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YEAR 29, NUMBER 5

MAY 2019

The East Shore Mainstreet

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View of Kootenay Lake from Birkbeck Creek in Gray Creek - photo by Juergen Baetzel

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Mainstreet Meanderings by Editor Ingrid Baetzel Gopher Control

In a recent Facebook discussion, Gina Medhurst of the Crawford Bay Hall and Park Board explained to inquiring minds the measures being taken by the hall and parks board to try to control the rampant gopher population in the Crawford Bay Park.

She stated, "We, as the Crawford Bay Hall & Parks Board, have chosen to work at controlling the population. First, I would like to address the extensive population of ground squirrels at the Crawford Bay Community Park. They have made so many holes that this can be a liability - twisted ankles, knees and possibly worse. Dogs, horses etc could also be seriously injured with the number of holes located around the park. They have been making tunnels UNDER the buildings, the tennis courts and pavilion. If left, they would be causing massive damage to the structural integrity of our public spaces. This would in turn cause tax payers funds to go towards fixing or rebuilding, which we have the opportunity to be preventing.

"Secondly, what is used is carefully placed deep below ground into the holes. It is as humane as possible, a substance that quickly makes them sleepy, so they go to sleep. Once digested it IS NO longer poisonous. What was used is called Rozol RTU. We asked many questions to Cranbrook Pest Control about our concerns with kids, pets and our local wildlife prior to committing them to help out. This is actually the ONLY provincially approved form of reducing the numbers of ground squirrels (not traps or any other method). You are more than welcome to contact Cranbrook Pest Control for more details on what is being used. They have offered for us to direct questions/concerns to them."

Mainstreet called Cranbrook Pest Control to get more information on the method used at the park. We spoke with Con Murphy, the owner of Cranbrook Pest Control to get further information. As mentioned, the pesticide used (the only one that works and is acceptable by provincial guidelines, according to Murphy) is Rozol RTU. More information can be found about this substance online at www.liphatech.ca/ag-field-orchard/products/rozol-rtu. Murphy said that their goal of this treatment was to "control, not exterminate" the gopher population. Gophers (also known as ground squirrels, according to Murphy) were directly impacting the structural integrity of buildings on the property. They used the Rozol RTU deep down inside the holes leading to the burrows (about a 1/2 cup at a time) around the Community Corner, the park buildings and the tennis courts. The substance was not used in the playground, forested area or soccer pitch.

Murphy said that the amount of chemical inside a deceased animal is not enough to impact secondary and non-target animals. When Mainstreet asked about a bird of prey picking up a dead rodent for consumption, he said that the animal would not be impacted by the toxins, but would also not likely interact with the dead animals, as most die underground. When their bodies decompose, the Rozol RTU had broken down so much that it would not affect the soil, stated Murphy. The substance is a blood thinner that essentially puts the animals to sleep upon ingestion and they die peacefully, said Murphy.

The plan was to apply the chemical this spring (which they did on April 24, 2019) and then return one week later to check the status of the treatment. Murphy said it would be checked into again next year to see if another application is needed. If you have further questions, you can contact Cranbrook Pest Control directly at 250.426.9586.

If you would like to know more about the decision to deal with the gophers using this technique or have other comments or questions for the hall board, contact Gina Medhurst at 250.227.6896.



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 Send in June 2019 issue items by:
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LETTERS TO THE EDITOR

GOODBYE TO CRAWFORD BAY SCHOOL COMMUNITY

Dear Editor:

For family and personal reasons I will be returning to Vancouver at the end of this school year, and terminating my role here at Crawford Bay School. I am so grateful for having spent the current school year with such a wonderful community and staff here at the school and in the town of Crawford Bay. My connection and passion for this community grew quickly and it is with heavy heart that I make this announcement. Knowing it is the right thing for my family helps me to be strong in making this move, not too long since coming out here. I want to enjoy the accomplishments we have had together and I am as committed as ever to continue the beautiful work we started last August right up to the end of this school year. Rest assured that there will be a smooth transition for next year's incoming Principal. Thank you for your support.

Erin Gibbs, Principal, Crawford Bay School

HONOURING THE VOICE

Dear Editor,

On Sunday March 24, 2019 I was evicted from my home of two years in the Nelson area with no warning. I suffered a brain injury on January 22 and was diagnosed with post-concussion syndrome on January 30. After six weeks of doing the suggested things I still was not getting well.

I sought private professional help in the way of attending a concussion clinic on Baker Street with Dr Michael Brennan. I was directed to abstain from driving, avoid large groups, grocery stores loud people and screens of any kind. I remained in my room at the time for eight days straight with the windows blacked out. I had just completed my first week of vestibular ocular exercises designed to regain my balance. The exercises and rest combo were really working. I was so excited

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as it was looking like I would be well enough to start work as planned on April 20.

I had no idea on the day of the eviction that the people I pay rent to were coming. I felt like a wild animal not a human. On the Tuesday after the eviction I relapsed on my concussion. I was mortified. It felt like all that hard work and effort had gone to waste.

I must add that I am also an active member of the recovery community in Nelson. I turned five years clean and sober on January 7 this year. At first I wanted to tell my story to purge my spirit. Then I started to think of Andreas (aka Pineapple Man), the young Nelson resident who died in February this year. I was deeply saddened by Andreas's death, as so many were, and my heart goes out to his family and friends and all whom Andreas' spirit touched. It made me realize that I must tell my story as part of my own healing and as part of my recovery is to help others. All the time I have spent trying to recover from this brain injury has left me no time to help others.

I am extremely fortunate to have a deep-rooted foundation in recovery from alcoholism. I have come to believe after five years of tirelessly working on myself that alcoholism is a disease and not a moral failing. To add a brain injury on top of the disease of alcoholism has been the largest challenge of my recovery thus far - even harder than watching my father slowly pass away in a room after being diagnosed with terminal cancer in 2017.

I want my story to be told to bring awareness of how serious alcoholism is in our society. I want my story to be told to honour the voice inside me that could not get out the last six weeks whilst I lay silent in my room praying my brain would heal. I want my story to be told to honour the voice inside me that was too scared to ask for help all those years of my active alcoholism. I want my story to be told so that if anyone reading this thinks they have a problem, that they honour that voice and ask for help.

Yours Faithfully,

Dub Wolstencroft, Crawford Bay

LET'S NOT HURRY THE RAT RACE

Dear Editor:

Judging from the letters about the relocation of the ferry landing, it has been a tough winter on the East Shore. Our future is threatened. our constitutional rights are being trampled and our golf course is in trouble. I doubt if any of these circumstances can be blamed on one little ferry. After 70 years of pretty darned good ferry service it's a bit puzzling why now it has now become such a hot button issue. For many years we have bragged about 'the longest free ferry ride in B.C.' and judging from the traffic flow, the tourists are eating it up.

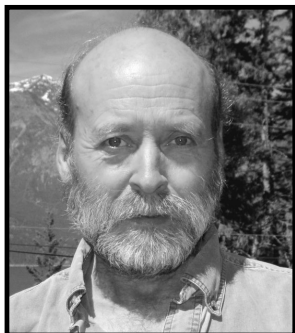
I must say that we are quite satisfied with the status quo. For me, the extra few minutes of ferry time have never been an issue; time maybe to have a cup of coffee. Unless daily operating time for the ferry is extended, there would be little change using a different terminal.

Yes, there are occasions during peak periods and special events when wait times can be frustrating but alternatives such as walk-ons and bus service can be managed. And the replacement for the Balfour should address much of the problem. Compared to our coastal ferry system we are in good shape.

My issue is not with the ferry but with the road system. As it stands during Harley season, the road to the south becomes gridlock or racetrack depending on the ferry traffic. The day-time traffic roar and hazard preclude walking, bicycling or even having a conversation near the highway as it is. Increase the ferry cycles and you just dump more traffic onto an already stressed narrow highway.

Most people have opted to live in this area because it provides a quiet lifestyle and a bit of an escape from the urban way. I am in favour of that. We keep getting pushed toward the rat-race but let's not hurry it along.

Russ Trenaman, LaFrance Creek



RDCK Area "A" Update

by Garry Jackman,
Regional Director
- Area "A"

TRANSIT

In Area A we make contributions to two transit services which are primarily funded by BC Transit. These are the Creston area transit system, which runs a few buses a week from Creston to Wynndel, and the Kootenay West transit system which is a much more extensive network reaching from north of Kaslo through to Trail and includes the Slocan Valley and Arrow Lakes. In the West Kootenay service area we make a relatively small financial contribution and what I have managed to negotiate over the years is coordination of the bus arrivals and departures at the Balfour terminal to coincide with ferry sailings.

Several years ago BC Transit was mandated to double their ridership by 2020. In our region they are likely to reach this target. Transit created a ten year master plan which highlighted existing routes where service enhancements were expected to result in significant increases in ridership (such as routes used by post-secondary students) and new routes where service was merited based on the potential ridership. I was able to get the transit planners to come to the east shore at the beginning of this process but the potential ridership was not adequate to justify planning a route expansion at that time. Since then I worked on coordination of the ferry schedule, as mentioned above, and requested Area A be part of the next major planning cycle. That cycle is beginning now.

With very short notice, BC Transit announced they would be holding a series of targeted stakeholder meetings across the areas currently served by their system. They did not include meetings in areas which requested new service. After a flurry of emails, including much appreciated input from several community members who I was able to link to the conversation, BC Transit planners will return and hold a meeting on the east shore. At the time of writing this article the tentative date is Wednesday, May 22, time and location to be confirmed.

It is very important that any residents who believe they may use transit now or even in the next several years make their voices heard. Due to the complexity of the system and numerous routes to coordinate, we may not see the next opportunity to revisit this issue for years to come. Stats are available for other small population areas, such as along Lower Arrow Lake, where BC Transit has supported routes. The key is to get into the system, even if only with a few days of service per week, and build from there.

Public transit is heavily subsidized, usually at the provincial and regional levels although in major urban centers the feds provide significant grants for system expansions and upgrades. BC Transit funds the majority of the operational costs for their systems but local government must pay a share (which is typically not recovered through user fees) and we must contribute to the capital costs of the buses. Currently not all buses within the system are running for all days of the week, so the key to a cost effective service expansion is to look for opportunities to share the use of an existing bus (or two) with other remote areas. Transit planners can outline which opportunities exist now, then we must hold our conversation about what hours of the day bus routes will be most effective, since we face more barriers to transportation (such as the ferry, heavy summer tourist traffic and windy winter roads)

than some of our neighbouring electoral areas. There is no point running an empty bus at off peak travel times while every community wants the bus to run at roughly the same peak travel times. The starting point is a community conversation with the transit planners.

DOG CONTROL

As I indicated in my article last October, dog control complaints come and go. You may want to refer back to that article for details on costs where the regional district offers dog control services to small communities or give me a call.

At the time of writing this article, I have a meeting scheduled with the Creston RCMP detachment commander and the other electoral area directors around Creston to review the frequency and severity of dog incidents over the past several years. This is a follow up to the ongoing conversation over the winter months. We will discuss what steps can be taken with existing resources to be more effective, as dangerous animals are often just relocated by their owners. Beyond existing resources, the RDCK can petition you to support or reject a dog control service with routine patrols to round up stray dogs across a vast area, or perhaps there is a middle ground approach where we contract to have an approved impound established and arrange for targeted action by a dog control officer based on complaints.

Any way you look at this the discussion will raise some controversy. Our starting point will be options and costs. Dog control is not a mandatory service for rural areas under the Local Government Act, so the level of service (if any) supported by property tax dollars needs to be an open conversation.

QUICK POINTS

- We still have space for additional community volunteers on the Area A Economic Development

Continued on next page



Hidden Taxes

by David George

Earth Day 2019

The world has had an alarming month, but there was also some good news. In Paris Notre-Dame cathedral came close to destruction, but was saved because the firefighters, including women, had a pre-plan in place and showed great determination and courage in getting the fire out. Donations of more than 1 billion Euros are promised to rebuild, hopefully within five years.

Today (time of writing) is Earth Day, which always feels like a day of hope. Some good news for the world follows, taken from the past year's posts from a little fortnightly emailed zine called Future Crunch, published by some Australian techies.

Portugal generated enough renewable energy to power the entire country in March, and the government has also just suspended all fossil fuel subsidies.

Four years after imposing a 5p levy, the United Kingdom has used 9 billion fewer plastic bags, and the number being found on the seabed has plummeted.

Mexico has almost finished building the largest solar farm in Latin America, a "sea of panels turning the desert green." Once switched on, it will power a million homes.

Following a successful five year pilot in its capital, Estonia is set to become the first country in the world to make public transport free everywhere, for everyone.

India's environment minister has announced the country will eliminate all single-use plastic by 2022, the largest, most ambitious anti-plastic pledge of all time.

Norway has become the first country where electric vehicle adoption has started to affect the oil indus-

try, with consumption of gasoline and diesel falling in 2017.

Scotland's carbon emissions have halved since 1990, and its leaders have announced a new target to reduce levels by 90% by the middle of the century.

Ikea has announced it will phase out all single-use plastic products, including straws, plates, cups, freezer bags, garbage bags, from its shops and restaurants by 2020.

Adidas is expecting to sell 5 million pairs of shoes made from ocean plastic this year, and it has committed to using only recycled plastic in its products by 2024.

Sweden is on course to reach its renewable energy targets 12 years ahead of schedule, with wind turbines making its original 2030 goal achievable in 2018.

Brazil cut its carbon emissions from deforestation by 610 million tons last year, reaching its 2020 climate change targets three years ahead of schedule.

New Zealand has become the latest country to outlaw single-use plastic shopping bags, and will phase them out over the next year.

France has become the first country in Europe to ban all five forms of neonicotinoid pesticides that researchers believe are killing off bees.

