sound judgment which affords a balanced perspective is decreased. A judgmental and holier than thou attitude can produce a superiority complex.

**Tri-annual Mercury Rx** (Apr. 28 – May 22) is the most noticeable in its effects. Thoughts, perceptions, and communications tend to get garbled. Countering the theme of Jupiter Rx in Virgo, Mercury Rx in Taurus stands to deepen concentration levels. Negatively, narrow-mindedness and financial insecurity can cloud judgment based on seeing the bigger picture.

**(Read more in my Newsletter. Sign-up is free on my website + links to previous issues.)**

**Aries (Mar 21 – Apr 20)** Freedom is the word on your mind and lips. Yet, you know that whatever is happening in your life, it will take time. So, you are ready and willing to get to work. Fortunately, your ambitions are strong and your resolve to support them as well. Watch for tendencies to allow the 'could have, would, have, should have' mantra to defeat you. Affirm: there is only now and next.

**Taurus (Apr 20 – May 21)** The flow of green lights over the past few weeks are not so rhythmic now. It may even seem like you are getting every red. Trusting the larger flow, slow down and enjoy the scenery. Your concentration levels will be heightened over the coming weeks. Yet, as Venus enters your sign (Apr 29 – May 23) your desire levels will rise as your patience ebbs.

**Gemini (May 21 – Jun 21)** Okay, you may have pushed the limits to their final reach last week, but now it is time to rest. Listen to your body and allow it to have authority over your mind. If you do, you will find yourself slowing down. This is just a phase during which time you will transition into a time of re-activation. Save the spring cleaning for later and chill.

**Cancer (Jun 21 – Jul 22)** While others are taking some time out, you are reaching out. Increased social activity is a distinct possibility. Yet, your creativity and inventiveness is also blossoming. You may be just as happy to hang close to home tending to projects where  
**4 Mainstreet May 2016**

measurable results can occur. Tending to unfinished or long awaited projects will provide the deepest satisfaction.

**Leo (Jul 22 – Aug 23)** You want attention, yet you may be reluctant to enter fully into the limelight at this time. The line-up of retrograde planets suggests that you specifically might benefit more from sharpening your skills and obtaining new tools for the next several weeks anyway. This is a time to give more than receive but doing so could result in big time earnings.

**Virgo (Aug 23 – Sep 22)** Broadening of your vision continues. This can include communications with key contacts to plan for future events. Increasing your exposure to social and cultural opportunities is also likely. You could be left feeling uncomfortable as you enter new territory. Avoid over analysis and demanding answers. Slow down and allow all your senses to awaken more fully.

**Libra (Sep 22 – Oct 22)** Clearing the way both literally and figuratively continues. Tending to unfinished business will prove important. Taxes, investments, and other financial responsibilities require your closer attention. This is probably not a good time to invest. Yet, it could be a good time to shop around. Hiring may prove helpful yet use extra caution if signing contracts.

**Scorpio (Oct 22 – Nov 21)** A sudden burst of energy on relationship fronts has your full attention now. Seeing the beauty in people and situations could flow more fully for a while. You feel more sensual and want to fulfill your desires. A weave of diplomacy and charm is coming to the fore to support you to realize your goals. Love and be loved.

**Sagittarius (Nov 21 – Dec 21)** A process of fortifying your foundation continues. Now you have entered a push through period. You do not have to push too hard, but you do have to show up and follow through. This is an expansive time for you yet also one during which it is important to proceed deliberately, avoiding casual leaps and cavalier gambles.

**Capricorn (Dec 21 – Jan 19)** An exciting and empowering cycle has begun for you. Of course, you have to tune-in and cooperate for best results. Basically, it indicates a heightened level of creativity. It could also manifest as a playful time, one during which you may also want to be entertained. Be open to inspiration and creative strategies.

**Aquarius (Jan 19 – Feb 19)** Your home is center stage for you now. Spring cleaning and other activities geared to create a more beautiful and productive environment are likely. You may be thinking that less is more. Creating better health is also on your mind. This is where you are willing to make extra room and/or to invest. Organization, productivity, and health are your main focus.

**Pisces (Feb 19 – Mar 20)** A steady stream of new thoughts, ideas, strategies and tools are coming your way. At worst, you may feel a bit overwhelmed. Deciphering what you need and want to do and to integrate at this time is important. Managing your time well requires a clear outline of your priorities. Be open to receive yet know when you have enough.

**Michael O'Connor**  
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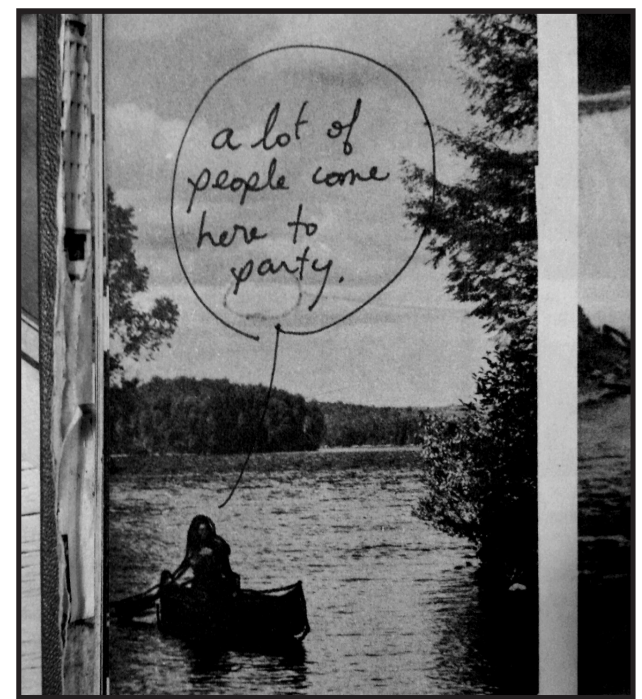
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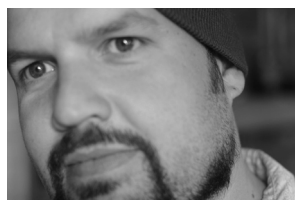
by Elisa Rose



## Wine Raffle Won By Dog... Well, Accepted by Dog



**S**kinny/Serena gladly accepts the 19 bottles of wine and two wine rack/boxes won by her human parent, Mary Donald! Thanks to all who participated and made this fundraiser (helping support Crawford Bay high school students in their upcoming SEVEC exchange trip to Ontario this May). With your help, we raised \$1900 towards this trip.



**Hacker's Desk**  
by Gef Tremblay

**Creativity and Technology**

Creativity and technology have always cohabited. From the pigment used in the caves in Laskau, to the augmented reality headset developed by Microsoft, all along the way, technology and creativity have cross pollinated. With creativity, new technologies could be invented and with new technology, our creativity can be expressed in different ways. But technology doesn't always make us more creative. Quite on the contrary, technology often skims creativity off our lives. As a double-edged blade, a certain caution has to be taken for technology to really help with creative flow.

One of the major creative flows I have to go through is the process from the initial meeting with a new client to the delivery of the first draft of a product or a brand. The flow is unique for each client, but there is a general guideline that should be cultivated, mixing technologies with creative inspiration and rhythm. As it doesn't all happen at once, and since there are parts that are more technical and parts that are more creative, it's really important to understand these creative bursts and learn the tools that can be used to harness them.

When looking at technologies used for creativity, it's important to be inclusive of all technologies, not only the ones with battery and screen, but everything from the incline plane to the space ship.

When meeting with the client and brainstorming about ideas to learn about their needs, I like to leave my cellphone off, and laptop tucked away, and keep it to my pocket size moleskin, with a mechanical pencil.

Why the mechanical pencil? Well using a thick lead mechanical pencil, there is virtually no chance that I would run out of writing medium. I also tuck inside the pencil an extra lead at the back, so even if I come to the end of one lead I know I have a backup that would at least get me through the day. Not only that, but if I were to meet a client in space or low gravity, or in the rain, lead would still work, compared to ink or felt.

This note-taking process, although not purely creative, creates the foundation which will later guide me. It's important not to interpret the client's idea at this point, but to note what words are used, what imagery is shared. It will probably not make sense at first and that is good. If it clearly makes too much sense, it might be important to ask more questions.

Once I come back home, I don't run right away to the computer. I actually start the process on a bigger piece of paper. Now I tend to use calligraphy pens, tracing and felt pen, water colors and other mediums to brainstorm about all the possibilities. Mind mapping around the core concept and finding different word association, drafting small logos, images and layouts start the creative process. Everything goes - there is no restriction or political correctness to follow. No one needs to ever see that part of the process, so it's important for me to keep it as personal as possible. I then take some notes about research items that I would like to further understand. I look at some colours or shapes or patterns that might have emerged from this, without holding on to these ideas too tightly. Then on the next step, I start using the computer.

The mind mapping process on paper is a great start, but I often move to the computer where I use a tool called FreeMind, which is open source and works on Windows and Mac and Linux, of course. It's a simple mind mapping tool and I can play around with all the parts of the map, cut and paste, duplicate, add icons and links. At this point this process becomes mixed

with the use of a thesaurus and dictionary/From there I will often continue my research online with Wikipedia to start with. Since there is a lot to read, I can send all the articles I find to my Kindle, or another e-reader so that I can continue the process away from the computer.

I always try to find ways to spend less time in my studio sitting in front of my computer. If I can take some time and sketch on my drafting table, or if I can write and do some mind mapping on my laptop on my couch, or reading on my Kindle in bed before sleeping, I would generally prefer that than staying with one tool. All these activity help create a better flow which in turn helps my creativity.

The benefit of reading my research articles on the Kindle, apart from being easier to read than a computer screen and saving on the print of paper, is also that I can take notes away from the text. The Kindle lets me highlight any amount of text that I can later recuperate and use in my creative flow.

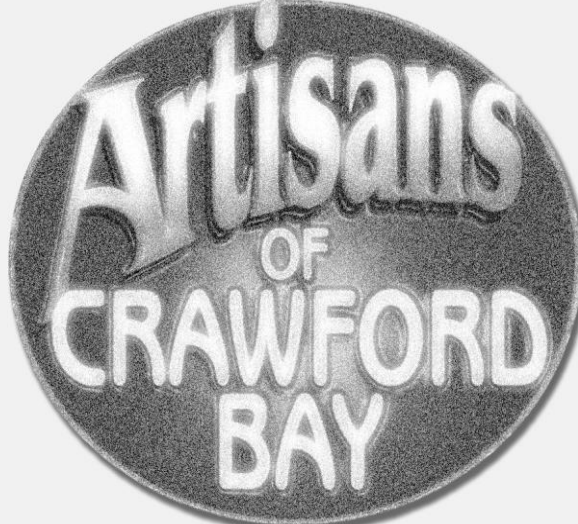
At this point I've drafted, written by hand, mind mapped, did some research and notes, and you might have not notice, but I didn't get much done with computer graphic design. I find it important to wait as long as possible before I start the graphic design on the computer. I feel the computer itself is not where I will be the most creative, but when I have ideas, I can express them easily on the computer. Often while doing these practices as a foundation for creativity, ideas will come to me while walking or meditating and generally not in front of the computer.

The next step is visual research, where I gather as much imagery as possible, from Wikipedia, Pinterest and general images search on Duckduckgo and lesser known search engines like Google and Yahoo. All these images and the mind maps, text and notes, I gather them in Inkscape.

Inkscape is a simple drawing application that has become, over the years, my main production tool. It is also open source and works on any computer. One of the greatest features of Inkscape is that the 'virtual canvas' on which you work is really big, so that you import hundreds of images, pages of text, logos, illustration etc. You can cut images, and start basic and digital draft, with vector illustration or freehand. From that massive collection of media, I start producing ideas and concept. While in Inkscape I also start to categorize idea in groups. For instance, if I made a blue and a red logo as a draft for a client, I might want to put all the blue mock up on one side of the screen, with all the red on the other side.

The last tool I use in this creative draft process is called Scribus, once again open source and available for all computers. This is the final tool for preparing a presentation for the client. It is where I can separate in different pages the content that I've gathered. At this point I have to bring structure to my ideas and divide them in pages and sections. In this tool I can have more control over the layout and create a multi page pdf that I can use to send to the printer for presentation or send it directly to the client by email. Most of the time I'll also share some part of the process in this document to help the client understand the path that I took to get to the draft product.

For me this process works well but it's an ongoing learning curve. Sticking to pen and paper always creates a solid foundation and the more I refine this process the simpler it seems to get to a final product. Yet there is even more to learn when it comes to creativity and I know that I'll use technologies in different ways in the future while relying more on non-digital tools.



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your eastshore bistro in Crawford Bay

## New Business Introduction Lake Leathers

Calling all motorcycle enthusiasts, steam punk & leather lovers... Darla Garrett lives in Crawford Bay and has been riding motorcycles for nearly 20 years. She has taken her love for riding and her artistic eye and put them together into a business called Lake Leathers, specializing primarily in motorcycle art. *Mainstreet* asked Darla a few questions about the business...

### Can you describe the business to the readers?

Sure, I design, sew, and lace up leather face bandanas, tool rolls, skull caps, pouches, purses, wrist cuffs and am open to custom orders or repairs. My motorcycle art and Kootenay Lake photos are printed onto t-shirts, muscle shirts for men and ladies and home-made cards. I have a workshop and storefront at 16082 Crawford Creek Rd. It's a home-based business.

### What got you interested in this field?

I have owned and ridden motorcycles for 18 years and have always been an artisan at heart and an entrepreneur in spirit. It's a niche I feel well suited to fill here in Crawford Bay - creating, selling and being a part of both artisan & motorcycle communities.

### What are your hours?

I will be opening on Friday, May 13 and will be open from 10am to 6pm, and every day thereafter.

### How can people reach you for more information?

Sure, readers are welcome to call me anytime at my cell number - 250.505.3016.

## Nelson & District Credit Union Celebrates 65th AGM

Media release by NDCU

Nelson, BC - At Nelson & District Credit Union's 65th Annual General Meeting held in Nelson, BC on Tuesday, April 19, 2016, the Credit Union released positive financial results for 2015, announced long-term employee service awards, introduced acclaimed directors and hosted a very successful Conversation Café with a panel of local community champions. On Wednesday, April 20, 2016, the board of directors elected a new board chair.

The past year's high points were positive growth in assets, members' deposits and members' equity, while also distributing close to \$140,000 to community organizations within the West Kootenay region while also launching new banking system and mobile technology to its members. Take a moment and review the year's corporate reports that are available online at [www.nelsoncu.com/CorporateReports](http://www.nelsoncu.com/CorporateReports).

"Over the past few years Nelson & District Credit Union has outlined low interest rates as one of the challenges to your Credit Union, in addition to an increased regulatory burden. These challenges continue to be on our radar," stated Doug Stoddart, CEO of NDCU. He continues, "One highlight I certainly see is that your Credit Union lives the 7th principle of co-operation, which is "Concern for the Community". This is a principle that is very important to our Credit Union and one we intend to continue on advocating for."

