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YEAR 26, NUMBER 11

NOVEMBER 2016

The East Shore Mainstreet

KOOTENAY LAKE BC

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



Photo: Ingrid Baetzel

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Thank you for all of the support in making these Christmas Food Hampers possible!

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Mainstreet Meanderings

by Editor Ingrid Baetzel

Lately, it's occurring to me how easy it to feel let down by government. Isn't that the opposite of what we should feel... should we not feel proud and supported and engaged by our leaders? Should we not be led by the most broad-reaching representation of ourselves and form policy based upon preservation of our earth and our goodness as a species? What happened to the days when we had to do some homework, a little reading and question-asking, to understand platforms and political issues? Now we're talking about genital grabbing and whether it's appropriate to have someone who many consider to be a racist, misogynist bigot representing a nation, while the other option for leader has nearly as many who despise her as a corporate puppet who has fractured national trust. We have been distracted and confused away from meaningful dialogue about key issues of governance by reality show American politics - not to mention what some might call a disappointing about-face on environmental and economic commitments made by our own government.

Another terrifying reality is that our voices are dimming under the boom of war machines and fear mongering. The daily reports from the Dakotas and the Dakota Access Pipeline peaceful protest by the Standing Rock Sioux is terrifying with the daily threats of militarized police and government's non-response. When did protesting, speaking up with strength of conviction, become such a threat and a challenge? The sense is strong that we, as citizens on this earth, are slowly watching our inherent rights decay. We are becom-

ing frightened to speak up, and that fear is permeating. Fear is dominating. The ludicrous daily display on television surrounding the upcoming US election and the meaningless banter about insanely juvenile insults and improprieties has served to do nothing more than divert us from what matters and keep us trembling - "terror" reigns as long as we let it.

We are fortunate here to live where our water is free and clean and we feel that our voices, our ceremonies and our worth are recognized and meaningful. We still feel that we can speak and fight for our traditions, land and resources, and that our words have some power... our actions have effect, and we can often do so in profoundly peaceful and valuable ways. The recent Kootenay Lake Summit at the Yasodhara Ashram blended many groups of people who love and celebrate this beautiful water way. As the Ashram reported, participants and presenters included representatives of the Ktunaxa Nation, city planners, environmentalists, wildlife enthusiasts, artists, regional directors, Selkirk College students and many more. The East Shore was well represented by organizations and individuals. What a lovely showing to stay current and engaged with a most valuable resource.

Perhaps more of this kind of loving stewardship is required to keep us engaged with the places and freedoms we enjoy. Perhaps not being afraid to speak our love, our anger, pain, hope and worry for our Earth is something we must work on. And maybe just a little more turning off and tuning in is in order. So often, fear is a choice. Let's choose to not cave to it.

**Next Deadline:
Nov 23, 2016**

LETTERS TO THE EDITOR

ROTTEN TOMATOES

Dear Editor:

At the risk of getting rotten tomatoes thrown at me by East Shore residents, I just read some opinions on the proposed terminal change in the *Nelson Star*; I am choosing to share the piece I sent to the *Star* on June 29, 2016. One of the worst features of living in the Kootenays is the way both the federal and provincial governments get to pit us against each other, instead of helping find win-win solutions for us all. I may be wrong in my assessment, but until SNC Lavelin does a proper assessment, what follows is my critique of their proposal.

A superficial perusal of SNC Lavelin's Balfour Ferry study would indicate that shortening the time to cross Kootenay Lake from 50 to 30 minutes and increasing the capacity of the MV Osprey by 36% in summer and 60% for the rest of the year is good value for taxpayers' money. Unfortunately, there is no recognition in SNC-Lavelin's study that moving the terminal to its proposed site simply shifts the public's travel time from being on the ferry to travelling back and forth on Highway 31 north of Balfour.

No assessment is undertaken as to whether eliminating one ferry and reducing the travel time of another actually offsets the amount of fossil fuels burned, as no figures are given as to how much extra fuel thousands of cars and trucks will now burn, over the year, to reach the terminal and get back to their destination. Cost of using the ferry, and time travelled, is simply shifted from the government to the general public and commercial trucking.

The study has no provision to move any of the Balfour businesses that surround the current terminal, and provides no data as to how much income and sales

taxes are generated by existing passengers to businesses at the terminal. Consequently, we do not know whether the reduction of labour and costs to operate one ferry and one crew per shift will be offset by the loss of income and sales taxes generated by the businesses at the current terminal.

The same problem arises when trying to compare costs of making capital investments at the current terminal versus building a new one. We are, for example, not told what the cost of dredging would be and how frequently dredging would be required in the West Arm channel. Nor are we told that the proposed new ferry terminal location is below a slide zone that actually killed some people and destroyed a house in 1912, and that the land is still slipping, and what the cost of stabilizing that bank would be.

Finally, as most sports fishermen know, the Kootenay Lake fishery is in deep trouble right now, but the SNC-Lavelin study undertakes no assessment of what it means to move the ferry terminal from near the mouth of the free-flowing West Arm to the foreshore of Queen's Bay. The environmental impact of moving the ferry terminal to Queen's Bay versus staying in the current location is simply absent from the study.

On balance the claimed cost savings for the ferry are not proven, and in fact, in the reverse, the damage to local businesses and the economy could put both the federal and provincial government in a negative cash flow if the terminal is moved. Yes, the study looks very narrowly at the operations of the ferry service, without properly placing them within the context of local business and environmental impacts. As a retired university lecturer, I would give this SNC-Lavelin study a failing grade.

Andy Shadrack, Nelson



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Next Deadline: November 23, 2016

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RDCK Area "A" Update

by Garry Jackman,
Director - Area "A"

BC UTILITIES COMMISSION - ELECTRICITY RATES REVIEW

In September, I provided an update on the electricity rate review being conducted by the BC Utilities Commission (BCUC) where they have required BC Hydro and Fortis BC to do some analysis of the impacts of their two tier electricity billing rates, in particular for areas where the option to heat your home and/or hot water by natural gas is not available. Such areas include the east shore north of Wynndel and much of the Slocan Valley.

Last round I provided my input, as I have done over the previous stages of this review which is stretching over a few years now, and have since received an e-mail from the BCUC along with the two reports from the utilities (BC Hydro and Fortis BC) which explain their position. I have gone through the Fortis BC report and it appears in general they think their rates are sufficiently fair to apply to all consumers, whether they have access to the relatively cheap energy source of natural gas. I am quite content to heat my home with electricity, rather than gas, but the rates need to be fair for all of us. The BCUC seems to be concerned that **we (without access to natural gas) are subsidizing those who do have access** and I tend to agree.

The reports are supported by a body of statistical analysis which in the case of the Fortis BC report I believe pretty clearly we are paying a premium across the board (or on average) which might justify the

BCUC to take some action and require a rate adjustment. The process has not reached that stage yet. The BCUC is now soliciting comments on the new reports provided by the utilities. These comments are to be submitted on their "Letter of Comment" form.

I note the same information has been provided through local newspapers, so I assume anyone can comment at this stage, whether you had sent in comments so far or not. The notice indicated the comment sheet can be found on the Commission's website at <http://www.bcuc.com/ApplicationView.aspx?ApplicationID=506>

Comments need to be in on or before November 24, 2016.

RCMP DOING WHAT THEY DO

I put a few questions to the Creston detachment staff sergeant last month based on several comments I received about the RCMP activities along the east shore this past summer. The input which I found concerning was that drivers were being ticketed for activities which did not seem to deserve a ticket. I will not elaborate

on what the rumours were, for fear further rumours will be generated, but the Staff Sergeant checked both with his members and the East Kootenay Traffic Services (who run back and forth from Nelson to Cranbrook) and they did in fact turn out to be just rumours, some of them built on rumours from past years.

The staff sergeant did tell me some about what tickets were issued, including unsafe passing (while ferry traffic was passing through Crawford Bay) which is

what I understand many people want to see controlled. They were also looking for noisy vehicles, although I do not have any results on those yet. In the spring, all the detachments put out a report on their wide range of activities (including traffic, criminal investigations, wellness checks, etc.) which may tell more.

A speed board has collected data on traffic along the stretch of highway at Lewis Bay (north of the Boswell boat ramp) which has resulted in some interesting information. The average speed travelled on that stretch was recorded at just under 70 km/h, with the top speed recorded being 130 km/h. Again, do you think it may be worthwhile for the RCMP to occasionally ticket the person going 70 km/h over the speed limit? We also need to consider this is not a freeway with animal fences and a divided highway. There are people walking along the narrow shoulders and there are several access points (driveways and pull outs) where slow moving vehicles may come into the traffic flow.

CRAWFORD BAY TRANSFER STATION WINTER OPERATING HOURS



November 6, 2016 to March 12, 2017
10:00 am to 4:00 pm Sunday & Tuesday

CLOSED on ALL Statutory Holidays

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Regional District of Central Kootenay 1-800-268-7325
Or visit our website: www.rdck.ca

BCAA Makes Good on 20K Runner Up Prize for the Crawford Bay Playground

by Ellie Reynolds



All through the month of June many of you were voting daily for Crawford Bay in the BCAA Play Here Contest, the first ever contest of its kind that promised a play space revitalization worth \$100,000 to the winner. Crawford Bay was by far the smallest community

out of the five finalists (selected from over 500 nominations from across the province). We racked over 13,000 votes in all - an amazing achievement, though not enough to win. Luckily BCAA decided to extend their giving beyond the initial promise, and awarded us a runner up prize of \$20,000! Last week they made good on that promise and came to the park to deliver the cheque personally. Pictured receiving the cheque are the Reynolds family (playground coordinators on behalf of EASEY) along with Greg Blackwell of Community Connections (our managing partner). Thanks to this huge boost, we are able to order the equipment we need to start installing when the snow melts. YRB has also donated significant time, machine power and resources to helping with project, and will do more next year. See you at the playground!

Annual General Meeting Community Connections

**Monday, November 28 at 7pm at
Tara Shanti Retreat - 134 Riindel Rd.**

**We plan to show a short inspirational film
as well as overview some new important
organizational changes.
Refreshments and snacks will be offered.**

**set your clock!
mark your calendar!**

Riindel Reading & Listening Afternoon
...coming your way at Dutch Harbour Lodge!



Sat, Nov 19, 2016 2pm
2277 North Riindel Road

(just past the end of town)
Four local authors will read excerpts from their newly or to-be published books and enjoy tea, coffee, Tay-berry juice and refreshments. Come, and if you have books of your own, bring them along and join the fun!

More info: Wendy - 250-225-3381

What would you like the RCMP to concentrate on? If your answer is nothing at all then you may still be stuck in the wild west mindset. In a typical year, our first responders, all volunteers, can respond to up to 100 calls, the clear majority being motor vehicle related.

FOREST STEWARDSHIP PLANS

Last month I provided an update on forest stewardship plans (FSP's). We had a good conversation with industry reps, provincial staff and our local government association staff (UBCM) on September 26 about improving communications and minimizing negative impacts on water systems. Although we do not anticipate the Ministry of Forests, Lands and Natural Resource Operations are going to make any legislative changes, it is important that communication occurs while crews are preparing to build roads and harvest cut blocks. As I noted earlier, from now until the end of 2017, eight of the tenure holders who are logging within our region will need to submit their updated forest stewardship plans. Your recommendations to the Chief Forester that all of them voluntarily include additional public consultation conditions can have a positive effect over the coming months.

You can find general information on the ministry site for the Kootenay District at www.for.gov.bc.ca/dkl

RDCK staff and directors have also had discussions with Ministry of Health plus Interior Health reps around population health and how we should be best investing in ensuring we have clean drinking water, including placing more emphasis on the health of our watersheds rather than on treatment after the source water has been degraded through various activities. I hope to have more to report on this topic soon.

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.



November Horoscope

by Michael O'Connor

Tip of the Month:

At this time when the veils are thin between dimensions the embodied and the dis-embodied, or what is usually referred to as dead, are invited to commune. When confronted with this great mystery and combined with morbidity associated with the frail physical body imaginations dive deep and soar high. This is the theme of Scorpio in the second decant, the 10 degrees of Scorpio overlaid with Pisces.

Of all the signs of the Zodiac, Pisces is the one which represents the veil between dimensions. The emphasis is upon altered perceptions, to see into the unusual and to bring forth imagination as means of adapting. Metamorphosis, transcendence, and ascension are keywords that belong to this mystical realm where purely empirical convictions cannot and dare not enter.

The New Moon in Scorpio on October 30 or what has come to be known as 'Mat Night', in some regions, and Devil's Night in others, an informal intrusion inviting the expression of pranks and mischief on the eve of Halloween, or more officially, All Hallows' Eve which, in turn, is traditionally meant to announce all All Hollows' Day or what has also come to be known as All Souls Day, reveals a rather complex and mysterious little window in the year that is a direct reflection of the weave of Scorpio and Pisces.

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

Aries (Mar 21 – Apr 20)

With each new day you are diving deeper. Soon you will enter the abysmal realm. This is the veiled dimension where the dearly departed dwell. Yet this is not the end, not for you or anyone else. It is a beginning. Although you will be resurrected and transformed, your soul essence eternal remains untouched.

Taurus (Apr 20 – May 21)

Where is the power you seek and so desire? Who has it? This is the question that lurks in the labyrinth of your mind. Questions answered produce paradoxes to further ponder. Having faith feels harder than wise words can wave away. Powerful changes continue to churn within. The silent voice says look higher not harder.

Gemini (May 21 – Jun 21)

Ambitions to achieve a new level of power are on the rise. You want to feel stronger, perhaps in your body and/or in your stance in the world. Healing old hurts includes shedding old skins of perception, especially. Perhaps this applies to your lifestyle and daily routine. The time has come to assert new commitments.

Cancer (Jun 21 – Jul 22)

A creative beat is weaving its way into your daily rhythm. Inspirations to make a few changes in your life may include purging the old and re-arranging things. Outer conditions have reached a stage of completion and something must give for the new to be introduced. Aim for a new state of harmony.

