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YEAR 27, NUMBER 5

MAY 2017

The East Shore Mainstreet

KOOTENAY LAKE BC

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



The Provincial Election is Coming Up - May 9, 2017
Get out & vote!

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The Mainstreet is online!
www.eshore.ca



Pictured here, Top l-r: Kim Charlesworth - Green Party, Michelle Mungall - NDP, Tanya Wall - Liberal. Bottom left to right: Tom Prior - Independent and Jesse O'Leary - Independent. See inside for a bit more on each candidate.

RETURN UNDELIVERABLE ITEMS TO:
The East Shore Mainstreet
Box 140, Crawford Bay, BC V0B 1E0
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Mainstreet Meanderings

by Editor Ingrid Baetzel

New Zealand was the first country to give women the right to vote – in 1893. Saudi Arabia granted women the right to vote in 2011 and they first voted in 2015. Vatican City is the last holdout on women’s suffrage, but that is because only cardinals vote for the new pope, and women can’t be cardinals.

First Nations people in Canada did not win the right to vote until 1960 in Canada. Women (not First Nations) won the vote in 1917. A similar gap occurred in Australia, where women could vote in 1902, but Aboriginals couldn’t until 1962.

People around the world have fought and died for the right to cast their vote in government. Many governments around the world are not democratic and the people living in them are without option or choice.

It is easy to say that politicians and government are twisted or corrupt and that one vote can’t help, or that you can’t put your support behind any of the available options. My question would then be – how much of the year are you politically engaged? If you’re loathe to vote for any of the major parties, have you looked into the independent parties in your riding? If you believe that you are absolutely not represented by anyone, how deep have you gone into their policies/platforms? Have you ever lobbied your MLA or written to them, gone to their town halls or meetings? That’s what they’re here for - to listen to you. Make them. It’s not enough to put your political boots on once every few years and make a bunch of noise about the uselessness of it all, in my opinion.

Try standing in your great-grandmother’s shoes for a day – or her neighbour’s - or anyone’s who has been told that they haven’t a voice. It’s not just the vote. It’s the right to be heard and the power in knowing

that we enjoy many forms of freedom and free-will, comparatively. Many of us don’t know what it’s like to be silenced or ignored, we’re too busy ranting on Facebook or at the dinner table. We haven’t taken the time to imagine what it would be like to be told that the internal scream is just that – stifled, muffled, forbidden.

Be grateful for your beautiful voice and it’s right to be heard – whether you feel disheartened by the options or not. Refusing to participate is like taking of Nana Wayback’s rigid leather shoes and throwing them in the fire to avoid getting a blister. Put on the shoes and wear them with pride. They are glorious and fit you well.

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LETTERS TO THE EDITOR

DISGRUNTLED BY COURTESY SIGN

Dear disgruntled parker,

Thank you for attending our library open house, I hope you enjoyed most of the evening. I’m sorry that you or your disabled passenger had to walk from the playground instead of being able to park right at the door.

Unfortunately, the disabled parking sign is just a courtesy sign as we could not enforce without having bylaws. We could have spoken to the driver of the offending vehicle but none of those who saw your photos know who owns it. You didn’t sign your name so we can’t speak to you either.

If you have a problem at the Riondel Community Centre, please talk to someone in the building and I’m sure you will get a positive response.

Sincerely, Muriel Crowe, Riondel

WHO TRULY REPRESENTS?

Dear Editor,

On Thursday, April 20, about 25 of us gathered at Bob’s Bar in Riondel to await a reported visit from NDP MLA Michelle Mungall. When she did not appear, we proceeded to the Riondel Community Centre where another 35 people awaited her presence. She also did not show up there, and we later learned she received word of a huge lineup for sailings of the MV Balfour and decided not to take the time. I guess no one told her she could walk on and have someone meet her, a practice many of us are forced into when the 63 year old MV Balfour is replacing the 17 year old Osprey. At the time of this writing Michelle is due to speak at CB School April 27. Let’s hope she makes it.

I find it ironic that this politician who enthusiastically aided Balfour/Queens Bay in thwarting the proposed ferry landing move would refuse to use the

lousy ferry service she left us with to come and see the people she threw under the bus in doing so.

At least twice in March, East Shore residents were forced into four hour plus waits due to Skyway closures. This was with the Osprey working-God help us if it was the Balfour. The owner of the Dock and Duck, after pleading to keep ferry traffic moving past his door, promptly closed for the winter, leaving local residents freezing in their cars.

As a business owner now in my 15th year in Crawford Bay, I have sincerely found this to be the most frustrating political issue I have encountered to date. Does everyone know that Balfour received a \$9,000 grant from the RDCK to commission a study opposing the ferry move and not one East Shore resident was consulted? Or that on July 28, 2016 Ms. Mungall presented a petition in the BC legislature with over 3000 names opposing the ferry move even though only about 500 people live in Balfour/Queen’s Bay? Not only have the bullying tactics of Ms. Mungall and vested interests in Balfour/Queens Bay polarized this region, I have also found it frustrating that some residents here oppose the move, even though it was wholeheartedly supported by Garry Jackman, the Economic Development committee Area A (EDC) and the Kootenay Lake Chamber of Commerce (KLCC). Conspiracy theories abound, and everyone seems to be an expert on the physical, employment, and monetary logistics of the project.

All I see is a better, faster ferry service benefiting individuals and commerce in this ENTIRE region, including Balfour. Shopping, business, recreation, and medical appointments would all be much easier for us, and the free flow of traffic will create opportunities everywhere.

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Next Deadline: May 24, 2017
SUBSCRIBERS: DID YOU KNOW?
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Ms Mungall’s actions are typical of an MLA in opposition. Oppose everything and wait for power to execute their own plans and take the credit.

In this election, perhaps ask the question, who will truly represent the interests of the East Shore?

Paul Hindson,
Crawford Bay

A HISTORIC ELECTION?

Letter to the Editor

If ever there was a time to get out and vote, it’s in this year’s Provincial election. Why? Because this time around, the voters of Nelson-Creston have the opportunity to vote for a candidate who will represent people, and focus on what is best for Nelson-Creston. Kim Charlesworth is a stellar candidate who understands that protecting the environment has to be our number one priority. She knows that the transition to a green economy is already happening and that it offers great opportunities for employment, the economy, and for quality of life.

Kim’s career and community involvement have prepared her for the role of MLA for this riding. She’s got the skills to function effectively within the government system, and to improve it. Kim has the desire to build relationships and make connections across party lines – for the betterment of all constituents.

Her training as a lawyer, her experience working within the federal government, her time as a city councillor, and her current work with food security and poverty reduction are all part of the package of skills and experiences she will bring to the table. She will take a stand on something once she has educated herself on the issues. She will advocate for the people of Nelson-Creston on the issues that matter most right here, right now. She will represent the kind of change people have asked for.



RDCK Area "A" Update

by Garry Jackman,
Director - Area "A"

CBT COMMUNITY INITIATIVES PROGRAM (CBT-CIP): The applications for the 2017 CBT-CIP were reviewed by our volunteer committee at the public meeting at the Gray Creek Hall on April 18. As stated last month, the annual allocation to Area A is \$34,414 while we received a total request from 48 eligible applications coming to about \$130K. Once again the community volunteer committee did a great job of weighing the needs and recommending how to allocate funds.

The review process is in two steps, first where every volunteer goes over the applications on their own to become familiar with the projects and to draft an initial allocation list which will stay within the fixed budget. Some community members have pointed out that if every member creates their first draft with 100% of the total being allocated it is difficult to adjust figures upward during the second stage (the public meeting with input from proponents) without adjusting a multitude of other amounts downward. For coming years I will recommend each committee member create their first draft staying 5% to 10% below the maximum so there is room to make adjustments. I note some of the committee members already do this. The objective will be to reassure members of the public who attend the meeting that their input does help us better understand community needs and we want to be able to adjust our allocations to best meet these needs.

LETTERS TO THE EDITOR

"At the end of the day, Kim is a true community activist in the best sense of that term. Kim's goal is to create an environment where people of all stripes can make an honorable living and find a decent place to live. She believes deeply in issues of equity, inclusion, poverty reduction, and community engagement. She already walks the talk and will continue to do so in Victoria," says Don Johnston, federal Liberal candidate in our riding in 2015. She is attracting support from voters and non-voters of all stripes, and her campaign is entirely funded by individual donors. She has no obligation to corporate or union interests.

In British Columbia today we are seeing a Green groundswell – there is a good chance we'll see multiple Green candidates elected around the province. It is an exciting opportunity that will mean real change.

Consider this: in countries that elect just a small number of Green members (e.g., 6% in Germany) we find some of the most effective environmental protections and progressive renewable energy programs on the planet. By getting out on May 9th and voting Green, we can show the world that green energy is not only possible, it is the way of the future, creating plenty of jobs, healthy people, a healthy economy and a healthy environment.

The voters of Nelson-Creston have the opportunity to be part of creating this exciting new reality. This is an historic election. Join in and support a party that puts principles above politics. Vote Green. Vote Kim Charlesworth.

*Fom the Campaign for Kim Charlesworth,
Green Candidate, Nelson/Creston*

LOVELY LIGHTHOUSES

Letter to the Editor

Thank you Ingrid for such a good photo of the Pilot Bay Lighthouse on the front page of the April edition.

We are so fortunate to have such an amazing site on Kootenay Lake. I believe that this is the only one

The committee recommendations have been sent to the RDCK grants coordinator for inclusion in the May 18 board agenda package for approval. Agendas are published on the RDCK website about one week before the meeting date (rdck.ca, look under the 'government' tab for the meetings, agendas and minutes list). These are large documents, ranging up to 600 pages some months, but once you become familiar with the general layout and how topics are categorized they can be a good source of information. The first dozen or so pages list all of the resolutions for the board to consider, the section of the larger document where the reports and details can be found and page numbers. If you are looking for a specific topic you can zero in to the relevant pages fairly quickly.

A few people have asked if they can see the final amounts now. Information is finalized at the end of April from 20 RDCK partners (nine municipalities plus eleven rural areas) involving a total of around 800 recommendations. The CBT-CIP funding is the largest batch of grant allocations in the year so the priority is to get the correct information onto the agenda so everyone can see the results across the entire region.

MORE ON GRANTS AND OUR COMMUNITY VOLUNTEERS WHO MAKE IT WORK:

I would like to talk about information availability and grants in general. First off, thanks again to all of the community volunteers who make things happen. Volunteers give their time and offer their insight into community needs. I have long held the view that 'governance' in disbursed, sparsely populated communities such as ours is not so much a function of 'government' but more of a function of community, relying on volunteers and community champions with the knowledge and understanding to help guide us. We do not have the benefit of an elected council of five or more

assisted by local government staff who live five minutes down the road, as do some of our partner communities with far lower populations residing in compact villages, so I rely on you to bridge gaps, inform and provide council. I cannot overstate how much I value the input from you. I also realize you are volunteers, while I receive a stipend, so remaining flexible to meet your needs (holiday plans, family support obligations, medical appointments and procedures, etc.) in scheduling meetings is critical.

Scheduling meetings in advance is always best but some flexibility is needed to allow for the unexpected. Ideally we would could choose a number of dates in January when we are confident all volunteers would be available. This is how RDCK board and standing committee process works. I commit to dozens of fixed meeting dates in December of the previous year and place the highest priority on making every meeting. I have had good health and good luck over the years and have not missed a major meeting except one hospital district meeting during a blizzard several years ago (I ended up turning around and heading home and electronic participation was not an option in those days). The same expectations cannot be placed on volunteers. From time to time this results in notice being in the order of one month rather than several months and also leads to information not being as widely distributed as it could have been. I apologize to those who are adversely impacted from time to time, but overall I believe our system is well balanced and reasonably responsive to community needs.

EMERGENCY RESPONSE (EMERGENCY SOCIAL SERVICES):

Over the past year community meetings have been held at the Crawford Bay, Boswell and Riondel community center/halls to provide information and answer questions around what assistance the RDCK can provide during emergencies. Alanna Garret, who is the RDCK Community Services Coordinator for our area, provided information on when and how support is mobilized, which partners and resources can be brought in depending on the nature of the emergency and how local residents can assist.

Ideally, every community will have a number of residents who are familiar with the process of setting up an emergency reception center, can assist in identifying residents who may be most vulnerable and who can identify local resources which may be available to help.

If you want to have a session in your community please let me know and I can relay information. Also, go to the RDCK website and look under the "services" tab then the "emergency services" tab where you will see general information and contacts.


As always, if you have questions or comments on any topic please drop a note to gjackman@rdck.bc.ca or call me at 250-223-8463.

of this style in Western Canada, well maintained by Friends of BC Parks.

If you go to the Island of Kauai in Hawaii you will find that their lighthouse is heavily promoted as something you MUST SEE – one of the world's most beautiful views. However theirs is only just above water level and doesn't have the tremendous view of the lake and the ferries that the 200 foot height of ours provides.

Please make sure that all friends and guests have the opportunity to visit this.

Tom Lymbery, Gray Creek



The PAC Box

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

PAC MEETING: The next PAC meeting is postponed. Stay tuned for reschedule date.


GROCERY GIFT CARDS: Grocery Gift Card ordering deadline May 3rd. Get your orders in at cbess.pac@gmail.com or with Sandy at the school. We are fundraising for the Grad award recipient and our continued support of the CBESS students curricular and extracurricular activities!

EVENTS:

- Parent Sexual Health workshop May 3rd 7-9pm for all parents/caregivers of CBESS students.
- Mother's Day Market May 14th. PAC volunteers will have a table with vegetable starts, baked goods, crafts and Grocery Gift Cards for sale. COME SEE US THERE!

ANNOUNCEMENTS: PAC is in need of a new person to act as the Chair. Palma will be stepping down at the end of June and we need someone to step into the position so that our Parent Advisory Council can keep going.

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Sass Brown - Fashion Editor

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Next Deadline:

May 24, 2017



May Horoscope

by Michael O'Connor

Tip of the Month:

May days, May days..., it almost sounds like trouble.

Yet, amidst the blossoming buds and the busy birds and bees, we can rejoice in the eternal renewal and beauty of spring. In the human drama, there is always some measure of drama - simple enough. Ironically, what produces the most drama is assuming that there should not or will not be drama.

The drama drum is ever beating like the human heart and good thing too because the alternative is not so satisfying. Heartbeat, drum beat, dramatic tempo... ahh, life in the body.... Mercury in Aries, direct!

Aries (Mar. 21-Apr. 19): Your energy levels are running high, your focus is sharp, your pace steady. This is a good combination to get things done. Despite a detailed review of past actions, the true focus is set on the future. New creative interests are dawning.

Taurus (Apr. 20-May 20): Last month's staggering pace is flowing smoother. Yet you need to decipher what you want and your direction. Deep changes continue, as if beyond your control - cooperate. Your health may be an issue, thus a priority.

Gemini (May 21-June 20): This is a slower time of the year for you, but extra jets firing is to support your efforts. Realizing old dreams is a source of inspiration for new ones yet. Venturing into new territory highlights travel and adventure, in fact, through pages, it's all good...

Cancer (June 21-July 22): Things have begun to advance. Building upon new foundations is likely. You may be contending with the insecurity of inexperience. Humble acknowledgment and patient perseverance is the proverbial attitude for success.

Leo (July 23-Aug. 22): The sure end of proceeding slowly is featured this month. Yet the fine print reveals that you are destined to slowly move through walls. As you do, it may feel like unfamiliar territory and you could feel a little lost, for a little while.

Virgo (Aug. 23-Sep. 22): Internal changes produce external changes. Call it magic science. Trying to change the reflection in the mirror is madness, not magic. Call it the reflector or the projector, either way, it is within not without. Now, how...?

Libra (Sep. 23-Oct. 22): The irony of balance is that it is dynamic, not static. Moving on and with the flow and adapting as you go, that is the key to balance. This is a push-through period. While polite repartee in relationships is lovely, aim to be authentic.

Scorpio (Oct. 23-Nov. 21): Dealing with dual desires is a classic human dilemma and it is especially a strong challenge for you. High road or low, moving towards the source or away, soul or ego..., these are some of the pulls. Awareness is the key.

Sagittarius (Nov. 22-Dec. 21): Making adjustments and improvements in your game plan is in the spotlight. The process itself can prove fun and exciting, with a good attitude. Make others aware of your intentions to avoid confusion and win support.

Capricorn (Dec. 22-Jan. 19): A power cycle continues. That you have to exercise your existing personal power to align with and access this fresh

potential is important. The key now is to review all you have done to date and bring it forward, summarized, edited and pointed.

Aquarius (Jan. 20-Feb. 18): A steady flow of new perceptions and perspectives is likely now. Ironically, our own free will can be the blocking force. Is your free will switch set on stay or is it set for forward? It is up to you to decide, but the current is flowing fast and your spirit is adept with the universal 2 by 4. Choices....

Pisces (Feb. 19-Mar. 20): Your public and/or professional sphere is getting a boost now. Fortunately, your capacity for focus is extra strong now. This represents a big window of opportunity to advance your position and increase your influence. Exposure is key.

Next Deadline: May 24, 2017

Creativity, Community, Conscience



Hidden Taxes

by David George

Which One Will You Choose?

