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YEAR 29, NUMBER 11

NOVEMBER 2019

The East Shore Mainstreet

KOOTENAY LAKE BC

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



East Shore Alumni - Tonino Brothers Making Music

Ian (Junk) Tonino has been making music for many years. Now, his brother Nico (Neeks) is doing the same thing and the two have just released a new song and video. See story inside (page 12) for the story.

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Mainstreet Meanderings

by Editor
Ingrid Baetzel

I have been puzzling over the negativity surrounding Greta Thunberg, the 16-year-old Swedish activist who has recently been in North America at climate action rallies and events. There has been so much venom and irritation surrounding her, with countless adults questioning her motives, her “handlers,” her intention (down to how she travels, what she wears, and their view of her hypocrisy). She is regularly questioned as to her right to speak about climate action and every movement she makes is put under a microscope, just to be shredded and dissected and disregarded; it is genuinely baffling to me.

Daily, her approach is compared to that of other young climate action warriors, such as Boyan Slat (the ocean plastic removal genius), or Indigenous water activist Autumn Peltier, and she is criticized for being as a puppet, a non-action-taking talking head who is manipulated by her elders and used as a pawn... every time I see these kind of hurdles thrown up in front of her, and hear these debasing and divisive arguments against her movement, my heart breaks a little bit more for humanity.

These would be my questions to those who reject this courageous person and her willingness to be in such a bright and terrifying spotlight... What if she were your kid? What harm is she doing? What are you doing to help? Why do you care more about shaming her than being a part of positive change, or, at least, just allowing these conversations to take place? Why are we so ugly with clinical rejection of anything that catches the energy of popular attention and lights a fire, when it can do far more good than harm?

LETTERS TO THE EDITOR

Dear Editor,

Many thanks to Farley Cursons for his thoughtful article on multi-use trail systems, published in the October *Mainstreet*.

As a Kootenay recreational hiker, for many years I have been using roads built for logging, and trails built by hunters, trappers, prospectors, and miners.

Some of these trails are over 100 years old. I am very conscious of the thanks I owe to all of these past trailblazers for creating access to the wild places that I love to visit.

The present-day trail builders are largely mountain bikers, along with active trail-building hiking groups in several local communities. The new builders are perhaps more aware of the impact we make on the environment and work hard to find ways to mitigate or prevent damage, but no one can spend time in the back country and not be changed by it.

Everyone that uses the trails surely must be inspired by the wild beauty that surrounds us and work in some way, large or small, to preserve it. Let's share the trails.

In gratitude,
Lorna Robin, Crawford Bay

Part of why Greta has been Google searched millions and millions of times, and part of why she is so explosive, is because, for whatever reason, haters gotta hate and they are talking about her too. They are lifting her name and her message (which is the message of so many in this world) and elevating her to this star status despite their best efforts to crush her methods. I worry for her, sure, but I also think that the day we start squashing a young person's passion to make change and to speak for what she believes in is the same day we essentially have begun to eat ourselves.

We are drowning in social media, armchair critics, lazy anger and hot-headed keyboard warriors. I don't know where we're headed with any certainty, except this one piece... this world is quickly becoming not mine. It is the next generation's, and the how-ever many more will come after. I concede and stand proudly behind their charge; they know more than I ever did, and they are the rightful leaders. Go on, kids – sorry for the work you have ahead and for the anger and resistance you're going to face. You've got this old Gen X's heartfelt apology and blessing for change.

DID YOU KNOW:

FLU CLINICS

Friday, November 8, 2019

Crawford Bay School
10:00 a.m. to 12:00 noon

&

Riondel Community Center
1:00 p.m. to 3:00 p.m.

*first come, first served

**bring your MSP card

White Christmas Musical

A Footlighters Production by Footlighters Theatre Society

The holiday season will come to Creston a little early this year, when Footlighters Theatre Society opens its 25th season with the musical *White Christmas*. A cast and band of about 35 will take to the stage at the Prince Charles Theatre from Nov. 28-30 to present the stage adaptation of the 1954 film.

“This is a perfect way to ring in the Christmas season,” says director Brian Lawrence. “With Irving Berlin's stirring music, this show is funny and poignant and joyful — everything you'd expect if you're a fan of the movie.”

The story follows the song-and-dance team of Bob Wallace (played by Bonners Ferry's Adam Weaver) and Phil Davis (Tom Greentree) as they join forces with sister act Betty (Jacqui Vezina) and Judy Haynes (Christine Park) to stage a show that will keep retired Gen. Henry Waverly (Doug Johns) from losing his Vermont inn, where he lives with his doting housekeeper, Martha Watson (Yvonne Johns). The leading roles have been both challenging and fun for the actors.

“I love working with such a dedicated group of people, all committed to learning together and offering the Creston Valley an amazing Christmas show,” says Tom Greentree, making his Footlighters debut. “I also really enjoy being stretched as a performer. While I



Adam Weaver (as Bob Wallace) sings “Count Your Blessings Instead of Sheep” to Kailynn Gill (as Susan Waverly) while rehearsing a scene from *White Christmas*. Brian Lawrence photo

have had lots of singing experience, I haven't danced very much, so putting it all together for Phil Davis makes for a real learning curve.”

Greentree is one of a half-dozen newcomers, including 10-year-old Kailynn Gill (who plays Waverly's granddaughter, Susan). Many other longtime Footlighters members are joined by seasoned veterans, including Jacqui Vezina, who previously played leading roles in *Pride and Prejudice* and *Aladdin*, and Doug and Yvonne Johns, who are returning to Footlighters after a two-decade absence.

For Christine Park, who has previously played smaller and ensemble roles, this is her first chance to tackle a leading role in a Footlighters production.

“I love playing Judy Haynes because I get to draw on my dance background and put on a fun show,” says Park, who will be joined onstage by Jacqui Vezina as her character's sister, Betty. “I get to tap, waltz and perform Broadway-style jazz. The *White Christmas* movie is one of my favourites and I watch it around the holidays every year, so I'm so excited to get to be a part of a live production of this show.”

With a score requiring intricate harmonies and numerous several dance numbers — led by music director Leah Darby and choreographer Kate Webb — *White Christmas* is sure to inspire the Christmas spirit.

“It's a story of real Christmas generosity, where people who've received so much scheme together to pull off a crazy Christmas surprise, all for the benefit of a struggling friend,” says Greentree. “*White Christmas* sets a beautiful tone for coming season.”



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The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers.

Send in December 2019 issue items by:

Next Deadline: November 27, 2019

Glorious, Golden THANK-YOUs
and
Warm Fuzzies
to all those who made...



FALL 2019
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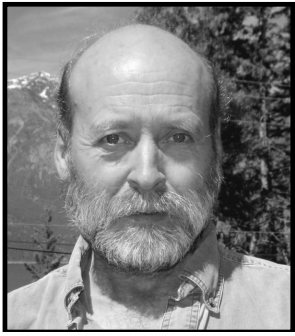
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RDCK Area "A" Update

by Garry Jackman,
Regional Director
- Area "A"

This month I would like to touch on two areas of RDCK services which are in flux, those being economic development and recreation (indoor and outdoor). Note that in recreation I include the social activities which are enabled by our recreational assets such as community halls, local parks, etc. Some changes in these services are directly impacting us locally in the short term while other changes in our neighbouring communities across the lake and beyond may influence our future service alignment. In regions such as ours, with a relatively high number of amenity migrants, the recreational experiences which a visitor enjoys not only feed the economy in the short term but encourages repeat visits and can be a large part of the motivation to move into our communities.

ECONOMIC DEVELOPMENT

I have covered this topic in a number of submissions, so will recap some of the local activities here first:

- Area A has received two significant Rural Dividend grants from the province which we have used to help tourism operators connect with others. We have produced information (brochures, listings, web map, guiding documents, etc.) for use by tourism business operators, visitors and residents. We have held small and larger gatherings to exchange ideas. The next one, if you receive and read this early enough, is at the Boswell Hall on November 2.
- Area A has benefited from two additional Rural Dividend grants in a partnership with electoral

areas B and C plus the town of Creston. Out of this we developed the Economic Action Partnership. The EAP is currently holding close to a half million dollars in funding and has a multi year economic development work plan developed with broad community input. A consulting firm has been hired to begin the work over the next two years using the grant funding along with local contributions. They are starting now.

- The Area A resident attraction project (amenity based community development) is fundamentally an economic driver, helping to attract and retain residents who are valued for both their economic and social contributions to our communities. This project has a website (eastshore.life) which is still growing and evolving.

- There is no single regional district staff person to coordinate the numerous economic development service area plans and budgets. Our 2020 RDCK budget process will include a proposal to improve coordination within and across these services.

- More volunteers to become part of the Area A Economic development Commission would be welcomed. If you are interested please email me (contact info below).

RECREATION AND PARKS

Hopefully some of you would have attended an information session on the lands at the head of Crawford Bay which were acquired recently through the RDCK with funding assistance from the CBT. Note at the time of writing this article the meeting has not been held. This land acquisition points to how the RDCK recreation and parks structure results in unbalanced tax burdens, with initiatives being based on limited opportunities within limited windows to act. This pattern tends to repeat while a large conversation among regional directors has moved through various steps over the past several years.

What steps have been taken and are we further ahead? The key steps in the past five or so years has been to update the recreation master plans (indoor and

outdoor) for the major subregions, those being Areas A, B and C plus Creston, Nelson and area, Castlegar and area plus the Slocan Valley. A plan was not developed for upper Arrow Lakes. All of the plans say pretty much the same things. Many residents place a high value on modern indoor rec facilities including pools, arenas, exercise facilities and meeting spaces. Others place a very high value on outdoor recreation, whether in the form of groomed parks, natural gathering spaces, trails or water access points.

Another step to move forward in unison across the RDCK is the fees and charges analysis which is stressing simplified access to the major rec complexes with universal passes. It is also setting a more realistic cost recovery model with the level of social benefit being the key consideration when setting rates. The other exercise, through the region wide "all rec" commission, is to look further at how to improve water access (lake and river), active transportation (walking or biking to work or shopping for example) and regional outdoor spaces of regional significance.

Here are my thoughts on the state of some of the indoor facilities:

- The Creston and District complex, in my opinion, is closest to meeting the current levels of expectations held by residents for indoor recreation. For reasons I will not expand upon here, the surrounding outdoor recreation areas (playing fields, skate park, etc) were rolled into the same service (with associated changes to who pays for what) several years ago and as such this site has a fairly clear mandate around what to fund and what not to fund.

- The Nelson area has a mix of assets within the city owned by either the RDCK, the city or societies. I observe some struggles over who can sustain some of the facilities in the long term. The struggles are manifest, in part, by a formal request by one of the funding partners for a service review which involves the province.

- The Castlegar complex is supported by different segments of the two adjacent electoral areas (I and J) plus the city. The recent referendum on an expansion project brought several historic grievances to light. The service also supports some trails, making the mandate perhaps less clear than for some of the other recreation complexes.

- Within the RDCK there are numerous smaller recreation sites with buildings or built works, some owned and operated by the RDCK, some owned by the RDCK and operated by societies, some owned by the smaller villages and some owned and operated by independent societies (such as many of the community halls). Funding schemes are complex to say the least, some relying on dedicated taxation and others relying more heavily on grants and donations which can vary from year to year.

To be honest, I do not see resolutions to some of the indoor recreation sustainability issues until we begin to recognize the true cost of keeping the doors open, including the very real value of volunteers both within the municipalities and within the electoral areas.

Outdoor recreation, through various parks and trails services, has similar issues. Again, many assets such as trails or smaller parks rely heavily on volunteers. Land acquisition for parks took a step forward a number of years back with the amendment of RDCK bylaws to require parkland dedication (as either land or cash) for larger subdivisions. This change coincided with the sharp downturn in the land development market a decade ago. Since then the build up of cash reserves has been modest plus the funds for parkland acquisition are segmented by electoral area, making it difficult to take big steps as a region.

Rather than looking at each community separately, whether for economic development (trying to outshine our next door neighbor versus partnering) or recreation (recognizing just how mobile we all are when it comes to where we choose to recreate with our friends and family) we need to consider whether there is a more sensible, unified approach to some of this service delivery. I have lots of ideas around this. I would like to hear yours.

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 2019 *Mainstreet 3*



Hidden Taxes

by David George

Did you vote? If you voted, good for you! If you did not vote in this important federal election, kindly do not complain about the result. This election may have been the most important one in our and our children's and grandchildren's lifetimes.

We saw a lot of political promises, saw several debates between party leaders, but the person who stands out in many memories is not even Canadian. Greta Thunberg, a Swedish student only 16 years of age, travelled across the Atlantic Ocean by sailboat to forcefully remind all of us that the consequences of not taking immediate action to limit and reverse climate changes which we humans have caused are too horrible to contemplate.

Many of us have children and grandchildren, even great-grandchildren who will have to live with our action or inaction regarding our world's climate. One cannot deny the fact that our world is warming; extreme weather events are increasing.

The year 2013 saw the level of carbon dioxide in our atmosphere reach and stay above 400 parts per million. This cannot be denied, or dismissed as 'fake news'. As Greta Thunberg told us, "pay attention to the science". The science tells us that humans' uncontrolled experiment in burning all the fossil fuels available for at least two hundred years is not a good thing.

What are the alternatives? Some use is being made of 95 percent efficient natural gas appliances. While this is a useful transition strategy, remember that methane, CH₄, when burned still makes the greenhouse gas CO₂, carbon dioxide. Further, methane escaping from pipelines or LNG plants is also a greenhouse gas. Hydrogen burns cleanly, but has significant costs to produce and is difficult to store.

