

\$2⁵⁰

Find us on: facebook



The East Shore Mainstreet

KOOTENAY LAKE BC

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

joel pelletier



The Mainstreet HAS SOLD & will be under new management as of January/23!
Please see “MS Meanderings” on the next page for more info...



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.

Return Undeliverable Items To:

The Mainstreet - Box 140, Crawford Bay, BC V0B 1E0

Agreement #: 40718537



Mainstreet Meanderings

by Editor Ingrid Baetzel

Mainstreet Introduces NEW Editor/ Owner

I am so very pleased to announce that the paper will continue after I have retired at the end of this year! Readers, advertisers, contributors, family – please welcome Dee Gilbertson as your new editor of this aged and well-loved beauty that IS local news and information, *The East Shore Mainstreet*.

Dee and her family came to the East Shore in 2019, moving here to be closer to her artisan parents. Dee has four kids, the youngest being four, and the eldest heading to Selkirk College next September. Although Dee (like me when I began) has no direct publication experience, she says, “I am very excited to work with the community and keep the newspaper alive!” She will be enlisting the help of Geoffroy Tremblay of Encre Libre Publishing (and likely others, including me) to get a foothold on the job for the first few months, and, at this point, intends to jump right into it with putting out a January 2023 edition on the heels of my last edition in December. Dee has been involved with many community organizations already and is enthusiastic, energetic, and positive about this transition, as am I.

Some things are going to take some time to transition, like linked accounts, social media and website changeover, communication modes and the simple fact of learning the business on the fly, so we both ask the community to be patient and understanding at this time of adjustment. There is also the possibility of some

Letter to Editor

END OF AN ERA

Dear Editor:

My first favorite thing about picking up the monthly Mainstreet has always been the letter from the editor. Ingrid's depth and breadth of writing skills have always left me somewhat in awe. Sometimes sassy, always intelligent, wisely, intuitively, insightful commentary that always leaves me wanting more of Ingrid's written voice. I'm grateful for all she has given, for she has been monumentally generous.

My second favorite Mainstreet section was Letters to the Editor. When I first moved to the East Shore Norman Long was prolific. His classic rants in the paper were a distinctive ingredient to this place I was just becoming to know. What was this place that would publish Norman Long every month? Then the Mainstreet invited me to announce my arrival as a new RMT to the neighborhood. In doing so the paper opened the door for me to step into what I perceived as a magical realm, a contemporary Avalon, to offer my services, to become part of the weave. The article brought life to a dream.

The East Shore was once something that is no longer becoming. The era I arrived in is fading fast: Tipi Camp, gone, Starbelly Jam, currently having an identity crisis, *The Mainstreet*, almost gone. So many aspects, qualities and even people that drew me here no longer exist. The only thing constant is change and change is changing the essence of our community into something increasingly foreign to me. Ingrid touched on these changes in one of her recent editorials and I wish she would have written more. That she offered light on something both obvious and easy to ignore was comforting somehow.

Its not always easy or comfortable to trust change.

disruption to the service in this time, so it may be wise to be prepared for that possibility.

Contributors: Please continue to send in your articles and letters! I don't know the exact direction that Dee intends to go with the paper in the long run, but we both know that without you there simply isn't a paper. Dee wants your voices to continue to be heard and I will miss be on the receiving end of your generous contributions.

Advertisers: Show support if you can as Dee goes forward, please. She will be communicating advertising packages, business opportunities and new ideas as she moves forward with this but will certainly need the support to keep the paper viable. Also, a quick note: these are two different business owners and if you have any invoices outstanding with *Mainstreet* currently, please have your account paid up to date by mid-December when my final invoices come out. I have not billed anything beyond Dec 2022. Dee will be starting fresh with subscriptions, ad sales, paper sales, etc., and I need to close out my books before finalizing my year end. Thank you so much for all your support over the past 20 years. I am humbled by your kindness.

Subscribers: Dee will be in touch about continuing your subscriptions once they come due. She has arranged to honour all existing subscriptions until their due dates (those that are pre-paid, but only up until July 2023). At that point, all current paper and digital subscriptions will expire if they haven't already, and you'll need to arrange with her to extend yours. I have disabled all automatic renewals through Paypal. Please communicate with Dee when the time comes to renew and watch for updates!

So, please, welcome Dee in her new position. She can be reached via the new email account for

I find myself reaching for principles of the East Shores previous existence in its current state and don't always find them. What motivated people to come here in the past and why are people coming here now? The nature of change itself seems to be changing and I see it in our community.

I opened up the October issue of *The Mainstreet* expecting to see additional pages dedicated to letters to the editor. I was certain there would be extra columns of gratitude and accolades to Ingrid and the paper for years of creative service, advertising, networking, and all the things the paper gave us. I figured I'd be contributing this month the end of a long line. Alas, not one letter to the editor, and Janet Wallace was the only one to express her gratitude in her monthly advertising. Another marker of change. Where's the gratitude? “You don't know what you've got till it's gone”. Have we as a community been taking *The Mainstreet* for granted? Time will tell.

There's much to consider regarding our community, what it's represented in the past, the sacred essence of its being, the greats who have made it what it is as a community, the precious land itself, and, now, what it is becoming. Soon we will no longer have the Mainstreet to bear witness of East Shore's existence. What will this place become without the paper's unique eye of reflection?

Thank you, Ingrid, for all you have done and continue to do for our community. May your wings of creative brilliance and heart of devotion continue to soar through all of your muses and hearts desires. Thank you and blessings for being one of the greats who have contributed to the magnificence of this incredible place.

Christina de Pape, Crawford Bay

Mainstreet – editor@eshore.ca. PLEASE CHANGE YOUR CONTACT DETAILS FOR THE NEWSPAPER AS OF MID DECEMBER 2022/JANUARY 2023!) or by phone at 250.551.8800.

I have one more issue to put out next month. I'm certain that a tear or two will stain my keyboard, but inside of that, I want you to know that my gratitude and love for you all is boundless. I am experiencing such a mix of grief and loss along with excitement and a new sense of freedom, and I don't quite know what to do with myself. Here's to what's to come!



OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0
Editor: Ingrid Zaiss Baetzel (since 2002)
 Phone: 250.505.7697
 Email: mainstreet@eshore.ca
 Web: www.eshore.ca
Writers: Community

Article? Letter? Etc? Drop off at Gray Creek Store drop box, mail to Box 140, Crawford Bay, V0B 1E0
or Best Yet, Email to: mainstreet@eshore.ca
The opinions expressed in this paper are not necessarily the opinions of staff or advertisers. We reserve the right to edit for clarity or brevity & acceptance of submissions is at the discretion of the editor.
 The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake.

Next Deadline:
Nov 23, 2022
mainstreet@eshore.ca

Riondel Christmas Craft Fair

Saturday, Dec 10, 10-3pm

At Riondel Senior's Room in the Community Centre

Vendors: please contact Brenda Panio at 250.225.3576 or bpanio@gmail.com

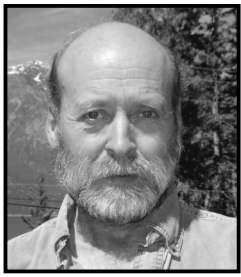


Who is your Community Hero?
 a Mainstreet Feature

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!

Ingrid Baetzel - for her decades of devotion to literary excellence and our community paper. May *The Mainstreet* live on in loving memory of all things uniquely East Shore.

-Christina de Pape



RDCK Area "A" Update

by Garry Jackman, Regional Director

More about Local Government Elections 2022: Voting day for the 2022 local government elections was October 15th and as a result there are some significant changes in the makeup of the RDCK Board. Electoral Area Directors are automatically members of the Board for the full four year term in accordance with the Local Government Act, while municipal directors are appointed by their council and can be changed out over the course of the term. I am grateful that Gina Medhurst has agreed to continue to be my alternate director.

As I noted last month, there are nine incorporated municipalities in the RDCK (two cities, one town and six villages) each of which pick one council member to be their RDCK Board representative after the election. That process is still ongoing, as each municipality holds its own inaugural meeting and then selects their representative to go to the regional Board. Before the vote we knew that three of the current municipal Board members appointed by their councils would not be running for their respective municipalities, so there would be at least three changes.

Of the eleven electoral areas, such as Area A – Wynndel/East Shore Kootenay Lake, we knew that five current Directors, including myself, would be returning for another four year term by acclamation. One other new Director, for Arrow Lakes, was acclaimed as she was the only candidate to file nomination papers. That left five electoral area positions with results determined on October 15th. One position was held by the incumbent, two incumbents were defeated

and the other two positions did not have incumbents in the running so they are also new faces. That makes for six returning rural directors and five new. Overall there will be eight or more new members at the RDCK Board as of November 17th.