### Highlights:

- Assets increased by 4.6 per cent to \$196.12 million
- Members' deposits increased by 5.0 per cent to \$179.15 million
- Members' equity increased by 2.8 per cent to \$15.56 million
- Community Investment since 2000 reached \$3.28 million
- Successful banking system conversion allows for the launch of Interac® eTransfers and real-time balance for Deposit Anywhere™

At the AGM, acclaimed directors Michael Bancroft, Laureen Barker and Colin McClure were introduced. Bancroft and McClure will serve as directors for the Nelson representative area while Barker will serve as the director at large, all for three-year terms. One director Rosslund representative area position received no nominations and remains vacant. The board of directors also acknowledged outgoing director Regina Day for her dedicated service and passion towards the credit union system.

On Wednesday, April 20, 2016 the board of directors elected long-standing Nelson area director Andy Chute to the position of board chair. Chute has 10 years experience on the board including the past six sitting on the executive committee. John Edwards, East Shore area director and past chair, was elected first vice-chair while Nelson area director, John Kortram, was elected second vice-chair.

## Kootenay Lake Lions Club

by Ivy Jeffery

Since our last update in the fall your Kootenay Lake Lions Club has been busy within the community. We are still collecting bottle and can recyclables at all four locations: Riondel, Crawford Bay transfer station, Gray Creek Store and Boswell transfer station. Thank you to all who put your recyclables into our bins.

Your contributions to these bins has helped LIONS support a variety of clubs & groups such as:

- Kootenay Lake Hospital Foundation
- B.C. Heart & Stroke Foundation
- Easter Seal House (Vancouver)
- Camp Winfield
- Timmy's Telethon
- CNIB Kelowna
- Support for a local student to participate in Project Adventure for sight-challenged youth
- Kettle River Lions Club Christmas Hamper
- East Shore Christmas Food Hamper
- EASY playground
- Rocky Mountain Adaptive a program designed to assist disables skiers get back on the ski hill
- Guide Dogs of Canada
- Canadian Cancer society
- CNIB
- Primary Care Paramedic course for the East-shore Ambulance Auxiliary
- Cops for Kids
- Guiding Hands Recreation Society -WISE Camp
- and other local groups.

LIONS will be cooking at CANADA DAY celebrations which start at 10AM sharp with raising the Canadian Flag. Burgers and famous fries will be ready shortly after

If you are interested in becoming a LION or would like to find out more, please contact Mike Jeffery 250-227-6807

# ESIS AGM

(East Shore Internet Society Annual  
General Meeting)

**June 14, 7pm**  
**Crawford Bay Hall**

All subscribers/members welcome  
Surveys must be completed by May 10.



## Computer Boot Camp

Crawford Bay School

**May 24-27, 9am-5pm \$450**

Ph: 250.428.5332 ext 4102

College of the Rockies

Funding may be available



## Guiding Hands Recreation Society's Tipi Camp Hiring Head Cook For 2016 Summer

We are looking for a qualified cook and team player for our busy summer season. You will be providing food for our kids' camps, yoga retreat, and various other camps. For more information, please call

250.505.3173 and send your résumé to

[tipicampghrs@gmail.com](mailto:tipicampghrs@gmail.com)

## Next Deadline:

**May 25, 2016**

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

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Or txt/phone

(250) 777-4868

## What's Happening at Tipi Camp?

submitted by Nicole Plouffe

This year at Tipi Camp we are excited about all our camps and wonderful facilitators that make the camp a deep and memorable experience for everyone involved.

WISE TEEN camps are running from July 2-8 and July 16-22 while the WISE KIDS camp runs from July 9-14 and July 23-28. Both camps provide a rich, natural environment where youth can experience a better understanding of themselves and the natural world around them.

Our Family Nature Gathering runs three options from July 29-31, July 31-August 2, and July 29-August 2. This year we are pleased to welcome back Gitta Ridder and introduce Jessica Bamford. These facilitators bring a well spring of knowledge and wisdom of the natural world and look forward to sharing it with families at Tipi Camp. Karuna is back with her wonderful Heart Yoga, August 15-21.

We are also looking forward to our Silent Auction on June 5 at the Crawford Bay hall and seeing you all there. We will graciously auction off your well-received donated items and some amazing services and items from the business community in order to fund bursaries for kids to go to camp, infrastructure support/maintenance and, on-going projects. Look for our ad in this issue.

We also invite everyone out to our AGM on June 26, 2016 and to see all the new changes Tipi Camp has experienced this last year. Hope to see you out there, and if you would like to volunteer, become a member, or register for any of these great camps, please contact us at 250.505.3713 or visit our website at [www.tipi-camp.bc.ca](http://www.tipi-camp.bc.ca)



Jessica Bamford is a passionate teacher-facilitator and indigenous medicines practitioner. Through the mediums of shamanic journeying, sacred art and her traditional medicine practice, Jessica brings to life the very essence of magic present in our world. She graciously teaches us to integrate the sacred into our daily lives through pragmatic application and creative bliss, helping us to honour and celebrate each individual's role in this intricate and beautiful web of life. Jessica is the co-founder of the Four Nations Coalition of Indigenous Medicines, is a sacred pipe (chanupa) carrier trained through the Lakota lineage of Wallace Black Elk and her teacher Kathryn McCooeye. She enthusiastically facilitates vibrant earth honouring children's programs, is a trained Birth Doula and has a thriving medicine practice in the Slocan Valley, BC. [www.fournationscoalition.org](http://www.fournationscoalition.org)



Gitta Ridder learned how to weave from a Micronesian woman in the early 80s when she lived in the Hawaiian Islands. When she returned to BC, her passion for weaving took her to the museums in Victoria and Vancouver to look at and attempt to copy all the cedar baskets she could find. In the late 90s, a good 14 years into learning and teaching cedar weaving, she went to Haida Gwaii, where she spent a week, meeting the most inspiring cedar weavers who were very generous in sharing their knowledge with her. She had an exhibition at Art Walk in Nelson in 1997, and sold

baskets, wall hangings and hats at the market for three years.

From cedar tree to product involves several stages: stripping the bark from the tree, processing the bark to dry safely, then several techniques for preparing the bark for actual weaving. For example a fine woven hat takes up to 50 hours of labor. She enjoys keeping this indigenous craft from British Columbia alive and evolving by sharing it with others.

Some of the places she has taught are: Waldorf, Nelson, the Castlegar Gallery, and 11 years at family Nature Camp on the East Shore.

## Earth Day Cleanup

Photos by John Smith



## Kokanee Springs Ladies Day

by Shelley Bumanis

The 2016 Ladies Day season opened April 19 with sunny skies, a temperature of 28 degrees and the course in great condition. We couldn't have asked for a better day. Company was good, and well, the swing is coming.

Kokanee Springs is offering a great rate on Ladies Day. You pay only \$50 including cart to play 18 holes or \$30 including cart if you can only join us for 9 holes. Please note: both the 18 and 9 hole rates only apply to those participating with the Kokanee Ladies Golf Club. Kokanee Springs also wants to help you improve your game by continuing with the complementary weekly golf clinics that start at 10:45 down on the range before the start of each Ladies Day starting May 3.

Games and KP holes are switched up each week to keep things interesting and we also play skins (one tie all tie) for those who choose to participate.

For those interested, we meet up at the pro-shop by 11:30 to organize the foursomes. There is a sign up sheet in the pro-shop, drop by and add your name or call the pro-shop @ 250-227-2005 prior to Monday noon to insure your spot. If you have an index/factor or know your handicap for the course include that as well. If it's a last minute thing and you're available to golf, stop by and we'll fit you in. The first tee time is off at 11:50.

All calibers of golfers are welcome to join our Ladies Days. It's a great way to meet new friends, practice your swing and have a few laughs.

Join us if you can.

### Notice of Application for Water Licence

Water Sustainability Act Section 13

Richard and Geraldine Gomola of 14361 HWY 3A, V0B 1S0 Gray Creek, BC, give notice that they have applied for a water licence to use approx. 2.27m3/day of domestic water out of Kootenay Lake. Parcel identifier O11-091-401 Lot B, District Lot 4595 Kootenay District Plan 12907. Concerns or comments please direct to the above owners. Objections may be filed with the Assistant Regional Water Manager, c/o FrontCounter B.C. 1902 Theatre Rd, Cranbrook, B.C. V1 7G1 within 30 days of publication of this notice.

## Rio Campground Opening May 1

submitted by the Directors of the Riondel Parks, Recreation & Community Services Society

After countless volunteer hours, the Riondel Park and Campground is ready for the 2016 season. Volunteers donated their time and efforts to remove low-hanging tree branches, did maintenance and leveling on the road, built a new storage structure for recyclables and garbage, put up a wind screen on the Pavilion, installed two new fire rings, set up two new "Green" tent platforms on the lakefront for non-motorized vehicles and participated in the annual pre-opening cleanup.

Many thanks to ALL, who gave so freely of their energy to help achieve so much! See you there.



## ESTBA Trail Report

by Farley Cursons, Projects Director

*May your trails be crooked, winding, dangerous, leading to the most amazing view. May your mountains rise into and above the clouds"*

Edward Abbey

Thanks to the Selkirk College/ESTBA trail crew who took meticulous care of the Peninsula Trails in 2015, the Tipi Camp Trail Crew still has a bit of EDC funding for spring clearing. Focusing on the primary trails we were also fortunate to have the services of a professional Danger Tree Faller.

The Height of Land Trail which connects to the William Fraser and Woodlot Trails are looking amazing. And a lot safer too.

It wasn't too difficult to regrade the rutted areas where a motorcycle adventurer had to accelerate up the steep narrows. Re-establishing the trails 5 percent out slope using a McCloud prevents water from channeling down the ruts. We encourage anyone who for whatever reason damages a trail - to fix it. The Tipi Camp Trail Crew will be applying for EDC funding to do some focused work on the Lakeside trail between the park and the camp this year as well as maintain trails needed to access the camp.

It's important to note the difference between Tipi Camp Trail Crew and ESTBA. The Tipi Camp has operated in a stewardship capacity with the Provincial Park and on the rest of the Crawford Bay Peninsula for many years. ESTBA is for the most part a promotional body working to make recreational trails on the East Shore more accessible and easier to navigate. We are however beginning to develop trails outside of the Peninsula. ESTBA is also the group who formally registered the Peninsulas Crown Land trails with the MFLNRO. ESTBA cannot formally promote trails to the public that are not registered with Site's and Trails BC or the Regional District. ESTBA and Tipi Camp have a solid partnership that works.

The updated Peninsula Trail Map will be arriving this month and we've made some content changes including top recommended Bike Trails and instructions on how to properly defecate in the wilderness. Thanks to an RDCK Discretionary grant we can print twice as many as last year.

The ESTBA website is just coming on line. With just a bit more tweaking it will be a valuable tool for East Shore Mountain adventurers. Get your GPS's and check it out at: [www.estba.ca](http://www.estba.ca).

The East Shore Trail and Bike Association also enjoys a fair bit of social media traffic. If you want to join a group for a bike ride or report a problem on a trail, our Facebook page is the place.

ESTBA has been working through the Trans Canada Trail authorization process facilitated by the Ministry of Forests, Lands and Natural Resource Operations. A process involving a half dozen stakeholders and agencies to ensure transparent development of this recreational heritage trail. Our last permits are on the horizon. Here's an overview of the project as it stands: On Kootenay Lakes East Shore the Trans Canada Trail currently follows the highway 3A route from the ferry landing at Kootenay Bay over to Crawford Bay and then south to Gray Creek where it leaves the highway and heads east up the Gray Creek FSR to Kimberley.

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Proponents of the project have identified a historic trail off highway 3A from Weasel Creek FSR to the north end of Gray Creek. It's the original hand built road circa (1918) between Crawford Bay and Gray Creek. You can see parts of it driving down the lake from Crawford Bay. The trail will then descend to HWY 3A (before the first private properties) where a hiker can enjoy a dip at Starbelly Beach and on to "downtown" Gray Creek. The new proposed route is entirely on Crown and Ktunaxa Treaty (traditional) Land.

Much of the "off HWY" segment between Crawford Bay and Gray Creek is complete with only 2 sections needing to be connected as the original historic route has at times been adapted into the newer highway. ESTBA now has authorization by Sites and Trails BC to connect the sections. The Ktunaxa First Nation now also formally supports the project. That's a significant endorsement.

The official TCT 'off highway' route is about 4 km in its entirety. TCT Users are encouraged to sign in at the Gray Creek Store and get trail information before heading east toward Kimberly over the Gray Creek Pass. This off highway route will provide a safe, accessible option for non-motorized trail users. The trail will be primarily used by east shore residents and seasonal visitors.

ESTBA ensures our trail builders are trained in the development of Sustainably Built Trails outlined by the International Mountain Bike Association (IMBA) We are fully insured, certified, equipped and have the capacity to implement the needed connections to internationally recognized trail standards as well as maintain them long into the future.

The estimated cost of the project is \$25,000 with annual maintenance of \$2,500

The whole segment will be signed and designated "non-motorized" with trail head kiosks offering information, maps and sponsorship information. Future trail/signage maintenance and funding comes through bi-annual grant support from the RDCK's Economic Development Commission (EDC) and Columbia Basin Trust (CBT).

That's it for this month. See you on the trails.

## Eastshore Ambulance Spring Fling Raffle Success

by Christy Gillespie, Chairperson

We would like to say a big Thank You to all those from the East Shore who supported this Fund-raiser by buying tickets. Special thanks go to the venues who sold the tickets and those who displayed the prizes, as follows: Bob's Bar & Grill, Crawford Bay Credit Union, Lakeview Store, Riondel Market, Gray Creek Store, Crawford Bay Market and Yasodhara Ashram. Susan Dill, gets special mention for doing a fantastic job of selling tickets by knocking on doors, car windows on the ferry and in the ferry line-up and just about everyone else she could make a connection with. It was a big job to put together the tickets in order to meet licensing requirements and we thank Sharon Webster and husband Wade and Cory Medhurst for the time they spent putting this together.

The draw was held at the Crawford Bay Credit Union at noon on April 14 with Annemarie Perciasepe, Emergency Medical Responder, drawing the names of the lucky winners:

### Winners:

- Char - Custom Forge Floor Lamp  
(Donated By: Cory Medhurst)
- Muriel Crowe - Hand-made Quilt  
(Donated By: Brenda Panio)
- Scott Farnell - Quilted Tote Bag  
(Donated By: Cindy Bonnell)
- Arnie Ames - Three Hours Labour  
(Donated By: Susan Dill)
- Ken Chic - Quilted Tote Bag  
(Donated By: Cindy Bonnell)
- Arnon Thompson - A Dozen All-Occasion Cards  
(Donated By: Nancy Ross)
- Sheryle Nicolson - Three Hours Labour  
(Donated By: Nancy Ross)
- Marie Zalenski - A Dozen Photo Cards  
(Donated By: Christy Gillespie)
- Dave RT- Recycled Glass Bird Bath/Feeder  
(Donated By: Christy Gillespie)

A total of \$1383 was raised which will be used to assist in the support of our Eastshore Ambulance Operations and Training. Again, we thank everyone who contributed in any way.

