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YEAR 30, NUMBER 5

MAY 2020



The East Shore Mainstreet
KOOTENAY LAKE BC

*Digital Only
Version for May 2020.
Thank you for your
support as we navigate
Covid19 complexities.*

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

Photo by Luka Baetzel



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Mainstreet
Meanderings
by Editor
Ingrid Baetzel

Tom Lymbery did *Mainstreet* the service of forwarding information about a grant that was recently received by the *Slocan Valley Voice* that helped them infuse their business by hiring a full-time, salaried journalist. I spoke with one of the publisher/editors there for a while and have done some looking into this grant and will continue to look into options to help *Mainstreet* survive. There are a few rationale as to why this may not be the appropriate grant for *Mainstreet*, specifically, but it has spurred me forward to looking deeper into options and alternatives. As it is, *Mainstreet's* a print edition will not survive without a cash infusion to help offset printing costs.

I have written about this in the past, but have to now take more drastic and directed actions to see what can be done about securing the future for this wonderful community asset.

Here are some options being investigated:

-Implementing a *Donate* button on the website at www.eshore.ca as an option for those who want to support the paper. Watch for that in the coming days/weeks, and please donate if you can. Every bit helps and I am looking into an incentivized program (subscriptions, special mentions, etc) to thank donors.

-Creating funding through grants and donations to hire a part time reporter to work the print and online angle for *Mainstreet*, including the website, Facebook and Instagram.

-Considering option of delivering the paper free of charge to all residents, if enough advertising revenue can be created to compensate and it is affordable enough to deliver to post office boxes through Area A. (More eyes on the paper is more attractive to potential advertisers.)

-Discontinuing the paper edition all-together. This is not an ideal or preferred choice, but will have to happen unless financial needs can be met.

For the time being, please bear with me while I try to figure this all out. I don't want to give up and I beg your patience in this complicated time. Do to the Covid-19 crisis, I have chosen to do a digital-only copy for May, and am committed to doing at least that for the future, but whole-heartedly hope to figure out a way to keep the print edition going. Simply selling enough papers to pay for the printing would suffice for the time being, but I do hope to see more exposure and interest, bringing readership and community engagement back up where they should be.

I am profoundly grateful to all of *Mainstreet's* loyal advertisers. It is because of you that I can keep doing this and bringing information to the people. You are the heartblood and I thank you. Also, to the wonderful writers and readers - your love and energy are felt and appreciated. It just all comes down to those brass tacks now and I trust that we will figure this out - together.



**New Hours
as of May 15/20**
Mon-Sat: 9am-6pm
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**Riondel Fire and
Rescue Blotter**

by Fire Chief Cory Medhurst

April has been an unusual, unknown, and unprecedented time for the world. With travel restrictions, stay at home orders, and nonessential businesses being closed, to name a few consequences as a result of COVID-19, things have slowed down to an earie pace. With Dr. Henry's order for First Responder agencies such as ours to only respond to immediately life-threatening calls, such heart attacks or to assist BCAS when absolutely required, we have seen a significant drop in call volume. As firefighters we continue to respond to fires and MVI's while practicing strict PPE guidelines. With low traffic volume, and minimal visitors to the East Shore, or traveling throughout the province; coupled with the presumption that there is a sense of fear in regards to calling 911 for help and going to a hospital during these times, the province has seen a decrease of 50% of all ambulance calls. With that being said, please DO NOT hesitate to call 911 if you need help. From personal experience I can say that our local hospitals, and I assume hospitals province wide, are safe and prepared to handle regular calls for help during the pandemic.

Our calls to service for the past month are as follows:

March 28: Four members responded to a medical lift assist call in Gray Creek. The initial two responders on scene had responded in personal vehicles and were able to assist BCAS with moving the patient before the Rescue truck arrived. The two members responding in the Rescue were stood down.

April 4: Five members responded to Kootenay Bay for a medical lift assist. Once again, the three initial members who responded in personal vehicles were

able to help the paramedics on scene, standing down the 2 members responding in the Rescue truck.

April 18: Four members responded with the rescue truck, and one member in a personal vehicle to a medical FR call in Crawford Bay. All members arrived on scene and began assessing the patient until the Paramedics arrived. Members then assisted with equipment and patient movement.

April 22: This was our first motor vehicle incident (MVI) involving a motorcycle this year. Four members responded to the MVI in Gray Creek that involved two occupants on one motorcycle. The couple, from the East Kootenays, had been traveling south when a vehicle turned onto the highway in front of them. The driver of the bike laid the bike down "gently" on the side of the highway; however, both occupants sustained injuries requiring medical attention and were transported to hospital with BCAS.

This brings me to a reminder about road safety as spring has sprung. It's that time of year again when motorcycles enjoy our scenic highway daily. Keep a vigilante watch for these fellow road users as they can be difficult to see around our famous corners; some motorbikes can seem to appear out of nowhere, as if it was the Twilight Zone and their engines were outfitted with a quiet CF-18 Hornet jet engine as they hurl towards or past you. Slow down people, enjoy the trip and share the road.

Another reminder about the current open burning ban in effect. On April 16 at noon, a province wide open burning ban came into effect. This includes any and all burning of any and all materials, with the exclusion of campfires in an appropriate ring no more than 1/2 meter by 1/2 meter. You can find information on their website at <https://www2.gov.bc.ca/gov/content/safety/wildfire-status/fire-bans-and-restrictions>.

This ban was put in place to control human caused wildfires; ultimately saving our front-line resources from unnecessary responses during the pandemic.

With a forecasted above average wildfire season ahead, and hefty fines being enforced for non-compli-



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Article? Letter? Etc? Drop off at Gray Creek Store drop box, mail to Box 140, Crawford Bay, V0B 1E0
or Best Yet, Email to: mainstreet@eshore.ca

The opinions expressed in this paper are not necessarily the opinions of staff or advertisers. We reserve the right to edit for clarity or brevity and acceptance of submissions is completely at the discretion of the editor.


The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers.
Send in June 2020 issue items by:
Next Deadline: May 27, 2020

Please visit www.eshore.ca to donate to the *Mainstreet* (subscribe for free for notifications to posts on the website while you're at it!) We need to come together now to save this 30 year old publication on the East Shore. Donate today and watch for further opportunities to support. Thank you from the heart.

ance I strongly recommend not burning until further notice. If you have any questions or concerns about the ban, please call BC Wildfire at 1-888-336-7378. Also remember the numbers 1 800 663-5555 or *5555 on your cell phone to report a wildfire.

Ironically after mentioning wildfires I will briefly mention potential flooding this season. Authorities province wide are actively watching the threat of flooding as temperatures rise and rain falls. As I write, there are no immediate dangers in our area, but that could change quickly. Be mindful of our local creeks and rivers as we progress into summer. To get informed on flood preparedness and stay up to date check out the province's website <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/preparedbc/know-your-hazards/floods>. Sand and sandbags are available at the Riondel Fire hall if needed, call ahead 250-551-1352 for access to the bags, and bring a shovel.

I hope everyone has a great May and remember; we are ALWAYS looking for new recruits to join our team. Join today.

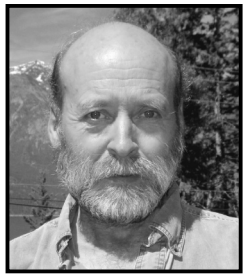


"The way to get started is to quit talking and begin doing." - Walt Disney

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RDCK Area "A" Update

by Garry Jackman, Regional Director

CHANGESTHROUGH

THE MONTH OF MAY: It is difficult to predict when normal services will resume across the RDCK, but in response to evolving needs and having firm measures in place for the safety of staff and the public some steps are now being taken to increase service levels and resume some activities involving the RDCK.

Note that our Board and major committee meetings have taken place (electronically using conference call lines and allowing for public participation) over the past two months and for the foreseeable future this will continue. What was suspended are our meetings of committees and commissions where volunteers play a major role. These are now resuming via conference calls, with each commission being asked to confirm when best to hold their next meeting and RDCK providing phone lines and support staff. The RDCK has opted to not use Zoom, even though some are asking if that is an option. Many of our neighbours do not have adequate internet service to allow the use of Zoom or similar platforms but we can all (usually) get through on a phone line. Zoom has also had some issues with hacking.

We will be having participants call in with staff identifying their line and monitoring whether they have dropped from the call. This will allow each committee or commission member to participate to the fullest extent possible. We have a procedure to recess a meeting if a member drops to allow them to reconnect. If they cannot reconnect within ten minutes they will be deemed to have left the meeting and if quorum is lost the meeting will adjourn. This has worked well for our last two Board meetings and we

were able to re-establish contact each time members were dropped.

RESOURCE RECOVERY: The term resource recovery is symbolic of what the future could be, but in essence it covers recycling of packaging and printed paper, hazardous product stewardship programs, residual waste management (that which is headed for a landfill) and some other programs around wood, metals and white goods. The level of interpersonal contact at transfer stations and landfills created a situation where physical distancing could not be readily achieved so the RDCK limited what material streams they would accept at the sites and waived the fee for household garbage drop off. We did allow for the yard and garden drop off program (with no fees during the month of April in the east subregion) to remain in place and we are extending the waiving of yard and garden waste fees until further notice. Commercial haulers or larger contractors with commercial accounts were still allowed to deposit material at the landfills since their transactions did not require the handling of cash, although it was more difficult to closely inspect the loads for non-conforming materials. Contractors who did not have an account were encouraged to establish one to permit them to continue to use the sites which had weigh scales so that their loads could be measured and billing could follow. Now we are installing plexiglass barriers, hand wash stations (many sites do not have running water) and activating debit machines at various sites so more materials can be accepted without posing risks to the public or staff as required by the province. Go to the RDCK website (rdck.ca) to see news releases describing what materials are accepted at various sites as the material restrictions are lifted in stages site by site.

COLUMBIA BASIN TRUST COMMUNITY INITIATIVES PROGRAM (CBT-CIP): Ordinarily the funds which the CBT gives every electoral area and municipality in the basin to allocate to local groups would have been ready to be disbursed at our May 21st Board meeting. As required by the CBT, the process of making recommendations for the allocation of funds has always allowed for public input and the meetings for this process would of occurred during the month of April. All of these meetings were postponed as of March 20th. In discussion with CBT, RDCK staff will be

directing the public to review the full list of applications and make any comments using an online portal which has been designed by and will be run by the CBT. The time frame the portal will be open is proposed to be from May 1st (8:00 am) to May 11th (8:00 am), 2020.

The work of the review panel will be as challenging as ever this year. In addition to reading the comments received by the public (for consideration when making recommendations for levels of funding) each panel member needs to review all 62 applications received by Area A with a combined request of \$107.8K and come up with a recommendation list that is at or below our allocation limit of \$34.4K. Some of the applications will be for events which are being cancelled, adding another level of complexity as the CBT wants us to consider allocating the funds if the event (or a similar function) can be scheduled for later in the year. The review panel meeting date has not yet been confirmed but it should be between May 25th to 29th.

REC 9 GRANTS: As is the case with some other meetings, the Rec 9 meeting proposed for May 6th is still not confirmed as of when I submitted this article. The RDCK website did indicate applications could be submitted up to April 24th but due to uncertainty as to whether Mainstreet would be published in April there was no ad in the paper. We have received a handful of applications (well below normal) which may be due to the uncertainty of time lines or may be due to organizations realizing they cannot hold certain events for the foreseeable future. Either way, the Rec 9 commission will hold a meeting to review the applications we did receive and at that meeting we will discuss whether we should have another call for applications in the near future or wait until the usual fall intake. If there is not another Rec 9 intake for several months I can still consider requests for discretionary grants.

BUDGET 2020: I still do not have an adjusted copy to share. I will receive it in electronic form and following that I will be able to forward it on request. I can also discuss items by phone for those who wish more detail. 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.



Hidden Taxes

by David George

Journalism in a Time of Pandemic

The daily routine has changed somewhat. Up a little after sunrise, listen to the CBC news and morning show from Kelowna, but be sure to go online in time for Prime Minister Justin Trudeau's 8am PDT daily address to the nation. CBC radio has a habit of cutting off the last few questions to him, so listen and watch online.

Trudeau spoke to us almost every day for 16 days in a row, taking two days off for Easter and Easter Monday, and one day, Sunday April 26 so far. Most addresses have involved outlining the provision of large amounts of money to help people and companies survive in these pandemic times of isolation and unemployment.

At 9am our Canadian ministers of various things including health give their daily updates for about an hour. Often interesting. Later, our Provincial Health Officer, the celebrated Dr. Bonnie Henry gives an update most days at 3pm or sometimes 1pm on Saturdays, assisted by our Minister of Health, Adrian Dix.

Thanks to Dr. Henry and other government ministers, the present pandemic has touched our province only lightly in comparison to Quebec and Ontario. We may now have 'flattened the curve' and may look for a decrease in cases in the coming month of May, but don't look for anything resembling our previous idea of normal until at least September. School is online now and may or may not continue online in September.

Look beyond Canada to the other countries in the world, and appreciate how well we are doing in comparison. Italy and Spain are very badly off. South of us, our American neighbours in many states are badly off. Unprepared in many ways for what amounts to a plague, and led by an unfit twittering narcissist, their

national death toll of more than 55,000 now exceeds that of another folly, the Vietnam War. New York City is the worst affected right now.

So, look inward, look around your home, reach out to friends, relatives and neighbours. Be thankful we have such inventions as the internet. Listen to music, watch movies, write something. Spring is here and going outside to see the flowers or do some yard work is now comfortable.

The hummingbirds, or at least some of them are back. Our first Mr. Rufous arrived on April 22, just in time for the 50th anniversary of Earth Day. We had a feeder out for him since the 17th.

Do not fret about what has been cancelled. Yes, Starbelly Jam has been put off until next year. Yes, a concert I had been hoping to hear in Calgary has been cancelled, or at least postponed for the duration. The tenth edition of a literary conference for readers as well as writers, When Words Collide, in Calgary, has been put off until 2021.