Wind and solar projects to generate electricity are on the increase. Electric cars are becoming cheaper

and can travel increasing distances between charges. All-electric ferries are in use in Norway; one could be built right here as replacement for the M/V Balfour in 2022. Remember, our sun delivers to our planet about one kilowatt of energy per square metre.

Solar panels turn this into electricity at increasing efficiency and lower costs. Large battery banks are available to store this energy and potentially eliminate the need for long electrical grids which can be damaged by extreme weather events. Remember the Quebec ice storm and the recent Manitoba weather events. Burying electrical cables would solve a lot of problems. It would be expensive, but a long term solution.

Canada needs to be more than a resource extraction country. Yes, we can make money by selling oil and natural gas and coal to other countries. Consider this carefully, though. Those other countries will be burning that oil, and natural gas, and coal, and adding greenhouse gases to an already overburdened atmosphere.

Now for some words about our Kootenay Lake ferry, a vital part of our highway system. It is encouraging to see that we now have had two Unity Rallies in support of getting our ferry workers decent wages and working conditions. They should not have to work overtime to make a living wage. The uncertainty over when or if our ferry will sail has definitely affected our local businesses. Tourists are being advised to avoid the ferry. Local businesses report decreased sales. Chambers of Commerce on both sides of the lake need to get involved.

We have already seen that direct lobbying in Victoria has brought our ferry problem to the attention of provincial ministers and members of our legislature. Whenever the ferry situation is resolved, the government needs to take back direct control of all the inland ferries, and have one contract with the union.

Just as the highways maintenance privatisation debacle of having work done by the lowest bidder has resulted in substandard snow clearing and road repairs, so having the lowest bidder run our ferry, our vital link across the lake, makes no sense and must be changed.



November Horoscope

by Michael O'Connor

Tip of the Month:

Haloween goes into overtime. The Scorpio New Moon in late October hosted a Mercury/Venus conjunction in

Scorpio. Altogether, it seeded a particularly exuberant and passionate cycle, it also contained some complexities linked to the celestial lovers, Venus and Mars, in each others ruling sign – a role reversal. Despite the ‘mutual reception’, these are traditionally regarded as difficult sign placements or at least complex. This could prove extra interesting. Romantic relationships represent the main stage. Mercury retrograde in Scorpio adds intrigue to the plot.

Aries (Mar 21- Apr 19)

You are in a punchy and assertive mood as the month begins. This will likely continue, prompting you to want to lay low, initially. Yet, Venus entering Sagittarius will lure you to illuminate the dark night.

Taurus (Apr 20-May 20)

Your passions are running high and deep. Can you have both? You are about to find out. In some respects, you will reach for structure. Alternately, you will want to yield to your moods and emotions.

Gemini (May 21-Jun 20)

Inspirations to whistle while you work are likely now. Whatever your style of expressing contentment while you exercise discipline, discernment, and perseverance to get the job done, you will express it this month.

Our Ferry Matters Working for Dependable Service

by Our Ferry Matters

WHO WE ARE:

Our Ferry Matters is a non-partisan group of people living and working in the communities that are serviced by the Kootenay Lake Ferry. We believe the ferry is an essential transportation link to all communities surrounding Kootenay Lake. Therefore, we are calling for the three parties involved in the delivery of the service – the BC Government Employees Union (BCGEU), the contractor Western Pacific Marine (WPM), and the provincial government – to work together toward a solution that will restore regular and dependable ferry service on Kootenay Lake.

WHAT WE ARE DOING:

The committee, including the Kootenay Lake Chamber of Commerce, has been active and appreciates the support of community members.

Among activities:

- website ourferrymatters.ca – visit
- Facebook Group (please join!)
- Unity Sailing 1 and 2.0 to draw attention (Oct 4 and 26, 2019)
- Megan Rokeby-Thomas’s trip to the Victoria Legislature where she talked to many people
- Media interviews
- Creating videos telling community stories of hardship due to the ferry’s uncertain schedule (see YouTube video – search Our Ferry Matters at youtube.com)
- Letters to the many stakeholders involved.

See the latest below:

October 24, 2019

To: Kootenay Lake Ferry Operation Stakeholders

RE: KOOTENAY LAKE FERRY SERVICE INTERRUPTIONS

Our volunteer Chamber is primarily located on the

4 Mainstreet November 2019

Cancer (Jun 21 – Jul 22)

A month of creative complexity is underway. This includes an inventive possibility. However, this impulse could get directed as a strong sense of individuality and/or as a rebellious mood. You could even get into a scrap or two...

Leo (Jul 23 - Aug 22)

If there was a time to get a lot done at home, workshop, office, or studio, this is it. Your confidences are up and this will inspire fresh initiatives. These could well include research requiring privacy and quietude.

Virgo (Aug 23 - Sep 22)

Deep and powerful thoughts, ideas, and perceptions are igniting in your mind. Your powers of critical analysis are at a peak. Financial interests and ambitions are featured and you want to increase the flow.

Libra (Sep 23 - Oct 22)

Financial responsibilities are on your mind. All year you have been contending with who you feel you truly are and what you need and want. Now, this process of reflection is arriving at a time of decision.

Scorpio (Oct 23 – Nov 21)

Taking new leads and strides are likely now. Your focus is sharp. If only your confidences about what constitutes the right thing to do were as strong. You have been wanting to advance to the next level. Clarify what that means.

Sagittarius (Nov 22 - Dec 21)

A good deal of dynamic interaction of late has left you seeking refuge to reflect even amidst a strong outer charge. You are happy to take a break from it all for a while. This includes the desire to feel warm and protected.

East Shore of Kootenay Lake, but businesses, marketing organizations and ordinary people on both sides of the lake and the entire region are being adversely affected by unpredictable sailing cancellations since Labour Day. This has had travellers and suppliers avoiding the area, a confusion which could easily have repercussions in the future.

We have received a response from Michelle Mungall to multiple questions we had regarding the service disruptions and are disappointed that in her opinion there is nothing that can be done from the provincial government’s perspective.

We have obtained a copy of the agreement (template only) between the province, MOTI and the contractor. We are seeking assurance that the province is providing adequate oversight into the execution of the contract. We strongly believe that if the agreement was being adhered to along with the required plans, which should have been submitted and approved by the province, we would not be having the disruption in our ferry service.



Capricorn (Dec 22 - Jan 19)


Dreams of possibility are dancing in your mind. These are prompting you to take account of your assets, talents, and resources. Accessing the same in others implies the need to reach out. But not yet, you are still busy dreaming.

Aquarius (Jan 20 - Feb 18)

Your public and perhaps especially your professional life especially are under review. You may be contending with some uncertainties. To offset these emotional tremors, obtaining new tools and skills or improving existing ones is the answer.

Pisces (Feb 19 - Mar 20)

You have entered a time of important decisions and you may be feeling somewhat overwhelmed and at a loss about what to do. Positively, your ambitions are running high and you are ready and willing to do the work.



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We will continue to raise awareness with our regional partners and continue to gain media attention

until we regain safe, reliable and dependable ferry service. The negative impact to our businesses, residents and the travelling public are being felt throughout the region. A website has been created:

www.ourferrymatters.ca and a Facebook Page, Our Ferry Matters, which are sharing information and gathering stories about this disruption.

We will be hosting a second Unity Sailing this Saturday (Oct 26/19) and would appreciate if you could attend personally or have one of your staff present so that you can see first-hand how our communities are being affected.

Sincerely,
Megan Rokeby-Thomas (Our Ferry Matters)
Ron Mondor, (President Kootenay Lake Chamber of Commerce)



Hacker's Desk

by Gef Tremblay

Thanks Giving

Practicing the divine light invocation, I was feeling that I shouldn't take too much light for myself as I wasn't worthy of so much goodness. I thought this was odd at first, but then it happened again. I felt shy of filling myself with light, that other people deserve more of that light. While it's true that I feel quite blessed and other people around the planet probably would benefit with receiving more light, during the meditation I visualized myself being filled with light. There is no action in there that actually takes away the light from someone else and it's truly all in my head.

When I realized that, it made me wonder how much I was judging myself. Then I realized that this judgment was there for many of my practices. I use an herb called Calea Zatechichi to create more vivid dreams, but if I didn't act during the day within a certain frame of acceptable behaviour I would stop myself to do so. I didn't feel good enough about myself to deserve such a treat. Same thing with meditation, my mind would trick me to think I didn't deserve the time for myself.

I'm not good enough to enjoy the pleasure of spiritual practices.

The once difficult activity of sitting in silence or reciting mantra has become something quite enjoyable. While at the same time my mind took that and turned it against me.

What I've used now for my mind is when I hear this voice saying that I don't deserve that much light, or I should do this practice or that for whatever reason, I tell myself, If you're such a bad person, you should probably fill yourself with so much light, sit in medita-

tion for so long and recite mantra all day long so that you can purify yourself a bit! Which makes me grin and dissolve a bit of harshness toward myself.

I am generally really aware of all the work I need to do. This is great in one sense, as I am able to keep track of all my tasks, but also makes me realize all the things I am not doing. This constant knowing of all the things I am not doing, makes me feel like I procrastinate a lot, when in reality, I am always working and the task list takes a long time to finish.

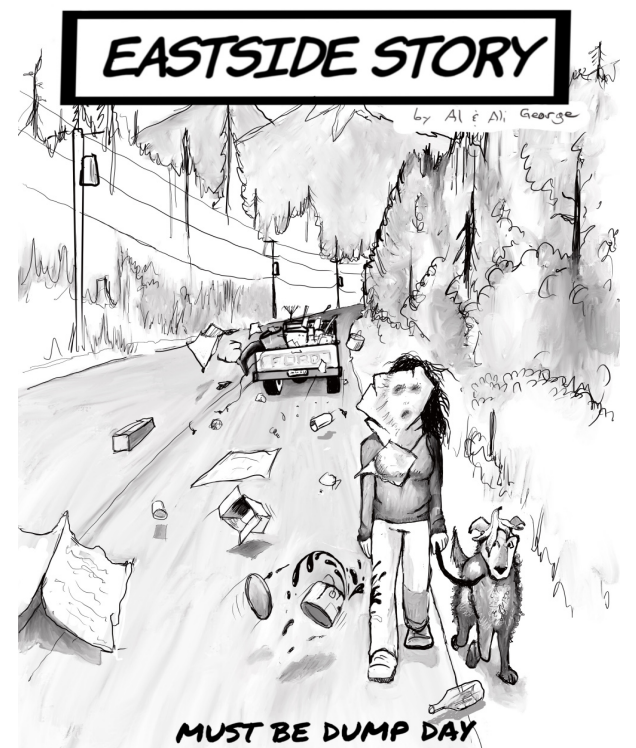
This created the judgment that I am always late and always procrastinating. I often tell Melina how I couldn't do any work today, as I had to go fix someone's computer then I had to go to a meeting, go pick up some card at the printer and finally had to fix a website or two.

Again the negative judgment affects my mood and productivity. At one point I realized that I could change from "I'm a bad person because I can't do all the things I need to do on time" to "It wasn't the right time yet". Although that seems like the best excuse for procrastination, it really helped me overcome a lot of anxiety and become more productive in a happier way.


Judging myself isn't helping anyone, and makes me feel miserable, makes me unproductive. That's why I like finding ways to turn that judgment into something more helpful. In the end, I like turning all that judgments into gratitude, giving thanks to my life and all the opportunities to continue evolving. Giving thanks to all the part of myself, the bad and the good.

Deadline: Nov 27/19

www.eshore.ca



by Al & Ali George, Crawford Bay



Annual General Meeting

Community Connections
(AKA South Kootenay Lake Community Services Society)

Thursday, December 5 at 6pm
Community Corner,
CB Park, Crawford Bay

Riondel Fire and Rescue Blotter

by Fire Chief Cory Medhurst

It has been an interesting couple of months, and I missed the October edition of the *Mainstreet* so the following is a recap of the calls to service that our members have attended to since August.

August 30 – One member attended a medical FR call in Riondel to assist paramedics with moving a patient.

September 7 – Four members responded to a medical FR call in Crawford Bay. The crew assisted paramedics with patient movement and helped with equipment.

Sept 20 – A call for medical FR saw two members respond to Kootenay Bay for a fall. A patient had fallen through the second story floor of a house while walking on that level; the floor gave out without warning. The crew assisted paramedics with packaging the patient and moving over the difficult terrain to reach the ambulance.

Sept 29 – A call came in for assistance with a medical FR incident in Crawford Bay, but we were quickly stood down as we were not required at the scene.

Oct 3 – Five members responded to Crawford Bay for a medical FR call. As they were first on scene with a bit of a wait, the crew attended to the patient until the Paramedics arrived; then assisted with moving the patient.

Oct 4 – Fire dispatch called us out for a possible structure fire on the Riondel Road. 11 members responded, deploying all three of our trucks; with many members responding in personal vehicles. When the initial team arrived on scene, they found the fire to be a large slash pile and fuel mitigation being controlled by the landowner. The crew spoke to the owner and were reassured that he was there and controlling the flames. As a result, we stood down and returned to the station.

Oct 5 – At 2:33 AM fire dispatch paged for a possible wildfire on the Riondel Rd. Five members responded using one truck and personal vehicles. Upon arrival the crew found an active, uncontrolled wildfire increasing in size. This fire was a result of the original call the evening before. Although the owner was meticulously careful while mitigating the fuels on the property, the fire went underground, travelled many meters from the mitigated area and sparked up unburnt fuels, resulting in a wildfire. The crew spent the next three hours deploying lines, digging and dowsing the fire until it was out. The grateful landowners presented us with homemade blueberry muffins.