By the time most people are reading this, the latest BC election will be 10 days or less away.

Which candidate will you choose? There are five running in the Nelson-Creston riding, including the incumbent Michelle Mungall, NDP; Tanya Wall, Liberal; Kim Charlesworth, Green; and two independents, Jesse O'Leary, and Tom Prior.

Will the East Shore break away from the incumbent, who has said in communication with at least one of our residents that she cares more for Nelson and Creston than those of us along our main street beside Kootenay Lake, and who has not been able to get later ferry sailings for us, or public transit?

Will people vote back in a Liberal government, in power since June 2001, which in 2007 increased the contribution from the public purse, our tax money, to the pension plan for former MLAs from one dollar matching each dollar an MLA contributed, to FOUR dollars for each MLA dollar contributed?

Or will provincial voters try the NDP again, perhaps in a minority government with Green support? My crystal ball is considerably murky regarding what we can expect before the end of day this May 9. It does have a great view of the past, however, and this is what I see looking into it right now...

Before the dawn of the turbulent 20th century, this province did not have political parties as such.

The 16th Premier of BC, Sir Richard McBride (1870-1917) was elected to the 9th Parliament in June, 1903 as a Conservative, and served through the start of the Great War, WWI, until William Bowser (1867-1933), also Conservative was named leader during the 13th Parliament in 1915, and who served until the November 1916 election, when the Liberals, led by Harlan Brewster (1870-1918) won.

Brewster died in office in 1918, and was succeeded by John Oliver (1856-1927) who held office through the 1924 election of the 16th Parliament but died in office in August 1927. John Duncan MacLean (1873-1928) was briefly Premier, but was defeated by Conservative Simon Fraser Tolmie (1867-1937) in the August 1928 election of the 17th Parliament.

That one ran out the clock and was replaced in 1933 by Liberal Thomas Dufferin Patullo (1967-1937) who lasted through three Parliaments until he retired and in the election of December 9, 1941, John Hart (1879-1957) led a coalition through the rest of WWII to 1947, when Boss Johnson (1860-1964) continued



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with a coalition and election in 1949 of the 22nd Parliament through August 1952.

In the election of BC's 23rd Parliament on August 1, 1952 W.A.C. Bennett (1900-1979) led Social Credit to victory and ruled through the 29th Parliament for just over 20 years.

In fact, this province had Social Credit governments for almost 40 years, with the brief interruption of the NDP, led by Dave Barrett (b.1930-still alive) in 1972, which lasted only 3 years, when WAC Bennett's son Bill Bennett (1932-2015) returned Social Credit to power from December 1975 until November 1991, with Bill Vander Zalm (b.1934) and Rita Johnston (b.1935) filling the last five years of Social Credit.

Bill Bennett, incidentally, was Premier for almost all of Expo-86, and was presented with a realistic model of a Skytrain car, for which system he took credit, during a special presentation of a film called "Going to Town" about Skytrain.

Provincial voters had enough of Social Credit and in November 1991 elected the NDP government of Mike Harcourt (b.1943) to the 35th Parliament.

He was followed by Glen Clark (b.1957) in the 36th Parliament, and the NDP struggled through leadership of Dan Miller (b.1944) and Ujjal Dosanjh (b.1947) who closed 10 years of the NDP in the election of June 2001, amid such debacles as the Fast Ferry Fiasco.

This province has now had nearly 16 years of the Liberal governments of Gordon Campbell (b.1948) elected in 2001, 2005, and 2009, and Christy Clark (b.1965) appointed Liberal leader in 2011, and elected to the 40th Parliament in 2013.

Now--if your mind is not totally numbed by the above and whatever campaign rhetoric and propaganda you have heard or seen in this campaign for the 41st Parliament of the province of British Columbia, get up and get out there and exercise your right to vote.

Your right to vote is a precious right, and if you use it in this election, good for you. If you choose not to vote, kindly do not complain if you do not like the results of this election.

Exercise your right to vote here on our East Shore on May 9 at the Crawford Bay School from 8am to 8pm, also at the school in Advance Voting days on May 3 and 4, 8am to 8pm.

Information about other Advance Voting Days is widely available, and you may even vote in Nelson at the District Electoral Office on the fifth floor of that building at 310 Ward Street, next to the Court House from 9am to 5pm Monday through Friday, Saturday from 10am to 4pm, and May 3,4,5 and 6, from 8am to 8pm, and also on May 9th from 8am to 8pm.

Stay tuned as Hidden Taxes enters its fifth year next month with some comments about this election.



Hacker's Desk
by Gef Tremblay

The Archaic Art of Dentistry

When I was a kid I didn't much like the dentist. Although I didn't have cavities, my teeth were so big that they put fillings in many of my teeth. It didn't help in my enjoyment of going to the dentist. Later in my life I had a some 'bad' work done on my teeth, which left me in a situation where I couldn't close my mouth anymore. I had to be rushed back to the dentist so that he could finish his job. This did not help me make peace with dentists.

I've always had that feeling that dentistry is stuck in the dark ages of the medical profession. Cavities seem to be this bacteria that are impossible to deal with, and the only recourse is to drill the tooth, then you put something in there to fill it, which will need to be replaced every few years. Most of the time a cavity ends up infecting the whole tooth and the only solution is a root canal, effectively killing the tooth. To add to the whole story, dentists aren't liable for what they do. They use to have mercury fillings which were poisonous, something that is known today and dentists will replace at your cost. Now they use some plastic option for fillings, which are also poisonous, so you have to replace these at your own cost too. If they inadvertently damage a tooth while working on another tooth, there is nothing that proves they did the damage. Finally, root canal has been known to have negative health effects as many bacteria will lodge themselves under the root canal creating infection and taxing your whole immune system. Arthritis, MS, and other chronic illnesses have been linked to infected root canals quite often.

Last year I got a tooth pulled. It was a tooth that had a root canal. From all the reading I did on root canals I asked the dentist while he was extracting the tooth if it was infected. He explained to me that there was a huge infection under the tooth and it took almost one hour to remove all the infected tissue under the tooth. That confirmed a lot of what I had been learning over the past year.

So what do we do now? How can we change this system? Dentists are professionals who make their fortune on a deprecated system which doesn't cure our teeth but simply gives a quick fix that will need maintenance ever after. I don't think anyone is evil in the dentistry industry, but I think that there is probably no desire to change schooling and the general science of dentistry as long as it's profitable. Why would the dentists association finance research that could cure cavities, something that would almost annihilate most of the profession? Is there an external association that keeps dentists accountable to their work?

As far as I can tell, dentistry is a power trip. They do what they have been told, get the money and don't look further. Even if there is more and more evidence that we have been doing this all wrong for the last 100 years.

Meanwhile, not knowing what to resort to, I've started a few practices from my online research.

First, going to the dentist is still a good idea for getting a regular cleaning. If fluoride is not your thing you can also go for a cleaning without fluoride.

Oil pulling - This technique has been used for hundreds of year in ayurvedic treatments. The simple process of swishing oil in your mouth for 10 to 20 minutes helps pull out all the toxins from the mouth.

Brushing stick - The earliest chew sticks have been dated to Babylonia in 3500 BC and an Egyptian tomb from 3000 BC. These chew sticks taken from different bushes and trees have awesome health benefits for the

Technologies & Networking, Finances, Engineering, Marketing & Communications, Project Management, and Human Resources. We welcome potential board members from all geographies served by ESIS, such as: Crawford Bay, Gray Creek, Riondel Rd, Kootenay/Pilot Bay, Boswell, etc.

If you are interested, please submit your expression of interest to the board before May 10 (board@eastshoreinternet.ca). Please include brief synopsis of skills you bring to the table, where you live, your availability throughout the year, and any other information you think would be helpful for the nominating committee. And if you think someone you know might be a good fit, please suggest they submit an expression of interest (do not submit someone else's name for nomination!). The board will act as nomination committee by vetting expressions of interest to maximize diversity and needed skills, and then presenting the nominees as a slate for voting at the AGM on Tuesday May 23.

Thank you in advance for your feedback and support.

ESIS AGM REMINDER

**Tue May 23, 7 – 9pm
Crawford Bay Hall
The whole community is invited and each subscriber-account in good standing will have a vote.**

gums and teeth.

Normal tooth brushing, making sure to use natural toothpaste or **make your own**:

- Baking soda
- Coconut oil
- Spearmint essential oil

Mix these three simple ingredient and voila, you have a home made toothpaste.

Xylitol, is a sugar that is actually good for your teeth to re-mineralise them. It also balances the acidity in your mouth so it's something you can use right after eating deserts. But xytol is a sugar that is good for your teeth? Why don't we use more of it?

Minerals to help our teeth. Calcium, magnesium and zinc are a few minerals that help re-mineralize our teeth. Interestingly egg shell can be used for minerals, half a teaspoon of powdered egg shell has 900mg of calcium, 24mg of Magnesium an 9mg of phosphorus.

Raw garlic can be used as an antibiotic if you ever get an infection under a tooth. It's important to keep on monitoring that infection as tooth infection can become quite damaging for your health if not treated properly.

I am not against dentists. We still need dentists to check our teeth, get a real diagnostic of what is happening with our teeth and to get a good cleaning once in a while. But the drill, fill, kill and replace process seems almost medieval. Hopefully by sharing some knowledge we might start to force some change on a profession that needs an update.

To read more about some other natural remedies for healing teeth follow: <http://www.curetoothdecay.com>.



**ESIS AGM:
Subscriber Survey &
Board Nominations**
by ESIS Board and Staff

Subscriber Survey

In preparation for this year's Annual General Meeting, the ESIS Board would like to hear from its Subscribers and what they would like out of the upcoming meeting. The purpose for the survey is to help us make best use of our time together at the AGM.

To participate, visit the ESIS homepage (www.eastshoreinternet.ca) and click on "Take the AGM Survey" link. Please respond to the questions prior to May 10, 2017. Collected responses will be anonymously themed used to help form the agenda, which will be emailed one week prior to the AGM.

Seeking Board Members

The ESIS board is still seeking an expression of interest from those who might be interested in joining the ESIS Board of Directors. This is an operational board, meaning directors are responsible for organizational governance as well as some operational tasks. We are seeking a commitment that requires monthly meetings as well as some work in-between.

As the society seeks to maximize both skills and geographical diversity of its board members, our current board needs include expertise in: Internet



East Shore Intergenerational Music Playgroup

A new free program designed to bring the youngest & oldest East Shore residents together for singing, playing & visiting. Snacks provided!

- Where: Riondel Community Centre, Seniors Room
- When: Saturday May 6, and May 20 - 10.30-11.30am (others will follow, TBA)
- Who: For seniors & families with children 0-7 years

Come and join us! No registration required.
Contact Ellie at easey01@gmail.com for any more info.

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250-227-9322.

Email cbstorebc@gmail.com

**Next Deadline:
May 24, 2017**

Nelson/Creston Riding Candidates for 2017 Provincial Election

Kim Charlesworth
Green Party



http://www.bcgreens.ca/kim_charlesworth

Kim moved to Nelson in 2003 and has been moving the Nelson community forward ever since. Born and raised in Winnipeg, Manitoba, she attended Dalhousie Law School in Halifax, Nova Scotia, where she met and married Greg Brewer. Kim practiced law briefly before taking time to raise a family. Kim and Greg have two children, both living in Toronto.

Kim's many years of public service have grown into a passion to increase resiliency in our region. Recently Kim has focussed on Food Security. She joined the Nelson Food Cupboard in 2013 and has helped the organization transition beyond providing emergency food bank services, including the development of a 4,000-square-foot garden. See her speaking about the project here. Kim also works at a regional level, for changes within our public systems. She is Board Chair of the Kootenay and Boundary Food Producers Co-op (KBFPC) whose vision is to re-create a sustainable, local food economy.

With fresh on-the-ground experience in realms that benefit us all, Kim now hopes to represent our rural communities in the BC legislature.

Michelle Mungall
NDP



michellemungall.bcndp.ca/

First elected to Nelson City Council in 2002, she is the youngest person ever elected in Nelson. She is also the first woman elected to the riding of Nelson-Creston following her win in 2009.

A strong voice for the Kootenays, Michelle is a known and respected champion for poverty reduction, ecological sustainability and local economic development. Along with working to keep Jumbo wild, she successfully fought Christy Clark's child support and maternity leave clawbacks to reduce poverty for over 6000 children. Michelle has also introduced legislation for a poverty reduction plan and been a strong advocate for local food.

Michelle has served as Opposition Spokesperson for Social Development as well as Advanced Education. She has chaired the Opposition Women's Caucus and the Opposition Social Policy Committee. She was most recently Deputy Chair of the Special Committee to Appoint the Representative for Children and Youth and has served as Opposition Deputy House Leader the past three years. There is no doubt that Michelle is a very active member of BC's Legislature.

Michelle and her husband Zak reside in their Nelson heritage home. They enjoy skiing, hiking, arts and culture, and being outdoors and active in the region

Tanya Wall
Liberal Party



www.bcliberals.com/candidate/tanya-wall2017/

Regional District of Central Kootenay Area B director, community volunteer, and proud mother Tanya Wall is the BC Liberal candidate for Nelson-Creston in the 2017 provincial election.

Wall was elected as a Regional District of Central Kootenay Area B director in 2014. She is a former two-term Creston councillor and is widely recognized for her strong leadership in the region's diverse agriculture community.

With more than 20 years of experience in the environmental, health, and safety fields, Wall has worked with industries including forestry, construction, and manufacturing.

A strong believer in giving back to the community, Wall has held volunteer leadership roles with organizations and events including Fields Forward, the 25th anniversary of Rick Hansen's Man in Motion Tour, the TSN Kraft Community Celebration featuring the Creston Valley Therapeutic Riding Program, and the 2010 Olympic Torch Community Celebration.

"We need an MLA who will roll up their sleeves, advocate for local issues, and work hard for the communities they represent – and that's exactly what I want to do. Our region wants to be part of growing a strong economy that creates good-paying jobs – and if elected, I'll fight for those opportunities in Victoria." – Tanya Wall

Jesse O'Leary
Independent



thinkindependently.blog/

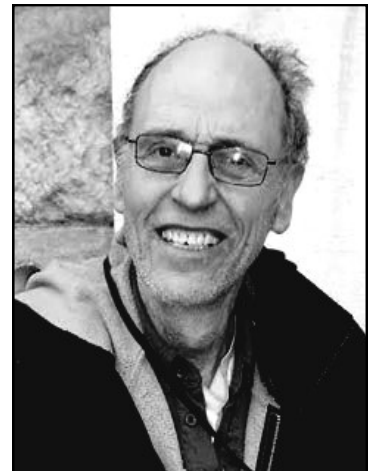
I have a dream to transform the way we interact with each other and the natural environment. I have plans to connect our communities on a level most people wouldn't think possible and I'm willing to go out of my comfort zone and make major sacrifices to bring this dream into reality. Not for myself but for the betterment of all humanity.

I'd like to do something fresh, something that has never been done before in the political arena. I'm excited for the opportunity to invest the majority of my personal salary directly into creative solutions for the problems facing our communities here in the Nelson-Creston riding.

Many people will assume that I don't have a chance to win the riding. But, I've done some number crunching and although it may seem like a long shot... I only need to convince 2/3s of the non-voting demographic that I'm worth a shot.

I need to show them my ethnic self, pure intentions and progressive ideas. If I can do that I will easily have enough votes to become the next MLA of Nelson-Creston.

Tom Prior
Independent



<http://tomprior.ca/>

Currently we lack effective political leadership. Nelson/Creston like other interior BC ridings needs independent provincial representation that is willing to speak up and act to return value added jobs for timber, water, mining, and agriculture resources.

One of the corner stones of our campaign is to begin the complicated political process that will reverse the destructive effects of BC's boom and bust resource economic momentum. This boom/bust economic will; is increasing less viable and is under pressure from the middle class of Canada that is loosing confidence in this system. This is the political/corporate system that has caused and continues to push the finite limits of our eco-system.

We must elect politician to start this new age of economics that does not pit the health of our environment against the economics that we believe creates wealth.

Next Deadline:
May 24/17



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Please call Creston Veterinary Clinic to book
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**NEW LOCATION! We now have our clinics
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The Mainstreet is now sold at
Kootenay Gourmet in Balfour (by
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Community Connections The Times, They Are A Changin'...

Community Connections is pleased to announce the addition of two exceptional individuals to our Society's team. **We welcome Gary Sly into the position of administrator, and Kalibri Wood into the position of bookkeeper.**

These two individuals bring a wealth of experience and skill including formal education, business and entrepreneurship, organization and technology skills, volunteer training, team building, office administration, bookkeeping, and excellent interpersonal communications. They will be a great addition and asset to the CC organization and we are looking forward to working with both of them.

In January, we talked about the success we have had over the last 6+ years, and the resounding support we received to continue our services at our November 2016 AGM. We announced in detail our plans for a refined and restructured version of today's organization to deliver our services and become more sustainable. The role of Grant Sponsorship and Project Life Cycle Management for East Shore Community and Economic Development activities remains core to our services and supports our goal of fostering growth in our area.