Leo (Jul 22 – Aug 23)

Deep within and at the core of your being something is happening. A deep change is brewing. It may feel like you are pregnant, at least metaphorically and with the hope of giving birth to new possibilities. Yet there is work to do. Get ready because you are about to get going. Aim for a period of intense creativity with high productivity.

4 Mainstreet November 2016

Virgo (Aug 23 – Sep 22)

You are determined to see things more deeply and even right through them, if you can. Theories, schemes, plots, attitudes, strategies and so on will undergo a thorough examination. What is true or valid and working, or not? You yearn to make a fresh start. You may feel a bit afraid of the unknown, but an unchanging status quo may even be scarier.

Libra (Sep 22 – Oct 22)

Financial interests, concerns, and considerations are on your mind. Making investments of some kind are instigating research and investigation. You are determined to get to the bottom of things and make big changes as necessary. Renovations and even major moves are distinct possibilities. You need a realistic plan.

Scorpio (Oct 22 – Nov 21)

The time has come to take some key new initiatives. Choosing between a variety of inspiring possibilities is prompting a contemplative process. One way or another there will be a price, dues you must pay. Which will bring the highest yield and the least long-term expense or obligation is the main question to answer.

Sagittarius (Nov 21 – Dec 21)

Stepping back to reflect, rest and meditate upon things is the call now. Beyond what you think and believe you know, connecting with what you feel to be true is a priority. You still feel the urge to express your beliefs, hopes, and visions, especially those that reveal some of your core values and principles. The question is: how?

Capricorn (Dec 21 – Jan 19)

Who has the power and/or resources that you want and need? Investigations to this end have begun. As old commitments steadily dissolve, you may feel as though you no longer know what you want or what is true. However, you do feel determined to take action in areas that you do feel certain about and you will.

Aquarius (Jan 19 – Feb 19)

Asserting a new level and quality of power in your life has begun. It may still be in the planning stages, but you are determined. Pushing for favors and earned rewards or to be seen, heard and heeded regarding issues will become increasingly important. Strategy and solidarity are keywords to support your cause.

Pisces (Feb 19 – Mar 20)

The time has come to expand your point of view, to see a bigger picture. The impetus to do so comes from a driving urge to break through existing situations. Outer circumstances combined with inner inspirations to forge new possibilities are on your mind. Bring imagination and determination to the fore.

	<p>Watch for the Bake Shop truck @ Kokanee Chalets Sun/Weds/Fri 250.777.2537 bakeshop crawfordbay@gmail.com</p>
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Next Deadline:
November 23, 2016

East Shore Christmas Food Hampers 2016

by Gina Medhurst

A small passionate group of five continues this Annual event. This wonderful community fills five large boxes many times over, makes financial donations, and offers to help in any way they can to keep this special program available to those in need along the East Shore of Kootenay Lake.

Last year the East Shore Christmas Food Hampers helped fill the cupboards of 53 single and family homes at a cost of \$110 each. This hamper includes many basic food needs including a complete Christmas Dinner of either a turkey or ham with ALL the fixings. Last year we also received donations of toothbrushes and toothpastes from local dentists, extra hot meals from the Yasodhara Ashram, and many other wonderful extras. If you or your business would like to provide a little something extra to add to the boxes let me know.

A common misconception that I hear is that if there is someone who needs it more, then give it to them instead. The wonderful truth is that we don't set a number of hampers to give out. If there were 100 hampers needed here we would make sure that all 100 would be made up. If you or a friend would benefit from a Christmas Food Hamper please contact me at 250-227-6896

If you would like to help your community members enjoy full stomachs this Christmas Season we are accepting non-perishable food donations until December 19. Donation boxes are located at all local stores and the East Shore Branch of the Credit Union. Financial donations are also accepted and can be deposited directly into the East Shore Christmas Food Hamper account at the East Shore branch of the NDCU.

Once again, The Mainstreet gives you the opportunity to give to your community twice this Christmas... Express your Christmas greetings, and at the same time, contribute to the Xmas Hamper Fund! Please send a MINIMUM \$10 donation and a short greeting to be published in the December issue. The community will receive your good wishes, and the hamper fund will receive your donation!

Email:
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Mail:
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Hacker's Desk

by Gef Tremblay

Last weekend I had the chance to work as a A/V tech for the annual Friends of Kootenay Lake summit. It was a great experience, meeting with a lot of people, organizations and groups that take to heart the lake and it's surrounding. There were a few talks about invasive species, plenty of gathering information about how people use the lake, nature lovers sharing beautiful photos of the inhabitants of the region.

One question was asked about how do to deal with the fact that this is actually not a lake but a reservoir. As much as we want to preserve, protect and conserve, at the end of the day, the lake is part of a bigger infrastructure, which is managed by a treaty signed by the USA and Canada over 50 years ago.

That treaty was signed in 1964 covering the development and operation of the dams on the Columbia river as well as flood control. In short, Canada was required to provide about 20km³ of water reservoir for increased and manageable power generation (i.e. the control of the dam would help generate more power when needed instead of following the normal flow of the river which is stronger when the snow melts, and less at the end of the summer). In return, the US agreed to pay half of the price of all the dams and give back of the downstream power generation benefit. The Columbia Basin Trust is the main body to allocate part of these benefits.

The treaty has no end date, but there is an option to terminate after 60 years given 10 years notice, which is right about now. In the latest news, the USA has drafted a re-negotiation, and is waiting for Canada to

enter into discussion. It's important to note that this treaty is signed between Canada and the US and the BC government wouldn't be the one to sign that treaty. So it is up to Trudeau to renegotiate that contract.

According to the US Federal Bureau of Reclamation the yearly value of the Columbia Basin Project is \$630 million in irrigated crops, \$950 million in power production, \$20 million in flood damage prevention, and \$50 million in recreation. So there is a lot in the balance for the US. What does that mean for Canadians? Hopefully that gives us better negotiation power. One new element on the discussion table is the ecological impact of the project. But really what can be done 50 after you've completely dammed a river? Salmon wouldn't be able to go through all these dams and if the ecology of the rivers and lakes doesn't have a monetary value greater then tourism, could it really be taken seriously?

I've often been outraged about dam creation in India, where corporations would come in and create a dam on a sacred river. Now I realize that the Columbia River is a sacred river for the Sinixt and also many other tribes who live around the river. It's used to give food and water to a lot of people as well as for transportation and burial grounds were created on its banks. Now with over 12 dams directly on the river and more than a 100 dams in the Columbia River water shed, no fish can come up that river ever again. The biology of the lake is changed and will never regain it's past splendor.

One beautiful image of the Columbia River history is Eileen Delehanty Pearkes new book, *Heart of a River*. In her book, the local author is impersonating the river, telling us the history and political implications of the river. Beautifully illustrated, this childrens book is a gentle reminder of the abuse we've done to the river. Eileen will be publishing another book in November 2016 *A River Captured: The Columbia River Treaty*

and *Catastrophic Change*. I'm looking forward to read her book, to get a more in-depth understanding of the river, and how we might want to change what is happening now.

There is so much good energy toward the stewardship of the lake. There so many groups that are formed around caring for it, but it's unclear how we can affect what will happen when we realise that the lake is not really ours. What happens in case of drought in the US? Water is becoming an increasingly sparse resource and it doesn't seems like it's getting better anytime soon.

The lake used to be a source of food and fresh water for all its inhabitant, but nowadays it's primarily a source of recreation and dumping. How can we be part of the ongoing support of the lake? And if Canada is to step out of the treaty, wouldn't most of the organizations subsidized by CBT also close shop? Who then could continue to care for our lake?

Looking out my window to the lake, I really value the beauty and health benefits of living here, but I also understand that this reality is quite fragile. It also continues to teach me what a sacred river and a sacred lake really is.



Hidden Taxes

by David George

Mirror, Mirror... Part 1

Who has the best loved brand of all? Look no further and accept no substitutes. Step right this way...none genuine without this signature!

Earlier this year the annual survey of the Most Loved Brands in BC was released. Conducted by Ipsos Reid for BC Business Magazine in November of 2014, 1,349 people in BC were asked to rate 65 brands in the province, and the top 20 are as follows, with their place last year also given:

#1- Save-On Foods (3)-- is a subsidiary of the Overwaitea Food Group, which, in turn, is owned by the Vancouver-based Jim Pattison Group. Today, Save-On-Foods operates 91 stores in British Columbia, 33 in Alberta and one in Saskatchewan. In July 2015, the company revealed it was planning to open as many as 40 stores in Manitoba and Saskatchewan over the next three to five years.

#2- London Drugs (1)-- As of June 2014, the chain had 78 stores in the provinces of Alberta, Saskatchewan, Manitoba and British Columbia. Originally founded by Sam Bass with a store at 800 Main Street in Vancouver, in 1976 the business was acquired by the H.Y. Louie Group, and is entirely Canadian-owned.

#3- BCAA (9)-- member of CAA, the Canadian Automobile Association. Roadside service, maps and travel guides, even passport photos for more than 6 million members in BC and all other provinces.

#4- Purdy's Chocolates (New)-- aaahhh, the chocolate food group. In existence since 1907, and privately owned, CEO Karen Flavelle runs a total of 64 stores in British Columbia, Alberta, and Ontario.

#5- YVR-the Vancouver Airport Authority (New)- YVR has been awarded the Skytrax World Airport Awards Best Airport in North America a record seven years in a row. Last year saw 20,315,978 passengers, many of whom will have seen the sculpture The Spirit of Haida Gwaii, the Jade Canoe, located on the International departure level.

#6- BC Hydro (7)-- serving 1.8 million customers in most areas, except the City of New Westminster and the Kootenay region, where FortisBC, directly provides electric service to 213,000 customers.

Hidden Taxes has said a lot about the folly of building the Site C dam in the Peace to supply an unnecessary increase in electric capacity. Perhaps BC Hydro's high place on the list has to do with reasonable customer service.

#7- White Spot (4)-- In the 1920s, Nat Bailey operated a travelling lunch counter, using a 1918 Model T. A prominent location was Prospect Point in Stanley Park. Hot-dogs were a dime and ice cream a nickel. In 2012, 64 White Spot restaurants and 62 Triple-O's served 17 million customers and generated \$200 million in gross revenues. Unfortunately, there are no White Spots outside the Lower Mainland and Okanagan, two in Calgary, and one in Edmonton.

#8- Future Shop (13)-- After A&B Sound's demise in 2008, Future Shop and Best Buy seemed to be the best of the big box electronics and computer stores. An Iranian immigrant founded Future Shop in Vancouver in 1982, and it did fairly well, with 38 stores in 1990. In March 2001, the U.S. electronics store chain Best Buy acquired Future Shop for CDN\$580 million, and continued to operate the stores. Future Shop sales people were on commission; Best Buy people got a salary, and obviously outsold the other store brand. In Calgary the Northlands mall had both stores for a few years, now Future Shop is gone.

#9- Sun Rype (5)-- In business for 70 years, original founder was the BC Fruit Growers co-op. Pres-

ently still selling lots of fruit juice and fruit snacks, with the blue box not-from-concentrate apple juice a favourite.

History includes a failed attempt to sell in China in the 1990s, also, after a failed hostile take-over in 1996 by Clearly Canadian Beverage Corp., Sun-Rype finally went public on the Toronto Stock Exchange on November 12, 1996, with 2.35 million shares opening at \$2.75 a share. After some ups and downs, in September 2013, Sun-Rype Products Ltd. became privately owned by the Jim Pattison Group, which is either the largest privately held company in Canada, or the 2nd largest, with 41,000 employees, and \$9.1 billion in sales last year.

#10- Telus (11)-- The company was formed in 1990 by the government of Alberta as a holding company, in order to facilitate the privatisation of a crown corporation, the Alberta Government Telephones Commission (AGT). BC Tel, founded in 1904 merged with Telus in 1998. It provides fibre-optic internet, telephone, and television connexion service in both BC and Alberta, as well as cellphone service. Our Calgary friends now have about 15-25Mbps internet download speeds. Despite the high ranking in this list, 438 of the 1,349 people interviewed had a bad experience with Telus.

Look for the next 10 brands in this list next month in "Hidden Taxes."

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL HALL

Booking/info: Rose at 250.223.8288

Ashram Hosts Enthusiastic Crowd For Kootenay Lake Summit

submitted by Terry Taylor-Topp

The 4th annual Kootenay Lake Summit drew 100 residents from around Kootenay Lake to Yasodhara Ashram – host for the East Shore event – on Saturday, October 22.

Participants and presenters included representatives of the Ktunaxa Nation, city planners, environmentalists, wildlife enthusiasts, artists, regional directors, Selkirk College students and many more. The East Shore was well represented by organizations and individuals.

Avery Deboer-Smith, Program Manager with Friends of Kootenay Lake Stewardship Society, says: “Having the 4th Annual Kootenay Lake Summit at Yasodhara Ashram could not have been a more perfect location. With the breathtaking views of the lake, the lovely facility and the amazing food, many participants asked us to host it again at the Ashram next year.”

The day-long program included an overview of the Kootenay Lake survey results, the archeological history of Kootenay Lake and the Shoreline Guidance Document Assessment, as well as workshops on public lake access, trails and watershed stewardship on the East Shore.

Swami Lalitananda, President of Yasodhara Ashram, comments, “It was wonderful to welcome so many diverse people and organizations standing together and expressing through action our shared love of Kootenay Lake.”