Oct 12 – We had three members respond to a medical FR incident in Gray Creek. A resident had fallen from their roof approximately 20' down onto large, sharp rocks. The seriousness of the incident (fall >6'), extent of injuries to the patient, and the distance to the nearest trauma hospital in Trail called for a helicopter to transport the patient. Our crew assisted paramedics with stabilizing the patient; and then proceeded to secure a landing zone for the helicopter. The patient was transported via air to hospital.

Oct 19 – RCMP reported an unattended bonfire North of Riondel, at the boat marina. Four members responded in our engine to find a pile of old logs and cables burning; with flames visibly moving towards dry grass, and no one there to watch it. The crew deployed a single hose line and put the fire out completely before returning to the station. Another reminder to always watch large fires until completely extinguished.

Oct 21 – Two members responded to a call from the RCMP for a missing resident from Riondel, with possible confusion and memory difficulties. The crew swiftly searched for the person's vehicle in Crawford Bay and Kootenay Bay while en route to the fire hall. The person was located by family just as the crew was heading North of Riondel; they stood down and returned to the station.

Oct 22 – A call for a medical FR incident for a fall >6' saw 5 members attend to Pilot Bay. A person had fallen 18' from a roof, onto their feet on the concrete

below. The crew assisted paramedics with patient stabilization and moving the patient to the ambulance over rocky terrain, in time for the ambulance to catch the waiting ferry.

Oct 24 – At 07:15 AM, fire dispatch paged for a motor vehicle incident (MVI) on the Riondel Rd with unknown entrapment. Six members attended with two trucks to find a south traveling vehicle had missed a corner and driven off the road, into an embankment. The crew realized that there were no patients or occupants in or around the vehicle. The vehicle was flagged and reported to the RCMP.

These calls serve as a reminder of a few things. When working on a high level such as a roof, please remember to tie yourself off properly and wear proper footwear; when doing a difficult or risky job such as cleaning your chimney, let a neighbour or a friend know your plans and carry your cell phone with you just in case. When burning wood and debris, remember to always be present while it is burning, and to always extinguish fully before leaving. Just because it seems wet on the exterior, the forests are still dry.

On a different note, on Oct 19/20 we had the training officer from the Canyon/Lister fire department come to our hall and evaluate eight of our members on unit 3 of our endeavour to become NFPA1001 certified. Watching our members putting in the time to train, and then give up their weekends to be evaluated has made me appreciate this group even more than before. The amount of dedication of personal time, the care and devotion these men and women put in to serve the East Shore is simply incredible; I am proud to be a part of this amazing team. A huge THANK YOU to Bob and Wendy for the awesome lunch during our evaluation weekend. I had emailed Wendy days before asking if they could cater for us. Even on their last weekend of the season with supplies running low or out, these two made us a great lunch with dessert free of charge. Bob's Bar has always fed our hungry members and we appreciate their support over the years so again, thank you!

Important AGM Pending

By Susan Hulland

The Crawford Bay and District Hall and Park Association will hold its Annual General Meeting on November 26, 2019 at 7pm at the hall, and we invite you to attend. At present the board consists of six directors, several of whom have served for many years, and in the case of our recently retired chair John Edwards, for several decades!

Members of the 2019 board acknowledge that our hall needs to have work done on it. To find out why the building needs to be renovated, please plan to attend this meeting. You will learn about our initial investigations and some of the required testing that has been completed thus far. You will hear about the progress we have made and the obstacles we face regarding funding.

The Crawford Bay & District Hall & Park Association needs help and the best way to help us is to join us. We understand that not everyone wants the responsibility of becoming the director of a non-profit society. But if you are willing to do so, the primary requirement is that you reside within the hall's property tax levy catchment area

which includes all of Crawford Bay and along Highway 3A south to and including 15399 Wilmot Road, Pilot Bay, and Kootenay Bay north to and including 562 Riondel Road.

You do not have to be a property owner to become a director but you do need to be available to attend monthly meetings. Basic computer skills would be an asset as we now conduct some of the association's business via the internet. Above all else we need dedicated directors who can commit their time to helping with the responsibilities of looking after the public assets that belong to all of us.

You do not have to be a director to contribute to the maintenance and operation of our public assets. In fact, you do not even have to care about the hall itself, as we also administer the Crawford Bay Park and the Kootenay Bay Boat Launch. Perhaps your interests lie there. Residents from neighbouring communities are welcome to lend a hand by serving on one of our sub-committees, too.

Three properties are a lot for one association to look after! Current directors are Helene Carter, Gina Medhurst, David Wells, Rand Kellock, Nicole Schreiber and Susan Hulland. If you have questions prior to the meeting, you are welcome to contact us. Anyone can attend this meeting even if you are just curious about what the heck is going on with the Crawford Bay Hall. And, it will be a great chance to meet up with your neighbours and enjoy refreshments made by our faithful booking agent, Kathy Donnison.

We hope to see you on November 26 at 7pm at the hall.

Some Background About the Community Hall

The Crawford Bay Women's Institute organized local residents to tend to the needs of the first community hall and school which was built in 1910 and located on Crawford Creek Road.

The present-day hall was built in 1938. Despite difficult economic times, area residents raised \$500 (close to \$9,000 in 2019 dollars!) to construct the building. Dozens of men donated their labour and the Women's Institute held fundraisers for appliances and furnishings.

The 4,000 square foot building was located on property owned by the Board of Education, near the second Crawford Bay School which had opened in 1919. That building is now the Kootenay Lake Community Church.

The hall was administered under a cooperative agreement between the government and the board. This mutually beneficial relationship prevailed after the third Crawford Bay School opened in the 1940's and continued up until the present-day school opened in 2009. By then the school was attached to the community hall by a breezeway.

When the school was demolished in the mid-1990's the hall was left standing alone, facing an uncertain future. After almost a decade of negotiations with the Ministry of Education the association purchased the property under and around our community hall in 2017.

Over the past eighty-one years the hall hosted many events including: fall fairs, fundraisers, political rallies, potlucks, dance classes, games nights, public health meetings, music nights, theatre productions, sports tournaments, weddings, funeral teas, dances, and private parties. The building was a 'home base' for groups such as Crawford Bay Cubs, Scouts, Guides and Brownies and for several years Eastshore Soccer League games

were played on its grounds.

Today the building is home to the East Shore Youth Group and the Helping Hands Day program. What would the holiday season be without the Bevy of Angels Christmas Craft Fair? And let's not forget, the roof of our heritage hall is where Santa lands his sleigh during our Community Potluck Christmas Dinner.

Events such as these bring local residents together and help to define the tone of our community. Improving our hall will only increase options for more good things like these to happen.



Food Roots Update

by Nicole Schreiber

Our 3rd annual community Apple Juice Harvest Share was a great success this year, thanks to all the homeowners and businesses who donated apples and all the volunteers who picked them. Thanks to Tina See, Crawford Bay Market, Michael and Liz Jones, Catherine White, and Riondel Golf Course for donating the apples on their trees. Thank you to Carol Blackwell, Kristy Winger, Shannon Lanaway, and the 29 students from Crawford Bay School who picked the apples with Nicole Schreiber from Food Roots and Dennis Charles from Creston Harvest Share. Thank you to the RDCK, The Nelson and District Credit Union, and BC Community Gaming program for their financial support. 2500 pounds of apples were picked!

Apples were juiced with the Kootenay Mobile Press in Creston on October 23 and 142 5L containers as well as 35 1.5L boxes of packaged juice were given out to the following community groups and events at the time of publication: East Shore Christmas Hampers, Crawford Bay School Hot Lunch Program, East Shore Hospice, Crawford Bay Senior's group, Starbelly Jam AGM, East Shore Youth Council, Helping Hands Day, Boswell Hall Association (for the use of the various regular groups at the hall), and the Riondel Fire Fighter's Annual Halloween party.



The Kootenay Food Tree Project finished up our autumn food plant give-away and have begun ordering and planting for next year. 21 East Shore families received plants this year. Based on what is being requested, we hope to bring in and/or propagate some nice varieties of blackberries, currants, saskatoons, Goji, and more for next year. As always, we are seeking the large and extra large yogurt containers to use for our little plants. They are often the perfect size and using them saves us from having to purchase rather expensive pots. If you can save and donate them to us, we are very grateful.

We were disappointed to have had to cancel our Autumn Jamboree event, due to cold, wet weather, but intend to host a spring event instead and will share details as soon as they come available.

We have an emergency seed storage project that we are finishing up where we intend to purchase seeds in bulk and divide them up to make sure each community on the East Shore has a good supply of seed that can be kept in long-term cold storage for major emergencies. We welcome local donations of good quality food and herb seeds that can be added to the supply. If you would like to participate, have seed to donate, or are interested in the food security aspect of seed saving in general, please contact us.

Please contact Food Roots coordination Nicole Schreiber with any questions or ideas at 227-9111 or eastshorefood@gmail.com. Have a great autumn and winter and we'll be back at it in early spring 2020.



Thoughts from the Frog Pot

by John Rayson

Consumption

It has been stated that we don't have a supply problem with electricity but a consumption problem. Canadians are the highest per capita users of electricity in the world. Some claim that this is justified by our long distances and cold weather. However, this reasoning does not hold up if we compare our use to other countries, such as those in Scandinavia, which are comparable as to weather but the consumption per capita is a fraction of that of Canadians. In addition, 80% of Canadians live in urban areas and 90% live within 150 kilometres of the American/Canadian border; we are concentrated.

Consumption of electricity/energy can be divided into four areas: [please note: our total energy needs are not just our electricity needs but as we move more to renewable energy more of our total energy needs will be electrical]

1. Information and communication technology
2. Production, transmission & demand for electricity
3. Transportation and logistics
4. Buildings: residential and commercial

As we look at these sectors separately, we can see that consumption can be reduced in each of the sectors. In most cases we are discussing the decrease in consumption of electricity. It is hard to believe that in the early 1950's the major topic of elections on the prairies of Canada was, "rural electrification". Not that long ago.

The Golden Age of Audio

by Arlo Linn

For the last few thousand years, the written word has dominated and superseded the spoken word, in both cross-cultural reach and longevity. The very fact that I can access *The Epic of Gilgamesh* in modern English is an incredible achievement. But for a long time only a small part of the population could read and write, a privilege generally only held by religious acolytes and the wealthy. Throughout time the barrier to entry for the ability to read and write has progressively lowered. This was propagated largely by the Gutenberg revolution in the 15th century. Up until this point, books had to be copied by hand, making books not only very uncommon, but also very expensive. The introduction of Gutenberg's printing press allowed books to be mass produced, and made accessible to more people than ever before, as long as those people were literate.

The number of literate people in England at the time of the manufacturing of the Gutenberg press was roughly 5% of the 2 million plus population, roughly 100,000 people could read and write. In 100 years, 16% of those that lived in the United Kingdom were literate, and in another 100 years, it had risen to 53%. In 2019 the literacy rates are 99%, but with rising population, this means that over 600,000 people living in the UK are illiterate. This has remained unchanged for several years, and it seems uncertain how that 1% increase would come about.

Written language has existed for over 5000 years, dating back to Mesopotamia, but for 100,000 years we have been able to communicate orally. Large swathes of the world's population have only recently become literate, and according to an article written by the *Daily Mail*, an oral history of the Australian Aboriginals has stayed accurate for the last 10,000 years. It seems like we are hardwired for listening, but with the rise of the internet, television, and books, we need to remember less and less, because all of our information is stored

1. Information and communication technology:

Most of us now have personal computers and printers, use the internet, possibly have smart phones plus a smart t.v.; to name only a few of the devices that we use on a regular basis. All of the above require electrical power. We tend not to shut down such devices when not in use but leave them in "sleep mode". The same phenomenon occurs in large organizations with huge numbers of computers. Should we not shut off all such devices when not in use if we are to save electrical power? In actual fact, as our use of the internet increases and more people are involved, demands for electrical power will increase dramatically. Thus, any savings now will be magnified in the future.

2. Production, transmission and demand for electricity.

We have an increasing demand for electricity, a demand which will be more apparent as we increase our use of the internet, develop electric cars etc. As a country we must move to "the smart grid" if we are to deal with increasing demand. A "smart grid" means we would integrate the input from the various sources of power [hydroelectric, nuclear, renewable, and fossil fuel] in a seamless fashion on a national basis. Pricing of electricity would drive use to "non-peak" times.

3. Transportation and Logistics.

At present most of this is a demand for more fossil fuel energy. As we move to renewable power sources our demand will shift to electricity. At present we can reduce demand by encouraging the development of mileage standards, not making unnecessary trips, avoid idling of our vehicles, make use of public transportation and encourage more public transportation [not likely feasible in the Kootenay's] plus develop more walkable cities with bike lanes etc.

4. Buildings: residential and commercial.

Residential: There are a multitude of ways in which we can each reduce the amount of electricity that we use on a regular basis: replace all light bulbs with LED, turn off lights, lower thermostat, turn off computers, use power bars, fix leaky faucets and increase insulation to name only a few.

Commercial: replace old HVAC systems, turn off all computers, use LED lighting and design buildings to use passive solar, green walls [plants; for heating and cooling] plus install "smart digital systems" to run buildings.

