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KOOTENAY LAKE BC

~Locally-owned, community-supported independent news serving the East Shore of Kootenay Lake~

Golds and Blues at Armstrong Farm in Boswell

Photo by Luanne Armstrong



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Mainstreet Meanderings

by Editor Ingrid Baetzel

BEASTLY OVARIES

It takes great bravery to be creative alone. It takes even more gumption and beast-sized ovaries to take that creativity to stage and share

it with your community. In October, small, masked groups were treated to Ellie Reynold's new play, *The Way They Came – A One Woman Show*, and it blew our figurative, East Shore, hand-knitted woollen socks off.

Briefly, a synopsis from Ellie's Facebook page:

Ellie is in her prime, sort of. She has an unusual but loving marriage and two beautiful small children, both born at home. Now they are out of diapers, she is inching her way to more independence. That is, until an ill-fated IUD, a scheming Uterus, and an unreliable

Placenta join forces to knock Ellie off her birth-goddess high horse and force her to contend with an unplanned third child, and all that ensues. Through this unbidden series of events, Ellie must summon her inner Sacred Mother, contend with the voice of her own Contempt, and find the answers to her burning questions - what if you trust your body and it lets you down? Does



Ellie at her dress rehearsal - photo by Allan Hughes

the way we are born really matter?

This show will certainly speak to you if you are a parent, but more than that, it is written and dedicated to all of us who were ever born.

The show is funny, traumatizing in a beautiful way, sharp witted and deeply honest. Please watch for announcements of more shows coming soon, and please, please, do yourself a favour and attend. When we perform, we leave pieces of ourselves out on the floor, no bubble wrap, no seatbelt... we allow our sticky little pieces to lie there and ask only that you walk by them, see some sort of charm or beauty, and send a little love back. The time it takes to pull a production

together is no mystery to me, but when I've done it, it's always been with a group of people supporting and pulling together. Ellie had help, no doubt. Bessie Wapp was central to Ellie's process of staging the show and her graphite, yet flexible compassion gave it just the wheels it needed. Ellie's husband Charles supported in his inimitable way and was sound and lights for the show, as well as the source of that splendid chortle throughout. But, essentially, this production is E.L.L.I.E. (just as the production of her three beautiful children was predominantly Ellie). We are fortunate, folks. We live here, we are free, we have people like Ellie Reynolds.

From Ellie: *It's a brave play I hope, and though not all of us have experienced giving birth, we all experienced being born - so in that way at least, I hope the show will carry a resonance for anyone who is moved to come and see it. I hope I can perform it many times,*

who worked hard but were not rewarded. He also mentioned some people who were rewarded for no work at all. So they threw Tommy out of Sunday School.

There is one Ashley Brilliant quote which all true believers might be wise to pay attention to. It says: "The more sure you are, the more wrong you can be."

Jon Wyngaard, Riondel

MAKE SURE YOU'RE STAYING INFORMED

Dear Editor:

If you feel that what is happening in the world makes sense and that things are going to get better for us all soon, I suspect that you're exposed to different media influences than I am.

Here are a few things I'd like to make you aware of...

- all over the world, hundreds of thousands of people are taking to the streets each week, protesting the Vaccine Passport restrictions and other lockdowns, yet for some reason, almost nothing about these large, worldwide protests is being presented on any mainstream news media


- for the first time, there is massive censoring and deplatforming on YouTube, Facebook, etc., relating to any information which contradicts the primary narrative about Covid statistics, doctors and scientists speaking out, vaccines, etc.

- we are in a time when many industries and businesses are forcing their employees to be vaccinated, yet, (despite PM Trudeau's original statement to the contrary) almost 70% of the federal Canadian workforce are exempt from these shots; federal judges, meat inspectors, Commons and Senate staff & Canada Post workers among others.

- in the US, employees of; the White House, the U.S. Centers for Disease Control and Prevention

for many people, some of whom might need to hear some of the things I say. For anyone who supported me financially with the costs associated with mounting a show, I am deeply grateful.

To get on Ellie's mailing list, send her a note at ellie_simons@hotmail.com.



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The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake.

Letters to the Editor

COVID AND THE ANTICS OF FEARFUL TRUE BELIEVERS

Dear Editor:

The following is a scenario that completely baffles me. It involves two members of an organization that provides a worthwhile service to the community. Both are voluntarily donating time and energy to the organization.

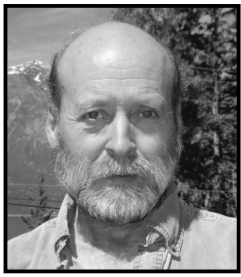
One is a believer of Covid vaccinations as promoted by our government, the big sponsor of allopathic medicine. The other is a believer of a more natural approach to medicine, one that is not overly reliant on manufactured pharmaceutical products. One is doubly vaccinated, the other is not vaccinated at all.

What baffles me is that the vaccinated person has expressed the opinion that being in the same room with the unvaccinated one constitutes a health risk to all in attendance. Therefore he or she will only attend when the other one is not there.

I don't understand this position. Does it mean that the vaccinated one doesn't really trust that the jabs received will offer protection? Does it mean that all unvaccinated people are viewed as infected or contaminated? Does it mean that persons who don't march to the beat of a government agenda are subversives? I don't know, I can't even guess.

I have no problems being in a room with people who think and act differently than I do. In fact, I welcome differences. However, when a room contains people who will not accept others thinking and acting differently from the agenda promoted by their leaders, I become most uncomfortable. Even images from 1936 Germany begin to surface.

It seems to me that this world would benefit greatly from more impudent Tommies, like the one that was thrown out of Sunday School. When the teacher/leader told the class about the rewards of hard work, Tommy put up his hand and mentioned some people



RDCK Area "A" Update

by Garry Jackman, Regional Director

Forestry

All of us understand "forestry" involves more than the logging and wood products. The forest or landscape as a whole is the source of our water, protects our biodiversity, impacts climate and holds significant cultural values. The condition of the forest, whether it is "managed" or evolves naturally, either creates or mitigates risk to our homes along the fringe. Fire seasons such as we experienced this year, with so many "fires of interest" close to our friends and neighbours along the lake as well as many other communities where we have ties, reminds us that community interest will be best served when community is involved in decisions involving the forest.

Over the past several years many reports, studies and proposals have been produced and a few orders in council have modified provincial legislation. My take is that the changes have for the most part been positive, but on the whole not very significant (so far) either to help our forestry industry be more efficient or to help communities be more secure.

Last month I referred to the Forestry Intentions Paper and pointed out that over the prior months we had heard many references to possible changes to forest tenure (possibly through re-allocation of the annual allowable cut quotas or tenure) as well as greater focus on reducing forest waste/burning plus improving identification of forest values and modeling of growth rates, in particular recovery after harvesting or

fires. The province has now taken the next step with the introduction of Bill 23, the Forest Statutes Amendment Act. It is not excessively long, at 129 pages, and is worth reading to understand the proposed shift back to greater government management of the landscape as opposed to the past few decades which placed emphasis on industry creating forest stewardship plans and government taking a check and balance approach, responding to concerns raised through third parties or issues noted during audits.

In the coming years I expect we will still see heavy industry involvement/partnership with the province relying on data gathered by industry staff in the field. People in the industry are well educated in both fiber management and environmental sensitivities. Using modern tools of drones coupled with on the ground observations field staff can augment data to update the forest inventory as changes occur as well as help to fill information gaps in the current inventory.

I also hope to see some of the recommendations made in the Kootenay Timber Supply Area Collaborative working group papers taking hold to update the provincial data base and modernization of the methods to determine the health and growth rates of our forests (captured to some extent as the Vegetative Resource Index or VRI). With an updated base data the province can also enhance the layers which represent other values (such as habitat) beyond conventional forest management achieving a particular annual allowable cut. I also hope to see the recommendations on how to reduce waste and increase value from what is harvested be brought into effect.

Volunteers

Each year your local government benefits from advice and expertise provided by volunteers who sit on committees and commissions. Some of the appointments span longer than a year, but usually there are

vacancies on various committees throughout the year plus as some terms end with the calendar year some volunteers opt to step back. At the November 2nd Riondel Commission of Management meeting there will a number of positions open for either re-appointment or new members. At any time over the coming weeks residents can also contact me if they are interested in joining the Area A Economic Development Commission (EDC) or the Rec 9 Commission.

The EDC works directly on initiatives within Area A (Wynndel/East Shore Kootenay Lake) as well as partnered projects with the Creston Valley (as a member of the Economic Action Partnership) and more broadly across the Kootenay Boundary as members of the Invest Kootenay Partnership. The Rec 9 Commission is focused on funding local recreation and leisure activities from north of Kuskonook to Riondel.

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.

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!

Many thanks to the **CBESS staff, volunteers and parents** for supporting the secondary volleyball program. It is so great for our kids to have these experiences again!

half, if you are an actor on camera, there are no Covid 19 restrictions of any type while you're on camera. Large groups of people can gather indoors, and neither social distancing nor masks have never been required. (it seems that, if you're creating content for Netflix etc., you can't possibly have or contract Covid)

The CDC posted on their website in 2020 that "for 6% of deaths, COVID-19 was the only cause mentioned". Seriously? Only 6% of the statistics for fatalities are directly related to only Covid? Wow, ...why is it that virtually no mainstream media outlet has ever made this widely known?

To sum up - If you have any questions about what's really happening in the world, take a bit of time to look for alternate sources of information. Our future depends on how well you understand what is happening right now.

If you need any insight as to why this might be happening, and the direction we are heading, I'd suggest you to check out the founder and executive chairman of the World Economic Forum, Klaus Schwab, who's recent book: *Covid 19: The Great Reset* spells it all out.

"In politics, nothing happens by accident. If it happens, you can bet it was planned that way"

Franklin D. Roosevelt - US President from 1933 - 1945

Will Chapman, Gray Creek

Riondel Fire and Rescue Blotter

by Fire Chief Cory Medhurst

November not only brings the cooler temperatures, crisp evenings, and brilliant fall colours, but it is also a time of remembrance for past lives lost during many wars around the world; and to remember all of our veterans who have served overseas, who return home and are mentally changed and possibly damaged with PTSD and more; and to their families whom are also effected.

As many people do, I like to take a moment on November 11 to remember and thank my great grandpa in WWI and my grandfather and his brothers in WWII for their service. Fortunately, they all made it home, but for the many people that did not come home, I take a moment and give my gratitude. This year will be no different, except I will also take a moment to remember and thank the many first responders, police, fire and ambulance personnel who have lost their lives in the line of duty, or as a result of their duties in our country as well as those who suffer from PTSD, and their families. Take a moment on the eleventh hour, of the eleventh day, of the eleventh month to remember your peeps and all others who have served us over time.

October was unusually, but thankfully quiet having only three calls at the time of writing and they are as follows:

September 24 – Three members responded to a medical FR call in Crawford Bay. Members assisted the paramedics with a difficult patient movement from the home to ambulance for transport.

October 1 – During our regular Thursday evening practice we received a call for a medical emergency in Crawford Bay with instructions to wait for RCMP. Calls where we are asked to stage and wait for police can be caused for numerous reasons including aggression from a patient, a weapon reported to be on scene, mental health and more. Five members responded from practice and staged with the ambulance until the RCMP arrived. Once the scene was secured the crew entered with the paramedics to assist with patient assessment and movement of vehicles on an extremely narrow and steep roadway.

October 5 – A report of a large burn pile, suspected to be home garbage, was attended by two members with our engine in Riondel. When the crew arrived, they found a normal sized backyard fire in a proper fire ring with two individuals watching. There was no sign of garbage being burned upon arrival 20 minutes after the initial call.

If you have not yet, we'd like to encourage you to have your tires changed to winter ones and remind everyone that snow tires are now required in our area from October 1 to April 30. It has been decided that our beautifully, windy and slightly pitted mainstreet highway may be dangerous during the winter months, and we tend to agree. Make sure you check the tread and have the snowflake or M + S symbol on the sidewall of your tires. We would like to take a moment to thank the many volunteers that made another COVID Halloween memorable for our youth, and to remind everyone that Christmas is next... Don't forget to get in on the gift of giving at Newkeys this year. Should anyone like a visit from Santa this year, please let us know soon - we have our regular November meeting with the North Pole soon.

Next Deadline:

Nov 24, 2021

www.eshore.ca



Hidden Taxes

by David George

Vaccine Edition

A vaccine is a biological preparation that provides acquired immunity to a particular infectious disease. The first vaccine was created by British physician Edward Jenner in 1796 against smallpox, which at that time killed more than 10 percent of the population.

When I first began school in 1950, vaccination against smallpox was carried out on all children entering the first grade. By 1979, smallpox had been eradicated worldwide, with an official declaration from the World Health Organisation following in 1980.

Rabies vaccine was first developed by Louis Pasteur and Emile Roux in 1885. It can be used before or a short time after exposure.

Tetanus vaccine followed in 1890 and one against typhoid fever in 1896. Diphtheria vaccine, nowadays usually included with the tetanus shot, was first available in 1923.

Tuberculosis is relatively rare in Canada, and although a vaccine was available as early as 1921, and there is a modern 21st century vaccine, few people receive it, partly because it causes false positive results from the test for TB. Treatment involves several different antibiotics. Opened in 1907 and operating to treat TB until 1958, the old Tranquille Sanatorium is near Kamloops.

Whooping cough, or pertussis, sometimes called the 100 day cough, has had a vaccine available since 1926.

Yellow fever used to be a serious disease in Africa and parts of South America. An effective vaccine against it was developed in 1937 by South African

virologist and physician Max Theiler. In 1951 he received a Nobel prize in medicine for this.

While influenza vaccines have been available since 1937, in recent years clinics in Canada dispense free flu vaccines, usually the three part ones. There are quadrivalent, or four part vaccines available since 2012, and they may provide better immunity against the annual influenza variants.

Baby boomers among us, and those of us a bit older, will remember the Salk polio vaccine shots, three as I recall, first made available in 1955. Polio cases in the USA dropped from 35,000 in 1953 to 5,600 in 1957, and only 161 cases in 1961, the year the oral Sabin vaccine became available. Canada was certified “polio free” in 1994. The WHO says polio may be the next disease since smallpox to be declared eradicated worldwide.

Measles, mumps, and rubella vaccines have been available since 1963, 1967, and 1969. They are usually given in one shot now. Usually, two doses of the combined vaccines are given. Rubella is also called German or three day measles.

Widely available since 1984 is a vaccine against chicken pox. There are also vaccines against shingles, which can appear many years later in people who have had chicken pox. There are at least two vaccines available for shingles; both are expensive.

Vaccines against hepatitis A, B, and E are available, as well as a promising new malaria vaccine with fewer side effects.

While we do not expect to see cases in Canada of Ebola, or haemorrhagic fever, an effective vaccine against this has been available since December 2019.