The Summit included some great guest speakers:

- Ktunaxa Cultural Values on Kootenay Lake by Wayne Choquette and John Cathro
- The Kootenay Lake Shoreline Guidance Document by the Kootenay Lake Partnership
- Bullfrogs and Amphibian Invasion by Khaylish Fraser
- Watershed Portraits by Alistair Fraser

The afternoon also included Columbia Basin Watershed Network Workshops:

- Watershed Protection and Sustainable Trails by Farley Curzons, East Shore Trail and Bike Society
- Public Lake Access: Issues and Solutions by Mary Jayne Blackmore, Creston Valley Trails
- Watershed stewardship on the East Shore by Garth Norris and friends, East Shore Freshwater Habitat
- Watershed Planning by Gerry Nellestijn, Salmo Watershed Streamkeepers



Temple of Light Progress

submitted by Guenevere Neufeld

After the initial planning and design stage, construction on the Temple of Light at Yasodhara Ashram is becoming more and more visible. On Monday, October 17, the first large structural pieces were transported from Nelson’s North Shore to the Ashram over the Kootenay Lake.

Intricate structural components are engineered and assembled at Spearhead Inc., a multi-faceted manufacturing company that specializes in building steel and timber structures and works on projects all over the world.

Using a digitized process, the craftspersons at Spearhead work directly with the 3D models provided by architects to complete complex designs. These timber-based structures will continue to be brought over the lake as they are completed.

Anticipation builds at the Ashram and wider community as each truckload brings us closer to a rebuilt Temple of Divine Light.

The Ashram wishes to thank the East Shore community for their continued support in the rebuilding process.



Barefoot Handweaving



“Art washes away from the soul the dust of everyday life.”

Pablo Picasso

OPEN in November 10 - 4:30 227-9655

Interfaith Climate Action Collaborative Comes to the Eastshore

submitted by Terry Taylor-Topp

Care for the environment is an integral part of Yasodhara Ashram’s commitment which led recently to hosting an evening prayer vigil and sustainability tour. This was part of the Nelson Interfaith Climate Action Collaborative which began over a year ago through a collaboration of the West Kootenay EcoSociety and local faith-based traditions.

The interfaith community first came together to study Pope Francis’s Encyclical “On Care for our Common Home.” This initiative included representatives from the Ascension Lutheran Church, Cathedral of Mary Immaculate, Kootenay Shambhala Meditation Centre, Nelson United Church, St. Saviour’s Anglican Church and Yasodhara Ashram. The desire to continue learning about and from each other grew from this experience. As a result, daily prayer vigils were held in churches throughout Nelson during the Paris Climate Change Conferences, in support of nations working together.

Prayer vigils continue to take place on the 22nd of each month. Although the Ashram has hosted some of these in Nelson, it was the first time that members of the interfaith group came to the East Shore to experience the beautiful setting that the Ashram offers. For more information visit ecosociety.ca/calendar/

COMMUNITY HEROES

a Mainstreet Feature

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

Sandra Bernier, Tipi Camps long enduring and devoted Operations Manager for her many years of hard work and service. We all wish you success in your future endeavors and know that there’s always a seat for you at the campfire.
-Guiding Hands Recreation Society

Ingrid Baeztel is my hero for her steadfast dedication to the Crawford Bay PAC and for all she does on various committees and in all the many ways she engages our community with her generous heart and mind!
Ingrid, you rock.
-Palma Wedman

Belinda Stewart for her Halloween Spirit! You always put on such a show and your generosity is so appreciated.
-All the ghouls and goblins

Dano Cheverie, for your thoughtfulness. Your attention to friends and community is warmly appreciated. So kind.
-A Friend

thanks for another great season

BLACK · SALT · CAFÉ

see you in the spring



Trans Canada Trail "Off HWY Route"

by Farley Cursons,
ESTBA Projects Director

There is a spiritual aspect to constructing a sustainable that I had not expected when the Trans Canada Trail project began. The challenge of building a trail surface where previous surveyors had avoided is indeed a worthy one. ESTBA's initial surveys created more questions about the exact route than answers and it wasn't until the pick axes went into the ground that a puzzle began to unfold. More times than not the exact rock or much needed surfacing material would appear with the next section of linear excavation. For the builders it has been a true connection to the land. We learned that trail building is a dynamic relationship with the earth that we'll not soon forget.

The East Shore Trail and Bike Association is pleased to announce it has completed it's 'Off HWY' Trail between Crawford Bay and Gray Creek.

The trail is entirely on recognized Ktunaxa Traditional Territory. It has been designated for non motorized users. Mountain bikers will have to dismount and or shoulder their bikers in a couple spots. The trail is not appropriate for road bikes and should not be thought of as a "Rail Trail". It has narrow and sometimes challenging sections.

For us at ESTBA the trail is a monument to what can be achieved by multi-agency partnerships and a lot of very hard work. We as ESTBA continue to cultivate a respect amongst all trail users based on the mutual appreciation of the outdoor experience.

To be clear the trail does not fully connect the two communities. The north trail head at this time can be accessed by the Weasel Creek Forest Service Road (750m south of C Bay). You can either park below on the highway pullout or (in a high clearance vehicle) drive 2 minutes up to the trail head under the power line. From there the trail goes south a few kilometers to Columbia Point where you will find a trail down to the highway. It comes out just north Starbelly Beach. With a Ministry of Highways controlled access permit we have contracted YRB to construct a highway pullout and parking area at the highway.

This southern trail head will be a fantastic staging area for the off highway trail going north, but also a short viewpoint trail featuring majestic vistas with the Columbia Viewpoint at the top. Great place to stretch your legs on a long drive.

Funding for this 'Off Highway' segment of the Trans Canada Trail came from the Trans Canada Trail Society, RDCK and Columbia Basin Trust.

There is potential in the future for the trail to continue off highway through the Crawford Bay Peninsulas managed trail network, out through the park and up to the ferry. Initial discussions with parks has begun.

The Trans Canada Trail is responsible for the overall direction and design of the Trail. The TCT works with partner organizations that coordinate regional planning and trail development. The TCT works with local trail groups who build and manage local trails.

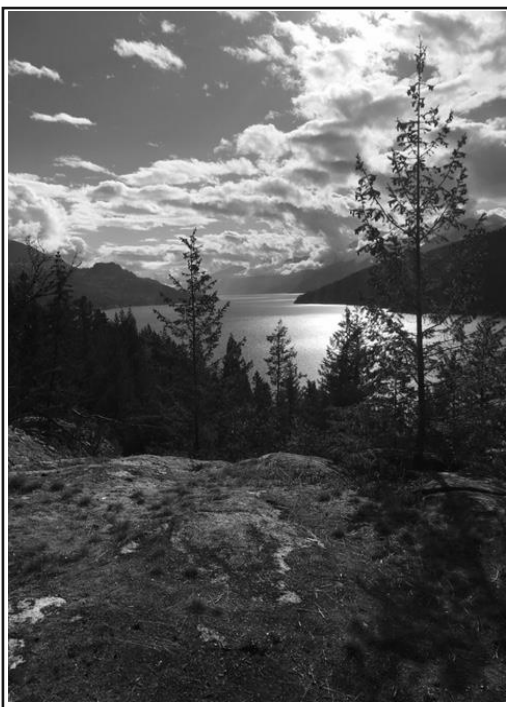


Photo by Taz Archembault

The TCT has three key roles:

- Support trail building at the local level by funding community trail projects, supporting and engaging territorial and provincial partners, and directing the energy of volunteers and supporters.
- Promote the Trans Canada Trail network by enhancing the Trail's profile, emphasizing the benefits of the Trail, and encouraging Canadians and visitors to enjoy the Trail.
- Execute a robust fund development program to raise the funds needed for the construction, signing, promotion and long-term maintenance of the Trail.

The Trans Canada Trail is a community-based project. Trail sections are owned, operated and maintained by local organizations, provincial authorities, national agencies and municipalities across Canada. The Trans Canada Trail does not own or operate any trail.

Launched in 1992 as a legacy project for Canada's 125th anniversary, the Trail today is a network of 493 recreational trails, stretching just over 17,000 kilometers from coast to coast to coast. It showcases urban, rural and wilderness areas in every province and territory, and offers Canadians and visitors countless opportunities to experience Canada's natural beauty and diversity. When connected, it will stretch 23,000 km from the Atlantic to the Pacific to the Arctic Oceans, through every province and territory, linking over 1000 communities and all Canadians.

British Columbia and the TCT

In British Columbia, the Trans Canada Trail runs nearly 1,700 km from Victoria to the Rocky Mountains, through some of the most spectacular scenery in the world. It passes through or near many communities including: Victoria, Duncan, and Nanaimo on Vancouver Island; the North Shore, Vancouver and Lower Mainland communities to Langley, Chilliwack, and Hope in the Fraser Valley; Princeton, Penticton, and Kelowna in the Okanagan; Kootenay communities including Grand Forks, Trail, Crawford Bay, Kimberley,

Cranbrook, and into the Rockies on British Columbia-Alberta border. It will have spur trails linking to it as the British Columbia Trail Network develops. In the province's north, the trail runs an additional 1,000 km along the Alaska Highway from Dawson Creek, BC to Watson lake, Yukon in order to connect the Yukon Territory and the Arctic Ocean using a land route.

Thanks to the Ktunaxa Nation Council, Fortis BC, Ministry of Highways, YRB, Studio Ponnuki (GIS & Mapping), South Kootenay Lake Community Services Society, Columbia Basin Trust, Garry Jackman (RDCK), Kootenay Lake Chamber of Commerce, Gray Creek Store, Tom Lymbery, Selkirk College and Sites & Trails BC. We look forward to feedback about the new TCT route and any other trail routes that ESTBA promotes. Our website is www.estba.ca and you can also find us on Facebook. See you on the trails!

Suspect to Be Charged in Vandalism of GC Hall

by Tom Lymbery

RCMP have advised that a suspect is expected to be charged in the vandalism of Gray Creek Hall that occurred November 4th, 2015.

Gray Creek Hall is the only pre WW I log community hall in Canada that sees consistent use and is beautifully maintained, so residents were horrified by the act of destruction that happened just one year ago.



The PAC Box

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

PAC MEETING: The next PAC meeting is November 21st at 5pm (note earlier time!) Maximum 1 hour meeting. Email Nicole (nnplouffe@gmail.com) or Palma (palma.wedman@gmail.com) or at the new PAC email cbess.pac@gmail.com to be put on the agenda or with any questions.

THANK YOU: To the out-going executive, Ingrid Baetzel, Mandy Petrie & Erin Cristofoli. You kept PAC alive and thriving!

WELCOME: to the new executive, Palma Wedman (Chair/Treasurer) & Nicole Plouffe (Secretary).

GROCERY GIFT CARDS: First round of 2016/17 a great success. Thank you to Maria Latouf. Remember to order your cards monthly (on the 15th!). It's a great and easy way to support music, travel and the hot lunch program.

CALL OUT TO ALL PARENTS: What would inspire you to attend a PAC meeting? What do you want to hear about and talk about at a PAC meeting? Do you want to see some specific programming for children and/or us as parents? Do you have some time to help with a specific project? Let us know at cbess.pac@gmail.com (new email!)

HOT LUNCH: Tyler welcomes feedback about Hot Lunch at cbess.hotlunch@gmail.com.

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Riondel Community Campground Society Report

submitted by Paula Bailly

A huge thank you is sent out to the Riondel and East Shore Community, for your support of the Riondel Community Campground Society in its efforts to operate the campground in a sustainable manner and provide a place where community and visitors alike can enjoy the beauty of this exceptional natural setting.

Another camping season has come and gone, and the board members of the Riondel Community Campground Society are pleased to announce 2016 was another successful year.

Throughout this fiscal year the society enacted changes to its administrative practices and business operations for improved efficiency. Some notable achievements are:

- an inspection and assessment of the entire septic system (distribution box, tank and lines) - all is in good working order
- a designated community picnic area was created
- central fire-pit surrounded by picnic tables
- a new sheltered bulletin board was attached to the washroom exterior
- placement of weather protection screening on the north wall of N Bay Pavilion
- two new wooden green tent-platforms were installed
- construction of a new garbage and recyclable storage facility
- the new contract position of society administrator was filled
- an Emergency Preparedness Evacuation Plan and Policy was put into place
- improved campground/park signage was obtained and displayed
- updated electrical panel was installed in admin office
- new flag pole was erected
- new campground website was designed
- improved design of campground map
- change of society name to Riondel Community Campground Society
- new society logo
- new advertising brochure was created (for distribution in 2017)

The society would like to acknowledge and thank the following organizations who generously donated 2016 grant funding to Riondel Community Campground:

- Teck Metals Ltd. - windscreen for the pavilion
 - Community Initiatives and Affected Areas Program (Columbia Basin Trust) - office renovation
 - Creston-Kootenay Foundation - events signage and lighting for the pavilion
 - Edwin Johnson (All-Rite Rooter) – bingo prizes
 - Nelson & District Credit Union - 3 benches for community picnic area
 - Rec #9 (RDCK) - new swim rope, floats, and a rescue tube
- As well, the society thanks the generous individuals who volunteered their time to present 2016 events:
- Lorna Robin - Animal Tracking Variety Night Talk
 - Many Bays Band - free music concert
 - Dutch Harbour Christian Camp - men's work crew
 - Niels Anderson - carpentry expertise
 - Saturday Market Vendors (special thanks to volunteer coordinator Myrna Seefeldt)
 - Nancy Schmaus - Bingo caller (Free Family Bingo-nights)

Until the interior of the N Bay Pavilion is com-

pleted so the wind and rain are kept out, this structure remains unusable during stormy weather. Plans are afoot to resolve this challenge, through grant applications and fundraisers – more details will follow in the months ahead.

A renovation of the administrative office is scheduled for early November, to insulate and finish the interior and provide a year-round office facility. The society will then have its own office in which to hold monthly meetings, conduct society business, and store its records and documentation.

Current campground attendants are retiring after their third and final year. The board members have been busy reviewing applications received for the 2017 attendants position and interviewing applicants.

They will be announcing their decision very soon.