**Next Deadline: May 25, 2016**  
[mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)      [eshore.ca](http://eshore.ca)

## 2016 Eastshore Ambulance 6<sup>th</sup> Annual Garage/Estate/Bake Sale Fundraiser

by Christy Gillespie, Chairperson, Eastshore Ambulance Auxiliary Soc

This year's event promises to be bigger and better than ever! The Garage/Estate sale will begin early Friday afternoon, with the Saturday events starting with coffee and muffins, a bake sale (including homemade pies), mid-day bar-b-que hot dogs (and all the trimmings), Tarot card readings, live music by Daryl Alguire and friends, raffles, silent auctions and the best East Shore community get-together of the year. Most sales are were by donation, with no reasonable offer refused.

All funds raised go to the support of the Eastshore Ambulance Service.

WHEN: FRIDAY, June 3 from 1 – 7pm  
 SATURDAY, June 4 from 9am – 4pm  
 (Sunday June 5 10am – 3pm, dependent on if we still have goods left and if the weather cooperates.)

WHERE: 1506/10 RUSSEL AVE., RIONDEL  
 CONTACT: Wendy @ 250 225-2516 or Christy @ 250-225-3558

Donations of clean, working order items, will be very much appreciated. (Please NO clothing or older, large TV's) Donations of goods can be dropped off at the above address starting May 20. Arrangements for early drop-off or pick-up can be made by calling the above contacts.

Your continued support of this community event is very much appreciated.



# Creston & District Community Directed Funds Committee Welcomes Fields Forward Coordinator Paris Marshall Smith

press release



March 31 2016, Creston, BC – Since the launch of the Fields Forward partnership, dozens of volunteers, community development professionals, local government representatives, farmers, and food producers have dedicated

hundreds of volunteer hours to local agriculture and food security projects. Riondel's Paris Marshall Smith has been one of the volunteers. Now, Paris is stepping into the Fields Forward Coordinator position – continuing a career dedicated to strengthening local food systems. Her role will be to guide and support community action. Paris comes well equipped for the many tasks this will include – from research to project design to fundraising. She brings two related Masters degrees, training as a professional community planner, and a track record of helping communities to set and realize food security goals.

## BRINGING FOOD SYSTEMS STAKEHOLDERS TOGETHER

Fields Forward is the first project funded by the Creston & District Community Directed Funds initiative. It was designed to answer a call from the community to boost economic development in the agri-food sector and improve local food security. Funding was announced late last December after more than a year of community consultation, research, and planning. The volunteer Committee allocated just over \$250,000 to fund the project's first three years. This is a significant portion of the \$600,000 entrusted to them by Columbia Basin Trust for investment in locally-driven community change.

## COORDINATOR WILL SUPPORT COLLECTIVE ACTION

Putting a paid coordinator in place is central to the Fields Forward strategy. "No single organization, business, or group can transform our food system alone," says C&DCDF consultant Laura Hannant, "Real change happens when we pull together." The Coordinator will help Fields Forward partners to communicate with each other, find shared goals, develop and advance projects, mobilize funding, and engage volunteers.

C&DCDF Committee Chair Hugh Grant explains that the selection process was a competitive one. "We were looking for a diverse skill set and a track record of success. We ended up with a very good problem in that we had several excellent candidates. It was encouraging that most of them live right here in Creston & District."

"The process was a reminder of the need to create more local food systems jobs," elaborates Laura Hannant, "Our community is rich in people with the knowledge and skills to move us closer to food security. The challenge is find ways to compensate people for the work that needs to be done. This is part of what Fields Forward is all about."

# DIY Fooding

by Elisa Rose

## Small Batch Sauerkraut

Well this is not exactly an in-season recipe, but, it is what I'm making at the moment. Small batch sauerkraut. Choucroute. Lacto-fermented cabbage. I've been experimenting with this since last fall when I made it with some purple cabbage that I grew in the garden. So one way it is seasonal, is that you could plant your own cabbage now, if you wanted to try making some completely homegrown sauerkraut.

I do not have a large sauerkraut vat for making large amounts, which I think some serious sauerkraut artists may use, but what I do have is mason jars, so, that is what I use. The good thing about this is that when I make small batches, it doesn't take long to finish, only a week or two. The down side is that I have to make it every couple of months instead of once a year. While I am not an expert on sauerkraut, the fact that I make it regularly and it works makes me feel qualified to tell you about it. And although this is not harvest season, we do live in a time and place where we can buy almost any food at least somewhat fresh, any time of year.

The equipment that I use is a sterilized or very clean 1 litre wide mouth mason jar and a wooden press/pestle long enough to reach deep into the jar while still holding onto the handle. These are the key tools. The other thing I use is a food processor fitted with a blade attachment that makes for quick, easy and uniformly thin slicing. Alternately, a sharp knife will do for slicing up the cabbage. And for when the cabbage is fermenting, I put a small plate under the jar to catch any over flow of the juices.

The essential ingredients are, cabbage and salt. Sometimes I add some grated ginger or horseradish and other people have been known to add things like juniper berries, caraway seeds and even some other vegetables like beets and carrots, but my basic recipe is just cabbage and salt. I don't actually measure the cabbage, but I use a food processor with a 2 litre capacity and fill it right up full when shredding.

If you slice up too much you can always make coleslaw with the leftovers. I start by measuring out the salt, approximately 1 1/2 tablespoons per litre of finished sauerkraut, and I put it into a small bowl or a measuring cup. Last time I made it was a bit too salty, and I'm wondering if it's because I used fine pink Himalayan salt instead of coarse salt, which is what I used the times before. A measurement of finer salt actually ends up being more salt than coarse does, so for the sake of giving directions, I will say, use 1 1/2 tablespoons coarse salt. Next, set aside an outside layer of the cabbage or, if it's from your own garden, use a cabbage leaf. Then, thinly slice up chunks of cabbage either by hand or with a food processor. Take a few handfuls of the shredded cabbage and stuff it into the jar, so that it loosely fills up to the top. Sprinkle a bit of of the salt into the jar, and then pound the cabbage down with the wooden pestle. Just give 'er. Pound it down hard. I like to switch hands often to blance the work on my body. It's hard work beating that cabbage to a pulp.

When the cabbage is quite packed down, maybe filling a quarter of the jar or so, repeat filling up the jar with the sliced cabbage and adding a bit of the salt, and pounding it down. It will start getting juicy, which is great. You can keep adding the cabbage and the rest of the salt bit by bit and pounding it until it gets near the top, at which point you want to be more careful to not

splash the cabbage juices. You can switch from pounding it to more of a grinding motion, just to be safe. The cabbage will be submerged in its juices by the time you are done.

When the jar is a little less than full, about an inch or two from the top, take the outside cabbage layer or leaf that you set aside and tear it into a piece a bit bigger than the opening of the jar. Stuff it into the jar, covering the sliced and crushed cabbage and submerge in the juice. Put a snap lid (a clean used one is fine since you're not sealing the jar) and ring on it, leaving the ring unscrewed, just securing the lid in place. Place the jar in a dark place, like a kitchen cupboard or a pantry shelf, with a small plate under it. The jar will fill up with bubbles of carbon dioxide as it ferments and the juices may overflow. After a few days I might take a peak at it and push down on the cabbage leaf to release some of the bubbles.

After about a week it may be ready to eat. Open it up, and if there is any weird looking possibly pink stuff growing on the top, skim it off. Also, don't be surprised if it looks like the juice is all gone, it is just reabsorbed into the cabbage, making it all limp and sauerkrauty. Remove the leaf and taste a bit of the cabbage. If it tastes ready, go ahead and put it into the fridge for consumption. I leave mine up to two weeks in the cupboard.

As for eating sauerkraut, functionally, it aids digestion, and has many vitamins and minerals. Some people (my dad for example) would eat it after dinner, separate from the meal, close to bedtime. After I gave him a couple jars for his birthday recently, and they were too salty, I introduced him to the idea of mixing into whatever you're eating for dinner, for delicious flavour and texture (yes, texture can be delicious too) and was recently informed that that is now regularly how they eat it. If you fry it up it will kill the probiotics, but it will still be nutritious in other ways. Put it on a hot dog. Put it on scrambled eggs. Mix it into your salad. It's good!



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**Community Connections Grants...**

by Greg Blackwell

**Looking for Grants? Check out BC Rural Networks**

...

by Greg Blackwell, Community Connections Administrator

Established in 2004, the BC Rural Network (BCRN) is a coalition of organizations, communities, and individuals who share a commitment to building the capacity of British Columbia to develop responses to rural and remote community issues. The Network dialogues with rural communities and organizations across BC through a series of annual regional forums, the Biennial BC Rural Communities Summit, an annual province-wide member's workshop, an e-mail list, regular newsletters, and website [www.bcruralnetwork.ca](http://www.bcruralnetwork.ca)

**Vancouver Foundation Field of Interest Grants-VariouS 2016 deadlines**-Grants of up to \$75,000 for organizations with innovative projects in four fields of interest: Arts and Culture; Education and Training; Environment and Animal Welfare; and Health and Social Development.

**Rural Dividends Fund- Deadline May 31, 2016**-These Rural Dividend funds will assist rural communities and organizations diversify their economies and build and retain their workforce.

**B.C. Community Gaming Grants Program -Arts and Culture Organizations and Sport Organizations- Deadline May 31, 2016**-Funds available to support the delivery of community organization programs that benefit the citizens of British Columbia.

**TD Friends of the Environment Foundation-Deadline July 15, 2016**-Funding is available for a wide range of environmental initiatives, with a primary focus on environmental education, urban greening and enhancing biodiversity, and energy conservation. Registered charities, local governments, Aboriginal groups, and schools are eligible to apply.

**Unit Residential Building Charging Program-Deadline October 1, 2016**-Apply Now for a \$4,500 incentive for the purchase and installation of a Level 2 charging station for your multi-unit residence. This program is for residents and property owners of existing stratas, apartments, condos, town homes, and housing co-ops in B.C.

**Investment Agriculture Foundation of BC-Applications accepted on an on-going basis. Program ends March 31, 2018**-The Canada-BC Agri-Innovation Program has been renewed under the federal-provincial Growing Forward 2 Agreement. Funding is available to support industry, academia, retailers and others in late stage research and pilot projects that lead to the commercialization and/or adoption of innovative products, technologies and practices.

The Northern Development Initiative Trust has announced the launch of its Fabulous Festivals and Events program, which provides non-profit organizations with up to \$2,500 in annual grant funding to support unique events and festivals throughout the region that contribute to service sector revenues in the local economy, visit [www.northerndevelopment.bc.ca](http://www.northerndevelopment.bc.ca). Funding applications for this program are accepted on continuous intake cycle. **Applications for festivals or events occurring in the 2016 calendar year can be submitted starting November 1, 2015.**

Air Canada has a proud history of supporting organizations that focus on improving the lives of Canadians. Their support of community organizations has made Air Canada an active participant in those efforts and in their successes.

Environment of Canada Science Horizons Youth Internship Program- **ongoing intake** -Environment Canada's Science Horizons program is a collaborative effort with Canadian universities, the private sector, non-governmental organizations and other eligible organizations that offers promising young scientists and post-secondary graduates hands-on experience working on environmental projects under the mentorship and coaching of experienced scientists and program managers.

**Get Youth Working! Program-ongoing intake (as long as funding is available)**-This program, funded by the Government of Canada through the Canada-British Columbia Job Fund, offers employers in your region of BC a \$2,800 hiring incentive to hire eligible youth 15 to 29 years of age. Additionally, employers may request up to \$1,000 to purchase training for the newly hired youth.

**Fish and Wildlife Compensation Program Community Engagement Grant-ongoing intake** -The goal of the Community Engagement Grant is to provide an opportunity for FWCP stakeholders (e.g. environmental groups, rod and gun clubs, non-profits, stewardship organizations, government, and First Nations), to apply for small amounts of funding to support their conservation and enhancement work.

**YMCA Youth Job Match Program- ongoing intake** -The Job Match Program provides youth with skills training and work experience in various high-demand occupations, while supporting companies with a wage subsidy of \$9.25/hour for the first 12 weeks of full time employment. This province-wide program assists young, motivated individuals gain experience, build skills, develop confidence, and through the support and guidance of YMCA program staff, overcome barriers to employment. Participants work with program staff to secure paid, full-time employment within high-demand occupations for a minimum period of 12 weeks.

**Healthy Eating School Food Grant- ongoing intake** -The Action Schools! BC Healthy Eating School Food Grant will assist your elementary or middle school in implementing lessons and activities from the Healthy Eating Action Resource.

If you are thinking of having Community Connections sponsor your grant application, please contact us early so we can do a good job of supporting you.

To contact Community Connections [www.connections.ca](http://www.connections.ca) or please call or email our Administrator Greg Blackwell at 250-227-9218x5505 or cell 250-509-0751, at [skootenaylakecss@gmail.com](mailto:skootenaylakecss@gmail.com) or [blackwellgregw@gmail.com](mailto:blackwellgregw@gmail.com), or drop by our office 1-4pm Wednesdays at Crawford Bay School.

**Massage Therapy Harreson Tanner, RMT**  
Over 30 years clinical experience



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**Need help with your business? Have a business idea to explore?**

Community Futures is your small business expert.

We offer business loans, business management workshops, business library & more. Unemployed? Ask about the self-employment program.



Call Alison Bjorkman at 250-428-6356 to book a free appointment in Crawford Bay... [www.futures.bc.ca](http://www.futures.bc.ca)

Growing communities one idea at a time.



**Creston Veterinary Clinic**

**Your Hometown Vet**  
1 (250) 428-9494

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

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

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

**Mobile Clinic Dates:**

**May 17 and June 14**

**YOUR HALL IS AVAILABLE!**

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

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*Next Deadline:*

*May 25, 2016*

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

*[www.eshore.ca](http://www.eshore.ca)*

# ~Imagine the Opportunities~

There are amazing investment opportunities all around us. Did you know that Imagine Kootenay (imaginekootenay.com) features several fantastic East Shore business ventures/investments on their website, and for free? Did you know that all it takes to peruse these opportunities is access to the internet (and an email address for more detailed information)? Our beautiful East Shore is resplendent in successful and highly creative businesses. Owning a business in the region and living your dream lifestyle is now easier to accomplish than ever. Imagine Kootenay features work, lifestyle and investment opportunities in a one-stop-shop setting, making navigating simple and relatable. Investment opportunities on the East Shore will be featured here over the next three to four months. Make sure you visit imaginekootenay.com for more info! Community Connections at skootenaylakeccs@gmail.com or 250-227-9218x5505 can also provide more information or help you input your opportunity



## Sirdar Pub and Grill

The Sirdar Pub is a fully licensed pub and eatery with full kitchen facilities and a walk-in cooler. A 60 seat liquor license is in place and can be transferred. There are living quarters on second level of this heritage building, and a new roof just been installed.