There are no sports events, except for a very few, played before an empty stadium. The ones I personally miss are the Rugby 7s. Even the Olympics have had to be put off until next year. The Calgary Stampede has been cancelled, for the first time ever.

If you wish, the Ashram is offering an online virtual Satsang, available when you are. There are many other online events or podcasts, too. One can even play scrabble with a friend online. Many of our National Film Board films are available free online right now. Lots of short films and film clips are also free on YouTube. Audubon bird applications are around too, and CBC's North By Northwest, on Radio One Saturday and Sundays from 6 to 9am mostly, except 6 to 8am lately, posts many things also on Facebook. On the 25th, they posted a video with sound from a camera showing a Great Horned Owl nest, with three chicks being tended by their mother, and the male calling nearby.

Write something—a journal, or memoirs. All of us remember some interesting or unusual events in our lives. Write some of them up for children or grandchild-

dren to read later. Every laptop or tablet has some sort of writing app.

In the meantime, stay well, keep in touch with each other, enjoy this digital edition of Mainstreet, and remember what a king in ancient times was told when he asked his advisors for a saying suitable for any occasion: "This too shall pass".

Proposed Woodlot Licence 435 Plan 2020-2024

Notice is hereby given that **Chris Choquette** will hold a public viewing of the proposed 2020-2024 Plan for Woodlot 435 Cutting Permit G. The Plan will be available for review and comment from May 1, 2020 to May 31, 2020. This Plan covers the Woodlot 435 portion of Pilot Peninsula area. As per the Woodlot Licence Planning and Practices Regulation, the Woodlot Plan shows the location of areas where harvesting will occur, be avoided, or modified.

The Woodlot Licence Plan is available for review and comment at the following location: 15257 Anderson Road, Gray Creek, B.C. from May 1 to May 31, 2020 between 10 am and 4pm, by appointment. Chris Choquette will be available to discuss the proposed Plan and receive written comments.

If any interested parties are unable to review the proposed Plan during these times, arrangements can be made to view the Plan at a time mutually agreeable. An appointment can be made by contacting Chris Choquette at 250 227-9481 or by mail at Box 112, Gray Creek BC V0B 1S0, or email chris_choquette@hotmail.com.



May Horoscope

by Michael O'Connor

Tip of the Month:

May 2020 is a pivotal month astrologically and the outer synchronicities will most certainly, occur. It includes Venus, Jupiter, Saturn and Neptune turning retrograde (Rx). Contributing to Pluto already there since late April, retrograde periods are generally not great for new initiatives. In addition, the Moon's Nodal Axis, which represents an important evolutionary theme for us all, changes from Cancer and Capricorn to Gemini and Sagittarius, which will contribute to heated discussions about ethics and justice.

Aries (Mar 21- Apr 19)

Building projects started last month, which could include your confidence levels or financial portfolio, any of which involves revolutionary action, will continue yet diversify as the month progresses.

Taurus (Apr 20-May 20)

An impulse to take new leads continues. Stimulating multiple streams or attending to a variety of fronts will become increasingly evident this month. Circumstances will push you to focus forward and not look back.

Gemini (May 21-Jun 20)

Despite a rather slow start to the month, you will become more assertive one third in. Yet, with all the retrogrades, you may be busier reassessing, sorting and organizing to refine and sharpen your creative focus.

Cancer (Jun 21 – Jul 22)

While things are accelerating for many, you are inclined to slow down. Your ambitions do remain strong, yet you are determined to avoid getting scattered and stressed and complete one thing at a time.

Leo (Jul 23 - Aug 22)

Things are moving in your public and professional life. Deep changes have already been underway since last year and momentums too more recently yet. This month will include refinements and final touches.

Virgo (Aug 23 - Sep 22)

Seeing a bigger picture is an important theme now. Already you have been engaged in learning new knowledge and working with new tools. Work is the keyword, yet it might slow down a bit this month.

Libra (Sep 23 - Oct 22)

Financial interests, concerns, and responsibilities are keeping you busy as may begins. It will switch to more cultural arenas starting around mid-month. Anticipate a change of heart about what attracts you.

Scorpio (Oct 23 – Nov 21)

Big changes on relationship fronts are underway. Deciphering what you truly want and need may be an issue. Getting to the bottom of things will include deciphering your priorities and what you deem healthy.

Sagittarius (Nov 22 - Dec 21)

Changes in your lifestyle include getting more disciplined. Perhaps you want a cleaner and more functional home set-up or want to improve your diet or weave in more exercise. Feedback from others will help.

Capricorn (Dec 22 - Jan 19)

An exciting creative cycle is underway. It will require more effort, however. If this is only true in your mind, it might be best to wait until July to start projects when Venus turns direct again.

Aquarius (Jan 20 - Feb 18)

Big changes continue to rumble close to home. These could amount to major repairs, renovations or moving altogether. If so, begin it early this month to catch the waves of the incoming creative flow.

Pisces (Feb 19 - Mar 20)

Already since last month you have been busier than other years at this time. This includes creating a more beautiful home. Your full concentration is required. Expect this pace to continue all year.

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Crawford Bay Hall Memories and Musings

Submitted by Leona Keraiff

There is a smiling face on the car deck of the MV Osprey 2000: the first ever female crew member on the Kootenay Lake Ferry as of June 1982. Her name is Sharon Koshlay Zeeman and her family story has many connections to our Community Hall.

“My grandmother Alma King moved to Crawford Bay as a young girl with her brother Earl and parents Owen & Margaret Palmer. They moved to Crawford Bay from Winnipeg, they brought the three Maple trees beside the road across from the old school...Our property was where the Crawford Bay Inn is...it went right up to the road that went beside the Hall. The tennis courts used to be on that piece plus the building that the buses used to be parked at.”

Alma married William King, they had ten children here in Crawford Bay, the third of whom was Sharon's Mom, Beatrice. Baby number six is Norma Hempstock, formerly of Gray Creek, and number ten was Lorraine Van Ruyskensvelde who also raised her family here in the Bay.

All the above mentioned girls would have attended school in Crawford Bay using the hall as their gymnasium: “Our school learned to do a volleyball serve fast, hard and low because our volleyball court was the size of a badminton court with a really low ceiling...I remember playing ringette Crawford Bay Rules, badminton, basketball...Remember doing a school Christmas Concert with a full Hall many years in a row, school Remembrance Day events...I did Brownies and Guides in the Hall. My mom Bea was my Brownie leader... My mom used to be the person who used to rent out the Crawford Bay Hall for many years. I remember helping her clean the hall after a dance...Dances years ago did not have liquor licences, everyone drank outside. When I was 10, I got up at 6am after dances and went to collect bottles, then my dad came to help me bring them home {Crawford Bay Inn-formerly the Mar-B-Lee owned by the Koshlays}. I bought a bike from the bottles! Beer bottles fetched two cents per bottle.

‘I remember going to the hall for wedding receptions, funerals and funeral receptions (used the hall for my mom's service and reception same as Lorraine and Dale VanRuyskensvelde), anniversary parties (did my parents 25th anniversary dance April 1985), reunions, Sunday School dinners, community Christmas parties, and doing the yearly school Christmas Concert. I have always been the class clown. One year I remember the whole school was going to sing Frosty the Snowman and, with the help of Fran Choquette the Home Economics teacher, we made a Frosty the Snowman costume and as the class sang Frosty the Snowman I

was dancing around the hall throwing the hole punch circles there were so many people I got stuck between the crowd.”

Grandma Alma was a member of the Women's Institute, participated in Fall Fairs and chaperoned teen dances in the hall. Reference: Remember When by Susan Hulland & Terry Turner, published 2004.

“My Aunt Lorraine entered her preserves and baking in the Fall Fair. My mom Beatrice entered her crocheting and won first prize ALWAYS. My mom was also on the Fall Fair Committee for many years. As a student I also entered, winning top student points and as an adult I entered my photography. My children, Sheldon and Cassandra Zeeman entered the Fall Fair and also came away with prizes.”

“Mom and I were both on the Kokanee Karnival of Sports Committee. We met in the small Hall. The three military guns in the little hall, in the glass front cabinet were donated to the hall. I think for insurance purposes they had to be made that they could not be fired. My dad (Mardy) had the barrels of the guns filled and I think firing pins removed so that the guns could stay in the hall.”

Sharon's mom, Bea, was Crawford Bay's post mistress for 22 years when the post office was in the Mar-B-Lee, about where the Lackovics currently park their van.

PICTURE THIS: “On some Sundays the older King children used to walk from Crawford Bay to Gray Creek and catch the Nasookin Paddlewheeler to go for a ride. They used to get invited to the wheelhouse to play checkers with Capt. Mackinnon.” To close this circle of connections Sharon told me that her first Captain on the Kootenay Lake Ferries was Don Mackinnon, grandson of the Nasookin Captain!





Hacker's Desk

by Gef Tremblay

Granularity

In electronic music you have a limited number of ways to create sounds. Most of the analogue synthesizers use an audio process called subtractive synthesis. Starting with a wave form, square, triangle, sawtooth or pulse you then remove elements or frequencies from it in order to create a new sound. Through filtering (removing high, low or mid frequencies), creating an envelope around it or using a low frequency oscillator, you can then further change the sound. Other synthesis techniques include: Additive synthesis and FM or frequency modulation synthesis where you add multiple sound waves to create new sounds, or modulate one soundwave with another one respectively.

Further down the history of synth development, wave table synthesis arrived where a pre-recorded sound was used to create a waveform, which can be further modified through similar process as earlier synthesis. With the advancement of technology and thus the easing of using sample as the basis of sound creation the discovery of granular synthesis was at closer reach. The first example of granular synthesis wasn't with a synth though; a musician simply cut a tape recording in very small parts and physically re-glued them together in a different pattern to create that now well-known texture. At its foundation, granular synthesis is the process of cutting audio recording in very small parts or 'grains' which can then be used to create a different sound or texture.

I have mostly used subtractive synthesis, since most synthesizers are modelled around that process. Although I haven't finished exploring this world of

sound creation, I felt some ingredients were missing from my sound kitchen to create some of the textures I had in mind. A few weeks ago, I started exploring sampling with a new device called Digitakt. One of the features of that sampler is the ability to cut an audio recording to the near millisecond. This precision, easily reached by a turn of a knob, opened up a new landscape of sounds, as every sound contains an infinity of microsounds within them.

Sound and light has always been central element of science development. What is light and what is sound? Are they waves or particles, and if they are particles what are they made of? As science progressed, the invention of the microscope showed the world that there was reality within reality. The idea of the molecule, although stated earlier by the likes of Aristotle, started to make sense. But if there are these infinitely small particles creating the physical world, is it the same with light or with sound,

Any signal may be broken down into a sum of sine waves of various amplitudes and phases. Joseph Fourier ~1800

On a more pragmatic level, I was able to explore that granularity of sound by using a very short sample of sound recorded by Naima. When using that sample of sound, just a second of a recorded voice, I was able to find thousands of micro samples that can be used to create any music. With one second of recorded audio, I have more than enough 'raw material' to create a whole song for instance. At the very limit of time, when cutting a very small grain, a pulsation is created and can be used for rhythmic parts and kicks, while longer grains have more musicality to them and can be used to be tuned to different notes creating more of a lead instrument. This is only the beginning of granular synthesis as you can start remixing all these bits or

grains of sound in different patterns to create an infinite palette of sound. It becomes really simple to create these elusive soundscapes that have both a familiarity and an out of this world feeling. Therefore you can really say that every bit of sound is really like an atom that can be used to create anything and everything.

In the 90's, Granular Synthesis, a duo of digital media artists toured around the world with their show and came to Montreal. A huge poster of a face, eyes closed, with an unknown expression, showed a warning for cardiac or seizure prone people. It created quite an impression on me as I had never seen the show, and only heard glimpses and urban myths about them. The show consisted of a granular synthesis of not only an audio track, but also a video track of a face of a dancer going through different emotional states. The video being cut in small pieces and remixed created an out of this world expression. Back then, I placed granular synthesis on the same shelf as crack, in the cupboard of not to be explored subjects. It has been a strange feeling to re-explore this concept, which is far from being crack, yet still has some addictiveness to it.

I realized last month that I have been exploring electronic music for just over 10 years now. It is exciting to enter a new phase of exploration expanding the realm of possibility but also my understanding of the aesthetic of electronic music. What really got me started with electronic music is the fact that you can create your own instrument. At first, I created sound on the computer with PureData and Processing, then I moved to building electronic devices with the Arduino and other parts. Getting back into electronic music just a few weeks back, and having slightly more time on my hands now, I happily delve back into electronic instrument making, with the goal to maybe create a granular synthesizer at one point. Now if this is not addictive, I don't know what is.

Hall Board News

Submitted by Susan Hulland

News: The Covid19 pandemic has moved the goalposts for the seven directors of the Crawford Bay & District Hall & Parks Association. Six weeks ago, our plans for phase two of preserving and enhancing our community hall were in high gear. A regional community fundraising campaign was underway and was getting great response amounting to \$6655 at present in donations for which we are grateful. Recent contributors: Sylvio Lamarche, John and Vivian Rayson as well as Judi and Alec Martin have generously added to this new total.

We have sent in grant applications to the RDCK's Community Initiatives Program and the Nelson & District Credit Union, and two more to BC Heritage. Before the stay at home self-isolation protocols began, we hoped to soon be hiring the experts with whom we were required to work, as required by RDCK Bylaw 2200. However, a lot has changed in a very short time. At present, our community hall and park facilities are officially closed and our grant applications have been slowed as agencies such as Columbia Basin Trust make arrangements for the 'public input' parts of the process.

New Bulletin Board for Regular Communications Despite all the changes we want to stay in touch with all area residents. Yes, we have a Facebook Page (crawfordbayhall). Yes, we have listed ways you can contact us on posters that are up on local bulletin boards. Yes, we have an email address (info@cbhall.ca) for those wanting to donate to our fundraising campaign or to sign up to help with work parties at our hall, park and public boat launch at a future date. Yes, we have information in every issue of the *Mainstreet* Newspaper. And now there is yet another way to stay informed. As bulletin boards will only get more

crowded as summer approaches, our association has installed a DEDICATED BULLETIN BOARD on the front of the community hall on Wadds Road in Crawford Bay. On it we will post current information about our activities.