Specialized 911 Text Service for Deaf and Speech Impaired Now Available

press release

A specialized text service that allows people who are Deaf/Deaf-Blind, Hard-of-Hearing or Speech Impaired (DHHSI) to communicate with 9-1-1 call-takers by text is now available in the Regional District of Central Kootenay. This service, called Text with 9-1-1 (T9-1-1), is being delivered by E-Comm—the emergency communications centre responsible for answering 9-1-1 calls in the central and southern interiors—in partnership with local emergency service agencies.

The service is also available in the Central Okanagan, North Okanagan, Columbia-Shuswap, Okanagan-Similkameen, Thompson-Nicola, East Kootenay, Kootenay-Boundary and Squamish-Lillooet regional districts.

“We are excited that the RDCK is able to provide the T9-1-1 service,” said Andrew Bellerby, the RDCK’s Regional Fire Chief. “This is another way that the RDCK is able to make emergency services more accessible to our communities.”

T9-1-1 allows any DHHSI person who has pre-registered their cellphone with their wireless carrier to communicate with police, fire and ambulance call-takers via text during an emergency. Callers must first place a voice call to 9-1-1 in order to establish a voice network connection and initiate the special messaging technology.

When E-Comm receives a 9-1-1 call from a DHHSI person who has pre-registered for the service, an alert will trigger at the 9-1-1 centre to indicate there is a DHHSI caller on the line. The 9-1-1 call-taker will then launch the special messaging system, allowing them to communicate with the caller through a special text session. This will ensure they get the emergency service they need.

The Text with 9-1-1 service is only available to the DHHSI community. Voice calling remains the only way to communicate with 9-1-1 services for a person who is not Deaf/Deaf-Blind, Hard-of-Hearing or Speech Impaired. Text messages sent directly to the digits “9-1-1” do not reach emergency services anywhere in Canada. Text with 9-1-1 for the public-at-large is anticipated in the future as the nationwide 9-1-1 infrastructure evolves.

Members of the DHHSI community should visit www.TextWith911.ca to register their cellphone with their wireless service provider and to learn more about how the system works.

More information about the Text with 9-1-1 service can also be found at the E-Comm 9-1-1 website at: <https://ecomm911.ca/contacting-911/T911system.php>

Fill Your Stockings So They Can Fill Their Boots RDCK Firefighters Appear in New Calendar

press release by RDCK

Regional District of Central Kootenay volunteer fire departments are showing off their assets in a new calendar for a good cause—to raise money for Muscular Dystrophy Canada.

“The calendar is a fun way to raise awareness of and money for this devastating disease while celebrating our hardworking and dedicated firefighters,” said Chief Andrew Bellerby, the RDCK’s regional fire chief.

The calendar features personnel from many of the RDCK’s 18 fire halls in a variety of scenarios and settings.

“Everyone had a great time contributing to this project,” said Chief Bellerby, who added that he hopes the calendar may inspire some residents to join the fire service.

“Our volunteers give so much to our communities and to charity,” said Bellerby. “They hold an annual Fill the Boot campaign to benefit Muscular Dystrophy Canada. This calendar will help with that fundraising effort.”

With the holiday season approaching, the calendar makes a great stocking stuffer. The calendars are available for purchase for \$10 at any of the RDCK’s 18 fire halls or any RDCK office.

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East Shore represents. Nelson Youth Soccer U12 boys silver winners: William Bhomke, Colben Hurland-Harrop-Proctor Forest Products U12 girls bronze winners: Sedona Shuel, Ocean Peel-Ring-NDCU Credit Union. Photo: Amanda Hulland



Wayne's World

by Wayne Stetski,
Member Parliament,
Kootenay-Columbia

ONE YEAR LATER

Now that the first anniversary has passed since the 2015 federal election, I'm often asked how I like being your Member of Parliament. Great question!

Every time I walk to Parliament Hill and see the Peace Tower, my place of work and home to Canada's House of Commons, it still has the wow value. It is such an honour to be serving the citizens of Kootenay-Columbia!

What I like best is learning more about our communities in Kootenay-Columbia and communities across Canada every day. I learn about the challenges facing those who live in our riding, and the frustrations they are facing with various federal government departments.

I work hard at resolving these concerns because the public service aspect of my role is important to me. I have travelled the riding listening to your concerns about climate change, democratic reform, food security, protecting our rivers and lakes, small business challenges and national parks. By understanding your concerns about these and many other issues, I will continue to be your strong voice in Ottawa.

My team works hard to keep you informed through news releases, articles like this one, monthly news letters, issue-based mail-outs, and quarterly householders sent to every mailbox in the riding. Collectively we respond to thousands of emails, and hundreds of phone calls and social media messages every month. I love how interested you are in what's happening in the riding and in Canada - for example we received almost 700 mail back responses on Democratic Reform alone!

The House of Commons sits for six months of the year, and during the other six months I spend a lot of time visiting the amazing places we get to call home here in Kootenay-Columbia. All MPs struggle with striking a healthy work-life balance. We never get used to missing family events like birthdays and anniversaries, or cancelling out on going to the symphony or to WHL or Junior hockey games with family and friends.

That is the price that all members of Parliament pay, particularly if they are from large rural ridings far from Ottawa. Ours is 64,336 sq. km, serves 107,589 people, and is a seven hour drive corner to corner! Every flight between Cranbrook and Ottawa takes 8 to 10 hours one way.

You sent me to Ottawa to work collaboratively to build a better Canada, and I am proud to have developed friendships with Members from all parties. When personal or national tragedies occur we stand united in our support and in our belief in public service, and you expect no less.

There are three years to go in the life of Canada's 42nd Parliament and I look forward to meeting many more of you. Thank you for being such great constituents - your interest and caring for our home in Kootenay-Columbia is very much appreciated!

North American Lake Management Society Symposium

press release by Wildsight

For Immediate Release: Water leaders gather for first national dialogue on community-based water monitoring

On November 1st, leading lake experts from across North America including academics, citizen monitoring groups and members from all levels of government will converge in Banff, Alberta for the 36th annual North American Lake Management Society Symposium, hosted by Living Lakes Canada and the Alberta Lake Management Society.

As part of the symposium, Living Lakes Canada is also hosting the first ever national dialogue on community-based water monitoring. Community-based monitoring (CBM) is emerging across North America as a compelling approach to help solve some of the challenges associated with watershed management.

Canadians often assume that freshwater is abundant everywhere but this is not the case: Southern Alberta and the Okanagan region are two areas where water is scarce. Already there are signs of water stress, yet there are still no restrictions on human actions or water use. Modern society has become used to an "engineering" approach to water. We carry out our human activities as we please, and when they have bad consequences for water, experts are called in to fix the problem. This approach to water has not been successful, as a look at national or global statistics will show. An important aspect of citizen science is that it allows people to become more informed about the causes of water problems and do their part to prevent them.

Here in the Columbia Basin, we have several examples of successful community-based water monitoring initiatives: The Lake Windermere Ambassadors, Friends of Kootenay Lake, a Basin-wide citizen groundwater monitoring project led by Living Lakes Canada, and the Elk River Alliance, to name a few.

"2015 was the hottest year ever recorded in human history and the first six months of 2016 broke all of the 2015 records," said Kat Hartwig, Director of Living Lakes Canada. "The management and allocation of water in an era of climate change will be one of the greatest challenges facing humanity. Community-based water monitoring is a way to empower citizens to help collect water data and support informed decision-making about water allocation and use. This will be an era when we will need all hands on deck."

The dialogue at the NALMS symposium will be an interactive, full-day workshop and is about building bridges: connecting citizen scientists with some of the world's leading water scientists to generate recommendations on how to move forward on citizen science water monitoring nationally. A diverse panel of experts, including limnologist Dr. David Schindler and watershed management expert Dr. Hans Schreier, as well as indigenous and non-indigenous community water managers, will dive deep into the issues and challenges and participants will learn from leading best practice examples from across the continent.

"If done well and with scientific rigor, I can see the potential of citizen science in monitoring water," said Dr. David Schindler. "It will certainly require training and scientific oversight but will likely be necessary since Lack of government action has been a real problem in dealing with all water issues. Few politicians have any background in science, and as a result they ignore environmental problems. At present we see governments ignoring water problems connected to damming rivers, new pollutant sources near water-courses, and many other areas. Citizen science is a step in the right direction. Perhaps there will be a day when politicians are required to have literacy in the portfolios that they handle. We expect cabinet ministers to be bilingual, so it seems reasonable for those handling environmental portfolios to be scientifically literate in order to make sound policy decisions."

SET TO MAKE A SPLASH: Nelson Aquatic Centre Now Open

press release

The highly anticipated opening of the Nelson and District Community Complex (NDCC) Aquatic Centre was on October 20, with a grand opening celebration on Sunday, Oct 23, the RDCK announced.

"We are thrilled to welcome the public back to their facility," said Valerie Warmington, chair of the Nelson and District Recreation Commission. "We are grateful to the public and user groups for their understanding and patience during the service interruptions and are confident that everyone will enjoy the changes to this community centre."

The pool was completed in October with final tile being laid and the installation of the sauna wood walls and the 3-metre diving platform. The entire space was also cleaned in preparation for the public.

Renovations to the facility were initiated in April 2015 and included:

- new deck, gutters, tank and deck tiles and water proofing membranes
- new underwater lighting
- a relocated lifeguard station for better staff access and supervision
- new sauna and storage
- new wall finishes
- new mechanical systems and heat recovery
- replacement of electrical panels & equipment
- building envelope repairs
- renewal of change areas including lockers, fixtures mechanical/chemical rooms with loading lift
- improved pool access into the shallow end and a new bulkhead with a gate opening to the main pool
- a new 3-metre dive platform
- a re-contoured dive tank and new pool drains to meet current aquatic safety standards
- ultraviolet light water treatment (will replace ozone as a secondary treatment and result in less airborne chlorine and odor)
- new exhaust/gutter systems (which result in improved air quality throughout facility)
- repairs to water-damaged walls and the floor in the cardio room.

"Our pool is the first renovation project of its kind in British Columbia to incorporate tri-chloramine exhaust into the design," said Joe Chirico, the RDCK's general manager of community services. "This feature will improve air quality for our patrons."

The \$5.9 million project was helped by a \$4.597 million federal Gas Tax Fund grant which enabled the RDCK not to borrow funds for the renovations.

"We expect that these upgrades will allow us to operate this important community facility for another 40 years," said Marty Benson, recreation manager at the NDCC.

Next Deadline:

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



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What I Have Seen

a message from
**CBESS Principal,
Laury McPherson**

On the heels of Thanksgiving it seems an appropriate time to reflect upon all of things we have to be grateful for at our little school, and remind ourselves of all of the strengths that come from our size and location. It is very easy to forget these, especially as it is so easy to view the small size and location from a deficit perspective instead of a benefit perspective. I wholeheartedly agree with former principal Dan Rude that we should be looking through the lens of opportunity when thinking about our school: what CAN we do as a result of our size and location, not what can't we do.

My first day at CBESS was the school planning day on May 29th, 2015. At this meeting with parents, staff, and students I shared my perspective of the strengths and possibilities of the school, outlining the reason why I chose Crawford Bay from many other possibilities in Canada. I think it is helpful to look again with fresh eyes, as very often one is able to see things that have become invisible to those who are too familiar.

At that meeting, I talked about the opportunities inherent in a small school as compared to a large school. I have worked in a range of schools, from 80 to 1600 students: an elementary school, a secondary school, and two K-12 schools, both public and private. My favourite configuration is the K-12 school, and my favourite size is the smallest one of all. These are my preferences because these are the configurations that allow for the most opportunities, flexibility, and depth of knowledge about an individual child. I have spent a number of years in administration at an extremely well-resourced, wealthy, selective, and elite private school, and can make a detailed comparison between the two.

I like to use the boat analogy when talking about this. In the same way that a kayak can quickly adapt, manoeuvre, change direction, and move rapidly, a small school can do the same. A large school is much more like a cruise ship; it takes a long time, and a lot of energy, for any change to happen. A school of 80 can move like a kayak. What are the benefits that I see in a small school in a rural location? In no particular order, here are some.

Firstly, there are a number of attributes, activities, and initiatives typically found in private schools that are naturally found in a tiny school. Because of the small class sizes and the fact that there are only 80 students in the whole school, every single child is wrapped in the supports they need to succeed. This can happen because we know every single child, family, strengths, challenges, interests, and goals. This is a well-oiled pastoral support machine that is built (and staffed) into private education that happens automatically here because of our size. This cannot and does not happen easily (or at all) in a larger school. Secondly, we are able to have activities that bring the older students and the younger students together for shared experiences and leadership development. Again, these are the same programs that are built into private schools but are seldom built into public schools. Private schools organize year level excursions that most students participate in- we do the same with the Kokanee Glacier Hike and other regular trips in elementary. Most of the students participate. Most private secondary schools offer the Duke of Edinburgh program, and provide opportunities for students to acquire the skills, service, and adventurous excursion needed to fulfil the requirements of that rigorous program. We had our first students participate in this program last year as individual candidates, and this year have a couple more students who will be joining in. The community provides an abundance of volunteer (service) opportunities, skill-building opportunities, and outdoor opportunities to use for this program.

All private schools offer (and highly staff) individualized support for post-secondary planning and to ensure that students are aware of leadership, academic,

and generally enriching opportunities that will inspire and broaden perspectives (and also look very good on post-secondary applications). Again, we are able to do this because of our small size. We are also able to maximize the number of students who get to participate: most enrichment programs will take 1-2 students per school. In our school, this means that everyone will have an opportunity at some point, whereas in a school of 600 that is certainly not the case. We do not have the staffing resources of a private school, but we are able to do many of the same things as a direct result of our size. One-on-one monitoring of academic progress is another area we are able to do because of our size- a regular feature of (staffed) systems built into private schools, and a regular feature that happens naturally in a small school; but not a regular feature that is easily found in larger public schools. Finally- a daily high quality lunch that is local, organic, and flavourful- that is definitely not a feature of larger schools!