The pub located in Surdar, approximately 15 kilometers north of Creston, situated on Highway 3A, the main North – South access to the East Shore of Kootenay Lake. The East Shore of Kootenay Lake is very well known as a popular tourist destination. This is a great business opportunity. Call today for a showing. Location: Sirdar B.C. Situated on Highway 3A the main North – South access to the East Shore of Kootenay Lake - approximately 15 kms north of Creston.



## Bayshore Resort

We are a full service resort. We have 7 cottages, full hookup camping sites as well as tenting, a restaurant, and a marina with gas. We are located in Boswell, BC at 13165 Hwy 3A between the Kootenay Bay ferry landing and Creston, BC. A short 30km drive from the ferry landing or 40 km drive from Creston will land you right in our picturesque and breathtaking back yard.

We are adjacent to Lockhart Creek Provincial Campground. World famous fishing, hiking, biking, water activities and golf are activities for visitors and campers. There is so much to boast about in this gorgeous location on Kootenay Lake. You've got to see it to believe it!



## The Lakeview

### Store, Campground & Marina

Located at the mouth of Crawford Bay, this historical (circa 1930) business began as the last campground for the Hwy 3A highway builders. It is now offered as three different investment opportunities.

1. The grocery store consists of 1600+sf leased space + basement and includes a rural liquor agency, postal outlet, gas bar, as well as boutique style grocery with an assortment of local suppliers, and also with a café license. Investment is minimal...so bring new ideas to the table!

2. Another investment sector on this property in a new, 2nd marina for which has complete permits have been obtained. This investment appeals to boat owners who wish to secure a slip for the long term on one of the most desirable locations on Kootenay Lake.

3. The entire property with 1500' of lake frontage is also available for sale and consists of 26 RV campsites, another a 14 slip marina, and a 6400sf building that includes the store and four beautiful, lake view apartments. Further development possible as environmental and geo-tech studies have been completed.



imaginekootenay  
Your better life



## Breathless Green

is M-Chantal & Tim Elias' new venture.

We invite you to our now leased greenhouse (from Crawford Creek Farms Ltd) where you can find delicious, fresh, healthy vegetables, bedding plants and our great variety of awesome tomatoes. We aim to join forces with others to create local food abundance for everyone.

Open Weds-Mon, 11-3

16521 Crawford Creek Rd  
Crawford Bay  
250-777-3667  
m-chantal@telus.net



Get the skills to succeed...get Job Ready!

Program Starts June 6 - 10, 2016  
in Crawford Bay

This free week-long program will help you prepare for and get work. Learn tips and tricks for preparing a great résumé and creating a lasting impression during job interviews.

Interested? Contact KES at 428-5655 to arrange an intake appointment in Creston or Crawford Bay.



Kootenay Employment Services  
119-11th Ave N, Creston BC  
Toll-Free: 1-855-428-5655  
www.kes.bc.ca

*Creativity, Community, Conscience*  
mainstreet@eshore.ca



## Buying? Selling?

Have a business/commercial property to sell on the East Shore? Want to invest here? Know someone who does? YOU could be listing with imaginekootenay.com for FREE to increase your results and/or exposure...and there's no obligation.



Call 250-227-9218 ext 5505 and we'll help to make your listing potential bigger & broader.

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*Central Kootenay Lake's community non-profit ISP.*



**Breathless Green**

*is M-Chantal & Tim Elias' new venture.*  
We invite you to our now leased greenhouse (from Crawford Creek Farms Ltd) where you can find delicious, fresh, healthy vegetables, bedding plants and our great variety of awesome tomatoes. We aim to join forces with others to create local food abundance for everyone.

**Open Weds-Mon, 11-3**

**16521 Crawford Creek Rd**  
**Crawford Bay**  
**250-777-3667**  
**m-chantal@telus.net**



**NEW HOURS!... Starting Friday, May 6**  
**MON-THURS: 9am-6:30pm, FRI-SAT: 9am-7pm**  
**SUN: 10am-5pm**

Phone: (250) 227-9322 Fax: (250) 227-9417

Bottle depot will continue to be open Sundays, 10-3  
And starting May 5, will also be open Thurs, 10-3

We take pride in being able to offer you a wide variety of GROCERIES (including many natural & organic foods), FRESH MEAT & PRODUCE, a delectable selection of DELI MEATS & CHEESES, as well as FISHING TACKLE, GAS, & a large assortment of LIQUOR!  
Don't forget to check in regularly and take advantage of our ongoing sales!

PLUS! We'll have flowers just in time for Mother's Day...

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Guiding Hands Recreation Society's  
**Tipi Camp Nature Retreat**

## Tipi Camp Silent Auction

Join us for a fun-filled evening of fundraising for many projects at Tipi Camp! All money raised will go directly into WISE program bursaries to send kids to camp, infrastructure, and various projects. By donating items and/or attending the Silent Auction, you are giving in the most valuable way to this wonderful place, and helping keep Tipi Camp vibrant.

To donate quality items or services, contact us & we will pick them up!

**Celebrating 29 years of Tipi Camp!**  
Delectable edibles and steaming hot elixirs!

**DATE** June 5, 2016

**TIME** 5 - 9pm

**WHERE** Crawford Bay Hall  
Crawford Bay, BC

**INFO** Sandra: 505.6189  
Nicole: 505.3173





Are you  
**SERIOUS**  
about  
getting a  
job?

Get the skills to succeed...get Job Ready!

**Program Starts June 6 - 10, 2016  
in Crawford Bay**

This free week-long program will help you prepare for and get work. Learn tips and tricks for preparing a great résumé and creating a lasting impression during job interviews.

**Interested? Contact KES at 428-5655 to arrange an intake appointment in Creston or Crawford Bay.**



Kootenay Employment Services  
119-11th Ave N, Creston BC  
Toll-Free: 1-855-428-5655  
www.kes.bc.ca

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STORE**

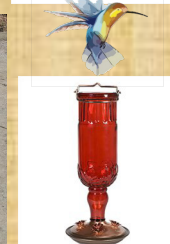
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graycreekstore.com



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

- **The Hummingbirds are back!** See the selection of glass feeders that have arrived!
- **Hie Hoe Hie Hoe**, it's off to the garden we go! The new fleet of wheelbarrows is here! Check it out!
- **Time to freshen up the deck?** Mention this ad and get 10% off all exterior paints & stains.
- **Come and Talk to Steve** about your next building project. Have we got deals for you!



**PLUS: WETT inspections & Free In Home Consults**

*Next Deadline: May 25, 2016*  
*Creativity, Community, Conscience*

Kate Page, Proprietress  
Book ahead: 250.505.6950

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**Special Nights: Everyone welcome!**

**Fridays: Patio Party: Southern BBQ menu:**

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**Saturdays: BBQ - 8oz Striploin w/ fixings - \$25 + tax**



*We invite you to check out our website ([kokaneesprings.com](http://kokaneesprings.com)) & like us on Facebook.*

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Sun. 10am to 5pm  
250-225-3214

# A "MEDLEY" OF EXCITEMENT FOR 2016 SUMMER

Submitted by Lorna Robin

The Medley Arts Camp is very pleased to once again have very talented artists and musicians facilitate courses this year. They are all excited to have you join them to create and play from July 25-29 at the Crawford Bay School. Stay tuned for next month's *Mainstreet*, where we will showcase six more of our incredible teachers. In the meantime, read on about these wonderful artists, and then go to our website to register and explore all the classes you and your kids or grandkids can join. Visit [www.medleyartscamp.ca](http://www.medleyartscamp.ca) or call Lorna Robin at 250.225.3333. It's going to be fantastic!

**SHIRLEY WYNGAARD, BFA, ASA**  
Landscape Painting



Shirley came to the Kootenays in order to pursue painting and music after a lengthy career as a curator, fine arts administrator and educator. She has exhibited extensively and her work is held in several collections. Her goal as

a painter is not to duplicate the image but to respond to it emotionally. As a teacher she endeavors to inspire a student to pursue their creative expression with the excitement of developing observation skills, technical skills, and an enhanced visual vocabulary.

**RIELLE OSWALD – Puppet Art, Paper Magic, Theatrics, So You Can Sing**



Rielle Oswald was born and raised in Nelson and now lives in Kaslo BC with her family. She has been an arts instructor since 1998, working with ages 5-65. Her experience is diverse and includes the public school system, summer camps, private lessons, Continuing Education through Selkirk College and the

Nelson Waldorf School. In 2010 she graduated from UVic with a Masters in Arts Education and has been a practising artist since 1991. Her work has been shown across Canada and can be seen online at [Artslant.com](http://Artslant.com) and on Facebook, "rielle oswald artist".

**SLAVA DOVAL – Urban Jazz, Dance Fusion, Contemporary Dance**



Slava is the Artistic Director and founder of DanceFusion, a Nelson based dance school with eight teachers offering a variety of styles for ages three to

adult. She is a passionate performer, teacher and choreographer who infuses her globally minded movements with grace and presence while exploring the common thread in dances from around the world. Slava continues to study dance internationally, and she and her DanceFusion troupes perform locally at many of the Kootenay music festivals, as well as the annual DanceFusion showcase. Slava Doval is the current dance sector representative on the Cultural Development Committee for the City of Nelson.

**DENA KUBOTA –**  
Gymnastics for ages 6-9 & 10-13



Dena's love of gymnastics began as a preschooler on a backyard swing-set. Cartwheeling ever since, she has been coaching for over 30 years. She is a certified Level 2 Ladies' Artistic Gymnastics and Level 2 Trampoline coach, and has designed and taught programs for

clubs and schools in Alberta and BC. After moving to Kootenay Bay in 2003, she helped establish the Springtastics Gymnastics Club (Riondel) and currently shares her passion for the sport through instructing classes for the Glacier Gymnastics Club (Nelson), Procter Gymnastics Club and the Nelson Rhythm Ropers. In addition to obvious fitness and healthy lifestyle benefits, Dena believes gymnastics is much bigger than it may appear – children also build personal skills such as confidence, courage, discipline, problem solving, and performance and social skills through the opportunities gymnastics presents.

**BEN JOHNSON – Samba Band, Ukulele Madness, Hand Drum Jam**



Musician, record producer, teacher, and network developer living in the village of Riondel, BC with three generations of family and two dogs. Ben is the founder and artistic director of the East Shore's 'Samba Lago Profundo' Brazilian

## Celebrating Community Learning

Where are we going?

Where have we been?

Join the conversation. All invited.

5pm Friday May 13 – Gray Creek Hall

Please RSVP to [eslearningplace@gmail.com](mailto:eslearningplace@gmail.com)

or call 250-227-9218 ext 5518

percussion ensemble, since 2011. Ben is a lifelong musician and began his music career in 1997, playing Greek music with the Rembetika Hipsters of Calgary. Over ten years of performances across Canada and in Greece, Ben established himself as a multi-instrumentalist and composer, picking up instruments along the way such as the Turkish darbuka and Oud, Indian tabla, and of course the ukulele!

**NOEMI KISS –**  
The Art of Song



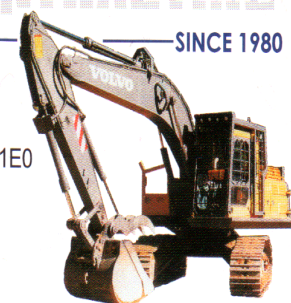
Born in Hungary, Noemi studied at the Academy of Music in Budapest and the Guildhall School of Music and Drama in London. Her repertoire is wide-ranging, from Renaissance

songs, through European Baroque, to contemporary music. She has performed in concert halls in Iceland, Norway and Israel. Her recent recording of Pergolesi's Marian Vespers with New College Choir and the Academy of Ancient Music under Edward Higginbottom was nominated for both the Gramophone Award and the Classical Grammy Award. Noemi makes her home in Argenta, BC. She is now an integral part of Nelson's music life, and teaches voice in Nelson. For a discography, please visit [www.noemikiss.co](http://www.noemikiss.co)

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## Community Champion Workshop

by Farley Cursons, Local FireSmart Representative (LFR)

Across Canada, more than 8,000 wildfires are fought each year, burning over 2.1 million hectares – these figures are growing, and forecast to continue increasing. With increasing frequency, these fires involve urban, industrial, and recreational developments. Urban sprawl into areas of dense natural vegetation (fuel) is rampant, as is the migration of people seeking homes in more remote and forested settings. Fire in these areas is a natural occurrence, and wildfires are tough to control. As development increases, lives and property will be threatened as never before. We need to be better prepared, and reduce the potential for our neighborhoods to ignite due to wildfire.

In April the headline news is already featuring stories about wildfires threatening homes northern BC and Alberta, the wildland/urban interface problem is widespread on the east shore too. Wildfire events in developed areas all too frequently turn into disasters – but this doesn't need to be the case. There are solutions – and bringing FireSmart practices

to our communities can reduce the risk of wildfire losses significantly. Let's not allow our community to fall victim to wildfire.

The East Shore FireSmart Community Champion Workshop will be scheduled for early June at a central location to be announced. The general public will be welcome to attend the event. Workshop participants can be ordinary citizens but also include community planners, elected officials, builders, landscapers, woodlot owners, emergency response managers, and local fire officials.

Within the workshop is a Recruitment Presentation. The purpose of the Recruitment Presentation is to attract and enlist Community Champions - persons willing to lead their neighbors in attaining FireSmart Community recognition status. The 30-minute presentation "FireSmart: Breaking the Wildfire Disaster Cycle" is designed to raise resident awareness of Wildland Urban Interface (WUI) issues and provide safety-minded citizens with the knowledge to work with neighbors and fire professionals.

Community Champions take the initiative to begin the process of becoming a recognized FireSmart Community, an honor conferred by FireSmart Canada to neighborhoods, subdivisions and small communities that take the initiative to plan and implement effective wildfire mitigations. Queens Bay is a recognized FireSmart Community.



FireSmart Canada - Community Recognition Program  
Local Fire Representative Workshop - Nelson, RDCK - April 8 + 9, 2016

The FireSmart Canada Community Recognition Program is a grassroots initiative that zeroes in on the hazards that make a community vulnerable to wildfire, and provides local residents with a framework for planning and implementing locally adapted solutions. The program includes many educational and motivating tools that residents will find useful in making their homes and the surrounding community resistant to wildfire losses (i.e. FireSmart).

Special thanks to the RDCK for sponsoring LFR training for this initiative.

To learn more about the East Shore Community Champion Workshop and how to register, contact Farley Cursons at 250 354 8553 or e-mail interface.strategies@gmail.com

## The PAC Box

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

**PAC MEETING:** The final PAC meeting is either the first or second Monday in June at 7pm in the school library. All parents and guardians welcome. If you have an item to discuss, please contact Ingrid at 250.227.9246 or mainstreet@eshore.ca

**HOT LUNCH/HL MANAGER:** Chef Tyler welcomes input and help/volunteers. If you have questions/comments for the Hot Lunch Program, you can email hot lunch manager Palma at cbeshotlunch@gmail.com.