Three generations of Hulland's (Colben, Will & Susan) and the new dedicated Bulletin Board mounted ON the Crawford Bay Community Hall. Check here in person to read the latest news about activities at our Boat Launch, Hall and Park. Photo: Amanda Hulland

In these days of digital information sharing, bulletin boards might seem to be an old fashioned medium but we think that strange times call for creative solutions. The directors of the Crawford Bay & District Hall & Parks Association are fully committed to the care of our community assets despite the challenges of doing so and now you can read all about it at your community hall too.

Thanks to Community Volunteers and In-Kind Donors: Again, there are many folks to thank for helping the association look after our community assets.

Significant work has been done in Kootenay Bay. In the past month Ben Lahnemann and his wife Jeanne dismantled, then completely rebuilt and re-decked the wooden boat wharf at our public boat launch! The Gray Creek Store gave us a discount on some materials. As well we thank Home Hardware of Creston for transporting the dock's steel gangway to Comfort Welding in Creston for repairs. Our local YRB contractors donated two concrete barriers and installed them at the top of the launching ramp to guide drivers when backing down it.

Crawford Bay residents Will and Colben Hulland donated their time to the construction and installation of the new bulletin board on the front of the Crawford Bay Hall. Dave Hough did some electrical sleuthing at the hall to help diagnose energy efficiency issues in the building.

Other volunteers including Doug Blackburn, Heather Sandilands and Paul Hindson worked with the association's directors on the monitoring and public safety aspects of the rodent trapping program in our park over the past two weeks. Thanks also to YRB for lending us their 'Road Closed' barriers. For the safety of pets and people we have officially completely closed the park until further notice. (YES, this means you!) This closure coincides with our previous Covid-19 Closure Notice so now there are two good reasons to give your park a pass for the time being.

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Deadline: May 27/20



Thoughts from the Frog Pot

by John Rayson

Coronavirus

I ended my last column as the coronavirus came to the forefront of our lives. What a difference a month makes, we now live in a very different world. A pandemic had been predicted for years and as many epidemiologists had stated it was a matter of “when” not “if”. In fact, our Chief Medical Officer, Dr. Tam had written a paper in 2004 predicting the present epidemic, the course it would run, plus the preparations necessary prior to the event. All was forgotten by subsequent governments and as a society we refused to believe that such an event could occur. When I was working, as head of a large laboratory, our microbiologist informed me that the “bugs were winning”. Many bacteria had developed resistance to multiple antibiotics, we were all receiving micro doses of antibiotics on a regular basis; antibiotics are routinely used in domestic animals [eg. cows] to prevent disease and no adequate treatment other than vaccination and antitoxins was available for viral infection.

In addition, subsequent to the last major pandemic in 1918, the population of the world has tripled, we travel vast distances quickly on a regular basis and all news is transmitted instantaneously. I have been reading a book on the 1918 pandemic, written in 2004, and it does not appear that we have made great progress. I think that I am reading today’s headlines. The present pandemic will end [not soon] but will we learn? George Santayana stated in 1905, “that those who don’t learn

from history are doomed to repeat it”.

We have taken a number of very sensible steps with regards the present pandemic such as social distancing, embraced by the general population. Social distancing has resulted in the closing of schools, businesses and the banning of any large gatherings of individuals greater than two. The result has been a dramatic change in our society and a huge impact on the economy both for individuals and business. PLEASE NOTE; these measures are not a cure for the virus but result in a “flattening of the curve” allowing the health care system to respond. This virus will be active for a long period until our society develops “herd immunity” [i.e. 60% of the population with antibodies to the virus] either through exposure to the disease or vaccination, both a long time in the future.

What does the future hold? Governments have piled up huge debts, all of which will have to be addressed. Will we have increased growth, increase in taxes, default or inflation? Globalization/deglobalization: The extent of global supply chains which had become an issue prior to the present crisis, is now exacerbated. We will see a return of local manufacturing. This change will result in an increased use of robots and increases in productivity, not necessarily an increase in jobs. Healthcare: There has been an increase in the use of telehealth that will continue. The crisis will drive the use of genetic codes to develop vaccines and give cells instructions to drive the immune system, more home diagnostics will be available plus there will be a drive to develop treatment for viral disease, such as antiviral drugs etc. Education: The use of tele-education will continue. What will this hold for schools, universities etc.? Remote learning has some advantages at the university level but does appear to create problems at the earlier levels. For example, do we need as many buildings? Remote working: Many individuals will continue working from home. This trend will continue and accelerate, affecting commuting and business

travel. Nationalism: Countries will increasingly look to their own needs and abilities with resulting decrease in cooperation at an international level.

Another issue which will impact Canadians, is the course that our immediate neighbour to the south takes. There is increasing problems with a coordinated approach in the U.S. and whatever happens will affect us. To date Canada has had a coordinated approach dictated by our medical experts.

Many of the above effects will result in consolidation, advantageous to large businesses and governments. What will our “new normal” look like?



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Young and Dumb

by Arlo Linn

The Aberration of Skinhead Culture

What comes to your mind when I say “Skinhead”? Images of white men terrorizing minorities? Unchecked violence fuelled by rage and ignorance? Scenes from the films American History X and Romper Stomper? But what if I told you this modern iteration of skinhead culture is a misrepresentation of the movement as a whole? To understand the skinhead movement, we have to trace it to its roots, back to 1960’s England.

The Skinhead movement started in the 1960’s in London, England. They began in response as a counter-movement to the rising popularity in both far-right and far-left movements, but the skinhead movement itself was apolitical. Skinheads were composed of young working-class men and women. The short hair the men wore served a practical purpose as well as being used to distinguish themselves easily from the growing hippie movement of the time. The rest of their attire was also work oriented; military surplus work boots (later Doc Martens), blue jeans, button up shirts, and braces (called suspenders here in North America). The movement was also largely influenced by Black Jamaican culture; most early skinhead music is a medley of ska, reggae, and rocksteady. In fact, in the 1960’s it was not uncommon to see black and white skinheads together, often going to the same concerts.

While the skinheads as a whole were a non-racist group, the movement gained notoriety in the 1970’s when there were a number of attacks on Pakistani and Indian immigrants, attacks done by both black

and white skinheads. These attacks, while not being advocated by the movement, were none-the-less being committed by some of its members. The media began to report on these stories, and the label of “skinhead” began to be synonymous with racism. Racial attacks would be committed by people with no affiliation with the skinhead movement, and they would still be called skinheads in the news. This caused the movement to fall into a sort of limbo. Skinheads began to fall into obscurity and nearly died out, but this all changed in the early 1980’s,

In the early 1980’s London was introduced to Oi!, a new genre of punk music that was designed specifically to cater to the young working class. Oi! was itself a rebellion against popular punk music of the time, as its creators believed that most current punk musicians were, in the words of Steve Kent, lead guitarist of one of the earliest Oi! Bands, “trendy university people using long words, trying to be artistic...and losing touch.” Oi!, to put it simply, was a mixture of punk music and football chants, perfect music for working class youth. This new scene helped to revitalize a dying skinhead movement. While some fans of the Oi! genre were members of known racist groups, such as Britain’s National Front, a far-right political party. None of the bands in the early Oi! movement were affiliated with racist groups, some were associated with far-left groups, but most were apolitical. While Oi! was not officially political or racist, there was another genre of music that was beginning at the same time called RAC (Rock against Communism), which had a very overt, far right ideology. This is where the major branching off comes into play with what are now known as white-power skinheads.

RAC was created to serve as the antithesis of the Rock Against Racism genre. Surprisingly, not all the bands in the early days of the RAC genre were racist, and they merely could have been making music in protest to what they perceived as an overly politi-

cally-correct culture, but as time went on, the genre became racist in both intention and nature. The largest split came in 1982, when Skrewdriver, one of the most popular RAC bands, gave public support for Britain’s National Front. This is where we see the birth of the white-power skinhead movement. White-power skinheads were particularly violent, and in the early 1980’s a number of attacks were done by this new wave of skinheads. The media failed once again to make the proper differentiation between white-power skinheads and traditional skinheads, labeling the whole movement as racist, a belief that still persists to this day. In actuality, fractures were beginning to run through the skinhead community, in response to far-right skinheads Far-left skinheads were starting to patrol the streets, while another group tried to stick to their roots and remain apolitical.

In the mid to late 1980’s, the movement went international. Skinhead groups were popping up all over western Europe, especially Germany, and were reaching as far east as Russia. At the same time the movement came west, and was able to survive quite well in America, finding allies within the Ku-Klux-Klan (KKK), as well as other racist organizations. Fighting began to break out between white-power skinhead groups and their left-wing counterparts. In West Germany, neo-nazi skinheads and Antifa (anti-fascists) began to battle it out quite often in the streets. A similar thing was happening in America. White-power skinheads were not the only skinhead group that came to America though, and as the white-power skinheads began to grow in numbers, so did SHARP (SkinHeads Against Racial Prejudice), an anti-racist skinhead group that started in New York in 1987. These two groups would often fight for territory in highly contested areas. SHARP and white-power skinheads began to evolve at the same rate. White-power skinheads and SHARP’s may look nearly identical, but there are some key differences in their appearance. In the white-power skinhead com-



Tom's Corner

by Tom Lymbery

KOKANEE KARNIVAL

In 1970 the BC government came up with an incentive to encourage sports activities. This triggered a meeting which led to Kokanee Karnival of Sports. The date chosen was the last weekend in May, which is one of the reasons for this article.

Earlier, Bay Day in Crawford Bay held a chain-saw-cutting competition. Johnny Stocker had also helped Kokanee Springs and the Nelson Riding Club to sponsor a one-day gymkhana, or horse show, on the Crawford Bay airstrip. So at our meeting we decided to combine both events as a two-day show at the Crawford Bay Park. We contacted CANLOG, (Canadian Loggers Sports Association) on the coast, but they wanted \$1,000 to come and help us set up, and that wasn't affordable. So we were on our own to come up with contests and rules. The early program we came up with included a Greased Pole Walk, Obstacle Pole Bucking, Ladies Nail Hammering, Peavey Log Rolling, and a Chokerman's Race. Stocker had the horse show requirements in hand, so we put out posters and invited everyone we could think of. We learned as we went. For example, with no knowledge how to set up a log-chopping contest, we used a poplar tree, and the luck of the draw determined who got the thinner end.

No one else wanted to be the announcer, so I had that chore. For want of a PA system we borrowed a battery-operated loud hailer from Irving Green of West Kootenay Power Co. Based on his experience in Creston, Irving advised against trying to roast beef in a trench. We asked every cook to bring a beef stew, and that solved the lunch problem.

Judges and timers? We bought some Westclox

wind-up stop watches and inveigled anyone willing to time or judge, with Myrna Strom keeping track of the entries. Bill and Einar Strom dug a log-birling pond, which did double duty for the Chokerman's Race. That involved placing two whippy poles across the pond above the water, one log per contestant, which would bounce up and down underfoot and cause many people to lose their balance. Bill made the pond deep enough to dunk people in over their heads when they fell off the log.

Liquor regulations had eased somewhat, so we were able to get a reefer truck of Kokanee beer from Creston. But the beer garden had to be hidden from the public eye. We located it under the cedars behind the park building, which was not too bad unless it was raining.

We drew a surprisingly large crowd of spectators that first year. Bruce Jacobs of Kaslo was the star performer in most of the logging events. Planning for the next year was well underway within two weeks. We found that Revelstoke had formed a rival organization to CANLOG which they called the Southern Interior Loggers Sports Association (SILSA), as they felt CANLOG on the coast was not attuned to the interior.

SILSA brought many more contestants with trailers and campers to our event as well as more horse people. On opening day we put on a parade from the school to the park, led by Wimpy (Ed) Moore in costume on horseback. I heard someone from Revelstoke ask, "Where's the town this parade is coming from?"

The admission charge for the two days was \$3.00 and someone suggested using gate tickets cut from tree branches at an angle. One side was branded with an axe and horseshoe motif designed by Bill Strom, the other side was stamped with the name and date. Who knew when we started out that the event would become so popular we would soon have to make 3000 of those tickets?