The Malaysian government has announced it will not allow any further expansion of oil palm plantations, and that it intends to maintain forest cover at 50%.

Denmark is the latest country to announce a ban on internal combustion engines. It will stop the sale of petrol or diesel cars in 2030, and hybrids by 2035.

Thanks to stricter catch limits and better monitoring, the population of eastern Atlantic bluefin tuna has increased from 300,000 tons in 2005 to 530,000 tons today.

Thanks to tougher anti gun laws, between 1990 and 2016, the rate of deaths from firearms in Australia went from 3.4 deaths per 100,000 people to 1 per 100,000.

250 of the world's major brands, including Coca Cola, Kellogg and Nestle, have agreed that 100% of their plastic packaging will be reused, recycled or composted by 2025.

The European Parliament has passed a full ban on single-use plastics, estimated to make up over 70% of marine litter. It will come into effect in 2021.

Nothing like a little east west rivalry to speed up the energy transition. New York just one-upped California, committing to 100% carbon-free electricity by 2040.

Sweden has announced a ban on the sale of gasoline and diesel engines after 2030, joining Denmark, India, the Netherlands, Ireland and Israel.

The biggest global story you haven't heard about right now is India's sanitation drive. Since 2014, 90 million toilets have been built, 93% of households now have access, and 500 million people have stopped defecating in the open.

The UK, the sixth largest economy in the world, has reduced its carbon emissions for the sixth year in a row. The last time emissions were this low was 1888.

Between 10th and 17th March, Germany got 72.6% of its electricity from renewable energy resources. Did someone just say "baseload power?"

Paris has ordered 800 new electric buses as it begins the process of replacing its old fleet. It's the largest public EV order in European history.

What can we here on the East Shore do to help the Earth this year? We can recycle as much as we can, compost some wastes, and take reusable bags when we shop. We can drive a little less, and use public transit when it becomes available here. We can consider making our next vehicle an electric one. It is up to us, and our children and grandchildren. There is no Planet B.

RDCK Report Continued

Commission, the Recreation 9 Commission and the Area A Advisory Planning Commission.

- This spring 14 applications were received requesting funding from Rec 9. Recommendations for funding from the April 29th commission meeting will go to the May 16th Board meeting. Results were not available at the time this article was submitted.

- A total of 40 Columbia Basin Trust Community Initiatives Program applications were reviewed on April 16th at the Boswell Hall. One application from Nakusp was withdrawn. The recommendations to award a total of \$34,950 will go to the May 16th Board meeting. The agenda for the Board will be available for the public to view on the RDCK website 5 to 7 days prior to the meeting date and the list of recommendations for grant amounts will be part of that agenda package.

- The Regional Energy Efficiency Program meeting on the east shore will be held June 11th at the Crawford Bay Hall starting at 6pm. Wynndel and some south arm residents have an opportunity to attend the meeting on Thursday, May 2 in Creston at the Creston & District Community Complex. The project has two funding streams, one for new construction and the other for home retrofits, which will be explained in detail at the meetings.

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.

LETTERS...

COMMUNITY KUDOS

Dear Editor:

Thank you JK Excavation for plowing the wetlands/old air strip parking lot all winter, without having been officially hired or paid! Way to support community recreation and safety.

Deepest Gratitude!

Christina de Pape, Crawford Bay



May Horoscope

by Michael O'Connor

Tip of the Month:

Although off to a slow start due to a strong Pisces influence, things will begin to accelerate progressively as April unfolds. Not quickly,

mind you. Venus in Pisces will prove to perpetuate this tempo and Uranus in Taurus is more about torque and gravity than sparks and smoke, as it was while in Aries. It will take until after mid-month when Mercury finally enters Aries and Venus will follow-suit a few days later but only after the Sun enters Taurus. Fortunately, Aries ruled Mars in Gemini saves the day by activating an energetic and playfully social pace. This will serve to burn off the lingering fog of an apparently late start.

Aries (Mar 21- Apr 19)

You are slow out of the gates of spring. Yet, suddenly your spirits have lifted. You may feel like you just woke-up after a long sleep and an even longer party. Yet, you may enjoy the pace too, like a slow morning leading to an active afternoon.

Taurus (Apr 20-May 20)

While others have been slumbering, you have been industrious even amidst the misty Pisces mood. Uranus in Taurus has at least pushed you to prepare the ground. Now you are ready the next set of actions.

Gemini (May 21-Jun 20)

Mars in your sign is a welcome perk after such a long winter. It is helping you to engage a fuller measure of your imagination. Acquiring the needed tools, supplies and inspiration to respond creatively is the simple answer.

Cancer (Jun 21 - Jul 22)

The misty air of the Pisces influence, or is foggy the right term, cleared more slowly for you than others and it continues. It may have felt, even still feel, like entering another dimension. Positively, you gained spiritual wisdom you can now share.

Leo (Jul 23 - Aug 22)

Sun in Aries and Mars in Gemini are helping to break through the clouds as you ascend to new heights. Yet, it is a process that will take the better part of the month. Out of it is the rebirth of a whole new level of creative power.

Virgo (Aug 23 - Sep 22)

Sometimes it is out of the water and into the fire. This is true for you in some respects. Interestingly, the lingering effects of Pisces are buffering you. Mars is helping you also with a renewed drive.

Libra (Sep 23 - Oct 22)

New relationship opportunities have begun to appear out of the mists. You may be wondering if you should wait or pursue. A little of both is ever ideal. Yet, do not hesitate. In other words, be willing to make the first move.

Scorpio (Oct 23 - Nov 21)

While others have been swamped, some drowning and still others lost in the Pisces waters, you have been bathing in creativity. Now it is time to act on it. Practical objectives will inspire yet be patient with your followthrough process.

Sagittarius (Nov 22 - Dec 21)

Lingering longer close to home has felt good and right for you. Yet, the spring air is calling you out. It may take a while yet to kick into high gear. Yet the process of doing so and building a steady momentum will begin early.

Capricorn (Dec 22 - Jan 19)

New insights, realizations and epiphanies supported by an active imagination continue to enchant your mind. You may feel somewhat reborn and are now ready to act on your new perceptions and interpretations.

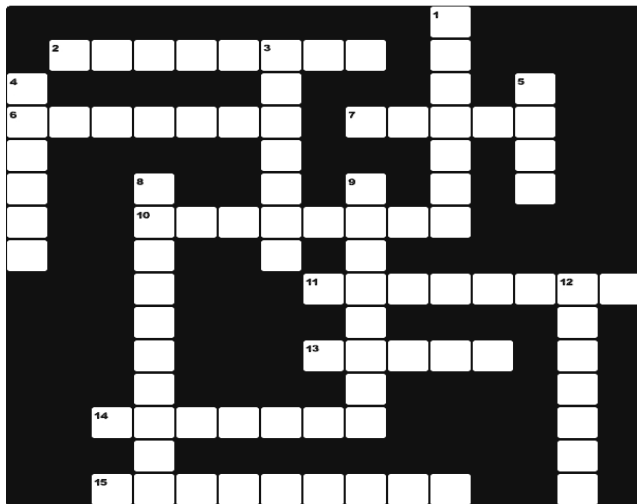
Aquarius (Jan 20 - Feb 18)

Dreams of possibility continue to dance in your mind. Now these are taking more concrete form and expression. You are eager to explore new modes of expression. By month's end, it will be all you can think about.

Pisces (Feb 19 - Mar 20)

The Pisces influence is lingering longer for you, but then you know these waters. With this advantage, you are ready to dive into a new round of experience. Financial considerations may be helping your resolve.

Cranial Contest and Challenge Corner



Across

- 2 holy hotspot
- 6 another name for riondel in mainstreet
- 7 cinema critic
- 10 mine, manor
- 11 past name and pottery place
- 13 it's the principal, darling
- 14 bustling boomtown bay of yore
- 15 party at rio fire hall

Down

- 1 southernmost settlement
- 3 market master
- 4 gray creek settler
- 5 sunken stone colour
- 8 black salt before
- 9 boswell blank hall
- 12 foreign kitty

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WHERE/WHO/WHAT AM I?

PHOTO CONTEST

Be the first to email (mainstreet@eshore.ca) with the answer to the question below and win a beverage of your choice at Ladybug Café!



What is the name of this building and where would you find it today?



Hacker's Desk

by Gef Tremblay
**THE COUNTER
CULTURE OF LIVING HEALTHY**

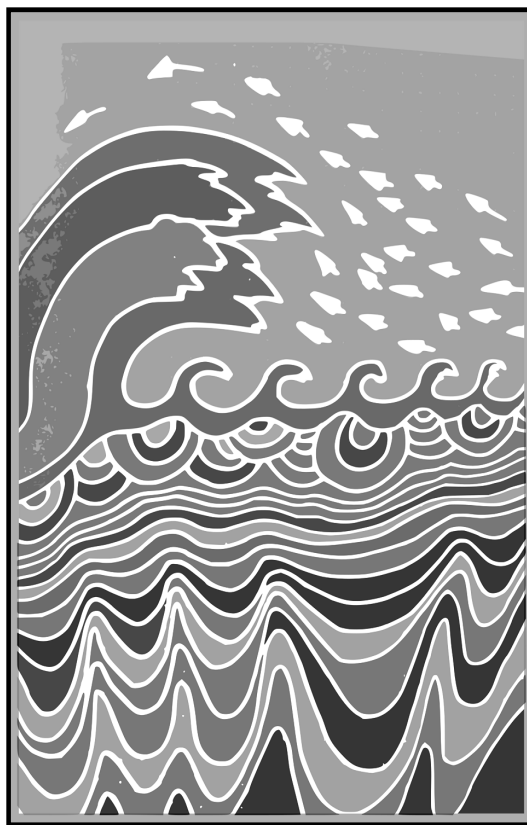
During spring break, I had fun staying at a hotel where I enjoyed watching ads on the television. At home, we don't have a television, and I do everything to avoid having ads pop up on our media centre.

Watching ads gives a precise pulse as to how we're doing as a society. Triple cheeseburgers, followed by antacids, promotions of a car you could live in, followed by some electric contraption that relieves back pain... Every ad seems to introduce an unhealthy way of living, resolved by yet another harmful product.

I didn't see any ads about healthy living, yoga practices, exercising or eating healthy. This is clear proof that our own culture, our American-influenced culture and way of life is an unhealthy way of life.

To have a healthy way of life is marginalized – it goes against our own culture. What is the message we're passing on to the next generation? Can we change that message or our culture as a society? How is a culture created and who does this creating?

Our culture is overly influenced by consumerism. This act of over-consuming to sustain a sick capitalist monetary system has only one goal: profit. Profit is far from the purpose of leading a healthy life. Marketing, on the other side, which fuels consumerism, has developed steadily and quite rapidly, since WW1. War propaganda translated into advertising and continued expanding alongside the Industrial Revolution while deepening its reach with communication theory and the psychology of influencing people. Now, culmi-



Counter Culture Illustration by Geoffroy Tremblay

nating with social networks and mass marketing, this field has attained quite a height in controlling peoples' needs as well as creating a cultural backbone.

You only have to listen to a few episodes of the CBC radio show 'Under the Influence' to understand that marketing has profoundly affected our culture. But marketing is only a tool and it could be used to force positive change in our society. Instead, it unfortunately is used by any entity who needs to sell some product.

Our modern American culture is only a few hundred years old if we don't consider our native culture. This is in contrast with Asian or European cultures

which have a few thousand years of steeped culture. This seems to hinder us as Americans and keeps us from referring back to old traditions and ways of life, as our culture is mostly filled with the American dream, wild west oil drilling, and mining as well as a military culture.

Is there anything short of a cultural revolution that could bring a change in our way of life? Does the answer to move toward a healthier culture lie in our aboriginal roots? Although we can change our daily behaviour and educate our children and share information with our friends, our economic system has a tremendous effect on our culture. Would we need to improve the economic system to update our culture or can the two can be changed independently?

As a country with the only flag harbouring a tree leaf, it would be refreshing to see a common desire to update our culture and find a way to move toward a healthier lifestyle.

NOW HIRING

CRAWFORD BAY MARKET

Is looking for a part time

Night Cleaner/Shelf Stocker/Cashier

(possibly leading to full time)

Please bring resumes to Cam.

Phone: 250.227.9322

Email: cbstorebc@gmail.com

The Proust Questionnaire

Robby "Roots" Marcheterre



The Proust Questionnaire has its origins in a parlour game popularized (though not devised) by Marcel Proust, the French essayist and novelist, who believed that, in answering these questions, an individual reveals his or her true nature.

What is your idea of perfect happiness?

Social living – friends and family in cooperation towards a common positive goal.

What is your greatest fear?

The breakdown of communication and cooperation.

What is the trait you most deplore in yourself?

I can get loud and overbearing without realizing it.

What is the trait you most deplore in others?

See number 3.

Which living person do you most admire?

I've never admired a politician before, but if he's for real, then it might be Senator Bernie Sanders.

What is your greatest extravagance?

Too much fun.

On what occasion do you lie?

When the lie will protect someone I care about.

What do you most dislike about your appearance?

Too many things to list.

Which living person do you most despise?

Greedy, selfish, racist haters.

What is the quality you most like in a man/woman?

Upfullness.

Which words or phrases do you find that you most overuse?

"Ya know what I mean?"

When and where were you happiest?

On stage playing music for packed houses.

Which talent would you most like to have?

Money magnet.

If you could change one thing about yourself, what would it be?

Impatience

What is your greatest achievement?

The creation and raising of my daughter.

If you were to die & come back as a person/thing, what would it be?

White Rhino – they are now extinct.

Where would you most like to live?

Well, here on the East Shore, of course!

What is your most treasured possession?

My tools for carpentry and music.

What do you see as the lowest depth of misery?