Regional staff have organized a series of orientation and refresher meetings for new and returning directors. I have reached out already to the incoming Directors for Areas B and C (surrounding the Town of Creston) as we have had a successful model using the Creston Valley Services Committee to hold public discussions on a wide range of issues and I wanted the new directors to be aware of the model since it likely will not be covered in detail during orientation. Across Areas A, B and C plus Creston we share numerous regional district services, most of which can be discussed at a single meeting for efficiency. At the meetings we also discuss how to coordinate applications for external grants (CBT, federal, provincial, etc) and how to support joint initiatives for the east shore and Creston Valley.

I will take this opportunity to point out that over the years I am occasionally asked by east shore residents why so much emphasis is placed on collaboration with the Creston Valley. My first reply is that we are statutorily joined with those areas for service delivery in the areas of recycling and waste management, some of our recreation functions, library, cemetery service, museum and archives, airport, emergency response (including road rescue) and transit (portion of Area A). In addition, about one third to half of the Area A population lives in near proximity to Creston (greater Wynndel and south portion of Kootenay Lake) and so rely largely on Creston for goods and services, while other east shore residents are split between spending time (and money) between Creston and Nelson.

Forest fuel loading in interface area: As we shift from drought to rainy weather we cannot forget about the overall health of our forests and the impacts of com-

bined heat, drought and beetle infestation on wildfire activity. The 2021 fire extending from Akokli Creek to north of Lockhart Provincial Park as well as the extensive fires along the west side of the south arm and in the back country on the east Kootenay drainage over the Gray Creek pass are all reminders of how a small ignition point, such as a lightning strike, can grow in a dry and/or distressed forest to become a serious event lasting weeks or months. The pine beetle infestation had serious consequences for our area, mainly in the southern portion. Now we have a Douglas Fir bark beetle infestation that is being controlled in part by targeted harvesting. I had written previously how the province is supporting pheromone bait programs to draw beetles to certain clusters of already infected trees and then removing those trees and burning all residual materials prior to the time of year when the beetles would fly to find other distressed trees to attack.

The province, along with forest licensees who log in this area, are reviewing the remaining stands where the Akokli Creek fire started and then spread. Kalesnikoff has already submitted plans to harvest two area along the north edge of Akokli Creek to pull out beetle infected and other distressed trees so the area will be at lower risk for the remaining trees to burn. They are also assessing the remaining trees along the burned face above Boswell, with the options of salvaging some of the damaged trees now or waiting to see what recovers and what dies. A community hall meeting in Boswell will be held, ideally by mid November, to inform residents of options and gain feedback. I bring this up here because the problems extend far north of Boswell into Gray Creek (based on infra red mapping I have seen that indicates pockets of distressed trees) and may go beyond Gray Creek. I will bring more information as I can.

In addition, the BC Wildfire Service will be conducting a Wildfire Risk Assessment around lighthouse park where there is a large buildup of fuel on the ground from tree blowdown. We had hoped the assessment would have been done earlier but the wildfire season extended so far into the fall the work had been delayed. Next time you walk to the lighthouse take time to consider the extent of low lying fuel in this area and how quickly a strong wind out of the south could push a fire along the point. Thanks to local residents who have been pushing for this assessment and hopefully to see mitigative work in the area.

Quick notes

The RDCK planning department is undertaking two projects which propose one new development permit area (DPA) and changes to an existing (DPA). The new proposal would mirror what some towns and cities have done to limit the risk of wildfire in residential areas by imposing controls on vegetation for a defined area around houses. I have seen initial public input ranging from acknowledging there would be benefits of more education around "fire smart" programs but generally not in favour of mandatory restrictions. Rural Directors will discuss the topic in more detail on November 15th in a workshop. The topic crosses over with the next item below.

The second project is a proposal, supported by local biologists, to consider greater setbacks for buildings along the shorelines of Kootenay Lake. Again there is merit, in principal, but I am quite concerned about the impacts on many of our relatively small lake lots and have made alternate suggestions to our staff. RDCK staff is hosting two public sessions on the topic, one on Tuesday, November 8th from 2:00pm to 3:30pm mountain time (note Nelson side time change coming up) and the other on Wednesday, November 9th from 7:30pm to 9:00pm mountain time. Details on how to join the webinars are on the RDCK website.

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.

KLCC Meeting RDCK Building Permit Discussion

by Herve Blezy KLCC Director

The Kootenay Lake Chamber of Commerce would like to invite you to a discussion on the RDCK Building Bylaw/Permitting process and BC Building Code. The Building Bylaw regulates building construction and clarifies the responsibility of property owners, contractors and owner/builders in the Central Kootenay. The British Columbia Building Code applies to the construction, addition, alteration and change of use of most buildings.

Among the many issues that come to mind when we think of building bylaws and difficulties, is Community Housing. The lack of Community Housing is one of the largest crises in BC.; Area A included. We have next to no rental housing, for seniors, families, employees and current residents. Area A communities do not fit with most of the Community Housing initiatives/models for urban areas.

There are many complex and interrelated reasons for this crisis. Obviously, the cost of building, the cost of materials, supply chain issues and construction delays all play a part in the housing crisis. It is mentioned among KLCC members and non members that the RDCK Building permit process is too slow and causes delays. Owners or builders also contribute to delays but it is interesting to note that this is not mentioned.

We can all agree that we want an economically viable, sustainable and safe accommodations in our communities. To facilitate the discussion, we would encourage owners and builders in Area A to share their experiences and learnings. Please send your questions to info@kootenaylake.bc.ca. The meeting is planned for Nov 14 at the Boswell Hall from 7 until 8:30 pm. Refreshments will be served.

STARBELLY JAM AGM 2022

Sunday, November 13 at 2pm, Gray Creek Hall

submitted by Amanda Hulland

Would you like to see a traditional Starbelly Jam Festival next year? Please come to our AGM. We need support from our community to accomplish this goal.

The AGM will feature participatory discussion of our Music Festival/Arts Society's future direction, as well as the election of a new Board of Directors.

Participants are strongly encouraged to become members of the Society. The membership fee is \$5 per year and allows you to vote at the AGM, payable by cash or cheque.

We look forward to seeing you there!



Turning ideas into businesses



- ✓ Self-Employment Program for business planning & launch
- ✓ Extra support for persons with disabilities
- ✓ Small business loans
- ✓ Free expert advice on business growth & product exporting
- ✓ Business management training

250-352-1933 • futures.bc.ca

Remote services available during Covid-19



Crawford Bay Hall Board News

by Susan Hulland

Financial Update

Thanks to the Crawford Bay Market, Barefoot Handweaving and Forge & Furnace Gallery who have recently sold another \$225 worth of our Bruce Paterson cards and prints of our hall. With Christmas coming both these items could be perfect gifts for members of your family or former residents that you stay in touch with.

2022 AGM

This important meeting will be held in the Crawford Bay Hall at 7:00 on Wednesday, November 23 and everyone is welcome. Please attend to find out what we have been doing for the past year and help us figure out how to continue to keep community assets in community hands.

Fundraising Started on East Shore Prowned Buy Sell Free website

You can support our work to maintain our hall and park by supporting our current fundraising work on the above website. Three items are posted - a heritage pattern completely hand stitched patchwork quilt, his and hers bicycles in new condition, and a colourful indoor-outdoor LED palm tree.

Helping our Neighbours

Our association has given the Kootenay Lake Community Church a license which is free of charge and runs

for ten years to use that part of the hall property that is between the church and Wadds Road. (The boundary runs from the North West corner of the Church and is essentially perpendicular to Wadds Road.) The land is to be used for parking, access and other church related business. The license has been signed by both parties and is now in effect.

HAPPY BIRTHDAY to our 84 year old community hall!

Construction began on the present day hall in May of 1938 and the grand opening ceremony for the building was held on November 4, 1938. A lot of the fundraising was done by the Crawford Bay Womens' Institute which included members from Riondel, Kootenay Bay, Boswell, Procter and Harrop.

During our current fundraising campaign to restore the hall we have enjoyed help from the Kootenay Lake Lions, the Gray Creek Historical Society and the Riondel Museum Association. Residents from other nearby communities including Areas B, C, F and the town of Creston have donated to our cause through the RDCK CIP Grants. Our association has taken on the challenge of restoring Crawford Bay's hall for the good of all Easts Shore residents, area visitors and regional businesses alike. In light of this, it's good to know the idea of 'neighbours helping neighbours' is still alive and well around the shores of Kootenay Lake and beyond.