**NOTES:** Don't forget that there is now a cap of 10 meals put on the number of lunches that a student can have on credit. We appreciate your cooperation!

## Build Skills for Business Success with Canada Job Grant

submitted by Laverne Booth for the Learning Hub

The Canada Job Grant provides funding to offset up to two-thirds of training costs for existing or prospective employees to a maximum of \$10,000 per employee. The application process is open now.

**How do job grants help businesses?** By building a knowledgeable and skilled workforce, businesses can increase their productivity and profits. These funds can be used to acquire and retain skilled employees.

Selkirk College is an established training specialist in essential skills training, technical training, and business, management and leadership education. We offer a campus location right here in Crawford Bay. We offer hundreds of courses and short-term certificate programs. We can customize training to suit your organization and your budget.

How do you get started? For assistance in navigating the Job Grant application process or to learn more about how Selkirk College's Community Education and Workplace Training can help develop your workforce, contact Carol Currie at ccurrie@selkirk.ca or your local Community Education and Workplace Training Coordinator Laverne Booth at 250-551-5827 or lbooth@selkirk.ca.

For information/forms see [www.worksafeBC.ca](http://www.worksafeBC.ca).

May 2016 Mainstreet 15

**NOT YOUR AVERAGE VOLUNTEER GIG**  
*Serving the East Shore.*

Join us. Be a volunteer responder. | RIONDEL FIRE/RESCUE SERVICES  
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## Next Deadline: May 25, 2016

### Creativity, Community, Conscience

DATES/EVENTS TO TAKE NOTE OF:

- **MOTHER'S DAY BREAKFAST & DINNER SPECIALS** - May 8
- **MATT DUBOIS** - May 13
- **HUMBLE BEANS** - May 20
- **DARK FORE CLOUD & THE LIGHTNING** - June 17

Say Hello—we have new faces at Newkey's!



250.227.6911

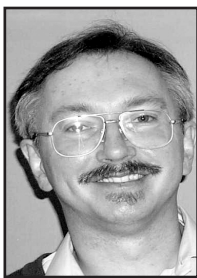
Come as a stranger, leave as a friend!  
Thank you for your support over the winter!  
We look forward to a fabulous spring/summer!

Watch for new menu items this month...



## Seldom Scene

by Gerald Panio



"John had seen this last of the great Ohio River packets [paddlewheelers] once or twice in his life; glimpsed it from a distance through trees, or from the window of his bedroom, a great mountain of decks and white paint and proud stacks spilling black smoke all down the sky. And like all river folk he had heard the sweet enchantment of her whistle on many's the lonely night: that hoarse, sweet chord that seemed the voice of all the great, dark river's past: the brooding spirit of that rich and feral stream and the ghosts of the men of long past times and the good and evil that they made upon her: the Harpes and Mason and the Devil Girty and God's own Johnny with his poke of appleseeds."

—from Davis Grubb's *The Night of the Hunter*

"It's a nightmarish sort of Mother Goose tale we were telling." —Charles Laughton

*The Night of the Hunter* (1955) was the first foray into directing by the renowned English actor Charles Laughton. It was also his last. Despite having laid all of the groundwork for his next film, an adaptation of Norman Mailer's *The Naked and the Dead*, the indifference or outright hostility to *The Night of Hunter* on the part of the movie-going public, and its savaging at the hands of critics, so disheartened Laughton that he abandoned all further thoughts of directing.

How things change. In 2005 the Library of Congress singled it out as one of the classic American films worthy of preservation in its collection.

Laughton's film has found its place in almost every major reference work on film noir and cult films. It stands out as one of the strangest Hollywood pictures anyone ever made—imagine *The Cabinet of Dr. Caligari* crossed with a Norman Rockwell painting.

It's not hard to imagine why *Hunter's* original audience might have been confused. In the first 10 minutes we go from Lillian Gish's voice telling Bible stories with heads of children silhouetted against a night sky, to helicopter shots of idyllic small-town America stretched along the Ohio River, to children finding a woman's body in a storm cellar, to jovial serial killer-cum-preacher Robert Mitchum motoring along in a Model T talking to his own twisted version of the Almighty, to a father on the lam being dragged off and beaten by cops in front of his own children, to Mitchum again sitting like the Wrath of God in the audience of a burlesque theatre. Anyone unfamiliar with the Southern Gothic of Davis Grubb's original novel might have been forgiven for wondering what kind of a ride they'd paid their tickets for.

In a role that dovetails nicely with that of the killer he later played in *Cape Fear* (1962), Robert Mitchum is Harry Powell, an inveterate woman-hater who uses religion to seduce widows in order to get his hands on their money. He then rides the world of what he sees as a whorish daughter of Eve, and hits the road again. While he's doing a prison stint for car theft, Harry Powell's cellmate, Ben Harper (Peter Graves), turns out to be a condemned bank robber who has stashed \$10,000 somewhere at the home of his wife and two children. Powell can't trick Harper into revealing the money's actual hiding place, but plans on paying the family a visit once the hangman has done his work.

Immediately after his arrival in Harper's home town, Powell sets to wooing his widow. Willa Harper's neighbors are just too happy to push her into his arms. After all, what's a woman without a man to help raise those kids? Powell's successful, the wedding night

is a psychological horrorshow for Willa, and the only thing left for Powell to do is browbeat the children into coughing up the hidden money. Unfortunately for Harry, the kids manage to make a run for it, riding their dad's skiff downriver. Powell sets out to hunt them down.

For myself, watching *Hunter* for the third or fourth time, what stands out for me is the acting, the incredible black and white cinematography by Stanley Cortez, and the atmospheric art direction & set design by Hilyard M. Brown and Alfred E. Spencer.

As an exercise in black & white photography, *Hunter* ranks right up there with Billy Wilder's *Sunset Boulevard*. Not only does Stanley Cortez draw on almost every trick from the film noir playbook—shadows on walls, silhouettes in darkness, street lamps, off-kilter camera angles, multi-plane compositions—he throws in some bizarre outsized foregrounding of things-in-the-night (spider web, bullfrog, owl, rabbit) that seem to bear witness to the children's panicked flight down the river at night. The effect is both magical and disconcerting, a fairy tale with none of creepy stuff edited out. There's a shot of a dead woman in a car deep in the Ohio River, with her long hair flowing parallel in the current with the river grasses, that's one of the eeriest blends of horror and beauty ever caught on film.

The Art Director and Set Decorator conspire on some farm houses and barns that wouldn't look out of place in *Psycho*, and a couple of creepy triangle-shaped bedrooms doing homage to German Expressionist cinema. The creepiness cohabits with sunny ice cream parlors and bucolic cottages.

Robert Mitchum makes a superb villain, silver-tongued and seductive, brutal and bestial. Where his character in *Cape Fear* was half human, half reptile, Harry Powell is half human, half weasel. When he's full-on angry or afraid, speech abandons him and the sounds he utters make one's skin crawl (critic Peter Rainer called it "the boogeyman's aria"). My favorite bit is the Freudian switchblade through the trouser pocket. Amazing what you can sneak in under the radar of even the strictest censorship.

In keeping with the film's idiosyncrasy, I think Charles Laughton (and/or Mitchum) may have played one twisted joke on Powell that I've not seen mentioned elsewhere. In the scene where he's pursuing the children up the cellar stairs, Harry's profile looks an awful lot like that of Frankenstein's monster. Near the end of the film, the town's respectable citizens turn into a Harry-hating lynch mob indistinguishable from the one at the end of James Whale's *Frankenstein*.

As Willa Harper, the mother of Ben's two young children John and Pearl, Shelley Winters gives a chilling portrait of a vulnerable woman convinced to martyr herself. The two times we see her in a bedroom with Powell her lack of self-worth allows him to first mold her into the icon of perversity he sees as the role of all women, and then to destroy her utterly.

Billy Chapin and Sally Jane Bruce turn in fine performances as John and Sally Harper. They're survivors, but just barely. No grandstanding, no excessive plays for sympathy, no superhuman feats of defiance or daring-do. The river is their salvation, as it was for Huck Finn. For them, adults in general are weak (Willa, Ben, alcoholic uncle Birdie Steptoe), meddling (neighbors Icey and Walt Spoon), or rapacious (Harry).

There is, however, one genuine adult role model. Lillian Gish plays Rachel Cooper, a widow estranged from her only son, who raises a brood of orphaned and abandoned children on her small piece of land by the river. She describes herself as "a strong tree with branches for many birds." Rachel gives John and

Pearl, and when Harry Powell comes by with his cant immediately recognizes him for the fraud that he is. Rachel acknowledges that "It's a hard world for little things," but she knows that evil can reveal itself to have feet of clay when challenged head on.

I know if I were a kid in trouble, I'd want Lillian Gish to save me. Here's an actress who made her first film in 1912 and her last (at age 90!) in 1987. Dignity, professionalism, and strength of will personified. Her book *The Movies, Mr. Griffith and Me* remains a classic account of the early days of American cinema.

The full story behind the creation of *The Night of the Hunter* is a complicated and fascinating one. An excellent account can be found in Danny Peary's *Cult Movies 3* (one of the four indispensable books Peary has written on midnight movies). James Agee wrote the original screenplay for *Hunter*, which Laughton revamped to the point where no one is sure of who really should get credit for certain key scenes. Laughton detested the kids playing John and Pearl, and let Mitchum direct them whenever necessary. Laughton's choice of Lillian Gish for his cast was no accident. His role model for *Hunter* was cinematic pioneer D.W. Griffith. He reviewed all of Griffith's work to prepare himself for his own film, and could think of no actress better suited to the role of Rachel Cooper than the one who for nine years had been Griffith's partner in revolutionizing narrative cinema. Good choice. Audiences believed in her in the early decades of the 20<sup>th</sup> century. A century later, we still believe in her when she delivers *Hunter's* bittersweet message: "Lord, save the little children. The wind blows and the rain is cold, yet they abide." Reinforcing that theme, Peter Rainer wrote, "*The Night of the Hunter* is a fable that passes from darkness to light. But we are left in no doubt that the wolf is forever at the door."



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# Smarter Than Jack or Jill

by Sharman Horwood

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

## Elevator Smarts

Cats have to be very smart to survive on the streets in Seoul. In Korean myths, cats are demons because their eyes glow in the dark, so Koreans rarely help a stray cat. However, the one I rescued was smart enough to survive on Seoul's city streets, and she did it well.

When I found Spud, she was digging through the garbage bags at the curb to find food. I saw her there, industriously rooting through the plastic, tearing the bags apart, and pawing through the detritus inside. She must have belonged to someone at sometime because when I came close, she let me touch her. She was white, plump, and had two blotches of black fur along her back. The fact that she was a stray and heavy was unusual, but a trip to the vet quickly revealed her secret: she was pregnant. I couldn't return her to the streets, though. She was willing to let me adopt her and I was sure she'd adjust to life in an apartment.

I needn't have worried. She settled into my two small rooms, and my life—not to mention my heart—very quickly. She appreciated the regular food, having a clean, warm place to sleep, particularly where she could play with my hair, and she loved the attentions that came with being a pet. Once the kittens were born, though, and I'd located homes for them, she'd often sit on the windowsill, looking outside somewhat wistfully. She wasn't unhappy, but she was clearly a little bored with four walls, so I tried an experiment with her. I'd work on my marking and class preparation for an hour in the evening, and then I'd take Spud out to the grassy park behind the building for an hour. She'd play in the grass, chase the insects, and I'd read while I waited for her. When she was ready, she'd follow me back indoors, quite willingly: she'd had her bit of fun, her fresh air. The security guards at the desk would chuckle as I tramped in, Spud at my heels. The two of us then stood, patiently waiting for the elevator doors to open and take us back up to the apartment.

I knew it was unusual for a cat to willingly step into an elevator, and calmly ride it up and down, but Spud was about to surprise me even more.

The problem started towards the end of the semester. My marking load became substantially heavier and Spud wasn't willing to wait the extra time it took to finish my marking each night. She wanted to go out. I started leaving the apartment door open so she could at least roam the hall and visit the other teachers in their apartments. She was a friendly cat. I thought that would keep her occupied, and on the first few nights I tried it, it did.

But one night that just wasn't enough. I was immersed in a particularly heavy load of students' papers. Spud wandered the halls, she'd visited everyone who was home, and now it was time for her one adventure of the day. She wanted to go out. She sat outside the door yeowing at me, getting angrier by the minute. I kept telling her, "Just a minute. Hold on," but she was tired of waiting.

When I finally surfaced from the last bit of grading, I looked around. I couldn't find her. I knocked on the

other teachers' doors, but none of them had seen her. I quickly became quite frantic. Where had she gone? The door to the stairwell was closed; she couldn't have gone down there. I went back to my apartment to see if she'd crawled under the bed, or found a nook to curl up in, determined to punish me for my lack of attention. But I couldn't find her.

Finally, in desperation, I took the elevator downstairs to alert the guards that my cat was missing. They laughed, and nodded wildly as if I was making a joke. They knew where she was. They pointed at the doors. She was outside where all good cats should be. I rushed outside to find her playing in the cool grass, just as she normally did. She blinked happily when I found her, as if she couldn't understand all the bother as I hurried to pick her up, immensely relieved she was safe.

Apparently, I learned from the guards, about an hour before, she'd decided that if she went and stood by the elevator it would open for her, too, and take her where she wanted to go. Of course, since I lived in a busy building, and someone was always going up or down, it did. It took her right down to the downstairs lobby, and to the doors outside. She'd strutted past the security desk and confidently stood in front of the lobby doors, waiting for the guards to open one for her. They had. And out she went.

She'd managed to get on the elevator, take it to the right floor, and calmly exit it with the aplomb of a determined little feline. Getting the guards to open the doors for her in itself was quite a feat. I'd only ever seen them run to open the doors for the university president. Lesser officials and instructors like myself had to do that on their own. They opened the doors for Spud, though: she was special. She had become the elevator cat.

After that, of course, I had to be careful about letting her wander the hallway. Her "visiting" could turn into unexpected outings. Nonetheless, this rescued cat was resourceful and smart, and a very good friend for many years.

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# Book Review

by Tom Lymbery

*WHISTLE POSTS WEST—Railway Tales from BC, Alberta and Yukon* by Mary Trainor, Brian Antonson, and Rick Antonson, Heritage Publishing, 212 pages, \$14.95

Perhaps you have seen a single letter "W" on a pole alongside rail tracks – a signal to train engineers to sound their whistle as the train is approaching a level crossing or something that requires warning. Hence the unusual title for this rail book of 23 interesting train stories.