Feeling unloved.

What do you most value in your friends?

Sincerity.

Who are your favourite writers?

Kerouac, Steinbeck, Mario Puzo

Who is your hero of fiction?

Michael Corleone of Puzo's "Godfather".

Which historical figure do you most identify with?

Bob Marley.

What is it that you most dislike?

People talking over other people.

What is your greatest regret?

Not following through with the sports potential I had as a youth.

How would you like to die?

Doing something selfless/heroic.

With what one person, living or dead, would you most like to dine?

Jim Morrison (that would be fun).

What is your motto?

N.B.L (Nothing But Love).

Crawford Bay Hall Board News



submitted by Susan Hulland

It's spring! That means it's also time for our Annual Hall & Park Clean Day and we've set the date for Saturday, May 11.

Activities will start at the hall property at 9 in the morning. Lunch will be served to volunteers from 12-1pm at Community Corners, and work will begin in the park at 1pm. So pack up the kids and bring along your own tools, gloves and safety gear and help us get our community ready for another busy year!

Sometimes you lose; sometimes you win. The board of directors wishes a heartfelt 'thank you' to retiring director, Doug Stokes of Pilot Bay for his service to our community since 2013.

On a brighter note: a hearty thanks goes out to Bob Carter of Crawford Bay for his donation of a black & white drawing of our hall for use on event posters and advertising. His rendering of our 1938 hall captured the charm of those windows on the West side of the building, which is interesting because the building's heritage values, such as those windows, have been designated for retention in our early stages of planning.

ESIS Report

submitted by Ben Johnson

As April showers bring May flowers and we welcome back our seasonal residents, the East Shore Internet Society (ESIS) is responding to requests from subscribers and creating a new service called the Lite package. The Lite package will be introduced May 1st and will take the place of the former "Away" package, with the added benefit of some connectivity: 2.5 Mbps download speed, 1.5 Mbps upload, with an included data package of 10 GB per month. This often-requested feature is intended to provide connectivity to "Internet of Things" devices such as home security systems.

The Lite package is being introduced at a price of \$25 per month, with standard overage rates applicable to data usage over 10 GB in a month. As always, our automated systems give plenty of warning (by email) before data overage fees are incurred. There will be no limit to the number of months that the Lite package can be subscribed to. The Unlimited Data add-on will not be applicable to the Lite package.

ESIS is also happy to announce our 2019 Annual General Meeting which will take place on Monday June 17 at 7pm at the Crawford Bay Hall. All community members are welcome to attend, while an ESIS membership with active service is required to vote for new board members. Happy Spring! from the ESIS Board of Directors and staff.

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL MEMORIAL HALL

Booking/info: Karen Lee at 250.223.8686

Kootenay Lake Lions Club

by Secretary Fraser Robb

The Kootenay Lake Lions Club has been in Crawford Bay for 40 Years – since forming in 1979. We celebrated the fortieth anniversary of our Charter on April 23. Thirty-three members and guests enjoyed an evening of good food and friendship. In recognition of this occasion, a contest was held amongst the students of Crawford Bay School to design an anniversary pin. The first place design, being used to create the new pins, was created by Georgia Shuel with a close runner-up design by Avery Pitt. Congratulations and thank you to Georgia and Avery all those who participated in the contest.

The KLLC has been very busy collecting, sorting and delivering cans & bottles to the recycle depot. We have to thank everyone in the Crawford Bay area from Riondel all the way to

Boswell, for contributing your returnable bottles and cans to this worthy cause. With the Lions, you are all helping to make a difference in your community. In particular, we thank all those who have volunteered their valuable time to help us sort through all the material we collect from our bins – not the most pleasant of tasks. Our bins are located at the Crawford Bay Transfer Station, Gray Creek Store, Riondel Recycling area and the Boswell Transfer Station. To give you some idea as to how much effort goes into this activity, last year (2018) we put in 598 manhours. We report our activities to Lions Club International as "Lion-hours" ... It's a lot of work, but well worth the effort.

This is in addition to our other charitable activities. Over the last couple of years we have installed concrete steps at the Community Church, added a notice board at the Kootenay Bay postal location and added a fenced area for the Riondel Seniors Manor to place their vegetable garden. Eye glass, cell phone and hearing aid collection boxes can be found at many local business locations for us to forward to central Lions processing centres and from there for use by many needy souls.

The majority of our funds are raised through the return of bottles and cans. In 2018 we were

able to donate \$7600 to the following: Guiding Hand - WISE Camp, Cops for Kids, CAM School Mexica, Eastshore Xmas food Hamper, Timmy's Telethon, Kootenay Lake Hospital Foundation, Canadian Cancer Society, CNIB – Kelowna, BC Lions Society - Camp Winfield, BC Lions Society - Easter Seal House, Vancouver, MD-19 Lions – CARE, MD-19 Lions – Lions Club International Fund, Lions Foundation Canada - Dog Guides, BC Heart & Stroke, Crawford Bay School Bursary, CB School Lunch Program, Our Daily Bread, Kootenay Lake Community Church, Canadian Diabetes, Boswell Signage, Kidney Foundation Canada, Jacqueline Wedge – Fire.

If a person or organization in the community is in need of financial assistance, we encourage contacting any member of the Lions organization and they will see to it that you receive an application form for review by the club. We can also arrange for you to make a presentation at one of our meetings if you wish.

The Lions Club volunteers as a Community Service Activity to cook hamburgers, fries and hot dogs at the annual Canada Day celebrations. And will also serve for special occasions if we can. The Kootenay Lake Lions Club meets on the 2nd and 4th Tuesday of the month at the Kootenay Lake Community Church. The exception being July and August when we may limit meetings to one meeting only. We are always looking for new members and welcome anyone who wishes to join an organization such as the Lions and assist their community.

For more information please contact: Lion Doug Anderson at 250-227-6966 or Lion Fraser Robb at 250-227-9636 or any member of the club.

Wishing you all an enjoyable and Safe Spring!

** MAINSTREET LOCAL FOOD RECIPE BOX **

Want to help the environment and promote local food? Do you have a recipe that uses locally produced ingredients? Ideally the products would come from the Kootenay area, or failing that, British Columbia, Washington and Alberta. Submit your recipe and we'll print it and share it with your neighbours in this space. You can cut it out and add it to your favourites, all while supporting locally harvested and sustainable ingredients and products.

MAY 2019 RECIPE

The Green Smoothie (Goddess Smoothie) recipe comes from Kootenay Coop's blog site (kootenay.coop/blog/recipes) and is a popular one. Some ingredients would certainly need to be imported, but as those local leafy greens start busting through the soil this spring, make super-juice-use of them and blend yourself a nutritious smoothie. Kale has gotten a lot of press over the past years, and for good reason. This dark, leafy green is chalk full of vitamins, minerals, fibre and an almost ideal omega 3 to 6 ratio, leading to it's well-known anti-oxidant and anti-inflammatory ratio.

GREEN SMOOTHIE Ingredients:

- 1-2 Pieces of kale
 - ½ apple
 - ½ avocado
- ½ cup frozen watermelon
- 1 small piece of ginger
- Squeeze of fresh lemon or lime juice
 - Coconut water as needed

Add all ingredients into a high-powered blender and blend until smooth and creamy.
Add coconut water as needed to keep it smooth.

Did you know that the average distance a product travels to a typical Canadian supermarket is 2500 km? Can you do better than that? Send us your recipe and let us know where you bought the local ingredients.

If there's a story with the recipe, we'd like to hear about that too.
(Thanks to Nora Hurlburt for this fun idea!)

Riondel Fire and Rescue Blotter

A monthly update on East Shore call-outs and events involving Fire & Rescue/First Responders/Ambulance

by Fire Chief Cory Medhurst

We currently have 15 firefighters on our roster, six of whom are also first responders and two who are only first responders (not firefighters). The ambulance crew, when called, is always two members, which in our remote area can be difficult in certain situations. We need more members; as call volume increases over the summer and volunteers maintain personal lives we need more trained personnel to help.

January-April 2019

- Jan 6: MVA on Highway 3A in Crawford Bay having four members attend to control the scene and assist with patient care
- Jan 26: Medical First Response call on Riondel Rd which had three members attend to help the ambulance with lifting/loading a patient
- Jan 29: Medical First Response call in Kootenay Bay which two members attended and assisted the ambulance with loading
- Feb 4: Medical First Response call in Riondel with two members assisting the ambulance
- Feb 28: Medical First Response call in Kootenay Bay which four members attended to for a well-check
- Mar 9: Medical First Response call in Riondel having three members to assist the ambulance
- Mar 11: Medical First Response call in Riondel again with three members to assist
- Mar 11: Call for a burn complaint in Riondel which two members attended and spoke with the home owners
- Mar 21: Medical First Response call in Riondel with two members attending to assist
- Mar 22: Early morning medical First Response call in Riondel having one member assist
- Mar 22: MVA on highway 3A in Crawford Bay that six members attended for traffic control, automobile stabilization and to assist with patient care
- Mar 24: Medical First Response call in Riondel having two members assisting the ambulance
- Mar 29: Structure fire in Crawford Bay which nine members attended for life safety, to assist a local neighbour with moving valuables, and to "stomp out" spot fires in the adjacent forest
- April 5: Medical First Response call on Riondel Rd having three members assist the ambulance
- Apr 21: Medical First Response call again on Riondel Rd with two members attending.

These are our calls to date. They show a lower call volume than normal, which we like to see. Medical First Response calls include everything from serious calls for cardiac chest pain, shortness of breath, and major trauma to time sensitive lift assists (getting the patient into the ambulance). All calls are usually to help the ambulance crew but sometimes to do patient care until an ambulance is available.



Thoughts from the Frog Pot

**by John Rayson
CANADIAN
MEDICARE**

The title for this column comes from "the frog in the pot" as a modern metaphor for our lack of reaction to change. Full disclosure at the onset of this column on Canadian Medicare... I have worked in the medical field for over 50 years, and am fully committed to universal, prepaid medical coverage for all Canadians. Health care in Canada is a "right" not a privilege and no one should lack health care coverage due to cost. Our health care model has changed since it was founded over fifty years ago.

Canadians are proud of our system and we often identify ourselves by our health care; saying that we are number one in the world. In actual fact, as ranked by the World Health Organization we are 30th in the world. The U.S is ranked as 37th, thus we are only number one if we compare ourselves to the U.S. as opposed to the rest of the world.

The Canadian Institute for Health Informatics {CIHI} takes the time and effort to compile figures on Canadian healthcare, in addition to that of other countries. Much of the information in this article is from their publications.

Canada spends 10.4% of GDP on healthcare: 70% is public funding and 30% is private funding. The average for Organization for Economic Development [OECD] countries is 8.8% with 73% public funding and 27% private funding. It must be noted that all of the OECD countries have universal medical coverage and are considered developed countries. In contrast the U.S. spends 17.2% of GDP on healthcare. Most interestingly, 82% of the spending is public with 18% being private. Yet, even with this higher amount of spending they have many individuals who are not covered at all and many more with partial and inadequate coverage.

The Canadian healthcare system has evolved over many years with hospital funding beginning in Saskatchewan in 1947, followed by physician funding in 1962. The National Medicare Act proclaimed by the federal government in 1968 established a shared formula of 50%/50% funding with the provincial governments. In the 1970's and 80's the Federal government

transferred tax points to the provinces and as a result now only fund approximately 20% of direct costs. The provinces have put those transferred funds into general revenue.

The Federal government retained control of the process with the proclamation of the Canada Health Act in 1984 with the following 5 tenants [unchanged to this day].

1. Public Administration: provincial health insurance must be carried out by a public authority on a non-profit basis.
2. Comprehensiveness: all necessary health services, including hospitals, physicians and surgical dentists must be insured.
3. Universality: all insured residents are entitled to the same level of care
4. Portability: a resident who moves to a different province or territory is still entitled to coverage from their home province during a minimum waiting period. This also applies to residents who leave the country.
5. Accessibility: all insured persons have reasonable access to health care facilities. In addition, all physicians, hospitals etc, must be provided reasonable compensation for the services they provide.

The Canada Health Act has not changed since 1984 but many of the aspects of health care have changed in the corresponding 35 years. The process was originally set up to fund acute treatment and hospital care. If you present today with a stroke, heart attack or cancer you will be promptly looked after. However, our society has aged, and we now have a system that must deal with chronic care, joint replacements and home care. Many surgical procedures previously done in hospital with long stays [e.g. Gallbladder removal] are done as outpatient procedures and that which is done in hospital is much more complex. In addition, the utilization of drugs has skyrocketed but is not always funded out of hospital.

What is apparent is that we are at a point where we need a broad discussion on the delivery of health care in Canada: a discussion that is not limited by the thinking that we are #1 worldwide and that we do not want a two-tiered system like the U.S.

Such a discussion will require bold leadership, must include a plan for integration and innovation and will demand accountability and responsibility of all: including the members of the public [the consumers of health care].



Earth Day Clean-up (photo by Ingrid Baetzel)

Crawford Bay high school students and teachers were spotted on the summit between Crawford Bay and Kootenay Bay on Thursday, April 18, cleaning as they went.

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Building East Shore Tourism (BEST)

by Farley Cursons
BEST Project Manager



To many visitors, the East Shore of Kootenay Lake is known as a summer destination for lakeside resorts and campgrounds, boating, hiking, golfing and relaxing on the beach. Some know it as part of their scenic holiday drive between Van-

couver and Calgary. For many, their only East Shore experience takes place along our meandering lake-side highway and connecting routes. Despite all the accepted identifiers such as the “world’s longest free ferry”, scenic golf courses, annual music festival, and enviable historic background matched by a diverse and beautiful natural landscape, tourism on the East Shore has generally seemed to underwhelm its potential. For two months each summer the population explodes with lake bound visitors, but still local business owners frequently find themselves taking up second jobs for the other ten months.