What we are currently dealing with around the world and here in Canada is Covid-19, otherwise known as “severe acute respiratory syndrome corona virus 2”. It became a pandemic early in 2020, and vaccines to prevent it have been available since last December in

the case of the Pfizer/BioNtech vaccine, now called Comirnaty, which we have seen used extensively in BC and other parts of Canada.

Two injections of that are given; in our locale the first clinics were at our school around the end of March. The second clinics were held the weekend of June 4, 5, and 6. A third or booster shot is highly recommended for anyone over 65.

There are several other vaccines most of which, like the Pfizer require two doses. The list includes Moderna, AstraZeneca, Sputnik V, Sinopharm, Sinovac, and Janssen. Some, like Convidecia require one dose only. Mixing some of these is approved, but varied opinions exist about doing so.

Is Covid-19 anything like the 1918 flu, which was misnamed the Spanish flu? Yes, there are some similarities, but the 1918-1920 flu was an H1N1 type, not a SARS type which we are now experiencing. That flu spread rapidly during the First World War, had four waves, and estimates are that there were between 25 and 50 million deaths.

Estimates of the number of deaths from Covid worldwide are generally around five million at this date, but many deaths reported to be from other causes may make this figure too low. It is also generally accepted that we are now in the fourth wave of this disease, mainly due to the delta variant.

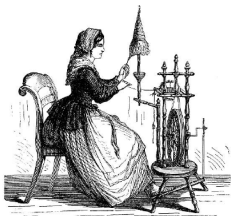
Many of the vaccines mentioned in this article require a booster after a number of months or years, after which lifetime immunity is presumed.

Childhood vaccines are free in Canada.

Next Deadline:
Nov 24, 2021

Yarns From the Back Alley Shepherdess

by Barb Kuhn



I recently learned a new song, and it is becoming an obsession with me. It is called “We Shall Be Known” and is by Ma Muse. Even the first time I heard it, it was familiar to me. Apparently, the writer said it came to her in a dream.

One of the phrases from the song caught my attention. It talks about taking ourselves “into the well”, in order for us to thrive. Although it is not known what was meant by this in the song, the reference to going down into a well stirred a memory for me.

I had known people of many different ethnic origins in the city of Windsor, Ontario, where I first landed after high school graduation. Back then, in 1981, I had graduated from Grade 13, an extra preparatory year for those students planning to go to university. That summer, the wedding of Lady Diana Spencer to Prince Charles of Great Britain played on the television as I prepared to catch a bus from Sudbury to Windsor, a thousand-mile round trip. The trip was made necessary because of a mail strike, and I had not received an acceptance letter to attend the University of Windsor. I interrupted my summer job at the government Housing Authority to go and find out if I got in for that fall. I ended up in Windsor after turning down the chance to go to Western University in London and the University of Guelph. The world was a much different place in Windsor, and I loved the ethnic diversity.

The first person I met helped me settle into a dorm room in MacDonald Hall, a strictly men’s residence during the fall, winter and spring. In summer, the rooms were rented to students of any gender that came to tour

the campus and get to know the city. Some stayed to finish courses during the summer session. It was a ten story building and was the scene of a lot of fun and games, sometimes rather dangerous, during the busier seasons. Fridges were known to get pushed off the roof on occasion. (OK, small ones!) Fortunately, no one was seriously hurt.

The young woman I first met there was named Laura, and her family was from Lebanon. She was a first generation Lebanese Canadian, and lived with her family in Leamington, about 50 miles away. Interestingly, her cousin Sandy became my next-door neighbour on the 10th floor of Laurier Hall that September. They both went home on weekends. The best part was that they brought back, and of course shared, the most amazing food I have eaten, even to this day.

The moment I tasted Fatyr (spinach pies), I was hooked. It was like I was remembering the flavour the first time I tasted it. Like home. Years later, I had married a second generation Lebanese Canadian and had children. I learned to cook fatyr, hoummous, kibbee, Lebanese bread and special occasion dishes. Again, all like going home. These dishes were thousands of years old. Although they were eager to teach me how to cook their ancient delicacies, I never saw a family member strictly follow a recipe.

One of the relatives had gone on a trip to Lebanon, to a village where their ancestors had lived for thousands of years. Their living relatives still stayed there. Outside of the village was a well that was not ordinary. There was no water in it, or at least that they knew of. It was very deep. The relative was told that it was a funerary well. All of their ancestors were put into the well when they died—many, many people, over many centuries, all sharing the same blood. The visiting cousin was in awe, to be in the presence of that many of his ancestors’ remains, all in one place. Although he thought the custom of this type of burial was strange, it was normal, and continued to be in practice. The well


was so deep, decomposition did not cause any health hazard to the surviving villagers.

The theme of taking oneself “into the well”, in this context, may mean that we are meant to reconnect with our ancestors, with their cell memory and energetic presence. Sometimes we know something and don’t know how we know it (cell memory, I think is why I remembered the taste of Lebanese food). I believe that the only way we can thrive is by the gift of our ancestors—their decomposition is needed to nurture new life. As in green graveyards, where bodies are laid to rest and feed a tree as they decompose and the tree grows. The ground and air are recipients of the decomposing body. These nutrients are all around us, and are a source of immense nourishment for us. They are the key to our past and our future. We need to go into the well before we can come out of it and thrive.

All I know is that I remembered tasting food I had never tasted before... and remembered a song I had never heard before, and now can’t stop singing.

More on this next month....

Comments? Barbara Kuhn, PO Box 300, Crawford Bay, BC, V0B 1E0

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Hacker's Desk

by Geoffroy Tremblay

On Health and Creativity

I finally made it; I have my radio show! It's been maturing in my head for many years now. Ever since Papa Roots from Kootenay Coop Radio said, 'Hey, you should have a radio show', I've been thinking about it. Yes, I love discovering and sharing music and sharing my thoughts and impressions of the world.

It's not on the KCR; it's online, but nevertheless I have to prep and organize and do my research, and I am having so much fun doing this. It all came about when I ditched all the major social networks. I closed my Facebook account, Instagram and even Amazon (I know it's not a social network, but I might as well ditch them.) I was left wandering the internet, rediscovering the services and communities. Then I went back to an old server that I've been part of for a long time, called SDF. I've been on that particular network for over 20 years now.

It's a small group of geeks, hackers and musicians who have been running an online community. They offer email, website hosting and many other services, one of which is a radio station. Since it's a smaller social network (yes, it's still a social network), I get to meet people, chat with them and listen to what they have to share. Most people share what they are creating instead of sharing everyone else's stuff. There are no ads or algorithms to show a specific something or other. Most of the time, the interaction happens in a live chat room while people are dj'ing; It's a fun activity to dj while chatting.

On the mainstream social networks, I constantly compared myself to the best and most prominent of everything. I could only see the best illustrators, the best musicians, the greatest this or that, most of them half my age. Most of the time, people share other people's memes or creations, leaving me empty and not inspired, often with the desire to get a new toy or with some repressed emotions. Getting away from the social networks made me reconnect with parts of me that I judged 'not good enough even to try'. Starting a radio show has become only one part of this side effect. Jamming with other people has been quite a blast too.

Facebook's whistleblower, Frances Haugen, shared proof that Facebook knew for a long time that social networks use is damaging to the user's mental health. It would create a strain on teenager's self-image, for instance, and would polarize and radicalize groups of users. It's something that we knew for a long time and that finally came to light. Internal memos proved that this was well known a long time ago: "We know that many things that generate engagement on our platform leave users divided and depressed."

Although a lot got revealed in this case, the shares of Facebook keep on rising. Wall Street ignored that news; it was a bit of "Yeah we know, social networks are bad for you, but they fit right into a consumerist mechanism." Keeping an eye on the money side of the story is always quite revealing.

For example, the supply chain has been broken for a while now. It's affecting different markets in different ways. It feels like it will have a domino effect and radically change the way we consume. While trying to learn more about what implication this disruption would have on society, I mostly hear from main media stream (like CBC and another news outlets), 'The supply chain is broken, make sure to buy your Christmas gift early on.' It felt a tad shallow, and I wasn't delighted with this. I wanted to know more, so I started

to look for economists who would share a better strategy about this global supply chain disruption.

Understanding the global supply chain is a critical element in understanding our economy, and I would need a whole article to share what I've discovered. For now, I'd like to share what some economists talked about. Everyone agreed that the disruption of the global supply chain would have a ripple effect on different sectors. It will be hard to know which sector will be affected. For instance, tapioca is now difficult to find, and bubble tea stores cannot offer them anymore. The scarcity is not due to the shortage of tapioca beads... there are a lot of them in Taiwan, but they don't reach our continent. Most economists agree that COVID wasn't the root cause of the problem. However, it aggravated a defunct and fragile system, and it was bound to happen at one point or another.

But what can be done about it? From one economist to another, there was a general feeling of 'it's hard to tell how to invest at this point'. Some suggested Gold or even BitCoin, although the latter is quite volatile. I finally came across a few economists and strategists who seemed to have an excellent take on the situation. In these videos, when the host pressed the specialist to reveal what was most important to invest in, in all the cases, the answer was: "Invest in your physical health, mental health and spiritual health."

I was so surprised, but they explained that in times of depression or financial instability, your health is the most important asset you have. Your physical health will protect you against having to spend time and money in hospitals if you ever can go in one again. At the same time, your mental health will be your best investment in times of uncertainty and change.

So there you have it, follow the financial trend, invest in your health and unplug from social networks to reclaim your life and stay healthy.



Hall Board News

submitted by Susan Hulland

Our association's 2020-2021 annual general meeting took place on Tuesday October 5 in Crawford Bay's Community Park with a quorum of eleven members in attendance. The meeting began with a presentation of a framed print of the community hall made to past president, John Edwards, who served on the association for more than two decades.

President Gina Medhurst's annual report for the past two years included:

(In 2020) Improvements made to Community Connections building with a grant obtained by The +55 Group; a heritage assessment done of the Community Hall through a Heritage BC grant; improvements were made to the wooden dock and metal gangway at the Kootenay Bay Boat Launch; a new water system was established for the hall with help from Nelson & District Credit Union; dangerous bleachers were removed from the park and replaced with a new one donated by Akokli Construction; improvements were made to the tennis and pickleball courts by community volunteers; we put up a Facebook page for the association to help keep residents informed; regular Hall Board News reports were initiated printed monthly in *Mainstreet* newspaper and posted on our Facebook page (@crawfordbayhall); Local families were approached to tell their stories about the community hall. These priceless pieces of local history are printed as "Memories & Musings" in *Mainstreet*, posted on Facebook and being compiled for display in the entryway of the building when restoration is complete.

(In 2021) The work to rejuvenate and preserve the community hall began in earnest with the hiring of Studio 9 Architects to design the building to meet

all current codes and standards and meet the vision of the directors to create an energy efficient, low maintenance, modern, attractive building which would serve the community into the future; an official site plan of the hall property was completed; investigations were completed on the hall septic system and minor repairs were done; two new items were added to the park's children's playground thanks to fundraising done by EASY; a new furnace was put into the hall with financial help from a Communities Initiatives Program grant.

Gina Medhurst read David Well's treasurer's report. She noted that the hall and eight acres of land are now valued at \$265,000 which is an increase of \$195,000 since the association purchased the property from the School Board for \$75,000 in 2018.

Leona Keraiff presented a Community Fundraising report. Between February 7, 2020 and October 2, 2021 we raised \$48,334. \$16,657 came from our community ie: local families, societies and print sales. The rest was grant money, some of which was spent to hire the architect and engineers who created the interior and exterior designs we have displayed locally and the Class C Estimate we received on September 30.

Elections were held. The association's 2021-2022 directors are: Helene Carter, David Wells, Nicole Schreiber, Leona Keraiff, Vienna Doenni and Susan Hulland

Susan Hulland presented a report submitted by David Wells outlining progress made since 2018 to revitalize and preserve the community hall. Just days before the meeting the association received the Class C Construction Estimate from Studio 9 Architects. At today's prices the estimated cost to completely restore and improve the building following the floor plans and drawings displayed at the meeting would be \$2.6 million. This estimate also includes the cost of paving a parking lot and access road, new kitchen appliances, a 17.5% Contingency and General Conditions which are

separate costs (amounting to 10.5 % of the total) which would be incurred by a general contractor setting up onsite and completing the entire project at once. (The association plans a phased approach to the renovation with the work being broken into a number of segments striving for an efficient flow to the construction process and avoiding redundancy.)

Kaylyn Gervais, Community Relations Manager with Columbia Basin Trust praised the association on the mindful, steady progress made since she attended the 2019 AGM. Gervais was asked if it was realistic for an area as small as the East Shore to expect to be able to find funding for such an ambitious project. She responded that the CBT considers projects not according to cost but according to their importance to the community. She stated that there were several programs that supported such work and that the CBT would continue to work with us to find other funding partners.

Because our association is aware that some local residents favour tearing down the hall and building anew, Gervais was asked whether or not we could possibly get grant funding for demolition which has been estimated at fifty to one hundred thousand dollars depending on the severity of the lead paint noted in the Hazardous Materials Study we commissioned. She responded that even though this issue was common to many small communities with aging public buildings, she was not aware of any such grant programs.

Regional District of Central Kootenay's Area A director, Garry Jackman was also present. He commented on the wisdom of tackling the costly renovation as a phased project saying that portioning the project over time would allow smaller regional construction companies to bid on the work and that this approach would gain favor with several grant programs that put emphasis on creating local employment.

"CB Hall News" Continued on page 6

CB Hall Memories & Musings

by Leona Keraiff

This month's family being featured has a long history here in the Bay. Frank and Madge Draper arrived in 1929. Madge belonged to the Women's Institute and according to grandson Eddy Draper "Gran held tea parties where the hens got together to chit chat". These hens? "Connie Miller, the sister of Mrs. Dobie (who ran the church) Lorna Lytle and Mrs. Jones."

When I asked Eddy's kids to send their memories of the Crawford Bay Hall, Ezreena was the first to respond. I said, "If I can get your Dad to talk to me I would like to write about your family". She emailed this reply.

Dad is pretty modest about these things so you likely won't get formal permission, but I think he would be honoured to be mentioned. I remember my parents having a lot of fun hosting the D3 Christmas parties there with tons of music and dancing and exceptional food made by my mom.

I also remember the annual Fall Fairs. Ms. Green entered a rock that looked exactly like a potato. For some reason I remember that. I also remember Christine Draper and I singing La Bamba with the teachers as our band. One of my favourite experiences was in grade 10, in home economics class, Mr. Dunic arranged for us to put on a community restaurant. The community was SO supportive! I loved serving my parents. They ate our Mexican food!

Of course, my love of sports has fond memories in the hall also. I especially remember basketball and dodgeball.