Thanks for Help

We try to always thank folks who help us with our job of maintaining and improving the assets we manage but sometimes residents and businesses that assist us on a sustaining basis get left out. Here is a (hopefully) complete list of them: Cam and his staff at the Crawford Bay Market for selling the cards and colour prints of our hall; Bex Kelly and family for summertime garbage patrol and work on the children's playground at the

park; Ben Lahnemann and Megan Rokeby-Thomas for helping out at the Kootenay Bay boat launch; Kokanee Springs for their complimentary mowing of the soccer pitch; Cherry and Garry MacLagn for caretaking of the tennis courts and park biffy; RDCK Area A director, Garry Jackman, for his assistance with funding; Paul Hindson of Kokanee Springs RV & Campground for complimentary mowing in our park; Shelby and other staff at the Crawford Bay School for help with printing; Barefoot Handweaving and Forge & Furnace Gallery for selling prints and cards.

Above all others we have enjoyed the on-going support of Ingrid Baetzel during her time as the editor and publisher of the *The East Shore Mainstreet!* We will miss the opportunity to communicate with many of our supporters through the medium of print and thank Ingrid for all her help over the years.

**Next Deadline:
Nov 23, 2022**

Yarns From the Back Alley Shepherdess

by Barb Kuhn



My drum carder and spinning wheel are happy campers these days. I have finally set aside the time to use them the way they want to be used. I'm spinning and double plying wool in anticipation of

sweaters, mittens, hats, socks and scarves. My rigid heddle loom will be the next tool pressed into service. I have to do a lot of learning there.

I have wool from sheep I haven't raised, and those fleeces will be used to experiment with some natural dyes. Since it is fall, I need to get out and harvest some plant material to make these dyes. I plan on having some fun with that this winter.

Other chores are getting done. The car will be winterized, the trailer cozied before the cold settles in. My tiny woodstove is keeping the dampness at bay.

I have many projects in the works. I plan to make soap this winter, something I do when I have enough accumulated fats for a good batch. Yes, soap is made of fats. I wonder how many vegans have asked what kind of fats their soaps are made from? Something to think about. I remember being at a primitive arts fair in Montana and discussing how I rendered fats from my farm animals to make soap. One person was stunned when he realized what soap was made from. This would have been less amusing if it weren't one of the physicians I worked with in our local clinic. I guess not everyone knows this fun fact!

In the past, I've had so much produce, I had to scramble to put it in a root cellar, can it, or ferment it. I am happy this year to do small batches of ferments to provide my vitamin C for the winter. Did you know that fermenting food increases its vitamin C content? Did you also know that 63 million years ago, we had the enzyme to produce our own vitamin C in our bodies? Now we have to rely on outside sources to provide this important nutrient. The enzyme responsible for Vitamin C production is known as GULOP. Now we only have GULO in our gene coding, rendering the protein or enzyme unavailable to us. So, the lovely little microbial friends in our air will provide the service we can no longer do for ourselves. Fermentation is a wonderful thing.

I hope everyone is enjoying the process of getting ready for the winter. Everything will soon be put away and tucked in. Less gardening, more visiting. It will soon be time to enjoy each other's company over a hot cup of tea and a board game!

Memories & Musings

submitted by Leona Keraiff

Since November 4, 2022 marks the 84th anniversary of the night the Crawford Bay Community Hall was opened and celebrated I thought I should investigate a bit the comings and goings of certain folks living here during that time.

When I discovered that the Sussums family had "seen" Mr. Jacobson in their home (in which the Jacobsons lived many decades ago), I knew I needed to get more details! Through my reading of *Remember When* written by Susan Hulland and A.Terry Turner as well as *Impressions of the Past* written by the same authors I have surmised that Mr. Jacobson was probably one of the 100 volunteers involved in the building of our community hall and Mrs. Jacobson was probably a member of the Women's Institute. At the very least I am sure they attended the gala opening. Since the Sussums family has memories of the Crawford Bay Hall, I thought it time to make some connections.

Donna and Don Sussums were kind enough to chat with me recently about their many sightings (approximately 12) of Mr. Walter Jacobson over the years. Apparently he favoured red and black plaid shirts and visited in February. He was most often seen walking across their porch but when the family went to investigate nobody was there! Evidently their grandson Aidan also saw "a guy outside on the porch" but when no footprints were seen Aidan remarked, "I don't know where he went". Interestingly, Don has a vivid memory of seeing a woman wearing a long red gown, albeit transparent; "She walked down the stairs, made a right hand turn into the living room and walked into the kitchen. She looked to be about 30 or 40 and was quiet."

There is other history hidden in the house at the end

of Jacobson road. The Sussums found some newspaper dated 1912 between the siding and shiplap. Thomas Edison was the featured article! The local history books cite Walter and Mickie Jacobson's first home as the original Murray cabin on the Kokanee Springs golf course, built in 1934 by Walter but burned down after one year. Perhaps Walter built the present Sussums home in 1935?

My main objective of course is to regale you all with tales of the hall and its import on people's lives. The Sussums family have fond memories of times spent in the old building over the years but are disappointed it isn't as used or valued today as it once was. Don fondly recalls Christmas parties with the Draper family (D3 Logging) and Spring Dances. "The hall always had a warm and friendly atmosphere."

Donna remembers daughter Laura playing saxophone in band and drama with Doreen Zaiss. "The play was awesome with the crowd on their feet. Funerals drew the community in together. Bingos were so fun. I once won a beautiful gift basket made by Lorraine Van Rusyskenvelde." Donna also recalls working in the hall during an election and Santa at the Christmas potlucks. Her first Community Christmas dinner (1992) in particular stands out as Donna attended with Kimberley Snelgrove and between the two moms were SEVEN kids!

Donna and Don's son Dave once lived in the cabin behind the house. One night after work the stereo suddenly shut off then came back on. Loud. Dave turned the volume down but it returned even louder. Dave then unplugged the stereo and you can guess what happened next: it came back on! Dave decided it was time to spend the night at mom and dad's. The Jacobsons must like it here because it appears they haven't really left. I also want to acknowledge Cliff Hawkins who confirmed some of the above details for me.

Riondel Fire and Rescue Blotter

by Fire Chief Cory Medhurst

Fall is upon us with cooler evenings and our usual rainy season, soon to be followed by the lovely white stuff. Here is a friendly reminder to all to plan and have your driveway and walkways cleared of snow for easy access for emergency crews in the event of an emergency. Our vehicles are large and cumbersome and require room to maneuver. When the ambulance must transport a patient, it's a lot easier and safer if we have unhindered access to the home. It helps if we can clearly see your house number, perhaps on a shiny road sign made by us. Keep an eye on your elderly friends and neighbours; if you see them struggling to shovel or notice that their walkway is dangerously filled with ice and snow, offer a hand, or ask around for someone else who may be able to help. If you haven't already, and we can't stress it enough, make sure to clean your chimneys before you burn regularly, check to make sure that your smoke/CO alarms are operating, know and practice your escape route, have a plan in the event of a chimney fire (toss the contents of a glass of water into the firebox and shut down the air) and ensure that you have a working, unexpired fire extinguisher in the home. Using baseboards or electric heaters? Make sure all combustible items are out of the way

October slowed down for call volume for us as our tourist and summer seasons left us, our calls are as follows:

October 5 – Six members responded to a medical emergency in Crawford Bay. Our dispatch did not have an address but said the call originated near Crystal Lake. Some of you may know that we do have a Crystal Lake in Crawford Bay, down Peters Road and onto

the forestry road. However, when dispatch called back to say that the caller was at the "Bridge Lake Store", our crew made a quick google search and found that the call was actually across the province near Burns Lake. All members stood down and returned home.

October 18 – A medical emergency in Riondel had four members respond to help Paramedics with patient movement. The patient was loaded into the ambulance for transport without issues.

October 22 – Three members responded north of Riondel for a medical emergency and lift assist. Paramedics were on scene attending to the patient and had our crew help with patient movement.

October 22 – Three members responded to Riondel for a medical emergency. Our local paramedics were on a necessary rest period after the call that morning and were delayed in responding to assist. Our crew maintained patient care for 30 minutes until BC Ambulance arrived and took over the scene.