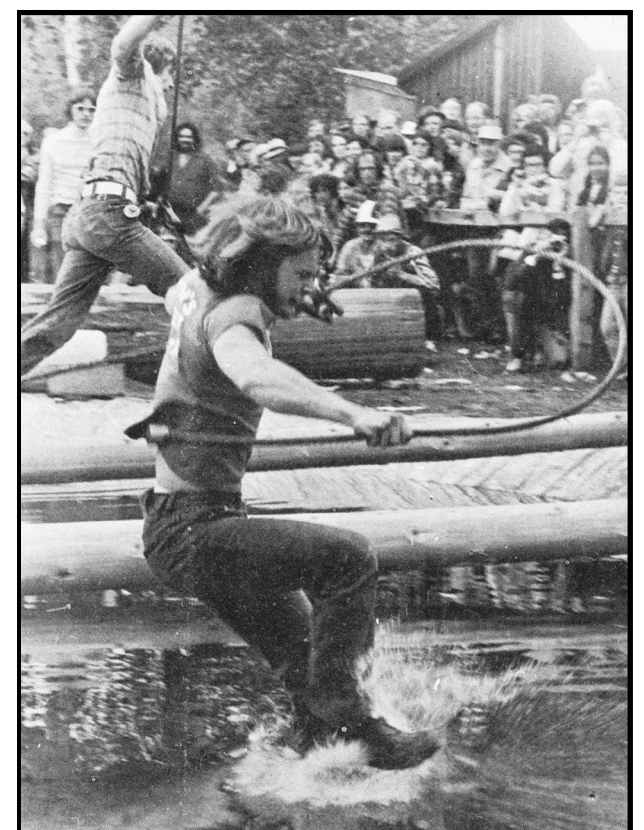
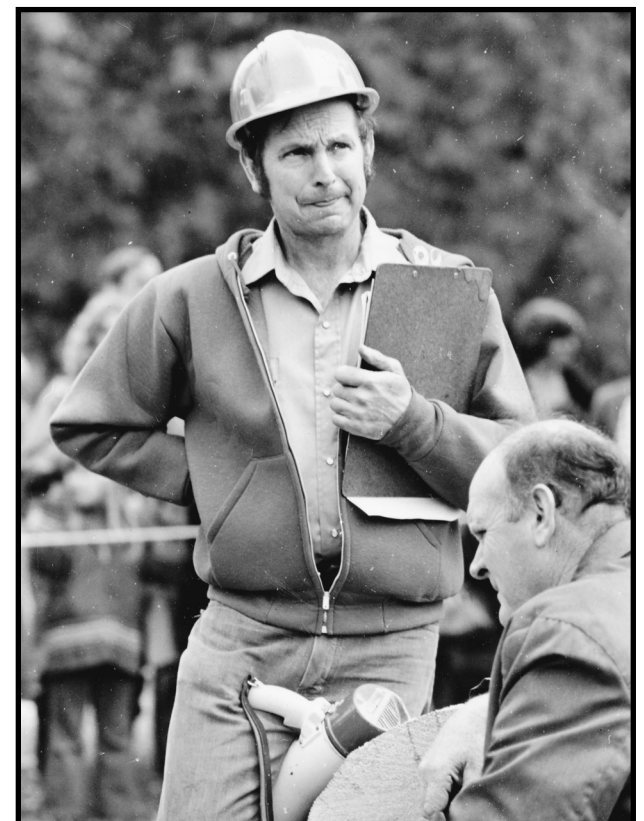
Johnny Stocker and the gymkhana brought even more people and their horses. The most exciting event was chariot-racing, which took place in the area where

the soccer field is today. Teams of horses pulled the chariots in a mini-version of the chuckwagon races at the Calgary Stampede.

Continued on next page...



1972 Kokanee Karnival of Sports poster, styled after the Calgary Stampede.



known white supremacists at a restaurant in Chicago. While the white-power skinhead movement is losing its momentum, the group still exists in different forms. According to the Southern Poverty Law Center, "No skinhead gangs have formed after 2012 that weren't already linked to older groups." This does not mean these people have stopped existing, they have just gone underground.

White-power skinheads, while they still exist, are quickly becoming an outdated and antiquated group, and have been replaced in two parts. 1. With the evolution of the internet to be able to spread your message farther than possible ever before. 2. With the new focus on white-nationalism instead of white-supremacy. Recently, leaders of the white supremacy movement have begun to change their method of dividing people, instead of saying "The white race should reign supreme", which is the classic ideology of white supremacy, they now spread a message of "Races should live in their own ethnic states", which is a tenet of the new white nationalism movement. The latter message, while saying nearly the same as the former, sounds more sensible, and has drawn new lifeblood into a dying movement. While the face of the white supremacy is changing, the Tradskins of Britain have continued on. The love of ska, reggae, rocksteady and the working-class fashion have always remained the same, and I personally hope the original skinheads will be able to reclaim their title that was so unceremoniously made synonymous with hatred and ignorance.

Photo Captions for Tom's Corner:

Middle Right (with Tom's Corner story) Announcer Tom Lymbery with clipboard and megaphone at the ready, May 1973. Tree-planting judge Dennis Jensen at right.

Lower Right: A contestant in the 1975 Chokerman's Race, hauling his 10 foot choker cable, slips off the log and hits the pond. Photo by Bill Mathis, Nelson Daily News (May 26, 1975)

munity racially charged tattoos are extremely popular, making that a fairly easy way to differentiate between the two groups. The colours the two groups wear are different as well, SHARP's often wear blue laces in their Doc Martens, while white-power skinheads wear white or red depending on rank (red is usually reserved for people who have spilled enemy blood, although this practice of colour signifying rank is not as common as it once was). The braces also follow the same colour palette. The patches they wear on their jackets also vary, but some symbols are universal between the two, such as the image of a crucified skinhead. Depending on who wears this patch it means different things, to a SHARP it means the misrepresentation of their movement to the general public. To white-power skinheads, it means that they are a penalized hero, such as Jesus was, and they will be recognized for doing God's work in due time. These differences in colour palettes only exist in areas where fighting between SHARP's and white-power skinheads exist. In places where colour differentiation is not needed, it is not uncommon for SHARP's to wear red laces or braces.

Skinheads of all types still exist today, In Britain, the Tradskin (Traditional Skinhead) movement is still alive and well, and it attracts an older and younger audience alike, drawn by the music and working-class solidarity. You can find Tradskins outside of Britain, but the stigma against all forms of skinheads makes it hard to establish oneself outside of the UK. SHARP still is around today and continues to battle white supremacists. SHARP has some notable offshoots, such as RASH (Red and Anarchist Skinheads) who have the same anti-racist stance as the SHARP's, but also actively fight against homophobia that exists in both the left, and right leaning factions of Skinhead culture. HARM (Hoosier Anti-Racist Movement) is another offshoot of the SHARP movement. HARM is still around and quite active to this day, and back in 2012, members of HARM coordinated an assault on

Kokanee Karnival, cont'd from page 7

Every year our volunteer crew made more improvements. Marty Koshlay came up with tiers of stands so spectators could see better. Bill and Einar Strom contributed slabs and cull lumber from their mill so we had a wall along the highway - a backdrop for the axe-throwing contest, and more. We borrowed an amplifier from Herb Draper who had used it at his Sunset Drive-In Theatre in Crawford Bay. This speaker worked well at first, but then suddenly quit in the middle of our show. We held up the program for an hour while I scouted for something to replace it. On bended knee I managed to borrow a large speaker from "The Okie from Muskokie" as Gene Goodman liked to call himself. Gene, who was something of an entertainer, wrote and recorded a Kokanee Karnival song.

The Kokanee Karnival became so popular that the ferry had to run all night on Sundays. People waiting in the supersized line-up built a driftwood fire on the Kootenay Bay beach. Contestants who came from far away left their vehicles parked at Balfour and walked on the ferry, in the hope of making it back to work on Monday. Monday became a rest-up holiday - no one got to school, especially if they had been to the Karnival dance at Crawford Bay Hall. Sharon and I were back at work at our store after taking down the sign, "Closed - gone to Kokanee Karnival - you come too."

In 1974, our fifth year of operation, we had become the largest logging sports show of its kind in the BC interior. We ran successful and innovative events ranging from shake-splitting to tree-planting to the One-Minute Chainsaw Sculpture contest, which were exclusive to SILSA, and some contests were Kokanee Karnival's own creation. At our one-minute chainsaw-carving contest one year, Ed Wiklund of Boswell carved a logging truck, and Ed Davidson of Kaslo carved a model of the SS Moyie, all within the span of one minute. Our timed fire pump contest, suggested by Dennis Jensen of the BC Forest Service in Kaslo, tested the speed and efficiency of four- or five-member firefighting teams. The star of the show was Gray Creek's Beanie (Reuben) Johnson. One time Beanie's team got the fire pump running, only to discover not all the fire hose had been connected up. Amazingly, Beanie coupled two sections of fire hose together, under pressure! No one ever achieved that impossible feat again.

I was on the executive of SILSA which collected membership from up to 18 shows, including Kaslo, Nakusp, Revelstoke, Golden, Meadow Creek, and Grand Forks, as well as Crawford Bay, and also arranged spectator liability insurance. On the SILSA circuit I became a judge, timer, or announcer, depending on the need. Columbia Breweries donated some of the prize money and we made sure Kokanee was the brand in the beer gardens. In 1991 the SILSA membership voted to amalgamate with CANLOG so that was the end of our separate organization.

Kokanee Karnival ran a two-day show every year until 1982. That year we held it in September because May got such heavy rain. We did have sunshine, but couldn't get enough local contestants, even when Johnny Stocker filled in running the obstacle pole event. So ended 12 years of shows which had usually attracted 3000 people over the weekend. And within a few years the pond had been filled in, the stands had gone, and Crawford Bay Park became what it is today.

See more KKS stories and pictures in *Tom's Gray Creek: A Kootenay Lake Memoir, Part II (...)* by Tom Lymbery with Frances Roback (2016, especially pgs 264 - 270), and in Susan Hulland's and Terry Turner's book *Remember When (...)* (2004 pgs 125 - 131).

The Uncomplicated Family™ Group Offers Digital Healthcare Delivery Solutions Amid Covid-19 Outbreak

press release

Calgary-based progressive digital healthcare services company providing innovative technologies to improve access to care and ensure public safety

CALGARY, AB | APRIL 28, 2020 — In the midst of the COVID-19 pandemic, The Uncomplicated Family™ Group, an international digital health company, is making its innovative healthcare solutions available for communities around the globe to improve quality of life. With the global pandemic continuing to impact how individuals access social and healthcare services, The Uncomplicated Family™ is providing content and platforms for patients, clients and clinicians to ensure high quality, secure and safe social services and healthcare service delivery.

Working with government organizations for over ten years to increase access to health services, The Uncomplicated Family™ provides revolutionary digital health technologies that enable higher quality care to improve quality of life, particularly for society's most vulnerable citizens. With revolutionary collaboration software tools, therapy support apps and mobile accessible games, The Uncomplicated Family™ is transforming the face of healthcare and social services at a crucial time for Canadians.

"As healthcare professionals, business owners and families try to navigate the challenges of a global pandemic, the importance of digital connectivity is key to maximizing the quality of our daily lives," said The Uncomplicated Family™ Group Founder and CEO Robyn Woods. "Our digital health platforms create a world standard for healthcare provision in these crucial times and enable individuals to access the social services, connections and healthcare they need."

Innovative digital health tools, such as those provided by Teleroo World® and Kids Digital Health™ as part of The Uncomplicated Family Corporate Group, are backed by science and research to help those impacted by COVID-19.

The award-winning Teleroo World® suite of software tools is designed to provide clinicians, service providers, and individuals with the care they deserve in a collaborative environment that optimizes care and support. This low-cost solution safely and securely connects users with those they trust most: their own care team. Teleroo World® puts patients' health, well-being and privacy first and is easily accessed on smartphones, tablets or computers.

Kids Digital Health™ is built on the world standard for kids' games with safe and age appropriate games and apps that are demonstrated to improve memory and attention. These "serious games" are designed to support healthy brain development and are supported by extensive research and scientific evaluation. As children's educational access is impacted by COVID-19, this resource provides parents with instant access to a library of engaging games with key benefits for the improvement and development of their children's brains.

"The impact of COVID-19 is being layered on to the most vulnerable members of our community — children with disabilities, the elderly, people with chronic care conditions, those already living in isolation," said Woods. "Leadership is required from both the private and public sectors to ensure we can optimize healthcare delivery by integrating digital solutions that could significantly improve the lives of our most vulnerable members of society."

Tom Sez

by Tom Lymbery

If you see someone without a smile – give them one of yours.

May 8, 2020 will be the 75th anniversary of VE DAY – when the 2nd world war officially ended in Europe after Germany was completely overrun by the Allied forces and Hitler had completed suicide. Re-read the book Pegasus Bridge – I do every year!

What brand of cigarettes actually had asbestos in their filters? When I was a smoker there were no filters – only cork tips. When filters did come in I found I could smoke twice as many cigarettes as previously. Filters continue to be the most disgusting element that seems to last forever.

This may well turn out to be a very late spring. Hopefully nothing like as bad as 1955 when sunshine followed by heavy rain washed out every low level bridge throughout the Kootenays from Sanca to Sandon. It took several days until a Bailey Bridge at Sanca reopened the highway.

Having spent years repairing chainsaws for customers I remember that most of those of us in the business included a lecture on how to maintain your saw so that it wouldn't have to return so often for more service.

It appears that the pink cherry on the corner by the store won't be in bloom until the beginning of May.. It has been out by the 15th of April in extra early springs.

For the first time its possible to enter your guess on line as to the closest time for the Yukon river ice to break up at Dawson City. Ever since 1898 each spring there is a tripod frozen into the ice on the river, connected to a clock on the shore.

A newspaper ad from 1962 shows the ferry schedule effective April 28, 1962- Ferry leaving Kootenay Bay every hour from 6 am to 2 am . Service every hour on the hour! If only we could get away from todays 100 minute schedule that no one can remember.

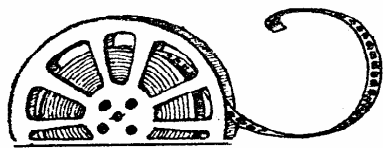
We need to pay attention to the second hand on our watches – 20 seconds washing hands and 10 seconds holding a big breath - anything else?

Cherhobyl comes up in the news still. Sharon and I were in Sweden at that date in 1986 for a trip to the Husqvarna Chainsaw plant and couldn't follow the news in Swedish. Only when some of the other dealers phoned Canada did we find out how close we were to that disaster.

Back Road Mapbooks has just published their EIGHTH edition of Kootenay Rockies which includes Kootenay Lake. This is by far the most popular of the many editions they publish.

Very possible that the BC Epic 1000 cycle race from Merritt to Fernie will run this year as contestants are usually well apart – even the start is timed so they set off separately. But who if the Pass will be open by June 30.

Hope we get the right weather for the huckleberries to set properly – will we ever see the largest size fruit and crop that we had last year.



Seldom Scene

by Gerald Panio



*Give me my scallop-shell of quiet,
My staff of faith to walk upon,
My scrip of joy, immortal diet,
My bottle of salvation,
My gown of glory, hope's true gage,
And thus I'll take my pilgrimage.*

--Sir Walter Raleigh, *The Passionate Man's Pilgrimage*

I don't get a lot of movie recommendations from Anglican priests, but this month is an exception. With everyone being housebound these days due to the COVID-19 pandemic, one form of outreach chosen by my wife's church has been recommendations for faith-based movies to be watched at home. One of the films recommended by Reverend Leon Rogers was Emilio Estevez's *The Way* (2010). This choice coincided nicely with another, very different kind of pilgrimage story that I'd just rented from iTunes, so here we are with a double feature for May.