Daughter Ruby Draper was next to share her memories: Growing up in Crawford Bay, the hall always seemed to have some sort of function going on. As a child I remember attending the community potluck at Christmas and hiding under the table once while Santa called the kids' names. Once attending the Crawford

"CB Hall News" Continued from page 5

Community Fundraising

Thanks to a donation from summer residents Ron and Janet Kuchinka and a gem of a snowblower given to us by Debbie Turner (which we sold) and an anonymous donation our community fundraising account rose by \$870 last month! Debbie's donation was the third she has made toward our work to restore our building. If anyone else wants to give us an item of value in excellent condition please contact Susan Hurland at 250 227 9387.

Our huge Online Silent Auction runs live on Facebook from November 5-9 at the address @crawford-bayhall. This is a chance to support our work and shop early for Chrimtmas.



John Edwards, past president and all round amazing community volunteer was presented with a signed Bruce Paterson print of the community hall by outgoing president, Gina Medhurst, at the recent Crawford Bay & District Hall & Parks Association's 2021 AGM.

Bay school, I remember using the hall to display all our proud works of art for the annual Fall Fair.

Through high school we used the hall for band, drama class, and even once it served as a small cafeteria. In grade 12, our class performed our play presented to the community by the one and only Doreen Zaiss as our fearless leader.

Even after high school, the Crawford Bay Hall was still a popular place. I was old enough to hold a liquor license and that's where my parents held their logging crew parties for many years. The hall holds many memories for me over the 22 years I lived there. It certainly holds true to the term "community" hall. It's a piece of history that should remain in place for many more years.

Daughter Lara called me one afternoon. Happily, she chatted with Eddy, so was able to relay his thoughts and stories as well as her own. Lara's highlights included... Elementary lunchtime sports in the hall: floor hockey in particular. "Bandits" with Nando, getting checked into the boards by staff. The bag of candy from Santa! The musty, old smell of the library in the hall but the excitement of new books. Mrs. Berg's ballet lessons and performances on the stage. Mom made our beautiful ballet costumes. Gymnastics with Karen Johnston teaching. The back of the stage "spooked up" for Halloween. Christmas concerts, but I was too shy & didn't participate.

Mom taught us embroidery and the stuffed cat face I made won the second place ribbon at the Fall Fair. My brother Troy got First. We were 8 and 10, I think. I remember gardening, food, baking and the bake sale at the Fall Fair. Dad remembers Bill Fraser brought animals to the fair: hens, chicks, ducks, cows, roosters and lambs. Eddy also added "I got caught running in the halls to see the animals!"

Lara's favourite events in the hall were the D3 Logging Christmas parties hosted by her parents, Maureen & Eddy.

"Mom and dad had an open door policy," Lara told me, "So even though the party was for the crew and their families everyone was welcome. Mom cooked all the food, we danced and Santa brought presents."

Lastly, Lara recalls vividly "a cultural celebration where we kids researched a country, cooked that country's food then fed the community in the hall. Mom made my outfit which was from Morocco or North Africa. Kevin Grove did Iran. Grade eight initiations were hilarious, but Troy's class was the last year that had those."

Eddy had a few additions: "I tried Cub Scouts as an 8 year old - didn't last long. Played badminton and volleyball in the hall, also "track" was housed out of the hall." (Lara was shocked to learn her Dad played sports!) "I remember a display under glass of the list of men who went to war and didn't return". Eddy also recalls making and taking dinner to community potlucks.

Eddy mentioned the following names from his school years and hall experiences: Coaches Ray Selby and Pat Rooney (volleyball, badminton, basketball and track - all played against Riondel). Pals he remembers playing sports/gym class with in the hall: Sally Anne and Robert Humble, Cynthia and Kenny Oster, Jimmy Hellman, Marv Syfchuck, Howie Piete, Dan Derbyshire, Clifford Elgie, Melvyn and Lorraine King, Leona, Jean and Mickey Draper (his siblings), Sharron Johnson, "Spike" Draper, Ashley and Gervine Draper, Peter Danielson, Mark Adams and lastly, Richard and Delores Adams.

Daughter Malena was next to contact me: I remember all the wonderful, full of fun times at the hall. It has always been a popular place, a place for gatherings and many functions. From ballet lessons with Mrs. Berg to Christmas concerts, Christmas community potluck followed by Santa arriving, New Years dances to annual Fall Fairs. But...Most of all, my fondest memory was the "D3" Christmas parties Mom and Dad held for their crews and families. Starting with Happy Hour then followed by an amazing dinner (as always) Mom created. "Dear" Santa then arrived and after all the excitement, we put on our "Happy Feet" and danced the night away. A Fun Filled event!!

The D3 event was Melanie and Trevor's fondest memory also. They both remember the Christmas potluck gatherings and Santa with Melanie receiving a doll and Trevor receiving a truck. Melanie performed in the play called "Down to Earth" instructed by Lori O'Neal.

Lastly, Eddy and Maureen's son Troy and his wife, Karol contributed. Karol wrote: My first memories of Crawford Bay Hall, started 39 years ago, when as a young girl from the big city, I met a young boy from the little town of Crawford Bay, who had written his proclamation of love for this young girl from the city, on a secret hidden back wall at the Crawford Bay Hall. Since then, that same hall holds a lifetime of wonderful memories for me and that Crawford Bay boy and our four children who grew up attending many functions in the Crawford Bay Hall over the years, building their own special memories. My favourite memories will always be the many years of wonderful Christmas potluck dinners put on for the community, by a dedicated group of ladies year after year, complete with a visit from a very special Santa for the community children.

From Troy: The CB Hall for me throughout the years relates to growth both on a personal and community level. Being a mid sixties baby, meant growing up in the good old 70's. Big Changes and growth. The hall was our community spot for events and our school gymnasium. Playing sports like handball and ring hockey, in such a confined space, you learned real fast to be quick with your mind and quick on your feet, or you were a target. Almost all that surrounded you were twice your size...not sure what they were being fed lol. Fond memories of community events, dance parties, weddings and such over the years occurred there...Oh, and Santa of course, gifting our beautiful children. Possibly unknown to some is a secret tunnel behind the stage. "Tunnel of Love". After 39 years I believe there still exists a heart on the wall that says Troy Karol. Might have to grab my love and check it out.

TAPS Assistant Coordinator

Employer: South Kootenay Lake Community Service Society

Salary: \$20/hour

Terms: P/T, 2 days (8 hrs) per week

Start Date: Dec. 15, 2021

Application Deadline: Nov 19, 2021

Position Summary: The Therapeutic Activation Program for Seniors (TAPS) Program Assistant Coordinator will help deliver and coordinate the activity programming and meals for seniors.

Requirements:

- Education in one or more related program: Recreation Education, Therapeutic Recreation, Occupational Therapy, Health Care Aide, Human Service diploma and/or a recognized geriatric recreation program and two years recent related experience including 1 year in a supervisory capacity preferred; or an equivalent combination of education, training and experience.

Must also have the following:

- Food Safe course
- Valid CPR certificate
- Valid First Aid certificate
- Proof of Full Covid-19 Vaccinations
- Experience in a supervisory capacity or equivalent
- Education and experience with dementia and aging

Duties: For complete job description email request to skootenaylakecss@gmail.com

To Apply: Résumé and Cover Letter via email to Garry Sly skootenaylakecss@gmail.com Box 182, Crawford Bay, BC. 250-505-2634



Thoughts from the Frog Pot

by John Rayson

VACCINATIONS #3

Once again its vaccination as the pandemic associated with Covid 19 continues to evolve and new information is available. We know that vaccines are effective and limit pandemics. Change can be slow; the situation will continue to evolve over the next months and years as new information is evaluated.

The most recent numbers indicate 6.8 billion doses given world-wide [37% of the population]; 89% of British Columbians have received at least one dose of the vaccine and 84.9% are fully vaccinated. On a Canadian basis, 73.9% are fully vaccinated. In the U.S. the comparable figure is 57.6%. No significant side effects have been identified.

In spite of high Canadian vaccination rates, “breakthrough” cases of covid are occurring. As more individuals are vaccinated we will see an increase in the number of cases in vaccinated individuals. Vaccination is not 100% effective in preventing covid. If one has been vaccinated and does develop the disease, it is much less severe and the chance of hospitalization and death are greatly reduced [eg. unvaccinated vs. vaccinated 11x more likely to be hospitalized if unvaccinated]. 35% of all recent deaths in B.C. occurred in vaccinated patients over the age of 80 in long term care facilities. Many of these patients have compromised immune systems plus multiple associated medical conditions.

Breakthrough covid leads to a discussion of “booster” or third doses. There is evidence that over time, vaccine effectiveness diminishes; a third or booster dose becomes necessary. Patients in B.C. with compromised immune systems and those in long term care facilities are now receiving third shots. B.C. is considering the giving of such “booster” shots to all over 65 but has at this time has not reached a decision. In the U.S. the decision to give boosters to over 65 has been made but I will not document the multiple problems encountered in the U.S. with vaccination.

Vaccine mandates by various jurisdictions, including businesses, provincial governments and federal governments are becoming more common and subject to much discussion. I give one example: The B.C. government has mandated that all health care workers must have full vaccination to work in any provincial facility by Oct. 31 but will have until Nov. 16 to receive their first injection if unvaccinated. They can then be terminated if they refuse. Headlines; we “may” lose 5000 health care workers. Complete facts; there are 129,000 health care workers in B.C. and 124,000 are now fully vaccinated. Seems the headlines emphasis are sensationalism and not reality.

Governments have tried many methods of enticement to overcome vaccine hesitancy but are now mandating vaccination. The federal government of Canada has mandated vaccination for all federal workers and is in the process of distributing a travel document that will be necessary for both national and international travel. As mandates have come into force individuals accept vaccination, as a lack of vaccination interferes with their plans for work, leisure or travel.

The difficulties with vaccination during pregnancy have engendered much discussion. There is no question that covid is a significant hazard for a pregnant female. It does appear that pregnant women and their unborn children can tolerate the vaccine but the general advice

is to discuss each case individually and fully with the trusted health care provider of the individual.

The next looming debate will be to vaccinate children 5-11. The vaccine is about to be approved for this age group. We are all concerned with regards health and safety of children. Many questions will be raised with regards the safety of the proposed vaccines. We know that the disease is mild for the majority of children.

However, we must acknowledge that children do contact the disease, are hospitalized and can and have died from the disease. In addition, children are a reservoir of the disease and can pass the virus to teachers, seniors and others. Thus, we will be confronted with a risk-benefit analysis. If we are to reach “herd immunity” it will be necessary to vaccinate children.

As we proceed through this epidemic we must continue the other tried and true methods of protection; mask wearing, social distancing and avoiding large groups.

Much with regards to the pandemic and covid, will continue to evolve but we must be guided by science accompanied by the advice of knowledge leaders. I leave you with a quote by Thomas Huxley; English biologist and anthropologist [1826-95], as accurate today as then: “science is simply common sense at its best”—that is rigidly accurate in observation and merciless to fallacy in logic”.

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Your Microbiome: Pumpkin Seeds - Our Local Super Food

by Maya Skalinska
M.H., R.H.T. Master Herbalist, Registered Herbal Therapist



If you're looking for an easy, healthy, high fiber, nutrient rich snack, pumpkin seeds may be your answer.

Even though we have many “super foods” growing in our area all summer long, (blueberries being on the top of my list), autumn brings us a wide variety of nutrient packed fruits, vegetables as well as seeds.

All throughout October there are hundreds of pumpkins displayed all over Creston/Erickson farmers' stands. You buy them for food, fall décor and of course Halloween, but I wonder how many actually save those nutrient rich, super food seeds.

If you do not save pumpkin seeds, here are some facts that may change your mind.

Pumpkin seeds are a great source of zinc, a mineral important for a healthy immune system. Autumn is the perfect time to strengthen the immune, getting your body ready for the cold & flu season. The high zinc content is also very beneficial for men's health, specifically for benign prostatic hyperplasia (enlarged prostate).

Another mineral the seeds are rich in is magnesium. A vital mineral for heart health, as it's been shown to maintain healthy blood pressure, and works as a heart attack and stroke preventative. Only one quarter cup of pumpkin seeds will give you half the recommended daily dose of magnesium. Magnesium plays many roles in our bodies, such as creation of adenosine triphosphate (ATP or the energy molecule of your body), and

aiding proper bone formation, relaxation of blood vessels and pumping of your heart, just to name a few.

Pumpkin seeds are also rich in plant based omega-3, specifically alpha linoleic acid, or ALA, a super healthy fat also high in flaxseeds and walnuts. It is an essential fatty acid we must get from our food, as our bodies do not produce it. ALA is essential in protecting our neurological tissues, in proper digestion, in protecting us from thrombosis (blood clots) by decreasing platelet aggregation, which in turn decrease our chances of heart attacks and strokes. Studies have shown that alpha linoleic acid also prevents ventricular fibrillation, a dangerous heart rhythm disturbance (1,2). A new (October 2021) meta-analysis of 41 cohort studies involving close to 120,000 participants has associated alpha linoleic acid with a significant decreased risk of all-cause mortality, and specifically, cancer and cardiovascular disease (3).

And there's more! Pumpkin seeds contain many forms of vitamin E, a powerful antioxidant that plays a role in repairing oxidative damage, also crucial for a healthy cardiovascular system. They are high in fiber and provide a good source of protein. Plus they are high in tryptophan, which plays a role in a good night's sleep.

To prepare pumpkin seeds, simply remove the seeds from the pumpkin's inner cavity, rinse off the excess pulp with cold water, and spread them evenly on a dry surface to let them dry overnight. The shells are safe to eat and provide double the fiber. Toss them with a little olive oil and sprinkle them with natural salt or your favorite spices, and roast in your oven at no more than 170°F (75°C) for 15-20 minutes. If you roast them at a higher temperature or longer than 20 minutes, you will lose the beneficial fats (ALA).

If you buy raw hulled pumpkin seeds, it's best to soak them overnight in water with a little salt, and then either roast them at low temperature (same as above) in your oven, or dehydrator at 110-120°F (43-49°C).

Pumpkin seeds contain phytic acids (as do all nuts, seeds and grains) that block proper absorption of the nutrients discussed above. Soaking or roasting seeds, neutralizes the phytic acids, making all the nutrients bioavailable to your body. I will discuss soaking grains, nuts and seeds in the next month's article. Meanwhile, enjoy this amazing gift from nature, and let your snacks be your medicine.