The announcement of these two individuals and their respective roles, not only supports the revised organizational model going forward, but replaces and

adds important focus to the role previously held by the current administrator, Greg Blackwell. *While we introduce Gary and Kalibri to the organization, Greg will continue to provide guidance and be a key adviser to ensuring an effective transition.*

As we implement these changes and announcements we are proud to reflect on the many projects and programs CC has supported and been involved in ...

In the area of Community Development there has been ...

- Art – Walks, Camps, Learning, Groups,
- Children, Youth, & Families – Early Years, Youth Development, Seniors Care, New Playground, Halloween, Xmas Food Hamper, Summer Camps, Student Exchange, School Music
- Community Learning Hub – Courses, Adult ED, Local Awareness, Health, Language
- Recreation – Fitness & Facility, Court Sports, Trail Building, Green Boating

...and, as mentioned in last month's Mainstreet and in other sections of this one, stay tuned for more on our new East Shore Better-At-Home initiative sponsored by Community Connections and the Health Care Society.

As well, with respect to **Economic Development** - We have supported Business Forums, Green Boating Promotion, Directory Development, Investing on the East Shore, Area Marketing Promotion, Communications, Asset Mapping, Food Roots, Sunday Markets, Community Gardening, Food Feasibility Research, Food Education, Organizational Development, Speaker Events, as well as being a member of the Kootenay Lake Chamber of Commerce.

These do not list all of CC's accomplishments. Having said that, I would like to take this opportu-

out extra hard (venturi effect) or whip past the peak of your roof and push down on the chimney. Wind blowing past your house can wreak havoc on fresh air intakes as well if they are on the wrong wall as well.

These things, alone or in concert, can mean your stove and chimney won't draw as well, and it's more likely smoke will spill into the room when you go to load it, or your fire won't start as easily.

You can see it's difficult to assess exactly what effect the weather is having to your set up, and it's one of the problems in assessing the reason someone's chimney isn't working very well. All you can do, really is keep an eye on the weather and try to adjust how you're using your wood stove accordingly.

For example, since you'll have weaker draft in your chimney come spring and fall try having smaller but stronger fires. One tip is to put the firewood in so the ends are side-to-side instead of front-to-back. Then less wood will be exposed to air and flames at once so there will be less fire at one time to keep you from overheating your house.

And of course save your 'better' firewood for dead of winter and longer overnight burns, and use the less quality wood in the shoulder seasons. Birch, larch, fir and fruit tree wood are denser and have the most BTUs per cubic inch. They'll burn longer and give more heat. Less dense wood (pine, hemlock or poplar) is better for when you can reload your stove more frequently or in the shoulder seasons when it's warmer out.

For answers to your specific wood heat questions give me a call at Gray Creek Store – 250 227 9315.

nity to thank all the CC Board Members, project leads and program managers, volunteers, funding sponsors, partners, external contacts, and community members and individuals, and so many others who have made this all possible over the past five years that I have been CC Administrator. Meeting and getting to know so many folks through all these experiences has been a major unexpected highlight of coming to live on the East Shore.

We look forward to continuing to serve East Shore communities and contribute to residents having dependable and supported access to a range of funding and community services that maintain and enhance well-being.

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 or please call or email our Administrator Greg Blackwell at 250-227-9218x5505 or cell 250-509-0751, at skootenaylakeccs@gmail.com or blackwellgregw@gmail.com, or drop by our office 1-4pm Wednesdays at Crawford Bay School.

Blowin' In the Wind Weather & Woodstoves

by Dan Silakiewicz

This article deals with the question "Why does my stove work better on some days than others?"

You've probably noticed that sometimes you wave a match at your fire and it lights, but sometimes it seems like some magic force is working against you and your fire. And it is, but instead of 'magic', use the word 'scientific'. There are things going on in and outside your house that will affect how your stove works. I recommend reading the previous article on how your house affects the stove & chimney. Primed? Okay, here's what else is going on.

As I mentioned previously the colder it is outside the harder your chimney will pull, generally. Though if your chimney is outside, unenclosed and uninsulated, colder weather will make that chimney cool down faster and can decrease your chimney's draft. It's always recommended to have the chimney inside the building envelope and if you can't, build a nice cozy chase around the chimney. Also...

When we are experiencing a low pressure system (clouds, especially low cloud or an inversion), the sky is pushing down on the top of your chimney (score one for Chicken Little). When it's sunny and bright there's generally a high pressure system and it kind of pulls the smoke out of the chimney.

Wind can be a factor too. If, like me, you live on a mountain side on the lake you will notice the wind blows up during the day and down at night. Most people have seen the smoke from their chimney going down instead of up. That wind is blowing down on your chimney as well as from it – more downward force.

If you live in a flat open space (like the Creston Valley) wind can whip past the chimney, pulling smoke

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

Growing communities one idea at a time.

Next Deadline:

May 24, 2017

2017 Eastshore Ambulance 7th Annual Garage/Estate/Bake Sale Fundraiser

by Christy Gillespie, Chairperson - ES Ambulance Auxiliary Society

Once again, it is looking like 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 (still being finalized), raffles, silent auctions and the best Eastshore Community get-together of the year! Most sales by donation, with no reasonable offer refused. All funds raised go to the support of the Eastshore Ambulance Service.

WHEN:

- FRIDAY, June 2 from 2 – 7pm
- SATURDAY, June 3 from 9am – 4pm
- Sunday June 4 from 9am – 4pm

WHERE:

- 1506/10 Russel Ave., Riondel

CONTACT:

- Wendy 250 225-3516
- Christy 250-225-3558/403- 816-4172 (Cell)

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.

Community Market Table Idea for this Summer

by Bernard Raidt

As mentioned in the Food Roots article "Should We Have A Farmers' Market?", some community members are interested in starting a weekly market table, to which local gardeners can bring their produce for sale to their friends and neighbours.

The idea is to encourage increased local food production and to allow people in the area to buy fresh local produce. We also hope, over time, to help increase the viability of vegetable growing as a part-time business in the area.

What we intend is that volunteers will man the table, selling the produce and receiving a proportion of that produce as thanks for their efforts. If their portion is more than they require, they may pass it on to friends or donate it (in their name) to those in need, through channels we'll help arrange. A small percentage of cash income will be set aside for expenses (space rental, equipment, etc.), with the majority of profit going to the grower.

If enough people are interested in growing vegetables, and enthusiastic volunteers are willing to offer their help, then we intend to make a start this season, as soon as produce is available in sufficient amount.

We hope that gardeners will take action now, tilling up more ground, adding a few rows to their existing gardens, and putting those disused greenhouses and raised beds back into production.

We intend also to make available at no cost some seeds for early greens, so that interested gardeners can make as early a start as possible.

of Creston, Fields Forward and others too. Nelson's Garden Fest, Market Fest and Winter Markets are also a great venue for vendors, hosted by the West Kootenay Eco Society.

But, new food and agriculture businesses, with less product, experience, or capital, and greater distance to market, face challenges at a market as established and professional as the ones in Creston or Nelson. It's been an idea to try to work with the Creston Market, other Kootenay markets, Fields Forward and possibly also an organization such as KES, to create a program that can offer practical support, such as table sharing, to these start-ups until they can take the next step as a regular, larger vendor, and hopefully make it a profitable venture.

I recently joined the volunteer board of the Creston Valley Food Action Coalition, which is the society that runs the Creston Valley Farmer's Market, the Creston Valley Harvest Share, and also helps the Dan McMurray Seed Bank. I believe these programs are important to our region, and as East Shore Food Roots Coordinator I am interested in exploring whether they can naturally grow to service our entire East Shore area, or whether we need to start from scratch on the ferry end of our region. So far the feedback has been positive. The board of the FAC and Jen Comer have offered significant practical support for Food Roots' first foray into markets here (May 14, see info below and our ad). They have been supportive of the idea of a support program for new businesses (although there are challenges to doing this at such an established market) and there are plans to increase the reach of the Harvest Share program this year (in partnership with Food Roots and Fields Forward). I'll mention here that Fields Forward is also supportive of our attempts to begin new programs on the East Shore. Many of the same people are involved in each of the food groups and we are all trying to find ways to either merge or work well together on specific projects. It's a work in progress as the higher capacity Fields Forward and the other established food groups learn how to work together, think big and regional while addressing local needs, and develop strategi-

Please make a start now if you want to participate as a grower, and please contact us (whether as a producer or a volunteer) to share your thoughts and ideas and to let us know you are interested.

If you would like to support us in another way, such as with donations of money or equipment to help us get started, such help would be very welcome!

This is a volunteer-driven project that will only go forward this season if sufficient interest is communicated to us, so please be in touch.

Call Bernard or Nicole at 250-227-9111 or email Nicole (Food Roots Coordinator) at eastshorefood@gmail.com.

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A non-smoking facility

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Sass Brown - Fashion Editor

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Should We Have a Farmer's Market?

by Nicole Schreiber

East Shore Food Roots has been exploring what programs could boost economic growth in our food sector and increase food accessibility and security in our area. One of the possibilities we are exploring is the development of a farmers' market. Another possibility is a support program for emerging food and agriculture businesses, to make it easier for them to enter the Kootenay Farmers' Market system while they develop their business and gain experience and skill. Yet another is a Community Market Table that could connect to both of the other programs.

One of the challenges faced by small food and Ag business start-ups, and especially by those closer to the Riondel end of the East Shore, is finding a local market for their product. Another challenge is developing their business so that it is actually ready for a larger market such as the Creston Valley Farmers' Market, or has a product truly ready for grocery store shelves. There are good programs now offered through Kootenay Employment Services (KES), but perhaps even more can be done to address the specific challenges we face here.

Creston's Market is fantastic and has grown more successful each year. Check out the Markets' new website for the numbers on this, because the impact that market has on the local economy is impressive! They've also just won the BC Association of Farmers' Markets' 2016 *Market of the Year* for medium markets and their coordinator, Jen Comer, won *BC's Market Manager of the Year!* Their success is in no small part due to the vision and dedication of Jen, and a solid business plan to boot. There are plans developing for a year-round Market Park as well, which would likely be a partner project involving the Market, FAC, the Town

cally moving forward. Other food groups in the Kootenays are also supportive, with Kootenay Food, Kaslo Food Hub and West Kootenay Eco Society all sharing our Market info with their vendors and networks. If this first Market Day is successful, and our finances allow, we hope to put on another market event in the autumn, hopefully in conjunction with an autumn celebration event by another group. If you have plans for such an event, please contact me!! In the autumn we will assess the year and make some decisions about what to do for 2018. If having a regular market in our area seems like the right direction to go in, the goal will be to develop it in stages and with a strong business plan, such as they have done in Creston, to ensure that it is a strong and sustainable program. A Community Market Table is another, connected idea that is being explored and may be tried by Food Roots volunteers this season. This Market Table would be the first link in a support program. Local people can bring produce to be sold by volunteers (who would receive a portion of the produce brought in). This is a tweak on a project that was tried a few years ago, and could be a fairly simple and important aspect of a larger support program. It could accomplish a number of things: be a place for small food and Ag start-ups to get their footing and become aware of the programs that KES offers, increase the amount of truly local food available to community members, and offer an enhanced volunteer experience for local seniors or youth (or better yet, seniors & youth). Some Food Roots members are thinking about trying this out for the summer, so if you are interested or supportive, please let us know. We need community input and support! Start to grow some extra in your garden, add a few rows, get those raised beds and greenhouses going, and definitely let us know about it.

It is fortunate that we've been given funding in order to build relationships in our region with the other groups and explore what food systems might lead to a more economically successful and food secure Area A. Those deeper networks are beginning to strengthen us all and open up new possibilities. Thank you to the RDCK Area A EDC for their support for Food Roots

Temple Update

by Guenevere Neufeld for Yasodhara Ashram Society

Noise from an electric lift brings my eyes skyward as I walk toward the Temple of Light. High above my head are two construction workers held within a walled metal frame extending above the reach of scaffolding. One man is on the controls, guiding the metal box according to the subtle hand movements of the other. A slight flick of the wrist is easier to discern than shouting over the wind, rain and monotonous whir of the engine. We make eye contact and the hand movements turn into a wave. I return the welcoming gesture and am beckoned forward with a smile into the main structure underneath.



Construction on the Temple of Light continues to refine into spring. Instead of a gaping hole, I enter the main part of the Temple from the deck through the outer frame of a door. The frame of each of the seven doors leading directly outdoors has now been installed and the timber around them painted white. Immediately, my eyes see that the timber bones of each prefabricated piece — carefully constructed by Spearhead — is now covered by paper-thin fabric in preparation for the insulation soon to be blown in.

Other changes are not so obvious. Electrical cords hang near the centre of the dome, threaded through

meticulously and camouflaged in the timber beams. Turlock Electrical Contracting Ltd. has been hard at work wiring the Temple and entrance.

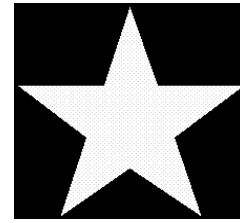
One of the seven vast windows is now framed completely, and on March 24, its template was sent back to Vancouver to begin creating the custom glass that will be installed in each large frame.

According to project manager Dennis Cadrain, this month's biggest change has been timber framing the entranceway, closets and bathrooms. As we walk over smooth concrete toward the entrance, he points out where skylights will soon be cut and the new framing that makes boundaries in the space separating stalls, doorways and storage areas. I stop to wonder at the precision of it all — a perfectly curved corner and a sweeping curved

wall that Dennis tells me was laser-measured at every joint for just the right angle.

I exit the building to step back into the drizzle of water half falling half hanging around me and the constant chatter of the engine of the machine holding two men up in sky. They're planing the edges of each petal's curving edge, preparing it for finishing. In a few days the roof of the entranceway will be complete.

I'm patiently waiting for the finished Temple, and though it takes time, every month sees progressive strides.



Starbelly Stars

By Will Chapman, Artistic Director

Five Alarm Funk

This eight piece band from Vancouver is our headliner for Saturday night. The first time I saw this act, their tight, energetic performance truly blew me away.

A horn section, percussionists, guitarists, all surrounding the band's engine: the drummer, positioned front and centre — 'locking it all in' and 'laying it down heavy' as he drives the groove in different directions — sweating and breaking sticks. Really hot grooves of funk/ska/latin...

They've just released their 6th studio album.

When describing their live set to a friend, I said this: *It was like I'd come upon group of young, very talented musicians and someone had just told them, "Guys, you have to go out there and give it everything you've got inside you. Make every second count. Push yourself and each other beyond anything you've done before, because we've just got word: this is the last night music will be played on earth ...nuff said!*

Cam Penner

This guy is a poet. He's a passionate performer whose voice reached deep into my soul and really touched me the first time I heard him, in a way I haven't experience for a long, long time. When trying to describe his music, words seem insufficient. You just have to crank it up and let it wash over you.

He'll be playing our festival with his collaborator — electric guitarist Jon Wood. The musical combination of the two is mesmerizing.

When I first heard Cam sing, I had a sense that he would be a perfect fit for Starbelly. The duo seems to be more accepted and well known in Europe and the UK than they are in Canada. I had no idea where he was from, then learned that Cam lives nearby, in Blewett. Who knew?

Slocan Ramblers

Within the roots music scene, this Canadian act seems to be making some very serious waves. Bluegrass pickers who really know how to play, write and work a room. A look at their calendar suggests that these guys seem to be touring most days of any given week. You just know that from doing all those shows, they're going to be delivering a finely crafted set of acoustic magic for us. Bass, guitar, mandolin, banjo and vocals — the definitive bluegrass line up. Prepare yourself for an amazing combination: infectious toe tapping vibes, acoustic virtuosity without pretense.

Alpine Conspiracy

Bears, cougars, sasquatch and Alpine Conspiracy — some of the wild and illusive things found in the mountains of the Kootenays. This five piece act is based in Nelson and includes a lot of players who've played SBJ in the past, in other musical projects. They know the SBJ vibe well — they're ready, willing and able. They seem to keep people dancing and smiling wherever they play, creating a fusion of different musical styles, including funk/soul/disco/rock... They also fit into the category of a 'jam band', players who really love experimenting and playing together. And it shows. Their popularity is growing steadily and they recently received the 2016 Kootenay Music Award for Best Rock Band.

More introductions in next month's *Mainstreet*.

Click for all the info: www.starbellyjam.org

April 2017 *Mainstreet* 9

Farmer's Market Continued...

this year, and to Columbia Basin Trust, the EDC, and the Creston Valley Farmers' Market for their support, both financial and practical, with the Mother's Day Market.

The Market is Sunday May 14, Mother's Day, from 10-3 at the Crawford Bay Park. There will be music, plant sales, food and artisan vendors, and more! And, other great events are occurring elsewhere in the community the same day, so it'll be a great time to hang out with your mom on the East Shore. Yasodhara Ashram is hosting a 'Taste of the Ashram', The Artisans of Crawford Bay are having an open house, Kokanee Springs Golf Resort is having a Mother's Day dinner, and the list goes on. For details and info on more events and business offers on Mother's Day, check out our East Shore Food Roots Facebook page or come to the market and explore at the Community Information Table. Thank you to the Chamber of Commerce, the Artisans, Kokanee Springs, the Ashram and the other local businesses and organizations who've agreed to participate and co-market this 'Have a Lovely Day in Crawford Bay' extravaganza! May it lead to more cooperation between us all! We are better working together!