October 23 – A call for a motor vehicle incident in Crawford Bay had six members respond. When crews arrived, they found that a van had been driven off of the highway at the medical clinic and was resting awkwardly against a tree, in a group of bushes. The owner of the van was on scene but claimed they were not driving and had no idea how the vehicle ended up where it was. The driver was not located, and no injuries were reported.

With Christmas approaching fast we'd like to remind everyone about Newkey's 10th annual "Better to Give" campaign and silent auction just around the corner in November. Drop off donations to help and stop in to see the silent auction items on display and buy some baked goodies in support of our kids on November 26, 27, and 28. Please join Pam and Gerry and crew as they help to spread Christmas joy for our children and families in need. Also a reminder that Santa Claus will be joining our crew on Christmas Eve

day to hand out early Christmas gifts to the recipients of the Better to Give event; if you or your parent would like to receive a visit from Santa please call 250-551-1352 to make arrangements.

If you find yourself itching to help your community and meet a great group of peeps, come and join our team of professional volunteers, we meet every Thursday night from 7PM-9PM at the fire hall in Riondel. Go online to www.rdck.ca/EN/main/services/fire-services/volunteer-as-a-firefighter.html and fill out the application, hope to see you at practice soon!

KOOTENAY SOUND HEALING CENTRE Therapeutic Healing Gong Journeys

Wednesday 7:00PM

Friday 7:00PM

Sunday 12:30PM



theresa@kshc.ca to register
691 Riondel Road, Trail Entrance

www.kootenaysoundhealing.ca

HEY YOU!

Crawford Bay Hall & Park Facility Rentals

Crawford Bay's Community Hall, Community Corner Building and Park Pavilion are now available for rent.

Info: bookings@cbhall.ca



Thoughts from the Frog Pot

by John Rayson

HEALTH CARE CRISIS

In my last article, I wrote of a discussion held with a retired NDP Minister of Health for B.C. who stated that the debate with regards public funding did not necessarily imply public delivery. A debate as to the necessity to deliver public funded services via private delivery had not occurred in this country. Each time the debate to suggest changes to delivery of health care in Canada arises, we reply that we don't want a private system like the U.S. Do we even understand the concepts? At present the majority of primary care physicians in Canada, and in all provinces, work on a fee-for-service basis providing their own office space, staff and infrastructure. They are in fact, private contractors paid a set fee via a public funding model. If you have out-patient laboratory work done in most major centres, it is via a private company; reimbursed with public funds at a set rate. Therefore, we are confused as to what we mean by private care. As a matter of transparency, I have worked both as a fee-for-service primary care physician and then worked for ten years as the CEO of one of the largest out-patient laboratory companies in Canada: a private company with a publicly funded service.

I am not in favour of a system which would allow billing both via public funding and private fees but am in favour of universal, publicly funded medical care for all citizens. Presently we have a very inefficient, poorly functioning system. We pay a greater percent-

age of our GDP for health care than most other developed countries and yet have poorer service and poorer results. I am referring to increased wait times to see family physicians or specialists, increased wait times for surgery and unacceptable wait times for basic testing and investigation. All of these parameters are better in multiple countries, such as, Sweden, Germany, France etc., to name only a few. The forgoing countries spend less on health care as a percentage of GDP and yet have publicly funded comprehensive care. Why can't we learn from these countries and only make a comparison to the U.S.?

It would now appear that these facts are coming to the attention of the public and government as we experience and see documented, many instances of increase wait times, etc, but more acutely many people do not have access to a primary care physician (your own G.P.).

These issues are now attracting the attention of government and the negotiating body responsible for the physicians of B.C. (The Doctors of BC; formerly the British Columbia Medical Association).

The government is now attempting to alleviate the situation by establishing Urgent Care Centres staffed with a variety of health professionals, including Nurse Practitioners. They have just announced that they have recruited 54 physicians with a lucrative contract. However, it would appear that the amounts of dollars spent are to staff the facilities for 1680 hours per year and do not seem to address the issues with regards providing round the clock service. The government approach is to throw more money at the problem; a stopgap solution that does not address fundamental issues.

The Doctors of BC have continued negotiations with the government in an attempt to reach an agreement that will include new forms of compensation such as salary, per capita funding plus maintaining

the present fee-for-service model with the necessity to address rapidly increasing overhead costs. In addition, the Doctors of BC have held a number of events inviting input from their membership as to their needs and suggestions for solutions. Stay tuned for further developments.

It is apparent that a radical and new approach to healthcare in Canada is necessary. As I have stated in the past, such an approach must involve all stakeholders, including the public as patients. We need to learn from the experiences of other developed countries, other than the U.S., and be prepared to accept radical change.

The system is already changing and in all likelihood will get worse before we make the necessary changes. Do I have an answer? No; but we all have a stake in the result.

I leave you with a quote from Woodrow Wilson; former President of the U.S. "If you want to make enemies, try to change something".

Sarah Nicole Kozlowski Registered Massage Therapist

SarahNicoleRMT@gmail.com

Myofascial Release, Joint Mobilizations, Neuromuscular Techniques and Craniosacral Therapy intermixed with soothing applications of traditional Swedish massage



In two locations to serve you!

Crawford Bay: 16306 Bowe Rd

Nelson: #203-466 Josephine St





Tom's Corner

by Tom Lymbery

40 Years of Insurance

From 1957 to 1996 you could purchase license plates and car insurance, a loaf of bread and a new chain for your chainsaw, all in our one-stop operation.

When my dad Arthur Lymbery began the Gray Creek Store in 1913, he found he could obtain virtually everything wholesale - except for house and building insurance. Those policies dad had to buy from a Nelson insurance agent.

Back then it was permissible to sell insurance policies over the counter in a country general store. The only requirement was to write an exam, and in communities with fewer than 2000 residents, to pay a \$2.50 annual licensing fee. Dad had some experience with insurance when he was a lawyer in Nottingham, England before moving to Canada. So in 1957 he contacted the Nottingham firm Norwich Union Insurance in Vancouver and they accepted me as their sales person. I wasn't particularly interested, but my dad wasn't a person I could argue with. I got a handbook and went to Nelson to write the required exam. I was never notified as to how I did, but we soon had two other company representatives calling to see me, so I must have passed satisfactorily. However we were already signed on with Norwich Union, and besides, all we had to insure to begin with were our own buildings and my 1947 Morris 8 automobile.

Norwich Union representative Murray Mandley came to get me started, and I soon was gaining some accounts. Murray came with me to businesses such as Sanca Park and Cummings Resort to guide me through the somewhat complicated rate system. In those early years, whenever we had a salesman or company representative staying overnight, he would rent a cabin and eat meals with us. My mother was always ready to feed extra people, and it amazes me how she did it.

In the mail came an offer to represent Western Union Insurance, a small Calgary company (no connection to the US Western Union.) For many years our average new customer was someone who had been cancelled by Allstate Insurance after a motor vehicle accident, even a minor one. At least once a month someone would come in hoping to get coverage, and fortunately Western Union was willing to accept car insurance customers with an accident record. Also, the banks wouldn't finance cars at that time, so companies like Home Finance would provide funds, provided the customer was properly insured. I would fill out a form with their accident details, collect a deposit and receive a policy in a week from Western Union.

All too often I would receive a company letter advising that they had checked up on the insured person's driving record, that there had been an additional

accident, and they would be cancelled unless an additional premium was paid. So I had to get hold of the customer and revise their payment schedule.

In keeping up with customers' payments I often had to visit them in the evenings to make a collection. This kept me ahead of local events as well. One customer I often visited would ask me to stay for a cup of tea, and sometimes there would be a knock at the back door. A visible hand would proffer some dollar bills, and a case of beer would be handed out the door - all without my seeing who it was. As the closest beer parlour was 35 miles away at Sirdar, this back door service was much appreciated by Bluebell miners from Riondel.

I joined the BC Insurance Agent Association - I knew how valuable that could be. Norwich Union was also looking for life insurance representatives,

so I took that on as well. I relied on those who came to our office as I wasn't pushy enough to sell much life insurance. In 1961 I became a Rural Notary - a Section 21 Notary Public - which allowed me to certify signatures and documents, but not to give advice or to do any real estate work.