The above for both residential and commercial buildings are only a few suggestions and many more are available on the internet

We all must be aware of our use of electricity/energy and our responsibility to reduce, where possible, our use. It is apparent that we will have an increasing demand for electricity and in particular renewable sources as we move ahead. Is climate change real and will we be required to make adjustments to our lifestyle? I will attempt to discuss these issues, and give my views, more fully in the next columns.

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elsewhere. The radio was made obsolete by the television, the radio plays of the 1940's and 50's could not compete with the visual stimulation offered by television, but audio has recently made a comeback, and it is bigger than ever. When Canadian psychologist Jordan Peterson talked about the increase in interest in podcasts and audio-books he said "It's not obvious how many people can read, but lots of people can listen."

For those unfamiliar with podcasts, I'll give a brief explanation. A podcast is an audio file that you can download and listen to at your own pace. Podcasts cover a variety of topics from retellings of old mythological stories, debates between psychologists, even people listing off basketball statistics. Lately, companies such as CBC have transcribed their popular radio shows (Quirks & Quarks, Ideas, etc, etc) to a podcast form in order to reach a larger audience. And it's worked. Research done by Podcast Insights has found that 22% of Americans listen to podcasts weekly.

But why the interest? In a world where we can watch whatever we want, absorb as much visual stimulation as humanly possible, why are we in a sense, regressing to an antiquated medium? Well, one might say that because of its non-visual nature, it can be listened to more frequently, while driving, working, or on the go. But research says that 49% of podcast listening is done from the comfort of one's home, while only 22% is done while driving. Emma Rodero, a professor of communications at the University of Pompeu Fabra, when asked about the importance of audio media in an article by *The Atlantic* said "Audio is one of the most intimate forms of media because you are constantly building your own images of the story in your mind and you're creating your own production, And that of course, is something that you can never get with visual media."

Rodero's statement sums it up nearly perfectly, and with the understanding of how ancient our ability to listen is, it is only natural that the spoken word has begun to make a resurgence. Why watch a 15 minute, highly-edited interview on television, snuck in-between ads,

when we can have access to long form, unedited discussion? Podcasts are a more enjoyable way of listening, with more user choice, and with endless topics to choose from, it seems like a near perfect medium, and I for one, welcome in the new golden age of audio.

WHO IS YOUR COMMUNITY HERO?

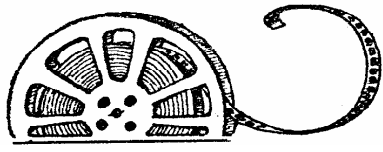
a Mainstreet Feature

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!

HEY! You there! Don't you want to recognize someone? Boswell, Riondel, Kootenay/Pilot Bay, who are your heroes? Send your words in and spread the love.

Megan Rokeby Thomas, Dave Betke, Leslie Hamblin Cobb, Gauri, Ron Mondor and Nicole Plouffe for being Our Ferry Matters champions. What a group of amazing individuals!

Chris Hamilton - For being an amazing professional, mentor and friend. Chris has been so generous with her skills and experience in many community endeavours. Her work as Financial Manager and Co producer of Starbelly Jam won't soon be forgotten.



Seldom Scene
by Gerald Panio



*Much Gesture, from the Pulpit –
Strong Hallelujahs roll –
Narcotics cannot still the Tooth
That nibbles at the soul –*
--Emily Dickinson "This World is not conclusion"

*This is the Hour of Lead –
Remembered, if outlived,
As Freezing persons, recollect the Snow –
First – Chill – then Stupor – then the letting go –*
--Emily Dickinson, "After great pain, a formal feeling comes"

We're accustomed to seeing lives spiraling hopelessly out of control in movies. Nothing new there. But what of a life spiraling hopelessly into control? I can think of only one life, and one movie, that fits that bill—Terence Davies' *A Quiet Passion*, released into theatres in 2016. The film, which Davies both directed and wrote, is a semi-fictionalized biography of Emily Dickinson. Don't let the "semi-fictionalized" caveat throw you off. Despite the fact that one of the major characters in *A Quiet Passion* exists nowhere but in Davies' screenplay, I can't imagine that we will ever see a film that does greater justice to a woman who was Walt Whitman's only equal in American poetry in the 19th century, at the same time that her life was as cloistered as Whitman's was sprawling & nationwide.

Although a lot of credit must go to Davies' writing (in preparation, he'd read half a dozen biographies of Dickinson and steeped himself in her poetry), the film's full force comes from Cynthia Nixon in the lead role. Beyond her striking physical resemblance to Dickinson, as seen in the only extant photograph we have, Ms. Nixon manages to communicate the passionate, searing intelligence that was needed to write over 1800 poems that, in their superhuman compression of complex feelings and thoughts into handfuls of short, often cryptic lines were at least 50 years ahead of their time. And, to this day, could be slipped into an anthology of 21st century poetry without striking a discordant note.

Ms. Nixon has an extraordinary physical presence in the film, her spine ramrod straight, her neck as long as a Modigliani portrait, her eyes that would do justice to an apex predator's. Davies holds his camera on her in extended takes, and Cynthia Nixon holds the audience's attention as unfailingly as Emily Dickinson's poetry has held readers for a century and a half. Ms. Nixon's readings of the poems themselves, interspersed through the movie, are flawless. She grew up with those poems, and it shows. Incredibly, she recorded the readings for the film in one short session the day after flying across the Atlantic, from the U.S. to the shooting site in Belgium. The only weak point in the film is a Civil War segment, and it's weak simply because

Emily's not in it.

For what I'd judge to be one of the finest performances by an actress in film in recent memory, Ms. Nixon didn't even get an Oscar nomination. The entire film, despite the superb acting, writing, and its being the work of one of the finest directors in England, had zero presence at the 2017 Academy Awards. Perhaps the neglect is fitting, given that Emily Dickinson had a grand total of 12 poems published in her lifetime.

I suspect that some people might have underrated the film for the same reason that Dickinson intimidated or alienated visitors to her home in Amherst, Massachusetts. Too much control. Davies shoots many of the scenes in *A Quiet Passion* with the kind of pan & scan technique that documentary filmmakers use for adding dramatic and narrative energy to still photographs. The camera lingers long on Emily, drifts towards or away from her, slides across the room and comes to rest briefly on objects or other characters. There are, to be sure, some harrowing scenes, but even in these scenes the director's gaze is unflinching. There are no facile camera moves or quick edits to distract us from what faces and bodies communicate beyond words.

It might all be a little hard to bear if it weren't also graced by Florian Hoffmeister's first-rate cinematography (particularly of rooms by lamplight, but also of radiant exteriors) and by Davies' one invented character. With the impossible name of Vryling Buffam, and played by Catherine Bailey, this friend of Emily's is a kind of New England Oscar Wilde—with Wilde's wit but a sharper instinct for self-preservation. Vryling is Emily's dazzling shadow self, the socially

emancipated woman she could have been had the outside world embraced her fierce intelligence rather than condescended to it or ignored its existence. Vryling adds a humorous tone to the first half of the movie that is as refreshing as it is unexpected. That's she's fictional is irrelevant to the screenwriter's need to show the person he feels Emily might have been had she not had to wage permanent war against doubt, religious cant, sexism, and incomprehension.

That was the war that spun her hopelessly into control.

New England was going through a religious revival during Emily Dickinson's early years. Neither her family nor her teachers could understand how she could question the tenets of faith, call God into doubt, insist a personal faith that didn't bend to the requirements of organized religion. Although she loved learning and bonded strongly with some of her fellow students and her young female teachers, Emily found herself increasingly isolated as those she was closest to found God, moved away, married. There was a wider world outside her family home that she couldn't control, so she chose to control the only one she could. She became an obedient (if occasionally refractory) daughter, a fiercely loyal sibling, an indefatigable correspondent. As her letters went out into the world, and her poems accumulated, she gradually stopped leaving the grounds of her home, stopped leaving the house itself, and ultimately stopped leaving her room. The "Belle of Amherst" became a recluse, embittered, ailing, hungry for recognition for her writing, heart and soul withering as her mother and father passed out of her life and her beloved brother began a (to her) shocking adulterous affair. In the end, her world was only



her pain, her poetry, and her devoted sister Lavinia. "Vinnie" never betrayed her, never left her. Cynthia Nixon's perfect performance would have been in vain had she not been able to play against a uniformly strong supporting cast: Jennifer Ehde as Vinnie, Keith Carradine as patriarch Edward Dickinson, Joanna Bacon as Emily's mother, Duncan Duff as her brother Austin, Jodhi May as her sister-in-law, and Emma Bell as her teenage self.

For anyone interested in a deep plunge down the rabbit hole of Emily Dickinson's poetry, I know of no better companion than Helen Vendler's *Dickinson: Selected Poems and Commentaries*. She takes 500 pages to look at 150 poems and there's an "Aha!" moment on almost every page. And yet, despite the best efforts of critics and biographers (and filmmakers & poets & novelists), there is much that we will never know about Dickinson. For example, was the passion in her poems of her own creation, or was it physically reciprocated by any of its subjects? Did she ever despair of her own talent? Did she know that what she wrote would endure? One of the most powerful lines in the film gives us a window in Emily's soul. As she describes to a visitor her otherworldly routine of writing every night from 3 am to morning, and then adds, "My father allows it. No husband would." Who can say that she was wrong? We can only hope that she had some inkling before she died that the sacrifices she'd made would leave a priceless legacy. I suspect, however, that the woman who could write a line like "My Life had stood – a Loaded Gun" in 1863 would have scorned such sentiment.



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2019 Creston Christmas Arts And Craft Market

by the Creston Valley Arts Council

Travelling down to Creston on Saturday, November 23, then one of the planned stops on your trip should be the Creston and District Community Complex for the 43rd annual Christmas Arts and Craft Market sponsored by the Creston Valley Arts Council.

With the doors open between 9:00 am and 4:00 pm the market is sure to have something for everyone. The market is one of the most popular sales events of the year with more than 1800 coming through the doors last year. It is one of the ongoing successful accomplishments of the Creston Valley Arts Council. As usual, it is attracting over sixty exhibitors from the Creston Valley and from throughout the Kootenay region.

Christmas markets originated in Germany, the first recorded one being in Munich in 1310. Over the next century the idea spread throughout Germany into Austria and France and then to a wider European market. The largest annual Christmas market today is held in Cologne, Germany and attracts over 4 million visitors annually. In Austria, Vienna's December Market can be considered a forerunner of Christmas markets and dates back to 1298.

The products at this year's Art & Craft Market range from potters from Creston, Canyon and Crawford Bay as well as glass work, jewellery, and woodwork ranging from driftwood art to cutting boards to signs.

There will be repurposed garden art as well as up-cycled clothing, natural dyed and hand painted silks. Also there will be fresh handcrafted wreaths and decorations.

There will be a great selection of foods and edibles from hand-made chocolates and candy to preserves, spices and home baking including gluten-free. There

will also be a selection of wines and spirits grown and crafted in the valley.

Original art works and prints will also be on sale not to mention unique sewing gifts, quilts and knitwear along with wearable art. Local soapers and herbalists have crafted a wide selection of soaps, creams and herbal remedies.

Contributing to the cultural ideals of the market will be the Creston Valley Hospital Tuck Shop with a selection of their products as well as the Creston Valley Museum. Footlighters will be selling tickets to their next show, *White Christmas*, based on the 1954 movie and featuring the music of Irving Berlin. This show will be staged at the Prince Charles Theatre on Nov 28 thru 30 with a show time of 7:30 pm.

In the Erickson Room will be a special art show – *Home Is Where the Art Is*. It will feature art from PCSS students, as well as senior Home Links students, intermediate students from the elementary schools in Creston as well as the intermediate class from Wildflower. Artists from the area are working with classes and presenting mini-workshops on watercolour, drawing, collage, and printmaking. The show will run the same hours as the Arts and Craft Market. However, it will have an opening reception on Friday Nov. 22 from 7 thru 9 pm. This show is one of a series of events throughout the last year to help the Creston Valley Arts Council celebrate the fiftieth anniversary of its inauguration.

Across the parking lot at Rotocrest on Saturday will be the Images Art Show and Sale which will be open from 9:00 am until 5:00 pm. This show will also be open Sunday, Nov. 24 from 11:00 am until 4:00 pm.

Admission to the Market is a cash donation to the Creston Food Bank. Vendors will be supplying items for raffle baskets so please enter the free raffle at the front door.

The Creston Valley Arts Council uses the profits from this event to support artists and arts-related groups throughout its mandated area which stretches from Yahk to Riondel. The Council would like to thank Anne Fetterley once again for her year-long dedica-

use of colour.

Most of Shirley's work is in landscapes. By painting landscapes, she aims "not to duplicate the landscape but to respond to it as a human being." Consequently, in her paintings, she can interpret the "moods" of the natural world. Her favourite painting technique for this is *Plein Air*, the act of painting outdoors. She says, "the more I paint *Plein Air* . . . the more I am in touch with nature and life itself."

For landscape artists, the advantage is the opportunity of working in natural light. She finds this spontaneous and inspiring—like the Impressionists—but challenging. In order to fix that mood on her canvas, she has to work fast with oil paints to translate the effects of the sudden combination of "colour, light, space and form," to convey her impressions of the sudden moment. She finds the Kootenay Lake landscape particularly dramatic. The distance from one side of the lake to the other lends a quality of serenity to her landscapes.