References:

- <https://www.researchsquare.com/article/rs-369814/v1>
- <https://www.sciencedirect.com/science/article/abs/pii/S1734114014000978>
- <https://www.bmj.com/content/375/bmj.n2213>

Maya Skalinska is a Master Herbalist, and a Registered Herbal Therapist (BCHA), offering Iridology Tongue analysis, Herbal Medicine and Nutrition consultations in Crawford Bay and Nelson. For more information email mayaskalinska@yahoo.com

Next Deadline:
Nov 24, 2021

Hours of Operation Resource Recovery Facilities

Crawford Bay Transfer Station
November 7, 2021 to March 12, 2022
10:00 am — 4:00 pm
Sunday & Tuesday

Boswell Transfer Station
Year Round
11:00 am — 3:00 pm
Wednesday & Saturday



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Kootenay Regional Transportation Opportunities Part 2

by Hervé Blézy, KLCC Director of Regional Affairs

In Sept 2021, the BC Chamber advised that 18 out of 70 submitted policy papers will be discussed with the BC Provincial Ministries. Our policy paper was one of the 18 policy papers chosen for discussion and an opportunity to meet with our provincial officials will occur on November 4. This is Part 2 of the policy.

As mentioned in the last *Mainstreet*, I am sure many residents and members of the Kootenay Lake Chamber of Commerce wonder what the president, executive director and board directors work on during the year. Here is small example and it is all volunteer work.

Last month, I introduced the region's transportation opportunities. In November 2020, the Nelson Chamber of Commerce forwarded an economic impact study from 2011 that was conducted by the Ministry of Transportation and Infrastructure (MOTI) to the Kootenay Lake Chamber of Commerce. The economic study was focussed on Hwy 3 from the Alberta border to Hope. The study made several highway improvement recommendations that would reduce travel time for businesses and tourists. By duplicating the MOTI approved methodology, the travel time benefits for relocating the ferry terminal from Balfour to Queen's Bay were also established by the Kootenay Lake Chamber. The relocation economic impact of increased tourism was not established and should be determined by industry consultants.

Based on this information the Castlegar, Nelson and Kootenay Lake Chambers submitted a policy paper in May 2021 and the policy was subsequently approved for submission to the provincial government. The policy paper was also supported by the Cranbrook, Fernie and Creston Chambers of Commerce.

The policy background, project scope and recommendations are as follows:

Policy Background

The number of tourists and summer only residents have increased significantly in the region. They discovered that working remotely was possible. Changing customer demographics are driving expectations for better transportation and logistics links that can deliver goods in a cost effective and timely manner. The Greyhound Bus business closure, the transportation challenges and logistical issues are driving the airport and bussing study requirements.

In 2011, the BC Ministry of Transportation and Infrastructure commissioned an Economic Impact Study of Highway 3, and portions of HWY 3A and 3B. The Highway 3 Corridor study included approx. 840 km of highway between Hope and the Alberta border and approximately 320 km of Highway 3A and 3B between trail and Castlegar. Excluded from the study was the economic impact of Hwy 3A along the East Shore of Kootenay Lake and the along the West Arm to Nelson. There has also been changes to the Creston Bypass Realignment;

Preliminary Findings:

1) Preliminary Kootenay Lake Chamber of Commerce (KLCC) studies conducted in 2020 indicated that relocating the Kootenay Lake Ferry economic terminal from Balfour to Queen's Bay would have ranked the second highest economic opportunity along this Corridor in the 2011 study. It now ranks as the number one economic opportunity based on travel time saving and the highest potential for expansion of tourism activity due to travel time savings on the Highway 3

corridor. The KLCC studies used the MOTI microBen-Cost methodology, the same as Hwy 3 Corridor study. If MOTI conducted the studies in 2021, the opportunities will be approx. 50% higher in economic benefits. A new study should also include the impact to small communities and how would they be addressed.

2) The Creston Hwy 3A Bypass now known as the Creston Realignment is now the 2nd highest ranked economic opportunity based on anticipated travel time saving. A new study should also include the impact to small communities and how would they be addressed.

3) The study should determine the energy savings for the reduction in travel time and the reduction in the number of vehicles using the Kootenay Pass. It would also review other opportunities identified by the Hwy 3 Mayors and Chairs Coalition. This would include the economics of the anticipated direct travel time saving impacts and the economic impact of increased tourism in the impacted regions. The study should include an assessment of the energy savings, CO2 reduction and impact to local communities.

4) The BC Ministry of Agriculture, Food and Fisheries recently announced a "Food Hub" in the Creston region, making transportation infrastructure improvements even more imperative as well as a cold chain logistics study.

Project Scope:

The project scope entails several studies that can be packaged into one or more studies. A 10-to-15-year vision of our regional transportation and logistics systems should be provided. The following studies are proposed:

- Regional (Municipal/Provincial/Federal) airport services- firefighting, medivac, tourists
- Regional bussing services
- An updated 2011 Highway 3 Corridor study a review of the Kootenay Lake Ferry and Creston Realignment and other opportunities identified by the Hwy 3 Mayor and Chairs Coalition
- Regional cold storage logistics

Environmental Considerations

- The energy savings have not been established by KLCC for the new diesel driven ferry. It is known that it takes only 3 to 5% of the ferry traffic travelling around Kootenay Pass to make up for distance for the extra 3.5 km that vehicles need to travel from Queen's Bay to Balfour.
- The energy savings for the Creston Bypass Realignment have not been established.

Service Considerations

- The airport study would identify the improvements in service to the communities and the anticipated increase in economic, health and firefighting opportunities.
- The HWY 3 study would identify the improvements in service to the communities based on travel time savings and the increased ferry availability.
- The bussing study would identify the improvements in service to the communities.

Stakeholders' Considerations

At this time what is being proposed are studies and the stakeholder impacts should be identified as part of the studies.

Economics Capital and Operating Costs

- The airport study costs have not been determined.
- The bussing study costs have not been determined.
- Preliminary discussions with Philip Davies Transportation have indicated that a 2011 Highway 3 Corridor equivalent study would cost approx. \$120 to \$140K. The Kootenay Lake Chamber study indicated ferry time travel savings of approximately \$ 20M (25-

year timeframe) based on 2011 study inputs. A 20-minute improvement indicates an increase in tourism income of over \$200M over a 25-year period for the region. The income benefits would be significantly less, however income benefits would be realized from both the east and west directions. Additional income benefits are achieved in the forestry and agricultural sectors.

THE CHAMBER RECOMMENDS that the Provincial Government:

1. Work with Transport Canada to invest in the air transport logistics in the region and determine the opportunities for improvement in Cranbrook, Creston, Nelson, Trail and Castlegar.
2. Invest regional bussing to facilitate travel to our health centers in the region
3. Update their 2011 study that was conducted on the HWY 3 corridor and include the Kootenay Lake Ferry and the Creston Realignment.
4. Through the BC Ministry of Agriculture, Food and Fisheries, study cold change services to facilitate food delivery in and outside the region.
5. Provide a multi-year vision of Kootenay regional transportation and logistics

This is one of many examples of the work that the Kootenay Lake Chamber does on behalf of its members along the East Shore. By working with the regional Chambers it was possible to have an effective voice for the region. We are scheduled to meet with the Ministries on Nov 4, 2021.

TAPS Coordinator

Employer: South Kootenay Lake Community Service Society

Salary: \$25/hour

Terms: P/T, 2 days (12 hrs) per week

Start Date: Dec. 15, 2021

Application Deadline: Nov 19, 2021

Position Summary: The Therapeutic Activation Program for Seniors (TAPS) Program Coordinator will be responsible for all aspects of the TAPS program. This is a sole charge position. The coordinator will deliver and coordinate the activity programming and meals for seniors.

Requirements:

- Education in one or more related program: Recreation Education, Therapeutic Recreation, Occupational Therapy, Health Care Aide, Human Service diploma and/or a recognized geriatric recreation program and two years recent related experience including 1 year in a supervisory capacity preferred; or an equivalent combination of education, training and experience.

Must also have the following:

- Food Safe course
- Valid CPR certificate
- Valid First Aid certificate
- Proof of Full Covid-19 Vaccinations
- Experience in a supervisory capacity or equivalent
- Education and experience with dementia and aging

Duties: For complete job description email request to skootenaylakecss@gmail.com

To Apply: Résumé and Cover Letter via email to Garry Sly skootenaylakecss@gmail.com - Box 182, Crawford Bay, BC. 250-505-2634

Kootenay Lake Chamber of Commerce



Kootenay Lake Chamber of Commerce

by Farley Cursons,
Executive Director,
Kootenay Lake Chamber

BENEFITS OF BUYING LOCAL

Calls to “buy local” seem to have sprung up everywhere in recent years. Recognition of the crucial role small businesses play in creating jobs, strengthening community cohesion and enhancing local character is rising -- thanks largely to a growing number of community coalitions that have formed specifically to support local independent business and build thriving local economies.

Independently owned businesses across the region have experienced an economic slowdown due to the COVID-19 pandemic. In response to the pandemic’s need for social distancing and self-isolation, many local businesses have become financially fragile with the new work formalities such as reduced business capacities, shorter business hours, staffing shortages and long-term closures.

Many area businesses have either revamped their level of service, pivoted their business model, or closed their brick and mortar locations to go on-line. Those hardest hit are the local, independent businesses that are the backbone of our communities’ economic sustainability and are the leaders of our region’s culture and identity.

Local independent businesses employ an array of supporting services that can include contractors, accountants, insurance brokers, computer consultants, well-being practitioners, graphic designers, advertising agencies, and many others. Local retailers, restaurants, and distributors also carry a higher percentage of locally produced goods, creating additional markets and jobs for local producers and more wealth in the community. These jobs also tend to be higher wage positions with greater career potential. While chain outlets also employ local residents, their business model uses a minimum of local goods and services, while profits accrue elsewhere.

Accountability and Charity

Local business owners consider their impact on the community’s quality of life and often take actions because they believe it’s the right thing to do, even if it does not maximize profit. Local owners are identifiable, accessible and accountable. Our most recent example of local businesses supporting non profits to reach their charitable goals is the Crawford Bay Hall Silent Auction. It’s been inspiring to see how many businesses have generously donated to support this important community project.

Community Character and Consumer Choice

Unique independent businesses play a vital role in maintaining a community’s distinct character. And as more and more towns and cities attract the same array of cookiecutter businesses, those with unique offerings and atmosphere stand to gain business. Though a single local shop or service provider may carry a smaller selection than a big chain, a large number of independent outlets, each serving their own niche, creates far greater diversity and choices overall.

Kootenay Lake Chamber of Commerce/The East Shore Mainstreet
Partnering to strengthen the vitality of East Shore businesses and services.

NOVEMBER 2021 Feature Business!

Are you a Chamber member? If you join the Kootenay Lake Chamber of Commerce, you could be featured here for free! For more information contact executivedir@kootenaylake.bc.ca.



Green Bubble Garden Center

Open all year & offers an array of products:

- Feed and pet supplies
- Giftware
- Garden supplies and decor
- Fantastic local meats and preserves
- Locally made take-home frozen dinners
- and much more

Our mission is to save someone a “trip to town”.

Be sure to visit us and see our wide variety of unique giftware offerings. We have gift ideas for everyone including children.

Owner Operators Susan Brown and Alex Mayer are forever grateful to the East Shore Community for their ongoing support.

The Message: Buy Local

The ultimate goal for a buy local campaign is to create a cultural shift whereby:

1. most residents come to identify themselves as “the kind of person who supports my local independents,” and 2. view their community as one that supports local entrepreneurs and makes doing business locally a point of pride.

Creating this culture of support for local independents can be achieved through sustained, multifaceted education that embeds several key concepts into residents’ awareness. While doing business locally offers many benefits, they all fall into two main categories:

1. Benefits to you as a consumer
2. Benefits to you as a citizen and to society (which focus on benefits to your own community and benefits to the environment and world beyond it).

Building Local Wealth and Job Creation

Several compelling studies demonstrate the increased local economic multiplier resulting when people spend at local independents, and other economic reasons for supporting local business. Studies by regional and provincial economic development groups have shown dollars spent at local independent businesses return, on average, \$45 or more per \$100 spent to the local economy, compared to just \$14 or less for \$100 spent at a chain outlet. This results in a direct multiplier three or more times greater when people spend with independents, compared to patronizing local chain outlets (and infinitely more than buying from Amazon).

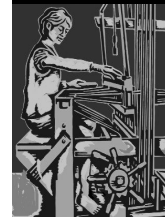
Looking to the future, the Kootenay Lake Chamber of Commerce is dedicated to robust promotion and advocacy of East Shore businesses and committed to developing local campaigns to inspire and inform the public about the benefits of doing business locally. Together we can work to build a lasting culture of support for our area’s small businesses and help local entrepreneurs to thrive. On behalf of the Chamber and its members we would like to thank everyone who has supported local business through these challenging times. There was some concern when travel restric-

tions limited provincial and international visitors but our local community came through.

Your Chamber of Commerce is here for you. If you need specific support for your local business or non profit, our Chamber has access to numerous opportunities for training, funding and recovery support, the latest data on consumer trends and is a part of a vast resource network.

If you’re not already, please consider becoming a member of the Kootenay Lake Chamber of Commerce and be a part of building our community. If you’re looking for more information please check out our website www.kootenaylake.bc.ca or email us directly info@kootenaylake.bc.ca.

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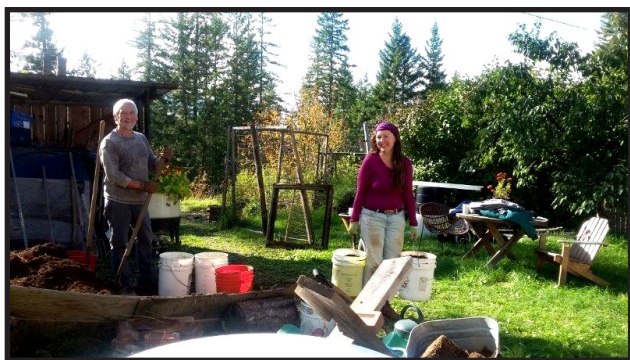
Email: info@akokli.ca

Website: www.akokli.ca

Helping Hands 2021

by Rebecca Fuzzen

At 9AM, on the sunny Saturday, October 9, 2021, the East Shore Youth Network plus fourteen wonderful, community volunteers set out to work in the yards of our East Shore seniors. On that gorgeous Saturday, Helping Hands did successfully visit fifteen senior residences, accomplishing a variety of jobs which included gardening, raking, window cleaning, grass cutting, dirt moving, and yard organizing. These are jobs our seniors would struggle to complete on their own. Some seniors are happy to pay for help but simply do not know whom to call. Fall 2021 Helping Hands Day was able to receive donations in gratitude for the work done. Hats off to all involved. This is a beautiful community event that aims to happen twice yearly in the spring and in the fall. The Fall 2021 Helping Hands day was a rewarding success and I hope to see many more Helping Hands Days in the future.



-A heartfelt thank-you to the CRAWFORD BAY MARKET for their awesome donation of beverages and discount on sandwich materials to feed the hard working volunteers the day o

-A heartfelt thank-you to Darren at "The Cabin" for preparing lunches.