Everything changed in 1973 when our first NDP government came in and introduced ICBC (Insurance Corporation of BC), modeled on Saskatchewan's, with Autoplan the following year, 1974. My mother painted an Autoplan agency sign to hang outside our store. Autoplan training required me to attend high intensity 8 am to 8 pm classes in Nelson over two days, ever changing as the instructors followed the adjustments. Private insurance companies never wanted young drivers or those with bad driving records, but Autoplan extended insurance coverage to everyone with a driver's licence and could

pay the premium. They required new licence plates on the principle, No licence plates = no insurance, No insurance = no plates. Licence plates had always been issued by government agents, and they resisted the change, but fortunately Tom McKinnon, the Kaslo agent, was a great help. He knew Kaslo could lose its government agency without sufficient business. When everyone had to have the new plates before the Feb. 28 deadline, I stayed open to 11 pm. ICBC handled all business except for life insurance, so now I had an additional company for house and business insurance which I needed badly. Since the rates now were the same all over, no one needed to go to town or shop around, so business expanded steadily.

All my insurance work had to be done over the hardware counter in the crowded old store. Our new three-storey Gray Creek Store, opened in 1979, included an

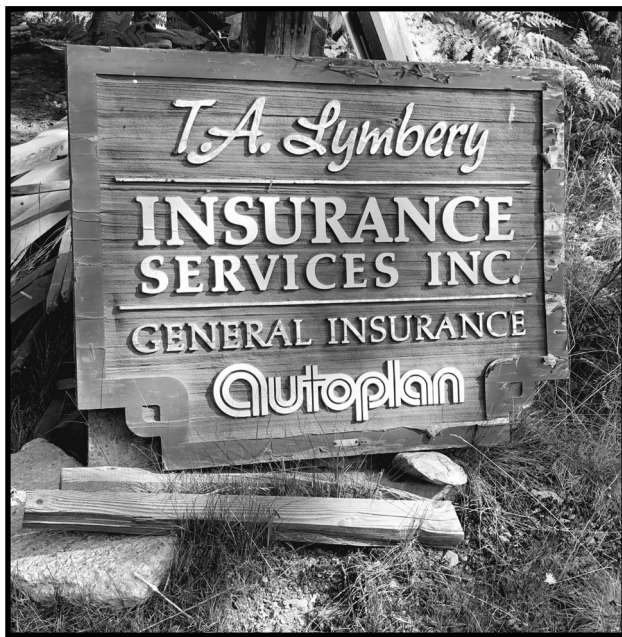
insurance office with counter and customer chairs, and we ran an ad in Creston Valley Advance, "No more Autoplan among the axes." We were still the only agency in the BC interior open from 9 am to 9 pm, so Kerry Reilly became licensed and could fill in while I was away or busy selling chainsaws.

Sharon and I attended BC Insurance Agents Assoc. annual conventions in Vancouver, Kamloops, and elsewhere, and were well worth attending. Visiting various companies' booths such as Travel Insurance helped us to get to know some of the people we were dealing with. There were also seminars to help with the ever-increasing training required. It was confusing for Sharon as sometimes we went to Husqvarna chainsaw training sessions and she wasn't sure which was which until we got there.

When ICBC decided to focus entirely on vehicle insurance, they sold the home and business operation to Canadian Northern Shield in Kelowna. This company was innovative and eventually it became my principal company. They were willing to accept virtually any business I came up with - on condition that I personally inspected the premises.

Nelson & District Credit Union opened a new office in Crawford Bay, and in 1996, needing an insurance operation as part of their business, they made me an offer for T.A. Lymbery Insurance Services Inc. We decided to sell to them, and they kept my incorporated name to avoid losing clients. At the official opening, instead of cutting a ribbon I cut a small birch log, and the rounds were given away as souvenirs.

So ended the last insurance agency in BC that had begun over the counter of a general store, with only the agent's own policies to start with. That practice is long gone. Today's regulations wouldn't allow it, and insurance businesses only grow by purchasing other operations.



Top: Insurance agency sign, now retired, from the Nelson & District Credit Union building in Crawford Bay. Now Kootenay Insurance Services. Photo: Tom Lymbery

Bottom: Tom Lymbery in his notary/insurance/business office at the Gray Creek Store in 1986. Photo: Tom Lymbery, GCHS 2010.025

Next Deadline:
Nov 23, 2022
mainstreet@eshore.ca
250.505.7697

The Fitness Place

Gym now open to ALL!

5:30am - 10:30pm
 (with select hours closed for cleaning/school use)

Please sign a waiver at
eastshorefacilities.com and text or
 email Amy to get signed up!
587-434-8770
 Email eastshorefacilities@gmail.com
 for more info.

Harrison Cultural Centre Update

ArtConnect Presents:

- ~John Prine Tribute with Patrick Alexandre & Cam Penner, Sat, Dec 3, 7pm
- ~Howling Dan, Tribute to Love and Creativity, Thurs, Nov 17, 7pm
- ~ArtConnect AGM - Sun, Nov 20, 2pm

by Zora Doval

We are super excited to present a galore of great music at the Harrison Cultural Centre this fall. Our October menu was amazing as well. The audience was captivated during the **Tribute to Michel Legrand** and totally transported by the top-notch performance of Hungarian born soprano **Noemi Kiss** and her two colleagues **David Restivo on jazz piano and Don Macdonald on violin**. The show brought memories of a certain era, of famous film scores and musical theatre. The beautiful songs were delivered with utmost mastery and emotional charge. In spite of date coinciding with the Thanksgiving, the musicians attracted a full house, and their performance earned them standing ovations!

Although the numbers were smaller for the concert of **Doggone Brothers**, their show was very enjoyable, witty, and filled with good humour. They write good songs, have a couple of real hits, and they are masters of their instruments. The audience enjoyed their playing very much and we will try to have them back next year.

Now, the **John Prine Tribute** is going to be an amazing concert. Please make sure you don't miss it. Who else could play this tribute on our shore better than Gray Creek's own **Patrick Alexandre**? A very accomplished guitar and bass player, a songwriter in his own right and a musician who is every bit as gutsy and passionate about music as the old legend himself. I am in great anticipation of this show by Patrick Alexandre, **Cam Penner and an undisclosed guest...** Come and celebrate with us the music of the great legend John Prine!

On Thursday, November 17 we will have a quieter, acoustic concert by **Howling Dan & Friends** and I am particularly interested in hearing some of those never played tunes he wrote. I have known Dan for many years as a staple of our musical scene here on the East Shore, a versatile player on guitar and mandolin and a prolific songwriter. He wrote a few big-time hits that I have heard and I am positive that many more are hidden up his sleeve. For this gig he agreed to play some of his repertoire that does not make it into public light, songs reflecting his quieter emotional side, love songs and tunes about the life on the East Shore, the lake and the beaches. So you may ask the justified question as to whether there will be any "howling"? Yes, but in a small dose only, at least to stay true to his nickname. His is going to be an acoustic concert with well-crafted folk and country tunes.

I have been asking Dan to play his lesser-known repertoire (especially his love songs) for a while and now that he has agreed, I am very curious about this lesser known aspect of his prolific musicality. I deeply respect Dan for his song writing and musical sensitivity. Please join us for this very rare opportunity.

Finally, we also like to invite you all to our **AGM on Sunday, November 20, at 2pm, at the Harrison Cultural Centre**. We will give reports on our finances and artistic direction, and share ways you could get involved with our society. See you there.

SKLCSS November Update

by Garry Sly

East Shore TAPS continues throughout the Fall and Winter in Boswell, Gray Creek, Crawford Bay and Riondel. The Oct/Nov/Dec schedule is posted at bulletin boards throughout the East Shore as well as on the East Shore TAPS program Facebook page and in this edition (back page). Come out to socialize and meet new friends at the local community halls and enjoy the delicious soups and baking by Tina Kane-Callendar and Ginger LeClerc.

We had hoped to receive our new hybrid van for our Youth Network and Elder Care programs by this Fall but due to the supply shortages, it will be delayed for another 4 to 12 months.

East Shore Youth Network Update

by Eowyn Lawrence-Fry

Hello East Shore Community. We have had some great times over the past couple of months at the Youth Network.

We started up cooking classes at the Crawford Bay School, art classes with Jaqueline Wedge at her Thistle and Moon Art Academy, volleyball at Crawford Bay Beach and hiking on the many local trails on the East Shore. We also had two adventure days off the East Shore, the first where we went to Cody Caves to explore the cool geological formations that the cave had to offer, and finished off the day at Ainsworth Hot Springs. The second was just last week, a group of youths and I traveled to Creston to meet up with the Creston youth network to enjoy the aquatic center and watch a movie in the newly renovated space they graciously shared with us.

Working with the youth of the East Shore has really been a wonderful experience and I look forward to all that the next season has to offer.

Happy Fall! South Kootenay Lake Community Service Society would like to thank Columbia Basin Trust, the Regional District of Central Kootenay, The Nelson and District Credit Union and B.C. Community Gaming Grants for continuing to support our programs and projects.