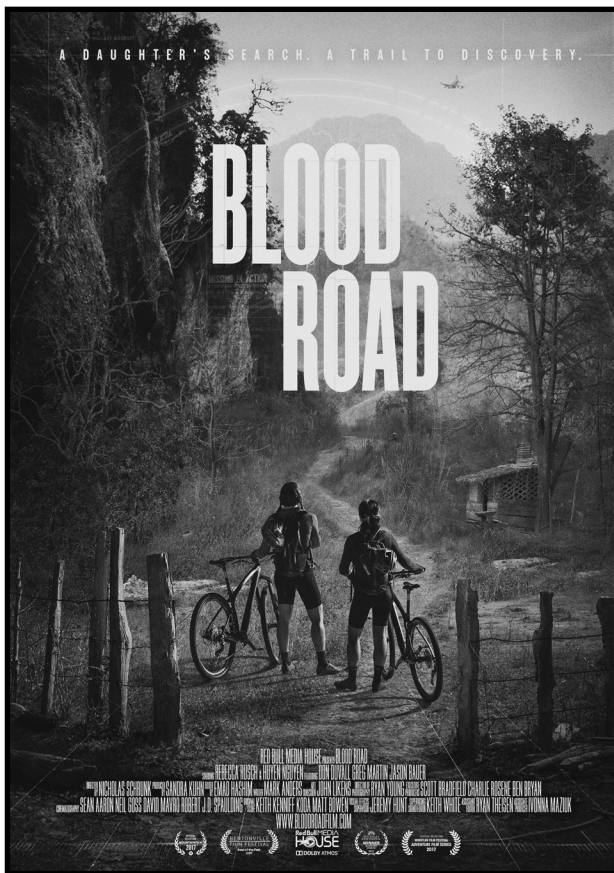
The Way tells the fictional story of Tom (Martin Sheen), a 71-year-old Republican ophthalmologist who winds up walking the Camino de Santiago, the Way of St. James, across northern Spain. The Camino is one of the world's pre-eminent pilgrimage routes, starting on the French side of the Pyrenees at Saint-Jean-Pied-de-Port (or alternately on the Spanish side at Roncesvalles) and ending at the magnificent cathedral of Santiago de Compostela in Galicia, a shrine dedicated to the apostle Saint James. The full route is just under 800 km, and is typically hiked over about 30 days. A series of hostels strategically placed along the Way provide shelter and food for pilgrims. The Camino can be done on foot, by bike, or on horseback or donkey. Each pilgrim carries a "pilgrim's passport" that is stamped at every hostel, and many wear the scallop shell that has been a symbol of the Camino for centuries.

It is one of the mysteries of our time that this pilgrimage route, which in the mid-1980s was almost unknown and travelled by fewer than 700 people, now hosts over 300,000 pilgrims each year. With 2021 being a special Holy Year on the Catholic calendar, that number will probably rise by another hundred thousand or so. It's not unlikely that each and every pilgrim has her or his own motivations for being on the trail to Compostela. In many cases, as in the film, those reasons aren't even religious.

Tom's estranged son, Daniel, dies in a freak accident at the very start of his pilgrimage to Compostela. Tom has been furious with him for abandoning his university studies to "indulge" himself in some vague spiritual wanderlust. Tom's own life is perfectly ordered, and he wants the same for his son. As a lapsed Catholic, Tom can make no sense of Daniel's sudden desire to reenact a medieval ritual that in the modern world he sees as is nothing more than an anachronism or New Age dilettantism.

Daniel's death is a shock to the system. Travelling to France to claim his son's body, Tom impulsively decides to complete Daniel's journey, carrying his son's backpack and a silver box containing Daniel's ashes. At this point, *The Way* could easily have spiraled down into cheap sentiment and syrupy religiosity. That it doesn't is a credit to Estevez's fine screenplay based on Jack Hitt's book of Camino stories, *Off the Road: A Modern-Day Walk Down the Pilgrims' Route into Spain*, and solid performances by all four lead actors. Sheen and Estevez make one of the finest father-son teams in film. *The Way* was the seventh time they'd worked together. The original inspiration for the film was the actual Camino that Martin Sheen and his

grandson Taylor Estevez had done (in a car) a few years previously. Taylor had met his wife-to-be on the Camino, and chosen to live in Spain. Emilio wrote the screenplay with his father in mind, rejecting all other casting suggestions for Tom.



Although each pilgrim must of necessity spend a lot of time walking alone with his or her thoughts or demons, since at least the time of Chaucer's *Canterbury Tales* an indelible part of the story must include encounters with interesting characters along the way. In Tom's case, those pilgrims include a jovial, beefy pot-smoking Dutchman, "Joost from Amsterdam," (Yorick van Wageningen); Sarah (Deborah Kara Unger), an embittered & sharp-tongued Canadian survivor of an abusive marriage; and Jack James Nesbitt, an abrasive Irish journalist trying to work his way through a serious case of writer's block.

As might be expected from a man who himself doesn't understand what he's doing on the Camino or how he can come to terms with his loss, Tom at first isn't keen on picking up travelling companions that are carrying their own emotional baggage. But like Dorothy on the road to Oz, the screenplay has deliberately provided Tom with a Cowardly Lion (Joost), a Tin Man (Sarah), and a Scarecrow (Jack). Instead of being off to see the wizard, though, they simply help one another arrive in Compostela a little less scarred

than when they set out.

The travelers also have some memorable encounters along their way. A creepy hostel with a delusional innkeeper, A run-in with the Romani. An extended journey to the Atlantic coast, to Muxia and its mystical shrine of "Nosa Señora da Barca." I can particularly relate to the creepy hostel, having been invited to one during the course of a walk through the countryside near Land's End in Cornwall, England. Sometimes, the things your mother warns you about when you go traveling aren't just in her imagination.

The Way is about the things that bond people together, not the religious differences that divide them. None of the characters in the film is obviously on a spiritual quest—Tom is trying to come to terms with his relationship with his lost son, Joost is trying to lose weight so his wife will sleep with him again, Sarah wants to quit smoking, and Jack wants some stories to kickstart his writing—but it's probably true to say that any time we are trying to better ourselves there's a spiritual component involved.

The Way was filmed over 40 days on the actual path of the Camino, using a small crew of fifty and two cameras. The film was shot on Super 16, mainly using available light. Everyone who worked on the film hiked between 300 and 350 km of the route. It's a tribute to Estevez and Sheen that they were able to convince the powers-that-be that monitor the Camino that their project was worthy of support. Authorization to film inside the cathedral itself was initially denied, then granted 48 hours before they were scheduled to shoot those scenes. I think the karma was good. Martin Sheen's father was a native of Galicia, growing up in a village very close to Santiago de Compostela. Sheen is a practicing Catholic and an outspoken social activist in the tradition of Dorothy Day and Philip Berigan. Emilio Estevez said his film was meant to be "pro-people, pro-life, not anti-anything."

For anyone who wants to put on their spiritual & physical traveling shoes and follow Buddhist master Thich Nhat Hanh's advice for "Walking Just to Walk," there are some cool options. Québec has the Chemin des Sanctuaires—375 km from Montréal to Sainte-Anne-de-Beaupré. France has one of the shortest—the Pentecost Pilgrimage from Paris to Chartres, 3 days and 90 km. For the truly adventurous there's the Shikoku Pilgrimage, which includes 88 temples on a 1200 km route on the island of Shikoku in Japan. I've done the Chemin des Sanctuaires in a car (I know, it doesn't count), and friends have walked Chartres and Shikoku.

I might one day see you on the way to Chartres or Sainte-Anne-de-Beaupré, but none of us are likely to try and duplicate the pilgrimage undertaken in Nicholas Schrank's 2017 documentary, *Blood Road*. *Blood Road* follows champion endurance mountain biker Rebecca Rusch and award-winning Vietnamese cyclist Huyen Nguyen along 1900 km of the Ho Chi Minh trail. Where Tom walked the Camino to draw closer to his son, Rusch's quest was to find the site where her father, a US air force F-4 fighter pilot whom she'd lost when she was three, was shot down and killed in Laos 40 years earlier. Imagine the logistics of moving a six-member film crew & equipment on Honda CRF 259cc dual-sport motorcycles through almost two thousand kilometers of mountainous jungle terrain. The director himself pedaled along with his two world-class athletes, even though he doesn't appear in the final film. In chasing the ghost of her father down the Ho Chi Minh trail, Rusch saw a land that was still scarred 40 years later. Yet the fact that the daughter of an American pilot could join forces with the daughter of a family who'd lived through the bombings is an ever-needed reminder that what unites us can transcend even one of history's most savage wars. Proceeds from *Blood Road* were donated to assist in unexploded ordinance removal efforts in Laos, the most heavily bombed country in the world. Today, Rebecca Rusch continues to travel and work for this cause.



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STARBELLY JAM POSTPONED TO 2021

On behalf of our Starbelly team, and in the context of recent world events, it is with a heavy heart we must announce Starbelly Jam will not be taking place this July and will be postponed to the summer of 2021, tentative dates July 16-18.

We are making efforts at this time to retain a similar format and lineup of artists and children's performers at next year's show.

Current ticket holders will be contacted by email with our proposed options going forward.

Thank you to our Starbelly fans, artists, volunteers, managers, vendors, suppliers, and other stakeholders for your understanding.

These are challenging times, but with love and support, we will get through this together.

Riondel Arts Club

submitted by Sharman Horwood

Summer is finally coming. I thoroughly enjoy the spring rains, just not the subsequent push of pollen into the air. It is a beautiful time of the year, though, and a great time to do some plein air painting or drawing.

Take your favourite paints or pencils to a spot you love. Try to capture that moment in time by either sketching or painting the scene. The light, the weather, changes very fast. Many artists love this way of painting, more than studio work. The painting will never, ever look exactly as you want it to look. However, it will look like what you see.

We are all anticipating the end of self-isolation, but it is a great time to paint, to draw, to bake, to build models, to knit, to crochet, to paint walls, to sort out your cupboards . . . And enjoy everything you've done. Keep creating.



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New Business Introduction

Floriferous Gardens

Kate Dean's blooming new business location is on the main drag of Crawford Bay, right next to Black Salt Cafe. *Mainstreet* asked Kate some questions about the business and learned that growing beautiful things has been her dream for a long time.



How long have you been on the East Shore?

I have called the East Shore home for six years now and was a regular visitor for three years before that. I've always wanted to live in a small town and when I arrived on the East Shore of Kootenay Lake and knew it was where I was meant to stay.

What made you want to start the business on the East Shore?

I've always had a bit of an entrepreneurial spirit and wanted to start my own business. I started small three years ago and took everything a step at a time. Last year I spent the season going to farmers markets in Creston, Nelson and our local ones in Crawford Bay, growing and selling cut flowers, potted basil and other herbs. A lot of locals were contacting me for bouquets of flowers for birthdays and events. This is when I realized there was a need in this community for locally grown flowers.

I had been casually searching for a store front in Crawford Bay and finally an amazing opportunity was available. The slow flower movement is taking the world by storm right now. Buying local is so important and we often forget that many bouquets of flowers that we're buying from grocery stores have been shipped from halfway across the globe. These are often sprayed for pest control and grown by workers that are living and working in less than ideal conditions.

Local flower farmers grow with the season and the flowers rarely travel more than a few kilometres to get to you. We also offer many flowers that are too delicate to ship (hello dinner plate Dahlias and sweet peas), which is great because we can offer some flowers that are really special.

There is something so special about giving and receiving blooms that have been grown with love just down the road.

What's your history with plants/gardening/flowers that lead you to this?

Growing up, my parents always had a garden when they could. I moved around a few times and it wasn't always possible but I fondly remember how everything was just better when there was a garden to walk through and fresh veggies to snack on.

In my early twenties I started tree planting and loved the adventure of it. That job kept me out in the wild with my hands in the dirt for eight years. In

my final seasons I was working year round, running a crew in the summer, beetle probing and cone picking in the winter. I was exhausted from that work but I still want to keep plants in my life and to figure out a way to make that my job.

Starting a plant nursery had become part of my dream and I didn't realize at the time, flowers would end up being such a big part of it. For years I have been growing a garden with my partner Richard and improving it every year, trying to master tomatoes, vegetables and herbs.

Three years ago in the middle of winter a friend lent me a book, Floret Farm's Cut Flower Garden by Erin Benzakein. I had a pitter patter in my heart and was ordering seeds, bulbs and tubers before I even finished the book.

What do you offer? Goods/services, etc:

In the shop you can find fresh cut locally grown flowers. Flower bouquets will be available weekly as well as larger arrangements for birthdays and special occasions.

We also have herbs, garden starts, and a selection vegetable plants. In the future we will also be carrying more tropicals, house plants and ornamental perennials.

What are your plans for the future with the business?

I have been connecting with other local farmers in the Kootenay loop that produce amazing products like garlic, honey, dried mushrooms, flowers, plants, teas, etc. I'd like to make more of these products easily available for East Shore locals.

In the far off future, I dream of building a flower garden in Crawford Bay - a place that is open to walk around, enjoy the seasonal flowers and the buzz of happy bees.

What do you want the community to know about Floriferous Gardens?

It's a work in progress!

Can you tell us about any special sales/events/notices that are coming up?

Mother's Day Flowers and weekend hours! Thursday-Sunday 10am - 4pm. After Mother's Day we will be open Thursday-Saturday 10am - 4pm every week, until further notice;

Due to the current Covid-19 situation only 1 healthy person is allowed in the shop at a time. 2 are allowed if you are family and shopping together. Please no young children at this time. Hand sanitizer and gloves are available at the door. Please text or call 250-420-7442 to order for a contact free pick up. Payment available with Debit, Credit Card, Cash, and Etransfer.

URGENT NOTICE!

Crawford Bay Elementary Secondary School Needs Your Help!

by Rod Giles. CBESS Principal

We are in the planning stages for next year. Our staffing depends on accurate enrolment. We have two student registrations but are pretty confident that there are quite a few more.

If you have a child who will be entering kindergarten in the fall, or if you know of anyone who has a child that is coming to school in the fall could you please ask them to contact the school and complete a registration package.