I wish I had been more interested in the Kettle Valley steam trains when I was going to boarding school in Vancouver as this book has three stories of the rail line from Nelson to Vancouver (east of Nelson it was the Medicine Hat and Nelson Division). I should have paid more attention to the challenging Coquihalla portion as well as Myra Canyon with all its trestles. However, I would have preferred the Greyhound with its friendly drivers, as opposed to the CPR conductors who had no use for teenagers, but longer bus trips were suspended, apparently to save gas and rubber in wartime.

This book tells us the problems the engineers and stokers had were often related to the poor quality coal that they had to use – all too often the train had to wait awhile while the men struggled to move coal from the tender to the engine while they waited to get more steam up to be able to continue. Automatic stokers and later a change to oil burning solved that major impediment to smoother trips.

One chapter is about construction of the line east of Penticton where two boys hiked up to where the Big Tunnel was being built. One of them was even allowed to drive a horse moving dump cars of gravel. When the trip for these cars on a temporary track got longer the horse was replaced by a Dinky engine – apparently the same one that is on display at the Creston Museum.

*Next Deadline:*

*May 25, 2016*

## Riondel Community Library

by Muriel Crowe

The Riondel Community Library and the Riondel Historical Society held a combined open house on April 21. Those attending enjoyed some terrific snacks catered by Bob's Bar and Grill, delightful 70's music performed by Deborah Shears as well as well delivered and informative talks by Susan Hulland and Terry Turner. Also included was an interesting reading by Sharman Horwood from Wendy Scott's memoirs. In the library Sarah Wensink introduced guests and volunteers to an uncomplicated method of searching our online catalogue.

Our next event will be the book sale the last two days of July. Thanks to two volunteers the left over books last year were well sorted and heavily discarded. This year's event will be mainly new to us books and the sale will be in the gymnasium which will offer more room and easier browsing.

The lack of special activities means we have more time for standard library business. Come, browse and borrow. Take the time to check out the stacks and recommend or request a book or DVD and make plans to hang that hammock.

May 2016 Mainstreet 17



# Tom's Corner

by Tom Lymbery

## Revitalized Rail Station

It's been a long project but the Nelson Chamber of Commerce has their new Visitor Information Centre running full bore after spending years rebuilding the original CPR two story Rail Station at the foot of Baker Street. The program started in 2010 after the Canadian Pacific Railway finally agreed to sell the station, which had been boarded up for 20 years.

Featuring even long parking spaces for visitors driving motorhomes and trailers there is adequate parking which the previous building on Hall Street didn't have. The 10,000 square foot building is seeing a steady stream of tourists. There is plenty of room with a round information counter and a tremendous variety of maps and brochures with the efficient staff have moved from Hall Street. Railtown Coffee on one end of the building opens to a lounge area with a fireplace which features the Rail Theme – its surround is made of Fish Plates with the rail spikes visible – these are the heavy steel plates used to spike the rails to the ties.

Something for kids and rail fans to admire is a glass enclosed miniature of Nelson's original buildings from the Stationmaster's house, the station, roundhouse, and the enormous diesel shop where locomotives could be serviced as the Kettle Valley Line received diesels in 1953 – earlier than the rest of Canada because of all the challenging 4000 foot summits between here and Vancouver.

I travelled the steam rail trip to Vancouver over the Kettle Valley many times when I was at St. Georges boarding school in Vancouver, after eight years at our Gray Creek one room school. That 24

hour trip was often up to 30 hours because of problems in the Coquihalla section which meant a detour by Spences Bridge. Books on the Kettle Valley tell us that quite often the passenger train had problems because of the poor quality coal used in the 1939-45 war years, before automatic stokers and eventually oil became the fuel for the steam engines. When you got off the train in Nelson there would be cars labelled with hotel names ready to take customers to their choice of accommodation.

Because Nelson was a major divisional point the rail yard and facilities were large. Today there are only three tracks in use in front of the station but I think there were up to 12 at one time, with many filled with boxcars and even spare coaches. All major businesses had spur track serving their warehouses, so shunting went on continuously day and night. Today Nelson is

much quieter and cleaner, as coal soot and cinders were everywhere. As long as steam was king, in wintertime the snow alongside the track was often black.

Tom Thompson, executive director of the Chamber of Commerce says that the scope of the work was extensive on a building built in 1900. "Our board had the feeling that the building was an asset and if it took 15 or 20 years, so be it".

Joern Wingender of Traditional Timber Framing Co of Procter (he built Michael Jukes home in Gray Creek) took on this most challenging project. Joern says, "The three legs of Traditional Timber Framing are restoration assessments and execution, rehabilitation and natural building. The railway station embodies all three." Part of the process involved the making of woodchip clay bricks, a process that Wingender had seen used in a timber frame house in Pennsylvania that was constructed in 1773. The bricks used wood waste from Harrop-Procter Forest Products and clay from the Castlegar area, and were made on site using a low-tech mechanical press – the only one of its kind in North America.

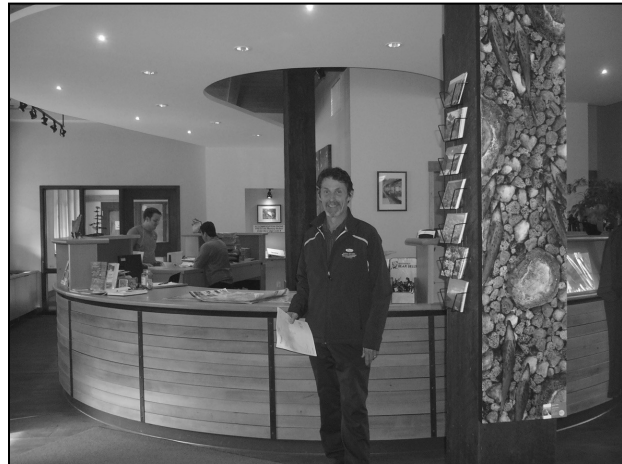
"By increasing thickness we were able to straighten the walls, add insulation, move the existing windows inside and put storm windows on the outside to protect them" said Wingender, adding that the long term vision was to "minimize future maintenance." The 13" walls have an R-value of 33 making the building easier to heat and to cool.

Since I am a rail buff I asked Tom Thompson about the two diesel engines that Nelson has on long-term loan and are currently tarped up, only just visible from the station. These are Fairbanks Morse C Liners built by the Canadian Locomotive Works and are the type of unit that appeared in Nelson in 1953 – some of the first diesels to be seen in Canada. Tom isn't sure where these can be put on display as this depends on what the CPR does with the tracks adjacent to the station.

This whole area is now known as Railtown and Thompson hopes to see some of the avid rail buffs who gravitate to the Cranbrook and Revelstoke Rail Museums – some have come already and are impressed with the fishplate surround fireplace and the miniature rail centre display. We hope to see Tour Trains come to town, since they already reach Cranbrook.

The *Nelson Star* had an on line questionnaire about Railtown's features and set up. Since there appears to be space for much more parking, others and I have suggested that either a bus or the streetcar run up Baker Street - a solution for that area's parking problem.

There is still work happening on the station, but already businesses are utilizing offices on the second floor including the *Nelson Star* and the Zipline. Next time you are in town please have a snack at Railtown Coffee and have a look at the impressive visitor centre.



Tom Thomson, executive director of the Nelson Chamber of Commerce, in front of the new Visitor Information Centre counter.



The newly completed station, showing the 3 CPR tracks still in use. Two ladies are enjoying their coffee outside Railtown Coffee Shop.

Photos: Tom Lymbery

# Tom Sez

by Tom Lymbery

Earliest ever – April 9 for the ornamental pink cherry on the corner by the store to bloom – six days earlier than 2015 which was April 15. And in Dawson City the Yukon River ice broke at 11.15 am on April 23 the only other time in April was in 1940. Winner of the IODE contest to guess the right time won \$4,380.

Canada Post is doing a good job with deliveries in Canada – but what's happened to date stamps? Many letters have no sign of the date or where they were mailed, only a postal code.

Canadian connection to Donald Trump – his grandfather operated the Arctic Hotel at Bennett, BC (on the 1898 gold rush route to Dawson City). The hotel's revenue came from liquor sales as well as the rooms used by women of easy virtue. The Arctic Hotel and most of the other buildings in Bennett were either floated or skidded on the ice to Carcross once the rail line had reached Whitehorse.

Hummingbird feeders – we have an entirely new stock of coloured glass units – you could put wine labels on many. Do the birds prefer Merlot?

Even in Dawson City this is an early spring – they have had to get permission from Yukon Lotteries to advance the cut off date for entries in the ice break up lottery of the Yukon river. The time the ice breaks is determined by a post set in the river ice connected by a wire to a bell and clock on the shore – same system used since 1898, and the person guessing the correct time has a substantial win.

What look like dress shirts in the store are actually Fishing Shirts with extra pockets for lures and more – so you can be a dressy fisherperson.

If you plant tomato seed directly into your garden soil the plants will produce a greater volume of tomatoes, even if they are a little later to ripen. Last fall we didn't pick our last tomatoes until November, because the first frost was late.

We are disappointed to see the end of colourful Reos Videos who have moved a few doors in Nelson but at least the trackside sign Swifts Premium Bacon where bacon and hams were smoked is still there. The building is now DHC, a communications and security operation. Perhaps DHC means Disasters Happen Constantly?

If you walk under the bald eagle nest at the mouth of Croasdaille Creek you will see that this is about 15 feet in diameter. Once the leaves are out you can't see the nest from the highway.

Kalesnikoff Sawmills have commenced logging up Croasdaille Creek. Gray Creek Forest products operated a winter operation sawmill up the 17 hair-pin bend road about 1958 – 62. 2016 is the first time this hillside has seen feller bunchers and larger logging trucks.

In the days when newspapers used hand set type it was considered important to have all the columns go right to the bottom of the page – so they used fillers – items with enough lines to fill that space. I often read these, so perhaps that where "Tom Sez" came from.

Barney of YRB says that since everything this year is a month early they are trying to expedite the calcium chloride for dust control.

## GRAY CREEK PASS REPORT

by Tom Lymbery

When I received an email from Felix Antoine wanting to hike over the pass in May with his pack dog I was doubtful as the snow was so deep, but with the fast melt he may well make it. He has a challenging trip from Revelstoke – following logging roads to Beaton, highway 31 to Argenta, staying on the eastern side of the lake through Birchdale to Riondel. I'm not sure if creeks such as Fry and Campbell have bridges. Please look at hikebikepaddlecanada.blogspot.ca to see his Plott Hound named Coco, a bear hunting breed.

Felix is yet another one of the fascinating characters that tackle the Trans Canada Trail. His final destination is Quebec.

## Some Fines Will Triple Under Amended Wildfire Laws

BC Wildfire Press Release

VICTORIA - The B.C. government is taking a tougher stand to discourage behaviour that contributes to increased wildfire risks, to help protect communities, natural resources and infrastructure from wildfire damage.

Additional legislative changes will result in significantly increased ticket fines for 19 different violations under the Wildfire Act and for seven different violations under Wildfire Regulation. These changes mean that British Columbia now has some of the highest wildfire-related violation ticket fines in the country.

For example, the fine for failing to comply with a fire restriction under the Wildfire Act is increasing from \$345 (including a \$45 victim surcharge) to \$1,150 (including a \$150 victim surcharge). This represents a 333.33% increase over the old fine for that offence.

In addition:

Bill 12 clarifies what is considered to be “interference”, in terms of actions that could hinder firefighters. The proposed amendments would also clarify that interference does not have to be intentional to constitute a contravention of the Wildfire Act.

The proposed amendments to the Wildfire Act would strengthen compliance and enforcement provisions by establishing an offence and penalties of up to \$100,000 and/or imprisonment for up to one year for failing to comply with a stop work order.

On average, 30-40% of wildfires in British Columbia are human-caused. The 2015 fire season was one of the busiest and most expensive in recent years, with over 283,400 hectares burned and over \$278 million spent on wildfire management.

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## BIKES NOT PIPES CYCLE TO THE SILVERTON, B.C. CONVERGENCE WRITERS' WEEKEND MAY 13-14

submitted by Tom Wayman

Some West Kootenay environmentalists have found a unique way of joining the audience converging on Silverton, B.C. to attend the Convergence Writers' Weekend May 13 to 14.

Members and supporters of Kootenays for a Pipeline-Free B.C. will leave Nelson, B.C. May 12 to cycle through the Slocan Valley in time to arrive in Silverton for the evening opening event of the writers' weekend. The weekend features two well-known environmental authors participating in talks, workshops and panel discussions on the theme of “The Spirit in the Landscape.”

“It's great we can ride to the Convergence weekend in Silverton,” said ride co-organizer Keith Wiley. “The gathering's topic is a lot of what riding the Kootenay Loop is about: feeling the spirit of this beautiful place.”

Wiley, a co-host of Kootenay Co-op Radio's Eco-Centric program, helped organize two previous “Bikes Not Pipes” tours of the Nelson-New Denver-Kaslo-Nelson loop to protest the proposed Enbridge and Kinder Morgan pipelines in 2014 and 2015.

“Self-powered transport is going to be a bigger part of our clean energy future, and we can enjoy it now,” Wiley said. “This year's tour is about a wonderful ride through a beautiful landscape and about keeping in mind that we're moving to a new future.”

Headline speakers at Silverton are Sharon Butala of Calgary, best known for her 1994 memoir of Saskatchewan ranch life, *The Perfection of the Morning*, and J. Edward Chamberlin of Halfmoon Bay, B.C., whose *If This Is Your Land, Where Are Your Stories?: Finding Common Ground* (2003) explores how stories and songs locate people, including aboriginal groups worldwide, within a landscape. Cost for the weekend is \$35. More information about the Convergence Writers' Weekend, including how to register, is available at [www.heartsrest.com/convergence/convergence-writers-retreat](http://www.heartsrest.com/convergence/convergence-writers-retreat)

The Bikes Not Pipes ride will leave Nelson at noon May 12 and overnight in Winlaw, arriving at Silverton the next day. Following the close of the Convergence Writers' Weekend, the tour will leave Silverton on May 14, overnight in Kaslo, and reach Nelson on May 15. More information, including how to participate, is available from Wiley at 250-777-2020, John Alton at 250-777-1504, or email: [noonbridgepipeline@gmail.com](mailto:noonbridgepipeline@gmail.com)

Wiley stresses that riders are welcome to join in at any stage of the ride. The sponsoring organization for the Bikes Not Pipes tours, Kootenays for a Pipeline-Free B.C., is a Nelson advocacy group that raises awareness about the dangers of oil pipeline development and other environmental threats.

Previous Convergence Writers' Weekends were held in New Denver in 2012 and 2013. Financial support for this year's Convergence has come from the ProVision Fund of the B.C. Conference of the United Church, Area H of the Regional District of Central Kootenay, and the Columbia Basin Trust.

**Next Deadline: May 25/16**

*The Mainstreet  
CREATIVITY,  
COMMUNITY,  
CONSCIENCE*

*May 25 - Deadline*

*www.eshore.ca*

## COMMUNITY HEROES

a Mainstreet Feature

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

**Beth McLellan** for single-handedly making nearly every single fundraising event on the East Shore a success.

And, for being the most patient, kind teacher who is always full of laughter, positivity and grace.