Please contact me with your thoughts about farmer's markets, support programs, the Community Market Table idea and anything else around food. We need the input of the community on these projects, and also your active volunteer support, if you have the time and interest! You can reach East Shore Food Roots by email at eastshorefood@gmail.com or give me a call at 250-227-9111. Happy Spring everyone!

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La Cafamore's Decade

press release

La Cafamore approaches its first decade of performing in the Kootenays, and one could say that what has kept the group going has been the ability to adapt to changing circumstances. "That and the fact that we really like each other and enjoy playing together," says violist Alexis More, one of the groups founding members.

The group began as a string quartet but three years ago found itself to be a trio. "We exhausted the two violin/viola repertoire in one concert" says More. In order to keep the group going, they shifted gears, turning to piano trio repertoire.

Piano trios happen to be violinist Angela Snyder's favorite medium, so for her it was a welcome progression to take on the lead violin part. Carolyn Cameron tackled the piano parts and Alexis transcribed the cello parts. "As a violist, I was not familiar with the piano trio repertoire" says More, "but as it turns out, the cello part transcribes to viola quite naturally". Most piano



trios exploit the cello's upper range which happily corresponds to the violas' lower range. More's rich sound adds to the mix so that for the listener, one is hard pressed to tell the difference.

"Occasionally there are scale passages where you have to go down then up, which is a bit awkward" says More "but they are surprisingly rare".

For Carolyn Cameron, switching from violin to piano was a challenge. "I have much more experience performing on violin. And the piano parts of most piano trios are monstrous". Cameron says that she went from learning 10 page works for solo piano to 50 plus page works for trios. "The sheer volume is daunting and most of these pieces were composed by accomplished pianists. They don't make it easy".

She has enjoyed the process and has nothing but praise for her fellow musicians who fully supported her in her new role. Support, yes, but violinist Angela Snyder still takes every opportunity to tease her younger sister, Carolyn: "We are challenged by choice, since there are many beautiful piano trios out there that are not quite as "monstrous" as our chosen favorites!" says Snyder.

La Cafamore will be performing Schubert's piano trio in E flat and Haydn's piano trio in Cmajor.

When: Sunday May 21, 2:00 p.m.

Where: Harrison Memorial Church

Admission: by donation

Three Great Sopranos For Mother's Day Sunday May 14th

by Zora C Doval

We are so lucky to live in a community that values music! As a concert goer and aspiring musician I always appreciate the variety of local talent in many different genres, from reggae and rock and roll to folk, classical and jazz. We have so much quality here on the East Shore. Although we enjoy all the benefits of living in a small place our cultural experiences are far from small. Many times a year we are able to hear music that is great and inspiring. Lots of it is local, original and unique and the occasional imports are refreshing also.

I am very pleased to let the community know that a group of very accomplished and inspired musicians who now perform under the name Ananta has accepted my invitation to perform a concert at the occasion of Mothers Day in Crawford Bay School. Ananta is a vocal ensemble that is comprised of three sopranos with varied musical backgrounds and experience. They deliver a purity of tone that effortlessly spans a wide range of styles and eras - be it world music, folk, jazz, classical or early music, the group can handle it. Creating a connection for the audience to the music and with the performers is an important goal and one to which Ananta strives. Their ease with an audience allows for a relaxed atmosphere in performance and their willingness to speak with the audience ensures that everyone comes away with something that has touched them. The three of them have a unique blend that allows them to bring something special to audiences. They come from different musical backgrounds, have enormous amounts of experience with the voice and they come together to connect with people, to bridge the gap between audiences of classical music and folk, jazz and world music fans. Allison Girvan is a professional singer, arranger, director, clinician and adjudicator. She has been a featured soloist on recordings and in performance with ensembles including Musica Intima, Elektra Women's Choir, The Vancouver Chamber Choir, the CBC Vancouver Orchestra, the Vancouver Symphony Orchestra, the Calgary Philharmonic Orchestra and as a vocalist for studio sessions for radio, T.V. and feature film. Allison directs the Corazón vocal ensemble, and is music director for the Capitol Theatre's youth program.

Noémi Kiss studied at the Academy of Music in Budapest and the Guildhall School of Music and Drama in London. With performances in many of Europe's concert halls, her concert engagements take her to many of Europe's festivals and include appearances in Iceland, Norway and Israel. Her 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. Noémi Kiss moved to Canada in 2009, and is now a permanent resident.

Kathleen Neudorf is active as a conductor, singer, teacher and vocal director. Before moving to BC she sang professionally with Pro Coro Canada both as a soloist and as an ensemble member. She now resides in Nelson, BC where she teaches privately as well as directs the children's choir, SongCore, the Nelson Choral Society and the chamber choir, Cottonwood. She vocally directed and sang in a number of Nelson productions including Sweeney Todd, Orpheus, Marriage of Figaro and premiered the role of Adrianna in Don MacDonald's opera Khaos. She has performed in concert as a soloist and with duet partner, Noemi Kiss. Recently she has joined forces with Noemi Kiss and Allison Girvan and together they sing in Ananta.

These three soprano ladies are highly educated and they are very passionate about their music. Their

high energy is contagious. Consider that hearing even just one soprano can be very inspiring... what about hearing three at the same time? Three powerful voices elaborating on one theme.... plus they will be joined by a talented pianist Christoph Martens on piano.

This will be a wonderful concert and a perfect event to celebrate Mothers Day with your mom or someone special. After the concert, you can stroll to the Junction Creek Hub for a Mother's Day Special (spanakopita & chicken kebabs) for a very good price. Our two events are allied and your concert ticket will get you a further 10 % off your meal.

Concert starts at 4 pm at Crawford Bay School. Refreshments (chai, coffee and smart desserts) will be served.

Tickets @ Crawford Bay Store
& Junction Creek Hub
Adults: \$20

Couple (or just couple of friends): \$35
If money is a problem: Sell 5 tickets and get your own ticket free (please inquire)
Info: Zora (250 227 94 34)



Three Great Sopranos

Sunday, May 14, 4pm

@ Crawford Bay School
(Tickets @ Crawford Bay Store and The Hub)

Info: Zora - 250.227.9434



Music In The Night

By Wendy Scott

Acoustics, they say to me. Yes, the building; the vaulted ceiling; the wooden beams; the blessed sanctity of sound, but none of these conditions matter unless the musicians, the composers, the instruments combine to float their melodic lines of harmony and rhythm beyond the perfect building into memory and the night.

At the end of March The Kootenay Classic Jazz Quartet brought all of this and more – much more – to a sold out performance at Harrison Memorial Church in Crawford Bay, BC.

Doug Stephenson, calmly confident, smiled while his fingers danced across the frets of his jazz guitar while Rob Fahie embracing a huge, ancient bass violin plucked and stroked long strings into reverberant support and complex melody.

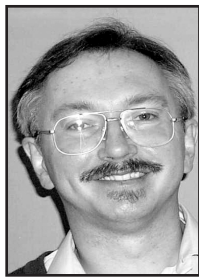
The brass beauty of a bass saxophone is only exceeded by the brilliance of sound drawn by Clinton Swanson; his energy, his talent and his enthusiasm embrace and excite. And when his own strong and intricate music blends with the clear resonance of Donnie Clark's trumpet, the definition of classical jazz reaches a heavenly state.

Care to switch from jazz to pop? Bob's Bar dished it out with class when Mike Stenhouse arrived with his guitar to entertain from his extensive repertoire of toe-tapping song and dance tunes.

Familiar melodies and a surprise of memories bounced through the dusk and along Riondel streets to linger in the night.



Seldom Scene



"Do you ever look at someone and wonder what is going on inside their head....?" —the opening line of *Inside Out*

It's been a while since I reviewed a children's film, so I'm going to transition with Sigmund Freud and Carl Jung. Have no fear, though, I'm not going to burden you with the erotic underlays of fairy tales or the psychopathology of sandboxes. It's simpler than that. Part of the reason Freud and Jung were so successful in communicating their ideas was because those ideas had such a strong visual component. When they spoke of how the mind operated, it was in terms that begged for some Gustave Doré or Edward Gorey illustrations. With Freud, the id was that creepy basement that no one wanted to check out too closely. The

ego was you in fixated your mirror. The superego was that school principal into whose office you dreaded being summoned. Oedipal and Electra complexes conjured up whole theaters of Greek drama. Dreams were unraveled with Sherlock Holmesian brio. With Jung, the collective unconscious was a Tarot deck on steroids. The Self was a mystic art gallery of mandalas and mandorlas. The female mind trusted with its male animus, while a guy's brain eyed its feminine anima. And twirling its dastardly villain's mustachios in the shadows was, well, the Shadow. It all just begs for the Tim Burton animated version.

Adults will have to wait for that movie, but kids are luckier. They've got *Inside Out* (2015), a Pixar film written and co-directed by Pete Docter and Ronnie del Carmen. The psychic landscape looks a little different from Freud's and Jung's. The brain, whether it's that of Riley, the 11-year-old protagonist, or that of parents, dogs, cats, or 12-year-old boys, is operated from a state-of-the-art control panel in a central tower linked to Islands of Personality, abyssal Memory Dumps, derailed Trains of Thought, Imagination Land, and the sinuous, towering rainbow stacks of Long-Term Storage. Memories take the form of translucently glowing, colorful gloves that role into their assigned positions like balls in a cosmic pinball machine. Pushing the buttons and throwing the switches on the control panel are *Inside Out*'s supporting characters: Joy, Sorrow, Anger, Fear, and Disgust.

The irrepressible Joy, voiced by Kaitlyn Dias, is in perpetual motion. She's Tinkerbell without the dark side, an eternal optimist, the "Find the fun!" girl obsessed with seeing to it that no cloud crosses Riley's happiness.

Her foil, Sadness (Phyllis Smith), is a bespectacled compact blue ball of conflicted angst. She has a desperate need to be a part of everything that's happening, yet any memory she touches turns blue forever. Her go-to position is collapsed on the floor in despair.

Rounding out the psyche is the nerve-wracked & nerdy beanpole of Fear (Bill Hader), the rich-green mean girl diva of Disgust (Mindy Kaling), and the blowtorch-headed red stub of Anger (Lewis Black). As you'd expect from Pixar, the voice characterizations are superb all around.

Also crucial to the cast are Riley's young parents (Diane Lane and Kyle MacLachlan), and Bing Bong (Richard Kind), Riley's largely forgotten Imaginary

Friend from her childhood—part cotton candy, part cat, part dolphin, and part elephant.

Joy's mission is pretty much under control until Riley's parents decide to move from Minnesota to San Francisco. Her father's trying to start up a new business, but nothing goes as planned. Their moving van winds up in Texas, they trade a bucolic Minnesota home & acreage for a shabby San Fran fix-me-up, both parents are stressed out, the first day of school turns into a nightmare, an—horror or horrors—the only item on the menu in the local pizzeria is pizza with broccoli. For Riley, who was star forward on her hockey team back home, and grew up skating and playing on outdoor rinks, San Francisco is not the land of opportunity.

As one might imagine, inside Riley's brain the consequences are nothing short of catastrophic. Therein lies the tale, told with all of the animation brilliance Pixar's artists have demonstrated time and time again. Riley and her parents never strike a false note. The physical backdrops are created with an attention to detail worthy of the Metropolitan Opera.

Let's be clear. *Inside Out* is a prime example of classic plotting, classic animation for children.

There are none of the disturbingly surrealistic or anarchic touches that a more adult-oriented animation crew might have injected into the story. Suspense is ratcheted up in traditional ways, leavened by grace notes of humor that make multiple viewings a pleasure rather than a chore. I loved the "Def-Con 4" scenario at the supper table, where Dad loses it when Riley serves up some adolescent snark ("The foot is down!"). Other favorite moments were the glimpses into how the brains of dogs and cats work, and what happens inside that 12-year-old boy when Riley catches his attention for the first time. (Check out the YouTube video of "Riley's First Date" for 5-minute follow-up to that scene.)

The themes are also classic: tolerance, self-sacrifice, acceptance of change, reconciliation with pain and loss. The paradoxical idea that sadness is essential for happiness is a gentled-down version of the ethical issues C.S. Lewis explored in *The Problem of Pain*. If *Inside Out* doesn't squeeze out a few tears, you're made of sterner stuff than I.

Adult viewers aren't ignored. The writers toss in some in-jokes about Canadians, facts vs. opinions, coulrophobia, non-figurative art, Yeast of Eden, and film noir (a memory cop, investigating a disappearance, tells his partner, "Forget it, Jake. It's Cloud Town."). Near the film's end, one character spots a new button labelled "Puberty" on Riley's control panel and remarks, "Hey, guys, what's 'puberty'? Never mind, it's probably not important...."

I watched *Inside Out* at the same time I was watching a half dozen episodes of a Japanese anime series called *Fruits Basket*. The contrast is fascinating. The ultra-realistic 3-D animation of the Pixar film is replaced in *Fruits Basket* by a mix of more traditional hand-drawn animation deliberately interspersed with cruder, glaringly artificial effects. Both Japanese anime and Japanese manga have never been hesitant to remind their fans that their worlds owe nothing to standard logic or ----. The themes of *Inside Out* and *Fruits Basket* are similar, but the young girl's loss of home in *Fruits Basket* becomes tied up with a family whose members are human incarnations of the animals of the zodiac (plus the cat) and who change back into animal form when hugged by a member of the opposite sex. It's all very strange, yet in its own unique way as touching and light-hearted as the best work of Hollywood animators. It makes me wonder if there's an Indian or African animation industry, and what it might look like if it exists.

Now that I think of it, there's a key character that *Inside Out* missed: Curiosity. Let him/her anywhere near that control panel and it's a sure recipe for both endless joy and endless trouble.



East Shore Intergenerational Music Playgroup

Coming soon to Riondel!

by Ellie Reynolds



East Shore Intergenerational Music Playgroup

A new free program designed to bring the youngest & oldest East Shore residents together for singing, playing & visiting. Snacks provided!

- Where: Riondel Community Centre, Seniors Room
- When: Saturday May 6, and May 20 - 10.30-11.30am (others will follow, TBA)
- Who: For seniors & families with children 0-7 years

Come and join us! No registration required.
Contact Ellie at easeyoz@gmail.com for any more info.

I have read so often lately that as we age and our memories begin to get extra fuzzy, we may often lose all or many of life's details, but what remains the longest, even into dementia, is music. Particularly music from childhood. Music

therapists know this, neuroscientists know it too. As someone who encourages and teaches parents to sing with their littlest children, to create warm and intimate memories of simple melodies, I believe that we should enter and exit this world with song.

We are reminded periodically that we on the East Shore are an aging community. For me as a young person and parent of young children this reminder always leaves me with conflicted feelings. I am stretched so thin, trying to balance mothering, working, traveling and homesteading, all so very far from my own family, and with no regular child care in the community available to lessen the load. There are other young families who say the same. My kids see their grandparents maybe once a year. They have very few interactions with older adults. Our paths don't naturally cross, and no meaningful situations arise to create lasting connections across the generations for us here. Similarly, I hear tell of seniors in the community whose children and grandchildren are far away and visits may not be all that frequent. It seems so logical that we need some assistance in establishing mutually beneficial connections and links between the generations, especially here where we are often geographically and socially isolated.

There has been excitement at the creation of an intergenerational choir put together by Deb Shears for the special concert at the Ashram. School aged children joined adults in learning and performing some lovely songs, which I'm sure will be a treat to behold. Sadly I couldn't be a part of it due to scheduling.

From my own area of expertise (music with babies and preschool aged children) I hope to offer a new and exciting intergenerational program here on the East Shore. EASEY has partnered with CBAL and beloved local music teacher Jaqueline Wedge to offer a bold new experiment. The East Shore Intergenerational Music Playgroup is designed to bring seniors together with families with children 0-7 years for an accessible and fun session of songs, musical activities and some time for snacking and visiting. The benefits to all involved in these types of activities are well documented. Music improves cognitive function of memory, creates good endorphins, and builds social connections. Using a variety of music from both children's and adult repertoires, and some simple instruments, props and movement activities, our aim is not so much to produce material for performance but rather to explore process and build connections and relationships between the generations. And have a lovely time doing it!

Thanks to our partners in this project: Columbia Basin Alliance for Literacy, East Shore Health Society, Age Friendly Community of Riondel and all volunteers. We look forward to piloting this program and hopefully offering it in some other East Shore communities as we go. If you know any seniors who might enjoy this group, please let them know, and maybe offer to drive them if necessary.

Where: Riondel Community Centre, Seniors Room

When: Saturday May 6, 10.30-11.30am (others will follow, TBA)

Who: For seniors and families with children 0-7 years

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Thoughts from a Disturbed Mind

by Harvey Valgardson

Okay, here we go. Kellie Leitch. If you've never heard of her, relax, you haven't missed much. She's a Conservative MP who, last year, gained some notoriety by suggesting that immigrants should be screened for Canadian values. It caused a bit of a fuss at the time and the whole affair degenerated into the kind of rhetoric I've come to expect from politics. But that's not important.