Thank you as well to the many individuals who donate to our local programs.

Next Deadline:
Nov 23, 2022
mainstreet@eshore.ca

KOOTENAY SOUND HEALING CENTRE
Therapeutic Healing Gong Journeys

Wednesday 7:00PM
Friday 7:00PM
Sunday 12:30PM



theresa@kshc.ca to register
691 Riondel Road, Trail Entrance
www.kootenaysoundhealing.ca

TOM SEZ

by Tom Lymbery

Hard to believe but the far religious right in the Southern US is posting billboards reading, "Take your wife to Jesus instead of to Orgasm".

If you grew more carrots than you can use, please bury them about 12" to 18" deep. You'll be amazed how good these taste when you dig them up in April or May next year.

With the warmest September ever, there have been more RVs on the road than usual, keeping the ferry carrying good loads. With the Balfour running while the Osprey is overhauled there have been up to three sailing waits.

The Nelson Daily News printed the comic strip, "Lil Abner" for years, so most will remember Sadie Mae, Mama Yokum, Tobacco Rhoda, and many others. Drawn by Al Capp from 1934 to 1977 this both amused and enlightened readers. If you want entertainment, please Google Al Capp and find out how complex he was. Having lost a leg to a trolley car, he made many visits to veterans' hospitals to tell others that losing a leg didn't prevent them from having a full life.

I see the Gray Creek Pass listed as one of the boundaries of the recently announced changes to electoral districts, but without a map it's hard to picture.

If no one takes over *Mainstreet* from Ingrid in January 2023 this will leave a hole in my life. All those years of thinking, "What can I write about next?" Tom Sez is no problem - it somehow writes itself. How about you, Gerald, writing a full-page movie review for every issue?

Al Capp raised in the Kentucky Hillbilly country so that based his Yokum stories. His father got him pencil and paper and encouraged him to draw. He attended three different colleges to learn more drawing but was expelled from all because he couldn't afford the fees.

I signed my last notary certification this year, 2022. So ends 61 years as an appointed notary, able to certify signatures and documents, but no real estate transactions. When I applied, I got Ray McGregor and Bill Fraser to certify that I was a responsible citizen. Bill remarked that in Quebec, notaries are a "Very Important Person".

Gray Creek Pass Report

Once the Baribeau Creek Bridge is replaced by cement, all the pass bridges are permanent - unusual for a Forest Service Road, confirming *Backroad Mapbook's* remark that the pass is the most important backroad in BC. The first snowfall came October 22, 2022. But the unusually warm fall will leave enough ground heat to melt most of this.

HEY YOU! Crawford Bay Hall & Park Facility Rentals

Crawford Bay's Community Hall, Community Corner Building and Park Pavilion are now available for rent.

Info: bookings@cbhall.ca



Seldom Scene

by Gerald Panio



*When the light goes out
And you can't go on
You'll miss your brothers
But now they're gone, mmm
When the light goes out
We'll go our own way
Nothing here but darkness
No reason to stay*

*Oh, once were brothers
Brothers no more
We lost our connection
After the war
There'll be no revival
There'll be no one cold
Once were brothers
Brothers no more*

--Robbie Robertson, "Once Were Brothers"

Documentaries and biopics about famous musicians tend to fall into one of two general categories: those that are about the music, and those more interested in turning their subjects' lives into dark carnivals and hyperkinetic tragedies. I had high hopes of featuring Baz Luhrmann's recent *Elvis* in this month's column, until I discovered it was more of the latter-style approach than the former. No thanks. I'll just wait for a re-release of *Elvis: the '68 Comeback Special* and re-read Peter Guralnick's flawless *Last Train to Memphis: The Rise of Elvis Presley*. Fortunately, I had a fallback option. The best documentary ever made about the Band is now available for streaming through iTunes for the bargain basement price of \$2.49. Directed by Daniel Roher, with Martin Scorsese as Executive Producer, *Once Were Brothers: Robbie Robertson and the Band* (2019) draws heavily on Robbie Robertson's eloquent 2016 autobiography *Testimony*.

The Band—Robertson, Levon Helm, Rick Danko, Richard Manuel, Garth Hudson—created some of the most iconic music of their era. Incarnations of Americana—American roots music—long before that genre got its name, four out of the five band members were Canadian. How Robbie Robertson, who was born in Toronto and raised by his Cayuga and Mohawk mother and English stepfather, could have written such quintessentially American songs as "The Weight," "Up on Cripple Creek," and "The Night They Drove Old Dixie Down" is one of those never-to-solved mysteries of musical genius. That Robertson was precociously talented would have been obvious to anyone who listened to "Hey Boba Lou," a rockabilly tune that he wrote for Ronnie Hawkins and the Hawks when he was fifteen.

The quality and range of the musical talent displayed by every one of the members of the Band was breathtaking. Not just musical chops; they also had,

in a fellow musician's words, "three of the best white singers in rock history." And they worked like hell at their craft. Great music-making is, bottom line, sheer hard work. You play a lot, you listen a lot, you learn, you get good. Then you get better. Backing Ronnie Hawkins, the future Band members played six nights a week and rehearsed five days a week. When they weren't playing, they were in clubs and auditoriums listening to Muddy Waters, Bo Diddley, Curtis Mayfield, Ray Charles, Taj Mahal, Otis Redding, and countless others. They were on the ground floor of a musical revolution. It was closing years of the '50s... imagine flipping the radio dial and blasting through Chuck Berry, Buddy Holly, B.B. King, Elvis, Jerry Lee Lewis, Little Richard, and the Everly Brothers.

For Robertson, there were also the musical and storytelling roots in the Six Nations reserve ("when the sun would go down, the instruments would come out"). For Levon Helm and Ronnie Hawkins, their musical roots were in Arkansas and the Deep South. Garth Hudson, the veteran of the Hawks at 24 (Helm was 21, the others 18) had an encyclopedic knowledge that ranged from classical to jazz to blues and, according to musical archivist Eric Lallier, played keyboard "with the elegance of Johann Sebastian Bach, the soul of Teddy Wilson, the virtuosity and stride of Art Tatum, the uplifting gospel of the Anglican Church, and the sense of humor of Fats Waller."

Once Were Brothers presents a wealth of archival footage of the evolution of the Band, both in the form of still photographs and early video footage. No matter what the clothing, the hairstyles, the beards and moustaches or lack to them, there isn't a photo where these guys aren't the epitome of cool. The archival footage is deftly woven together with recordings of the Band's songs and with brief segments of commentary by key players such as Robertson, Helm, Dominique Robertson, John Hammond, Ronnie Hawkins, Bob Dylan, David Geffen, Taj Mahal. In his interview segments, Robbie Robertson reminds me a whole lot of our own East Shore's Peter Duryea—the same aura of integrity, intelligence, passion, and acceptance born of experience. They, too, could have been brothers.

Of course, since *Once Were Brothers* is a documentary about rock'n roll, there's going to be an inevitable serving of sex and drugs and car crashes. It's likely that addictions—to alcohol, cocaine and heroin—fractured the Band's 16-year-long brotherhood. There's no lack of a tragic arc to the Band's story. Richard Manuel died by suicide after a gig by the Band in Winter Park, Florida, in 1986. Rick Danko, who had fought heroin addiction, died of heart failure in his sleep at age 55. Levon Helm went through a long period of bitter resentment over perceived slights in songwriting credits and recognition.

But within the context that *Once*

Were Brothers navigates, the hedonism and self-destruction and jealousies take a distant second place to the wonder of the musical journey that was, always, transcendent. As Robertson summarizes early on in the film, "It was a beautiful thing, so beautiful that it went up in flames." The alchemy is at its most magical in the music chronicled in *Music from Big Pink* and the *Basement Tapes*. Songs that someone described as "Like you've never heard them before, and they've been there forever." Even when Dylan and the Band were being booed at every venue they played after Dylan went electric, Robertson remembers thinking, "This is good, they're wrong... We're going to play this music in your face."

What a godsend for us all that when the end came,

when some of the spark plugs stopped firing, the Band decided to stage a farewell concert at the Winterland Ballroom in San Francisco, with a stellar supporting cast of fellow musicians and a young Martin Scorsese masterfully filming the whole performance. *The Last Waltz* (1978) is nonpareil, one of the sublime moments in contemporary musical history. Robertson had hoped that, just as the Band had once recovered its creative wellsprings by dropping out of the bar circuit and hunkering down in an old house ("Big Pink," from the color) in Woodstock, NY, time apart to recharge after the Winterland concert would lead to a new call to musical arms. In Robertson's words, the concert was "a beautiful thank you to this wonderful journey we had been on. [Later] we'd come back together and make music like we'd never done before... Everybody just forgot to come back..."