This is critical for the school and the community. The more students we have the more staff we get and, generally speaking the more expertise students can be exposed to.

Thank you for your help in this regard. Your school is trying to be the best we can be to serve the students and community we care deeply about.

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No Gray Creek Museum Days This July

by Frances Roback, Gray Creek Historical Society

To our great regret, we have had to cancel our annual Museum Days event at the Gray Creek Hall this summer over concerns of potential risk of exposure to the virus for our many visitors. Our four-day event tends to be a popular gathering place for people coming from near and far, and displays can get quite crowded in confined spaces.

In place of Museum Days this summer, we'll be revisiting Museum Days highlights through the years in a special edition of our newsletter and on our society's Facebook page. There will be photos galore to remember special people and favourite displays over a span of almost 20 years. If you would like to receive the special newsletter issue later this summer, or have a favourite photo for our commemorative edition, please let us know: graycreekhistory@gmail.com.



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pebbles
by Wendy Scott

Wrinkles Continue to Confuse

Cats sit; cars pass by; dust rises and drifts over the yard; children play in the street; April prepares to slip into May – but wait, it is not a holiday or even a weekend – why are there children playing in the street?

April, 2020, presents a dilemma to the East Shore and beyond. Madeleine L’Engle and Albert Einstein: they were both correct; there is a Wrinkle in Time... and COVID 19 is our wrinkle.

One hundred years ago Einstein’s Theory of General Relativity took the familiar three dimensional world of up, down and sideways and threw in the concept of a curved space-time fabric that bends, stretches, and twists with the presence of matter and energy.

Fifty years ago Madeleine L’Engle’s Meg and Charles Wallace travelled through space-time with the help of Mrs. Whatsit, Mrs. Which and Mrs. Who, and a tesseract. A tesseract? Yes, a cube within a cube with all eight corners connected and spinning in four dimensional space. Simple? Not at all, and it did take dozens of rejection slips before a publisher accepted L’Engle’s *Wrinkle*, but not as long as it took the scientific community to develop the technology; to trust their eyes; believe their ears, and acknowledge years of research enough to finally hear gravitational waves – which is to say the universe spoke and scientists were able not only to listen, but to hear and to give the official nod to Albert Einstein’s Theory of General Relativity as well as Madeleine L’Engle’s *Wrinkle*.

But in 1914, before the world began shouting, throwing, and ignoring the possibility (and vital need) for cooperation, H. G. Wells penned a warning: “Nothing could have been more obvious to the people of the early twentieth century than the rapidity with which war was becoming impossible. And as certainly they did not see it; they did not see it until the atomic bombs burst in their fumbling hands.”

Another thirty years would realize the result of such a fumble. But two decades before peace was declared in 1945, Wells had already looked further ahead, perhaps trusting the imagination, skill and dedication of scientists as well as writers of science fiction, and yes, fantasy. His words in his Outline of History could not have been more prophetic:

“Life, forever dying to be born afresh./Forever young and eager,/Will presently stand upon this earth/As upon a footstool,/And stretch out its realm amidst the stars.”

Wells died in 1946, before the end of that war that was to end all wars, and didn’t, and before Dr. Who began his journeys from his own tesseract/tardis/phone booth, but Wells would have appreciated Douglas Adams’ words in the *Hitchhikers Guide to the Galaxy*: “The ships hung in the sky in much the same way that bricks don’t.”

And really, the suspension of disbelief is as vital now as it was when Pooh and Piglet found a honey tree, or when Alice discovered the Red Queen, or certainly when Mrs. Tiggy Winkle donned an apron over her sharp quills.

It took the collision of two black holes, and the sounds of that collision, to verify and confirm the existence of gravitational waves. But since those sounds, having traversed the immensity of space and time are only chirps and warbles, and since the Big Bang still echoes through the universe, the discovery of those

chirps is more than just significant. It is a reply to the ubiquitous query: Hello, is anything out there? It is an answering wave from the cosmos. It is a discovery and a veritable leap into the future of possibility.

It also took theoretical physicists, cosmologists and astronomers, as well as many miles of mirrors and detectors; years of observations and, most importantly – listeners who knew what to listen for – all this to verify a theory presented by Albert Einstein a century ago.

But what about Madeleine L’Engle’s wrinkle? Was her story merely a whim, a fantasy of fiction, a chance?

Dr. Hans Selye, who did not believe in mere chance once said: “The element of chance is overrated. Chance is the lady who smiles only upon those few who know how to make her smile.”

Madeleine L’Engle made us smile and cry and laugh, but most of all, to wonder.

Chirps and warbles – the music of the spheres – the songs of the universe – the wrinkles of space and time still travel and will continue to travel and echo through time and space still searching for L’Engle’s Acceptable Time. Wells would be pleased, and I’m sure Ms L’Engle would have been delighted. But none of these folks could have predicted the effect. Fasten your seat belts folks; it really is a looking glass world. And we will sit with the cats and watch it all go by.

*When the wind casts rings
Beyond the moon,
Fasten your star with a vow;
Catch the whispers – Hold on
To your own special tune;
Past Always, and back to Now.*

-wmes

BOOK REVIEW

by Tom Lymbery

Escape To Freedom – An Airman’s Tale Of Capture, Escape And Evasion by Tony Johnson, Pen and Sword Books, 197 pages. \$18.95

Tony Johnson was a wireless operator in a Vickers Wellington bomber during the second world war. When he arranged to meet his new girlfriend, Joyce, he could not have known that he would not be able to keep that date until the end of the war in 1945.

His plane was shot down over Germany on his next mission and he parachuted safely. Hoping to walk to the Luxembourg border about 10 miles away. He got apprehended when he was only a couple of miles from that border, so went through extensive interrogation as the Germans wanted information about flights and airports. He would only release his name and number but was pestered for several days. The other crew in their plane were able to parachute OK – except for the pilot who had put off jumping himself to see that the others could get out.

He is taken by crowded train boxcars to a prison camp near the Baltic Sea. The first year is not too bad as they each get a Red Cross package that contains food and socks. But being moved miles to another compound deteriorates their food and treatment. Always with hopes of escape but they are guarded very strictly.

As the allies are finally winning conditions continue to get worse with lesser food. Then they are made to march through the snow with many around then collapsing – hoping to find raw potatoes to eat. It is from this march that he and another do manage to escape and eventually contact a forward unit of the British army. Finally they can get clean and deloused and are flown to England.

A very readable and entertaining book.



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by Al & Ali George, Crawford Bay



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Smarter Than Jack or Jill

by Sharman Horwood

Animals are smart, amazing creatures. If you have an animal story you'd like to share, please contact me at shhorwood@gmail.com.

Those Who Would Be Mothers

Many animals are remarkable mothers, purely on instinct. It is survival behaviour, of course: if they weren't good mothers, their offspring wouldn't survive, nor would that animal's line, or possibly its entire species. Raccoons, for example, are very good mothers. At Hope for Wildlife, if they have a mother raccoon, they often put orphaned babies with her, in case she will accept them and raise them. Nothing beats that mother's milk, apparently. Raccoon mothers are amazing mothers. They tear their fur out to line the nest, leaving them with patchy coats that make them look haggard and ill. They're not. They're just using all their assets to look after those babies.

You might recall Tink, one of my favourite cats. She was a very good mother. She was willing to use anything available to her for her kittens, and that unfortunately often meant using me. In fact, she insisted that I be there when she was giving birth, and on one occasion she felt that meant the kittens should be born in my lap. I was, to say the least, surprised. After that as they grew, I would occasionally wake up in the middle of the night with a kitten licking my toes. Tink had decided she needed to go out for a while, and had carried each one, tucking it under the covers and pushing it down around my feet for safety, then leave. If I was sitting in the living room, she'd tuck them between my hip and the arm of the couch. She'd decided that I qualified as a

good babysitter. The experience was fun overall, but at times a little . . . unexpected.

Tink took motherhood very seriously. However, the moment they reached the age of six weeks, the time had come for them to leave, and she made life unpleasant until I found a good home for them. Motherhood, apparently, came with a sell-by date.

There are many tales of animals who become good mothers, so much so that they will adopt other animal babies and raise them. Tita, the cat, in Columbia was presented with a baby squirrel. She was nursing kittens at the time, and accepted the squirrel as one of them. Kamunyak--"blessed one"--the lion, adopted a succession of oryx calves after she had killed a mother oryx during a hunt. Of course, she couldn't breastfeed the calves so she took them to humans to feed, under her guidance, of course.

In Australia, Edgar's Mission Farm Sanctuary near Lancefield is a non-profit sanctuary for rescued farm animals. Ruby, the dog, also lives there. She was originally raised to guard sheep but she wasn't very good. She was passed on to the sanctuary and has lived there since 2009. They soon found that she may not have been able to guard sheep, but she was a very good mother. She raised piglets, calves and a pony. (You can see a photo of her with a lamb she's looking after at www.edgarsmission.org.au.) That was what Ruby knew she could do.

My favourite story of misplaced motherhood, though, is Nati. (There is a short video of Nati on Facebook's Jack Russell lovers page.) She is a plump little Jack Russell terrier cross, and lives at the N/a'an ku se Wildlife Sanctuary in Namibia in southern Africa, run by Marlice and Dr. Rudie Van Vuuren. At the sanctuary, many orphaned animals are left in their care. These have included hyenas, cheetahs, many baboons, and an occasional jackal. Nati is willing to look after them all.

They discovered when a two-week old aedwolf was left with them, that Nati will look after any orphaned baby. (Aedwolves resemble hyenas more than dogs.) Nati groomed it, played with it, and even stimulated it to urinate or move its bowels by licking its anus. Many animal mothers do this. Tink did it with her kittens, as do tigers, lions, dogs, and apparently aardwolves. However, not many are willing to stimulate other animal babies. Nati did.

She helps the Van Vuurens with their troupe of forty baboons. Most of them accept Nati as one of their group, since she has helped raised them. They watch her, follow her example of digging or looking into holes that they would normally avoid. In Africa, there could be snakes. She gives them self-confidence as well as affection. They play with Nati, push her around, and she holds her own among them. They also take turns grooming her as they would each other, a sign that they accept her as part of the troupe.

Nati also helped to raise a brown hyena. Nana was abandoned very young, and has since stayed at the sanctuary. She can't be released into the wild because she is habituated to humans, so she has a large paddock-sized enclosure all to herself. Sometimes Nati goes to visit her and Nana welcomes her company. They affectionately play together, and of course with Jack Russell attitude, Nati holds her own with the much larger animal. Nana even now seems to regard Nati as more of a mother than just a playmate. About five times the size of tubby little Nati, Nana is the size of a large German shepherd. The brown hyena's jaws could easily crush the dog's bones. However, Nana plays with Nati as if she were still a pup in the dog's care.

Whether it is instinct or learned behaviour, there is a great deal of bonding that can occur among different species of animals. There are also many willing to act as mothers to unwanted babies, a smart way to deal with the abandoned. Something that we do at facilities like Hope for Wildlife, Edgar's Mission and the N/a'an ku se Wildlife Sanctuary.

For the Love of Genre

by Sharman Horwood

A 16th Century Adventurer

Walter Jon Williams is a science fiction writer who is both prolific and good. Many productive writers in any genre usually turn out average quality books, with an okay plot and stereotypical characterization. Williams avoids both of those pitfalls, and over the years has reliably turned out interesting stories. Two of my favourites are *Metropolitan* and its sequel *City on Fire*; both were nominated for the Nebula Award (Williams won the award for his short story, "The Green Leopard Plague," but has been nominated for the Hugo and Nebula Awards many times). Some classify both novels as science fantasy, meaning they don't have the magic and wizards of typical fantasy, but don't follow standard science fiction tropes either. In these two books, the world is covered with one city, similar to Isaac Asimov's Trantor in the *Foundation* novels, with some cyberpunk and a bit of space opera thrown in.

Williams has written science fiction primarily throughout his career, or subgenres of that, such as cyberpunk. He contributed to George R.R. Martin's Wild Cards series, and as a truly versatile writer, created some nautical adventure tales, similar to Patrick O'Brian's novels. At times he has written space opera as well, notably the Dread Empire's Fall series. For the fictionalizations and rulebooks for the Privateers and Gentlemen games, he used Jon Williams as his pen name. The novel I'm describing here is a cross between the historical adventures of that series, and science fantasy.

Quillifer (2017), by Walter Jon Williams, is

set in a separate universe, taking place in a world much like 16th century Europe and Britain. The setting is a monarchy established on two large islands and follows the life of its main character, Quillifer. He has no other name, and is the son of a butcher in the harbour city of Ethlebright. He is studying for the law, and at the start of the novel he is articling with a local lawyer. However, the world interrupts his life, and through several events, Quillifer has to leave his city, a place he loves. In the process he is kidnapped by a local outlaw, Sir Basil of the Heugh, and though up to this point, the novel seems a little lighthearted, with these events it abruptly takes a more serious turn. Sir Basil encourages murder by the band, including the brutal killing of a young boy. Quillifer has to get away from the bandit.

In exploring the area around Sir Basil's camp, he finds some ruins of what had once been a shrine to a nymph, or goddess. He doesn't realize that the woman he keeps seeing afterwards is that goddess. She takes an interest in his life, and offers herself to the young man, who up to this event has made himself popular to a variety of women. This time, though, that popularity doesn't work in his favour. The goddess is offended by his rejection, and from then on takes an active part in his life. Not in a good way--she is responsible for many of the ills that seem to plague him as he tries to establish himself in the royal city of Seldford. Consequently, he never knows whether his successes, or particularly his failures, are because of her interference.

Quillifer isn't able to resume his legal career. Nor is he able to follow in his father's footsteps as a butcher. He is a smart young man, well read, with a penchant for inventing words. He proves throughout this novel and its sequel, *Quillifer the Knight* (2019), that he is multi-talented, and adaptable, as well as a bit of a well-meaning rogue.