Small towns and rural areas in British Columbia have great potential to diversify their local economies through tourism given their proximity to exceptional natural amenities and rich cultural history. Small towns and rural areas are an essential retreat for the majority of British Columbia’s urban population, as well as folks from Alberta and other western Canadian provinces. Our rural landscape with lakes, rivers and wildlife also attract growing numbers of US and other international travelers who seek to connect with our abundant natural amenities often unavailable in their home countries.

Successful development of tourism on the East Shore will require more than an abundant and scenic landscape. The savvy traveler seeks a connection to local people as well. They seek an experience that engages all their senses and an experience that is most effectively provided by the local people. However, creating experiences and a livelihood through tourism is often no easy task in a small town; it demands time, dedication and patience to work with a supportive community.

Tourism Products and Experiences

What do we mean by developing a tourism product? It may be easiest to think of a tourism product as a tourist ‘attraction’ and that there are two common types of attractions: natural and cultural.

- Natural – including natural sites and natural events (e.g., mountains, beaches, valleys, canyons, volcanoes, reefs)

- Cultural – including cultural sites and cultural events (e.g., festivals, heritage buildings, sites of significant events, farms, wineries, mines, historic trails, etc.)

Therefore, developing tourism products involves developing a natural or cultural attraction with visitors in mind. Many tourism professionals refer to this as creating tourism experiences. Some authorities describe a tourism product as a “complete experience that fulfills multiple tourism needs, and provides corresponding benefits.” The Canadian Tourism Commission suggests that tourism products need to be differentiated from tourism experiences; “A tourism product is what you buy. A tourism experience is what you remember.” This might suggest that the tourism experience is the essence of a tourism product. In addition to creating the experience, there are business aspects of delivering

the experience— human resources, finance and budgeting, marketing, training, etc. Consequently, developing and delivering a tourism product or experience becomes a complex undertaking requiring a diverse set of skills.

Collaboration

An overall tourist experience involves more than a recreational experience, for example a mountain bike excursion, involves transportation, accommodation, food services and more. Sometimes this is managed by one business alone, but most often in small towns the tourism product or experience works best with several independent businesses. Tourism product development will be more dynamic and successful when players in the community work together to invite, accommodate, and host visitors.



Success Factors for Rural Tourism

Tourism researchers have documented success factors for rural tourism development.

These factors include:

- Complete tourism package;
- Good leadership;
- Support and participation of local government;
- Sufficient funds for tourism development;
- Strategic planning;
- Coordination/cooperation between businesspersons and local leadership;
- Coordination/cooperation between rural tourism entrepreneurs;
- Information and technical assistance for tourism development and promotion;
- Good convention & visitors bureaus (DMOs);
- Widespread community support.

Building East Shore Tourism (BEST) is a provincially funded Enhanced Education Tourism Program initiated by a few core local non-profit societies and businesses. These partners have been working collaboratively to identify and categorize local assets and amenities while exploring changing tourism objectives, priorities, and market conditions with the objective to grow the visitor economy. BEST has identified and is developing several destination marketing opportunities and processes that will inform future implementation activities and support their effectiveness with the goal of increasing economic, social, and cultural benefits for the East Shore.

Do you have an interest in developing a tourism experience? The BEST team is offering support and resources to assist in the creation of guided adventure and cultural tours on the East Shore. If the answer is yes then please give me a call or send an email. I can be reached at: 250 505 6489 farleycursons@buildingeastshoretourism.org.

Building East Shore Tourism Assistants: Summer Student Hiring

Duties:

The Building East Shore Tourism Summer Staff will conduct in-person interviews with visitors at local locations like stores, the ferry landing or on the ferry, and at special events. Work will be centred in Crawford Bay but also may involve time spent in other communities or business locations anywhere in RDCK Area A.

Other job aspects: assist visitors with information about local points of interest to tourists including accommodations, restaurants, stores and craft studios, location of trails, parks, beaches, boat launches etc.- provide information about events happening or coming up. *Additional duties include* maintenance of displays in Crawford Bay Visitor Centre; helping distribute resources including survey materials to other locations in Area A; maintaining & submitting weekly time and activities records; and communicating to supervisor any problems or challenges encountered.

Qualifications

Must be/have:

- Currently enrolled as a full time secondary/postsecondary student and be pursuing full time education in September.
- Outgoing, confident and organized.
- Experience working with Microsoft Office products, other technologies/apps, competent in use of computer / tablet.
- Have or are willing to obtain World Host & Destination BC Visitor Center Counselling Cert. (can be obtained after hired);
- Good knowledge or willingness to learn about East Shore Kootenay Lake communities/tourism activity opportunities.
- Ability to work independently & exercise good judgement;
- Good written & verbal skills; bilingual an asset.
- Holding a driver's license and access to a vehicle may be beneficial, but is not an obstacle to applying.
- Persons of First Nations background encouraged to apply.

Building East Shore Tourism (BEST) is funded through the provincial Rural Dividend program and Area A (RDCK). The project will be administered by South Kootenay Lake Community Services Society (SKLCSS).

⇒ **Contract Position: 2 Students: 30 hours per week per student for 8 weeks.**

⇒ **Duration July 2, 2019 - August 24 2019.**

⇒ **Compensation: \$13.85 /hr**

Interested applicants should submit their resume and cover letter by email by June 1, 2019 to:

South Kootenay Lake Community Services Society.

Garry Sly, Administrator

Email: skootenaylakecss@gmail.com

Park Clean-Up Day is Happening!

by John Edwards

Our annual Park Clean-Up/Fix-Up Day is happening again on Saturday, May 11, and we invite all East Shore residents to come out and lend a hand in sprucing up our Crawford Bay Community Park for the upcoming season. We get a crew out to rake up pine cones, repair picnic tables and playground structures, and generally get things spiffed up for the Spring and Summer and Fall seasons ahead.

Crawford Bay Park has seen great usage in the past couple of years and this day gives everyone a chance to help out with the annual maintenance and make sure the place looks good – for residents and visitors alike!

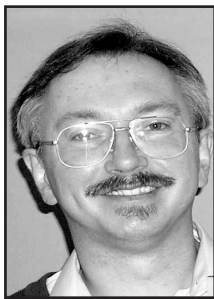
We’ll actually start this Year at Crawford Bay Hall at about 10:00 a.m. and clean up the grounds there a little before moving to the Park around noon, where a free lunch will be provided to everyone who comes out and volunteers. It’s always a fun social event, so please mark it on your calendar and come on out with your rakes, shovels, wheelbarrows, and carpenter tools, if you have some. This is your invitation!

Hope to see you there.



Seldom Scene

by Gerald Panio



This is a good time for animation. Streaming services have made access to animated films easier than fans could ever have imagined. The entire *Looney Tunes* collection is readily available on DVD. Japan continues to astonish us with the work of a new generation of directors such as Makoto Shinkai (*5 Centimeters Per Second*, *Your Name*) and some unforgettable titles (*Let Me Eat Your Pancreas*, *GYO: Tokyo Fish Attack*). France keeps catching us off-guard with unique films such as *Persepolis* and *April and the Extraordinary World*. Wes Anderson has stepped boldly into animation with *Fantastic Mr. Fox* and *Isle of Dogs*. Canada's own National Film Board continues to be the home of Oscar-winning short filmmakers such as Alison Snowden and David Fine (*Animal Behaviour*).

And then there's Pixar Animation Studios. With 19 Academy Awards to date, Pixar has built on the strength of its franchises (*Toy Story*, *The Incredibles*, *Cars*, etc.) and outstanding individual works such as *Up* (2009) and *Coco* (2017). It's the latter I'd like to focus on in this month's column.

Coco won Oscars for both Best Animated Feature Film and Best Original Song. I can't say that the song nomination particularly impressed me, but I certainly wouldn't argue about *Coco*'s winning the prize for best animation in 2018 (even though one of the films running against it was Canada's own *The Breadwinner*). If *Coco* had offered nothing more than 12-year-old Miguel's great-grandmother's face, seamed and lined with several lifetimes of pain, dignity, resilience, and love I would go back to the film again and again like I would to a favorite piece of music. If there were a Mount Rushmore for salt-of-the-earth people rather than presidents, Mama Coco's face would be on it. The artistry that brings her to life is breathtaking.

Thankfully, she's given a story worthy of her. In these times when the various media bombard us with images of greed and intolerance and spite and pettiness, we need all the stories of love and redemption that we can get. *Coco* starts out with the young Miguel rebelling against his family's blanket ban on any form of musical expression—a ukase stemming from Miguel's great-great grandfather's apparent desertion of his young wife and child. That great-great grandfather was a guitar-playing mariachi, and the family, led by the formidable, shoe-wielding grandmother, wants no reminders of the painful past. Through hard work over three generations, Miguel's family has built up a home-based shoemaking business that's now a source of pride. No one knows that Miguel practices guitar in secret in front of a hidden altar to Ernesto de la Cruz, an enormously popular actor/singer from Mama Coco's generation.

Like all of the other families in the town, Miguel's

is preparing for the Día de los Muertos (Day of the Dead) celebrations. A time of both sadness and joy, ofrenda altars are set up in homes, with food and flowers and images of family members to be remembered with festive visits to cemeteries. Offerings on altars and graves are invitations to the dead to revisit their mortal homes. During the course of the preparations, a minor accident leads Miguel to believe that Ernesto de la Cruz is actually his much reviled great-great grandfather, and that his (Miguel's) true destiny has nothing to do with shoemaking.

The sudden revelation of Miguel's secret musical life comes as a shock to the family. Grandmother does a Pete Townsend on his cheap guitar. His parents tell him it's time to take up the family trade. Refusing to accept the dismissal of his dreams, Miguel runs away from home. He ends up in a shrine dedicated to Ernesto, where something happens to shift him from the mortal plane onto that inhabited by the skeletal spirits of the dead. These spirits, in particular those of his departed family members who are visiting the town for Día de los Muertos, are astonished to see a



living boy in their midst. Miguel is now invisible to his living family. Somehow, he must find his way back before his flesh fades and he, too, becomes a ghost.

Of course, it's not going to be easy. There are secrets to be uncovered, the Land of the Dead to be explored (where some of the architecture looks like an even grander version of one of those grand

late 19th century glass & steel European railway stations), spirit guides to be contended with, and new travelling companions to be embraced.

One of these companions is a hopelessly bumbling street dog named Dante. Dante, whose missing teeth leave his tongue perpetually flopping outside his muzzle, is a wonderful creation. The animators modeled him after a very old breed of hairless Mexican dog, several examples of which they brought back to the Pixar Studios for observation. He's the perfect sidekick—utterly devoted to Miguel, boundlessly enthusiastic. The only Bonus Feature on my *Coco* DVD, aside from a commentary track, was devoted to Dante. A star in the making?

Miguel's second sidekick in the Land of the Dead is the hapless Héctor, a good-natured loser with a bit of beatnik look. We first meet Héctor trying to scam his way across one of the magnificent marigold bridges that connects his world to Miguel's. No one has placed his photo on an ofrenda back home, so he can't cross the bridge. Even worse, he's slowly starting to blink out of existence entirely as he fades from the memory of the only living person who still thinks of him. Héctor needs Miguel to save him from oblivion; Manuel needs Héctor to get him to Ernesto so that he can learn the truth about the past and find a way back to the land of the living.

One of the true joys of *Coco* is seeing Mexican culture front-and-center in an American film. And in a story that has nothing to do with the brutal violence of drug cartels or the harrowing trials

of refugees on the U.S.-Mexican border. *Coco*'s world is one of pathos, but is also full of laughter, music, rich tradition, and family bonding. We could use more of this side of modern Latino culture. How about a Latino *Simpsons* or a Mexican *Kim's Convenience* or a good Spanish Catholic sitcom?

Or maybe these shows are already out there and I just haven't heard of them? Let me digress for a moment. I've only recently discovered that typing in "Spanish" in the Netflix search box pulls up a whole world of Spanish movies and TV shows. I'm currently on the second season of *El Ministerio del Tiempo*, a wild fantasy ride through Spanish history. And on a friend's recommendation, I've also just begun watching *Elite*, a Netflix series set in a private Spanish high school. Netflix allows you to watch these TV shows or movies in the original language with the subtitling of your choice, or in dubbed versions in the language of your choice. Very cool.

But back to *Coco*. The film has a glorious palette of primary colors, as well as the rich golden orange glow of the marigolds so essential to the ceremony and symbology of Día de los Muertos. Most colorful of all is the giant winged jaguar which is the film's most spectacular *alebrije*, or spirit guide, and harkens back to the potent jaguar figures of the God of Dead in Mayan mythology.

Animation on the level of *Coco* is the work of literally hundreds of artists, technicians, computer programmers, designers, and production crew. I'm enormously grateful to every one of these people, as well as to co-directors Lee Unkrich and Andrew Molina, the writing team, and all of the actors who provided the voices of the characters. ¡Muchas gracias, todos! As long as animated films continue to give us iridescent jaguars, venerable great-great grandmothers, gregarious ghosts, impossible dogs, and believable 12-year-old boys, in stories that foster empathy and that cross cultures, we have at least one corrective for the poisonous self-interest that's becoming the new norm.

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Riondel Arts Club

by Sharman Horwood

After a quiet winter, the members of the art club are busy at the moment preparing for a new show at Bob's Bar & Grill. The pub opens on May 1st and we will be displaying new work there. (Thank you, Bob and Wendy!) Please drop by to see what we've done. Let us know what you think.

Gerald Panio won't be offering his Tuesday afternoon art lectures until the fall. We are all looking forward to them resuming at that time.