-A heartfelt thank-you to the East Shore Youth Network for being so awesome, and especially Vienna and Matt for guiding the kids in the right direction.

-A heartfelt thank-you to all YOU community volunteers who participated. You know who you are. Your hearts are made of gold and your wings are of the finest gossamer silk.

-A heartfelt thank-you to *The East Shore Mainstreet* for promoting Helping Hands with advertisement and marketing. What would we do without our *Mainstreet*?

-A heartfelt thank-you Garry Jackman and the RDCK for the support

-A heartfelt thank-you to Susan Dill for coordinating this event with me.

Living & Learning at Yasodhara Ashram

Submitted by Nicole Plouffe for Yasodhara Ashram Society

"Living at the Ashram is for living and learning - learning how to live and living to keep learning."
-Swami Radhananda.

We have had a year and half of learning to flow with change and living with awareness of how best to adapt to serve people within the current conditions. So we reconfigured one of our signature courses, created new, integrated stays (that we call Restorative Retreats) and kept current with what people wanted and required all in a safe, supportive environment. It has been both challenging and inspiring.

Over the year we had 70 retreat guests come for our Restorative Retreats, which are self-guided with options to participate in the teachings. What was exciting for us was that most of these guests were new to the Ashram so it suggested that many people are needing time and space to rejuvenate. We had long-term teachers come back for extended periods and some took their teacher recertification while others certified for the first time. Our Karma Yoga program (learning through work) offered two-month stays with some people choosing to stay longer. And our new online programming generated when we had to close on-site programming, continued with much success.



As a small, dedicated community we also attended to the everyday needs of the Ashram – our garden flourished and taught us patience and trust, looking after aging buildings taught us continued attention and awareness, forests were selectively thinned for fire mitigation and taught us the importance of preparing for the reality of climate change and wildfires.

Currently we are in our planning stages for 2022 and although we are unsure of what the new year will bring, we are continuing with the current programs as we get ready for our three-month Yoga Development Course starting in January.

Our doors are not yet open for drop-in visitors, but we do look forward to when we can welcome back the East Shore community. We have always known the importance of community but ever more so than in challenging times.

As always, we are together in the Temple every night, sending healing vibrations out to you all. As Swami Radha said, "We can all meet in the Light, which will bring us together and hold us together."

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21

For Sale

Welcome to this charming Farmhouse nestled at the end of a quiet 'No Thru' road, yet minutes from all the amenities that Crawford Bay has to offer! The property is fully set up for self-reliance and has an unassuming presence. Everything you need is at your fingertips, including a new shop and greenhouse which makes it a perfect match for homesteading or an ideal home to raise a family! The picturesque yard combines sun and shade to accent open views while being surrounded by forest making it very private. Fruit trees produce an abundance of fruit, the creek provides a tranquil setting. The home design brings its own character and evokes plenty of charm. You will find all the simple organic details that you simply crave in your next home. Enter through the functional mudroom, enjoy your morning coffee cozied up in the spacious kitchen, dining room where the sunlight will surely beam in. The main floor is complete with a living room, two bedrooms and a full bathroom. The upper floor has two additional bedrooms finished with comforting roof lines and wood finishes for added warmth. For the outdoor enthusiast, hiking trails are at your doorstep and Kootenay Lake is minutes away. This property has no zoning so there is lots of further potential; bring your own ideas, a new house, shop or even a home based business. Crawford Bay is home to a market, gas station, post office, school, gym, restaurants & many artisan shops! The farmhouse and scenic property mesh well with the nostalgia of this private oasis!

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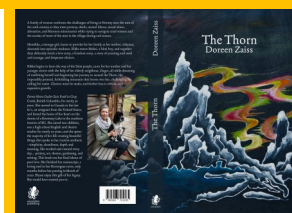


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NOTICE

A Great Northern 12 K deck trailer was stolen from near

Lockhart Provincial Park in mid-September



The owner would like to get it back. A reward is offered for information which could help in recovering the trailer.

No questions asked.

Leave a message for Russ at 250 462 7822

Age-Friendliness is Alive and Well

Submitted by the Age Friendly Community Council

If you have visited a city recently, I am sure you will agree that when you get home to the east shore, you can't help but notice a feeling...of age-friendliness around the community. We smile at each other even behind masks, we hold the door open for each other at the store, we help an elder with the groceries, children and families are welcome..... this is age-friendliness in action.

As the "Moving Forward in Area A" age friendly assessment project comes to a close, we thank all residents who participated in the survey, community conversations, and planning follow up projects including Men Sheds and the Travelling TAPS program. A special thanks to community leaders including Garry Jackman who sat on the Age Friendly Community Council. The project was frustrated by Covid restrictions and we were unable to bring residents together face to face. We look forward to a future when we can bring all ages together to celebrate our age-friendliness and share the project results.

We all Need a Circle of Support

What we noticed in the age friendly project is that all of us residents in Area A, and in particular our beautifully aging elders, need to know who to call on for support at times. We also noticed that many of us are very independent, to a fault. We may go so far as to not ask for services and help, even when we need support. We need each other.

The age friendly project sent out a handy Circle of Support and Health Map publication in the mail. If you didn't get one, or need another, you can find copies at your local post office or library. If all else fails, please call Laverne at 250-551-6020.

The Circle of Support and Health Map is meant to be a place to write the names and phone numbers of our support people. This can include walking buddies, health and home service providers, friends, family, computer help, house maintenance, contractors, etc. We Need Each Other.

Help your partner, or your neighbour to get all the important phone numbers in one place. I happen to know Better at Home has some fridge magnets, let Rebecca know if you want one for your fridge. Rebecca can be reached at 250-505-6717.

Harrison Memorial Church to Stay in our Community for the Next 100 Years!

by Zora Doval for ArtConnect Society Board

The board of the South Kootenay Lake ArtConnect Society (aka ArtConnect) is very pleased to announce to all its members and the communities of the East Shore that **the mission of acquiring the Harrison Memorial Church has been successful!** We are very happy that this beautiful 101-year-old heritage building will now be able to stay with the community for another happy 100 years!

Some of you know that our journey was not easy, and we had to overcome many obstacles. Yet, as we all know, some pain almost always accompanies gain. We have learned a lot in the process. We have received a lot of grace from unexpected places. Are there angels or just well-wishing humans who came with offers of support, financial and otherwise?

Personally, I was deeply touched and humbled by many people's generosity. As a board we wish to thank all of you who trust our mission. The membership fees that you invested has helped the Society to finance the necessary inspections and various assessments of this old but sound building. Memberships are also intended for use to fulfil our mission to connect artists and connect the community during these changing times, with arts and culture programming in the venue. A special thanks to Garry Jackman for his approval of a \$5000 Discretionary Grant. We are aware that after completion of legal paperwork we will face some much-needed repairs to make the building safe and healthy. Your larger donations will go towards those repairs, estimated to be about \$20,000 to make the building safe for use. We are applying to various granting bodies for financial support but will largely rely on the support of our residents for these most urgently needed repairs. Because an 'angel sponsor' came forward offering interim purchase financing, we will in the future also be appealing to the community and applying for grants to complete the acquisition.

If you care for this beautiful gem or a heritage building, and have a small donation budget, please consider helping us make the premise operation ASAP. Also, if you wish to support this cause but are in no position to give money, please consider offering either a service or a skill you have. We need help in several areas, from website building, fundraising, administration, and basic carpentry to cleaning/decorating.

Any help you can offer, will be greatly appreciated by the board. We have been working tirelessly towards this acquisition, but we won't be able to continue without your support. Thanks again to all generous donors and sponsors - your generosity and trust is our fuel! Thank you all so much!

For more information, contact Zora at 250-777-1856, make etransfer donations to esartconnect@gmail.com. Our mailing address is Box 207, Crawford Bay, BC V0B 1E0.

Next Deadline:

Nov 24, 2021

www.eshore.ca

mainstreet@eshore.ca

TOM SEZ

by Tom Lymbery

Firewood cutting season – if you are cutting green trees then they won't be dry enough to burn this winter. If your wood isn't really dry then the door glass will never stay clean.

As the cedars lose some old fronds in the late fall, as do the firs so they are not dying as some people think. We are so fortunate to have larch turning gold as the first frost hits. You'll see none of that neat colour in the Okanagan or the coast.

A new saw chain will make your preparation for winter so much easier. Most of us have to catch up as the devastatingly dry season prevented safe chainsaw work. Please bring your old chain to our store so that we can match it accurately.

Many more power failures in the future. Please check out the battery powered lights at the store – get up to 60 hours from the batteries included in a unit that will light your whole room and also has a remote.

We are so fortunate to have such terrific fall colours from Boswell through the north shore and Nelson. The yellow of the birches sets off all the maples from the early eastern sugar maples to the late wild ones.

If you bury your carrots without washing them about 12' deep they will not freeze and you can have delicious carrots next April and May

The Nelson Library uses interlibrary loans to find books for me, such as one I am reading that came from the library at McBride BC

Rudy Johnson of Quesnel is still playing his accordion at the age of 99. Rudy is famous for building his own bridge across the fastmoving Fraser River using an out of service bridge from Alaska. Read about it in the "Rudy Johnson" book we have in the store.

Congratulations to Boswell Historical Society for republishing and updating *Boswell Beginnings* – a readable and important local history.

GRAY CREEK PASS REPORT

Early snow on October 10 caused Forestry to turn the signs over to CLOSED. However four wheel drive pickups with good winter tires will still be making the grade and it may be some time before snowmobiles take over.



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

Have you ever thought about turning your passion into a business? Do you think you have what it takes to be an entrepreneur? Contact Community Futures for more information on Programs & Workshops available to you!

Call Amanda Murray at 403-678-7044 or amurray@futures.bc.ca to book a free appointment in Creston.
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Live auction (Nov 28)
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(Nov 21-28)

This is our 9th year hosting this event. It is a great opportunity to give back to our communities. Proceeds go to the Christmas Food Hamper Program.

Donations gratefully accepted.

For more info, call Pam at 250.227.6911.

More details to follow...



Tom's Corner

by Tom Lybery
Highway to the Sternwheelers Part 3

Part 3: The postwar era begins a new chapter in the story of our East Shore road & lake link. We'll be waiting for the next chapter - a new all-electric ferry for Kootenay Lake.

In 1946 Dawson, Wade & Co. of Vancouver was contracted to build a new 30' wide highway from Gray Creek to a new landing at Kootenay Bay. The old eight-foot road was too narrow for their equipment, so the *Moyie* barged this to Crawford Bay. To house their workers, the company refurbished the old Depression-era relief camp at Weasel Creek with fresh tarpaper and a new woodstove. From Gray Creek we watched the new route advancing above the lake, outlined by white dust from drilling holes for blasting. Construction moved along quickly with the company's large equipment.

In mid-November 1946 an early blizzard hit with unusual cold temperatures and two feet of snow. Dawson, Wade & Co was able to plow locally, but no Greyhound arrived from Nelson with the mail. The Nelson cable ferry had sunk. Capt. Malcolm MacKinnon was directed to Nelson with the *Nasookin*, but its capstan was unable to raise the Nelson ferry. It took three days before traffic resumed.

The new highway to Kootenay Bay and its new ferry landing were completed in time for the first sailing of the *MV Anscomb* on June 28, 1947. This new drive-through ferry was a vast improvement over the *Nasookin* and other sternwheelers. Capt. MacKinnon celebrated his retirement by taking the *Nasookin* on her final run to Gray Creek, and the *Anscomb's* first sailing to Kootenay Bay.

From Gray Creek, we could see the ferry traffic coming across the Kootenay Bay summit by the plume of dust from the crushed gravel road. The dust problem was finally solved in 1949, after Storms Contracting Co paved the road from Kootenay Bay to Kuskanook.

The new Salmo-Creston highway opened in October 1963, bypassing Kootenay Lake entirely. That ended Greyhound's 31 years of daily runs up the East Shore and across Kootenay Lake. (Imagine the convenience of being able to step onto the bus in Boswell, Gray Creek or Crawford Bay for a shopping day in Creston or Nelson.) At the same time, BC eliminated all tolls charged on bridges and inland ferries, including our Kootenay Lake ferry. With Highway 3 now taking the Kootenay Pass route, our East Shore road was retired as the main highway, but it remains a spectacularly scenic alternate route to this day.

Please enjoy the following look back in pictures to 30 years of the East Shore road, the highway to the sternwheelers



For 35 years, Gray Creek Store and the Lybery family had sternwheelers docking in their backyard, such as the *Nasookin* shown here, ca. 1932. GCHS photo by Arthur Lybery via Tom Lybery



Nasookin skipper Capt. MacKinnon and crew pose for Arthur Lybery's camera, ca 1941. GCHS photo: Tom Lybery

NOTICE			
Kootenay Lake FERRY SERVICE			
Effective immediately the Kootenay Lake Ferry will operate between FRASER'S LANDING and BOSWELL on the following schedule:			
Leave Fraser's	Arrive Boswell	Leave Boswell	Arrive Fraser's
9 a. m.	10:30 a. m.	11:00 a. m.	12:30 p. m.
1 p. m.	2:30 p. m.	3:30 p. m.	5:00 p. m.
SCHEDULE OF CHARGES			
Passengers (single)	(5 tickets for \$1.00)		\$.25
Children under twelve			Free
Motorcycle and driver			.25
Motorcycle, sidcar and driver			.50
Car, auto, express, etc.	(Up to 115-inch wheelbase)		1.50
Car, auto, express, etc.	(116-inch to 125-inch wheelbase)		2.00
Car, auto, express, etc.	(Over 125-inch wheelbase)		3.00
Rigs			.30
Horses or mules without vehicle or rider			.30
Cows, pigs, sheep, colts, calves			.10
Freight, up to 100 lbs.	(Each additional 100 lbs. .05 per ton)		.10
Tonnage rates			.50
Bicycle and rider			.25
By Order Department of Public Works British Columbia			

Kootenay Lake ferry toll rates posted in April 1931 remained unchanged until 1963 when they were eliminated entirely. One-way ferry tolls ranged from \$3 for the largest vehicles to 10 cents for cows, pigs, and sheep. GCHS: Nelson Daily News, April



1949: Arthur and Kathleen Lybery and guest in their comfortable 1932 camp lodge. GCHS photo by Elizabeth Stevenson via Tom Lybery



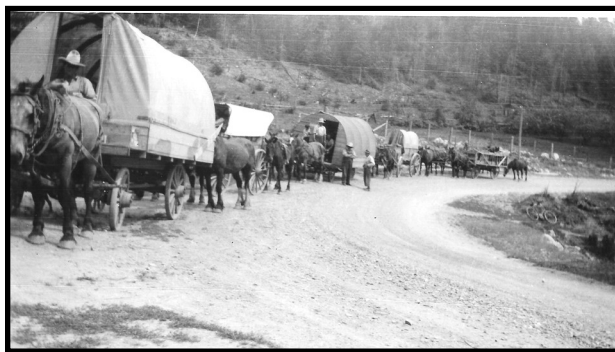
The *MV Anscomb* loads cars from a makeshift ramp at Kootenay Bay in high water time, June 1961. GCHS photo: Wirsig family



2021: the old camp lodge has a new lease on life at Marv Syfchuck's. GCHS photo by Tom Lybery



Before the rail link opened in 1930 on the west side, rail cars were barged across the lake with tugs or the *SS Moyie*, shown here. 1920s photo: Don Karpowich



In the Dirty Thirties, so many Prairie families passed through Gray Creek on the move to BC, hoping to find somewhere to survive the Depression. In 1934 a wagon train from Alberta heads up the lake with some 250 unbroken range horses. They cross the lake at Gray Creek on Capt. Cogle's tug and barge. GCHS photo: Don Karpowich

Next Deadline:
Nov 24, 2021
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 Creativity, Community,
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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.