Eventually, he is forced to join the military. Here he describes himself as one of many in much the same sit-

uation: "armies were full of men with nothing to lose, and I was one of them. I had failed at everything, and if I failed at soldiering, no one would care." However, he is astute enough to recognize the role of the military in his society. When he sees the cataracts obscuring the sight of the Captain General, supervising the military of his country, Quillifer recognizes the appropriateness of his limited vision: "he was a metaphor for this entire war, and perhaps all wars, a sightless senescent groping for glory and treasure."

In many places Williams' gift as a writer surfaces to give an additional level of experience to his characters: "volleys of April rain beat down on helmets and armored shoulders, and the long, winding serpent that was the Queen's Army dragged itself up a steep road that had become a river of mud." The description accurately notes the insecurity of the soldiers' lives, and the squalor that they unintentionally create through their armed campaigns. It also displays what Quillifer has come to feel about his life, and its purpose, suggesting that each man--and in other places, each woman--must make his way as best he can, to surmount the uncertainties of this world. Quillifer is well aware that he survives because of his talents, as well as his ability to make the best of each seemingly insurmountable obstacle in his life.

Sometimes a rogue, sometimes a privateer and adventurer, Quillifer is a character I'm sure you'll appreciate. Have an enjoyable spring, with good books and interesting tales.

Next Deadline:

May 27, 2020

www.eshore.ca

The Tortoise Pose -Kurmasana-

submitted by Nicole Plouffe for Yasodhara Ashram Society

We all find ourselves on an imposed 'retreat' and although it may seem confusing or isolating, how can a yoga asana teach us about calming our mind and creating space – finding home within a chaotic outer environment? The Tortoise pose is a place of respite that we can choose to retreat into. The following is an excerpt from *The Inner Life of Asanas - The Best of Hidden Language Hatha Yoga from Ascent Magazine* - Swami Lalitananda.epub." Apple Books 2001.

Taking Refuge

As I write, war is in the air. Forces are being built up. My mind is involved. Why this tragedy? What is going to happen now? When the world starts going crazy, it feels like just the right time to retreat into my shell for a while and try coming out later. So I practise the Tortoise pose. Sitting, bending forward, wrapping my hands around my feet, entering a warm, safe, protected world. Back curved over front, I am snug and secure, in a self-created cave – hollow, resonant, holy.

Retreating into the Tortoise, my head rests on my feet. I'm a self-contained unit, in touch with myself, without sight. In this position, I can hear my thoughts. They naturally slow down as my mind searches for that elusive place of rest. In the confines of limited movement & vision, I am content to be – not knowing it all.

The Tortoise provides a respite – time alone without worries. The quiet darkness soothes and heals. From within, a deep sigh of relaxation. I come out like a newborn hatchling, wondering, "What world is this – so bright and sharp, so airy and big?" The old anxious thoughts linger, waiting to be picked up again, but I let them go, recognizing that they are worn out and unhelpful.

I move into the pose again. Relax again. Everywhere the tortoise goes is home. What does it mean to be at home? What is the difference between hiding out of fear and intentionally withdrawing? In this dark little place, how is it that I feel so alive? There seems to be a special quality to retreating, an experience of vibration, subtle movement, restoration. Withdrawing from the constant inflow of sensory information allows a big space, a strong place, a place of being.

Like the sea turtle plunging beneath the ocean waves to the depths where dreams arise and mantras take root, I find a deep well of a place unaffected by the emotional ruffles of the surface. It's like finding silence in the centre of a noisy city, sitting with others and watching the breath flow in and flow out. To show respect on the day of mourning, people around the world kept silence. Silence, intentionally practised, seems naturally respectful and profound. Many of us seek that silence of mind called "liberation" or "home," the home that is always waiting to offer shelter, like the tortoise's shell.

Once, long before I started practising yoga, I had a dream that the world was exploding around me. I was running, panicked, among others who were running, panicked. Suddenly I stopped and was silent, still. Everything changed. This feeling of calm is a gift that the Tortoise can offer. For me, it is the inherent wisdom in the pose. In Eastern mythology, Visnu, the preserving aspect of the Divine, took the form of Kurma, a tortoise, and rescued the world by carrying it on his back above the floods. In times of stress, when much seems beyond our control, we can call on that ancient tortoise part of ourselves to rescue us from the floods of our emotions and to preserve our intelligence.

Practicing The Tortoise Pose kurmasana: Take your time in warming up, contacting the tortoise's quality of slowness. Focus on preparing, rather than aiming for results. I like to warm up my entire body with the Sun Salutation, as well as working specifically with shoulder and hip openers.

1. When you're ready, come to sitting. Bring the soles of your feet together, allowing the legs to gradually release toward the floor. Continue the practice of tortoise-like patience.

2. Breathe into your back and slowly bend forward from the hips, slipping your hands around your ankles and letting the head relax. Be content wherever you are, allowing the breath to help you. Feel your back like the tortoise's shell and become aware of the space you have created and now rest within.

3. To come out, relax your hands, walk the feet apart, and straighten your back. Take time to observe the effects from the Tortoise pose. You can lie on your back with knees bent to release.

4. If you have very flexible shoulders, an option is to thread your arms, one at a time, under the thighs and extend them behind you. Listen to your body.

Reflections

- As you do the Tortoise, ask yourself: What is the difference between hiding out of fear and intentionally withdrawing? Can you see the possibility of choice?

- The sea turtle lays her eggs in the sand and leaves them to find their own way to the ocean. Some make it, while many others die. Think of the turtle eggs as your own thoughts and ask: Which of my many ideas do I choose to attend to? How do I nourish the ones I want to grow?

- Chant OM while you are in the Tortoise, feeling the resonance of the vibration. How can you create sacred space in your daily life? Can you remember to enter this sacred space before making decisions? Write notes of your experience.

For further inspiring content visit our online archives from [Ascent Magazine](#).

Focus on Health

A Message from Natasha Goldsbury, Chronic Disease Management Nurse

Staying connected while staying safe can be good for your health!

In a very short period of time, the coronavirus pandemic has had a huge impact on our whole society and on many individuals in our community. People are now following social distancing protocols and the feelings of isolation and lack of community connection are a common theme among many. As we learned during last month's Focus on Health from our Selkirk College nursing students, social isolation and loneliness can have significant negative repercussions on both physical and mental health. Let's review what is meant by social distancing, social isolation, and quarantine in reference to Covid-19.

Social distancing is maintaining a physical distance between yourself and other people; it is staying 6ft (2m) apart and not gathering in groups. The BC Centre for Disease Control (BCCDC) is discouraging gatherings of any size but more formally has put a restriction on all events which are greater than 50 people. The purpose of social distancing is to limit the spread of the coronavirus. Viruses can be spread to others from the nose and mouth of one individual through coughing, sneezing or talking. These viruses can then be inhaled by another individual or picked up from contaminated surfaces and inadvertently transferred to the mouth/nose through touch. With social distancing it is still possible to go outside, get out for a walk, and chat with your neighbour over the fence.

In contrast to social distancing, social isolation is typically defined as the absence of social contact, which can lead to loneliness. In relationship to the current Covid-19 pandemic, quarantine and social isolation are often used interchangeably; however, they do differ slightly in definition. Quarantine is the separa-

tion from other people for a set time period of an individual who may have been exposed to a communicable disease to determine if they will go on to develop the disease. Social isolation is the separation of a sick individual from healthy individuals. Social isolation tends to restrict the basic daily interactions with other people considerably more than quarantine. Not surprisingly, this degree of isolation can quickly lead to negative health repercussions like depression, disrupted sleep cycles, and even memory impairment.

One of the many ways that people are coping with stress and strengthening their own resiliency during this time is by helping others and staying connected using individualized and creative strategies. Helping is two-fold; not only does it meet the needs of others but it boosts one's own happiness, health and overall sense of well-being by providing us with a purpose.

I have spoken to many people over the last few weeks and have heard examples of how they are helping or have received help. A common theme is picking up and dropping off groceries or other necessities like medications for neighbours, friends and family. People have embraced the use of technology to stay connected by video conferencing; this gives a feeling of increased connectedness by being able to see body language and facial expressions. A beautiful example in Boswell of maintaining and demonstrating social connection, while respecting the need for social distancing, was the recently orchestrated farewell for a long-time resident and his caregiver. Community members lined the road in their vehicles and honked and waved their farewells as their friends were leaving for the final time. The simplicity of a smile or wave can go a long way in connecting with others.

Social connection has been described as a basic feature of human experience; when we are deprived of it, we suffer. Similarly, health research indicates that supporting and helping others is another basic aspect of human experience that adds purpose to our lives and buffers our bodies and minds against the

detrimental effects of stress. A recent article in The New York Times entitled "The Science of Helping Out" summarized the benefits of altruism. Generosity acts like anti-anxiety medication, and volunteering (or even thinking about volunteering!) releases the same "feel-good" brain chemicals as pleasures associated with food and sex. As many in the helping professions know through experience, it is now well-established that the act of giving to others is highly beneficial to the giver. The challenge for all of us during the current pandemic is to find creative ways to support and help others while respecting the need to remain physically distant.

For more information on covid-19 go to the following link: www.bccdc.ca/health-info/diseases-conditions/covid-19/data.

The following link describes an opportunity for seniors to become a volunteer to assist other seniors in the same geographic area. This United Way program links those needing support or services to an appropriate volunteer or resource. <http://www.bc211.ca>.

The East Shore Better at Home Program is a local resource funded through the United Way that also offers opportunities to volunteer or to receive necessary social supports. For more information please contact Rebecca Fuzzen at eastshorebetterathome@valley.services.

Finally, watch for a new initiative in Boswell that will provide opportunities to volunteer and assist others during these challenging times.

www.eshore.ca
mainstreet@eshore.ca
250.505.7697

East Shore Health Centre News

Submitted by Kim Young

To Our Patients on the East Shore, from East Shore Community Health Centre (ESCHC)

We are reaching out to assure you that we are still providing general primary care under the current guidelines for the COVID-19 pandemic at our Clinic. The doctors continue to be available on the usual doctor days, and are regularly monitoring lab results and reports from outside sources to follow up as needed.

The current standard of care is for virtual visits (via telephone or video platform) wherever possible, to protect against potential viral spreading. Where there is a relatively urgent problem that requires an in-person physical exam and can wait for a "doctor day", we ask our patients to call the clinic and talk to the doctor for a pre-visit screen to decide the most appropriate response. This may be a visit by appointment at the clinic, with full protective measures, or a consultation and referral to the hospital with notification to the receiving hospital doctor.

There is now a COVID 19 testing clinic available in Nelson at 250-551-7500. Our doctors can discuss with you to see if such a referral is necessary, and will send the documentation to that clinic if needed. On days when our doctors are not available, the RN receiving calls at that number can also send you to a specialized respiratory assessment service at the Nelson Hospital which can assess the severity of cough or shortness of breath, with oxygen levels done on the spot and possible COVID-19 testing, as well.

The lab continues to operate on Wednesdays with special precautions and certain times set aside for vulnerable patients. There are longer waits because complete decontamination is required between patients. Please call Kathy for details before coming to the lab.

For now, non-urgent in-person physical exams will have to be deferred, but we will have these on the books and call patients in as soon as restrictions are lifted. Prescription renewals can be arranged by telephone visits, and lab results can be discussed on the phone also.

Medical office assistants (MOA's) are still on-site; the home health nurse is still coming to the site on Tuesdays, Wednesdays, and Thursdays; and mental health and substance use services are continuing to be provided by phone and virtual means.

We hope to continue working with you to help maintain the health of our community. Stay Safe!

Did You Know?

Would you like to help
The East Shore Better at Home Program:

Donations are always appreciated!

Cheques can be made out and sent to
Valley Community Services
Re: Better at Home
P.O. Box 187
Creston B.C., V0B 1G0

(tax receipts are issued for donations over \$20)

For more information about the program
please contact: Rebecca Fuzzen
Tel: 250-505-6717

E-mail: betterathomeeastshore@valley.services
Online: www.valley.services



Holistic Health Tips

by Kim Young

Journaling for
Mental Calm &
Clarity

"Journaling is like whispering to one's self and listening at the same time." **Mina Murray.**

During this time of social-isolation, you may be feeling some stress and anxiety – you're not alone. But, if you want a simple way to feel better, don't underestimate the power of a good journaling session. Writing about your feelings and daily experiences is calming and allows you to relieve stress by funneling all of your anxious thoughts onto paper.

Journaling gives a voice to your feelings. It's a judgement free activity that doesn't talk back. Unlike your best friend or mother, a journal will listen but won't offer unsolicited advice.

A journal simply provides a safe space for you to process your thoughts and emotions. Whether good, bad, or even socially inappropriate, a journal is an excellent way to free yourself from your burdens as well as helping you appreciate all that you have. A great way to start journaling is to commit to writing for 15 minutes each day.

Write about Your Worries - go straight to the problem and write about some of the things that are bothering you. Describe them in detail. The more descriptive, the better.

Sometimes you may not even know what you're feeling. It can be hard to understand and express what we feel even to ourselves. But when you focus on writing it down, it can help you understand everything in a new way that you may not have considered.

Write about your experiences – particularly during this time of crisis. At some point in the future, you may want to recall certain details of your days, or a time line of events.

Once you get into the habit of writing regularly you will find that your observation skills will get sharper. You'll have an easier time coming up with descriptive and expressive words to use in your journal.

Don't forget to write about good things too. With all of the drama of everyday life, it's easy to forget about all of the amazing little things in life to be grateful for. It's important to take some time to reflect on these things to help us stay grounded.

Having your journal to look back on provides a way to see the bigger picture and keep things in perspective.

Something magic happens when you begin writing in a journal, you'll become calmer as your mind becomes less cluttered. You'll also begin to truly appreciate all of the things in your life to be grateful for, even if it's simply the ability to breathe in and out today.

Kim Young is a Director with the East Shore Kootenay Lake Community Health Society, a Precision Nutrition certified Holistic Health and Wellness Coach, Functional Aging Specialist and Reiki Master who lives in Kootenay Bay with her husband Jim and their dog Jax. Check out my website at: www.kimy-oung.ca

Next Deadline:

May 27, 2020

www.eshore.ca

G.F. Oliver Funeral Chapel
In Loving Memory



Heather Meneses

Passed away on April 15th, 2020

In Creston, B.C.