The whole fiasco sparked two important questions in my mind. What are Canadian values and who gets to decide? Let's take the second question first. A large percentage of Canadians still believe we live in a democracy. If we take that as a starting point the answer to who decides seems obvious. All Canadians should submit their lists and the most popular choices would stand. Of course, that's not what would happen because, guess what, we don't live in a democracy and we should be grateful for that. Half the population is too stupid to run a country and the other half is too lazy or self-centered. Democracy, in its purest form, would be quite the crap show, but that's not important either.

No, it's the first question that matters and it's been niggling at the corners of my mind for months. What do I, as a Canadian, hold so sacred that I would deny another human being freedom of choice? What would you choose?

It seemed pretty simple at first but when I actually thought about my choices, they really weren't that important. Here's a couple of examples.

Beer must be served cold. Well, that's a pretty good one, but when it comes right down to it I don't care if some fool wants to drink it warm just as long as mine is cold.

You must eat turkey on Thanksgiving. Now at first glance that seems like a no-brainer, but wait. What if everyone in Canada ate turkey on Thanksgiving? The price of turkey would go through the roof and I probably couldn't afford it. No, if immigrants want to eat something else we should encourage them to do so.

Well, anyway, there were others but none of them made the cut and I had almost concluded there is nothing I feel strongly enough about to warrant interfering with someone's freedom. Until I went to Victoria.

The place we stayed at had a TV and it was hooked up to cable. It has been many years since we had TV in our home and, after thirty minutes of flipping through channels on that one, I remembered why. There was nothing worth watching, but before I turned it off, I stumbled across something so chilling, so non-Canadian, that I realized there is a Canadian value I will not compromise on.

It was a soccer game but the commentator must have been a little confused because he called it football. I have seen soccer played before and like most sentient beings dismissed it as the silly pastime it really is. I mean, what do you have? A bunch of people running back and forth on a strip of grass chasing a ball for no apparent purpose.

What's that? They are trying to score a goal? No, they are not. If they were trying to score a goal then occasionally someone would do so. It happens so rarely that I wonder if it isn't by accident.

They just chase the ball back and forth, back and forth, until somebody gets too tired to run, whereupon they pretend to get tripped, fall to the ground and cry

for ten minutes. Of course, the other players know what's going on but they don't say anything because they're tired too. Like I said, silly.

Now I know soccer is popular in some countries and I have often wondered why. I've conducted some research into the subject and my findings are inconclusive, but I suspect it is because people in those countries can't count past one. If you watch soccer you will probably never have to.

Well anyway, if immigrants want to run back and forth on a strip of grass, chasing a ball then I say let them. I don't think it threatens the fabric of our great nation. Heck, we've got people who play golf so we are no strangers to silly. And if, for some unfathomable reason, they want to watch other people run back and forth then I, as a Canadian, will fight for their right to do so.

But please, don't call it football. You see, in Canada, we already have a sport called football. It's played by real men who score real points and cry-babies simply aren't tolerated.

At least, that's what I've been thinking.

BOOK REVIEW

by Tom Lymbery

THAT LONELY SECTION OF HELL –the Botched Investigation of a Serial Killer Who Almost Got Away” by Lorimer Shenher, Publisher Greystone Books, 350 pages, \$19.95

Written by an experienced police person this gives a real insight into a horrifying case. Written in an absorbing style this gives you a look at police methods and tries to explain why the Willie Picton case took far too long to be properly investigated.

This also gives you a look at the people who live in Vancouver's Downtown Eastside. I am very familiar with this area, as it was many years ago, before mentally disturbed people were dispatched from farms such as Tranquille in Kamloops and left to suffer a disorganized life in town. As teenagers we would wander through this area going to movies and Vaudeville theatres. (Rumour had it that the Chinese movies were uncensored.)

The streets of this area now are thronged with those existing on welfare, some living in rundown hotels and some homeless. Nearly all are drug addicted with those feeding their habit by providing sex for whatever they can get. In charge of an understaffed Vancouver Police Department effort to find where those missing disappeared to, Shenher finds that it is an uphill battle to overcome the traditional view of prostitutes – that they were transient sex workers who moved from town to town, and would turn up whenever they happened back in Vancouver. However these were drug addicted women who were not working on a circuit and were actually tied to the streets of the eastside. And connected to this misguided view were those who felt themselves superior to those “druggies” who really did not matter.

Shenher was the head of Project Amelia which included two detectives with 15 years of service who had not kept up with today's requirements to prepare cases for the courts and Shenher didn't have the seniority to move then to another project. Coupled with the fact the Picton farm was in the Coquitlam RCMP district, even though Picton's operation had facilities for disposing of the many missing bodies.

Soon after Shenher started working on finding where twenty or more missing women have disappeared to it appears that the Picton Farm is likely their final destination. She is frustrated that she cannot gather support to fully investigate the place. This leaves her physically affected so much that the trauma leaves her with PTSD – Post Traumatic Stress Disorder. Read this horrifying story to find out more.

most despised seasonal mascot: the Tax Man. While a few locals embarked on ill-advised spending sprees in anticipation of sizeable refunds, most are sporting furrowed brows and pinched visages. As always, some desperate souls are looking to dodge the inevitable. One creative Linderian alleges he has hit upon a fool-proof solution. The part-time handyman and avid gardener (name withheld) proclaimed, “I'm going into a witness protection program! They'll never find me!”

Finally, spring fever has gripped Linderero by its recently snowbound golf greens and generated wild excesses of imagination usually associated with sensory deprivation. Linderero Hysterical Society chariman Theo Tuxedo led the charge with his suggestion to replace the crumbling community centre with a structure with more tourist appeal. Taking a page from a nearby lakeside community, he proposed building Linderero's very own lighthouse, not on the lakeshore, but by the recycle bins where the parking is better. Numerous cabin-fevered Linderians seized on the idea. “Sure it won't have a proper gymnasium,” one proponent proclaimed. “At least not a horizontal one. We can still have a basketball hoop.” The Linderero Tango Trotters expressed dismay at losing their dance floor until town bureaucrat Harmon Yarmon advised them to cut a rug with the door open, enabling as many as two couples at a time to promenade elegantly in and out. On a practical note, town treasurer Marty Totter suggested naming the structure Kickstarter Lighthouse. Within a fortnight, enough pledges were received to finance construction of most of the Lighthouse/Community Centre, with the notable exception of the roof. At that point, momentum for the project evaporated and Linderians returned to their seed catalogues and golf cleats, watching the spring blossoms unfurl, ever so slowly.

[filed by Linderero correspondent H. Porpoise]

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Lindero News & World Report

~ News and Views from a Fictional East

Kootenay Town ~

April - May, 2017

Although small and remote, Lindero is not immune to the election fever that is sweeping our fair province. Election signs, hastily shoved into rotting snow banks and piles of last autumn's leaves, proclaim at rakish angles their allegiances to parties of various colours: the Greens, the Oranges and the Blues (which, oddly, are Reds everywhere else). The gaily coloured signs are brightening the town, a task usually performed by spring flowers, in short supply this cool wet season. If the signs are any indication, Lindero voters represent the full colour-wheel of political opinion, and with some extra lurid hues thrown in. Political differences could tear a small town like Lindero apart, but instead seem to have a unifying effect. On the topic of politics, Linderians speak as one: “My neighbours are insane!”, they chortle to each other at the Pub as often as possible.

Lindero is either a town immersed in nature, or nature with a soupçon of town. All manner of wildlife sashay along the roads and through people's flower beds all year round. However, springtime is the only season where one normally understated species makes itself known. Grouse are busy beating out a tattoo on the hillsides, to the delight of Lindero's many avid bird-listeners. However, another kind of grouse is more common at this time of year: the sound of grousing Linderians. The citizenry have collected their T4s and searched old clothing and under the chesterfield pillows for receipts in preparation for the visit of that

Many Open Doors

by Wendy Scott

What a lively evening! Words, Art, and really old stuff! Riondel Library, Art Club and Historical Society opened their doors and writers from Gray Creek, Nelson, and Riondel entertained with their words.

Paintings in acrylic, oil, watercolour, pen and ink, and charcoal, along with mosaics and ceramic works continue to be on display in the Art Room and also at Bob's Bar & Grill.

Kootenay Lake could be part of the attraction for the artists, musicians and writers who gather here with their creations. The sea retreated centuries ago leaving a blue lake between the mountains and the pictographs on the face of a cliff that tell their own stories and encourage others to pull threads of history and storytelling through the years; they come to rest, briefly, on evenings like this.

Tom Lymbery has gathered detailed and published timelines of the Eastshore and presented many of his well researched pieces in the Eastshore Mainstreet and in his books that threaten to take up entire library shelves. He manages to collect facts and disseminate on request. There's no stopping Tom. He's a born historian.

Sharman Horwood, inherited the gentle touch with a paintbrush that so defined her mother, Peggy's, artistry, and Sharman has reached into Peggy's life, and brought us her emigration from a London in the midst of horrific bombing that tumbled her home and threatened her very existence. And yet Peggy, her husband, Clive, and their family not only survived but prospered on Vancouver Island and here in their Riondel home.

Doreen Zaiss can reach back into her Norwegian heritage and understand the feelings and attitudes of family members as well as ancestors she will never have a chance to touch or meet. She brings echoes of daily life alive, including how to make sure (absolutely sure) that your reindeer is tame.

In the midst of all these memoirs and historical tracings, Jenny Craig, dips into her recently published "Gone To Pot" and must reassure her laughing listeners and insist that her material is NOT autobiographical. Her familiar Kootenay crop, however, not only adds unexpected income for her fictional grandmotherly type, but threatens to undo her as well.

Of course an event such as this is never complete without snacks, and these were abundant. No one wants to miss Wendy Miller's wonderful platters.

Watch for news of expansion – the library is bursting at the seams. Keep an eye on our website www.riondel.ca/library where you can renew a checked out book, scan the library catalogue, ask for an Inter Library Loan, or request a new purchase. Feel like a movie? We have the DVD for you. Going on a trip? Check out some CDs, and don't worry – new books and DVDs just keep coming.

A sincere thank you to Tom Lymbery, Doreen Zaiss, Jennifer Craig, and Sharman Horwood – watch for their new books! And, of course, there will be a Book Sale on Riondel Days and, in the fall, some surprises at Dutch Harbour for our Annual Celebration of Words.

Special thanks to our readers and listeners of all ages. Come and chat, or check your emails. Riondel Library is open five days a week – or whenever the lights are on. See you soon.

My parents, like many others, came to Canada and the Kootenays from other parts of the world. This is their story.

Dad, Of Course, Poached Part I

by Sharman Horwood

My parents lived in interesting times: they endured the war in England, and they later immigrated to Canada in 1950. But I didn't know those years. They were all before my time, so their experiences come to my knowledge in bits and pieces, through their memories, like shards of the greater family that we were. I was the last bit. But I digress.

I need to start where each piece of us began. Dad was born in 1917 in Sheffield, England, and Mum was born in 1918 in London. I think as children their lives were quite ordinary but very different to ours. For one thing, they had to work young. Though Dad passed exams that qualified him to enter higher grades—what we would call high school—he was forced to quit school entirely by the time he was fourteen. His father told him he had to help with the family income, and in the years between WW I and WW II, life wasn't easy. So instead of studying maths and Latin, Dad learned how to plaster and build. Mum opted for shorthand and typing, setting aside her desire to paint for the time being. Higher education such as high school was rare in those days.

But they had very good lives when they were young. In the 1930s food shortages were common and though it was difficult, families did manage. Mum worked as a clerk for a film company in London, while Dad worked in construction on the south coast of England. Of course, he managed to do some fishing there, his favorite pastime. He and Mum met because his sister

married her brother. Dad would take Mum for a ride on his motorcycle when she visited, his aunt saying, "It's that girl again" when he managed to skive off of work.

I like to think of them then, long before I knew them, flying along the roads near Bournemouth. Going to dances where they glided across the floor. Walking along the streets, singing. They both loved to sing. They didn't need money for much more than that. How to have the best fun was the biggest of their worries.

The war put an end to those years. They didn't have the same freedom once the bombs started to fall. Dad had to join the forces, and Mum lived in the middle of London, directly in harm's way.

This is where my knowledge fails me. I only have those pieces that they were willing to talk about so I'm looking back at their lives as through a window broken by that war, that dislocation into another world that was wartime England.

In one piece, Mum lived with her mother in London in 1940. There were bombs dropping on the city every night. Going to the bomb shelters was tedious, and robbed people of a comfortable sleep so many started to stay home instead. My grandmother decided that in all the bombed houses she'd seen, the stairwells were left standing. She decided that was a safe place, so she built up the stairwell to the basement with boxes and slept there at night. One night Mum went to bed, and the air raid sirens went off as they did every night. A keening wail that did eventually stop, leaving a dreadful, apprehensive silence. She could hear a cat outside. It was licking an empty tin, each swipe of the tongue pushing the tin further along on the walkway so that it scraped against the pavement. It had been fish paste. They'd had it on bread for their supper. Then the world exploded. The bomb hit their house, directly.

Mum saw an empty glass on the mantle. It shot straight up in the air, turned over and fell upside down back onto the mantle. It didn't break. Everything else did. Mum's bedroom was on the second floor. Only



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

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her room and the room beneath it were standing. The outer walls were entirely gone. Mum was able to get out of her room to the door and the landing outside, but every other part of the house was gone. The stairwell was gone, both the main and the one where her mother had slept. That was where the bomb had struck.

Rescuers soon brought a ladder and helped Mum down. At the time she was pregnant with Colin.

The next piece of Mum's memory that I hold, another fragile bit: without the house in London, and with the bombs falling so frequently, she had to leave the city. She went north, to Carlisle, as so many women and children did to escape the bombs, and there she gave birth to my brother. She boarded with an older woman who taught her how to look after her new baby. Without her own mother, far away from her elder sister, Mum had to learn how to feed and clothe a newborn infant. But the woman put her foot down when it came to her kitchen. Mum wasn't allowed in there: "It's my kitchen," the woman said. I wish I remembered her name; Mum told me but my memory is not as good as hers was.

The last bit of Mum's memory of the war came shortly after that. She moved to the south coast, to Bournemouth, where she and her sister, Sybil, shared a house. By that time my sister had been born, and Sybil had two children of her own. They could share living costs and child care; that was their world whether there was a war or not.

Bournemouth had cliffs. They weren't the white cliffs of Dover, but they were similar, with long stairs leading down to the beach. Mum used to walk the children along on the sidewalks above the cliffs, Meg in the pram, and Colin toddling alongside them. She said she could see the bombers coming. The planes would fly in low to avoid the radar and head inland towards London or Birmingham where the factories were. That's where they dropped their bombs. Mum said she could see their faces, they were so close, and they could see hers.

To Be Continued...



pebbles by Wendy Scott La Manz

The blood-red sun sinks slowly, steadily into the sea. Eight pelicans, black silhouettes against the saturated sky, thread evening into night. We sit with other watchers on one of the sunset benches at La Manzanilla. It is a privileged viewing spot where nothing comes between the sky and the pale green sea.

The wide sandy beach stretches north for five kilometres from the town of La Manzanilla to the campground at Boca de Iguana. If you look carefully, you might spot a few shells along the waterline, but don't expect anything bigger than a fingernail. There was a time when "winged pearl oyster" shells were abundant on this beach, as well as conch with songs of the sea captured in spiral chambers. It was easy to find fan-shaped scallops, and smooth speckled cowry shells; a morning walk at low tide would send blue crabs scampering sideways across the sand into little tunnels and holes. Now, both crabs and shells are scarce.

1995: That's when the beach was cleared. Cleared of rocks and boulders; cleared of pebbles, shells, fish, crabs and clams. At La Manzanilla, on the morning of October 9, the townsfolk ran. They ran, and the sea, like a boundless tide at their heels, rolled steadily into their town. It came down streets and into stores, around houses, and right through the church. It did not stop until it reached the wall of rock behind the town.

Down the beach to the north at Boca de Iguana, the sea—focused by a great black cliff—roared like a freight train let loose with the powerful, destructive force that only a tsunami can bring. The caretaker at Boca outran the water, shinnied up a palm tree, yelled—screamed—hung on, and prayed that the tree would not toss him away. He knew there was one camper on the grounds that day; he could only hope she heard his warning cries.

She was French, this woman at Boca de Iguana, and twenty minutes before the beach rolled and shook under her feet, the French woman had decided to take a shower, pack up her tent and leave. But when she stepped away from the outdoor showers expecting to hear the familiar sounds of the sea there was instead, an unnatural silence. In the subduction zone off-shore, the quake had been powerful enough to drop the sea-floor along a 200 kilometre fault line and literally tip the beach to empty its water back into the sea. As the French woman stared at the empty sand, she became aware of a dull ominous roar. She ran then as the ground rolled under her feet. She ran with the speed of terror, away from the sound that grew still louder, clanging in her ears with unearthly shrieks and moans. She ran to the end of the campground and scaled the cliff not stopping until she reached a clearing near the top. Then she turned to watch as the sea went mad crashing huge waves against her cliff, tumbling a pickup truck and a camper van as if they were plastic toys, and rushing into the river behind the campsite to add little boats to its cargo and toss them a good 500 metres inland. The French woman would not forget this day at the beach, nor would the caretaker who still clung to his palm tree long after the waves subsided.