I can't resist closing this month's review by sending you out to a vintage video of Ronnie Hawkins and the Hawks singing "Mary Lou" (<https://www.youtube.com/watch?v=yEg25P91rIs>). Check out, and the fresh-out-of-high-school Levon Helm on drums, and you'll understand how a budding 15-year-old guitar player named Robbie Robertson would have seen these guys and known he'd found his calling in life.

LADYBUG COFFEE



CLOSED: WE ARE REBUILDING!

Our Ladybugs are now in a row... The Ladybug will be CLOSING on November 1 to REBUILD! We are so excited for the future! We will miss you all greatly & are looking forward to welcoming everyone back in March.

Please help us spread the news!

Love Megan & John and the Loveliness of Kootenay Bay.

Riondel Arts Club

by Sharman Horwood

Fall has definitely arrived and it is a cool, creative time of year. People's gardens have been "winterized," and now everyone has the time to pursue their creative pleasures.

The Riondel Arts Club's show of its members' work continues. Sometimes new paintings are added and old work taken away, so come by to see it on the Riondel Community Centre walls (as well as our continuing exhibition in the Nelson & District Credit Union). Please stop by and tell us what you think. Also, if you're interested in painting, drawing, or mosaic work, come and work with the group on Tuesdays, starting at 10:00 a.m. We have a drop-in fee of \$10, but the first visit is free.

Also, Gerald Panio is continuing his fascinating lectures on Art History on Tuesdays at 1pm. On Nov 1, he is giving a lecture on J.M.W. Turner, who was an English Romantic painter, printmaker, and colorist. He is known for his "expressive colouring, imaginative landscapes and turbulent, often violent marine paintings" (*Wikipedia*). On Nov 8, Gerald will show a video from Simon Schama's Power of Art series, on Jacques-Louis David. David was a Neoclassical French painter, famous for his "cerebral brand of history painting" (*Wikipedia*). On Nov 15, Gerald will present a lecture on Louise Bourgeois, a French-American artist known for her installation art and sculpture, as well as a prolific painter and printmaker. On Nov 22, Gerald will show the first video in The Art of the Western World series, "art history, from ancient Greece to Andy Warhol." On Nov 29, Gerald will give a lecture on Titian, a Venetian painter of the Renaissance. These lectures have a drop-in fee of \$5, but are well worth it.

Have a good November, and a creative one!





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.



Gray Creek Store

Building Community Since 1913
Mon Sat, 9 to 5:30 Sun, 10 to 5



Getting Chilly?

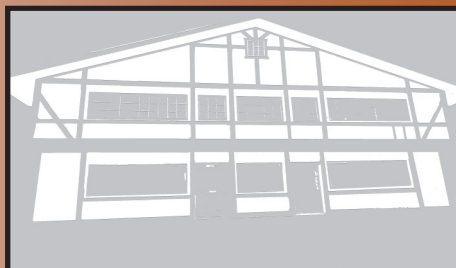
All the Woolies are arriving!
Long Johns, Wool Pants and
Jackets!



Free Delivery Mondays, Wednesdays & Fridays!

250-227-9315
orders@graycreekstore.com

www.graycreekstore.com

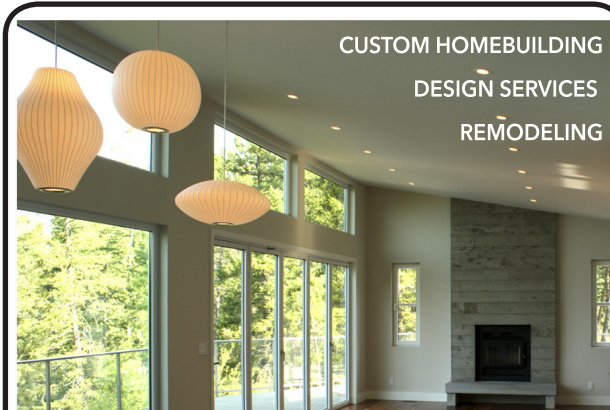


HIGH-SPEED INTERNET

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

Central Kootenay Lake's community non-profit ISP.

CUSTOM HOMEBUILDING
DESIGN SERVICES
REMODELING



HULLAND & LARSEN
CONSTRUCTION LTD
www.hullandandlarsenconstruction.com

(250) 551-2915 or (250) 505-3570
contact@hullandandlarsen.com Licensed and Insured

Serving the communities of Kootenay Lake.

Next Deadline:

November 23, 2022

www.eshore.ca mainstreet@eshore.ca

Turlock Electrical Contracting Ltd.

Your Local Electricians
Commercial, Residential
Over 20 Years Local Experience

- New Construction
- Service Panel Upgrades
- Money-Saving LED Lighting
- Additions & Renovations
- Electric Heating Systems
- Service Calls

Ph: 250.2279688 Cell: (250) 551-4671
brandon@turlockelectric.ca



- Groceries
- Deli Meats/Cheeses
- Fresh Meat & Produce
- Liquor agency
- Natural foods
- Fishing tackle
- Gas

OPEN:

Mon-Sat: 8:30-6:30 & Sun: 9-6

Bottle Depot: Sundays, 10-3



Lest We Forget.

Be sure to
check out our
weekly



Lest We Forget.

specials! Lots of awesome
savings to be made!

Phone: (250) 227-9322

Fax: (250) 227-9417

Email: cbm@crawfordbaymarket.ca

Can we help you with an Insurance Quote?

Auto, Property, Business, Recreational & Travel
Property, Liability, Business Interruption Coverage



CRAWFORD BAY
kootenayinsurance.ca
16030 Hwy 3A, P.O. Box 98
Crawford Bay, BC V0B 1E0

CONTACT:
T: 250 227 9698
TOLL FREE: 1 844 467 8748

HOURS:
Mon to Fri: 9am to 1pm,
2pm to 5pm
Sat: Closed
Sun: Closed



Owned by you and your Credit Union

KIS | Kootenay Insurance Services Ltd.

A strategic partnership leveraging the strengths of East Kootenay Community,
Kootenay Savings, Nelson District & Summerland District Credit Unions



Glenn Strom
Aaron Strom
Box 101, Crawford Bay BC V0B 1E0
Phone/Fax 250-227-9679

- Excavating
- Logging
- Road Building
- Gravel
- Rock Hammer

grscontracting@gmail.com

Cell: (250) 505-3075 or 505-3117

All specs of gravel & drain rock
Discounts for entire job.

**WE HAVE A MICRO EXCAVATOR
AND AN 8-TON MINI AS WELL!**



For the Love of Genre

by Sharman Horwood

An Explosion of Aliens



When I first watched the original *Star Wars* movie in 1977, I loved it, mostly because for the first time, aliens inhabited the universe and were represented on the screen in a great variety of detail. I wanted to jump up and dance when the bar scene started, complete with an alien band, playing their music, as disparate others chatted. As a film, I found it marvelous.

In science fiction generally, there were aliens, but not with this amount of characterization.

Canadian author, Julie Czerneda's *Search Image* (2018) has the same atmosphere, as do her other novels. Her universe bursts with alien races, some of them good, some of them bad, but all fascinating entities.

The main character of the novel is Esen-alit-Quar, "or Esen in a hurry, Es between friends" (p. 423). She is the shape-shifter from Ms. Czerneda's first trilogy (*Beholder's Eye*, 1998, *Changing Vision*, 2000, and *Hidden in Sight*, 2003). *Search Image* is the first book in a new trilogy based on the same lead characters. As a series, this is "part of the Esen continuity" (*Wikipedia*).

Since I'm not her friend and I am in a bit of a hurry, Esen is a shape-shifter, an unusual one. The natural shape of a web-shifter is a "perfect blue teardrop" (p. 123). They have a natural connection with others of their species. There are only seven in her Web, and Esen is the youngest. They share knowledge and

memories by actually tasting each other; their memories and knowledge are embedded in their tissue. Esen describes her species this way:

For we were Web-beings, creatures of energy and matter and transitions between, able to spend some of our mass to bind our remaining molecules in a different, memorized form until choosing to release and return to the flawless teardrop of blue that was our heritage. (p. 88)

Web-shifters can--by taking an appropriate "taste" of another, even a different species--shift into the other's form. In the first trilogy, Esen meets Paul Ragem, and in the course of the three novels, they become close friends. In *Search Image*, Paul Ragem is the Director, and Esen the Curator/Head Gardener of the All Species Library of Linguistics and Culture. Libraries, even encyclopedias, are popular in science fiction, and in fantasy. Isaac Asimov used the *Encyclopedia Galactica* throughout his *Foundation* series; the *Second Foundation's* goal is to save all knowledge for the survival of the civilizations--primarily human--of the galaxy. In *Into the Broken Lands* (2022), Tanya Huff uses scholars devoted to their last library's knowledge after a war among the magicians devastated the land.