All of this is not to minimize the distinct challenges faced by small, rural schools. However, bit by bit we will continue to overcome those. We have been able to get French back into to the classrooms, starting in Kindergarten and moving through all the grades up to grade 10. This is rare for a rural school. We have been able to offer music in elementary, and soon will have it in the grade 7-9 cohort. This is because of the hard work of our PAC and the fundraising they do for us. Though we were unable to hire a qualified Math/Science specialist this fall- because September is not the time to recruit teachers- I am very optimistic that we will recruit a strong specialist teacher to begin in Semester 2 and to lead a highly interactive, hands-on, inspiring and practical Science and Math program. It just meant that we needed to change the timetabling of some linear courses into semestered courses, which is a common timetabling practice in most schools. We were able to hire a drama specialist to teach our drama class this year, which will go a long way in ensuring that our program continues to thrive. We were also able to increase our support of aboriginal education, which is aligned with the new curricular goals and is a crucial part of the truth and reconciliation process. And last but not least, we have been able to increase the amount of education assistant support available to our students, and increase the amount of supervision. All of these are causes for celebration and help to address some of the challenges faced by small schools.

A focus on the outdoors, healthy lifestyles, project and place-based learning, cross-curricular learning opportunities, garden-learning, and study skills that will help students become independent life-long learners, alongside an emphasis on building strong academic foundations: these are what we are able to do and will continue to work towards. The new curriculum in BC, which is in effect from K-9, and in draft for 10-12, has moved in this direction. We were already there.

East Shore Food Roots

Great Opportunities Coming for Food and Agriculture

submitted by **Nicole Schreiber**

It has been a good year at Food Roots. We held a successful spring seed sale and swap and a plant sale in Crawford Bay. We promoted a farm business conference held in Kaslo called 'A Growing Economy' and had 14 East Shore food business folk attend that very informative weekend. Our coordinator, Nicole Schreiber, spoke with many local food business owners through the year, discovering a little about how they are doing and what help they might need in order to realize their dreams. We were present at the kick-off of the regional 'Fields Forward' initiative, held in Creston, and Nicole has joined the Impact Team on that new initiative, which is aimed at helping food groups and projects in our region (from Riondel to Yahk) work together in order to be more efficient and have access to larger granting opportunities, as well as developing large-impact food and agriculture projects that will benefit our entire area. Recently, as part of Fields Forward, we took part in the first Press Fest in Creston, where regional schools (including Crawford Bay School) came to help with the pressing of 10,000 lbs of donated apples, with 75 5lb boxes of the delicious juice being donated to each of the schools in our region.

We would like to take a moment here between thinking about the accomplishments of 2016 and envisioning the next year to thank RDCK Area A's EDC for their support in this last year and their expanded support for 2017.

East Shore Food Roots volunteers met with our coordinator recently to begin envisioning projects and priorities for 2017 and beyond. Having an increased involvement with Fields Forward is a priority for the

next year, as is the outreach to food/farm business owners (and potential owners) throughout Area A. We'll be working with the EDC as well as the area's upcoming 'Asset Mapping' pilot to help gather data around food and agriculture businesses that will help their projects. We are planning an expanded spring event and hope to partner with other groups (such as the Crawford Bay Artisans and the Chamber of Commerce) on this. One of our volunteers has just applied to be on the newly forming Regional Food Council. If chosen, this will be a great asset to food and agriculture development in Area A in the coming years.

Other Food News on the East Shore

Food Roots member Jaqueline Wedge has been busy over the last couple years creating the infrastructure for a community greenhouse, which is up and looking beautiful now in Crawford Bay. From what we have heard they had a successful year, giving food to the Crawford Bay School's Hot Lunch program, and selling fresh food at pop-up sales and through a CSA program, with proceeds going back to the running of the greenhouse. She and the other Twisted Roots volunteers will continue to develop their project over the next year. We wish them the best of luck as they formalize their organization this winter and look forward to supporting them in their organizational development where we can.

The Crawford Bay School recently received a Farm to School grant, and are busy with a number of school programs and projects including the school garden and a homesteading class for the older students. Congratulations to them on the grant and we hope to support them where possible in their programs. It was great to see the younger students at the Press Fest in Creston October 4, packing up their juice and enjoying the day.

If you would like to help on Food Roots/Fields Forward projects in some way or find out more about what we are working on, please contact Nicole Schreiber at eastshorefood@gmail.com or 250-227-9111. We can

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Food Roots Continued...

certainly benefit from more volunteers! Also feel free to contact Nicole if you are interested in more information about the programs at the school or the Twisted Roots Community Greenhouse. She'll happily get you in contact with the appropriate folks. If you have a food/farm business in Area A (or are planning to start one) and would like to share a bit about what you are doing, how it is going, and what food projects your business might benefit from, we would love to hear from you and it would really help us as we determine appropriate projects for the future! If you have a big idea for food development that you want to pursue, do let us know!

We hope that your harvest was bountiful and wish you a wonderful winter!

Tom's Corner

by Tom Lymbery

The Royal Visit '39



The Royals' visit in October stirred memories of King George VI and Queen Elizabeth's cross-Canada tour by train in May and June 1939.

Those of us attending the Gray Creek School in our hall were most fortunate that Len Clark and D'Arcy Bacon offered to drive us to Banff to see the royal couple on their stopover en route to the West Coast. D'Arcy even financed our trip and gave each of us kids a dollar in spending money. Ours was the only school in all of the West Kootenays fortunate enough to make the journey.

All the roads were gravel in those years so our trip to Banff took four days with overnights in Radium Hot Springs and a third night in Banff. Our teacher Miss Ivy Walker came, and since our drivers were male, that necessitated a chaperone - a position that my mother Kathleen was pleased to fill. Both Len's and D'Arcy's cars were FULL, with Ruth Burge, Violet and Evelyn Adams, Beth and Jim Oliver, Frederick Simpson, my sister Alice, and myself. I don't think any of us had been to Radium or Banff before, and some may not have gone further than Creston.

Every few miles from Creston to Cranbrook we saw placards saying "Zenith Café - Come as you are." (In those days, many people felt they needed to dress up to go to a restaurant.) We did stop in Cranbrook to eat, but I don't believe it was at the Zenith.

We stayed the night in Blakeley's bungalow cabins in Radium Hot Springs, and all enjoyed a soak in the hot pool. Then it was off through Kootenay National Park the next day, with stops at historic sites. Before driving through a National Park, the car driver had to stop at the gateway to register and pay a fee, and received a "licence plate topper" or metal National Parks permit as a receipt. Banff's park permit was a brass (later aluminum) bison emblem which was bolted to the top of the licence plate and was good for one year.

When we got back to Banff we assembled with other school groups, scouts, guides, cubs and brownies at the school, and were lined up in rows of four across. As the Boy Scout band struck up we all proceeded toward the station, where our school was directed to the front row of the viewing stands beside the street. We could just glimpse the train arriving, and it seemed an interminable wait for the entourage to pass on its way to the Banff Springs Hotel. The Royals were driven slowly past in an open McLaughlin-Buick Phaeton. Running after the car didn't provide any better look, although the boys tried. Then we walked down to look over the train, drawn by a Royal Hudson steam engine, painted blue and silver and streamlined more than any locomotive we had ever seen.

In Banff the adults had rooms at the Homestead Hotel while the rest of us were billeted in the basement of the school. We were given blankets and a pillow, with the girls in another room in the basement. I can still remember sleeping on the cement floor. It was my first time on such a hard surface - no mattress, nothing but solid concrete. But we were all tired from the excitement and the trip so it didn't take long to get to sleep.

The next day we went to see the buffalo and other wildlife in the paddocks, on to Johnston Canyon where we all enjoyed the walk to the cave and falls, then drove back to Radium Hot Springs for another soak, and best yet - a comfortable bed with a mattress!

Back in Gray Creek, the best was yet to come. At school Miss Walker set us all to write about the highlights of the trip. Since we only actually saw the Royals for about half a minute, this was only a minor part of our stories. Parents and children then assembled at our

Hall to hear our accounts of our trip to Banff to see the King & Queen. We all took turns to read out our impressions, followed by Mother reading her diary entries, while trip photos were passed around the audience.

The stay-at-homes were not to be left out of this party. They ordered flowers to be sent to Queen Elizabeth on her arrival at Banff, sent from her loyal subjects at Gray Creek, B.C. who were unable to go to Banff. This gift brought a most gracious letter from one of Her Majesty's ladies-in-waiting, who wrote, "The lady-in-waiting is commanded by

the Queen to ask Mrs. Leonard Clark to convey her Majesty's very grateful thanks to all the settlers of Gray Creek, Kootenay Lake, for their charming thought in sending Her Majesty some lovely flowers to greet her on the arrival of the King & Queen at Banff. The Queen was deeply touched both by the gift of flowers and by the very real sentiments of loyalty expressed by the settlers of Gray Creek. The Queen was much interested to hear that the Gray Creek children had come such a great distance to greet their Majesties at Banff."

More on that "License Plate Topper": I had an email from Eckhard Perk who lived with his parents and brother in Len and Catherine Clark's house during

the 1970s and '80s, which the Perks renamed Golden Pine (now Sacred Journey). When Eckhard read Part I of Tom's Gray Creek, he realized that the license plate topper he found in Len Clark's junk pile had come from our 1939 trip. Eckhard had thought of selling this as a collectible, but now realized it has historic value for himself. Once again I was pleased that we had included my email in the books. See more pictures and story on the Perks and their Black Bear Park in Part II of Tom's Gray Creek, pages 286 - 288, and on our 1939 Banff trip to see the King and Queen in Tom's Gray Creek Part I, pages 146 - 147.



On May 25, 1939, Gray Creek School students head out in two flag-bedecked cars to see King George VI and Queen Elizabeth (of The King's Speech fame) in Banff, on their CPR cross-Canada tour. Left to right: Beth and Jim Oliver, Evelyn Adams, teacher Ivy Walker, Violet Adams with Ruth Burge barely visible behind, Kathleen (in hat) and Alice Lymbery, Catherine Clark, their driver D'Arcy Bacon, and Tom Lymbery at far right. On the trip but not in the photo are Frederick Simpson, and Len Clark, driver of the second car. Photo by Fred Wilmot courtesy of Beth (Oliver) Richards



Len Clark's 1939 National Park licence plate topper from the Banff trip, which was recovered from Len's junk pile years later by Eckhard Perk. Photo courtesy of Eckhard Perk

Tom Sez

by Tom Lymbery

Today's chainsaws use much less chain oil - you may only need to refill the tank after two fills of gas. Chain oil is absorbed into the sawdust so almost none goes into the environment. Thus there is no reason to search for vegetable chain oil - which isn't so good for your bar and chain, either.

Illustrated *Harry Potter and the Chamber of Secrets* is now featured in our book department.

An interview with Bill Metcalfe of the *Nelson Star* included the question "How did you become interested in history?" I had to think a moment to remember "I lived through it."

Having Part II of *Tom's Gray Creek* arrive in September has made it possible to have book signings and interviews which I was unable to do for Part I. All credit goes to the efforts of Frances Roback, Janet Schwieger, Warren Clark and Betsy Brierley for getting the book completed.

With MV Balfour serving for two full weeks in October while the Osprey is serviced the holdups have become horrendous - 70 or more cars waiting up to four hours at Kootenay Bay in a cloud of exhaust fumes as people try to keep warm. Highways need to provide a warm shelter building to avoid the most dangerous carbon monoxide that penetrates - even if your motor is not operating.

I've finally found how to keep track of the US Thanksgiving - it's the Thursday before the Grey Cup.

More Power Failures are coming - and longer ones as this season has proved - with no Fortis service people on this side of the lake they have to send them from Kaslo or Trail. Please make sure you stock up on kerosene, propane, lamps and batteries.

Christy makes an effort to keep our store open in the earlier hours of those power outages because so many people need important supplies. There's a limit to how long she can stay open - not 24 hours of power off time.

Boswell Hall is struggling to raise funds for an emergency generator to power their hall for those with only electric heat during very long power outages. Hopefully they will install several propane heaters to fit into corners to reduce the large amount of power needed to run electric heaters.

Before the next power failure please talk to Dan or Bryce about propane heaters that can keep you warm when the electric system is down. We stock a few that include a direct vent through the wall but have access to many more that can fit into surprisingly small spaces. These are controlled by thermostats that are driven by millivolts, not power from Fortis.

Is a real estate boom on? Five houses sold in Gray Creek recently - and what can we do to welcome these new people to our community?

Many more mushrooms this fall - all that rain is good for something. Of the ten mushroom books we stock *Mushrooms to Look for in the Kootenays* is the best.

One provincial political party apparently requires prospective candidates to be either female, indigenous or LGBT.

If your lady is an outdoor person then please get her a Shee Wee for Christmas. Also important for those in the big city who get stuck in traffic.

After much fundraising and grant applying a new roof is going on Gray Creek Hall. Also ready for winter with metal roofs are the Gray Creek Cemetery and the Henry Rose Fireplace shelter.

Smarter Than Jack or Jill

by Sharman Horwood

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

The Playful Cockatoo

Some pets seem to want to take care of their owners, as if they regard themselves as a part of the family. That may be because they feel dependent on their owners. Or it might be that they're just smart.

Lulu the cockatoo was a character. And she was smart. She'd strut and preen, cuddle and saunter up Emma's shoulder to tug on her ear. And like all cockatoos, she was very playful and affectionate, wanting a great deal of attention. Her owner was her world, and that world usually revolved around her.

My friend Emma inherited Lulu from an older woman, Harriet. Harriet was moving into a seniors' home and couldn't take her cockatoo with her. No pets, they told her. Emma was a university student, living in an apartment in Regina, Saskatchewan. She was in the middle of the cold Canadian prairies, far from her family and most of her friends. She desperately wanted a companion, and although the apartment lease didn't allow cats or dogs, it did allow birds.