**All Local Food Growers** - for having the vision and dedication to bring fresh, organic produce to our area through healthy, sustainable greenhouse crops and garden fare.

*-Galadriel Rael*

**Justus K.** - for the cookies and cake and fancy pants and generous water shot.

*-Anon*

**Steve Sayer** for being a fun and conscientious youth coordinator and for being open to learning and trying new things. Way to step up in your community!

*-Mainstreet - 2nd by Gina Medhurst*

**Tom Lymbery** for being a regular, reliable and entertaining *Mainstreet* contributor. The paper wouldn't be the same, or nearly as full, without you!

*-Mainstreet*

**Terry Fiddick** - for being a powerhouse community member who is there for everyone, who volunteers tirelessly, bakes and cooks for many occasions and is just an out-and-out warrior.

*-Michelle Moss*



pebbles  
by Wendy Scott  
**History in a  
Nutshell - or a  
Flashdrive**

Two hundred years ago in Montreal nine men wearing colourful jackets, lace cuffs and white cravats decided that collectively they had garnered enough disposable income to rent a house and offer the convenience of a banking system to folks involved in the fur trade. An export business naturally followed with wheat and timber being top of the list and those necessary imports of silk, tea, iron, china, and everyday stuff like knives, forks, and spoons.

Those nine men were the nucleus which evolved into The Bank of Montreal and continued to the recent gathering of quantum physicists that gave Prime Minister Justin Trudeau an unexpected opportunity to prove to the world that Canada is indeed aware and interested in quantum computing.

In 1867, Sir John A MacDonal became prime minister of the new Dominion of Canada. Sir John was lauded for connecting Canada by rail from coast to coast, but criticised and even condemned for his treatment of the Metis leader, Louis Reil. Even though Reil was elected three times to the House of Commons, he did not assume his seat but remained in exile until his arrest and conviction for high treason and his subsequent death by hanging.

At the same time in our own Kootenay locations of Ainsworth, Kaslo, and Sandon, mines were busy moving silver, lead, and zinc. The first ore from the Slocan was sent by pack train to Kaslo and paddle wheeler to Bonners Ferry where it was loaded onto Great Northern Railway and sent off to Montana for reducing.

The Bank of Montreal moved across Canada with the Canadian Pacific Railway and when the tracks reached Vancouver in 1887, the bank was established coast to coast. Seventy five years later the bank took on the computer world and in 1963 the Bank of Montreal's Vancouver Genie Centre with stacks of tape drives, card punches, and check sorting machines was born. The Genie Centre took up the entire third floor of the Fairmont Medical Building on Broadway in Vancouver.

Now we can hold all our information, and much more, in a machine the size of a small chocolate bar, or if you are a trusting soul, toss it up into that unknown entity, The Cloud. And yes, as Justin succinctly explained, all the info is held in bits and bites. In fact you might say the bank packed up and moved from a rented house in Montreal to enter the World Wide Web and now the bank instructs us – many times – to keep up with the class and get rid of that old cheque book – pick up another “new” box of cheques and, in many cases, yet another “new” bundle. Consequently we, for the most part, leave those lovely encrypted packages in a desk drawer and do much of our banking on-line. The letters and numbers embossed along the bottom edge of a cheque were that vital first step that will inevitably render the paper cheque obsolete.

Encryption has resulted in exponential growth in the banking world and given us the ability to hold the world, so to speak, in our pocket. Privacy tends to slip as we lose track of our own data and the world gains access. Flash drives and the even stranger concept of information implants moves us backwards again to George Orwell's “1984” and, as Steve Wadham remarked on CBC, to Orwell's warning to pay attention to clarity of language and truth.

Julian Assange understood this concept and so did Edward Snowden, although for Assange the truths he proclaimed were thrown back against him and accu-

lated threats on his life; Snowden also, condemned by his own government, had to seek asylum a long way from home.

In both cases, Truth, rather than setting either individual free, in fact imprisoned each one in the security of anonymity and a reliance on the continuing encryption of private messages.

But that's pretty heavy stuff and I'm more inclined to shift off in the direction of the better understood and recognized bites that we prefer to store in our refrigerators and rather than digging for Truth, as Orwell would have us attempt, let's try truffles. Yes I know it's a stretch, but I'm reminded of the rather large truffle-digging pig on a recent TV ad and a recipe for Cashew Truffles.

What does this have to do with the Bank of Montreal – let me tell you.

Being the most westerly branch of the esteemed BOM, and a data processing arm, the Bank of Montreal Genie Centre was obliged to operate all day, every day. Anyone who has worked a midnight shift will agree that this is a different animal. Normal rules that apply to the 9-5 working world are thrown out the window, so to speak, and it becomes more important to determine just who is next on the list for spaghetti sauce and to make sure the pot is on the boil for pasta.

The Cashew Truffles? They are carefully disguised in a graham wafer box and hidden at the back of the freezer behind the grape popsicles that someone brought by mistake. Why? There is an afternoon shift at the Genie Centre that ends at midnight which makes it almost, but not quite, as off-beat and not above stealing an interesting dessert and leaving Girl Guide cookies in their place.

**Care to try the truffles? – 1 cup raw cashews;  
1 cup unsweetened coconut – pulse into fine crumbs.  
Add a pinch of salt; ¼ tsp vanilla; 5 pitted dates;  
1 tbsp natural peanut butter (or Tahini if you  
have it) 1 tbsp water; 1 tbsp maple syrup.**

Pulse all together for two minutes; Roll into little bite-sized balls and store in freezer or frig. Makes eighteen or so. Serve them on an appropriately fancy plate or in a left-over take-away box. And you don't have to wait until midnight – they are special anywhere, anytime. And while you're at it, raise a cup (your best, imported tea, of course) to those nine men and their rented house. Without them we might be bartering truffles for a pair of winter boots. And where would we find those all important baking items – molasses, rum and spices – and what about toy trains and tweed jackets.

For all this and more, we reach back 200 years and hope that the nine individuals in Montreal gathered at least a modicum of interest on the investment that has allowed us to purchase anything from groceries to cars and houses. Their investment has also expanded our means of communication.

Long ago in West Vancouver Freddy was part of my Grade One year; he used to put a leaf on my gate post on his way to school. If I did not find the leaf, I could wait for him or leave one myself – random choice – the important part was the message sent and received. This private communication was significant at the time because Freddy was not a part of my household. He was my own independent choice. The important thing was a message sent and received

The need for connection and communication has been vital in this country ever since the Hudson Bay Company pushed the fur trade west and our first prime minister, John A. MacDonal, convinced the government and the people that the continent could and should be spanned by rail. It took only three years to complete that first solid ribbon of energy from coast to coast.

My own grandmother was in Broadview, Saskatchewan when the first train came through. It was a time for celebration, a time for party dresses to be ordered

from Eaton's catalogue. My grandmother, May, had been hired in England to come to Broadview as a companion for a mother and her children. Influenza and measles spread quickly in the 1890's and Broadview was not spared. May nursed the children and their mother through the measles epidemic and was relieved when the quarantine notice was removed from their front door. May had been warned by her sister, Nellie, that this place called Saskatchewan (not a province yet) had wild Indians! And Indians did come through town occasionally. Word spread quickly as soon as they were spotted riding across the prairie and women brought their children inside and closed their doors. The Northwest Rebellion was still fresh in everyone's memory and one did not take these visits lightly.

One hundred and fifty years after confederation we communicate by cel phone, ipad, email, and, occasionally, telephone. Canada Day will arrive in two months, how will you celebrate? South of our border, our American neighbours will observe 240 years.

What will these anniversaries mean to individuals in Attawapiskat and other First Nation communities of northern Canada and the US.

And what about Julian Assange and Edward Snowden, and previously, Salman Rushdie and Louis Reil; Rushdie asked. “What is freedom of expression? Without the freedom to offend, it ceases to exist.” In too many countries the only answer would be to heed a muddled translation attempted in 1890 by Bishop Stringer on Hershel Island in the Yukon. He said, “Be ye therefore wise as a weasel and harmless as a seal pup.”

Canada, for me, is the northern woods and water route where the road ahead curves off the end of the earth; it is that unexpected turn of phrase from a waitress in a Nova Scotia restaurant; it is my first bowl of mussels at a café on Cape Breton Island; my first—and last—taste of Rappie pie on the Acadian Shore. Canada is the surf on the West Coast of Vancouver Island.

## The MAINSTREET-

Contact: Ingrid Zaiss-Baetzel

Phone: 250-227-9246 Fax: 250-227-9264

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

E-mail: [mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)

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**Sample Sizes - more sizes available.**

**Column Width:** 3<sup>1/4</sup> inches - double column  
width: 6<sup>3/4</sup> inches - full width: 10<sup>3/8</sup> inches

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

**Classified Ads:** \$5/first 30 words,

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**\*\* 30% MORE FOR COLOUR ADS\*\***

## BETH

by Wendy Scott

The house came first. It came on one of those huge flat-bed trucks that own the road – the ones you know that can't and won't move over.

But really the house was not the first indicator of something special about to happen in Riondel; it was the careful preparation that included the long, slow slope of an entry ramp that would allow the easiest possible access for Beth's dear Jim.

And then, miraculously it seemed, from the first indication of garden space, there it was – Beth's garden.

The garden continued to be a feature on Beth's property – not just the formal display of green grass and flowers, but small private corners organized by dear and close friends. Gifts given and accepted with grace.

Beth had a deft touch when it came to gardens – not just her own. Beth and her sister, Joy, added their exuberance and energy with rakes and polishing cloths to the work parties in the Eastshore Garden of Remembrance.

I'm glad that Beth brought Jim back to Riondel and even though Jim died eight years ago, the time they had here together was enough for them both to collect and release memories for their many friends to cherish.

In Riondel Community Church there is an empty pew and now in the garden beside her church there will be another white plaque close to her dear Jim; it will be placed there by her children, cared for by her friends, her neighbours, and her community.

Rest in peace dear, sweet Beth.

### BETH LUDLOW

1939 - 2016

So what am I bid for the single rose  
With its guard of thorns the fool soon knows?  
I'll bid that it grows.  
And what am I bid for the bells with no sound  
And the streams by which they dwell?  
I'll bid them farewell.  
Brian Bedford 1992

## Remembrance Garden

by Wendy Scott

By the time you read this the Remembrance Garden will have several new plaques installed. The pathways will be defined with new cedar chips and a new cedar bench is in the works.

If you were passing by towards the end of May, you might have seen activity in the garden. As I write this, members and friends are all set to do our spring clean-up Saturday, May 28.

At the same time many thanks are due to Nils and Bonnie for big bags full of cedar chips and to Barney for delivering our two new cedar planks and to Miroslav for installing new marble plaques and building a brand new bench. Yes, this will be bench number seven.

Thanks also to Gef Tremblay who is working diligently on a webpage for the garden.

Right now it's a soft spring day, a day when recollections creep into the mind and then remain settled pleasant and warm. It is a time when loss flows gently into memory.

Walk through the garden. Add your own thoughts. And watch for our webpage.

Wendy – [wmescott@gmail.com](mailto:wmescott@gmail.com)

Muriel – [mcrowe@bluebell.ca](mailto:mcrowe@bluebell.ca)

[www.riondel.ca/garden](http://www.riondel.ca/garden)

## ESIS AGM

(East Shore Internet Society Annual General Meeting)

June 14, 7pm

Crawford Bay Hall

All subscribers/members welcome  
Surveys must be completed by May 10.

## Health & Happiness Why Move?

by Dr. Sid Kettner

Wow! What a beautiful day it has been. Spring really has arrived. The birds sound different, the trees look different and I just feel different. Time for action. Time to trade in the sofa for the shoreline strolls, the remote control for the roadside romps and the knitting for the knap sack. You guessed it—it's time to move your body more. Why?

We have learned in prior articles that to enjoy optimal health we need only change three things in our routine—eat less, move more and resolve stress. Let's consider exercise this month. One hundred years ago we walked from house, to barn, to other outbuildings, even to school. Now we ride to work or classes and then sit most of the day. Back then we kicked soccer balls with the kids and chased after wayward cattle, horses, sheep and pigs, even kids and grandkids, on foot. Now we watch TV, surf the Internet and play video games. The result: We suffer rampant chronic diseases such as heart disease, diabetes, cancer, arthritis—the list goes on.

Enter exercise. With it one can live longer, have more energy and feel better. It controls one's weight by burning calories, by "appetate"—a built-in hunger control mechanism, by diversion (taking your mind off your stomach by moving your extremities) but most importantly it keeps the weight off which you lose best by controlled calorie intake.

There are 23% fewer hearts attacks in those who exercise at the prescribed frequency of 5 times a week for 45 minutes a day at an intensity where one just begins to "huff and puff." Blood pressure drops, the "good" HDL cholesterol increases and the "bad" LDL and triglycerides decrease so blood slips effortlessly through our blood vessels without clogging. Strokes are decreased and diabetes occurs at only one-half the current rate. Depression is down 30-47%, anxiety drops to 48% of present rates and Alzheimer's is also decreased. Exercise is, by far, the most effective way of combating chronic fatigue.

Next month we will see how exercise improves mood, sleep and energy and even the spark in your romance. And we will learn how it can be fun and not work. But don't wait until then. Make a choice to begin your program now. Your body will thank you!

## Time To Talk Ticks

IHA Press Release

The early spring weather means many of us are spending more time outside. We aren't the only ones enjoying the unseasonable warmth - the change in weather also brings out ticks – small bugs that feed on the blood of humans and animals and can sometimes transmit disease.

Ticks are most often found in tall grass and wooded areas, so covering up before you head outdoors and checking for ticks on yourself, your children, and your pets after being outdoors, are simple things that go a long way to prevent tick bites.

"The most common tick species in the Interior Health region is the Wood Tick (*Dermacentor andersoni*), which is not known to carry the Lyme disease bacteria, said Dr. Silvina Mema, Medical Health Officer with Interior Health. "The Wood Tick can carry other diseases such as Rocky Mountain spotted fever, although it is very rare. Some ticks also have toxins that can cause temporary muscle weakness and paralysis but the symptoms fade once the tick is removed."

The tick species that carries Lyme disease (*Ixodes pacificus*) is more common in the coastal areas of B.C., but may also be present in low numbers in areas within Interior Health. Less than one per cent of Ixodes ticks in B.C. carry Lyme disease. In addition

to fever, headache, and muscle pain, people infected with Lyme disease will often develop a rash that looks like a "bull's eye" target and expands from the site of the tick bite.

"Most tick bites do not result in illness; however, all tick bites should be cleaned, as infection can occur whenever there is a break in the skin," added Dr. Mema. "It is important to watch for signs of tick-transmitted illnesses. Signs of many tick-borne infections can be quite similar and include fever, headache, muscle pain, and rash. Anyone who experiences a bulls-eye rash or other symptoms should see a doctor as soon as possible."