Shirley also likes to paint pears. For her, they express relationships. They convey personality in their shape, their colours, and the way she can place them on the canvas. Their juxtaposition, even the way their stems point, can all convey emotional gestures that can be humorous. As she describes them, the pears are behaving like people: sometimes "gossiping, telling exciting stories, fighting, smooching, holding meetings, partying, dancing, getting 'peared off.'" In one

group, they are dancing the tango on canvas, and in another they are laughing. Pears apparently are very much like humans.

Further information is available on the Arts Council's website at www.crestonvalleyartscouncil.ca

Riondel Arts Club

by Sharman Horwood

The summer has wound down, and a couple of bears still linger in town. For the Arts Club, this means that our show in Bob's Bar & Grill has been taken down as they've closed for the winter. Thank you, Bob and Wendy Miller.

However, there is still art hanging in the Riondel Community Centre. We will be changing that in the next two weeks, so please feel free to stop by and look. We would love to hear what you think.

Gerald Panio is planning to continue his art lecture series. On Oct 29, he will show another episode from the *Private Life of a Masterpiece* (a BBC video series). It is on Paolo Uccello: *The Battle of San Romano*. On Nov 5, Gerald will give a lecture featuring *Fun with Fresco*, in particular Lawrence Paul Yuxeluptun. Then on Nov. 12th, Gerald will show another episode from the *Private Life of a Masterpiece* on Leonardo da Vinci, specifically on *The Last Supper*. Following that on Nov 26, the lecture will be another discussion of *Fun with Fresco*, this time on Piero della Francesca. On Dec 3, the next episode from the *Private Life of a Masterpiece* will be on Rembrandt's *The Night Watch*. Everyone is welcome. I hope you have a pleasant, creative fall, once you recover from the excitement of Halloween's ghosts and goblins.

Deadline: Nov 27/19

www.eshore.ca

Local Artist Profile Speaking with Shirley Wyngaard

by Sharman Horwood

On the East Shore we're lucky to have a number of talented artists. Shirley Wyngaard is one of our best. She has an impressive education background in art, and a long list of shows that have displayed her work, particularly in Alberta where she lived and worked for many years. Along with her own art, she has promoted and encouraged other artists as well. She has worked as an administrator in galleries, a curator of shows, an art show coordinator, and as an educator. She believes fine art is necessary for a healthy society: "the aesthetics of our living environment and the ability to express creatively reflect sensitivity to and respect for life and its conditions."

Shirley tells me that she started painting while she was still a child in southern Alberta. At the age of nine, she was bedridden for a year, and encouraged to paint to amuse herself. Her mother was a hobby artist, as were her aunts, and they all coaxed her to paint or draw. They also taught her to be aware and observe nature, urging her to look carefully at trees and grasses, at the tadpoles in the drainage ditches. She showed me three stunning photographs of paintings she did of the prairies in 1986. They were sweeping, broad expanses of sky with a low horizon line. She'd worked them in watercolour and pastel, a very dramatic combination.

Shirley also enjoyed teaching art. She finds it an important part of her knowledge of the subject. By teaching, she shares her excitement when painting. She also found that in teaching she continued learning with new techniques, new products, and her students' own fresh perspective. She has given several workshops for the Riondel Art Club, particularly one in the



others who think they might want to paint or draw. Her advice is not to be cautious, and to be willing to explore because, as she says, "pleasure from painting can't be taken away from you."

At this time, you will find Shirley's work in many places. She is currently being featured at the Yasodhara Ashram. She has other paintings as well in Crawford Bay. The shows in Riondel have come down for the winter but there will be more next year, and Shirley Wyngaard's work will be there.

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Saturday - November 2nd 2019
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*Please RSVP if you plan to attend: AMEventCoordination@outlook.com



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Creston Valley Kootenay Lake Economic Action Partnership CALL FOR COMMITTEE MEMBERS



Interested in making a difference in the Creston Valley Kootenay Lake local economy? Consider volunteering on the Creston Valley Kootenay Lake Economic Action Partnership Advisory Committee.

The **Creston Valley Kootenay Lake Economic Action Partnership (CV-KL EAP)** is a voluntary collaboration of the Town of Creston and Regional District of Central Kootenay (RDCK) Electoral Areas A, B, and C. The CV-KL EAP is a strategic partnership seeking to address regional economic opportunities and challenges in a collaborative way. The CV-KL EAP seeks to enact and build upon the *'Stronger Together – Creston Valley – Kootenay Lake Economic Action Strategy.'*

The CV-KL EAP works towards a shared vision of economic prosperity, as articulated in *Stronger Together*:

The communities of CV-KL work together to ensure a thriving local economy that is inclusive, supports a high quality of life, and builds on our strengths in agriculture, tourism & recreation and small business. Residents can find or create work that meets their needs, and businesses can find or create work that meets their needs, and businesses can find qualified staff. Local businesses collaborate for shared success and have the community and government support they need to thrive. New residents and businesses are drawn to the area by the high quality of life and services available. CV-KL is a place for innovation, collaboration, and living a great life.

ADVISORY COMMITTEE

The Advisory Committee is made up of representatives of the CV-KL EAP partners, as well as of sector representatives within the CV-KL community. The Committee provides direction and sets priorities, goals and objectives for CV-KL EAP strategic plans and work plans. The Committee builds relationships between community members, communicates community needs, and shares information related to economic issues/opportunities in service of the CV-KL EAP vision.

COMPOSITION

- Partner Representatives (appointed by respective local governments) Town of Creston, RDCK Electoral A, B and C
- Local Government Representatives (staff): RDCK CAO, Town of Creston CAO, Lower Kootenay Band COO
- Economic Development Sector Representatives: Tourism; forestry; agriculture; social sector; small business

Advisory Committee will meet 2-4 times per year plus one strategic planning session. A Chair and Vice-Chair will be elected.

The term of office for advisory committee positions will be two (2) years. Full terms of reference for the Advisory Committee can be requested from RDCK at the information below.

HOW TO APPLY

The CV-KL EAP is seeking volunteer committee members representing the economic sector areas of tourism; forestry; agriculture; social sector; small business.

Interested community members are asked to submit:

- a short biography reflecting your experience in a specific sector area and
- a statement as to why you are interested in supporting the Creston Valley Kootenay Lake Economic Action Partnership.

Please send your information by Thursday, November 28 to:

Stuart Horn, RDCK CAO
shorn@rdck.bc.ca

Learn more at: www.rdck.ca/CVKL-EAP



RIONDEL REFUSE BINS HOURS OF OPERATION

Riondel
Commission of Management

The Riondel waste disposal bins located next to 232 Fowler Street will continue to have extended operating hours.

Bins will be open as follows:

***Mondays** **Thursdays**
6:45 am - 10:30 am 9:00 am - 11:00 am

*From November 4, 2019 to March 8, 2020
Monday hours will change to 7:45 am - 10:30 am

Bag tag still required.

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Facebook: @rdcentralkootenay

Deadline: Nov 27/19
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Sunday & Tuesday

Boswell Transfer Station

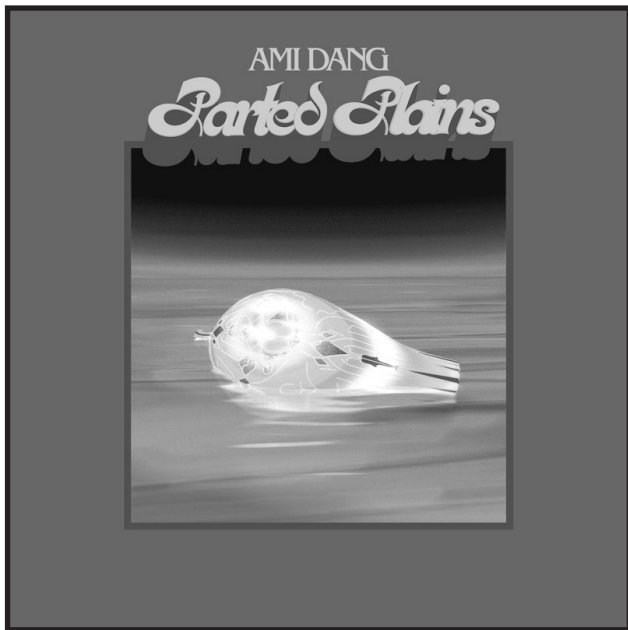
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Wednesday & Saturday

How to reach us: Toll Free: 1-800-268-7325
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Music Review



Ami Dang - Parted Plains

Leaving Records, August 2019

The Baltimore composer re-invents the Indian raga and far-eastern ceremonial music in a modern meditative yet intense music.

I find it quite inspiring to hear a musician who mixes her own traditional live instrument with electronic, merging two styles of music with one vision and skill set.

The trance dance remix of sitar and tabla is now quite cliché in the techno scene, yet Ami Dang uses her own sitar sound to weave complex ambient and atmospheric electronic music. Steering clear of any particular music style, her album (Parted Plains) can be classified somewhere between chill, new age or experimental, yet still creates a whole new style of its own.

You can purchase her new album on Bleep.com

-Geoffroy Tremblay

East Shore Alumni
JUNK & NEEKS

by Ingrid Baetzel

Ian and Nico Tonino grew up on the East Shore, in Gray Creek. Ian attended Crawford Bay School, as did Nico, and they both ended up in Vancouver in their teen years. When Ian was around 18, he moved to the coast and his family (Pia, Steve, Nico and Angelina) moved shortly after him. Ian worked in construction (rigging cranes) for many years but was making music the whole time. He worked full time while writing, producing, performing and collaborating in the rap and hip-hop music community of the coast.

Recently, Ian Tonino quit his 50+ hour/week construction job. He says, "It was the right time to stop because balancing music and work had become way too much and I started becoming super exhausted. Sleeping 2-3 hours a night to work all day in the rain and then come home to run my music side of things had become too much. Six or seven years of doing that... But I am thrilled to say that I am now fully self-employed and can do music full time."

This speaks volumes as it is one of the most densely competitive markets and being able to support oneself through music in this time on this earth is a testament to the quality and hard work of the man.

JUNK came up in the trenches of freestyle rap battling early on as a teenager. From house parties, high school parking lots to open mic nights and finally into the Vancouver night life scene where he racked up an onslaught of wins. It was in that battle scene where he met his future rhyming partner, Hungry, and formed a cult classic rap duo called NWD. The group formed officially in 2011. Releasing three albums and three mixtapes in five years.

In 2016 JUNK signed to Snak The Rippers Stealth Bomb Records label and dropped his first official solo album I AM NO ONE. Following his release, he toured Europe three times with the likes of Snak, Merkules and iconic New York rap group Onyx.

Since then he has released three more studio projects: STUPID AND UGLY (2017), AUDIO HERON (2018) and his latest EP written and recorded in 24 hours TOGETHER IN PIECES (2019). While dropping over 24 music videos in support of all of his releases.

Amidst his heavy national and international touring schedule he has played alongside acts such as Yelawolf, Machine Gun Kelly, Raekwon, Ghostface Killah, Method Man, Freddie Gibbs, Action Bronson, Mobb Deep, Tech N9ne, Royce Da 5'9", N.O.R.E., Black Milk, Cormega, Chris Webby, Sean Price and Slum Village just to name a few. JUNK has also collaborated and placed major playlist placements with some heavy features by the likes of Snak The Ripper, Merkules, CyHi The Prynce, Ritz, SHOTTY HORROH, Swisha T, Massiah and more.

Nico was born in 1995, in the family's living room in Gray Creek. Ian saw Nico draw his first breath and has happily supported his younger brother as he followed in Ian's musical footsteps, hashing out a sound and energy all his own. There is no doubt that talent, musicality, rhyme and work ethic run deep in this fam-

ily. Currently, Nico works full time as a plumber but any spare second he has he also dedicates himself to music, writing and recording primarily.

Tonino says, "My hope is to have us both be able to eat off of the music and tour the world together, alongside everyone in my circle."

In that vein, the brothers have recently collaborated and released a new song and video. It is called Junk - Now or Nothing, featuring Neeks (produced by Starkore) and can be found on most streaming services and YouTube.

"The video was conceptualized, created and produced by my wife Amy Olmstead. She and our other partner Everett Bumstead (primary director) are the creators of all my latest videos and will be from here on out. So it really is a family affair," states Tonino.

Go to YouTube and subscribe to mynameisjunk

for all Tonino's videos, including the new release of Now or Never with Neeks. Tonino also says that Spotify has all his music, but you can follow this link to go to any streaming services of your preference: <https://mynameisjunk.fanlink.to/nowornothing>

JUNK is about to go out on tour. He states, "The tour will be around ten shows and the first time I do a

headlining American run. I have a few shows in Canada before it (Nanaimo and Vernon) with a Canadian rap icon and hall of fame Maestro Fresh Wes. Then I'm off to tour solo in the states in the Pacific Northwest - Portland, Seattle, Spokane, etc... Unlocking new territory and making new connections. Testing the waters in the states for the first time on my own."

JUNK's music has amassed over 5 million streams so far. He has charted on Canadian iTunes at position 67 and 91 for most popular album in all categories. His top five songs to date are: 1. This Is My World ft Merkules 2. Make A Million 3. Church 4. Do Or Die ft Massiah 5. My Table

JUNK's music is worldly, profound, poetic, hard-hitting, lyrical, aggressive and deeply conscious... and does contain profanity and strong language.

NOTICE: You heard it here first: Watch for information about an upcoming East Shore show! The tickets will likely sell out fast, so be sure to watch Mainstreet (paper, website, Facebook page)





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Tom's Corner

by Tom Lymbery

“Welcome to Gray Creek”

In 1986, Expo 86 was about to open in Vancouver and the new Coquihalla Highway was nearing completion, giving our BC Interior decent highway access to the coast. BC asked every community to identify itself with new signage. They also requested a “Berm” near the signs, but this was too big a project for me to tackle.