Being a Bear

This year has definitely been the year of the bear. So far, I've seen four bears in my yard, well before the pears ripened, and just as the plums began to mature around the village. Bears here are usually shy animals, well aware that contact with humans isn't healthy. They forage in the village in the dark, but this year they are so desperate for food, they were frequently around during the day, desperate enough for food to take chances. This year's weather has been tough on all the wild creatures.

North American bears, the black bear, the brown bears (grizzly and Kodiak), and the polar bear, are often seen as cute and cuddly, like Teddy bears. Harry D. Colebourn was a Canadian veterinarian who donated a small female bear cub to the London Zoo in 1915. The bear was named Winnipeg, or Winnie, for short. A.A. Milne based the Winnie the Pooh character on this bear. Of course, bears are a little more: they are smart animals. In order to survive, they have to adapt and be knowledgeable about their territory, what plants to eat, which animals are dangerous to them and to their young, and know about humans. A bear's life span is much shorter if they live close to human dwellings. In Nevada, for instance, the annual bear mortality in the wilderness was 0%; however, in developed areas of the state the annual mortality rate rose to 83% (Wikipedia).

Here, the bears are usually the American black bear, although an occasional grizzly has been seen near the lake. All bears have better eyesight and hearing than

humans. Researchers maintain that bears have such an acute sense of smell that it is seven times as great as a dog's (Wikipedia). Bears are faster than you would expect, even when they have gained all the weight they need for hibernation. On one trip in the wilderness, a forestry surveyor claimed that he skidded down a hill of scree, to jump up on a big log at the bottom. He jumped down without looking, straight onto the back of a resting bear. The man ran down the hill, and the bear raced up it. The bear ran the fastest.

Bears breed in the spring. Female bears--sows--can delay the development of the fertilized eggs until November, however, and give birth to their cubs while they are hibernating. The cubs stay with the mother for more than a year. She teaches them "what plant foods are available at each time of the season, and what habitats are likely to have those foods over a very large area" (PBS, Nature, "Bear Intelligence"). The cubs have to learn a great deal in order to survive.

Bears are cunning when they want to evade hunters and poachers, but then many wildlife biologists consider bears to be "one of the most intelligent land animals of North America" (PBS, Nature, "Bear Intelligence"). They have "the largest and most convoluted brains relative to their size of any land mammal" (PBS, Nature) and the relative size of brains does factor into the development of intelligence in a species. Bears are highly dexterous. They are known to be clever with screw top jars, as well as latches on doors. In experiments, they have shown the ability to learn tasks that require "visual color discrimination" as fast as dogs, and faster than chimpanzees. They can also distinguish between different shapes, learning the differences between squares and circles as well as triangles (Wikipedia).

Bears have "highly evolved social relationships with each other" (PBS, Nature, "Bear Intelligence"). They form hierarchies, and structured relationships with other bears. Polar bears, for example, are usually perceived as solitary creatures. However, they actually live within a community. Even though they are not close

in distance, they never lose track of the other members of that community (PBS, Nature, "Bear Intelligence"). They are separated by the scarcity of food.

One reason for the development of intelligence in bears is their diet. Omnivores are frequently smarter than other species with more specialized diets. Bears have to learn a great deal more information about food sources: where to find the food, what time of year that food is best to eat. According to researchers, "a grizzly's memory is so sharp that he can remember where he encountered a certain food ten or more years earlier" (PBS, Nature, "Bear Intelligence"). They have to memorize a wide range of habitats so they can survive, and be able to adapt due to climate change. Almost 200,000 years ago, grizzly bears evolved into polar bears because of the pursuit of seals as a food source. Everywhere bears have certainly learned how to take advantage of bird feeders, remember where fruit can be found at that critical time of year when they need to put on weight for hibernation, as well as "open metal and glass cars to get to food" that they can smell. National parks both in the States and Canada have to wheel out new versions of "bear proof" trash bins every year. Like black bears, polar bears have to have the same sort of memory. In order to survive, they have to learn a landscape that is both above and below the ice.

I'm always delighted when a bear wanders through my yard, if I'm indoors. They are amazing creatures. Unfortunately, they've been trained to balance on balls in circuses, ride specially built vehicles or roller skates, but that doesn't measure their innate intelligence. If you ever get to watch Arctic Vets, a Canadian television show based on the Assiniboine Rehab Facility in Manitoba, one polar bear imitates the keeper when she practices yoga. She hasn't trained him to do this, nor does he get treats for it. He is in the pool of water above, and she is in a glass tunnel below to spread out her yoga mat. He watches what she does and sometimes he tries to echo her movements. We have seriously underestimated bear intelligence.

For the Love of Genre

by Sharman Horwood

Knowledge of Another Kind

Parents worry when their children go off to school. The children have to learn new skills, to cope with the rest of the world outside of the home. In Naomi Novik's *A Deadly Education* (2021), parents have more reasons to worry.

When the Harry Potter novels became popular, a number of good fantasy works emerged showing the education of magically gifted children. Some of these are good, while others just had hopes of the same success. Jo Walton's *Tooth and Claw* (2004) in which dragons learn their magic, and Caroline Stevermer's *A Scholar of Magics* (2004) along with *A College of Magics* (1994) are good examples of the better novels. An essential problem in all the stories had to be addressed, however: in order to defeat dark magic, the children have to learn about dark magic as well. You cannot teach one without the other, and the dark--as is demonstrated over and over again in most fantasy novels--is tempting. It is usually the easy, damaging way of getting what you want.

Novik's *A Deadly Education*, unlike the Harry Potter novels, might genuinely have created a Young Adult novel that is really for adults. (J.K. Rowling's books are remarkable in that they were enjoyed by adults as well as children, though they were classified as Young Adult.) According to BookPage, Novik's novel is "a brutal coming of power story steeped in the aesthetics of dark academia." In this dystopian world, parents send their children off to the scholomance knowing they might die. In fact if the children live long enough to graduate, graduation itself might kill them.

Novik's scholomance is the reverse of schools in the real world. There are no teachers or administrators,

the assignments and subjects have no grades, and there are no holidays or weekends. The only break is when graduation is over--in many senses--for the school's seniors, and the building itself rotates to lower the next year of students down a level, so that from the top, freshmen lower to become sophomores, sophomores down to juniors, and juniors to seniors. Seniors are always on the lowest level, closest to graduation hall. Instead of rising, each year takes the students lower and closer to certain danger.

Students are magically sent to the scholomance--with their parents' permission--when they reach the right age, and in order to graduate, they have to fight their way past the maleficaria, the monsters of this world, in the graduation hall.

Students receive a daily worksheet to research and learn, and when they've completed it, they have to turn it in to a slot in the wall that's often inhabited by maleficaria that will try to bite off their fingers. The library sometimes actively hides books, and at other times abruptly launches them at students who need them. In order to find a book, students have to scan the titles on the shelves as the library has neither a catalogue nor librarians.

Students have few real friends. As adolescents, they cannot practice the social norms of making friends. One of the students' prime goals is to form alliances with other students of power who can help them fight their way out of the graduation hall in their senior year. Instead they form allegiances. They cannot walk alone in the scholomance's halls, since maleficaria lurk everywhere. Instead they choose a safe, trustable companion to accompany them to the washroom or workroom or library, or even to the cafeteria, where they search together to make sure there are no maleficaria hidden in the corners or in the food. They thus have to choose companions whose magical skills will keep them safe.

Galadriel, daughter of Gwen Higgins, the renowned

and independent healer, has managed to claw her way through several grades, and is now a sophomore. She has mastered her lessons, and learned her affinity is with the maleficaria as they scramble to invade rooms and feast on children's bodies: she could gain power for herself simply by successfully killing any of these creatures. However, in doing so she crosses the "balancing principle" line: she would become a maleficar. Those who use mana, however, do not. The scholomance is more difficult for Galadriel because she has to get mana in other ways to wield her magic. She has to work harder than the other students to keep her head above any of the hungry mals trying to kill her. She hates it: "I hate this school more than anyplace in the entire world, not least because . . . the place was built by geniuses who were trying to save the lives of their own children, and . . . [I've] been allowed in only as another useful cog" in that process.

In other respects, these are normal children: here to study but open to the same in-fighting and frustration that teenagers face everywhere. Their relationships are similar, their need to learn who to like or dislike is the same, and romance is just as difficult in the scholomance as in the real world. For example, is Orion Lake really Galadriel's friend, or does he want to date her? Or does he just want to use her abilities? He is the school hero, saving everyone, but why does he want to be around her? Galadriel doesn't know. She focuses intensely on old languages and spells.

This dystopian fantasy novel is extraordinarily inventive. Novik has won awards for her other novels, but this is a different fantasy novel. It is not a fast read, nor an easy one, but it is a good one. Novik has managed to create "a refreshingly dark, adult spin on the magical boarding school" (*Publishers Weekly*). Galadriel learns in her own way who her friends are, what her magic is, and how to become an adult in the resulting confusion of her world. Naomi Novik has spun all of this together into a very good read.

Tales From Shprijieland



Up the Chimney

by Heath Carra

What is the wood stove going to be like? Asks Baby Firewood to Mama Firewood.

“None of us are really sure, twiglet.” She says while smoothing down Baby’s adorable little slivers. “I think it’s supposed to be pretty hot, though.”

“Like August?”

She tucks a loosening bit of bark back around Baby and smiles. “Yes. I think so.” She says. “The stove is probably quite a bit like August.”

“Papa!” Baby cries with excitement.

“How’s my little splinter?” Papa asks as he tumbles in a little breathlessly. “You’re a chip off the old block, you are.”

“Mama says the stove is like August!” Baby proclaims as if this is the cleverest thing she’s ever heard.

“Your mother is a fine piece of lumber, and I dare say that she’s right, just like August but without the beetles. Them buggers keep me up all night with their ticklin’. Listen, sprout, hows about going to bed and letting your mother and I talk. That’s a good little burl.”

“What is it? What’s happened?” Mama asks once Baby has hit the stack.

Papa blows out a breath. “The Applewoods on the far side of the shed got into some cider, and they got a bit tipsy.”

“How tipsy?” She asks, a tone of worry sharp in her voice.

Papa scratches uncomfortably at the lichen on his chin, “Well, they’re not so much a stack anymore as they are a pile.”

“Oh, dear! And so soon after the Cedars had their big falling out too. I don’t know, Papa. This isn’t the shed it used to be.”

“I couldn’t agree more. The sooner we get into the stove, the better.”

“That’s what I wanted to talk to you about, Papa. Aren’t you at all worried about our trip to the stove this winter?”

“Worried? Cones no! We’ll ride the cart to the house, relax in the wood box for the afternoon, hop in the stove in the evening and then - whoosh! Up the chimney. What’s to worry about?”

“Oh, I don’t know. Baby started asking about it, then I got to wonderin’ if fire is really what’s best for our family?”

“What other choice do we have? I know that you had your heart set on being a chair one day but...”

“A chaise, Papa! I wanted to be a chaise lounge.”

“Ok, a chaise lounge. Honey, you know I think you’ve got the finest grain in the shed, but you have to be realistic. None of us is going to be a piece of furniture. Heck, Mama, we won’t even get pulped into paper. We’re Firewood. I come from a long line of Firewood, and I’m proud of that fact. It sure beats rotting away in the backwoods somewhere.”

“Oh Papa, I know you’re probably right. It’s just that I’ve never been up a chimney before. The highest I’ve ever been is in the canopy of my family tree.”

“Shucks, darlin’, you and that sapling, you’re the wood of my heart. You know I only want what’s best for y’all. Don’t you want to see the forest from the sky, Mama? Can’t you just imagine the three of us as smoke on the wind, free to go anywhere? Free to go everywhere! Instead of just drying out in this tumble-

down shed?”

“You know I’d go anywhere with you, Papa. I guess I’m just scared, is all. It’s a big change, turning into smoke. How do I know if we’ll be any good at it?”

“We were good at makin’ that little stick of kindling, weren’t we? We’ll be good at this too.”

“Oh, Papa. Why do I always feel like I can do anything with you?”

“Come on, darlin’. Let’s go make some sparks together!”

East Shore Community Reading Centre

by Taryn Stokes, Librarian

Happy November to everyone. Now that your firewood is ready for winter, a good book is a great way to enjoy a cozy wood stove. The East Shore Community Reading Centre is open Tuesdays and Saturdays between noon and 3PM. I forgot to mention last month that our new voicemail and greeting was a result of the Age Friendly Community zoom discussions that occurred earlier in the year. We can be reached at 250-777-1492 or via email at escomlib@gmail.com.

We had 243 items checked out in October so far, served 38 patrons and added 25 new items to the catalog. These numbers are very similar to those I shared from September. A few new books this month have the Christmas/Winter/Yuletide theme. Also, we are proud to have our own copy of *The Thorn* (Doreen Zaiss). Other Canadian books include *The Apollo Murders* (Chris Hadfield), *The Forgotten Daughter* (Joanna Goodman), and *All the Quiet Places* (Brian Thomas Isaac). *The Apollo Murders* was an entertaining read and I am looking forward to reading the others.

We also just recently received and cataloged *Boswell Beginnings and Beyond*. Thank you to the Boswell Historical Society for donating a copy of this newly published (October 2021) book.

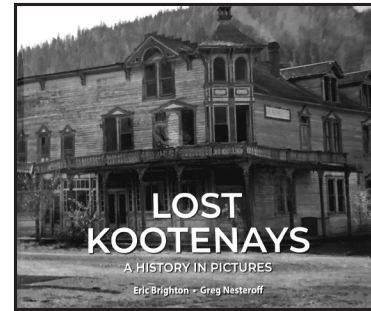
One new book with a Canadian connection is *Three Sisters* (Heather Morris). Her first book, *The Tattooist of Auschwitz*, was published in 2018. Although there is a small tie between the two books it is not necessary to read them in order, or have read the first book. *Three Sisters* is based on a true story of a family in war-torn Europe and is a beautifully told story of hope, resilience and survival. It is definitely a five-star book in my books!