"I don't know what I'll do without Lulu," Harriet said when Emma agreed to take the bird. "She's been

my best friend for so long." Cockatoos can live for forty to sixty years, a very long time. Lulu still had many years ahead of her.

"She's my best friend, isn't she?" Harriet cooed at the bird, stroking her neck feathers. Lulu responded by preening and sidling up the older woman's shoulder, getting as close as she could. Lulu was obviously loving, and well-loved in return.

Emma started coming to the house for an hour a day over the next week so that Lulu would become used to her. And when Emma did move her, the cockatoo adapted well. No unusual fits of screaming, except for occasional bursts when she was very happy and needed to be vocal about it. She adapted well.

Cockatoos do speak, but not frequently, not like other parrots, and their vocabulary is very limited, often even unclear. But some of these birds are good at imitating sounds. The brr of a motorcycle sounded suspiciously like a purr on Lulu's tongue when Emma brought her food that the bird particularly liked. The cuckoo clock also seemed to announce the time at some very odd hours until Emma realized it was Lulu, a joke she'd play to get Emma's attention. She'd rock from side to side in delight, her crest spreading as she croaked happily, when Emma carefully examined the clock—again. Lulu loved to play the occasional trick.

But there came a day when Emma received a call with some terrible news. Her best friend had suddenly passed away, from an unexpected heart attack. Emma was shocked and grieved deeply. They'd been very close. She sat and cried after she put down the phone.

Outside Emma heard a child giggling, loud and

clear in the quiet street, a very infectious sound. That just made her cry even harder. She didn't want to laugh and hearing the child only made her feel that the world was an indifferent, cruel place.

The next day, Emma heard the same laughter several more times, a jovial chuckle. No children lived in the apartment building, none that she knew of, that is. Maybe a visitor, she told herself. She slouched around the apartment all day. She didn't want to go to classes; she'd burst into tears if anyone talked to her so she stayed home.

But the child's giggle haunted her, seeming to follow her no matter what she did. She heard it again and again. At times it sounded a little spooky, as if it came from a great distance. At other times it was loud. It seemed to burst in the window, filling the room. It was so happy, so heartfelt, though, she realized she couldn't really resent it, and after a few days she found herself smiling a little whenever she heard it.

But then she realised she hadn't heard Lulu imitate the cuckoo clock for some time.

"Yup," Harriet told me when Emma went to see her, "Lulu hates for people to be sad around her. She learned years ago that if she sounded that giggle, I'd get over being mad at her, or feeling down about anything. She's a special bird, she is."

And so she was. When Emma eventually left Regina a few years later, a neighbour adopted her. Apparently, Lulu giggled for her, too. She took the care of her owners very seriously.



Book Review

by Tom Lymbery

THE QUEEN OF THE NORTH DISASTER—THE CAPTAINS STORY, BY COLIN HENTHORNE, Harbour Publishing, 212 pages, \$24.95.

This has been promised by Harbour Publishing for 3 years – presumably held up by possible legal issues. Since Captain Henthorne was acclaimed for his efficient abandon ship procedures, why was he fired within days? The cabin of the two missing people was searched and they were not there – did they fall overboard unnoticed? The sinking happened just after midnight on March 22, 2006, and she went to the 1400 feet deep bottom within an hour after striking a reef at the shore of Gil Island in Wright Sound on the BC Coast.

He says that he had many issues with BC Ferries, to do with safety procedures and more. In fact the systems he developed re Abandon Ship for the entire crew to practice were instigated by him, and he believes that his insistence on safety procedures and requests for better practices may be the reason for being let go after 30 years at sea.

The media picked up a story that spread like wildfire, of the two on the bridge at that time being engaged in sex. He confronts that rumour as there is little time for sex when navigating the tricky inside passage. The Queen of the North had just come back from refit and with some of the radar, compasses and other essential bridge components upgraded, and the two on the bridge hadn't been sufficiently trained in the changed systems – particularly the way to switch off the automatic pilot, so that the ship could be steered manually. It was a night of heavy, gusty rain and the newer digital radar didn't pick out shipping that the quartermaster was trying to avoid.

In fact, he blames the entire bridge layout for much of the problems that precipitated the disaster. The route through the inside passage is complex, so that cruise ships are required to have pilots, but scheduled ferries do not as they have crews trained in the route.

The ship was travelling at 17 ½ knots (about three quarter speed) but this was sufficient to carry the boat right across the reef, tearing holes right through the double bottom, as well as ripping off the two propellers. Most of the crew were in their cabins on the lowest deck so had to struggle through waist deep water to escape to higher decks.

Having been terminated by BC Ferries he had to take on available employment – surprisingly including working on our Kootenay Lake Ferry and also the Arrow Lakes Galena Bay – Shelter Bay Ferry. Currently he is a Canadian Coast Guard Rescue Co-ordinator at the Joint Rescue Co-ordination Centre in Victoria.

Riondel Community Library

By Muriel Crowe

As you read this we are preparing for another wonderful afternoon at Dutch Harbour on November 19. On the slate for this year are **Luanne Armstrong, Bonnie Anderson, Doreen Zaiss and Winnie Fung**. Readings start at 2pm so come a little earlier, grab a coffee, enter the door prize draw, say hello and find a comfy chair. As always this Celebration of Words promises to be entertaining and educational too. PS there will be some good munchies and books to buy too.

Several weeks ago three of the Creston Library staff came for a visit. In true Riondel fashion that was a reason for hospitality [for which read baking] thanks Barb and Ruth. They seemed to be impressed with our little library and had two things to offer us. First was the ability to issue Creston Library cards to our members. These have a triple advantage for our patrons. We cannot afford to offer e-books or e-zines and the provincial government does not supply that service to Reading Centres, these would be available with a Creston card. The only thing we would ask members is to let us know how many e-books or e-zines you read so we can include those numbers in our totals. Also with that card you can go to any public library in BC and borrow books which can be returned at any library. Their second offer was to facilitate reading events for children at our library. This will take a while to set up and we will be asking families to let us know the number of children in various age groups and related information.

We look forward to seeing you at the Celebration of Words and in the library too! Drop in, browse and borrow.

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pebbles by Wendy Scott Timelines

It was August in England and I was at the top of the London Eye, which is an exciting place to be if you're okay with giant ferris wheels! But the Eye is more, much more than a carnival ride. Imagine a glass capsule big enough for at least eight people to wander from side to side and look out over the city of London and the muddy, but "clean enough to drink" Thames River.

Riding to the top of the Eye and down again to street level was another strange and time-bending experience. I could have been in a Dickens story or an MC Escher lithograph. Buildings rise from sidewalks with not a breath between them. Even though there's a limit to their height, they seem to bend and embrace the city's multitude and the tangles that have mingled to become the city's voice.

Time has a strange way of twisting in this Olde Country. And not just the roads although they almost zipped me back to Kootenay country. I've never ridden on such twisting roadways. Blind corners? You bet. Trees and shrubs meeting above your vehicle. Yes. Then, appearing briefly through a farmer's field, a straight piece of surface left over, I was told, from Roman times.

England is more than London; much more. England is tea and cake in a country inn; England is estates with paddocks and pools; England is, of course, English country gardens, steam trains and ferry boats. It is also a country and a people willing to commemorate, respect and pay tribute to other nations that have come to defend not only their "green and pleasant land", but the rights and freedoms of the world as we know it.

I've lived in places where there are no street lights and only scattered homes; places where the stars come down to meet you and the sounds of silence are comfortable in the night. A house beside a lake in the Cariboo country of BC's Interior presents a different perspective on summer and winter. It is not necessary to visit the prairies to understand "dry heat" or "dry cold," they are legitimate terms and they do make a difference. While living at Shalalth, literally an arm's length from Seton Lake, we enjoyed both extremes. The summer heat sparked fires on railway ties and the touch of winter cold could transform our bay into pale green ice.

One of the possible advantages of a climate such as this was confirmed on a sunny day in June when a small aluminum boat passed slowly by our wharf—twice. Our house was built in the 1930's when Shalalth was the centre for shipment of Bralorne gold by train to the Coast. There had been many owners before us. We had met a few, and as I walked to the end of the wharf, I was sure these folks would say they had lived here during a summer or two. I did not expect to meet someone directly connected to the original owner.

Suzanne was her name. In the 1930's she lived with her parents in California. This was a time when governments were searching for scapegoats so they could lay blame for the bottom falling out of the economy. (sound familiar?) It was a time when questionable decisions were made regarding ethnic heritage. Persons whose origins could have sprung from other lands were gathered up and "repatriated"—often to countries they had never seen. Adding to this confusion of rights, people were becoming aware of a disease that was spreading with frightening tenacity. It was decided by those in authority that both the tuberculosis and the dearth of jobs could be eased by the removal of those "less than pure" citizens.

Even though there was no doubt about Suzanne's heritage, this blond, blue-eyed six-year-old was affected by all the problems of the 1930's. Her lungs

had become compromised with a sickness that her parents feared would turn into the dreaded TB. At a time such as this, when there was little or no money for treatment, they turned to a relative in Canada who suggested that a change of climate might help the child.

Although Suzanne's Aunt Jane in West Vancouver was the epitome of loving care and attention, Suzanne's health did not improve, in fact the damp sea air only exacerbated her condition. Frank Chapman was a cousin, and a good friend of Aunt Jane. He was the Superintendent in charge of the gold bullion transported by stage over Mission Mountain from the mines at Bralorne and Goldbridge. Gold that would be shipped via Pacific Great Eastern Railway from Shalalth to the coast. He was the man who built that house beside Seton Lake. When he came to the coast on business, he stayed with his cousin, Jane. As soon as he met Suzanne, he told Jane to bundle her up, and pack her bags. He was taking her home with him.

Suzanne's childhood memories of her stay at this house beside a lake revolve around Frank's housekeeper, Mrs. Margaret Taylor. Indeed, we had been told many times about what Mrs. Taylor had been able to do with the rocky land around our house. Her vegetables were praised; her fruits envied and her flowers graced the seasons beside the lake and decorated many well laid tables.

Suzanne was happy to take part in Mrs. Taylor's gardening routines and she took extra special care of the young peach tree beside her window and was rewarded in the fall with peaches bigger than she had ever seen at her home in California.

But it was the winter that held a special spot in Suzanne's memory. From her bedroom at the front of the house she had a full view of the lake. She watched the first snowflakes drift past her window and waited for the lake to become icy and hard enough for skating.

A big woodstove made the nighttime kitchen cozy, and Frank had built a pass-through in the wall right to the side of her bed. Before Suzanne cuddled into her down quilt, she waited for the mug of hot cocoa that Mrs. Taylor would pass to her from the kitchen.

The memory of hot cocoa on cold winter nights beside a Cariboo lake remained vivid in the mind of the woman that stepped from her small boat on that sunny day in June. Suzanne was surprised on that June day; surprised because the lake of her childhood had been blue, and she remembered running a good fifty feet down the beach from the house to get to the water. Now, not only was the water green, but her beach had disappeared. She knew about the first tunnel and the Indian band from the Reserve up the hill who helped to excavate the drill hole through Mission Mountain. She knew the tunnel would extend all the way to Carpenter Lake on the other side of the mountain. But she was gone from this place before that hydro electric power project was completed; before water came rushing through the tunnel to turn Seton Lake green and raise the water level by a good ten feet.

Suzanne was able to leave because Mrs. Taylor's care and the dry Cariboo climate had worked their magic—just as her cousin, Frank, had predicted. The sickness that had made her so weak and breathless was gone. Suzanne completed her schooling, took nurse's training and by the time she returned to visit her memories, she was Matron at a hospital in Vernon.

Suzanne took her memories and her aluminum boat back to Vernon and we never saw her again. By now, her visit on that summer day in June might be recalled as simply an afternoon in a strange house. She did not come to see my microwave, my electric range, my dishwasher; she came into my house to walk back in time. She could feel the heat from the old woodstove, she could see the hole in the wall, and she could smell the hot cocoa. When she left, she walked through Mrs. Taylor's garden and across the beach to a blue lake.

Both Suzanne and I have memory bundles gathered

from a house beside Seton Lake at Shalalth. We can unzip them and look whenever we please. They are filled with sights, sounds, smells and textures from two entirely disparate experiences. As members of the human race, we all gather bundles like these and when November continues into December with temperatures that insist on dropping, it is nice to be able to choose another time and step aside for a while. Springtime is there, if you can remember where you put it, and there are steam trains and "mind the gap" in England, we have our own summer beaches, and the green and gold of Kootenay tamarack. Now is a good time to choose one. Take your pick. There's plenty to go around.

Next Deadline: Nov 23/16

Lymbery's Memoirs Set New Standard For Local Histories

From Creston Valley Advance, Thurs, Oct 20/16

by Lorne Eckersley, Advance Staff

These are the gold standard of local history memoirs," I said to Tom Lymbery on Saturday.

I had dropped by Creston Public Library to thank Lymbery for my review copy of his new book, *Tom's Gray Creek, Part II*, and take a photo. As a bonus, I had a lovely conversation with one of the East Shore's great characters, and learned snippets of information of the sort that the business owner/writer/Gray Creek eminence grise.

Three years ago, Lymbery, who grew up in Gray Creek and who still runs the famed Gray Creek Store, released *Tom's Gray Creek, Part I*. It was received with acclaim, in part due to the skills of several other Kootenay Lake professionals. He is adamant that the contributions of his team in Part II be acknowledged.

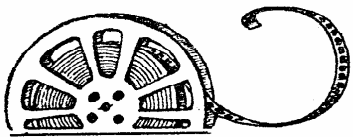
Boswell's Warren Clark designed the cover, as he has for so many other fortunate authors. Former Advance editor Betsy Brierley, who calls Armstrong Bay home, contributed her accomplished editing skills. Frances Roback of Gray Creek (she worked for 30 years at Calgary's Glenbow Museum) wore many hats—editing, photography, photo and quote selection, scanning, writing the afterword, captions and sidebars, research and more. Janet Schwiieger of North Woven Broom also contributed. Lymbery also expressed gratitude for funding help from the Columbia Kootenay Cultural alliance.