Other precautions include:

- Walking on cleared trails when in tall grass or wooded areas.
- Wearing a hat, long sleeves, pants, and light-coloured clothing.
- Tucking pant legs into socks or boots.
- Applying insect repellent containing DEET on uncovered skin.
- Carefully checking clothing and scalp (covered or not) when leaving an area where ticks may live.
- Having a shower after returning from areas where ticks may live.

To reduce ticks from entering your home and yard, try these steps:

- Keep your lawn short and remove any fallen leaves and weeds.

- Keep a buffer area such as wood-chip or gravel border between your lawn and wooded areas or stone walls. Any play equipment or play zones should be kept away from wooded areas.

- Trim tree branches to allow more sunlight in your yard.

- Keep wood piles and bird feeders away from the house.

- Widen and maintain trails on your property.

If you find a tick on yourself, a family member, or pet, wear gloves and gently remove it. Use needle-nose tweezers to gently grasp the tick close to the skin and pull the tick straight out without squeezing. After removal, clean the area with soap and water. If you have concerns or need assistance removing a tick, please contact your family doctor or visit a walk-in medical clinic.

More information is available at:

- Ticks and Lyme Disease – Interior Health: <https://www.interiorhealth.ca/YourEnvironment/CommunicableDiseaseControl/Pages/Ticks.aspx>

- HealthLink BC file: <http://www.healthlinkbc.ca/healthfiles/hfile01.stm>

- Tick Talk – BC Centre for Disease Control : [http://www.bccdc.ca/dis-cond/a-z/\\_l/LymeDisease/ticktalk/ticktalkvideos/TickTalkVideoEnglish.htm](http://www.bccdc.ca/dis-cond/a-z/_l/LymeDisease/ticktalk/ticktalkvideos/TickTalkVideoEnglish.htm)

**Next Deadline: May 25/16**

**SERVICES DIRECTORY**

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

**AUTOMOTIVE/MARINE**

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

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

**BUSINESS SERVICES**

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

**CONSTRUCTION/CONTRACTORS/TRADES**

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

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

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

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

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

**PERSONAL CARE/HEALTH**

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

**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 - hospice@theeastshore.net. Volunteers needed - volunteer training offered once a year. Please contact for more info

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

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

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

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

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

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

**RESTAURANTS**

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

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

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

**YARD/LANDSCAPING/SITE PREP**

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

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**CLASSIFIED SECTION**

**BUSINESS ANNOUNCEMENTS**

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

**BUSINESS SERVICES**

**Fax service**, photocopies, (withnoPST/GST) Tom Lymbery – Notary Public, 250- 227-9315, fax 227-9449, 250.227.9448 for Notary Public.

**BUSINESS OPPS**

**Tipi Camp** is hiring a seasonal head cook. Please send your resume to tipicamp.ghrs@gmail.com or call 250.505.3173 for more information.

**EVENTS/NOTICES**

**EASTSHORE FRESH-WATER HABITAT** Society AGM - Wednesday June 15, 2016. 7PM at Kootenay Lake Community Church basement. All Welcome

**TIPICAMP** W.I.S.E Kids and Teen and Family Nature Gathering camps are now open for registration! Visit www.tipicamp.bc.ca

**FIRST AID CERTIFICATIONS**

- Want to learn to use an AED Defibrillator? Do you need a first level Occupational First Aid, re-certification or an Emergency First Aid course? Call and get registered now for classes in May! 250-227-9218 ext 5518, email lbooth@selkirk.ca or register on line at www.selkirk.ca/ce

**JOBS/EMPLOYMENT**

**TIPICAMP** is hiring a seasonal head cook. Please send your resume to tipicamp.ghrs@gmail.com or call 250.505.3173 for more information

**NOTICES AND ANNOUNCEMENTS**

**MEDLEY ARTS CAMP** - July 25-29 Registration began April 1, 2016! Visit www.medleyartscamp.ca

**WEEKLY HATHA YOGA** with Melina for all level. Monday at the Community Corner, 9:30am to 11am, \$10 drop-in (no class on May 23rd). Thursday at the Boswell Hall, 9:30am to 11am, \$10 drop-in. For more info 1.877.782.2843, melina@yinyogi.com.

**Notice of Application for Water Licence**

**Water Sustainability Act Section 13**

Richard and Geraldine Gomola of 14361 HWY 3A, V0B 1S0 Gray Creek, BC, give notice that they have applied for a water licence to use approx. 2.27m3/day of domestic water out of Kootenay Lake. Parcel identifier 011-091-401 Lot B, District Lot 4595 Kootenay District Plan 12907. Concerns or comments please direct to the above owners. Objections may be filed with the Assistant Regional Water Manager, c/o FrontCounter B.C. 1902 Theatre Rd, Cranbrook, B.C. V1 7G1 within 30 days of publication of this notice.



**Computer Boot Camp**  
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Ph: 250.428.5332 ext 4102  
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lunch-dinner-esspresso 250-227-9596



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**Next Deadline:**  
**May 25 2016**  
**mainstreet@eshore.ca**

# 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 May 2016

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

May 3, Tues: Dr. Grymonpre

May 4, Weds: Dr. Moulson

May 5, Thurs: Dr. Lee

May 10, Tues: Dr. Grymonpre

May 11, Weds: Dr. Moulson

May 12, Thurs: Dr. Lee

May 17, Tues: Dr. Grymonpre

May 18, Weds: Dr. Moulson

May 19, Thurs: Dr. Lee

May 24, Tues: Dr. Lee

May 25, Weds: Dr. Moulson

May 26, Thurs: Dr. Lee

May 31, Tues; Dr. Lee

Please Note: Lab hours 7:30 - 10:30 am, Weds

Call to make appointments at 227-9006

on doctor days and Thursday morning.

Tues, Weds & Thurs (8:30 to 12:30)

Phone: 250-227-9006 Fax : 250-227-9017

### BOSWELL HALL HAPPENINGS

**Yoga:** Thurs, 9:30-11:00 am. Marilyn Arms 250-223-8058

**Tone & Trim Fitness:** Mondays & Fridays 9am. Darlene  
Knudson 250-223-8005.

**Vinters:** May 11, 7pm. Jeanne Kay Guelke: 250.402.3391

**Book Club:** May 12, 2pm. Melody Farmer: 250.223.8443

**Quilters Guild:** May 17, 1pm, Linda Brown: 223.8607

**BADEV -** May 2, 10am - Rod Steward: 250.223.8089

**Hiking Group -** Apr 6, 2pm. Melody Farmer:  
250.223.8443

**Eastshore Health Society:** May 30, 10:30-2:30pm.

Tom Wishart: 250.223.8455

### SPECIAL EVENTS - BOSWELL HALL

**Plant Sale -** May 7, 11am

**Marion Wiaccek Book Launch:** May 8, 2-4pm

**Garage Sale:** May 22, 10-4pm

## Traveling This Year?



We have annual, single trip, family and  
senior's travel insurance policies that can  
go where you're going.

#### 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

### CONSCIOUS BREATHING AFTERNOON

An invitation to join us for a Conscious Breathing and  
Acutonic tune-up afternoon at the Gray Creek Hall,  
Gray Creek For Health, Well-Being & Inner Peace  
Sunday, May 29. Time: 1:00 PM to 4:00PM, Cost: by  
Donation. Conscious Breathing allows us to release  
and resolve emotions, stresses and memories, brings  
clarity and opens your heart to your own knowin-  
gness, deepening your understanding of yourself. A  
powerful way to raise your consciousness. Theresa  
Lee will be bringing her wisdom and her healing acu-  
tonics and gongs. Sound has the power to heal our  
wounds, ignite our spirit, change consciousness, and  
re-unite us with the divine harmonies and rhythms of  
the universe. With Blanche & Harreson Tanner and  
Theresa Lee, Teacher and Practitioner, www.kooten-  
naysoundhealing.com. Please bring a something to  
lay on, a blanket and pillow. For more information or  
to register call Blanche and Harreson Tanner 250-  
227-6877 or e-mail lifeshift@bluebell.ca web site,  
www.lifeshiftseminars.com

## Need help with your business? Have a business idea to explore?

### Community Futures is your small business expert.

We offer business loans, business  
management workshops, business library &  
more. Unemployed? Ask about the self-  
employment program.



Call Alison Bjorkman at  
250-428-6356 to book a free  
appointment in Crawford Bay...  
www.futures.bc.ca

Growing communities one idea at a time.

## KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Mountain Standard Time - Winter Schedule in effect

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

## CHURCH CALENDAR

### RIONDEL COMMUNITY CHURCH

#### MAY 2016 SCHEDULE

**May 1:** Canon Jim Hearne - 11am

Music: Deberah Shears

**May 8:** Ramona Dannhauer, 1pm

Music: Ramona and Richard

**May 15:** Rev Derrick Smith 1pm

Music: Marie Gale

**May 22:** Brenda Panio, 11am

Music: Marie Gale

**May 29:** Please join us at St. Michaels Balfrou (10:40 ferry)

Please check www.riondel.ca for changes Info at 250-225-3381

Have a warm and peaceful Christmas!

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

For information call Christ Church Creston 428-4248

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

### HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

For info, please contact *Karen Gilbert: 227-8914*

### KOOTENAY LAKE COMMUNITY CHURCH

*A Lighthouse on the East Shore*

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

Pastors Richard and Ramona Dannhauer

16190 Hwy 3A, Crawford Bay 250.227.9444

### YASODHARA ASHRAM

Satsang (non-denominational, "in the company of the wise"),

each evening 8pm. Everyone welcome, 250.227.9224

### MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Reverend Thomas Kakkaniyil Phone: 428-2300 Fax: 428-4811

Sun Mass at 2pm. 1st Sunday of month, Fellowship Sunday.

### THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

Meetings begin at 10 am, every Sunday. Info call, 250-227-9522

### CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church, 8151 Busk Rd, Balfour

Sundays, 9:30 am - All welcome For info, call: 250.229.5237

*Creativity, Community, Conscience*

## MEETING PLACES

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

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

For More info call Lion Mike Jeffery - 250-227-6807 or Lion David  
George at 250-227-9550 or Lion Jim at 250-227-9622.

**TOPS -** Take Off Pounds Sensibly: meets every Monday morning  
at 8:30 am in the Kootenay Lake Community Church basement.

Call Myrna for more info: 227-9420

### PARENT ADVISORY COMMITTEE

(PAC) Meetings held at 7 pm at the Crawford Bay School  
on (usually) the second or third Monday of the month. (or Tues)  
Call Ingrid to be put on the agenda - 250.227.9246

**Next PAC Meeting:**

**May 2 and June 13**

**May 2016 Mainstreet 23**

May 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <b>EVERY MONDAY:</b> Yoga w/ Melina - Comm Corner, 9:30-11am KARATE, CBESS, 5pm	3 <b>EVERY TUESDAY:</b> Tara Shanti Yoga, 9:30-11am Dr. Grymonpre	4 <b>EVERY WEDNESDAY:</b> Bingo, Rio CC, 6:30pm Volleyball, 7pm CBESS Dr. Moulson	5 <b>EVERY THURSDAY:</b> Yoga w/ Melina Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am Dr. Lee	6 <b>EVERY FRIDAY:</b> Karate, CBESS, 6pm	7 Boswell Plant Sale, 11am
8 Marion Wiaccek Book Launch, 10-4, Bos Hall Mother's Day Bake Shop 50% to Twisted Roots Profit Day	9	10 Vet Clinic, CB Motel Lions Mtng, 7 pm Dr. Grymonpre	11 Dr. Moulson	12 Dr. Lee	13 Matt Dufus, Newkeys Celebration of Community Learning, GC Hall,	14
15 Tara Shanti Open Hse, 1-4	16	17 Creston Vet Clinic Dr. Grymonpre	18 Dr. Moulson	19 Dr. Lee	20 Humble Beats, Newkeys	21 Full Moon
22 Garage Sale, Bos Hall, 10-4	23	24 Computer Boot Camp, CBESS, 9-5 Lions Mtng, 7 pm Dr. Lee	25 Computer Boot Camp, CBESS, 9-5 MAINSTREET DEADLINE Dr. Moulson	26 Computer Boot Camp, CBESS, 9-5 Dr. Lee	27 Computer Boot Camp, CBESS, 9-5	28
29 Conscious Breathing and Acutonics Afternoon, GC Hall, 1-4pm	30	31 Dr. Lee				



ADVERTISER	PAGE	ADVERTISER	PAGE
Kokanee Springs Golf Resort	13	Artisans	5
Kootenay Insurance Services	23	Bake Shop	2
Lake Leathers	1	Black Salt	5
Lakeview	1	Boswell Hall	17
Learning Hub	14	Breathless Green	11
Newkeys	15	Classified Ads	PAC
PAC	15	Community Futures	10
Riondel Market	13	Computer Classes	6
RVFD	9	Crawford Bay Hall & Parks	10
Sapphire Hair Salon	13	Crawford Bay Market	12
Simply Spotless	1	Credit Union	12
Sunny Woods	4	Creston Valley Realty	15
Sunset Seed	9	Creston Vet Clinic	10
Tara Shanti	6	Destiny Bay	5
Tipi Camp Cook	6	ESIS AGM	6
Tipi Camp Silent Auction	12	ESIS	12
Turlock Electrical		Eastshore Physiotherapy	17
Library Hours:		Fitness Place	19
ES Reading Cntr:		GRS	14
Tues & Sat: 12-3		Gomola Water Licence	7
Thurs: 7-9 pm		Gray Creek Store	13
Riondel Library:		Harreson Tanner	10
Mon: 2-4 pm,		Hulland and Larsen	2
Weds: 6-8 pm		Imagine Kootenay	11
Tues, Thurs, Sat:		KES	11
10am-12:30pm			

**NEW HOURS!... Starting Friday, May 6**  
**MON-THURS: 9am-6:30pm, FRI-SAT: 9am-7pm**  
**SUN: 10am-5pm**  
**Phone: (250) 227-9322 Fax: (250) 227-9417**

Bottle depot will continue to be open Sundays, 10-3  
 And starting May 5, will also be open Thurs, 10-3

We take pride in being able to offer you a wide variety of GROCERIES (including many natural & organic foods), FRESH MEAT & PRODUCE, a delectable selection of DELI MEATS & CHEESES, as well as FISHING TACKLE, GAS, & a large assortment of LIQUOR!  
 Don't forget to check in regularly and take advantage of our ongoing sales!

**PLUS! We'll have flowers just in time for Mother's Day...**

cbstorebc@gmail.com

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**2.65%\* 5 Year Closed Fixed-Rate**

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

**Library Hours:**  
**ES Reading Cntr:**  
 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**  
**CRAWFORD BAY:**  
 Sunday/Tuesday  
 9-3 until Apr 30  
**BOSWELL:**  
 Weds/Sat 11am-3pm