The art club is still holding an Open Studio on Mondays and Tuesdays for anyone who wants to drop in and work in the art room, be it in mosaics, painting, or drawing. There is a drop in fee of \$10. Everyone is welcome.

Have a creative spring, everyone. I look forward to seeing what all of you do, either in Riondel or in the East Shore area.



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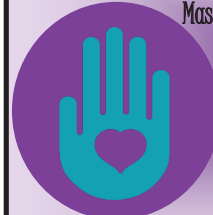
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pebbles by Wendy Scott

THE STORY JAR

What do we put in mason jars other than memories of summer – the sweet strawberries, tangy rhubarb, and deep red raspberry jam – all these to be discovered anew when the world is tucked under winter's chilly blanket – what else? Why pebbles, of course – multi-coloured, round, smooth, rough, gray, white, black, blue pebbles.

Jane Seifrit had such a mason jar. She collected pebbles from the beaches of her Kootenay lifetime. Little stones from Six Mile and Willow Point brought back the smell of apple blossoms and the shape and colour of ripe apples in the fall; pebbles from Riondel's North Bay added their colours and shapes until the jar was in danger of an avalanche of memories. Jane tumbled her pebbles. A smooth, round handful spoke to Jane of the Sally Anne Thrift Shop in Trail; Fruitvale's meat market; the Horseshoe Bay Ferry; the Sunshine Coast and that unexpected adventure in Thailand.

About this time of year there's a possibility that you will have visitors and there's a good chance that your visitors – especially any small ones – will rush off to the beach and then, as evening falls, reluctantly return with a pocket full of pebbles – or maybe a canvas bag-full and you will be faced with a dilemma of tears and must lend your visitor another bag for all the marvelous birthday gifts she found yesterday at Riondel's Circle of Friends Craft Shop.

But there's one more day to fill before she departs for home and that will involve the requisite Crawford Bay tour, and the necessity of yet another canvas bag.

When you pick a pebble from a beach, it fits into your hand and becomes a rosary of sorts—a worry bead—a talisman and unless it is tossed back immedi-

ately to the beach it will turn up on a windowsill, on a bookcase, a nightstand, a kitchen counter, bathroom shelf, desk drawer, but it will not return to that beach. You might as well give up and start that mason jar right now.

The Atlantic Ocean has tumbled Canada's East Coast beaches since before the Mi'kmaq Indians became caretakers and long before they greeted and guided white sailors from across the sea. The ocean has obeyed the moon's decree and brought very high tides to Cape Breton and Nova Scotia and scattered tiny pebbles and shells the size of a child's fingernail on the long white sand beaches.

As a child I attended a birthday party where one of the gifts was a box covered with such shells. I did not know which exotic shoreline gave birth to those multi-coloured gems, but I would secretly covet that box, then not so secretly scatter hints for the next few birthdays and Christmases until fuzzy mohair sweaters, rhinestone bracelets, and a transistor radio (yes it was a while ago) took over. At the time I knew nothing of the beaches that hosted those tiny technicolour gems.

But before that box came almost within my grasp there was a heap of pebbles that will remain as my fondest and earliest memory of a special, hidden place. The property – 2/3 of an acre at Cedar Cottage in Vancouver – was enclosed by a tall wooden fence. My secret place was hidden behind three long rows of raspberry canes in the back corner beside a pile of pebbles as high as the fence. I've no idea where they came from or why they were in that spot, but I do know they remained for at least sixty years after I left Cedar Cottage. Ten years ago, while visiting Vancouver, I was curious enough to stop by the property. A townhouse complex had replaced the original beautiful three storey home, but on that day I could not leave without looking in that back corner. What a strange feeling – everything around me was unfamiliar, but there in the

corner the pile of pebbles remained. I laughed, tears threatened, so I sat in the corner, beside the pebbles and let the memories flow.

Childhood can take on odd dimensions when viewed from a distance of decades. It's best to be selective and enjoy the good bits. I found my corner; held the warm stones in my hands; listened to the past; put back the pebbles and moved on.

I never did receive a shell-covered box, but I know the pebbles of my childhood – those ancient bits of volcanoes, landslides and earthquakes are secure, as eternal as a pebble can be, and unique. And very soon, as the weather warms, I'll take a walk to the Riondel beach and maybe start a mason jar of my own.

*But you never knew
until you passed through
some of your own doors
how things looked
from the top of the stairs*

-Tereus Scott

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Smarter Than Jack or Jill

by Sharman Horwood

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

The Strange Loves of Hummer and Ziggy

I have always been fascinated by stories about unusual relationships crossing between animal species. Sometimes they are with humans, and sometimes with other animals: a dog who believes he is in love with a goose, for example, or an elephant seal that pursues romance with a cow. This could be because of intelligence, or just natural curiosity and empathy.

Most animals don't want relationships with other species. However, the ones that do are some rather unusual characters. In one case, several years ago in the U.S., a farm goose developed the opinion that it was in love with a dog, a rather large German shepherd. The farmer had to routinely rescue the dog from the goose's advances, which looked as rough as they were persistent. The goose's had great enthusiasm, given that the dog was a good deal larger. But the goose would chase the German shepherd, corner it, and—quite literally—cuddle up to it, wings flailing about the dog's face and sides, terrifying an animal that knows it isn't allowed to fight back; it's duty is to protect the animals on the farm. The goose had to be . . . persuaded to stop and the dog would safely and swiftly slip away.

One other rather unusual animal mis-love was in New Zealand. In many places on the New Zealand coast there are areas where farmlands come very close to the shoreline. The persistent suitor this time was a rather confused elephant seal that had become infatuated with a cow. Needless to say, the cow had to be rescued.

However, some strange relationships are quite successful. Hummer and Rex are one pair in question. Rex is Ed Gernon's adopted dog in California. Rex had lived on the streets and was entirely feral. He fought over food with other strays and was known to kill cats. He was taken in by a shelter where Ed first met him. Ed was looking for a companion. The shelter tried to discourage him because the dog was so wild. However, Ed did adopt him and the two became close friends.

One day, when Ed took Rex for a walk—as he normally did—the dog stopped at one spot and wouldn't move. Ed looked at what had captured Rex's attention, and it was a tiny little hummingbird that he presumed was dead. It had no feathers and was covered in ants. Ed felt sorry for the bird but started to walk away. However, Rex wouldn't leave it. Eventually, Ed picked up the bird, probably thinking he would bury it, but found that it was still breathing. He felt he had to give the poor creature a try and took it home where he cleaned it up. He held its beak in sugar water and the bird started to eat. From then on, Ed fed it, every fifteen minutes. After a few days, the small creature was clearly starting to recover. Eventually, it was flying around the house, bathing in Rex's water bowl while it waited for Rex to finish eating, then spent the rest of the day flying around the dog, teasing him, but always staying near him.

Ed opened the windows, thinking Rex's new friend Hummer would be leaving and joining its own kind. However, so far it hasn't. It stays near Rex, and will even briefly sit in Ed's hand, quite happy with its new, safe home. Ed maintains that he rescued Rex, and then

the dog rescued the hummingbird that now has sort of saved all three of them.

The same can be said of a film producer, Paris Zarcilla, based in London. One morning he woke up to find a cat had wandered in and given birth to a litter of kittens underneath his bed. Paris didn't have any pets, either cat or dog, and to this day doesn't know why this mother cat chose him. He had never seen her before. But she did, and he fell in love with the kittens and with the mother cat. He says, "I may have learnt more about myself in the past four weeks than I have in the past four years." At parties he finds himself repeating the story to parents of small children, comparing the two, testifying to the kittens' remarkable progress. However, he often finds the other "parents" drifting off and he's left sitting alone. He's still proud of the cats just the same.

My favourite story, however, is less complicated. It is about Ziggy. Not long ago, Andrew Falloon, a New Zealand MP, posted a picture on his Twitter account. In it, his elderly father is laying on a sofa, fast asleep. Across his chest is a large striped tabby, comfortably sprawled across the man, sound asleep as well, his paws tucked firmly into the man's hand. The Twitter caption says, "My Dad is recovering from an operation. Mum went out and left a door slightly ajar. My parents do not have a cat." Later they learned the cat was Ziggy, a moggy from a house in the neighbourhood.

I find these stories fascinating because I think it displays a certain form of intelligent behaviour by Rex and by Ziggy as well as the London mother cat. The emotional confusion of the elephant seal and the goose are of course not rational; something in their brains is at fault. However, it takes a bright animal to know and trust a human, or to know that this smaller creature—the hummingbird—can be rescued. Their choices might have taken a bit of thought, and the world is better for it.

For the Love of Genre

by Sharman Horwood
Diverse Worlds

The two books I've chosen this month are *Children of Time* by Adrian Tchaikovsky, and *The Blessing Way* by Tony Hillerman. Tchaikovsky has written several successful fantasy novels. Hillerman, on the other hand, has authored many mystery novels centred on the Navajo tribal culture in New Mexico, all of them well-written and interesting. Both novels deal with very different themes—in one space exploration and colonization, and in the other the isolation and traditions of an indigenous culture.

Children of Time by Adrian Tchaikovsky won the 2016 Arthur C. Clarke Book of the Year Award. It is well thought out, and the premise is extrapolated in fine, logical detail.

In this novel, the human race has left Earth. The planet has become too polluted to sustain life anymore, and the natural resources are depleted. As a result, Imperial humans have waged war to survive, and in the end the only way they can do so is by leaving the planet, and the solar system. The colonies on Mars and Europa are no longer sustainable, and they, too, have failed. Earth sends out several spaceships in different directions, each with 500,000 humans on them. However, this is a long term plan: a few hundred years before, Earth sent out ships staffed with small scientific crews capable of terraforming planets. They also carried plants, animals and insects to populate the worlds once the terraforming was completed. The result is that when the human colonists wake from their deep hibernation, they will be able to survive; the planet will have the same biodiversity as Earth's.

Of course, not everything goes as planned. On one planet—Kern's World—the initial terraforming steps go well. The atmosphere is changed, the oceans are pre-

pared, but the capsules carrying the higher primates—the monkeys—crash to the planet's surface. Only the plants, insects, and stomatopods (mantis shrimp) for the ocean survive. Over the subsequent thousands of years, as the planet waits for the human colony ship, these creatures thrive. Dr. Avrana Kern engineered a virus that has infected the creatures' genes, implanting in them a natural urge to evolve towards intelligence. Unfortunately, the creatures that benefit from this are the jumping spiders. I say unfortunately, because Kern's World becomes less receptive to humans as a result. When the colonists arrive, they are appalled by the spiders' growth and strength. Further, the orbiting space station set to overlook the planet has developed issues of its own. One of them is Dr. Kern herself in hibernation. She has set the space station to protect the planet at all costs, and prevent any further colonization without recognizing that this would prevent humans from landing on this world.

Tchaikovsky meticulously details the development of a social structure among the spiders that has similarities to human development and evolution. They go through comparable stages as they mature into a modern technological species. He particularly focuses on spiritual development, and is suggesting that with intelligence comes belief systems that aren't necessarily based on fact.

In some ways he is successful. The book deserves the Clarke Award. His knowledge of spiders and ants is amazing. I did come away from the book with a little more sympathy for spiders in general, though I must admit I'm still not fond of them; nor of ants. However, I was disappointed in his view of what would happen to humans who, because of Kern's resistance, and because of the deterioration of their ship's systems, are forced into surviving a generational starship on its journey through space, coping with an unexpected means of surviving until they can reach a planet.

The second novel I want to talk about is *The Blessing Way* by Tony Hillerman. Though the novel's cover calls the book a "thriller," it isn't. It is a murder mys-

tery with a complicated plot. Hillerman is famous for his stories about the Navajo people, and this is one of his first. He tries to examine the boundaries of Navajo beliefs and the effect that has on their lives in New Mexico. Sometimes these depend on the relationship of the people with the land, what I think is a significant character in the narrative. Another key presence in the novel is the Navajo Blessing Way.

The Blessing Way is a spiritual practice intended to preserve the stability and harmony in their lives. According to Wikipedia, "one half of the ceremonial complex is the Blessing Way, while the other half is the Enemy Way," both bringing about that balance central to Navajo beliefs. The rituals and prayers are intended to bring "healing, creation, harmony and peace." They are performed with songs and rites that take place over a number of days, recounting the complicated Navajo creation tale.

Joe Leaphorn, a tribal policeman, learns of a dead body found in the harsh New Mexican back country, its mouth filled with sand. The corpse was placed there after having been killed somewhere else. The dead man's hat has disappeared, and Wolf Witches are sighted in the area. Some of the Tsosie family sheep have been killed. They host a Blessing Way to drive the Witches away.

At the same time, visiting anthropologist Bergen McKee and his colleague, J.R. Canfield, set out on a field trip into the Lukachukai Mountains, among the canyons of the west slope. Dr. Canfield goes missing, and Joe Leaphorn sets out to find him as well as solve the murder of the young Navajo man. In the process, the experience becomes a spiritual journey for the policeman.

Two different types of genre: mystery and science fiction, yet both respectfully examine two alternate ways of living. The spiders and human colonists present interesting yet different viewpoints on space exploration. The Navajo beliefs in Hillerman's novel are also fascinating. Both novels are thought-provoking, and well worth the read.

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**Lindero
News & World
Report**

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

Mayday! Mayday!

Somehow it has turned into May. Linderoians are sweating in their woolens, taken by surprise like the extinct Woolly Mammoth with a mouth full of buttercups discovered entombed in permafrost. "Holy cow," we exclaim, likely quoting the mammoth, "It's warm!"