I rounded up some creosoted poles that BC Telephone was no longer using. One was standing up the Cemetery Trail and I had a struggle to get this out of its hole using a jackall. I chainsawed white pine planks freehand, not having a chainsaw mill at that date. I used a small chainsaw for the lettering – much faster than a router.

Slogans for the signs came easily – “Home of the Gold Boulder” and “Metric Free.” Only seven years earlier, Canada had converted to metric. But they found almost immediately that this was easier said than done, because the US had not followed suit as had been promised. Meanwhile, we had been stung by metric plywood when we built our new store in 1978. We soon found that metric only meant putting the equivalent “metrifootills” on existing Imperial weights and measures. And more recently, the same on US measurements.

Janet Schwieger and I came up with a population head count of 354 for the signs, using the area exactly as specified for the Gray Creek Polling Division in federal elections. We expected the population would increase over the years. But it has changed little, with declining birth rates and lack of employment caused by decreasing ferry service.

Dieter Dohmen's Elektro-Dohmen business had been using the cement block dry kiln building once used by Gray Creek Forest Products, until Dieter developed medical problems and decided to move to Castlegar. Dieter's business would be missed, as he used to employ local high school graduates and train them in rewinding large electric motors. He had Gerry Abele of East Kootenay Construction make a large highway sign roofed with shakes. I asked if I could use the sign for the new “Welcome to Gray Creek” sign, and he agreed.

This was upsetting for Leo Perk. Leo had hoped to set up that sign to promote his Black Bear Park tourist attraction, gift shop and display of chainsaw art. That was soon to open at 14396 Hwy 3A, across from the Perks' Golden Pine home - once home to Len and Catherine Clark. Catherine had written her 1950 children's classic *The Golden Pine Cone* there. Leo had approached the Clarks to see if he could use “Golden

Pine Cone” story themes in his business, but his request was declined by the Clark family in Victoria.

It was easy and secure to set up the new “Welcome to Gray Creek” sign at the south end of Gray Creek under the Dohmen shake roof. But at the north end, just south of Croasdaile Creek, it was far more difficult. As the sign was below highway grade, it needed longer poles to be seen more easily by passing motorists. I also wanted it visible from our lakeside porch at our store nearby. In the past we had had problems with interference with signs, particularly with a promotional sign that our Resorts Association had put up just this side of Creston. Someone had cut it down with a swede saw. So I was resolved to wrap wire around the base of the poles in the hope of preventing a chainsaw from

destroying my efforts. Will Holt had climbing irons, so he was able to set up the crosspieces and chains for this sign after we dug the holes and tamped the poles securely.

If we had posted these signs a few years earlier with their “Come Again in Gray Creek” slogan, I am sure we would have got a mention in Playboy magazine. The slogan “Metric Free” had attracted some comments, but we replied that we were using metric as little as possible, and at that time we were still selling gas by the Imperial gallon from our glass-topped, manually-operated gas pump. The slogan “Home of the Gold Boulder” continues in good stead, and helps to sell books as well – “Lost Bonanzas” by Garnet Basque, Vol. 2, as well as the two volumes of “Tom's Gray Creek.”



1986. Photo: Frances Roback, 2015

Leo Perk (left) & chainsaw carver Pete Ryan at his roadside carving stand at Golden Pine in south Gray Creek. Photo: Eckhard Perk

Tom Sez

Propane powered vehicles have far cleaner emissions than gas or diesel, yet the electric ones get all the promotion even though they are more expensive and do not have the range of propane.

Many are the names of those locals who served in Canada's armed forces in both world wars in our Gray Creek Cemetery.

Now that we are each allowed to grow four cannabis plants, has Walmart started selling kits with seed, fertilizer and instructions?

If you want “hand crafted firewood” possibly you should come in and buy a new chainsaw? Just a poke at the term hand crafted which seems to be attached to everything.

The Dock 'n Duck at Balfour has posted “Taking a holiday”. Perhaps to re open next April?

Has the ferry strike destroyed much of our tourism? Will we ever be able to get people confident about coming up the lake again?

Victoria is experimenting with a contraception system for black tail deer in Oak Bay. Let's hope it can be used all over to slow down the garden pests.

If newspapers disappear, what will future historians do for research? Greg Nesteroff has a program November 2 at Touchstones Museum in Nelson on the years when the *Nelson Daily News* was one of BC's most important newspapers.

Will the ferry strikers continue for months trying to put themselves out of business?

The Canadian Pacific Railway's Holiday Train will be coming up the lake on its way to Trail on December 12. Stop in Creston and Nelson when you can be there to see and hear singer Terri Clark who has 19 Canadian Country Music awards and is the newest inductee into the Canadian Country Music Hall of Fame.

Gray Creek Pass Report

by Tom Lymbery

The pass closed to wheeled traffic in 2019 in early October because of an unusually early snowfall.

The *Creston Valley Advance* has an extensive article by Ed McMacklin about Forestry removing the first Redding Creek bridge - deactivating the Redding Creek forest service road. This had previously allowed vehicles to access the Baker Lake trail as well as the Lockhart Creek trail. He also says “is Sanca Creek Road and hiking access to Haystack Mountain and Lakes next?”

Ed is an avid mountain hiker and his concerns should be taken seriously. We can understand some of the reasons for making many logging roads inaccessible but is all this really necessary? Are there really sufficient reasons? Mountain hikers are similar to Trans Canada Trail users – careful and environmentally aware people who don't start fires and also leave nothing behind.

Terry Turner tells me that forestry has been pushed into trying to keep everyone out of the backcountry to protect the caribou. Will it ever work?

Deadline: Nov 27/19
www.eshore.ca
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Smarter Than Jack or Jill

by Sharman Horwood

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

Octopus: A Separate Evolution

After watching Nature's recent program (Octopus: First Contact), I have become fascinated by octopuses. In this episode, a marine biologist, David Scheel of Alaska Pacific University, builds a large salt water aquarium in his living room. He studies octopuses, and wants to observe one at home rather than on field trips. He ships in a "day" octopus—one that is active during the day—in order to learn more about these creatures.

Octopuses developed through a separate evolution. The closest common ancestors between humans and octopuses are flatworms that lived about 500 million years ago. These had a brain about the size of a pin tip, no eyes to speak of, and very little else physically in common with modern animals. All mammals and reptiles can be traced back to these flatworms, as well as octopuses. In other words, octopus eyes, brains, and hearts developed through a separate evolution. They are not like ours.

Octopuses have a small brain in each of their eight arms. These are simple clusters of nerve cells that control the arms' movement. There is one larger, centralized brain that guides its overall activity, for a total of nine brains designed to learn quickly. According to Scientific American (Feb. 27, 2009), they have "a huge neural representation" in each arm, as well as individual ganglions that control each of the suckers. As a result, each arm can act independently, and yet together they can all work towards the same goal.

They also have three hearts. Two hearts circulate blood to the gills, while a third, larger heart, pumps blood to the rest of the body. Also, their blood is blue, containing a copper-rich protein that enhances their ability to use oxygen in cold ocean waters.

Their bodies are remarkable in another way, one that is hard for us to understand entirely. Their surface cells can mimic the colours of their surroundings,

perfectly camouflaging them from predators. These skin cells can also imitate the shapes of the objects around them, like rough stones or coral ridges, making a remarkable disguise. But some scientists are beginning to wonder if they can use this ability for communication as well.

Octopuses are generally solitary creatures. However, in the sand flats near Sydney Harbour, in Australia, there is a group living in close proximity to each other. Scientists are calling it "Octopolis." They exist approximately three feet apart, and sometimes they will approach one another, touching with a raised arm, like they are giving each other a friendly "high five." They also use their ability to change colour and shape for a purpose, as if they're communicating. Their skin turns pale when approaching another octopus, or dark when chasing it, in a threatening manner.

There is another colour behavior that baffles researchers. They call it "cloud passing." It is ripples of paleness that sometimes pass back and forth through the octopus's body. Many octopuses display this at times when they are not hunting or hiding. Scientists don't know what it means.

In David Scheel's tank, Heidi (she liked to hide when she arrived), changes colour when sleeping. As if she is dreaming. (A video clip of this is on my Facebook page.) This suggests that she has thoughts passing through her brains while she isn't conscious.

Octopuses are becoming known for their curiosity. In research studies, they learn to find their way through complicated mazes—and since they have no bones, octopuses can pull themselves through very small holes—and solve puzzles. Unscrewing the lids off of jars are simple for them, particularly if they know there's a live crab inside, their favourite food. They will also play with objects placed nearby. When scientists, like Scheel, place a partially filled pill bottle to float in the tank, the octopus initially ignores it. After this is done a few times, however, the octopus starts examining it. After thoroughly exploring the bottle, one octopus blew a stream of water at the container, pushing it towards a water jet that then brought it back to the octopus. It repeated the behavior several times. Others have done the same. Researchers have seen an octopus do this over and over, though the action has

no benefit. They don't get food or any reward, which suggests that the animal is playing, kind of like bouncing a ball.

One morning in Santa Monica Pier Aquarium in California employees arrived to find 200 gallons of seawater flooding their new, ecologically sensitive flooring. A two-spotted octopus found something loose in the water recycling valve. It pulled on the valve, positioning a tube so that it spewed water out of the tank for about ten hours. The octopus, like others of its kind, liked to take things apart.

However, the issue of intelligence is a problem. Generally, two qualities are seen as necessary for intelligence to develop in a species. These are a long lifespan, and complex social activity.

Octopuses have neither. They live very short lives. Females usually live only one or two years. Once a Pacific giant octopus lays her eggs, she will stay with them for approximately seven months, without eating, making sure that fresh water is pulsed over their surface. When they hatch, she dies. This means that a young octopus has to learn very fast once it is born to survive or die on its own.

Outside of Octopolis, octopuses are solitary. They don't have the advantage of social interaction to learn how to better communicate, how to develop empathy, or any of the other aspects believed necessary for intelligence. And yet they can memorize abstract symbols and react to them. They use tools as well, such as the two halves of a coconut to make a den.

Heidi socializes with David Scheel and his daughter daily. The octopus hurries to the side of the tank whenever either one approaches. Laura Scheel plays with Heidi regularly. She puts her hands in the water, the octopus greeting her and playing. Heidi squirts water at the teenager, wraps her arms around Laura's human arm, even explores up one arm to see what's inside Laura's sleeve. Since Heidi can taste with its suckers, Laura's father wonders what the animal is learning from the experience. Can it taste the girl's estrogen, for example?

A follow up program on Heidi's development would be fascinating. Will she be more intelligent than other octopuses? Or will she be a good example of a different kind of intelligence, one very alien to us?



pebbles
by Wendy Scott

MEXICAN WINTER MUSIC

Even though the north wind rushes over the hills and across the lake, the water remains calm—un-touched by the furious gusts. But the reeds along the shoreline flatten and twist, as if an animal had slept in their midst. Willow trees tangle and palms rattle as the wind dashes through them into the immensity of a Strangler Fig. It is there that the north wind falters. This is a tree that cannot begin to root, bud or leaf until a single seed finds purchase in the bark of a host; it cannot grow until a skinny yellow shoot steals the essence of life, and drops many quick fingers to the ground. Slim stems become thick multiple trunks, cloaked in elephantine bark. The Strangler's diameter quickly expands as it swallows the host that gave it life. Unlike other parasitic growths that perish with their hosts, this tree, at La Laguna de Santa Maria del Oro, will endure—has endured—through decades to support a canopy that spreads a good hundred feet.

In the face of the north wind, the limbs of this great tree remain impassive. Only its dark green leaves respond, and even they seem ambivalent to that valiant fury from the north. It is the Huanacaxtle that makes up for the Strangler Fig's stoic response; it's feathery, fern-like fronds flutter and dance—a pale, new green against its stolid neighbour. Equal in height, these trees fill the winter sky with a collage of greens. But it is the Strangler Fig's thick limbs, stretching from a height of fifty feet—twisting, spreading outward, turning backwards—it is these branches that could easily accommodate the streets, avenues and laneways of any child's tree-house development. Instead, sub-divisions are allotted to the brilliant colours and startling sounds of Mexico's winged commuters. Grackles, with their iridescent purple sheen, and the sleek black and yel-

low cacique birds, belie their classy appearance, and flaunt the worst of their blackbird heritage with raucous squawking. Sometimes a Painted Bunting will settle briefly in the camouflage of green; finches flit through with their pastel hues, and if you listen carefully, you might catch the persistent, soft coo of a little grey dove, but she will likely be on the ground. Occasionally, a chicken decides to escape the doldrums of the barnyard for an afternoon excursion in the branches, and tree ducks have been known to settle in the leafy accommodations for the night. But not today. This afternoon, there's no winged commuters in these branches.

As quickly as the wind came alive, it has gone silent. Leaves hang straight and stiff. The lake, passive through all this activity, has arranged its face into a mirror of grey. The stillness is palpable; the air, heavy. Thirty thousand years ago, a mountain stood in this place; a mountain with a conical peak spewing steam from its cauldron of volcanic lava. Primitive fire burst the mountaintop to spill the agitation from its womb. The fire continued to consume and create until it grew weary of rearranging and allowed the earth and rock to cool. The new creation continued to shuffle; streams and rivers made inroads through gaps between the cooling rocks, and water flowed into the new deep bowl. Water flowed until the streams dried and the rivers meandered to other beds. The newborn lake was left to catch the summer rains and entice birds and animals to its shore; they brought with them the requisite offering of seeds. Vegetation crept along the ground, shrubs and trees spread up the sides of the crater, and the steep slopes were softened and clothed in green.