Before the quake and its tsunami, La Manzanilla was a fishing village with a few restaurants, a couple of small hotels, some beachfront bungalows, and a nice church. But the effects of this earthquake were widespread. Hotels in coastal cities collapsed, houses

smashed and construction tumbled. Aftershocks rattled as far away as Mexico City and San Luis Potosi in the Sierra Madre mountains. Because of these high profile repair bills, reconstruction in La Manzanilla was slow. Slow that is, until buyers were drawn by the sliding property values and discovered this village beside one of the loveliest beaches in Mexico. Ten years later, as if the sea had cleared the way, the town oozed over its borders, rushed up the cliff and expanded. It had grown too fast for its streets, too quickly for its people to catch their breath before the houses and hotels, restaurants, bungalows and condos were built and sold and rented out and sold again and yet it was embraced, praised, and christened anew as La Manz.

Now, in La Manz, because the sea runs over the end of the world to catch the sky, visitors gather to watch—locals collect to talk. The sunset is the wake-up call for sidewalk cafés to light their grills and begin the evening supper menu. All those people, that moments before were content to relax and chat, rise en-masse and head past the town square to find a seat along the suddenly noisy and busy street. Soon the air fills with the sizzle of chicken and pork and sausage; tostadas dip into salsa and there's Pacifica or Corona, Coca or Fanta, and Agua Ciel—Coca-Cola's entry into the bottled water market. The rest of the crowd waits in the street for the first shift to finish. Service is fast—it has to be—there are too many people for a relaxed, extended dinner hour. Tacos are served on paper plates—there's no time to wash dishes.

There used to be time. Time to sit, to linger, to chat. Before the sea changed the town's face, we strolled along that shoreline from Boca de Iguana to La Manzanilla. On one of those days, we came for lunch at an open-air restaurant beside the beach. We sat under a high woven palapa. Large

insects buzzed in and out of holes in the cross-pieces built from strong, straight mangrove trees—Mexican 2x4's. Two young Mexican women talked together as their two little girls ran down the beach to play in the sea. Squealing as the water splashed their legs, they ran in and out of the shallow ripples until they were called back for going too far. They walked back down the beach, their arms around each other—serious and contrite.

Two old women sat apart, their eyes fixed on the sea, their faces moving in silent prayer. Someone said they had been there all morning; someone said these two old Mexican women were sisters. We watched the women watching the sea, until the younger of the two rose abruptly from her seat and walked across the beach towards the water. She wore a navy blue chiffon dress, this woman, the kind of outfit that is as acceptable at a wedding as it is at a funeral. The wind caught her skirt as she crossed the sand, and for a moment she resembled the greeting card image of a young woman searching the sea for her lover's return. But the woman did not stop; she walked into the water and waded out until she could capture the sea in her cupped hands. She went further to meet the bubbling foam and further still until the waves rose around her waist. She stopped then and stood very still, watching and listening. We heard a cry. Her sister had not moved from her chair, but now she called the woman's name. Twice. But the woman remained in the sea for as long as it takes for a mind to be convinced that this day was not the right day. She would come again to watch, and to wait, because the sea held a part of her life. The two little girls had only begun to understand what the old women knew so well—everyone, anywhere on Mexico's long, rambling coastline, has this much in common: the sea holds a part of their lives.



That night we sat at vinyl tables on a crowded sidewalk to eat from paper plates, and I wondered how the townsfolk felt now about the sea—the sea that rushed in, took whatever it fancied, and left again without closing the door. Did those two old women reach an understanding with the sea. Do they still wait and watch, or have they themselves become part of the memories of this place.

The two little girls that played on the beach at La Manzanilla might be ready by now to view their options. On their fifteenth birthdays, they could qualify for a Quinceañera—a birthday party like none other when they can dress in white satin and have maids of honour, bouquets and a ceremony that continues into the night with dinner and dancing. The day would belong to them. They will grow with their town and the changes that come and go with the sea.

Americans and Canadians also come and go like the tides, slipping there and back at will—or so they believe. But there is a compelling attraction to Mexico—especially for Canadians, and every visit secures a tiny thread to our sub-conscious selves. How long will it take for those threads to be drawn in to this soil, and will there be a time when Snowbirds are no longer considered a migratory species? That depends, for a large part, on Mexico's young people—the little girls who used to play in the sand and build castles and listen to the sea. They came in from the beach, those young people did. Many of them now sit in front of computers and talk, and listen, to the rest of the world. The future is theirs to mould.

In the meantime, friends meet at La Manz, to watch the sea and look at the sky, and to wait for the sun to slip over the edge of the world. Someone will point to the beach where one egret, stark white in the fading light, lifts one yellow foot from the wet sand. If herons and egrets have been successful there might be a shell on the beach to take home and place carefully on a windowsill. It will stay there until one day someone holds it close to hear the sea and wonders where its twisted passages of colour might lead. Then they will know they must return to the warm white evening sand at Boca de Iguana and walk the beach to La Manzanilla where the sun stains the cliffs and the sea shimmers like the inner wing of a pearl oyster shell. They must return to gather a medley of memories that floats against the moving sea.

Common Mistakes in Writing Some General (and *Mainstreet*-Specific) Rules to Follow

a *Mainstreet* submission

- Only capitalize proper nouns, titles, the first word in a paragraph and the first word after a period. In other words, capitalize the names of people, specific places, and things. For example: We don't capitalize the word "bridge" unless it starts a sentence, but we must capitalize Big Orange Bridge because it is the name of a specific bridge.
- Exclamation marks are overused and therefore lose emphasis. They are meant to indicate yelling or great excitement/suprise. Less is more.
- Last names should always be included in newspaper submissions.
- Numbers under 10 should be written out. "Seven times I wrote the number 17."
- *Mainstreet* prefers the date format as follows: *March 20, 2017* or *March 20/17*. We remove the little date suffixes (22nd, 31st) as a policy, and always change the format of *20th of April, 2017*.

While *Mainstreet* loves, adores, cherishes and is eternally grateful to her submitters and writers, small adjustments to formatting like those stated above make the job much more smooth and efficient. But, don't worry, we'll fix them if you don't.

Smarter Than Jack or Jill

by Sharman Horwood

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

Guard Duty

The problem with some pets is they have a higher opinion of themselves than they do of their owners. My cat Tink was a bit like that, particularly after she had a litter of kittens. At that point, I was de-moted. I could babysit, I could feed her every day, let her in, let her out, but I was suddenly about as useful as a newborn. She decided that she knew what was best for all of us.

I bought a house out in the country in Saskatchewan, on a farm road next to a village. I liked solitude and the quiet, as did Tink. She liked the birds, the chickadees that flitted around the feeder, and the noisy wrens nesting in the eaves. She spent days hiding in the bushes, bringing home the detritus of her hunting. But I worked in the city all day so I was worried about security. I bought a big dog, a Bouvier des Flanders. This breed was developed to herd cattle as well as pull small carts, and they look ferocious. I thought she was just what I needed. Appearances are deceiving, though. They are the most silly-tempered dogs I've ever known, and Angel in particular was the most timid. Tink wasn't daunted by Angel's size. She had had dogs before. In Tink's opinion, as long as she was given the liberty to train this enormous animal herself, then Angel was acceptable. Tink's primary lesson: she

was the boss of the household. In fact, the dog often came to me when she thought Tink was being unfair, appealing to my better judgement. I knew just how bossy and unyielding my cat could be, however, and consoled Angel with a biscuit instead.

I loved living in the country in Saskatchewan. It was wide and flat and abounded with nature. I'd take Angel for long walks down side roads. I had to stop that, however. She decided that chasing the cows in the field was much more fun than a simple walk. She didn't understand that horns could hurt.

After Angel grew up, I realized she would only ever look like a guard dog. If a storm rolled in, she'd do her best to hide. If it was the middle of the night, she'd climb up onto the bed, and onto my head, shivering, in order to feel safe. She was a sweet tempered dog; I never saw her angry, and in the few years she was with me, I also never saw her brave. I loved her just the same.

Eventually, the road I lived on was annexed by the village, and they immediately had it paved. I had a large yard, one end of it entirely treed in, which helped a bit with the noise. First of all there were the graders that evened out the dirt road, then the gravel trucks laying down a bed for the pavement. And then there was the paver and rollers to lay the asphalt and compress it. The whole noisy process took a surprisingly quick three days.

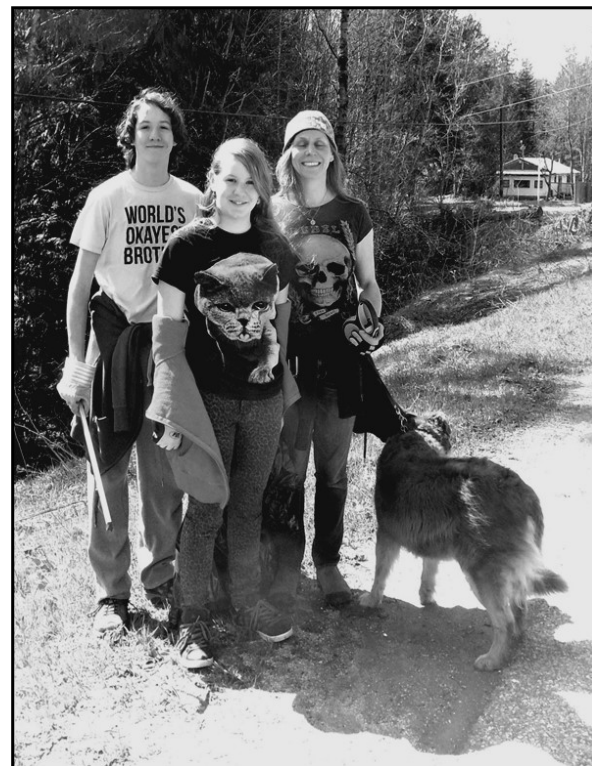
Angel was terrified. For all three days, she cowered in the house, crouched behind my legs, shivering every time the workers shouted back and forth. She was glued to my side if I stood up to make myself a cup of tea. She wouldn't go outside until the workmen had gone home for the night, and then she'd relax.

However, Tink was nowhere to be found. She wasn't eating food; she didn't come in to sleep. I was quite worried. She wasn't hiding under the bed, nor had she gone to ground under the deck. In short, I thought she must also be hiding from the machines, probably in the bushes at the far end of the yard. My worst fear was that she'd been hit by one of the trucks.

On the third day I saw her.

She was pacing along the fence underneath the bushes, fur out and her eyes glaring at the machines. She marched back and forth, like she was stalking prey. She stayed out there for all three days, not even coming in at night though the machines were silent then.

I had to laugh. She was guarding the house. Angel wasn't. Tink was making sure the big, bad machines didn't come into her yard. She was a smart cat; she knew her territory, and she was going to keep it safe.



Local Roadsides Get Annual Spring Cleanup

photos and story by John Smith

It was a beautiful sunny spring morning for the Annual highway cleanup, which took place on Friday April 21, as close as we could get to Earth Day. The high school students covered the Riondel Road, the elementary students picked up along the highway



through Crawford Bay, and the rest, all the way south to East Shore Properties, was covered by a variety of community folks from teenagers to Tom Lymbery.

Thanks to all the volunteers: Tom, David, Bill, Kelly, Janet, Rob, Anna, Joan, Ali, Gus, Russ, Mike, Yoan, Nicole, Dena, Gisela, Grace, Ashram,

Dave, Anne, and Paul.

Also a big thank you to the Chamber of Commerce for paying for the bags and gloves, and to YRB for handling all the bags, etc, taking them all to the transfer station, and paying the tipping fees.

Wouldn't it be nice if this clean up wasn't necessary?



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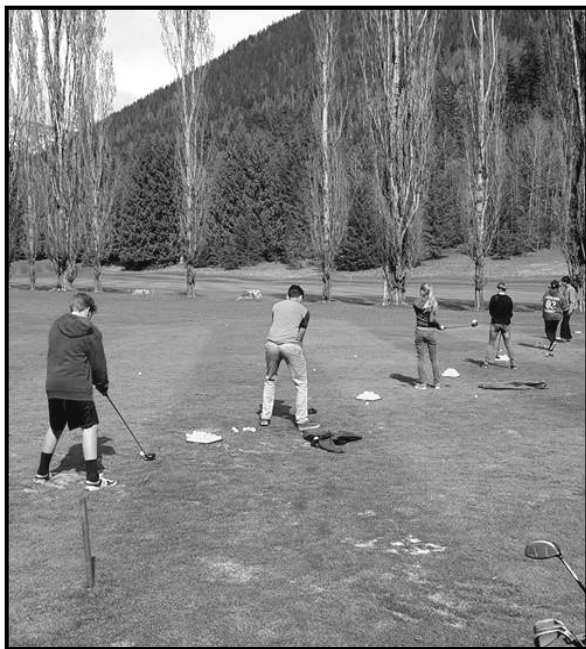
by Shelley Bumanis

Kokanee Springs Resort opened April 17 for the 2017 season (without the help of Mother Nature) and Ladies Day is slowly getting into the swing of things. Kokanee is offering a great rate on green fees for Tuesday's Ladies Day. You pay only \$55 for 18 holes including cart, \$40 if you choose to walk or \$30 cart included if you can only join us for 9 holes. These rates apply only to those participating with the Ladies Golf Club along with 15% off on merchandise in the Pro Shop.

Our tee times start at 10:30 so please be up at the Pro-Shop for 10am where we set up foursomes, find out what the game is and determine the KP hole. We also play skins (one tie all tie) and for those that choose to gamble make sure you bring some quarters. Interested, there is a sign up sheet in the pro shop, drop by and add your name, call the pro-shop at 250-227-2005 or email sbumanis@hotmail.com by noon Mondays to be added to the list. If you have an index/factor please include that as well. Last minute and you're able to golf, show up for 10:00 and we'll fit you in.

Kokanee is hosting the Women's & Men's Mid-Amateur/Mid-Master Championships the first week of July this year. Interested in competing, Ladies Day (Tuesdays) and Men's Day (Wednesdays) are perfect days to practice and get used to the course. Volunteers will be needed to assist with the event. Not a player? This would be a great opportunity to come watch some great golf. Mark your calendars.

All calibers and ages of golfers are welcome to join our Ladies Day. Come make new friends or visit with the old but either way have some fun and a few laughs. The more the merrier.



East Shore Youth Council took youth to the Kokanee Springs Driving Range for a drop in in late April. The sun was shining and some of these kids were driving over 150 yards! Thanks to Kokanee for accommodating us!

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It Never Rains on Riondel Golf Course

by Glen Kinder

Well, sometimes.

So, for \$400 per year (including tax), you can golf a beautiful executive golf course in Riondel, whenever you want, as often as you want, for at least eight months of the year. And if it does rain (or snow) half way through a game, you can stop and come back later. If you golf 18 holes, once a week, for that period of time, each game will cost about \$7.00. Twice or three times a week... well, you do the math. When you purchase a year membership, you also get a two for one pass to give to those visiting.

I want to introduce a couple of options. If you have visitors who love golf, we have a one week pass for \$120. For that, you can golf all day every day for a week. Now, if you have visitors staying for a month, god forbid, we have a one month unlimited golf package for \$225.

Besides being fun, social and inexpensive, it's good exercise. I figure, if you walk 18 holes, you've covered about 5 km. There are, however, power carts for rent.

If you would like to get to know some of your neighbours, come out for Men's Day (Thursday @ 12:15 p.m.) or Ladies' Day (Wednesday @ 10:00 a.m.). Men's Day has an average of 30 golfers out each week. We have a shotgun start at 12:30, so everyone is usually finished and in Bob's Bar for prize distribution by about 4:00 p.m. You don't have to be much of a golfer to enjoy the day. Our members' handicaps range from about 10 to 36.

Green Fees are \$20 for nine and \$30 for eighteen holes. (including tax). Junior players have a significantly reduced rate.

Riondel doesn't take tee-time bookings, so show up and have a great time! If you do phone the course (250 225 3584) you'll likely be talking to our club house manager, Kathy Turner.

Create your own job! Small business accounts for 98% of all business in B.C.

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Growing communities one idea at a time.

Gray Creek Pass Report

by Tom Lymbery

Perhaps we can offer a prize for the first all electric car to traverse the pass? Smaller cars have no problems with a knowledgeable driver, even though much advertising suggests that high clearance vehicles should be used.

Opening date may be well into July unless the weather warms right up. Do you remember how hot and dry April and May were in 2016?

Tom Sez

By Tom Lymbery

If you plant some of your tomato seed directly into your garden soil you will have a larger crop, even though the first to ripen will be a bit later. Do you ever get too many tomatoes? Before the first frost comes if you save all the green ones they will slowly ripen and you can have your own tomatoes until Christmas.

The Village of Slokan has a Micro Hydro project underway on Springer Creek with the potential to supply more power than their district needs. Surely we should look at this on both Crawford Creek and Gray Creek. Locally produced power should be allowed to serve us during power outages and is something we should work towards.