Now that we're aware that, overnight, we're a month behind in our gardening, our thoughts have turned to the perfect all-season hobby: complaining. Your faithful investigative reporter is caught like the rest of Lindero in the melting permafrost of a mountain of house and garden chores so has resorted to the voluminous "Dear H. Porpoise" mailbag for spring inspiration. Yes, eager correspondents, I've been amassing all your emails, tweets, snailmail, snails (two of them. Why? Why?), telephone messages and sticky notes attached to my windshield. You'll be chuffed to know, your time has come! I'm poking my barbeque fork deep into the overflowing recycle bin of your precious feedback and airing your views, answering your questions, truly communicating with you, the valuable Reading Public, be you critic, confident, soul-mate, crank, or, dare I say, fan. Have at it, folks.

The first mangled missive is from Marcel McLeodovich, from "somewhere outside of Lindero", who writes:

"Hey H. Porpoise, How come you never cover hockey?"

What a wonderful letter, Marcel. It's immensely gratifying to hear from my legions of avid readers. Democracy, the foundation of our society, relies on people like you who support journalism. I hate hockey.

The second submission is from Sandee Stretchwater, from the East Shore:

"Dear H. Porpoise, Do you know where I can buy a good used sump pump?"

It's so good to hear from you Sandee. Inquiring minds seek answers. You've come to the right place for me to tell you: you've come to the wrong place. Try the *Buy n' Sell*.

The third letter comes from Freddy Sue DeCray from "north of Cresstown", who asks:

"H. Porpoise, You posted some recipes awhile back. They were awful. Will you be doing this again?"

Thanks so much for taking the time to write, Freddy Sue. No plans for more wonderful Lindero recipes at the moment. Was it you who put the snails in my mail slot?

Fourthly, a brief note from a member of the Lindero Hysterical Society (on hiatus), Delwina Carlyle:

"Dearest H. Porpoise, We at the LHS (on hiatus) adore your historical references. In fact, we prefer them to your present-day reporting. Please stay in the past."

Delwina, it's always so wonderful to hear from a fellow Lindero history buff. I'd be more than happy to live entirely in the past. Wouldn't you?

And, lastly, a tweet from Twarma Twither "just down the lake":

"H. Porp. whatever happened to the packrat prediction."

Yo TT. I'm delighted that you remember my piece

of cutting-edge investigation on Lindero Linder, our very own "Groundhog Day" prediction rodent (packrat). In return, I tweet, "Packrat Linder says "Fated to live in interesting times. Buy umbrellas."

And with that, faithful readers, I bid you "To Do". Get with the list.

[Filed by Lindero correspondent H. Porpoise]

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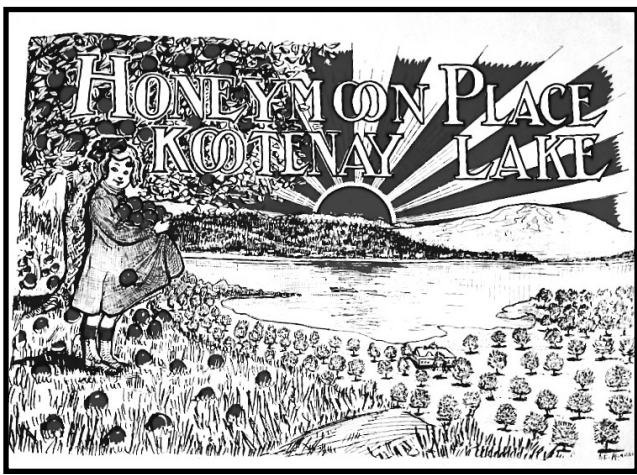
Tom's Corner

by Tom Lymbery

AN APPLE A DAY

I never thought that we would ever BUY apples when we were growing up as our orchard produced apples to ship in 40 lb wooden boxes. We stored enough boxes of these in our rootcellar and had enough to last until the Transparents were ready to pick next season in early September.

We grew some MacIntosh but these tended to scab easily – particularly in a wet season. Our largest crop were Wagners – a later cooking variety. Johnathans were my favourite apple to eat – a smooth red that stayed clean of scab most years. But these were a small apple intended for the market in England.



Who could resist this charming little apple picker ad by fruit land promoter (and huckster) Honeymoon (Fred) Harris for land near Garland Bay north of Riondel. Harris briefly rode the crest of a wave of promoters to attract would-be fruit growers to Boswell, Gray Creek, Crawford Bay, and beyond, in the years before WWI. Excerpt from a Kootenay Magazine ad ca 1911, courtesy Derek Pollard

In 1941 John Wolfhard was picking and packing our apples and because the quality was so good he couldn't resist packing and shipping 40 boxes that were too small to make grade. When the freight truck took these to the Associated Growers warehouse in Nelson, Bob Foxall got back to my dad, suggesting that if wrapped they would make the extra fancy grade they needed. This was done and Foxall had them shipped overseas. However the freighter ship was torpedoed so we were out all the costs – box, packing, freight to Nelson, re-wrapping and onward freight – so we were out a total of about @1.60 times 40.

When my dad first had fruit to pack and ship he had to try and find a grocer in Calgary or Lethbridge who was honest – a problem as it was all too easy to say that the shipment was received in unsaleable condition. So he was very pleased to join Associated Growers – a division of BC Tree Fruits who undertook to sell your fruit for you – who paid when they had sold it. So with apples Associated would give an advance in February but not the final payment in April or May.

Cherries had to be shipped as fast as possible and each crate would be weighed and inspected in Nelson and then shipped by CPR Rail in reefer cars, cooled by ice. For these you got your cheque in September as long as there had been no claims. In a wet year there might be a cherry rot that didn't show up until the crates were on their way.

We picked and packed all our fruit – if it had gone to a packing house we might have had a bill instead of a cheque. We picked in the cool of morning, packed in the afternoon and shipped them on the special daily Nelson – Creston transport's Cherry Truck which

caught the 4.30 pm Nasookin to Frasers landing (about 2 miles west of Balfour) we picked into 5 pound lard pails, hooked on your belt and hopefully 6 brim full pails would sort out to fill 4 full to the brim tin top baskets in a wooden crate. We had a wooden board with slots to hold 4 cardboard sides into which we faced the cherries with no stems visible. Put the basket over the package, turn it upside down and you had a beautiful red faced basket. Check to see there are no split or defective cherries and replace them, making sure that the fruit is tightly packed to survive its shipping trip. When the top was nailed on it had to hold the 4 baskets of fruit tightly.

Moreover cherries produced some very valuable cash for Gray Creek in the Great Depression and for the teenagers in the picking and packing crews. Len Clark shipped at least 1000 crates of cherries each season and Norman and Amanda Anderson 700, while the rest of us less than 100 depending on how many trees we had. But I still believe that an apple a day keeps the doctor away.

TOM SEZ 2019

by Tom Lymbery

That pink flowering cherry near the store opened April 25 this year.

When did the electric car charging station at Kootenay Bay ferry landing open – no Opening Ceremony?

Somehow making an emergency 911 call to Kamloops takes much time because the operator doesn't know where you are calling from – can't they access Google Earth? Another example of this happened recently, close to Creston when Beth Richards needed the ambulance.

For a greater tomato crop you can plant seeds directly into your garden – slightly later to ripen but a greater volume of tomatoes. Christy has some small fruited yellow tomatoes that volunteer each year.

Retired Senator Nancy Greene Raine has sponsored Bill S-228 which will restrict industry from marketing food and drinks that are high in sugar, sodium and saturated fats to children 12 and under. But the food industry is producing strong opposition and lobbyists are pushing the senators hard. If the bill passes it will protect children from obesity, high blood pressure, type 2 diabetes and more. Please cut back on salt, whatever age you are.

Three Forks – a long gone town at the turnoff to Sandon has sprouted a business – Kootenay Custom Auto Repair at 122 Silver Street. We hope it produces gold for the operator.

Kimberley is again this year selling a bucket with a seed potato for \$10 – and there's a prize for the biggest quantity of potatoes donated to the Food Bank.

When did steel belted tires come in? I can remember how we used to sell patches for those whose tires had a hole in the sidewall.

New word that I thought was a misspelling – NGLAMPING as in Wedgwood Manor a Glamping Experience. It must really mean Glorious Camping as it includes exotic amenities. Looking at their website I am glad to see that the bedframe is still in use that we contributed to John Edwards – it was given by Commander Harrison as a wedding present when my parents married in 1921.

"Climate change should NOT be a partisan issue. It effects us all. I hope you will take a moment to read this." – Kim Charlesworth, former Nelson-Creston Green Party candidate

submitted by Mary Donald

BC Enables Landmark Emissions Source Same Week Report Finds Canada Warming at 2X Global Rate

April 4, 2019 - VICTORIA, B.C. Today, the BC NDP and BC Liberals passed into law tax credits and the fiscal regime for what will become the single largest point source of carbon emissions in Canada's history two days after a government report confirmed Canada is warming at twice the rate as the rest of the world, with the North, the Prairies and northern British Columbia pushing to nearly three times the global rate.

"This legislation is not only lacking vision to bring BC into a competitive economic future, it is compounding the massive challenges we have before us today in the form of extreme weather events: massive fires, droughts, and flooding," said Dr. Andrew Weaver, leader of the BC Greens and award-winning lead author of four United Nations Intergovernmental Panel on Climate Change reports. "The BC NDP and BC Liberals are together sending BC down the wrong path with new fossil fuel subsidies and the expansion of the oil and gas sector while much of the world is transitioning to a clean economy based on innovation and sustainability.

"Our caucus used every tool at our disposal to oppose this legislation. We forced 14 votes in order to give MLAs repeated opportunities to stand up and vote against this bill, to vote with their conscience, and to question whether this was the path they support our province pursuing. When the BC Liberals brought forth an amendment to the bill itself, our caucus chose to abstain; we will take no part in debating, passing or defeating an amendment on a piece of legislation we fundamentally oppose. Every MLA who felt conflicted in supporting giving massive tax breaks to what will become the single largest point source of carbon emissions in Canada's history right after endorsing Clean-BC's objectives to reduce BC's emissions, should have voted against this legislation."

The BC NDP have ignored the rising economic costs of the environmental impact from the increase in floods, forest fires and drought that this project's emissions will contribute to when they talk about its potential benefits. Last year, BC's forest-fire spending increased from an average of \$214 million to \$568 million. Floods cost \$73 million last year and studies show a major Fraser River or coastal flood could cause damages up to \$30 billion.

"What is so disappointing about the passage of this bill is not only that the costs will fall squarely on communities across the province - but that there is a viable alternative in front of us," said MLA Sonia Furstenu of Cowichan Valley. "Rather than put our effort into working with communities and First Nations across the province to implement an economic roadmap that increases their resilience to climate change, we have yet another government that has worked hard to aggressively secure tax cuts for a new major fossil fuel development."

"There were 83 legislators from both the BC Liberals and BC NDP who supported a project that will pollute until after our children have retired," said MLA Adam Olsen. "Now, more than ever, BC needs the Greens to be here in government. We may just be three MLAs, but we will continue to do everything in our power to set BC on a sustainable course. We must allow science to inform our policy if we want to ensure our children inherit a world worth living in."

Canada's Food Guide New and Improved

Submitted by Emily Kantymir and Madison Fox, 3rd Year Nursing Students at Selkirk College

A poor diet is one of the three leading risk factors for disease such as heart disease, Stroke and Diabetes. Diets high in sodium, free-sugars, saturated and trans fats contribute to these disease.

The new Canada's Food Guide has therefore focused on changes that support the reduction of foods that contribute to illness and disease.

Much like the old food guide, the new food guide aims to promote healthy eating and overall well being by consuming vegetables, fruits, whole grains and protein foods regularly.

There are some noticeable changes and the following are key to better understanding and implementation of the updated food guide.

Portion Sizes

People were having difficulty following the recommended portion sizes, as food servings required food to be measured or weighed. Now, the food guide provides a visual of what your plate should look like when you sit down for a meal:

- Half your plate for vegetables and fruit.
- One quarter of your plate for protein foods.
- One quarter of your plate for cheese and whole grain foods.

Eat your veggies

Vegetables are high in essential nutrients that are key to healthy bodily function, such as folate, vitamins A and C and minerals like potassium and magnesium. Vegetables and fruits are also high in dietary fiber, which help to decrease bad cholesterol in the body and reduce your risk of cardiovascular diseases.

The food guide suggests that your vegetables can be sourced from frozen, dried, canned or fresh as long as you are eating them. Fresh is best however when vegetables are available in various packaging it makes vegetables more accessible to remote communities and budget conscious individuals.

Decreasing Animal Proteins

Protein is essential for your body to build and repair tissue and is the building block of bones, muscles, cartilage, skin and blood. One of the biggest changes to the new food guide is the suggestion of reducing animal proteins and incorporating more plant-based proteins. The types of vegetable based proteins suggested include: legumes, nuts, seeds and tofu.

The food guide advises that when eating meat or animal based proteins to chose healthier options. This can include fish, shellfish, eggs, poultry, and lean red meat including wild game.

Two reasons to incorporate more plant-based protein in your diet

- Animal based proteins can be high in saturated fats. By reducing our consumption of animal proteins, it helps to reduce saturated fats.
- Vegetable based proteins are high in fiber and this helps decrease bad cholesterol. In turn, this can

lower your risk of heart disease, strokes and other diseases.

Dairy

Dairy no longer has its own section and has been grouped with the protein section. Just as the food guide aims to reduce animal proteins, this applies to dairy products as well. It is suggested that choosing dairy products like lower fat milk, lower fat yogurts, lower fat kefir and cheeses lower in fat and sodium can reduce the amount of saturated fats in our diets.

Whole grains instead of refined grains

Whole grains are high in vitamins and fiber, compared with refined grains. As an example, steel cut oats would be a less refined option compared to minute oats for breakfast.

Glass of Water

Some foods and beverages contribute to water intake but also contain added sodium, free sugars or saturated fat. Water supports good health and promotes hydration without adding extra calories to the diet. By replacing soda pop and fruit drinks with water, you may decrease your intake of these substances.