Today it is those hills that catch the sudden, violent crash of thunder. Lightning has struck somewhere in these many mountains. Struck once. But the hills hold the rumbling roar, toss it from side to side, back and forth and finally dribble it along the surface of the lake to agitated rest. One clap of thunder is all it takes for two dogs to dash inside our bungalow and slip quickly under a bed. The rest is silence, and the lingering fresh, green scent left behind by a brief, unexpected, January shower.

Constitution Day fell on that weekend and in a near-by town, the clang of an ice cream truck mingles with the Church bells calling people to worship in a relatively new Roman Catholic Church; a big circular, concrete building, the thick, rough cement softened by light from stained glass windows (there are sixteen of them.) The curving walls reach up to support an extremely high ceiling with brickwork radiating from the centre in deep concave ridges. More stained glass decorates a cupola at the apex of the grand ceiling, and a huge wrought iron chandelier is suspended—somehow—over the polished wooden pews below. In a quiet alcove, a sea shell serves as a baptismal font. The shell is nearly a metre wide. It was brought from the South Seas by the father of the first child to be baptized in this sanctified place.

The church holds at least two hundred people—this weekend, there is a full house. With the music come the hands that stretch out in greeting—sincerely given and graciously received.

On the beach, hands stretch out again, this time it is an act born of care and compassion. These hands belong to four strong men—tall, grey-haired, well tanned. They lift another man in a dark green vinyl garden chair. He has only one leg—one wasted leg. They carry their burden with great care, down the five concrete steps from the cobblestone street, across the soft sand and into the sea. The breakers don't bother these friends. They have done this before. But this time, a vendor calls out to them from the beach and one man—smaller and older than the other three—comes out of the water to take a blue inflatable toy from the outstretched hand of the vendor. It is a more elegant and sale-able version of an inner tube. He takes it to his friends. When the crippled man lifts his arms through the tube, he is carried by the broad waves, and they are five friends together, swimming in the sea. Their laughter bounces back to the beach. It becomes the laughter of children; the laughter of friends. Five old men swim together in the sea.

For the Love of Genre

by Sharman Horwood

Midnight Riot is the first urban fantasy book in a new series by Ben Aaronovitch. He is a British writer, most noted for his scripts for *Doctor Who*. After many years of writing for television, he decided to write novels. As the first installment, *Midnight Riot* is a solid start.

The novel is urban fantasy, but with a twist. Peter Grant is a young detective on the London police force, and doesn't seem to be making headway. His career, in fact, is at a standstill. He is being recommended for a unit called the Case Progression Unit. Unfortunately, this would mean desk duty for an indeterminate amount of time, where he would be catching up on the paperwork for officers too busy to do their own desk work. Grant definitely isn't interested. However, his superiors are pushing him in that direction. They don't feel he has the knack to solve significant crimes, and he would best serve his unit instead in CPU.

Grant wants to be a police officer, however, and one night he is part of the team called out to investigate a suspicious death in Covent Garden. It's a cold, windy night, and Grant is waiting for his colleague to bring back the coffee when he is approached by a ghost. The spirit, with a broad Cockney accent, tells Grant that he's been dead for a hundred and twenty years. However, he adds, he did witness the murder. Apparently, Grant can see the apparition because he has "the sight."

The next day, when he goes for his "career progression" interview, he is nudged toward a position in CPU, just as he'd feared. Of course, when he tells his colleague, Leslie, about the ghost, she doesn't believe him. Leslie is being assigned to the Murder Team—the

position Peter wants. However, that night he takes her to Covent Garden, hoping to show her the ghost, but the ghost doesn't make an appearance.

Grant returns to Covent Garden a third time. There are no other witnesses to the murder. He is intent on finding this ghost. If he can tell Grant who the killer is, then Grant can solve the case and not be assigned to CPU. However, that night he meets Detective Chief Inspector Thomas Nightingale. Peter tells him that he is looking for a ghost. Nightingale doesn't scoff and the next day, when Grant shows up for work, he learns he is not to be assigned to the Case Progression Unit. Instead he is assigned to work on the Economic and Specialist Crime unit, headed by DCI Thomas Nightingale. Once there, Grant soon learns that the unit specializes in crimes that may have been committed by ghosts or wizards, or other occult creatures. Nightingale himself is a wizard, and once Grant shows he does have an aptitude, Nightingale begins his training. Peter Grant thus begins the journey of a police officer excelling in the investigation of magical crime.

The novel is fun and well written. It doesn't use violence as a plot line. The novel also doesn't imitate the usual fantasy formula—it isn't a Harry Potter novel, for example. If anything, it is closer to a series of novels by Randall Garrett in the 1970s about investigating magical crime. They were collected in a volume titled *Lord Darcy*, and one of my favourites.

My other pick for this month is Ann Cleeves' *The Long Call*. She is best known for her widely popular *Shetland and Vera* series, both in book and serialized on television, but this is a departure. It is supposed to begin a new series, the *Two Rivers* series, featuring Detective Inspector Matthew Venn, a police officer located in North Devon near Barnstaple. He is called out to view a dead body on the shore near where he and his husband, Jonathan, live.

Their relationship is a central part of the story.

Jonathan manages a centre for the disabled, and the deceased was a volunteer at the centre. Little is known about the man—Simon Walden—and the novel focuses on the man's past to learn why someone would stab him to death. Quite soon, it becomes apparent that Walden has befriended one of the women with Down's Syndrome from the facility. In fact, he catches the bus with her, gives her candy, and generally talks to her, much more so than to his two roommates: Gaby, an artist who uses art lessons for therapy at the centre, and Caroline Preece, the daughter of the man who heads the board of trustees governing the centre.

As with many mystery novels, the past is the key to learning how or why someone is murdered. Unfortunately, Simon Walden's past is part of the mystery. Once they learn his name and where he lives, all that they can find out about him is that he likes to cook, and was a very good chef at a local inn. However, at the inn, the detectives learn that he will not be re-hired.

At the same time, the young woman with Down's Syndrome goes missing. The centre comes under scrutiny and Matthew Venn wonders if he should be removed from the case because of his relationship with Jonathan. Matthew knows he wouldn't be impartial, and any investigation he conducted would be flawed.

Cleeves brings all of these elements together into a very good story. A certain amount of suspense, a lot of mystery, with suspect motives on the part of a number of the people directly involved in the care centre. She also tackles the controversy of gay marriage in a religious environment (Matthew Venn's family belongs to a strongly fundamentalist sect), as well as the care of people with Down's Syndrome. Also, the area surrounding the story is one Cleeves knows well—she was brought up in north Devon—and it, too, plays a significant role in this addition to her long list of successes. If you're resting up from the perils of Halloween, I would recommend either of these novels. Enjoy.

East Shore Writers Group

submitted by Wendy Leger

After a break for the summer, the East Shore Writers Group has come together to renew their writing experiences. The format has changed slightly. We now meet at the Meeting Room at the school every Wednesday from 1 – 3 p.m. and the last Thursday of the month from 6 – 8 p.m., except this month, as the last Thursday happens to fall on Halloween. This allows us to have more continuity from one session to the next and allows us to practice what we learned over the coming week, sort of like homework but way more fun. We're always looking for new members so come on out and give it a try.

On Wednesday, October 16, 2019 the topic was **Why We Write** or **Writing From Emotion**. The members were asked to bring a sample of their writing that was inspired by an emotion. These were read out to the rest of the members. Each writer expressed the reason and the emotion that had inspired him or her to write the piece. We then had a discussion as to whether or not the rest of the members felt the same emotion or whether they experienced something different. Sometimes it is difficult to feel safe enough to open your heart and express how you really feel about something. Our little group, however, seems to have overcome that fear. I think each member has learned a lot about the other members. Learning to appreciate the difference but also the similarities and to know we are not alone.

Our "homework" assignment was "Write a creative non-fiction article using the prompt... Why I Write." Hopefully, in the December edition I'll include some of our members' pieces as well as other interesting projects we have undertaken.

As autumn is upon us (my favorite season) this was my contribution to this session.

AUTUMN MEMORIES

*Waking in the early morning, the room chilled by the night's cold breath
The lawn outside like a miniature forest, glistening with a fresh fall of snow
The frost silently slips away as the sun, weak from its year's toil, slowly warms the day
My breath clinging to the crisp morning air, regretting its hurried escape
The kitchen stove radiating its warmth to each chilled corner*

*The leaves changing to crimson and gold
The bare limbs of trees, cold and lifeless, awaiting the harsh winter days
Corn stalks dried and withered, stooked in bundles
The rich earthy smell of freshly raked leaves
Somebody nearby burning piles of leaves
The pungent smell lying heavily on the fall air
Pumpkins swelling from beneath withered vines in anticipation of Halloween
Somewhere overhead the lonely honking of migrating geese*

*As the sun sets, the mountains change, blue, purple, indigo
Finally, only a silhouette against the pale sky
The coming darkness leaves an emptiness inside me
I turn toward my house, the lights beckoning from within*

*I am weary from the day's toil but strangely exhilarated
Feeling for a fleeting moment that I was part of something wondrous
Something I wished to hold on to but that silently slips away
Like a dream upon awakening*

Lying by the hearth, watching the flames dancing about the logs

*Overhead the gentle pitter-patter of raindrops
As the evening passes the flames die
Leaving only glowing embers to warm the already chilling room*

*I crawl beneath the cold sheets, the bed deep with quilts
I curl into a small ball burying my head deep in the covers
Waiting for the warmth to come
The night has cleared; the moon's slivery glow casts strange shadows on my walls
And finally sleep*

Deadline: Nov 27/19

www.eshore.ca

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CELEBRATION OF WORDS**

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Come & enjoy yourself! And, of course, we'll feed you as well...

**Sat, Nov 23,
2-4pm**

AUTHORS & READERS INCLUDE:

*Brian D'Eon – actor, musician, play-write

*Ellen Burt – Nelson author with close connections to Johnsons Landing

*Nora Hurlburt – telling the tale of a Dublin cat

*Keith Powell – Nelson author and publisher of Wild Horse Press

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**Climate Change
Info Centralized
Online**

**Columbia Basin Trust and
Selkirk College launch
basinclimatesource.ca**

Columbia Basin – There's a new online source for people seeking easy-to-understand information on climate change specific to communities throughout the Columbia Basin and Boundary regions. The Columbia Basin Climate Source website—basinclimatesource.ca— was initiated by Columbia Basin Trust and developed by Selkirk College's Applied Research and Innovation Centre.

"We've spoken extensively with residents and communities and heard they want to learn how to reduce their contributions to greenhouse gas emissions and learn how to adapt to climate change," said Tim Hicks, Trust Senior Manager, Delivery of Benefits. "We also heard people want more detailed information about how climate change may affect their communities in the coming decades. This website shares that information with great depth and detail."

Through data, videos, maps and more, the website provides a one-stop site that helps users learn about how the climate is changing across the region (with detailed projections for over 40 climate variables), how this might impact communities, how communities are taking action and how people can use and interpret climate science data. It's intended for users of all types, from residents and business owners to community planners and educators to media and local governments.

"In Rossland we understand and see the value in having regionally-specific climate data to help our community," says Mayor Kathy Moore. "Obviously, climate change affects every community and local government differently. Having this localized information will support and inform our decision-making



on everything thing from our day-to-day municipal operations to critically important infrastructure development and asset management. Once again Columbia Basin Trust has recognized and responded to a critical need in our region."

Kootenay Conservation Program sees the value in this tool. "This website is a valuable tool for those people wanting to learn more about the impacts of climate change, to envision what our ecosystems will look like and to access these important data," said Juliet Craig, Program Manager. "Kootenay Conservation Program is happy to share this tool with our partner organizations and the entire region."

As part of the College's Applied Research and Innovation Centre, the Columbia Basin Rural Development Institute (RDI) brought this website from idea to reality. "The Columbia Basin Climate Source is a unique tool that focuses on presenting climate data and information at the local and regional level to those who are interested in climate adaptation, climate science and the environment," said Dr. Adela Tesarek Kincaid, RDI Lead Researcher.

The website is an initiative of the Trust's Climate Action Program, which also provides funding and other resources to help communities adapt to climate change and reduce greenhouse gas emissions. Learn more at ourtrust.org/climateaction.

Columbia Basin Trust supports the ideas and efforts of the people in the Columbia Basin. To learn more about the Trust's programs and initiatives, and how it helps deliver social, economic and environmental benefits to the Basin, visit ourtrust.org or call 1.800.505.8998.

BOOK REVIEW

by Tom Lymbery

CHOCOLATE WARS - the rivalry between the world's greatest chocolate makers, by Deborah Cadbury, publisher Douglas & McIntyre, 348 pages, \$9.99

In early days chocolate was too bitter so was mostly used for cocoa, even then it had to ground fine and treated to make it more pleasant to drink. Then came a scheme from Switzerland to add powdered milk which finally made chocolate palatable.

But the most interesting part of this book is that both the Cadbury's and Fry's were rigid Quakers – religious people who for years considered even advertising as degrading. They treated their competitors with care – so unlike more recent business practices.

This is a family biography so is compassionate and scholarly. Quakers were also known as The Society of Friends and Dorothy and Bobby Brown became Quakers as you will have found reading the *Dorothy's Stormy Lake* books.