The beautiful production is chock full of historical photos, drawings, quotes, excerpts and old advertisements and the result is visually pleasing and a great reading experience.

But it is Lymbery's voice and prodigious memory that takes this memoir to the highest level. He has a wonderful way with words and a genuine love of his environs. And the photos, clearly a passion for Clark, have been meticulously enhanced and retouched to bring out the images as well as possible.

If it isn't already obvious, I am a fan of Tom Lymbery. Gray Creek Store is one of the coolest businesses in the province (on Saturday he said that American visitors had increased this summer, adding that many come from as far away as Montana to shop for things they just can't find anywhere else!). He has been writing his "Tom's Corner" column in *The East Shore Mainstreet* since 1991 (just two years after I started writing "This is the Life") and submitting other articles, too. His letters to the editor in the *Creston Valley Advance* are always welcome, and I wish we heard more from him.

Tom's Gray Creek, Part II is available at the Gray Creek Store, Kingfisher Quality Used Books and at the Creston Museum.



Seldom Scene by Gerald Panio



"We came from Poland in 1928. That was blues all the time." --Phil Chess

"I lost two daughters to bluesmen. Dangerous business you're in."

A history of Chess Records in one sentence? No problem: Play that funky music, white boys.

For over 30 years, from 1947 to 1969, two Polish-born immigrant Jews ran the greatest blues recording label in America. Leonard and Phil Chess started out working in their father's junkyard in Chicago, bought a liquor store, and moved on to bars and clubs on Chicago's South Side. The featured music was jazz and rhythm & blues, and in 1947 Leonard bought a stake in Aristocrat Records. In 1950 he brought in his brother Phil and they became sole owners of the company they renamed Chess Records.

Although they didn't necessarily understand how the music worked, they sensed that there was a huge potential market for "race records." For the next two decades they would pull in some of the most powerful performers of the 20th century musical scene: Muddy Waters, Howling Wolf, Etta James, Chuck Berry, Ike Turner, Willie Dixon, Sonny Boy Williamson, John Lee Hooker, Buddy Guy, Jimmy Rogers, Little Walter, and Bo Diddley. The Chess brothers recorded these artists from their earliest days to their peak performances, when they were laying the groundwork for everything that would follow.

If the Chess Records story isn't worth a biopic, nothing is. And if it tells the story well, it'll knock your socks off.

Welcome to *Cadillac Records* (2008).

Switching metaphors, I'd say that director Darnell Martin hit it out of the park. It's easy to see why. He's assembled a dream cast that nails down flawless portraits of everyone from Leonard Chess (Adrian Brody) to Etta James (Beyoncé Knowles).

Of course there are caveats. This is a Hollywood movie, not blues scholarship. Phil Chess is ignored, key artists are left out, and no one's pretending this is exactly the way it was. But think for a moment how impossible it would be for anyone, in any medium, to fully capture what was going on in the Chicago blues scene in the 50s. Most of these musicians have had long careers and vibrant second acts, have written their own autobiographies, and have been the subject of multiple biographies. If for the two hours' traffic of its stage a film like *Cadillac Records* can make us feel like we're reliving one of the most spectacular and unpredictable eras in popular music, there can't be a better reason for going to the movies.

The central figures in the drama as told through *Cadillac Records* are Leonard Chess, Muddy Walters (Jeffrey Wright), Little Walter (Columbus Short), Etta James, Willie Dixon (Cedric the Entertainer), Howling Wolf (Eamonn Walker), Chuck Berry (Yasiin Bey), Revetta Chess (Emmanuelle Chriqui), and Geneva Wade (Gabrille Union). Brody plays Chess as a sharp entrepreneur with an eye for a commercial break and an ear for music that's going to shake things up. He's smart enough to stand aside when the musical train's rolling through. Is he exploiting his musicians? Probably. He's also making it possible for their music to hit as wide an audience as possible, in an era of fierce discrimination and racial segregation. He was consciously breaking down the colour bar, going for the Holy Grail of the crossover hit that would nail both black and white audiences. His philosophy was simple: "Don't worry about skin colour, just the colour of the bills."

The movie doesn't pull any punches about the

shadiness of the finances, with multiple scenes where Muddy Waters and others push the issue of where the money's going. I think it's Leonard himself who says "Nobody's a saint here," and that about sums it up. Shortly after Leonard Chess died of a heart attack in 1969, Waters and Willie Dixon successfully sued Chess Records for non-payment of royalties. The whole blues scene could be as messy and dangerous as anything in the lyrics, but I'll go out on limb and say that the Chess brothers cared deeply about the music and the musicians or there's no way their record label could have accomplished what it did. The debate about whether the setup was the "one big happy family" they thought it to be or something closer to "old plantation and paternalism" won't be settled any time soon. If the money wasn't always there, the pride and the Cadillacs were. I think it's Willie Dixon who says in the movie, "You could be badder than Superman—a strong feeling for a black man in the 50s."



All of the musical performances in *Cadillac Records* are handled by the actors. You've got to have a lot of moxie to step into the shoes of Muddy Waters or Howling Wolf. Jeffrey Wright manages to create a rich portrait of Waters as a brilliant solo artist and flawed band leader, family man and womanizer, music biz tyro and canny professional. Wright takes Muddy Waters from the cotton fields in the South to the pinnacle of his fame to the time of confusion when the blues seemed to be pushed aside by new musical tides. Most of all, he captures the dignity of a great artist. I saw this kind of dignity for myself when I caught one of B.B. King's appearances at the Montreal Jazz Fest. Never had I seen a man more in control of his music and his band. Downright regal.

My favorite performance in the film was Eamonn Walker's. His Howling Wolf is pure power—focused as a laser beam, scary as hell, maybe the best bandleader in the city, the kind of beholden-to-no-one black man that must haunt every bigot's worst nightmares. Wolf was the only bandleader in Chicago who could challenge Muddy Waters on his own turf. One critic wrote that Wolf "ran his band like a machine, dictating what clothes they should wear, paying their union dues, finding them accommodation, and [in at least one case] organizing guitar lessons." Walker's version of Wolf's "Smokestack Lightning" is good enough to chill to the bone. I made good use of the rewind button on my remote control.

No one should have been surprised at the choice of Beyoncé to play the role of Etta James. Who more qualified to re-create the stage presence and complex persona of a woman who, despite continuing struggles with addiction, had a 55-year performing and recording career and cut her final, Grammy-winning blues album at the age of 67. The *Cadillac Records* screenplay plays up an incipient romance between James and Leonard Chess that I've not been able to find in any of my background reading for this review. Sadly, Etta James' autobiography *Rage to Survive: The Etta James Story* is not in my library.

Little Walter is the most out-of-control character in the film, with an appetite for self-destruction that goes completely off the rails once he breaks his musical partnership with Muddy Waters. Singing the blues is one thing; living them day-to-day no-holds-barred is suicide. Living as we do in an age that tends to focus on musical superstars who live fast and die young, it's worth keeping in mind that Little Walter was the exception to the rule. Virtually every other

major Chess Records artist lived long and ultimately prospered. They neither burned out nor did they fade away.

Bo Diddley gets stiffed by the film, but Chuck Berry has a great turn as a horndog trickster whose music and duck walk help birth rock'n roll and smash the colour bar that segregates audiences in theatres. Listening to Berry for the first time, Leonard tells his soundman, "Don't blues it up. I don't know what the f--- it is, but it isn't blues."

Cadillac Record's narrator, and unsung hero, is Willie Dixon. He was the bluesman who wrote the songs that helped make everyone else famous. He was also a talent scout and a brilliant session bass player in the Chess studio's house band. There's a bigger story here that we don't get, as we can't really get to know Chess's wife Reveta or Muddy Waters' wife Geneva. Still, *Cadillac Records* is a fine enough film convince us that there's a lot more here worth knowing.

The period detail in the film is superb, a tribute to the work of Production Designer Linda Burton, Art Director Nicolas Locke, Costume Designer Johnetta Boone, cinematographer Anastas N. Michos, and dozens (hundreds?) of other talented crew members.

There's one last star in the movie that has to be mentioned. I'm talking about those Cadillacs that Leonard saw as the culmination of the American dream. The cars that he used as a shortcut to paying royalties. The status symbols that blues singers used to thumb their noses at the bigots. Those machines that simply looked so long and so shiny and so damn cool. When you've finished watching *Cadillac Records*, you can put on Bruce Springsteen's "Cadillac Ranch" and bask in the nostalgia of an era when UFO's were a lot bigger worry than environmental Armageddon.

Next Deadline: Nov 23/16

Art Projects on the Go?

submitted by Joan Huiberts

Here is your chance to socialize, be creative, and get inspired with like-minded folks who meet once a week to work on their art projects.

The Art Group is looking for new members, and this may be just what you are looking for to pass the winter days.

What does the Art Group have to offer?

- A warm, spacious, bright room available year round.
 - Enthusiastic members who are willing to help.
- If you are having some difficulty with a painting, Shirley Wyngaard is available once a month to critique any members painting to make a suggestion or two.
- Workshops... given by members, or from teachers outside of the community. Members get discounts.
 - Use of art books and DVDs
 - Use of tools such as mat cutters, enlargement projector, glass grinders, grout, and scrap glass.
 - Group buying of art supplies so you can save on shipping fees and benefit from large order discounts.
 - An opportunity to display your work in Cowan's, the Eastshore Credit Union, Bob's Bar and the Art Show at Riondel Daze.

So, if you need a reason to get out and get motivated come and check out the Art Club at the Riondel Rec Centre...Tuesdays 10-3 for painting. Monday 10-3 for mosaics. The first time is free. If you want to join then there is a \$10 drop-in fee, or \$100/year membership fee.

We are also offering a coloured pencil workshop on Saturday November 19 from 1-3:30 at the Art Room in the Riondel Art Room. Call Sylvia to register and for more information.

If you want more information please call Sylvia at 250-225-3272, or Brenda at 250-225-3272.

Health & Happiness Hip Fractures and Lifestyle

by Dr. Sid Kettner

We slip, we fall, we break and we vegetate. Pain, disability and even death can follow. A frequent sequence in our aging population but it need not be. Results of the famous Adventist Health Study 2 involving over 96,000 subjects in Canada and the USA are encouraging. Now in its 14th year, it found that activity lowers the risk of hip fractures. Any type of weight bearing exercise (walking is excellent) results in a 60% reduction in males and a 48% reduction in females. So, we should avoid being sedentary and instead be "out and about." The effect is believed to be due to three factors: stronger bones, stronger muscles and better balance.

Now diet has now been shown to add to this effect. High protein foods are required. If one is using animal products, adding legumes to their diet can reduce their fractures by 82%. And if one is on a heart-healthy vegetarian diet, they can reduce their risk by 52% with legumes and 66% with meat analogs. Thus everyone can benefit by adequate plant-based protein, particularly legumes. Gone is the myth of our requiring meat to get adequate protein.

Legumes and meat substitutes are great when it comes to fractures as well as other conditions.

The choice now is whether our basic diet choices will be animal or plant-based. That is a whole different discussion based on whether or not we wish to reduce our fat and cholesterol intake and increase our fiber and thus drastically lower our risk of heart disease, cancer, stroke and diabetes. These aspects have been well documented in the medical literature for decades and covered in numerous past "Health and Happiness" articles in this publication.

So again, the simple advice: "Eat Less and Move More." But . . . be sure your food choices are the healthiest possible. Chose meals that will save both your heart and your hips!

Remember Remembrance Day

by Deberah Shears

In Canada and many other countries in the world people gather on November 11th to remember those who have died for their country. This tradition started after WWI as the hostilities of that war ceased on Nov. 11th at 11 a.m. Since then, Canadians have fought in other conflicts and many have given their lives so that we might enjoy freedom today.

A Remembrance Day assembly is held every year in every Canadian public school; it is mandated by the Government of Canada and for years was the only mandated assembly. Our community Remembrance Day service will be held on Friday, November 11th, at the Riondel Community Centre. It begins at 10:30 a.m. The service is organized by the Many Bays Community Band and the Many Bays Singers. A guest bagpiper, Ms. Katie Clark, will also be present. There will be a luncheon offered by the Riondel Seniors Association following the service. (by donation)

On a personal note, Remembrance Day has significant meaning to me as I honour two special people. My father, John Dueckman, enlisted in the Royal Canadian Air Force during WWII; he was a radio operator. I kept and cherished his Air Force ring which he gave to my mother when he asked her to marry him as soon as the war was over.

More sadly, and more recently, I honour a former student who died in the War in Afghanistan. Michelle Lang was in my grade 5 class in Vancouver in 1985; she was a friend of my son's. Michelle was a journalist for the Calgary Herald and in 2009 was on a 6-week assignment to report on the war. The armoured military vehicle she was riding in struck a roadside bomb. Michelle was the first Canadian journalist to die in this conflict.

It does not matter what your country of birth is - the Remembrance Day service is to honour ALL those who have served and died in the conflict of war.

Remembrance Garden

by Wendy Scott

It's a green and gold Kootenay autumn and what better spot to enjoy the fall than a stroll through the Remembrance Garden and maybe take along a thermos and say hello to some old friends - and perhaps a few new ones too.

Speaking of new friends, have you looked down your own street and made note of the comings and goings of neighbours? Someone might need a smile or an invitation to tag along when you go to pick up your mail.

If you're in Riondel or on your way to an event or dinner, don't forget to take the time to relax and chat.

Check those benches and if you have requests or questions, let us know. Enjoy the Kootenay Fall.