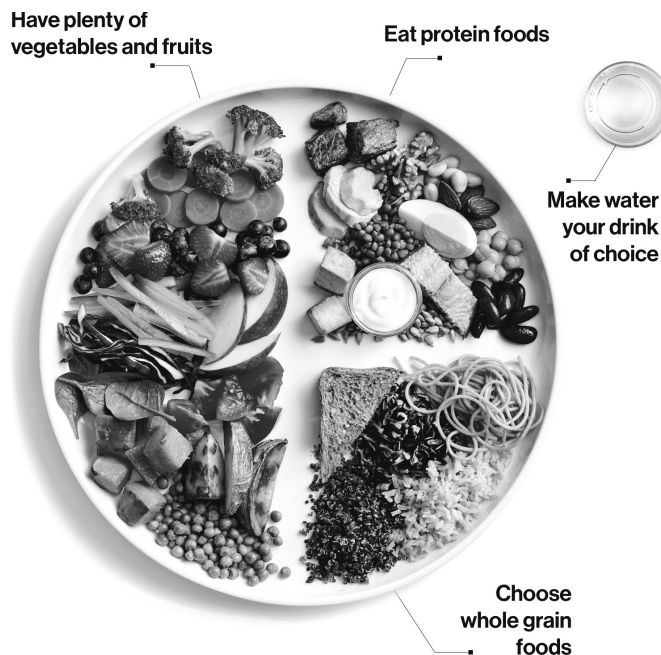
Additional guidance from Canada's Food Guide

-Adults should aim to get 150 minutes of moderate to vigorous aerobic physical activity a week. This can be done in as little as 10 minutes at a time, throughout the day.

-Saturated fats are solid at room temperature, found in meats; butter and dairy products and can increase bad cholesterol (cheese, butter, coconut oil).

-Unsaturated fats are liquid at room temperature and increase good cholesterol (olive oil, vegetable oils, avocados, nuts).

<https://food-guide.canada.ca/en/>



Come One, Come All! Sunday Soccer Players Needed!

by John Edwards

Yes, it's that time of year again when the green grass is growing on our Soccer field at Crawford Bay Park, the nets are out of storage and on the goalposts, and we need an enthusiastic bunch of people of any ages and skill levels to come out and get Sunday Soccer going again!

Sunday Soccer has been happening in Crawford Bay since around 1980 – 39 years of soccer fun – but it was dwindling from lack of players last season and we need to pump it up again and get it thriving. It's wide open to whoever shows up at 2:00 on Sunday afternoons, be they men, women, girls or boys - from late April through October. If you're a big enthusiast, you'll be welcome to come play on our East Shore United rep team as we travel to tournaments throughout the Kootenays, which are always a lot of fun, and in our King O' the Balls home tournament, usually near the end of August.

Sunday Soccer is just about having a fun afternoon, though, and you don't need any special soccer skills to have a great time. Some of us have been coming out for the full 39 years now, and we still enjoy it as much as we ever did, (though we're substantially slower!). After warming up for a while taking shots on goal, we form a big circle on the field and number off 1-2-1-2-1-2..... then the ones go to one end, the twos to the other end and the game kicks off. No pesky referees to bother us, just honour system to play by the rules as we know them, and it works just fine.

So maybe you've never even played a game of soccer in your life, or maybe you're a super star – it doesn't matter – just come out and play! You'll meet some new friends and have a whale of a time.

Looking forward to seeing you! Sundays at 2:00!

The Fitness Place

Fitness Place Supervised Hours :

Mon-Sat, 8-10am & Mon-Fri: 6-8pm

For more info or to sign up for the key card program, please contact Julia Kinder at eastshorefacilities@gmail.com or 250.777.2497 (email is preferred)

Featured New Equipment:

Bosu Ball! Known industry-wide for training balance, enhancing flexibility & delivering effective cardio workouts.



GRAY CREEK PASS REPORT

by Tom Lymbery

Only two months to go until the EPIC 1000 CYCLE RACE. Since we are well along the 1000 km route we will never see cyclists trying to pass -- instead this is a race you watch on line as each racer's position is visible on your screen.

We hope the pass will be mostly clear of snow before these highball cyclists come through on June 30/July 1. It was last year so it may well be in 2019.

May 2019 Mainstreet 15

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Holistic Health Tips

by Kim Young

Four Easy Ways to Reduce Stress This Spring

If you ask what is the single most important key to longevity, I would have to say it is avoiding worry, stress and tension. And if you didn't ask me, I'd still have to say it. - George Burns

Many people look forward to spring as a time to renew and refresh - and after a cold winter, we look forward to longer days and warmer temperatures.

BUT, there are a number of reasons why you may find yourself frazzled at this time of year. Holiday debts are starting to show up on your credit card statement. Taxes are due. What are you going to do with the kids during spring break?

Everyone deserves to feel happy and excited as you say goodbye to yet another winter season. As spring rolls in, here are a few tips for reducing stress that can help you enjoy this season of renewal and growth.

Start the Day with a Healthy Breakfast

Over half of Canadians skip breakfast once per week, and more than ten percent never have it at all. While skipping your first meal of the day may save a bit of time, in the long run you may pay for that extra time with your health.

Starting your day with a good breakfast will help keep your blood sugar stable, jumpstart your metabolism, increase your energy levels, promote brain function and keep your heart healthy.

Make it a goal this spring to have something healthy to eat at the beginning of your day. Once you get into the habit of eating breakfast, it will be something you actually look forward to.

Spring Cleaning

The cold and dreary winter months drag in all sorts of dirt and grime. Spring is a great time to clean and refresh your living spaces. Open the windows and let the fresh air flow through your house. Add a vase full of fresh flowers and move a few pieces of furniture around for a new look in your home.

During your spring cleaning, take some time to remove items that you don't use or love anymore. Remember "one man's trash is another man's treasure". Make a point of donating anything that you no longer want or need. Having open space in your home will help reduce stress.

Get Some Exercise

Spring is a time to get out and get moving. Exercise is a great way to boost your mood, increase energy levels, and enjoy more restful sleep.

Go outside for a brisk walk and enjoy the fresh air, or sign up for an exercise class to get the season started off right with a commitment to your health.

If you have cardiovascular issues or other health problems, it's a good idea to speak with your doctor to determine the level of physical activity that's safe for you.

Take a Moment to Breathe

Deep breathing can lower your heart rate and reduce stress.

After you've done some exercise, go somewhere quiet and spend ten minutes focusing on your breath and allowing yourself some time to forget your worries and enjoy the warmth of the sun.

Spring is a time to refresh and renew. By following these helpful tips, you can reduce your stress levels and truly enjoy this beautiful season.

For more health and wellness tips, visit my website at www.kimyoung.ca and "Like" my Facebook page @hhtwithkim.

Kim Young is 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 Buster.



The Mainstreet is a community-written monthly newspaper that serves the communities of Wynnadel through Riondel and Balfour. It's available at the following stores for retail: Wynnadel Foods - Wynnadel, 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

Email: mainstreet@eshore.ca

Web: www.eshore.ca

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Making it Simple to be Protected Against Measles

IHA Press Release

April 18/2019: Following outbreaks of measles occurring around the globe, the Government of British Columbia launched a Measles Immunization Catch-Up Program to ensure children in B.C. are protected from measles. There are currently no active confirmed cases of measles in Interior Health.

As part of this provincial program, Interior Health is offering additional opportunities for children in the Interior to get caught up with the Measles, Mumps and Rubella (MMR) vaccine. Two doses of the MMR vaccine offers the best protection against measles.

Interior Health's catch-up program includes offering vaccine through school-based immunization clinics, drop-in clinics at public health centres, and through community pharmacists. The goal of this program is to ensure that getting children protected against measles is simple and convenient for parents across the region.

How can I get my child vaccinated?

The best way to start is to check your child's immunization records to ensure they are up to date. If your child has not had any or only one measles vaccine, there are three ways to get your child vaccinated against measles as part of the catch-up program.

School-Based Immunization Clinics

Clinics in schools offer parents a convenient and accessible way to have their child caught up with immunizations.

In the coming weeks, Interior Health will be offering MRR immunization clinics in approximately 400 schools across the region for students in Grades 1-12. One dose of MMR vaccine will be offered at these clinics to students who require a first or second dose. School clinics are expected to run from early May to June. A letter was sent to parents in April providing

information about the Measles Immunization Catch-Up Program. Consent packages will be distributed to parents/guardians of students in Grades 1-12 in the coming weeks.

Community Drop-In Clinics

Immunizations are also available at all community public health centres across the region for children in kindergarten to Grade 12 who do not have two documented doses of MMR. Normally, appointments are required. However, as part of the measles catch-up program, clinics have been staffed to accommodate drop-ins.

Drop in, or call ahead to schedule an appointment. Immunizations are available during business hours, Monday to Friday. For more information about the public health centre in your community and its hours of operations please visit <https://immunizebc.ca/finder>.

Community Pharmacists

Local pharmacies across Interior Health also offer MMR vaccines. Call ahead to ensure vaccine is available. If you have questions about measles, immunization, or your child's immunization record, please contact your local public health centre to speak with a nurse.

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Seniors Food Delivery Program

submitted by Fran O'Rourke

Riondel Seniors are organizing a food delivery program with Kootenay Gourmet in Balfour. It features the comfort food we enjoyed at the tasting on March 11. Delivery will not be immediate; food is ordered up to two weeks in advance and volunteers will bring it to the East Shore. Ordering will cut off on Sunday (May 12, May 26, June 9 etc.) to be delivered the following Thursday (May 16, May 29, June 13 etc.)

Food is prepared fresh for orders and vacuum packed to last two weeks in the fridge or longer in the freezer. If you are preparing for a surgery, if you have trouble cooking for yourself, or if you just want to add a little variety to meals, this is an option for you. When you are ordering, state whether you require home delivery and give your name, address and phone number to ensure you get your order. Reheating instructions and nutritional information are on the labels.

Here is the Menu:

- Beef & Beans Burritos \$10
- Meat Lovers Lasagna \$10
- Spaghetti Meatballs \$10
- Butter Chicken \$10
- Chicken Chow mein \$10
- Turkey Potpie \$6.50
- Shepherd's Potpie \$6.50
- Butter Chicken Potpie \$6.50

Order directly from Kootenay Gourmet: 250.399.4810. Email: kootenaygourmet@bluebell.ca

Everything has to be prepaid. Daniel Rose will explain your options, but volunteers will not be responsible for collecting money. We hope this will help East Shore seniors to eat well.

East Shore Hospice In the Moment

by Maggie Kavanagh

I recently read a Facebook post from Jann Arden that really hit home for me. The post was about her grief, as it related to the passing of her mother. The following is a snippet from her post that felt very real and resonated with my own past grief:

"You can cry and STILL get things done. You can be sad and STILL go to a movie with a friend. Half way through the film, you realize you've forgotten about grief altogether. You can have a heavy heart and STILL get into your car and have lunch with the people you love."

In my experience I've witnessed some people going through the grieving process, which also brought up things unrelated to who they recently lost. In situations like this, the grief can become an outlet to release or work on unresolved issues that need attention. Processing grief is a deeply personal process and there is no right or wrong way.

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.

ED CORRECTION: Last month's Hospice article was written by Barbara Kuhn, not Susan Dill as was indicated in the by-line. Sorry for any confusion.



Richard Anthony Gibbs

April 19, 2019

Beloved husband and father Richard Anthony Gibbs, 91, of Creston passed away on April 19, 2019. He will be dearly missed by his wife Bannie, daughters Maryanne (Bob), Teddy (Bob), Erin (Susan), Jac (Tony), Terry (Garry) and son Rick (Nadine), 17 grandchildren, and 7 great-grandchildren. Richard was predeceased by daughter, Kathleen.

In lieu of flowers, donations can be made to <https://bclung.ca>.

The family wishes to extend their gratitude to the Palliative Care at Creston Hospital for their kind support.

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.

Notice of Passing

Mary Evelyn Greens' Eulogy

submitted by Geri Gomola

Mary Evelyn Green, known as Evelyn was born in Pincher Creek Alberta on August 11, 1924. She married Earl Green on December 21 1943 in Kimberly B.C.

She leaves behind her three sons, James, Fred and Richard, and a daughter Connie and their families and extended families.

I met Evelyn about ten years ago when she was in her eighties and my husband and I began attending the little church in Riondel. She had a difficult time walking which progressed as she grew older. She and James attended mass in the little church in Riondel until eventually Evelyn was unable to attend. Father Tom was there at the time and asked me to be a sacramental minister and so I gave Evelyn communion on Sundays after mass for about a year. She was always so happy to see me and we hugged and I would say the "Our Father" with her. I didn't see much of her after that. She attended Mass with Connie once after that and I saw her with James at the Bob's Bar and Grill on one of their famous Friday night fish fries. We were away a lot and so Arlene Mawdsley took over and gave her communion until she went into the hospital in Nelson in February 24. She passed away on March 29, 2019 in the Nelson hospital.

We drove up to the little church on April 13 to attend her funeral expecting to find a small group of mourners only to find a packed church and the last two seats together. The beautifully ornate coffin was open and father Sylvester was in his glory to see his little church, usually echoing with loneliness, filled to the brim. He was animated in his choice of words and the service truly honored Evelyn. The first four rows on both sides were her beloved family. Father had apparently made the trip to Nelson to see her before she passed way and recounted his personal memory of her. Aside from the weather it was a glorious day. Marie Gale, a past parishioner made the trek from Creston as well to play the piano for our hymns.

Her son Richard said the eulogy and I was blown away with the interesting parts of her past and her heritage and I asked Richard at the reception next door if he would let me reproduce his words and ask Ingrid at the *Mainstreet* to publish his story of Evelyn's life. I felt it was so interesting and that it had historical relevance and everyone would be in enjoy it as much as I had.