Target Marketing Ads – if you watch a TV program such as NCIS on a Canadian station you may only suffer from heartburn or hearing loss but watching the same program from a US channel you may be subject to very serious problems such as internal bleeding or heart problems all of which require prescriptions from your doctor and all have possible horrifying side effects from these expensive drugs. Stay with Global instead of CBS and have a healthier life.

Our 2017 Fireworks display on the Crawford Bay beach and airstrip will be the biggest ever come July 1 as we celebrate Canada's 150. We already have compliments from many who have seen shows elsewhere where the program is not as enjoyable. Thanks to the Ron Turner legacy and the Riondel Fire Department.

We can only hope that the BC government elected in the May 9 election will see the great economies of changing to an hourly Kootenay Lake Ferry with a 15 minute crossing.

We are enjoying the carrots that I buried November 10 2016. Fresh out of the ground I am sure they taste even better than last fall. Potatoes, parsnips and turnips can be buried the same way and can be dug up progressively for some weeks before they sprout too much..

Who knows when your basement may flood next – please set up a sump pump now. Talk to Steve at the Gray Creek Store for installation suggestions.

Please let's see the names of those with driver's licenses suspended for impaired driving – this may keep them off the highway for the suspended period.. All too often they are driving as soon as they can borrow a car – look how many get caught several times.

Albino deer seen by Boswell? Is it safer from the cougars?

Please look at the glossary in my books which may help you understand the oddball stuff in the Tom Sez. column.

Telus set up a brand new stainless steel pay phone by the store which many want to use because of the poor cell service. We have phoned Telus many, many times asking that this be properly serviced but it never is in working shape.

Greyhound now prints out your individual trip schedule – most convenient. If you purchase your ticket two weeks ahead you receive a 35 % discount.

New products - please look at our battery powered lights before the next power failure. There's even one for steps operated by a motion detector.

If you live on a gravel road or have a gravel driveway please use *all the road* - thus you can keep the surface more even than if you always use the same ruts.

Tom's Corner

by Tom Lymbery
Traveling the
Kettle Valley Line



Much has been written about the construction and operating problems of the CPR's Kettle Valley Railway (KV), but it's rare to find anything about passenger travel on this route.

My first trip was from Nelson to Vancouver in late November 1935 when I was seven years old. This was a family trip on board the MV Trondanger, a Norwegian freighter. It would take us through the Panama Canal on a trip to England, and would see us away for six months. The slow steam Kettle Valley train left Nelson in the morning and was scheduled into Vancouver 28 hours later. Since we lived in an uninsulated house heated by our kitchen cookstove we were unused to the steam heat of the train. We had our winter clothes on as 1935 had a very early major frost which even killed some of our walnut trees. I can remember my mother trying to open a train window, and not succeeding. With three thicknesses of glass, the windows were not intended to be opened. Otherwise the coal smoke would penetrate inside the car, particularly in the many tunnels. If you really wanted to cool off you could stand for a short while in the junction between the rail cars – a noisy and seemingly dangerous place to stand, the floor shifting underfoot as the cars flexed and swayed on the twisty track. The trip was 28 hours as we went by way of Spence's Bridge - the Coquihalla was not in winter service between January 1935 and 1939.

Because our Gray Creek school only went to Grade 8, my sister Alice and I were sent to boarding schools in Vancouver for high school, so each of us made many trips on the KV. Since we had the Gray Creek Greyhound depot, my 1942 travel was on the bus. It took 36 hours - actually quicker than the train which required an overnight in Nelson. But wartime cut Greyhound's service back to only 50-mile trips to save gas and rubber, so to come home for Christmas I had to tackle the tortuous train. The KV was struggling to handle its busiest-ever years in WW II, so it was crowded and uncomfortable, particularly if you didn't have a berth. There was a steel day car with reclining seats behind the baggage and express cars, and one or two old wooden cars right at the tail end of the train. These had to be at the end, because they would crumple in an accident if they were in the middle of the train. The conductor directed the long distance passengers like myself to these old cars, particularly in winters when only the train platforms were cleared of snow - otherwise short distance people would have to disembark into the snow beyond the platforms.

The old cars had old wicker seats, and I would try and sneak back through the train to look for a more comfortable spot. Sometimes I could only find a corner in the men's smoking room. Most of the time there was a café car on the train, but the tobacco smoke and motion of the train deleted any thought of eating. Also the CPR meals were \$1 while 15 cents were good for a meal at the White Lunch on Granville Street in Vancouver, so I soon found that a 24-hour fast was no problem - or 28 hours, if there were problems in the Coquihalla portion which made the alternate Spence's Bridge route necessary. Freshly laundered overnight pillows were free on the Greyhound but 25 cents on the CPR. Perhaps one of my disappointments was that the train conductors were very much in charge - in great contrast to the ever-helpful Greyhound drivers.

Returning to school in Vancouver right after New Year's that first year was more comfortable as Ian Fisher of Crawford Bay and I shared a top berth. Scrambling up into that berth we had to take turns putting on pyjamas, as the space was only intended for one person.

It was never by any means a smooth night with all the many stops the train made, as the KV carried all the mail and express and served every place along

the way. The café car would be taken off overnight - no point hauling such a heavy unit up some of the more than 4000 foot summits. Much of the track went through communities that had no road access. There was a small station every eight miles for employees such as section men who walked the tracks at least once a day to make sure that there were no rock slides, plugged culverts, or one of many other possible mishaps. The coal tender had to be refilled regularly and the quality of the coal from the Merritt mines created many complaints from the stokers - too many clinkers and not a clean burning fuel. If possible, before tackling the long eastbound grade to the Coquihalla summit, the engine would refill its tender at Ruby Creek on the CPR main line across the Fraser River from Hope, as their trains were supplied with hotter-burning coal. The Coalmont mine had excellent quality coal, but the CPR wouldn't pay the extra 25 cents a ton.

Directly behind the engine was a baggage car and then a mail and express car. If you wanted to make sure your letters would move quickly you could take them to the station and mail them directly into a letter slot on the mail car. There was a mail worker on duty at all times date-stamping and sorting mail. Each of these men had his very own date stamp to identify the mail he handled. Today these date stamp impressions are collectors' items.

Doug Dewar of Penticton is one of the handful left of our St. George's Grade 13 class of 1946. Doug tells me he made many trips between Penticton and Vancouver. He recalls one time when he had a berth, Stuart Shelly, who had been drinking, decided to climb in with Doug and then was sick over both of them. Doug's most memorable trip was in the summer of 1943 when a special train carried all the Okanagan army cadets for a training program in Duncan on Vancouver Island. The passenger cars for this train were so old they still had hanging oil lamps. The train stopped due to a rock slide, restarted after an hour or so - and then a big rock hit the train. They crossed on the SS Elaine to Nanaimo, and mounted on the stern of the Elaine was a Lewis gun which was used for target practice on bundles of balloons towed on a rope well behind the ship. Doug's other story was seeing a train on the Penticton - Oliver line moving at 1 mph - all the train crew were walking alongside picking asparagus!

In 1944, while my sister Alice was at UBC and I was still at Saint's (St. George's School), we decided to take the 24-hour bus ride to Gray Creek via Seattle, Spokane and Kingsgate instead of suffering the KV torture, as the US hadn't curtailed their buses. But at Bellingham, WA, the Pacific Stage driver couldn't handle the freezing rain, and put all his passengers on the train to Seattle, saying that we would be able to get a refund in Seattle. I had only \$2.00 but my sister had more, so between us we had just enough to pay our train fare - only to find the Seattle depot had no Pacific Stage office, and so no refunds. A further major problem was that the US had just unloaded a shipload of servicemen from the Pacific war and Washington Motor Coach was only boarding men in uniform or those with girls, so Alice and I couldn't get to Spokane. I phoned a school friend in the city and he and his parents took us out to dinner and loaned me \$20. So we then had sufficient cash - but still couldn't travel. We went to a double feature movie and back to the station. Finally, at 11.30 pm, they announced that no more tickets would be sold so that they could clear the crowd in the depot. We learned how to use our elbows in a queue, so finally we were able to board the bus for the snowy trip over the Snoqualmie Pass, and arrived in Spokane at 6 am. Our Greyhound connection north didn't leave until noon, so we took in movies at two theatres that were open 24 hours a day, and eventually got to Gray Creek after well over a 48-hour trip. Returning to Vancouver after New Year's was no problem. I sat next to a black gentleman on one bus in

the US, not realizing why that seat was vacant - even Washington State looked down on anyone not white.

I have forest entomologist Hector Richmond's book *Forever Green*, which tells of his early job camped near the curved Lorna Trestle in the Myra Canyon where he spent two summers counting bark beetles. As an 18-year-old by himself he found the train engineers always looked out for him as they passed. He could send his mail by holding it up in a looped branch for the mailman to snag, and his supplies were dropped off at the tiny Lorna Station.

I never could find that Lorna Station. If I could afford an upper berth out of Vancouver by paying an extra 50 cents then I could sleep in a bit longer. If you got a berth to Penticton, at 6 am they took that sleeping car off and you had to move to a day coach. That sleeper car was too heavy to drag up the steady climb from Penticton to the summit at McCulloch. For the same reason they didn't want to stop at Lorna, because the engines would then have a difficult time starting again as the wheels would spin on the smooth steel rails. In fact, getting a train moving is an art as the slack between the cars has to be taken up, sometimes needing a jerk. It was all part of the noisy and uneven motion of the KV, which included the continuous click - click from the expansion spaces between the rail joints. Long, long before welded rails.

All the books say that the Kettle Valley was completed in 1915. But in actual fact it wasn't until January 1st 1931 that the 30-mile track on the west shore of Kootenay Lake was opened for traffic. In January 28, 1929 the Surprise Creek bridge in the Rogers Pass had fallen in, and all CPR main line traffic was diverted over the KV. With no rail line then available along Koo-

tenay Lake, that left every available tug and stern-wheeler straining to move barges, each carrying 15 rail cars, between Procter and Kootenay Landing. This persuaded the CPR to blast away along the west side of Kootenay Lake to complete the twistiest 30 mile section of all their tracks. Thus the SS Nasookin, the largest sternwheeler ever, became surplus and was available for BC to charter as the Kootenay Lake ferry for the 12 mile crossing between Gray Creek and Fraser's Landing (Balfour).

The book *McCulloch's Wonder* by Barrie Sanford is the definitive story of a most amazing engineer. You have to believe that Andrew McCulloch could actually see through solid rock in order to design the Quintette Tunnels up from Hope on the Coquihalla River. And this is an important place to see for yourself how he solved a solid rock problem that no one else could. That tortuous river needed three bridges and four tunnels, but looking through them you see what appears to be a fifth tunnel - hence the name "Quintette". There are no rails left so it's an easy walk through this historic site. I never saw any of this while the trains were operating. It was always said that all passenger trains went through at night - the passengers would be frightened if they could see where the Coquihalla track went. But I don't think the sight was any more alarming than all the trestles in Myra Canyon.

Virtually all of the KV is now part of the Trans Canada Trail - if you don't feel like the bicycle trip, then just read *Cycling the Kettle Valley*. I had to walk my bike through the half-mile Bulldog Tunnel east of the Farron Summit between Castlegar and Christina Lake. If you ride it with your headlight, you will keep running into the walls - the tunnels are extra dark and black with all the coal smoke soot.

A short distance west of Farron is a well maintained memorial to Doukhobor leader Peter "Lordly" Verigin who was killed when the railcar he was in was blown up October 29, 1924. Eight others were killed in this still unexplained disaster, including Verigin's 20 year old female companion, Mary Strelaef. At the age of 65 he was able to carry on with a 20 year old?



This photo of Kettle Valley passengers boarding their train at the Nelson station is from a ca. 1930 souvenir booklet, "Nelson, British Columbia" by BC Printing & Litho Ltd., Vancouver, courtesy Steve White.

Health & Happiness

by Sid Kettner

Cancer! The Big C. The very sound of that word strikes fear into most hearts. Desperation sets in. Hopelessness develops and life becomes grim. Finally we surrender. But . . . we can be proactive. We *can* lower the risk of getting it. Prevention is an option. This is the good news of decades of cancer research.

Medical science points out that smoking causes the greatest number of cancers worldwide. We know about its link to lung cancer, but it can also lead to cancer of the bladder, cervix, mouth, throat, pancreas, kidney and stomach. It is also suspect in many cancers of the colon and breast. If everyone in North America dropped tobacco, deaths from these diseases would fall by at least one-third.

Diet also causes about one-third of cancers. Eating a diet consisting predominantly of fruits, vegetables, nuts and grains has been proven to lower the risk of most cancers. The evidence is now overwhelming. It is up to us to take appropriate action. Listen to research, not to those flashy ads on television sponsored by the junk food industry.

Animal fat, especially from red meat, is a large factor in prostate and colon cancer and highly suspected as a factor in breast cancer. Cooking meats at high temperatures, especially over an open flame, like charcoal broiling, forms carcinogenic compounds known as PAH's. You would do better to steam, braise, bake, poach, stew or microwave than to barbecue.

Too much alcohol consumption, especially if combined with smoking, is believed to promote cancer of liver, mouth, throat and esophagus. Being sedentary is implicated in breast, prostate and colon cancers. Moderate exercise needs to be a priority in our lives. Obesity can increase the probability of uterine, colon, prostate and breast cancers, besides the known effects on heart disease and stroke. Be aware of the effects of sun exposure, especially now that summer is approaching. Know that workplace chemicals, air pollution, hormone use, pesticides and chronic infections also increase our odds of the "Big C."

So again we have proof that we can influence our future health and happiness. The development of cancer can be curbed by our choices. Eat well, exercise well. Embrace the good. Avoid the bad. Live life to the fullest!

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Better At Home

by Rebecca Fuzzen

My first month as the coordinator for Better at Home on the East Shore has come and gone.

I am happy to report that we have three clients, and over half a dozen volunteers. Many heartfelt thanks to those volunteers who stepped forward. You know who you are and without you what we are offering seniors in our community would not be possible.

As we are just starting up the program will focus on transportation: getting clients to and from medical appointments and to the store to get groceries.

A Tea for Transportation which allows clients, volunteers and community members to meet will be held Wednesday May 10 at 3pm at the Learning Hub at Crawford Bay School.

I hope to see you then.

Mental Health First Aid

by the Learning Hub

You might notice!!

Are people around you suddenly listening with compassion, without judgement? Are you feeling accepted as you are, respected and able to make your own decisions? Maybe you are talking to one of the ten emergency and front line staff and volunteers who recently trained in the Mental Health First Aid class offered in Crawford Bay. As many as one in three Canadians will experience a mental health issue in their lives, and people who know how to listen can make all the difference.

Thanks to Area A Director Garry Jackman, and donations from the East Shore Ambulance Auxiliary Society and the Regional District, and to our emergency volunteers who took the two day course, we now have more people in the community who know the ALGEE of how to respond to a variety of mental health problems. ALGEE refers to Assess the risk of self harm or suicide, Listen without judgement, Give reassurance, Encourage professional help and Encourage supports.

This course was so fantastic, says Learning Hub coordinator Laverne Booth, that we hope to offer it again. If you are interested, perhaps your professional development program can cover the cost, or perhaps you will ask for a reduced rate for the next course which we hope to do in June/ July 2017. Please call Laverne at 250-227-9218 ext 5518 and leave a message or email eslearningplace@gmail.com. Whatever it takes, let's all learn and practise open listening, to listen without judgement. To really hear the other person.

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In Memorium

by Nicole Schreiber

Lukas (our Light) and Baernard (our Little Bear) were born two years ago this month, in the middle of the night, with no chance of a flight out, in a hospital ill-suited in both equipment and experience for their early arrival. Through many traumas they struggled to live, but both of our beautiful little men died (Lukas on May 20, Bear on June 5), by then at the BC Children's Hospital in Vancouver, leaving us heartbroken and irrevocably changed.

By now we know that there will be no 'getting over' their loss. The love and longing for them is a white flame in our hearts; it never diminishes, we only get a little better over time at enduring its intensity. At the same time, the act of enduring can sometimes make us think that there will be an end to it, and there is pain at those intervals of realization that they are never not gone.

But as my partner Bernard Raidt gently reminds me when needed, life is meant to be lived, and it provides some comfort knowing we can honour them by dedicating to them those moments where we are loving, kind, happy, creative or of service to others.

If either of us ever have the opportunity to offer something of value to this area, it will be because of Lukas and Little Bear. Only in dedicating our attempts at kindness, giving, and creating to them do we find any energy for, or meaning in, carrying on without them. In this way their story does not end with their death, but continues on in our lives.

Thank you so much to everyone who helped us while we were in Vancouver, and to those who have remained close while we experienced the ravages of early grief.

Though they never got to see our beautiful community, or meet the other children who are growing up here, they are East Shore boys forever.



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Notice of Passing

LARRY IRELAND

February 11, 1941 -- April 5, 2017

Wrinkles not allowed in his socks; pants not worn without a knife pleat; boots with Nugget Black applied set aside; cream rubbed in at the correct time with the correct cloth; boots polished with stiff brush and finished with the correct soft shoe brush; brass protector slid behind buttons; paste applied, rubbed in and buttons polished; uniform brushed, steamed and hung. Only then, depending on the event, were medals pinned on.