Milk chocolate is a term I grew up with and so had never realized that adding powdered milk to chocolate is what transforms bitter chocolate to such a delectable sweet. This is an entertaining book and an impressively thought provoking parable of our times.

Riondel Library

by Muriel Crowe

Congratulations to Mary Tyrell who won the Indigo gift card draw from our read a biography contest. Our next event is a Celebration of Words which will be on November 23 at Dutch Harbour Camp from 2 to 4pm. All four readers are new to us and sound very interesting. You will be able to pick up a bookmark at the library that lists all four names.

I love autumn! I'm not sure what is my favourite part but suspect part is that the garden goes from very busy to puttering and excuses (I can do that in the spring), the fall colours are fantastic; the evenings are dark and reading expands to fill any gaps; publishing houses boost their production so more new books to read to fill those chilly, cloudy afternoons. Right now, the sun is shining; perhaps I should grab my newest library book and go enjoy this bright afternoon.



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Holistic Health Tips

by Kim Young

5 Tips to Ease Your Back Pain

Back problems are among the most common chronic conditions in Canada. Four out of five adults will experience at least one episode of back pain at some time in their lives....” Source: Statistics Canada

Back pain is among the most annoying and inconvenient things that we have to deal with as we age. We’ve all seen the “miracle” cures for back pain, unfortunately, none of them work all that well. However, there are some lifestyle changes that you can make that can help with your back pain:

Lose Weight

Being overweight causes more pressure on your bones, which then causes more pain and discomfort. While it can be hard to focus on losing weight with a bad back, it will pay off in the long run.

Maintain Good Posture

Slouching or sitting at awkward angles can seriously exacerbate your back pain. Sitting at certain angles curves the spine, which puts more pressure on it, which in turn leads to more pain. So, get into the habit of sitting up straight at all times. It can help straighten out the spine and ease the pressure on your back.

Become More Flexible

As your flexibility increases, tension on your muscles and bones will lessen which will lead to less pain. Yoga and Pilates are both great practices to help you gain flexibility, and they can also be done by people who are already suffering from limited mobility. We have some great yoga classes offered right here on the East Shore!

Go for Walks

Walking is actually one of the best things that you can do to help ease back pain. Walking helps to stretch out your muscles and ease any latent tension that might be causing discomfort. As well, it forces you to stand up straight which helps to ease pressure on your back.

Learn to Lift Properly

Get into the habit of lifting with your knees instead of your back to put as little pressure on your back as possible.

While back pain can be troublesome at best, and debilitating at its worst, these five tips will help alleviate the pain in your back.

Kim Young is a Director with the East Shore Kootenay Lake Community Health Society, a Precision Nutrition certified Holistic Health and Wellness Coach, Functional Aging Specialist and Reiki Master who lives in Kootenay Bay with her husband Jim and their dog Jax.

Helping Hands Day Thanks

submitted by Rebecca Fuzzen

A huge thank-you and many big, warm, fuzzies to all those who made our Fall 2019 Helping Hands Day a wonderful success. On Saturday October 19, twenty community volunteers set out to visit thirteen seniors’ residences on the East Shore and help them yard work, firewood, window cleaning and other odd jobs around their homes.



The benefits from this incredible work done on October 19 continues to show in the smiling faces of our seniors as some of them received help with things they could not have done by themselves; chores that otherwise might not have been done at all.

On Saturday evening, shortly after 5:30pm, thirty of the day’s participants (volunteers and seniors alike) gathered at the Crawford Bay Hall and devoured a delicious dinner of salad, mashed potatoes, and roasted chickens with apple cake and or chocolate cake for dessert. Dinner was a lovely way to socialize and unwind after a day of hard work. Again thank-you, and well done to everyone involved. We hope to see you for our next Helping Hands Day in Spring 2019.

Deadline: November 27/19

www.eshore.ca

Remembrance Day 2019

by Ari Mastro

“On the eleventh hour of the eleventh day of the eleventh month” - The 100th Observance of Remembrance Day

Nineteen-nineteen marked the first observance of Armistice Day to solemnize the armistice agreement that ended the First World War on Monday, November 11, 1918 at 11AM. Renamed Remembrance Day by the Canadian Parliament in 1931 to shift the focus of the day’s observance away from military and political events to honouring the soldiers who had fallen.

Remembrance Day ceremonies throughout Canada occur with a solemn, dignified respect in honouring our country’s fallen heroes by remembering their sacrifices and the horrors and divisions of war. The day is often signified by the wearing of poppies, laying of wreaths, a recitation of *In Flanders Fields* written by Canadian John McCrae and the sounding of the *Last Post* followed by moments of silence.

This year’s commemoration of Remembrance Day will occur on November 11, 2019 at 10:40 AM, at the Riondel Community Centre gymnasium. The Many Bay’s Band and Singers cordially invite all members of the East Shore & surrounding communities to this year’s observance. Directly following the ceremony, the Riondel Seniors Association will be providing lunch for a small donation. All are welcome.

East Shore Hospice In The Moment

by Maggie Kavanagh

Take a moment to remember our loved ones whether they have passed on, or are distant from us in some form or another. Light a candle and if you have a picture or item that belonged to them place it near the candle. Or you can simply close your eyes, right here, right now in this moment. Focus in on your breathing, notice as you witness its natural rhythm. Feel the difference in the temperature of your breath as it enters and leaves your nostrils. Continue for a few more breaths and allow a memory of your loved one(s) to surface, or just imagine them in a way that is comfortable for you. Is there something you want to say to them? You can express it quietly to yourself or speak it out loud. Take as long as you’d like and when you’re done, go back to being with the rhythm of your breathing...

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

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

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



Annual General Meeting

Community Connections

(AKA South Kootenay Lake Community Services Society)

Thursday, December 5 at 6pm

Community Corner,
CB Park, Crawford Bay

Memorial Wall

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

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

Remembrance Garden

Watch for notice on bulletin Board at Riondel Store re: Remembrance Garden Fall Clean-up. Bring a rake and/or a polishing cloth and -- most important -- elbow grease. We now have over 60 marble plaques on six cedar benches. And its a lovely place to be with old friends and memories.

November 2019 Mainstreet 17

DID YOU KNOW:

FLU CLINICS

Friday, November 8, 2019

Crawford Bay School
10:00 a.m. to 12:00 noon

&

Riondel Community Center
1:00 p.m. to 3:00 p.m.

*first come, first served

**bring your MSP card

SERVICES DIRECTORY/CLASSIFIEDS

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

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EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

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

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

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

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

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

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

PERSONAL CARE/HEALTH

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

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

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

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

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

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

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

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

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RESTAURANTS

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

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

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

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*Contact Mainstreet
mainstreet@eshore.ca
Deadline: Nov 27/19*

Transfer Station Hours

**CBAY: Sun/Tues 10am-4pm
BOSWELL: Weds/Sat 11-3**

East Shore Reading Centre:

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

Riondel Library:

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

**Massage Therapy
Harreson Tanner, RMT
Over 40 years clinical experience**



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

CLASSIFIED ADS

BUSINESS ANNOUNCEMENTS

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

BUSINESS SERVICES

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

The Fitness Place

Fitness Place Supervised Hours:

Mon-Fri, 8-10am

&

Mon-Thurs, 6-8pm

Please be sure to visit during supervised hours if you don't have a key card or are just dropping in.

Valid membership with a key card hours are 7 days/week from 5:30am to 10:30pm.

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

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

BULLETIN BOARD

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

*** BULLETIN BOARD * BULLETIN BOARD ***

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

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

PHYSICIAN COVERAGE FOR NOV 2019

Note: Call to cancel if you can not make your appointment. We always have a wait list for patients needing to get an appointment.
Every Tuesday: Dr. Piver
Every Wednesday: Dr. Moulson
Every Thursday: Dr. Barbour
Call to make appointments at 227-9006 on doctor days and Thursday morning.
Tues, Weds & Thurs (8:30 to 12:30)
 Not a walk-in clinic - appointments to see doctors are required.
LAB HOURS AT THE CLINIC ARE EVERY WEDNESDAY FROM 7:30-10:30am.
No appointments for lab visits, they are on a numbered, first come, first served system.

HEALTH PHONE NUMBERS

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

**Did you colour outside the lines as a child?
 Do people call you stubborn?
 Did you drop out of school?**

Congratulations! These are common traits found among successful entrepreneurs. If you want to find out if you have what it takes to be an entrepreneur call Community Futures for more information.
Unemployed? Ask about the self-employment program.



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

Growing communities one idea at a time.

Boswell Hall Happenings

- **Book Club:** Second Thursday of the month, 2pm
- **Carpet Bowling:** Every Tuesday at 7pm.
- **Nifty Needlers:** Third Tuesday of the month, 1:30pm
- **Farmers Institute:** Meetings held on needs basis. Contact is Bob Arms: armsrl44@gmail.com
- **Tone and Trim Fitness:** Every Mon/Thurs from 9-10am. Contact is Darlene Knudson: dar-lean@telus.net
- **First Responders:** First Mon of month at 10am. Contact is Rod Stewart: rod.jean@telus.net
- **East Shore Health Society:** Meetings held on needs basis. Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Focus on Health Meetings:** Last Monday of the month, 10:30. Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Yoga:** Every Weds from 1:30-3pm - Contact is Marilyn Arms: armsmh46@gmail.com
- **Vinters:** Friday, November 15, 2pm

SENIORS GROUP

55+ Club (Senior's Group) will be meeting again at the Community Corner on Mondays, 2-4 PM, starting November 4th. Social time, games, refreshments, special events. Bring a toonie admission and offer a ride to someone near you. See you there!
 250-551-4443

HOT LUNCH THANKS

Crawford Bay School Hot Lunch Program would like to thank the following for their generous donations of food, dishes, cutlery, time, and energy.
 Thank you to... Wwloka Farms in Creston for the plums, Paul Hindson of the Kokanee chalets for a microwave and a milkcrate, Kokanee Springs for the food donation, Lorna Robin and John Smith for the forks, Guiding Hands Association for plates and bowls, Amanda Hulland for the cutlery.
 Various people for the amazing garden donations
 And last but not least the volunteers who show up everyday, prep food and wash dishes. You rock!

RIONDEL CHRISTMAS CRAFT FAIR

Riondel Community Centre
 December 7th - 10 to 3

Dec Deadline: Nov 27/19
www.eshore.ca

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: (can e-transfer, too)
mainstreet@eshore.ca
Phone: 505-7697
Mail: Box 140, Crawford Bay, BC V0B 1E0

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

Everyone welcome.

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

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

HARRISON MEM CHURCH, ANGLICAN

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

KOOTENAY LAKE COMMUNITY CHURCH

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

YASODHARA ASHRAM

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

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Fr. Lawrence Phone: 428-2300 Fax: 428-4811
 Sun Mass at 2pm. 1st Sunday of month, Fellowship Sunday.

CHRISTIAN SCIENCE CHURCH SERVICES

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

MEETING PLACES

ALCOHOLICS ANONYMOUS:

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

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

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

PARENT ADVISORY COMMITTEE

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

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

*Winter Schedule in effect - Subtract one hour until Nov 3
 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

NOVEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>DUMP DAY, CB</i> <i>BOTTLE DEPOT DAY</i>		<i>DUMP DAY, CB</i>	<i>DUMP DAY, BOSWELL</i>			<i>DUMP DAY, BOSWELL</i>
EVERY SUNDAY: Alcoholics Anonymous, Community Corner, 7:15pm		Dr. Piver	Dr. Moulson	Dr. Barbour		Tourism Symposium, Boswell Hall, 11-4
3	4	5	6	7	8	9
	Seniors Group, Comm Corner, 2-4pm	Art Lecture with Gerald Creston Vet, CB Motel Lions Meeting 7pm Dr. Piver	Fire Extinguisher Insp/ Cert, GC Store, 10-5 Dr. Moulson	Dr. Barbour	Flu Clinics, CB & Riondel	
10	11	Full Moon 12	13	14	15	16
	Seniors Group, Comm Corner, 2-4pm	Art Lecture with Gerald Dr. Piver	Dr. Moulson	Dr. Barbour		
17	18	19	20	21	22	23
Boswell Xmas Craft Faire, Boswell Hall, 11-2	Seniors Group, Comm Corner, 2-4pm	Lions Meeting 7pm Dr. Piver	MAINSTREET DEADLINE Dr. Moulson	Dr. Barbour		Creston Craft Market Celebration of Words, Dutch Harbour, 2-4pm
24	25	26	27	28	29	30
	Seniors Group, Comm Corner, 2-4pm	Art Lecture with Gerald CB Hall AGM- CB Hall, 7pm		White Christmas, PCSS	White Christmas, PCSS	White Christmas, PCSS

Footlighters Theatre Society presents
The musical you've been dreaming of!

Irving Berlin's
White Christmas

Based Upon the Paramount Pictures Film Written for the Screen by
Norman Krasna, Norman Panama and Melvin Frank

Music and Lyrics by Irving Berlin
Book by David Ives and Paul Blake
Original Stage Production Directed by Walter Bobbie

Direction Brian Lawrence Music Direction Leah Darby Choreography Kate Webb

25TH SEASON OF BRINGING LIFE TO DRAMA!

7:30 PM • November 28-30
Prince Charles Theatre • Creston, BC
\$15 Adults, \$12 Seniors/Students
Tickets at Black Bear Books, Fly in the Fibre and Kingfisher Used Books
Show ticket at Real Food Cafe for free dessert (with meal purchase) on show nights. Reservations: 250-428-8882

FOOTLIGHTERS THEATRE SOCIETY

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