61 years of age

Resident of Crawford Bay, B.C.

*Celebration of Life
at a Later Date*

Friends and family wishing to make a memorial contribution may do so to
Creston and District Society for Community Living
"Therapeutic Riding Program"
Box 1820, Creston, BC
V0B 1G0

The
East Shore Mainstreet
KOOTENAY LAKE BC

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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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

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Notice of Passing

Hugh Walker
June 8, 1923 – March 6, 2020



On March 6, long-time Kaslo resident Hugh Walker passed away after a life full of activity and public service. He was 96. Hugh was predeceased by his parents, Hugh Senior and Janet, and also his brother Robert and his sister Jenny. He was very grateful to the

end for the loyal support of his friends, especially Yvonne and Gary Weintz, and for the excellent care he received at the Victorian Community Health Centre in Kaslo.

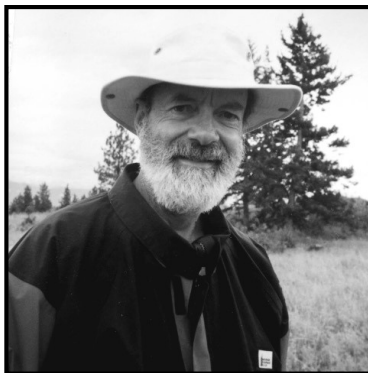
Hugh came to Canada in 1950 from Montrose, Scotland. He could have emigrated to Australia, New Zealand, South Africa or Canada. Canada won on a coin toss. With little money in his pocket, but a high security clearance from his time in the military, and a wealth of experience in electronics, Hugh landed a job with Canadian General Electric. After 2 years with GE, he went to work for A.V. Roe (Canada) Ltd., on the Avro Arrow airplane and also on the CF 100 fighter, the C102 Jetliner, and even on Avro's "flying saucer", the Avrocar. After nine years with A.V. Roe, Hugh moved on to work with Ferranti Electronics, which included several months at Boeing. After Ferranti, Hugh applied his expertise at Atomic Energy of Canada and Supply and Services (Canada).

Hugh had married the love of his life, Helen, in 1961. He had known Helen and her children, Jim and Marguerite, for years at that time, and he immediately became part of the family. Hugh and Helen chose to retire in beautiful Kaslo, British Columbia in 1989 after they visited Helen's brother Irv Cheyne there. Hugh's passions in retirement were a continuation of his passions during his working years: community service, collecting (notably stamps and licence plates) and ham radio. He was an active member of the Freemasons, the Royal Canadian Legion, and many community groups too numerous to mention here. It speaks for itself that Hugh has been awarded the Queen Elizabeth II Diamond Jubilee Medal (2012), the Governor General Sovereign's Medal for Volunteers (2015), the Meritorious Service Medal, Kaslo Lodge #25 Ancient Free & Accepted Masons, the Grand Lodge of BC and Yukon 50 years service medal, A.F.&A.M., the Royal Canadian Legion 50 Years Service Medal, and last (but not least!) The Village of Kaslo Citizen of the Year award in 2016.

Hugh will be remembered as convivial and humble and always, always a gentleman. He will be buried beside Helen in Hillsburgh, Ontario. A time and place for a celebration of Hugh's life will be announced.

Notice of Passing

John Thomas Hulland
March 19, 1939 - April 16, 2020



John passed away on April 16, 2020, at the Joseph Creek Care Village in Cranbrook, B.C. after a long battle with Dementia.

John spent his early years in Kimberly, then attended BCIT in Vancouver, where he met Susan Byatt

(Hulland). They married and had 2 children (Tom and William). He spent the next 25 years homesteading, raising children, and working as an electrician on the Eastshore. He moved back to the East Kootenays to live with his partner, Pat Novak, whom he first knew in high school.

John was a kind and gentle man. His love of the natural world was exemplified by his passion for skiing, camping, gardening, and his daily walks.

He will be lovingly remembered by his partner, Pat Novak; his sons Tom (Rebecca) and William (Amanda) and his grandchildren Cole and Vera. He was predeceased by his parents, Grace and Tom Hulland of Kimberly B.C.

Notice of Passing

Francis Brennan Drew
June 28, 1932 - March 7, 2020

Intro by Tom Lymbery: The Drew family house was where Mick and Dianne Farran live in Gray Creek

Eldest son of Francis William Maxwell Drew and Marion Elizabeth Dyball, Frank/Brennan traveled to Canada from Exeter, Devon, England with baby brother Richard in 1935. They settled in Gray Creek, B.C. in an era where paddle wheelers plied the waters of Kootenay Lake. After growing up in Gray Creek and Nelson, B.C.

Frank moved to Vancouver where he married in 1956, had three children and in 1964 moved the family to Victoria where the fourth child, Kim, was born. Later in life, he had two more children.

Frank had a lifelong preoccupation with cars. He was also fond of his pet cats and canines. Frank had a septic tank business on the Saanich Peninsula until 2005, when he retired and later returned to the Kootenays, where it's not so busy.

Left to mourn their loss are brothers Dinham and Steven, children JoAnne, Steve, Gene (Heather), Kim (Ron), Jordan (Kyla) and Kathryn, twelve grandchildren and four great-great grandchildren.

A heartfelt thank you to Dad's caregivers at Jubilee Manor in Nelson. Family gathering to be held in the summer.

Deadline: May 27/2020
www.eshore.ca mainstreet@eshore.ca

East Shore Hospice In The Moment

by Maggie Kavanagh

As I witness the wide range of responses to the current unfolding crisis, I see this as a time where people have reached out with their hearts and souls, to as many people as they can, offering whatever gifts they may possess. I hear stories of empathy and compassion almost every day, doing what they can to help others. Maybe this crisis will lead to a shift in human consciousness where everyone, regardless of how or why begin to look for ways to help each other.

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

If you or someone you know is in need of Hospice Care or you would like more information, please contact Susan Dill East Shore Hospice Coordinator at the East Shore Community Health Center Hospice Office at 250 227-9006. In addition there is a free Library with hospice related books and some DVD's on care, grief and mourning. The Library is best accessed at the Hospice Office on Tuesdays between 10am-2pm.

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

Notice of Passing

Irene (Renie) Quinn
1919-2020



Renie passed away in Calgary April 25. Predeceased by her husband Arthur (Art) 1920-2017 after a marriage of 76 years. Also sadly predeceased by her granddaughter Tammy 1974-2017.

Renie leaves behind many children and grandchildren

including Art, Art Junior, Sandra, Josh and Katrina, and Tammy's longtime partner Darren Makowichuk.

All were and are longtime summer residents of the East Shore, at Mountain Shores and later at Kokanee Chalets.

Renie enjoyed many summer days fishing on Kootenay Lake well into her 90s with her expert boatsman husband Art. We'll remember you out on the water and hoisting a glass at happy hour with your friends. God-speed Renie and may the sun always shine on you.

Memorial Wall

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

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

NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

SERVICES DIRECTORY/CLASSIFIEDS

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

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

BUSINESS SERVICES

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

CONSTRUCTION/CONTRACTORS/TRADES/GENERAL HELP/SERVICES

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

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

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

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

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

PERSONAL CARE/HEALTH

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

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

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

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

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

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

REGISTERED ACUPUNCTURIST, LISA SKOREYKO R.A.C. Treatment for pain, emotional disturbances, gastrointestinal issues and much more. 250.777.2855. Unit #9 Crawford Bay Inn. 16210 Hwy 3A, Crawford Bay.

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

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

SUSAN SNEAD ACUTONICS PRACTITIONER (TUNING FORK THERAPY): With certificates in Ayurvedic massages, Foot Reflexology, Fibonacci tuning fork alignment. Bach Flower Remedies and Astrological consultations. 250.225.3520.

18 Mainstreet May 2020

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

WILLIAM MORRIS, PhD, DAOM, offering astrological consultations combining 40 years of clinical practice weaving Chinese medicine, Astrology and Sound Healing. wmorris33@gmail.com 250-225-3518

RENTALS/ACCOMODATION

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

RESTAURANTS

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

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

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

YARD/LANDSCAPING/SITE PREP

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



JK Excavation Ltd.
250.354.7055
jkexcavationltd@gmail.com
trucking. excavation. snow removal

East Shore Reading Centre: (CURRENTLY CLOSED)

Riondel Library: (CURRENTLY CLOSED)

Massage Therapy
Harreson Tanner, RMT
Over 40 years clinical experience



* Knowledgeable * Skilled * Experienced
For appointments, call 227-6877/505-6166

CLASSIFIED ADS

BUSINESS ANNOUNCEMENTS

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

BUSINESS SERVICES

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

• Planning a wedding?
• Holding a party?
Consider renting the **BOSWELL MEMORIAL HALL**
Bookings: Karen Lee at 250.223.8686

Closed for now! Please check back.

The Fitness Place

Fitness Place Supervised Hours:
Mon-Fri, 8am-10pm
Mon-Thu, 8am-8pm

Please be supervised during supervised hours if you are a key card or are just dropping in.
Valid membership with a key card hours are 7 days/week from 5:30am to 10:30pm.

Questions? Call, text or email Julia Kinder at eastshorefacilities@gmail.com or 250.777.2497


Closed for now! Please check back.

YOUR HALL IS AVAILABLE!
For community events, wedding receptions, workshops, parties, etc. Bookings: Karen Lee at 250.223.8686

CRAWFORD BAY HALL
A non-smoking facility

Closed for now! Please check back.

NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.



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

BULLETIN BOARD

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

* **BULLETIN BOARD** * **BULLETIN BOARD** *

**CHILD 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.

HEALTH CLINIC MESSAGE

**We are doing phone appointments
right now, unless the patient abso-
lutely has to be seen, or they can
go to emerg. In Creston or Nelson.
If someone is having symptoms of
Covid-19 they are asked to ,stay
home and call 250-551-7500 or 811.**

Lab and Doctor apts.

**Our doctors are doing telephone
appointments when possible.**

**If you are experiencing any
symptoms such as fever, cough,
shortness of breath,**

**“Please do Not Come INTO CLINIC
“ Call 811 or Nelson Testing Site
Phone 250-551-7500**

**We do not have the testing kits
here at the clinic.**

PLEASE CHECK BACK PAGE CALENDAR FOR
DOCTOR DAYS

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)

**DOCTOR DAYS IN May
(SEE ABOVE ABOUT
COVID 19 PROTOCOL)**

**Every Tues: Dr. Piver
Every Weds: Dr. Moulson
Every Thurs: Dr. Barbour**

**The East Shore Transportation Society
board has taken the community bus
out of service at this time until further
notice. If we all stay home and stay
healthy, this situation will pass more
quickly, and we can get on the road
again. Stay well!**

**The Riondel Community Centre is
closed due to COVID 19; we have no
reported cases in the area, but it's best
to be safe. Reopening of the Centre is
entirely dependant on the future status
of the health situation. All programs of
the Seniors Association, the Art Club,
and the Library/Museum are suspended
until the building reopens. In the interim,
take a walk in the sunshine, work in your
garden, clean up your golf clubs, keep in
touch with friends and family ... from a
distance! Stay well!**

**All functions at the Boswell Memorial
Hall have been cancelled until further
notice due to COVID -19.**

**For any regular meetings/or-
ganizational gatherings or
events, please check with the
organizer. Nearly everything
has been cancelled for the
time being due to Covid19 and
physical distancing. In May,
it's possible that some things
will start up again, but with
restrictions. Mainstreet will do
it's best to inform you of these
changes. Watch www.eshore.ca for updates.**

***Deadline:
May 27/20***

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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)**

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH
Everyone welcome.

**CHRIST CHURCH & EAST SHORE
CONGREGATIONS ST. ANSELM'S CHURCH BO-
SWELL (Anglican)**
No services at the present time. Contact Christ Church
Creston for info - 250.402.3225

HARRISON MEM CHURCH, ANGLICAN
Crawford Creek Rd., Crawford Bay
No services at this time.
For info, please contact Rev. Leon Rogers: 250.402.3225

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

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

**MOST HOLY REDEEMER
CATHOLIC CHURCH, RIONDEL**
Fr. Lawrence Phone: 428-2300 Fax: 428-4811
Sun Mass at 2pm. 1st Sunday of month,
Fellowship Sunday.

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

MEETING PLACES

ALCOHOLICS ANONYMOUS:
Meets every Sunday at the
Community Corner in Crawford Bay at 7:15.
(1 hour meeting)

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

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

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

Kootenay Lake Ferry Schedule

May 2020

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

Still *Tired of doing your INCOME TAXES?* Let me do them for you!

Business – Personal – Corporate - Seniors

***30 Years of Experience *Reasonable Rates *Free Consultation *Pick-up & Delivery**

Wynndel, Boswell, Gray Creek, Crawford Bay, Kootenay/Pilot Bay, Riondel - all stops in between!



PUBLIC NOTICE: It should be noted that although the filing deadline has been extended due to Covid-19, CRA has advised that should your return not be filed by April 30, some benefit returns MAY be affected (such as Guaranteed Income Supplement, Child Tax Benefit, GST, Medical Supplements, etc...) **Please plan accordingly.**

EAST SHORE ACCOUNTING

Randel Ball B.Comm 250-223-8394

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 brandon@turlockelectric.ca



EAST SHORE INTERNET SOCIETY

HIGH-SPEED INTERNET

1 (844) 776-3747
 www.eastshoreinternet.ca

Central Kootenay Lake's community non-profit ISP.

CUSTOM HOMEBUILDING
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 Discounts for entire job.**



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Bringing homemade, delicious food to East Shore homes. Offering weekly menus for pick-up and delivery options; contact us today!

This is for those in need or with compromised health as well as for those who just want a break from cooking. Meals are precooked & frozen (just heat & serve) & sold on a sliding scale.

Have your orders in by Monday nights for delivery the following week.

meganrt@live.com

Ladybug Coffee on Facebook