Thirty-five years of routine followed Larry from Vancouver across Canada with the Queen's Own Rifles to Newfoundland; several UN tours took him to Cyprus, Egypt, and Germany. Larry, as paymaster, often spent his time on the desert with soldier's pay packets, and except for the wandering wild dogs, he was alone and unarmed.

Early in his career he managed to be in the right place at the right time to meet Ann. They fell in love and stopped moving long enough to get married.

Both Ann and Larry were fond of dogs, and it was not just young, healthy bouncing animals that found their way into their lives, they often took in disabled older animals that had been left behind by owners who, for many reasons, could no longer care for their pets. Larry's kind fingers were a comfort in a dog's rough coat.

Eventually retirement loomed and Ann and Larry chose Riondel. Larry was a qualified driver and his affinity with routine led easily towards the Riondel Ambulance Service. Happy to don another uniform, he remained as a driver for fourteen years. But Remembrance Day always found him at the podium in his army uniform, once more polished, brushed, straight and proud.

This year November will arrive with another soldier missing and another poppy pinned in memory of a neighbour and a friend.

"In Pace Paratus - In Peace Prepared"

Next Deadline: May 24

Notice of Passing

Irving Dale Green

July 16, 1923 - January 17, 2017

Irving Dale Green of Castlegar, BC passed away January 17, 2017, at the Castlevue Lodge in Castlegar, BC. Irving was born July 16, 1923, at Rosalind, Alberta. He had three brothers and four sisters. Irving served in the Canadian Armed Forces as a cook instructor for over three years whereby he met his wife Audrey Hilda Cooper. They were married in Creston, BC, where Irving was employed by West Kootenay Power and Light Company. Irving and his family moved to Crawford Bay where he was District Supervisor for many years. He retired February 24, 1984, and moved to Castlegar, BC. Irving enjoyed fishing, hunting, playing cards, gardening and especially enjoyed playing the slot machines.

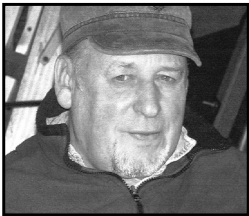
Irving was predeceased by his wife Audrey in 2010 and is survived by his three sons: Douglas (Linda), Allan (Barb), Chris (Linda) and daughter Katholine. Irving also had 10 grandchildren and 12 great-grandchildren. A private family service will be held for the immediate family.

Tom Lymbery remembers: When Irving and Audrey Green lived in Crawford Bay they kept their boat at our marina. One day they had only just left the dock when Irving caught and landed a 24 pound Rainbow!

Notice of Passing

Returned to the Sea

Wolfgang Rosenbaum "Wolfe"
1941-2017



It is with heavy hearts we announce the passing of our beloved Wolfe on April 6th, 2017 in Nelson, BC at the age of 75.

Wolfe (Wolfie on Mondays) was born Wolfgang Rosenbaum on July 1, 1941 to parents Rudolf and Hedwig (nee Reimers) Rosenbaum (Vormbaum).

Wolfe married the love of his life Carla on June 8, 1985. Together they welcomed their daughter Danyell on November 30, 1995.

Wolfe was an accomplished seaman; he graduated from seaman's school and went on to hold the positions of Able Body Seaman, Quartermaster, Master Minor Waters, Deck Hand and Relief Mate with Kootenay Lake Ferries. His love for nature was not limited, he was an avid outdoorsman enjoying hunting, fishing and camping.

Remaining on shore is his loving wife of 31 years, Carla, his precious daughter Danyell (Danny), three sisters and a brother as well as many nieces and nephews, friends and shipmates. He is predeceased by his parents and sister, Erica (Booth).

**May you always have smooth sailings,
fair winds and calm seas.**

Ahoy

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

Notice of Passing

Marion Lois Wilson

November 9, 1931 - March 26, 2017

It is with great sadness that we announce the passing of Marion Lois Wilson (nee Vogan) on Sunday, March 26, 2017 at Creston Valley Hospital.

Marion was born to Ella and Charles Vogan on November 9, 1931 in the township of Wellesley, Ontario and was the youngest daughter.

In 1949 Marion traveled west to find herself a cowboy. She convinced her parents to move out to the Creston Valley and they settled in Wynndel. She became a telephone operator and then married Earl Wilson in 1952 and lived at Sanca Park Resort and then in Boswell.

Marion was an avid sportswoman; she enjoyed fishing, bowling, badminton, ball, curling, and various other sports; she tried them all. Marion was also involved with the United Church Choir for some time. She loved her music and played piano and guitar.

Marion is survived by her daughters Penny McLeod (Jack) and Heather Wilson; son Wayne Wilson (Leanne); grandchildren Scott McLeod (Reina), Trevor McLeod (Angela), Keith McLeod (Lacey), Taylor Wilson and Courtney Wilson; six great-grandchildren and numerous nieces and nephews.

There was a memorial luncheon on Saturday April 1, 2017 at Rebekah Manor, 1628 Hillside Street, Creston, BC.

In lieu of flowers, friends and family may make a memorial contribution to Creston Valley Hospital "Equipment Fund", Bag 3000, Creston, BC V0B 1G0. We thank everyone who makes a donation.

Remembrance Garden

by Wendy Scott

Another Spring clean-up complete. Polishing, raking, and pulling was accomplished by Susan and Stuart Corry, Beth Alguire, Jim Munk, Kathy Smith and her energetic helper, Tarin, Wendy Scott, and George Grimstead who often comes on a quiet afternoon to take care of the bench with Virginia's name and her delicate hummingbird.

It's been fourteen years since the dedication of the Eastshore Garden of Remembrance and fifteen years since Dr. Savory died. Yes, it did take the staff of Riondel Clinic almost a year to realize the pathway between the two churches was already a natural park; a peaceful spot and a place where Dr. Savory had often slipped away for a quiet moment.

The path had existed for over a hundred years – ever since water flowed through pipes from the reservoir fed by Hendryx and Indian creeks. Ever since the gleam in that uninteresting lump of galena was detected by a sharp-eyed miner familiar with the network of working mines from Whitehorse to the Slocan, Trout Lake, Greenwood and Kimberly.

Memories are apparent in the garden; threads lead through the years to friends, relatives and strangers who have touched this town and the entire Eastshore as Dr. Savory did. She came to Riondel with her husband, Ben. She lived and worked here for twenty years until her death in May of 2002.

Dr. M. Frances Savory is not alone in the Remembrance Garden, over the years more than sixty plaques on six cedar benches remind visitors and townsfolk of special times in this special place.

We're grateful as well to the craftsmen who built the cedar benches: Miroslav Doval, who continues to build new benches, install plaques keep an eye on the garden, and the late David Loeppky who constructed that first cedar bench.

Spring is here – take a walk in the garden and let us know if you have any questions or requests.



East Shore Learning Hub

Teach • Learn • Connect

East Shore Training

Opportunities!

Name of Course

Dates

-CPR-C and AED	May 11
-Emergency First Aid	May 11
-WHMIS	May 16
-Food Safe	May 23
-Fire S100/185	May 13/14
-CORE and/or PAL	June 18,19,20

SIGN UP NOW!

CALL 250-227-9218 ext 5518

OR EMAIL eslearningplace@gmail.com

You may be eligible for training subsidy.

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

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

SERVICES DIRECTORY

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. 250.354.8498

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

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

PERSONAL CARE/HEALTH

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

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

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

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

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

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

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

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

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

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

RESTAURANTS

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

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

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

YARD/LANDSCAPING/SITE PREP

INTERFACE WILDFIRE PREVENTION: FireSmart Canada Consultant - Assessment and Mitigation of Wildfire Hazards - Brushing, Thinning, Limbing, Clearing - Burning Permits - Multi-Use Trail and Access Road Clearing/Maintenance. Farley Cursons - 250.505.6489/interface.strategies@gmail.com

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

SUNSET SEED COMPANY



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

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

Creativity, Community, Conscience

CLASSIFIED SECTION

BUSINESS ANNOUNCEMENTS

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

Kootenay Gourmet in Balfour

- Coffee at 1.50. Espresso-Americanos:\$2.50ea. Cappuccino - Latte - Mocha: \$3.50ea. Spring offer: Buy a pre-paid gift card for \$100 and get \$120 worth of food. Egg & Sausage, lettuce & tomato on a Bun, Pulled Pork on a Bun, Mexi-Egg Wrap. Ready Meals: Meat Lovers Lasagna,Roasted Veggie & Creamy Mushroom Sauce Lasagna,Beef and Beans, Burritos,Spaghetti Meat Balls, Ginger Chicken StirFry, Butter Chicken. Home Made Soups, \$10ea. Borscht, \$13ea, Turkey Pot Pie, Beef Pot Pie, Shepherd's Pot Pie, Butter Chicken Pot Pie, Mexi Lentils Pot Pie, \$5.50ea. Pizza (6 toppings) of your choice, Home Made Crust & Sauce,Take & Bake, or Baked \$25ea. See You Soon

BUSINESSSERVICES

Fax service, photocopies, (withnoPST/GST)TomLymbery - Notary Public, 250- 227-9315,

fax 227-9449, 250.227.9448 for Notary Public.

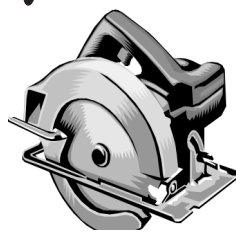
EMPLOYMENT:

ATTENTION! CRAWFORD BAY MARKET is seeking an enthusiastic employee for summer. Training provided. Part time, with a possibility of leading into full time. Come join the team! If interested, please call or email Sonja at:250-227-9322. Email cbstorebc@gmail.com

NOTICES

CANADA DAY TALENT SHOW: Are you interested in joining the first, vibrant, free Riondel Talent Show Case? To be held at the Riondel Community Campground, Park for 'CANADA 150' on July 1st, 2017 @3pm. Are you or someone that you know, who might be interested in showing, sharing your talent activities i.e. culture, music, hobby, art, crafts, acting, food & or fashion display, story telling sport, dance, singing etc.? For this fun opportunity, contact Shirley E., Program Coordinator @ 250 225-3555 or bsenger@live.com for further information and your entry.

Thinking of Renovating?



We can review your house insurance policy with you. Be sure to keep it up-to-date!

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

YOUR HALL IS AVAILABLE!

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

CRAWFORD BAY HALL

Your community hall

A non-smoking facility

NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

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 2 and June 13

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 2017

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

May 2 Tue: Dr. Piver
May 3 Wed: Dr. Moulson
May 4 Thur: Dr. S Lee
May 9 Tue: Dr. Piver
May 10 Wed: Dr Moulson
May 11 Thur: Dr S Lee
May 16 Tue: Dr. Lee
May 17 Wed: Dr. Moulson
May 18 Thur: Dr S Lee
May 23 Tue: Dr. Lee
May 24 Wed: Dr Moulson
May 25 Thur: Dr S Lee
May 30 Tue: Dr. Piver
May 31 Wed: Dr. Moulson

**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**

HEALTH PHONE NUMBERS

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

BOSWELL HALL HAPPENINGS

Yoga - Thursdays, 9:30 - 11:00am. Contact is Merilyn Arms
250-223-8058
Fitness - Mondays and Fridays 9 - 10am, Contact is Dar-
lene Knudson 250-223-8005
Carpet Bowling - Tuesdays, 7pm, Contact is Tom Saw-
yer - 250.431.8404.
Vintners - Weds, May 17, 7pm, Contact is Alan Mader
403-467-5720
Book Club - Thursday, May 11, 2pm, Contact is Melody
Farmer 250-223-8443
Quilters Guild - Tuesday, May 16, 1pm - Contact Linda
Brown 250-223-8607
BADEV - Monday May 1, 10am - Contact is Rod Stewart
- 250.223.8089
Boswell Hiking Group - Weds, April 5, 2pm. Contact
is Melody Farmer: 250.223.8443
Focus on Health - Monday, May 29, 10:30am. Margaret
Crossley: 250.223.8455
Election Day: May 9 - Vote at the Boswell Hall.
Fabulous Fish Fest: May 20, Saturday. Haddock &
Fries, Mussels and Seafood Chowder. Cocktails 5:30, Din-
ner 6pm.

**Next Deadline:
May 24, 2017
mainstreet@eshore.ca**



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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

Email: mainstreet@eshore.ca

Web: www.eshore.ca

ADVERTISING RATES

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

\$40 - 3.25w X 2.5t

\$45 - 3.25w X 3t

\$50 - 3.25w X 4t

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

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

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

\$100 - 3.25w X 10.25t

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

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

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

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

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

Sample Sizes - more sizes available.

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

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

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

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

FOR FULL COLOUR, ADD 30%

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Mountain Standard Time - Winter Schedule in effect

Vessel Name	Balfour	Terminal	Kootenay Bay	Terminal
		Winter	Summer	Winter
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/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

May 2017 SCHEDULE

May 7: NO SERVICE

May 14: Rev. Derrick Smith, 1pm

Music: Marie Gald

May 21: Brenda Panio, 11am

Music: Deberahh Shears

May 28: Ramona Dannhauer, 1pm

Music: Richard and Ramona

CHRIST CHURCH & EAST SHORE

CONGREGATIONS

ST. ANSELM'S CHURCH BOSWELL (Anglican)

For information call Christ Church Creston 428-4248

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

HARRISON MEMORIAL COMM. CHURCH, ANGLICAN

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

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

Pastors Richard and Ramona Dannhauer
16190 Hwy 3A, Crawford Bay 250.227.9444

YASODHARA ASHRAM

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

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Fr. Sylvester Ibekwe Phone: 428-2300 Fax: 428-4811

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

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

Meetings begin at 10 am, every Sunday.

Info call, 250-227-9522

CHRISTIAN SCIENCE CHURCH SERVICES

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

**Next Deadline:
May 24, 2017
mainstreet@eshore.ca
www.eshore.ca**

MEETING PLACES

LIONS CLUB - meets at the Kootenay Lake Community
Church - 16190 Highway 3A, Crawford Bay.
Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

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

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

PARENT ADVISORY COMMITTEE

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

Next PAC Meeting:

CBESS Library, 5:15pm, DATE TBA

April 2017 Mainstreet 23

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
		Vet Clinic, CB Motel Dr. Piver	Dr. Moulson	Bottle Depot, 10-3 Yoga Bos Hall, 9:30-11 Dr. Lee		Intergenerational Play-group, Rio Comm Ctr, 10:30am
7	8	9	10	11	12	13
Bottle Depot, 10-3		ELECTION DAY! Lions Mtng, 7 pm Tara Shanti Yoga, 9:30-11am Dr. Piver	Full Moon Tea for Transportation, Learning Hub, 3pm 16+ Volleyball, CBESS 7pm Dr. Moulson	CPR/AED/1st Aid- Lrng Hub Bottle Depot, 10-3 Yoga Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am Dr. Lee		Fire S100/185, Learning Hub
14	15	16	17	18	19	20
Mother's Day Market, 10-3, CB Park 3 Sopranos, CBESS, 4pm Fire S100/185, Learning Hub Bottle Depot, 10-3		WHMIS: Learning Hub Tara Shanti Yoga, 9:30-11am Dr. Lee	16+ Volleyball, CBESS 7pm Dr. Moulson	Bottle Depot, 10-3 Yoga Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am Dr. Lee		Intergenerational Play-group, Rio Comm Ctr, 10:30am
21	22	23	24	25	26	27
La Cafamore, Harrison, 2pm Bottle Depot, 10-3		Food Safe, Lrng Hub Lions Mtng, 7 pm Tara Shanti Yoga, 9:30-11am Dr. Lee	MAINSTREET DEADLINE 16+ Volleyball, CBESS 7pm Dr. Moulson	Bottle Depot, 10-3 Yoga Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am Dr. Lee		
28	29	30	31			
Bottle Depot, 10-3		Tara Shanti Yoga, 9:30-11am Dr. Piver	16+ Volleyball, CBESS 7pm Dr. Moulson			



Kokanee Springs Golf Resort

Special Nights: Everyone welcome!

Fridays: Patio Party

- Southern BBQ menu: In-House Smoked Brisket.
- Entertainment by Jurassic Mike - \$25+tax

Saturdays: BBQ

- 8oz Striploin w/ fixings - \$25+tax



We invite you to check out our website
(kokaneesprings.com) & like us on Facebook.

Get Rewarded Here!



*Spectacular Golf, Epic Adventures,
Unforgettable Experiences*



We are looking for seniors who need help getting to medical appointments and people who can help them get there!

Better at Home is able to help. We recognize the growing need for services for seniors. How can we ensure that seniors continue to be involved in our communities?

Interested?
Come along and join the fun!
Bring a friend

Wednesday May 10th
Crawford Bay School
3:00 pm

For more information, please contact
Tel: 778 962 1090
Email: betterathomeeastshore@gmail.com



Transfer Station Hours
CRAWFORD BAY: Sun, Tues & Thurs, 9am-3pm
BOSWELL: Weds/Sat 11-3

East Shore Reading Centre:
Tues & Sat: 12-3 Thurs: 7-9 pm
Riondel Library:
Mon: 2-4 pm, Weds: 6-8 pm
Tues, Thurs, Sat: 10am-12:30pm