Other new books on the shelf are *State of Terror* (Hillary Rodham Clinton), *The Riviera House* (Nataasha Lester), *Foul Play* (Stuart Woods) and *How to Be An Anti-Racist* (Ibram X. Kendi). Books expected soon include *Better off Dead* (Lee Child), *Chaos Kind* (Barry Eisler) and *Christmas Bookshop* (Jenny Colgan).

We are located just across from the Crawford Bay Hall at 16234 King Road (open Tues/Sat 12-3PM). Take care and happy reading to all.

BOOK REVIEWS

by Tom Lymbery



LOST KOOTENAYS Edited by Greg Nesteroff and Eric Brighton, hard cover, publisher Macintyre Purcell Publishing, 128 pages, \$29.95

Long awaited, the original historic photographs have been enhanced to make the images clearer. Greg

and Eric have chosen 130 of the best submitted to the Facebook page that has attracted over 5000 members.

An introductory timeline gives a balance to the photos that follow. Each photo has an explanation that details and explains. When originally printed on Facebook each picture drew comments and further information that has been sifted and clarified by Greg and Eric.

Extensive book sales prove that this book is already a collectors item.

WAGON ROAD NORTH, the Saga of the Cariboo Gold Rush, by Art Downs, edited by Ken Mather, Heritage Publishing, 154 pages. \$26.95

This is a revised and expanded edition of a book originally published in Northwest Digest in 1960. This is likely the 12th reprint of an important history of the gold rush that was guided by Sir James Douglas to make the Province of BC. This work became the foundation of Heritage Publishing that continues to print more and more histories of our province.

Those who took down Sir James Douglas’s statue should have studied his history as he allowed generous land to Indigenous people, but his successors, such as Trutch reduced and abandoned these.

This new book is large format with the B & W photos improved and clarified. There is also a major chapter on women of the early days. Since this was before females could own property there were more than the records show, and there were ladies who were most important in their communities.

The large numbers of Chinese that came to Canada in search of the “Gold Mountain” all intended to return to China, not having moved here as permanent citizens. Those who did stay were most important as they took needed jobs such as laundries and restaurants – able to make businesses pay that others couldn’t. The Chinese were also excellent miners – able to find gold that others had overlooked.

Excellent photos of stagecoaches, stopping places and of the survival of Barkerville make this book one to keep.

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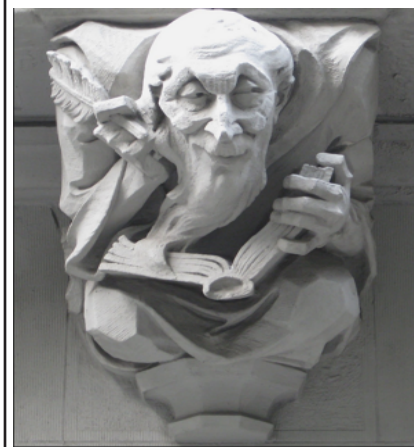
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Seldom Scene

by Gerald Panio



Here be monsters.

Unlike the heavily redacted versions of myths one often meets in high school classes, uncensored versions of these stories can be the stuff of nightmares. For the Greek myths, Ovid's *Metamorphoses* is a compendium of both wonders and horrors. Charles Keeping's pen & ink illustrations for Leon Garfield & Edward Blishen's two retellings of Greek myths—*The God Beneath the Sea*, *The Golden Shadow*—would make Stephen King nervous. The great Indian epic, the *Mahabharata*, climaxes in the Kurukshetra War, where only a dozen major warriors are left standing after hundreds of thousands have fallen in an 18-day apocalypse. And in Norse mythology, Odin crucifies himself on the World Tree; Balder, the god of light and beauty, is killed through the scheming of the trickster god, Loki; and heroes and monsters annihilate one another at Ragnarök, the "Doom of the Gods."

In my early years of high school, when I first read the Norse myths in retellings and via Marvel's remarkable *Thor* comics, I was awed by mythic storytelling that could envision the end of everything. No happy endings. Gods included. Of course, the Marvel Thor always won his battles, but even here part of each issue was "Tales of Asgard," where some of the darker elements of the stories played out. Some versions of the original myths have the universe (and humans) being reborn after Ragnarök, but these versions always struck me as more Christian than pagan.

Since those Marvel comic days, I've been on the lookout for any new takes on Norse mythology that would recapture that sense of awe I felt at the idea of mortal gods in world-shattering conflicts. I've finally found what I was looking for. Not in any of the recently published guides to Norse mythology, which are fine in themselves, but in Neil Gaiman's Hugo and Nebula award-winning novel, *American Gods*, originally published in 2001. I'm including it in this column because the third season of the television adaptation of *American Gods* has just been released and it's one heck of a ride. Never have I been more grateful for the technical brilliance of today's set designers and CGI artists (Canadian, in this case), and the way that streaming Networks like Starz and Netflix have been able to give storytellers the room to do full justice to complex worlds over several seasons, rather than trying to capture fragments in a single two-hour film adaptation. At 750 pages, Gaiman's novel needs that extra room to come alive on the screen.

The central concept behind *American Gods* is that when immigrants came to North America from Europe and Africa, their gods traveled here on the boats with them. But because North America was a place where new dreams were being born, and much of the belief in the old gods was already dying out in the lands of their origin, the gods did not have an easy time of it in their new home. Still powerful in the minds of believers, they were also vulnerable to being forgotten as societies industrialized and secularized. Neither Norse gods nor leprechauns are much at home in Los Angeles or Hoboken.

To make matters worse, industry and technology are giving birth to brand-new gods. Divinity has gone

digital. The new gods are worshipped via TV screens, tablets, and cell phones; their power comes from mass consumption, narcissism, and endlessly recycled propaganda. Echoing Karl Marx's "Religion is the opiate of the masses," modern media becomes the new religion and, therefore, the most powerful drug on the market.

Some of the old gods refuse to go down without a fight. It's Odin himself who beats the drums of war the loudest. As portrayed by actor Ian McShane, under the pseudonym of Mr. Wednesday, Odin comes across as an omnipotent version of Charles Bukowski. It's a bravura performance—dangerous, seductive, ruthless, unpredictable. Caught up in Wednesday's schemes for Armageddon is Shadow Moon (Ricky Whittle), an ex-con, ex-fitness trainer, just released from prison and newly enlightened about his betrayal by the woman he thought was the light of his life. It takes a while before Shadow Moon finds out exactly why he's Odin's choice for chauffeur and factotum; in the meantime, they embark on a cross-country odyssey that's the kind of road trip Dante might have described had he turned up in the 21st century. Shadow crosses

paths with warhammer-wielding Slavic god Czernobog (Peter Stormare), seductive African goddess Bilquis aka Queen of Sheba (Yetide Badaki), African trickster god Mr. Nancy aka Anansi (Orlando Jones), family dentist and Norse god of war Tyr (Denis O'Hare), earth goddess Demeter (Blythe Danner), sharp-dressed undertakers and Egyptian gods of the underworld Anubis (Chris Obi) and Mr. Ibis (Demore Barnes), the three Zoryas, the three Norns, and an Algonquian trickster named Whiskey Jack (Graham Greene). And that's by no means a complete list.

Paralleling Shadow Moon's story is that of his faithless, still loving, and recently deceased wife, Laura Moon (Emily Browning). Laura manages to get resurrected twice—once in her own rapidly putrefying dead body, once as her old, living self—with a stint in purgatory in between for good

measure. On her travels, Laura crosses paths with not one but *two* leprechauns. Mad Sweeney (Pablo Schreiber) is a six-and-a-half-foot tall bruiser with red hair and temper to match; Doyle (Iwan Rheon) is a dapper bartender who runs afoul of a pooka. Laura also crosses paths with Mr. Wednesday, and decides that the best thing she can do for everyone concerned is kill him before he has the chance to screw up more lives.

The new gods aren't idle as Odin recruits his forces. The cyber gods launch their own deadly preemptive strikes. Leading the attacks are the sinister, metamorphosing Chairperson of the Board, Mr. World (Crispin Glover), Media (Gillian Anderson) and gonzo cyberpunk Technical Boy (Bruce Langley).

As if war between the gods wasn't enough, *American Gods* also has a couple of subplots that are alternately disturbing and moving. In one, Shadow Moon finds temporary refuge in an idyllic small town called Lakeside, in Wisconsin. On the surface, the town is a Norman Rockwell painting come to life—with one very, very dark secret to its success. In the other subplot, a young Muslim, Salim, begins a journey of self-discovery after a one-night stand with a Jinn. Both the stories are seamlessly woven into the larger struggle of powerful forces trying to shape human destiny.

Early in the first season of *American Gods* I had some reservations about the creators' occasional love for blood and viscera, and the changes that the writers were making to the original story. As I continued watching, those reservations vanished as the actors revealed themselves to be perfect incarnations of Neil Gaiman's vision. Sharing their world has been a joy, albeit at times a strange and harrowing one.



Even the cyberpunk/totemic the title sequence had me mesmerized every time I watched an episode. And the locations—the real-life phantasmagoric House on the Rock, the middle-of-nowhere gas stations, a backyard Yggdrasil, Rock City are America as Jack Kerouac might have described it had he been reincarnated as a Scandinavian skald in Hayden Lake.

One film critic described *American Gods* as "audacious." I cannot think of a better word. The latest news has it that Season 4 has been cancelled. Neil Gaiman says there's still hope for the fans. We know what side the gods are on.

Also recommended for fans of Norse mythology and/or richly imagined fantasy worlds is the Norwegian Netflix series *Ragnarok* and the first two seasons of the superb new version of Philip Pullman's *His Dark Materials* trilogy.

The East Shore Mainstreet
KOOTENAY LAKE BC

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Riondel Arts Club

by Sharman Horwood

The Riondel Arts Club are once again getting together on Tuesdays, starting at 10am, at the Riondel Community Centre. The Mosaic group as well is meeting on Wednesday mornings. Of course, there are some covid restrictions: masks have to be worn going into or moving outside of the art room, but not while seated at work; we have to follow some occupancy limits, and everyone does have to sign in and show they've been double vaccinated.

All skill levels are welcome, beginners as well as advanced artists. If you're feeling any art urge twitching in your fingertips, come by and see if you'd like to join us. Our members have a wide variety of levels and talents. You can see some of our work on display in the Community Centre hallway.

Gerald Panio has re-started his terrific art lectures on Tuesday afternoons, at 1:00. On Tuesday, Nov. 2nd, he will be talking about E.J. Hughes, a Canadian artist who has painted Kootenay Lake. The following Tuesday will be a video. It is *Portrait of a Masterpiece*, about Monet's *Dejeuner Sur L'Herbe* (Picnic on the Grass). The following Tuesday, Gerald will talk about Hilma Af Klint, a Swedish painter, and the first abstract artist, well before Kandinsky and Mondrian.

Autumn is a beautiful time of year here beside the lake. The trees and skies display their own version of art. I hope you're enjoying it.

Notice of Passing

Clarence Hawkins

Intro by Tom: Clarence grew up and attended school in Crawford Bay along with his brother Cliff Hawkins.



We are sad to announce that on September 27, 2021 we had to say goodbye to Clarence Hawkins in Nanaimo, British Columbia, born in Fernie, British Columbia. Family and friends can light a candle as a loving gesture for their

loved one. Leave a sympathy message to the family in the guestbook on this memorial page of Clarence Hawkins to show support.

He was predeceased by his parents, Alfred Hawkins and Agnes Hawkins; his wife Jessie; and his siblings, Roy, Donald, Alfred, Edith and Dorothy.

He is survived by his children, Darryl, Karen (David) and Brenda (Chuck); his grandchildren, Courtney, Kylee, Olaf, Austin and Cyanne; his brother Clifford (Carol); and also, Terry, Christina, Ian, Neil and Alistair (Elaine).

Next Deadline:
Nov 24, 2021

The Fitness Place

Open Again!

7 days per week

5:30am-10:30pm

The regulations will be the same as before, with a MAXIMUM of six people at once, socially distanced.

We will not have supervisors at this time. Please pre-book your gym time by texting Amy at:

587-434-8770

Email eastshorefacilities@gmail.com for more info.

East Shore Hospice Seeking Volunteers

What do East Shore Hospice volunteers provide? Hospice Volunteers provide respite time so families can take a break. We provide a presence as we sit with your loved one, so that you can take some well deserved time for yourself.

What is required to be a East Shore Hospice Volunteer?

Volunteers do not give medical care, instead they offer practical and emotional support to patients. If you are a good listener with compassion and are willing to do a bit of training, this might be suitable for you. The time involved is approx 3-4 hours per month.

Join the team and help make a difference in the lives of people living with life-limiting illness and their families in our East Shore community.

For more info and to sign up please contact Susan Dill 250-227-9350, East Shore Hospice Co-ordinator

Notice of Passing

SHAWN LAMB

MAY 9, 1938 - OCTOBER 20, 2021

Intro by Tom-Shawn ran the Nelson Museum almost single-handedly when it was at the end of Nelson Ave. I would visit frequently with the latest Mainstreet and Shawn always had something interesting to tell me. After the fire of the under reconstruction Forestry boat Amabalis behind that museum, Touchstones remodeled the former City Hall and Shawn headed up the Shawn Lamb A



Shawn Ferris Lamb was born in Victoria, B.C. in 1938 to Violet and Wilfred Harold. When Shawn was two years old her dad was transferred with

Great Northern Railway to Nelson, B.C. where the family lived until Shawn was 18. Shawn was a keen swimmer and was known to swim across Kootenay Lake before her lifeguarding shifts at Lakeside and catch the ferry back. Through her school years, beginning with preschool at Mrs. Lambert's, catching the street car at age three-and-a-half, Kindergarten at St. Joseph's, Hume School, Nelson Junior High School (now Trafalgar), and Nelson High School (now LVR), graduating in 1955, and her many extra-curricular activities, Shawn made many friends with whom she remained in contact throughout her life.

Shawn attended first year university at Notre Dame in Nelson and when her dad was transferred to Vancouver she was able to attend the University of British Columbia studying arts and history, earning a Bachelor's degree. While attending UBC, Shawn met Kenneth Lamb and when Shawn was twenty-one, they married on July 1, 1959.

Shawn was hired to teach in Alert Bay, and then Ken taught in Ocean Falls, followed by Terrace. The call of Nelson was strong for Shawn and in 1964, with two children in tow and expecting a third, they moved to Nelson, and remained there until the end of their days. Shawn admitted later that teaching was not her calling, but she did provide substitute teaching at St. Joseph's School on and off while her younger children attended the school. She remained interested in her children's education and spent many hours invested at the dining room table helping them study. Both Shawn and Ken encouraged their children to pursue music, theatre, dance and the arts.