Plaques - Wendy Scott: wmescott@gmail.com
250-225-3381

Shrubs - Muriel Crowe: mcrowe@bluebell.ca
250-225-3570

**Next Deadline:
Nov 23, 2016**

www.eshore.ca

Notice of Passing

Rudolph Dortman

April 23, 1936 ~ September 30, 2016

Rudy passed away peacefully at his home in Elkford on September 30, 2016 at the age of 80 years.

"In the end, it's not the years in your life that count...it's the life in your years." Rudolph "Rudy" Dortman was born to Jacob and Amelia Dortman of Leask, Saskatchewan on April 23, 1936. He came from a family of nine children and was himself a twin. He lived on the family farm until 1956 when he left to join his brother at the Bluebell mine in Riondel, B.C. He resided and worked there until 1972 when he moved to the Elk Valley where he spent the remainder of his working life with Fording Coal. Rudy retired from work in 1993 and continued to enjoy living in Elkford, BC. He had family and friends, and hunting and fishing right outside his front door.

Rudy was an avid outdoorsman and thought nothing of putting miles on his truck to get to his favorite fishing hole or hunting spot.

He will be sadly missed and is survived by twin brother Randy of Creston; sisters Martha Gray of Cranbrook, BC, Clara Sommerfeld (Ray) of Hinton, AB, Lily Cowan of Cranbrook, BC, and many nieces and nephews. A Memorial Service will be held on Saturday, October 8, 2016 at 11am at G.F. Oliver Funeral Chapel in Creston, BC, Lorne Cornelson officiating.

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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.

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

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

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

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

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

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

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

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

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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.

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NEW!!! The Lakeview Store now has extended hours every Friday! OPEN until 8:30pm.

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

JOB OPPS/EMP

Kootenay Kids Society seeking a dedicated, inspired Early Childhood Educator to run the Crawford Bay StrongStart Program. Early Childhood Education Certificate, current recognized First Aid Certificate, and a current Criminal Record Check are required. This position is 22 hours per week, \$ 16.81/hr and full benefits are offered after a 3month probationary period. Visit www.kootenaykids.ca.

Wedwood Retreat is looking for 2 enthusiastic, hard working people to help run the Manor (4 rooms) and Cabin for the 2017 season. The job includes general hospitality, housekeeping and cooking chores. Must have experience dealing with customers, able to cook breakfasts, have Food Safe certificate, preferably willing to live on the property, pref-

erably a couple or 2 people that can live in the same space. Salary includes base salary, profit sharing and all gratuities earned. The position includes accommodation and meals for \$200 per month. The job will commence on June 1 and end September 30, 2017. We are looking for commitment and offer excellent conditions for the right candidates. Contact Arnoldo at 778 363 6600 or wedwoodbb@gmail.com

NOTICES

Clothing Exchange: Kootenay Lake Community Church on Friday, November 4 and Saturday, November 5 from 11:00 a.m. to 3:00 p.m. Please bring clean, lightly used clothing to exchange or just come and join us for a cup of coffee and select a new wardrobe for the winter season.

The Riondel Christmas Craft Fair will be hosted at Dutch Harbour Camp, 2277 Riondel Road N. Riondel, B.C. Time: 11:00 a.m. - 3:00 p.m. Saturday, November 26th Please contact Bonnie if you are interested in booking a table. 250-225-3509

Winter is on the Way.



2 things before you go...

1. Talk to us soon about your travel insurance policy.
2. Don't forget your toothbrush.

Our Hours:

Tuesday - Friday 9 am - 5 pm
Closed from 1 - 2 pm
Saturday 8:30 - 12:30

Kootenay Insurance Services Ltd.

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

YOUR HALL IS AVAILABLE!

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

CRAWFORD BAY HALL

Your community hall

A non-smoking facility

NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

Creston Veterinary Clinic
Your Hometown Vet
1 (250) 428-9494

Mobile veterinary clinic available in Crawford Bay.

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

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

Mobile Clinic Dates:
November 1 and December 13

Creativity,

Community,

Conscience

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 OCT 2016

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

Nov 1, Tues: Dr.

Nov 2 - Dr. Moulson

Nov 3 - Thurs: Dr. Lee

Nov 8, Tues: Dr. Lee

Nov 9, Weds: Dr. Moulson

Nov 10, Thurs - Dr. Lee

Nov 15, Tues - Dr. Piver

Nov 16, Weds - Dr. Moulson

Nov 17, Thurs - Dr. Lee

Nov 22, Tues - No Piver

Nov 23, Weds - No Doctor

Nov 24, Thurs - Dr. Lee

Nov 29, Tues - Dr. Piver

Nov 30, Weds - Dr. Moulson

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

Call to make appointments at 227-9006

on doctor days and Thursday morning.

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

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

BOSWELL HALL HAPPENINGS

Yoga - Wednesdays 9:30 - 11:00am. Contact is Marilyn
Arms 250-223-8058

Fitness - Mondays and Fridays 9 - 10am, Contact is Dar-
lene Knudson 250-223-8005

Carpet Bowling - Tuesdays 7p. Contact is Tom Sawyer
250-431-8404

Vintners - Sunday, November 20th at 2pm. Contact is
Alan Mader 403-467-5720

Book Club - Thursday, November 10th at 2pm. Contact
is Melody Farmer 250-223-8443

Quilters Guild - Tuesday, November 15th at 1pm. Con-
tact Linda Brown 250-223-8607

BADEV - Monday, November 7th at 10am

Focus on Health - Monday, November 28th at 10:30
am. Contact is Margaret Crossley 250-223-8445

**East Shore Kootenay Lake Community Health
Society** - Saturday, November 26th at 10am. Contact Tom
Wishart 250-223-8445

BOSWELL HALL SPECIAL EVENTS

**Boswell Memorial Hall Annual General Meet-
ing** - Thursday, November 17th at 6pm Potluck. Contact
Linda Cassidy, President 250-223-8341

Christmas Decoration Creation - Sunday, Novem-
ber 20th 1 - 4pm. Contact Cheryl Place 250-223-8694

THINKING OF SELLING YOUR PROPERTY?

CHECK OUT WHAT TEAM CRESTON CAN DO FOR YOU!

- Provide you with a prelisting info package, outlining what we will do to help sell your home. **NO OBLIGATION**
- Provide information on how to prepare your home for sale.
- Show you how a **VIDEO TOUR** is an open house that is available all day every day.



Shelley Voight
Managing Broker/Owner
250.254.9599
svoight@telus.net



www.teamcreston.ca
250.428.9040



Wayne Dunbar
Personal Real Estate Corporation
250.428.1400
waynedunbar@gmail.com

A SPOT FOR SANDRA

The Guiding Hands Recreation Society would like to thank Sandra Bernier, Tipi Camps long enduring and devoted Operations Manager for her many years of hard work and service. We wish you success in your future endeavors and know that there's always a seat for you at the campfire.

FREE HATHA YOGA FOR ALL AGES

Hatha Yoga classes are now being offered at the school for teachers, staff, parents and students courtesy of Yasodhara Ashram. Mondays 3:15-4:15 pm. No fee; donations toward rebuilding the Temple of Light gratefully accepted.



Located above Crawford Bay School gym -
second right on Walkley Road.

Elevator available if steps are a problem.

Our Hours

8-10 am Monday - Saturday

6-8 pm Monday - Friday

Call during open hours: 250.227.9218, ext: 5542

November Special

3 months for the price of 2!

Throughout November, come in and buy three months of access to the Fitness Place for only \$60.

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

*Winter Schedule in effect - Subtract one hour until Nov 6
All times listed in "East Shore Time"*

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

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

NOVEMBER 2016 SCHEDULE

Nov 6: Ramona Dannhauer, 1pm

Music: Richard and Ramona

Nov 13: Derrick Smith, 1pm

Music: Deberah Shears

Nov 20: Brenda Panio, 11am

Music: Marie Gale

Nov 27: No Service

CHRIST CHURCH & EAST SHORE CONGREGATIONS

ST. ANSELM'S CHURCH BOSWELL (Anglican)

For information call Christ Church Creston 428-4248

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

HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

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

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

Pastors Richard and Ramona Dannhauer

16190 Hwy 3A, Crawford Bay 250.227.9444

YASODHARA ASHRAM

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

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

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

THE CHURCH OF JESUS CHRIST

OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

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

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church, 8151 Busk Rd, Balfour

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

Next Deadline:

November 23, 2016

mainstreet@eshore.ca

MEETING PLACES

LIONS CLUB - meets at the Kootenay Lake Community

Church - 16190 Highway 3A, Crawford Bay.

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

For More info call Lion Mike Jeffery - 250-227-6807 or Lion David

George at 250-227-9550 or Lion Jim at 250-227-9622.

TOPS - Take Off Pounds Sensibly: meets every Monday morning

at 8:30 am in the Kootenay Lake Community Church basement.

Call Myrna for more info: 227-9420

PARENT ADVISORY COMMITTEE


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


Next PAC Meeting:

CBESS Library, 5pm, Nov 21

November 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		Painting, Rio Art Club, 10-3 Vet Clinic, CB Motel	Yoga Bos Hall, 9:30-11 Vball, 6:30pm CB School Dr. Moulson	Tara Shanti Yoga, 9:30-11am Dr. Lee	Clothes Swap, KLC Church, 11-3	Clothes Swap, KLC Church,
6	7	8	9	10	11	12
Fair Realty Open House, 16216 Selkirk Rd, CB, 1-4:30 Bottle Depot, 10-3	Mosaics, Rio Art Club, 10-3 Yoga w/ JAI - Comm Corner, 9:00-10:30am	Flu Clinic, CBESS, 10-11am Flu Clinic, Riondel, 1-2 Painting, Rio Art Club, 10-3 Tara Shanti Yoga, 9:30-11am Lions Mtng, 7 pm Dr. Lee	Yoga Bos Hall, 9:30-11 Vball, 6:30pm CB School Dr. Moulson	Tara Shanti Yoga, 9:30-11am Dr. Lee	Remembrance Day Service, Riondel Comm. Centre, 10:30am	
13	14	15	16	17	18	19
Bottle Depot, 10-3	Mosaics, Rio Art Club, 10-3 Yoga w/ JAI - Comm Corner, 9:00-10:30am	Painting, Rio Art Club, 10-3 Tara Shanti Yoga, 9:30-11am Dr. Piver	Yoga Bos Hall, 9:30-11 Vball, 6:30pm CB School Dr. Moulson	Boswell Mem Hall AGM, 6pm Tara Shanti Yoga, 9:30-11am Dr. Lee		Local Author Readings, Dutch Harbour, 2pm
20	21	22	23	24	25	26
Xmas Deco Creation, Bos Hall Bottle Depot, 10-3	Mosaics, Rio Art Club, 10-3 Pac Meeting, 5pm, CBESS Yoga w/ JAI - Comm Corner, 9:00-10:30am	Painting, Rio Art Club, 10-3 Tara Shanti Yoga, 9:30-11am Lions Mtng, 7 pm Dr. Piver	Yoga Bos Hall, 9:30-11 Vball, 6:30pm CB School No Doctor	Tara Shanti Yoga, 9:30-11am Dr. Lee		Riondel Xmas Craft Fair, Dutch Harbour, 11-3
27	28	29	30			
Bottle Depot, 10-3	Mosaics, Rio Art Club, 10-3 Yoga w/ JAI - Comm Corner, 9:00-10:30am	Full Moon Painting, Rio Art Club, 10-3 Tara Shanti Yoga, 9:30-11am Dr. Piver	Yoga Bos Hall, 9:30-11 Vball, 6:30pm CB School Dr. Moulson			





Interior Health

2016 FREE FLU CLINIC

Bring your care card with you!

FLU SHOTS ARE SAFE, EFFECTIVE AND FREE FOR THE FOLLOWING:

- People 65 years and older and their caregivers/household contacts
- People of any age in residential care facilities
- Children and adults with chronic health conditions and their household contacts
- Children & adolescents (6 months to 18 years) with conditions treated for long periods of time with Acetylsalicylic acid and their household contacts
- Children and adults who are very obese
- Aboriginal people
- All children 6 to 59 months of age
- Household contacts and caregivers of infants 0 to 59 months of age
- Pregnant women at any stage of pregnancy during the influenza season and their household contacts
- People who work with live poultry
- Health care and other care providers in facilities and community settings who are capable of transmitting influenza disease to those at high risk of influenza complications
- Individuals who provide care of service in potential outbreak settings housing high risk persons (e.g., crew on ships)
- People who provide essential community services (First Responders, Corrections Workers)
- Inmates of provincial correctional institutions

The flue (influenza) is highly contagious. Getting your flu shot protects you and those around you - at home, school and work.

CRESTON: Wednesday, November 2
HOLY CROSS CATHOLIC CHURCH HALL, 9:00 AM TO 4:00 PM


CRAWFORD BAY: Tuesday, November 8
CRAWFORD BAY SCHOOL, 10 AM TO 11 AM

RIONDEL: Tuesday, November 8
RIONDEL COMMUNITY CENTRE, 1:00 PM TO 2:00PM

CRESTON Health Unit - Catch-Up Clinics: November 9&16
CRESTON HEALTH UNIT, 9:00 AM TO 4:00 PM

For more information contact the local Public Health Office at 250-428-3873
Or visit: www.interiorhealth.ca

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Riondel Reading/Listening	3	Christmas Hampers	1,10
RVFD	18	Classified Ads	18
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		Gray Creek Store	11
		Greg Garbula Open House	10
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		IHA Flu Shots	20
		Imagine Kootenay	11
		KES	10



Library Hours:
ES Reading Cntr:
Tues & Sat: 12-3
Thurs: 7-9 pm

Riondel Library:
Mon: 2-4 pm,
Weds: 6-8 pm
Tues, Thurs, Sat:
10am-12:30pm

ES Health Centre ~227-9006~

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

Transfer Station Hours

CRAWFORD BAY:
Sun/Tues, 10-4

BOSWELL:
Weds/Sat 11-3