These are Richard's words:

Today is Mom's last time to grace the inside of this (her) church, the Most Holy Redeemer. She was a member of this little Catholic Church from the very beginning. She was an active member of the CWL (Catholic Woman's league), taught Catechism and prepared children for first Communion.

Not only did she establish and maintain the flower beds, but she also mowed the lawns (with a push mower) for many years and of course, provided the flowers from her garden for Sunday Mass.

Mom's own beginning (and ours for that matter) may never have come to pass had it not been for her Grandfather Fortuna's ominous feeling that something terrible was going to happen when he was working in the town of Frank, Alberta. He moved his young family to Pincher Creek just three days before the mountain came down.

Mom was born in Pincher Creek in 1924 where she grew up. She moved to Kimberly in 1939. She married Earl on December 21, 1943. James was born in 1945 and Connie was born in 1949.

Evelyn is the very last of the group of young families that were transferred to Riondel from other mining towns to populate the town and work in the Bluebell Mine.

As a young wife and mother of the family she arrived from Kimberly in September of 1949 when Connie was three months old and James was soon to be four. Tent houses were the only accommodation and there they lived for two or three years until permanent homes could be built.

Mom's main wish was to have a lot with "good sun" as a garden was extremely important to the family's well being.

Dad won the coin toss which enabled the family to claim the present lot and begin building the family home.

Horses were borrowed from Sutcliffe's and logs were cut down and dragged in from the Riondel Road to begin the house that is still there today-known for many years as Green's corner. House numbers and street names came much later.

The family grew when Fred was born in Nelson in 1953 and Richard in Kaslo in 1960.

Mom was a member of the Crawford Bay Fall Fair Committee for over 20 years and always entered her own prize winning flowers and vegetables.

Mom delivered the Nelson Daily News for many years which took much longer each day than expected because she would stop and visit her customers.

A piece of history passes with Mom and she leaves all of us kids with a pioneering legacy.

We love you Mom and God Bless you!

I hope you enjoyed Evelyn's story as much as I did! There was a reason that her legs were so tired. At ninety four she had walked many miles and left a rich and interesting legacy. Rest in peace dear friend.

CELEBRATION OF LIFE

For Jack Janzen

Gray Creek Hall

May 25 at 2:30pm

Saturday, May 11th is
your chance to



Pitch In!

by attending Crawford Bay's
**Hall & Park Spring
Clean Up Day.**

Work starts at the Hall anytime
after 9:00 am. (Lunch will be
provided for workers at Community
Corners from 12:00-1:00 pm)
Park projects begin after lunch.

Bring your own work clothes, safety
gear and tools for the jobs of your
choice. Or, if you prefer to have a
special assignment please call
John Edwards at 250-227-9065.

See you on Saturday,
May 11, 2019!

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

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HOUSE CLEANING SERVICES: For more info, please call 250.777.3503.

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

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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 and Acutonics® classes. Theresa Lee, certified Acutonics® teacher and practitioner, 250-225-3518 kootenaysoundhealing.com

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

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

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

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

RESTAURANTS

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

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

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

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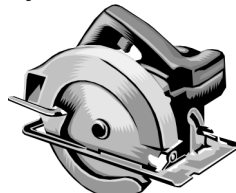
TREE SERVICE, RESIDENTIAL - Fully insured Limbing, Pruning, Topping, Falling. Danger Tree Assessments, Free Estimates. Call James Linn at 250 225 3388

Kootenay Lake Ferry Schedule

All times listed in East Shore time.

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

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Our Hours:
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Kootenay Insurance Services Ltd.

#16030 Hwy 3A, Crawford Bay
 Phone: 227-9698

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BUSINESS ANNOUNCEMENTS

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

BUSINESS SERVICES

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

*Contact Mainstreet
 mainstreet@eshore.ca
 Deadline: May 29/19
 www.eshore.ca*

East Shore Reading Centre:

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

Riondel Library:

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

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

Transfer Station Hours

CBAY: Sun/Tues/Thurs 9am-3pm

BOSWELL: Weds/Sat 11-3

YOUR HALL IS AVAILABLE!

For community events, wedding receptions, workshops... you name it!
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CRAWFORD BAY HALL

Your community hall

A non-smoking facility

NOT YOUR AVERAGE VOLUNTEER GIG
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 Call 250.551.1352

BULLETIN BOARD

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

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

Will be at the East Shore Health Centre monthly.
For information, call Creston Health Unit at 250-428-3873.
EAST SHORE HEALTH CENTRE Call 227-9006
See calendar for doctor days - Doctor hours are from
9:30am to 4:30 pm. Please call 227-9006.
Interior Health Authority, Community Care Nursing
and Home Support Services - 250-352-1433.

PHYSICIAN COVERAGE FOR May 2019

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

May 1 - Weds: Dr. Moulson
May 7 - Tues: Dr. Piver
May 8 - Weds: Dr. Moulson
May 14 - Tues: Dr. Piver
May 15- Weds: Dr. Moulson
May 21 - Tues: Dr. Piver
May 22 - Weds: Dr. Moulson
May 28 - Tues: Dr. Piver
May 29 - Weds: Dr. Moulson

**Call to make appointments at 227-9006
on doctor days and Thursday morning.
Tues, Weds & Thurs (8:30 to 12:30)**

Not a walk-in clinic - appointments to see doctors are required.

**LAB HOURS AT THE CLINIC ARE EVERY
WEDNESDAY FROM 7:30-10:30am.**

**No appointments for lab visits, they are on a
numbered, first come, first served system.**

HEALTH PHONE NUMBERS

ES Health Centre: 227-9006

Drug & Alcohol: 353-7691

Child & Youth: 353-7691

Community Nursing: 352-1433

Public Health Dental Screening/Counseling:
428-3876

Hospice: 227-9006

Baby Clinics: 428-3873

Mammography Screening: 354-6721

Physiotherapy: 227-9155

Massage Therapy: 227-6877

Mental Health Crisis line - 1-888-353-CARE (2273)

BULLETIN BOARD

THANK YOU!

A huge thank you to the whole community, and in particular to those generous people who spear-headed and supported the fundraiser, donations and kindness shown to us after the fire at our home on March 29. We are very grateful to everyone involved and so glad to live in a community that takes care of its people. Thank you so very much. **Garry and Rick Bainbridge.**

GENTLE YOGA W/ DANIELLE

Community Yoga at the Crawford Bay Gym is being offered during the school calendar. Two classes on Tuesdays 4:15-5:30 and 6-7:15 Everybody is welcome, all levels and all ages (children must be accompanied by an adult). Focus on the breath, alignment and self massage. Bring a blanket and cost is by donation. Need more information please call or text Danielle Rogers 250-509-0421

Celebration of Life for Jack Janzen Gray Creek Hall, May 25 at 2:30pm.

RIONDEL AND DISTRICT CURLING CLUB AGM

May 15, 7 PM, Riondel Curling Club Lounge;
members and nonmembers welcome.

Contact Mainstreet

mainstreet@eshore.ca

Deadline: May 29/19

www.eshore.ca

Riondel Seniors Goings On

- **Walk-a-Mile/Strength Training** - M/W/F, 10am
- **Dancercise** (ballet/jazz) w/ Simon - Wed 11am & Sat at 10am.
- **Pool** - M/Th at 1pm
- **Sports Night with Buzz:** suspended for summer—resuming in Sept 2019.
- **Bridge** - 1st and 3rd Wed at 1:30pm
- **Knitting Group** - Sat at 10am
- **Yoga** - Thur at 10am
- **Art History with Gerald** - suspended for summer—resuming in Sept 2019.
*The foregoing are free to members;
non-members are welcome for a drop in fee of \$5.*

- **Whist** - 1st Fri at 7pm
- **Games Night** (cards, board games, dice, etc) - all other Fri's at 7pm.
*Whist and Games Night have an entry fee:
bring a treat to share plus \$3 for members,
\$4 for non-members.*

- **Movie Night with Gerald** (and Popcorn!) - Mon at 7pm ... by donation.
- **Bingo** - Wed at 6:30pm
- **Seniors Executive Meetings** - 2nd Tuesday at 2:30pm
- **Potluck Lunch** - 3rd Tuesday at 12:30pm

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

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH May 2019 SCHEDULE Everyone welcome.

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

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

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

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

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

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

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

MEETING PLACES

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, Crawford 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 Thursdays at 8:30am, Kootenay Lake Community Church basement. Call Myrna for more info: 227-9420

PARENT ADVISORY COMMITTEE (PAC) Meetings usually held at 5:30 pm at the Crawford Bay School on the first or second Monday of the month.

Marquee Mondays

Movies every Monday at 7:00 p.m.

Riondel Community Centre

Seniors Room

May 6: A Star is Born (2018)

May 13: Green Book (2018)

May 20: Bohemian Rhapsody (2018)

May 27: Back to the Future (1985)

June 3: The Greatest Showman (1928)

June 10: How to Train Your Dragon (2010)

June 17: Cyrano de Bergerac (1990)

Boswell Hall Happenings

- **Board of Directors:** Meetings held on needs basis. Contact is Gary Hill: g.dhill@telus.net
- **Area A EDC:** 1st Tues each month 2pm or as needs basis.
- **Book Club:** Meets 2nd Thursday of each month @ 2pm. Contact is Melody Farmer: melodick.farmer@gmail.com
- **Farmers Institute:** Meetings held on needs basis. Contact is Bob Arms: armsrl44@gmail.com
- **Tone and Trim Fitness:** Every Mon/Fri from 9-10am. Contact is Darlene Knudson: dar-lean@telus.net
- **First Responders:** First Mon of month at 10am. Contact is Rod Stewart: rod.jean@telus.net
- **East Shore Health Society:** Meetings held on needs basis. Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Focus on Health Meetings:** Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Nifty Needlers Quilt Guild:** 3rd Tues of each month - Contact is Marilyn Arms: armsmh46@gmail.com
- **Rural Crime Watch:** Meetings held on needs basis - Contact is Herve Blezy: hblezy@gmail.com
- **Yoga:** Every Thurs from 9:30-11am - Contact is Marilyn Arms: armsmh46@gmail.com
- **Vintners:** Contact is Allan Mayder: maydera@shaw.ca

May 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			Volleyball, CB School, 7pm Shotokan Karate, CB School, 5-7pm DR. MOULSON		African Children's Choir, Just As I Am, CB Hall, 7pm Shotokan Karate, CB School, 6;30-8pm	
5	6	7	8	9	10	11
Sunday Soccer, 2pm Alcoholics Anonymous, Community Corner, 7:15pm	Shotokan Karate, CB School, 6-8pm Improv, Comm Corner, 7pm	Creston Vet, CB Motel Yoga w/ Danielle, CBESS, 4:15 & 6pm DR. Piver	Volleyball, CB School, 7pm Shotokan Karate, CB School, 5-7pm DR. MOULSON		Shotokan Karate, CB School, 6;30-8pm	CB Hall and Park Clean Up Day, 9am
12	13	14	15	16	17	18
Sunday Soccer, 2pm Alcoholics Anonymous, Community Corner, 7:15pm	Improv, Comm Corner, 7pm Shotokan Karate, CB School, 6-8pm	Yoga w/ Danielle, CBESS, 4:15 & 6pm Lions Meeting 7pm DR. Piver	Volleyball, CB School, 7pm Rio Curling AGM, 7pm Shotokan Karate, CB School, 5-7pm DR. MOULSON		Shotokan Karate, CB School, 6;30-8pm	Full Moon
19	20	21	22	23	24	25
Sunday Soccer, 2pm Alcoholics Anonymous, Community Corner, 7:15pm	Improv, Comm Corner, 7pm Shotokan Karate, CB School, 6-8pm	Yoga w/ Danielle, CBESS, 4:15 & 6pm DR. Piver	Volleyball, CB School, 7pm Shotokan Karate, CB School, 5-7pm DR. MOULSON		Shotokan Karate, CB School, 6;30-8pm	Jack Janzen Celebration of Life, GC Hall, 2:30pm
26	27	28	29	30	31	
Sunday Soccer, 2pm Alcoholics Anonymous, Community Corner, 7:15pm	Carol Vanr's 50th Improv, Comm Corner, 7pm Shotokan Karate, CB School, 6-8pm	Yoga w/ Danielle, CBESS, 4:15 & 6pm Lions Meeting 7pm DR. Piver	Volleyball, CB School, 7pm Shotokan Karate, CB School, 5-7pm Financial Wellness Seminar, CBESS 7pm DR. MOULSON		Shotokan Karate, CB School, 6;30-8pm	

Full Cycle

LAWN & GARDEN CARE

- Lawn Mowing
- Garden Help
- Hedge/Tree Trimming
- Yard Clean Up
- Green Waste Removal
- On-Going Maintenance

250.777.3503/250.777.1890

Saturday, May 11th is
your chance to



Pitch In!

by attending Crawford Bay's
**Hall & Park Spring
Clean Up Day.**

Work starts at the Hall anytime
after 9:00 am. (Lunch will be
provided for workers at Community
Corners from 12:00-1:00 pm)
Park projects begin after lunch.

Bring your own work clothes, safety
gear and tools for the jobs of your
choice. Or, if you prefer to have a
special assignment please call
John Edwards at 250-227-9065.

**See you on Saturday,
May 11, 2019!**

Kootenay Lake Ferry Schedule

All times listed in East Shore time.

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

Lisa Skoreyko R.Ac.

Registered Acupuncturist
250.777.2855

Treatments for pain, sleep troubles,
digestive issues, anxiety and more.
Free consults available.



Transfer Station Hours

**CBAY:
Sun/Tues/Thurs 9am-3pm**

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