Shawn's real passion was for the arts and local history. She was a gifted actor and singer, and performed at many local events, led the Cathedral choir for many years, as well as being an accomplished artist in pen and ink. She joined the Nelson and District Arts Council, eventually becoming its president and later, the regional representative to the BC Arts Council. Shawn would often involve her children in her volunteer activities, organizing envelope stuffing and stamping evenings, inviting them to hand out programs at concerts or help at gallery openings.

In the 1980s, while still with the arts council, Shawn began working part-time at the Nelson and District Museum on Anderson Street. There her gift of writing grant applications shone. Shawn was able to make many improvements to the museum displays, create an art gallery in the basement, and hire students, artists and craftspersons for special projects. She began interviewing old timers and recording their stories of Nelson's past. The more Shawn worked as curator, the more she began to focus on the importance of preserving archives. She attended archives conferences, work-

shops, took courses, learned how to use a computer, and wrote a regular history column for the Nelson Daily News. She also appeared on a local television station in her capacity as local historian. Her dream, and the dream of the museum's board of directors, was to create a new, larger, state of the art museum such as Nelson deserved with its rich past. Her dream came true after much hard work, and Touchstones Nelson was opened in October 2006 in the original Nelson city hall. The position of curator was offered to Shawn, but she declined, choosing instead to head up the archives, which were named in her honour. Shawn told her family she turned down the curator position because a new, modern museum should have a younger, more dynamic curator. That was Shawn's way.

In 1994 she was named Nelson's Citizen of the Year and in 2009 was presented with the Freedom of the City.

Shawn was predeceased by her husband Ken in 2014, her infant son Michael, daughter-in-law Lea Cousineau and son-in-law Peter Hartley. She leaves behind her children Monica Lamb-Yorski (Matthew), Francis Lamb, Clare Littlejohn (Brent), Pauline Lamb, Stephen Lamb (Heather) and Rebecca Schram (Vern), 23 grandchildren and four great grandchildren, brother Deane Harold (Gail), sister Dale Allen (John), brother-in-law Richard Lamb, and long-time friend Marianne Tremblay.

The family would like to thank Marianne Tremblay for caring faithfully for Shawn over the last four years, the doctors and nursing staff at KLGH for providing excellent care for her final days, Broader Horizons Adult Day Centre, Marg Dietrich of the Stroke Support Group and the community of Nelson for its outpouring of love upon hearing of Shawn's passing.

Prayers for Shawn will be held at the Cathedral of Mary Immaculate on Monday, Oct. 25 at 7 p.m., followed by a funeral mass on Tuesday, Oct. 26, 2021 with numbers limited due to the COVID-19 pandemic. After burial at the Nelson cemetery, an open house will take place at Touchstones from 4 to 6 p.m., proof of vaccination required.

Donations in Shawn's memory can be made to Touchstones if desired.

Notice of Passing

Edward Alan Smith

May 26, 1951 - Sept 22, 2021

Intro from Tom - Edward was born and went to school in Gray Creek. When Ed was a toddler he was walking with his mother Violet everyday when she came to the store for mail and groceries. We heard Ed chattering to his mom as they approached the store, but he never said anything inside. Until one day Violet said "I'll have five pounds of potatoes" and quick as a wink the little boy said "I'll have five pounds of chocolate bars."

Ed was a kind and friendly man who tried to please everyone. He especially loved trucks and driving. Ed was predeceased by his parents, Ray and Violet, stepdaughter Lana and one grandson, Christopher. Ed is survived by his spouse, Peggy, brother Brian, sons Dave and Donald, and daughters-in-law Nicole and Daisy, eight grandchildren and many friends. Ed will be missed so much by Peggy and dog Bandit.

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.

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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.

BUS/ORG SERVICES/ANNOUNCEMENT

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

ALCOHOLICS ANONYMOUS: If you drink, and don't want to stop, that's your business. If you drink & find you can't stay stopped, that's ours. 1.250.800.4125

CONSTRUCTION/CONTRACTORS/TRADES

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

NEW BUILD & RENOVATION - Design Consulting Services Westwood Cabinetry - Kitchen, Bath & Custom Closets. Furnish, refresh and update your home or rental property. Book an appointment - jennifer@socialroominteriors.ca. Visit SRI Design - www.socialroominteriors.ca

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

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

ELISA ROSE SHAW, QHHT PRACTITIONER: Certified Level 2 in Quantum Healing Hypnosis Technique. Healing and answers through past life regression and connecting with your higher self. Email elisaroseforever@gmail.com, call 250-505-0128.

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

PROVINCIALY REGISTERED HEALTH CARE AID - Christian McStravick of Mary Anns Way, providing confidential, home based support for individuals, and their family members. Specializing in personalised home health care, respite care, and hospice care. Servicing Boswell to Riondel. Please contact Christian via phone: 1 (800) 278-8716 or email: christianmcstravick@gmail.com

REGISTERED ACUPUNCTURIST, LISA SKOREYKO R.A.C. Treatment for pain, emotional disturbances, gastrointestinal issues and much more. 250.777.2855. http://lisaskoreykoacupuncture.ca/

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

REGISTERED MASSAGE THERAPIST: Harreson Tanner - Over 40 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doctor referral required. 250.505-6166.

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

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

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

RENTALS/ACCOMMODATION

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

RESTAURANTS

CRAWFORD BAY HALL & COMMUNITY CORNER BUILDING - available for community events, wedding receptions, workshops etc. Non-smoking facilities. bookings@cbhall.ca

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

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

YARD/LANDSCAPING/SITE PREP

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

CLASSIFIED ADS

BUSINESS ANNOUNCEMENTS

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

BUSINESS SERVICES

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

*Next Deadline:
Nov 24, 2021*

Massage Therapy
Harreson Tanner, RMT
Over 40 years clinical experience



* Knowledgeable * Skilled * Experienced
For appointments, call 250-505-6166

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL MEMORIAL HALL

Booking/info: Karen Lee at 250.223.8686

Community Futures Central Kootenay

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

Have you ever thought about turning your passion into a business? Do you think you have what it takes to be an entrepreneur? Contact Community Futures for more information on Programs & Workshops available to you!

Call Amanda Murray at 403-678-7044 or amurray@futures.bc.ca to book a free appointment in Creston.
www.futures.bc.ca

Growing communities one idea at a time.



NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

Next Deadline: November 24, 2021

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 AND ADULT IMMUNIZATIONS,
CRESTON PUBLIC HEALTH UNIT**
250-428-3873.

EAST SHORE HEALTH CENTRE
Call 227-9006

See BELOW for doctor and nurse practitioner days

Doctor hours are from 9:30am to 4:30 pm.
Please call 227-9006.
Appointments are required.

For emergency care, call 911
We are not an emergency facility.

HEALTH PHONE NUMBERS

ES Health Centre: 227-9006

Community Nursing:
1.800.707.8550 Ext: 2 then Ext 3

Mammography:
1.800.663.9203

**Mental Health & Substance Use
Clinician, Jen Diosy - Appointments only:**
250.505.6829

Laboratory Services:
1.877.740.7747 or www.labonlinebooking.ca
for Lab Appointments

PRIMARY CARE PROVIDER

DAYS: NOVEMBER 2021

Nov 1, Mon: Jayme Ingram, NP
Nov 2, Tues: Jayme Ingram, NP
Nov 3, Wed: Dr Moulson/Jayme Ingram
Nov 4, Thurs: Jayme Ingram, NP
Nov 5, Fri: Jayme Ingram, NP
Nov 8, Mon: Jayme Ingram, NP
Nov 9, Tues: Jayme Ingram, NP
Nov 10, Weds: Dr. Moulson
Nov 11, Thurs: **CLOSED**
Nov 12, Fri: Jayme Ingram, NP
Nov 15, Mon: Jayme Ingram, NP
Nov 16, Tues: Jayme Ingram, NP
Nov 17, Weds: Dr Moulson/Jayme Ingram
Nov 18, Thurs: Jayme Ingram, NP
Nov 19, Fri: Jayme Ingram, NP
Nov 22, Mon: Jayme Ingram, NP
Nov 23, Tues: Jayme Ingram, NP
Nov 24, Weds: Dr Moulson/Jayme Ingram
Nov 25, Thurs: Jayme Ingram, NP
Nov 26, Fri: Jayme Ingram, NP
Nov 29, Mon: Jayme Ingram, NP
Nov 30, Tues: Jayme Ingram, NP

**NO WALK-IN SERVICES
APPOINTMENTS ARE REQUIRED**

Hours of Operation
Resource Recovery Facilities

Crawford Bay Transfer Station	Boswell Transfer Station
November 7, 2021 to March 12, 2022	Year Round
10:00 am - 4:00 pm	11:00 am - 3:00 pm
Sunday & Tuesday	Wednesday & Saturday

 rdck.ca
250.352.8161 | wastedept@rdck.bc.ca

**NOT YOUR AVERAGE
VOLUNTEER GIG**
Serving the East Shore.

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

URGENT PLEA: WE NEED MEMBERS!
Are you new to the area, or have you lived here a while and are looking for something to do this winter? Join our team of professional volunteers & help us help our community.

Next Deadline:
Nov 24, 2021
www.eshore.ca

The Fitness Place

Open Again!
7 days per week
5:30am-10:30pm

The regulations will be the same as before, with a MAXIMUM of six people at once, socially distanced. We will not have supervisors at this time. Please pre-book your gym time by texting Amy at:
587-434-8770
Email eastshorefacilities@gmail.com for more info.

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

Everyone welcome.

**CHRIST CHURCH & EAST SHORE
CONGREGATIONS ST. ANSELM'S CHURCH BO-
SWELL (Anglican)**

No services at the present time. Contact Christ Church Creston for info - 250.402.3225

HARRISON MEM CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay

No services at this time.

For info, please contact Rev. Leon Rogers: 250.402.3225

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

Pastors Richard and Ramona Dannhauer
16190 Hwy 3A, Crawford Bay: 250 505 8286

YASODHARA ASHRAM

Satsangs available anytime for inspiration - Online at our website (yasodhara.org/about-yasodhara/satsang/) or YouTube (youtube.com/user/yasodharaashram/).

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Fr. Lawrence Phone: 428-2300

Sun Mass at 2pm.

CHRISTIAN SCIENCE CHURCH SERVICES

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

MEETING PLACES

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 held at 4:30 pm at the Crawford Bay School on the first Wednesday of the month.
Email cbess.pac@gmail.com for info.

BALFOUR		KOOTENAY BAY		
Winter	Summer	Winter	Summer	
6:30	6:30	7:10	7:10	AM
8:10	8:10	9:00	9:00	
9:50	9:50	10:40	10:40	
	10:40		11:30	
11:30	11:30			
	12:20	12:20	12:20	PM All times are Pacific (PST).
1:10	1:10		1:10	
	2:00	2:00	2:00	
2:50	2:50		2:50	
	3:40	3:40	3:40	
4:30	4:30		4:30	
	5:20	5:20	5:20	
6:10	6:10		6:10	
7:50	7:50	7:00	7:00	
9:40	9:40	8:40	8:40	
		10:20	10:20	

Osprey 2000 • MV Balfour

Please note, East Shore is on Mountain Time year round. From Nov 7, 2021 to mid-March 2022, times above must be one hour ahead (7:10 means 8:10) when travelling East - West.

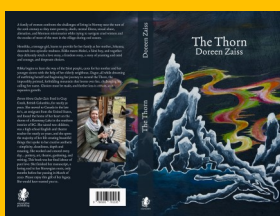


Gray Creek Store

Building Community Since 1913

Mon-Sat, 9 to 5:30 Sun, 10 to 5

Get 'em
while
they're
hot...



Or before you're cold! Long Johns, Wool Pants and
Jackets, a New Wood Stove and a Good Book...

Free Delivery Mondays, Wednesdays & Fridays!

250-227-9315
orders@graycreekstore.com

www.graycreekstore.com



Embrace Local



NDCU strives to preserve the prosperity and spirit of local businesses to maintain the Kootenay identity and help foster a culture of economic resilience and passion.

Treatment for pain, digestive issues, anxiety & much more.



LISA SKOREYKO
registered acupuncturist

250.777.2855 <http://lisaskoreykoacupuncture.ca>

EXCAVATION AND ROCK SALES

Crawford Bay, BC

LOU JOHNSON:

250.505.3089

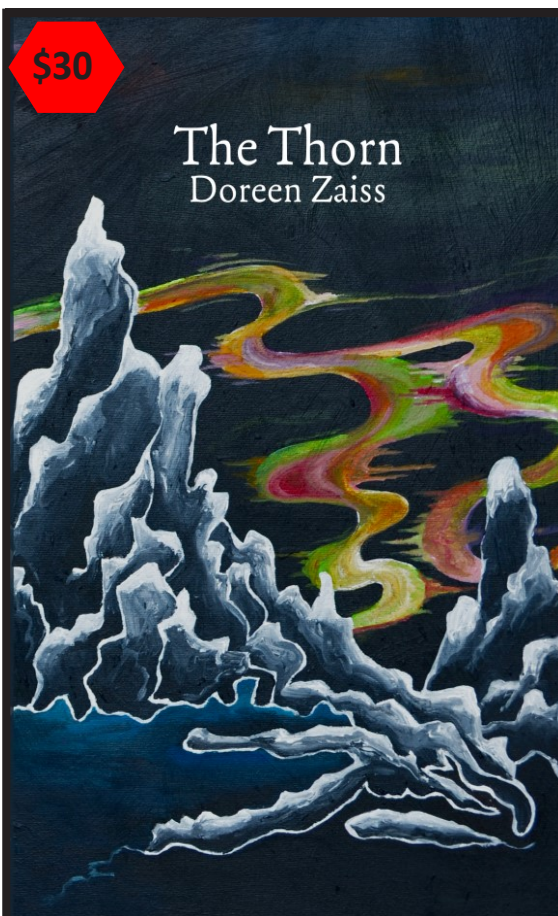
DARRELL JOHNSON:

403.671.9359

(djc1997k@gmail.com)



Email:
mainstreet@eshore.ca
Phone:
250-505-7697
Mail:
Box 140,
Crawford Bay, BC V0B 1E0



\$30

The Thorn
Doreen Zaiss

The Thorn - A Novel by Doreen Zaiss

Long-awaited and now available!

This deeply engaging novel about a family of Norwegian women around the turn of the 20th century is available for purchase by contacting Ingrid Zaiss Baetzel at thethorn2021@gmail.com or 250.505.7697. It is also in stock at the Gray Creek Store and the Crawford Bay Market.

Doreen was a long-standing member of the East Shore community, a teacher and artist who was hugely loved. She passed away in March of 2020. This book is her legacy - please enjoy it!

Cash, e-transfer or credit card accepted.