Of course, the All Species Library of Linguistics and Culture is an unusual one. All species are welcome to visit, but this library behaves more like an Oracle. At the Library, the interface states "Ask your question" (p. 119). Visitors are only allowed one. They are required as well to trade for the knowledge they receive: they must give information to the Library by donating an artifact in return.

The central idea behind the creation of this Library is to prevent future extinctions of alien species. For all species, getting to know another "is a process, one that could take months to bring disparate species into a working alignment" (p. 121), as evidenced with the Dokeci, a species apparently exterminating the Elves.

The Elves' name came from a children's book. A Human family, visited the Dokeci home world to see their "precontact Lishcyn ceramics." They "dropped

their youngest offspring's worn and beloved copy of *The Everywhere Elves* behind an exhibit of pots" (p. 125). It was an illustrated book, with images throughout. When the Dokeci later discover that the moon around S'Remmer Prime is inhabited, they call this species Elves because they resemble the characters in this book. Unfortunately, the moon is in danger, and how the Dokeci are handling the situation is questionable. They are in the process of "transplanting the last survivors of an unknown species like some potted rose" (p. 140) elsewhere. As Esen maintains, First Contact is indeed a process.

At the same time, Paul Ragem learns that his father is still alive but has gone missing. His mother--a starship navigator--had died many years before on the starship Smokebut. As a couple they'd been estranged for some time, and as "Esen reminds us Human relationships are complicated" (p. 425). However, Paul decides he must do what he can to find his father. Esen, of course, wants to help Paul. They must save the Elves, and find his father.

This novel bounces with details of her interesting alien species. Julie Czerneda's educational background is in biology and science, and her writings reflect this. She worked as a science writer for years before starting her own stories. According to *Wikipedia*, she "has edited and authored a number of educational books about career guidance and the teaching of science." She has won four Canadian Prix Aurora Awards, for *In the Company of Others* (2001), for "Left Foot on A Blind Man" (2002), as Best Editor for Space, Inc. (2004), and Best Editor for *Under Cover of Darkness* (2008, with Jana Paniccia). She is now a Science Fiction and Fantasy member of the Canadian SFFA Hall of Fame.

However, I enjoy her novels--both science fiction and fantasy--because they burst with quirky characters, and stories that are always interesting. The atmosphere is rich, the details marvelous. They are moving stories about alien civilizations, and magical creatures, and they are a very good read.

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.

Emotional Intelligence and Empathy

The La Brea Tar Pits are a paleontological site in Los Angeles ("brea" means tar in Spanish). They are an ongoing research site that recovers the fossils of animals, including one human woman, from the thick, killing tar. Many of the fossils have been there for tens of thousands of years (*Wikipedia*). The George C. Page Museum leads the research that recovers the bones. All of them are interesting, but one is particularly so. It is the bones of a subadult saber-toothed cat.

While we often call them saber-toothed tigers, in reality they were two species, neither of which were tigers. (Considering those massive, sharply-edged teeth, their Latin name, *Smilodon*, is rather ironic.) Hundreds of them have been recovered from the tar pits. Many show broken bones that had healed, in what are called "hunting injuries." One subadult, however, had suffered a shattered pelvis. The other "animals may have been crippled long after the injury healed, suffering swollen ankles, prominent limbs, and limited mobility that persisted for years" (*Wikipedia*). A shattered pelvis, however, would have completely immobilized the animal: "it is far more likely that such an animal would have been unable to move from a single spot on the ground for several months" (*Wikipedia*). The cat would have starved to death. However, this animal survived, suggesting that relatives brought food back for it. In other words, *Smilodon* was a social animal with strong bonds within its group.

Wikipedia defines emotional intelligence, or EI, as "the ability to perceive, use, understand, manage, and handle emotions." People with high emotional intelligence understand their emotions, what other people's emotions are, and "use emotional information

to guide thinking and behaviour." In other words they can behave successfully. In this way, emotional intelligence is more effective than simple intelligence.

Scientists are now beginning to recognize that many animals have the same skills. In the case of the saber-toothed cat, having this ability led to its survival, strengthening the overall success of its group.

Other animals show signs of high emotional intelligence, too. In the case of ravens, these birds form strong, supportive bonds with each other. They are smart birds; they have "remarkable cognitive abilities" (*National Geographic*, "What Are They Thinking?" by Yudhiji Bhattacharjee, October, 2022). They recognize people's faces, remembering whether one individual is either kind or cruel. They display grieving behaviour when one of their group dies. They are known to use tools, in studies show that they can solve problems, and "plan for the future" (*National Geographic*, "What Are They Thinking?" by Yudhiji Bhattacharjee, October, 2022). Bhattacharjee saw one raven hiding one of its treats. It put the treat on the ground, covered it with a rock, but then came back after a few minutes, recovered the treat and then buried it in a different spot, under some gravel. The raven was hiding the treat for the future. According to Bhattacharjee's sources, also seem able to assess what others know, and "they are keenly attuned to their role in social networks." We would generally call this empathy, a quality of high emotional intelligence.

Thomas Bugnyar, a behavioral and cognitive biologist at the University of Vienna, has documented what is known as consolation behaviour 152 times over the years. When two ravens quarrel and then fight, the loser is heckled by the other birds. It withdraws from the group to sit shaking by itself. A few minutes later, one of the birds will approach it. Even when the losing bird backs away, the consoling bird will persist. Eventually it calms the losing bird, bringing it back into the group. All of this strengthens the support bonds within the group, helping them to become more effective. Birds, however, don't have the same brain structure as other animals. Birds "have small brains and no cerebral cortex," the area of the brain where we process

emotions, but "they make up for it with a high density of neurons" (*National Geographic*, "What Are They Thinking?" by Yudhiji Bhattacharjee, October, 2022).

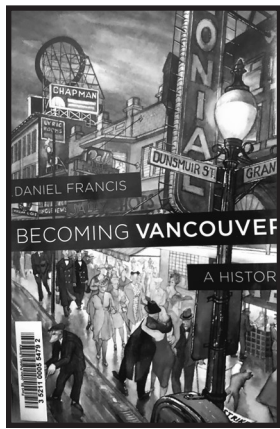
Other animals show the same sort of emotional as well as physical support to their own species (and humpback whales show it to stranded humans, or dolphins about to be attacked by orca or sharks). In 1954, near Florida, a capture expedition was taking dolphins to place in aquariums. The team exploded a stick of dynamite in the water near a pod of bottlenose dolphins. Then they picked up the stunned animals and place them in tanks. One of the dolphins was stunned so much it couldn't remain near the surface. It was drowning. Two members of the pod swam over and beneath her, raising her so that she could reach the surface to breathe. They themselves had to remain below the surface for some time where they couldn't breathe, risking their own lives; they managed to keep her afloat long enough until she recovered. Adam Smith, "the father of economics" (*Are We Smart Enough to Know How Smart Animals Are?* by Frans de Waal, p. 132-33), defined this sort of behaviour as "empathic perspective taking." It is behaviour in which one creature understands the suffering of another, or changes "places in fancy with the sufferer." They understand and help one another when the situation is dangerous. Most researchers now call this empathy, and link it to emotional intelligence.

Critics have questioned whether EI is a real intelligence or not. According to Frans de Waal, that is because it "belongs to the large, submerged part of the iceberg--traits that we share with all mammals," as well as birds (*Are We Smart Enough to Know How Smart Animals Are?* by Frans de Waal, p. 132-33), and thus it doesn't gain the same respect. Some animals are better than humans when it comes to empathy. De Waal, an expert in primate behaviour, "thinks bonobos," one species of chimpanzee, "may have a greater sense of empathy than humans" (*National Geographic*, "What Are They Thinking?" by Yudhiji Bhattacharjee, October, 2022). Bonobos are the chimps that greet strangers by trying to play with them.

Empathy is part of emotional intelligence, and as a survival strategy, very effective for many animals, including humans.

Book Review

by Tom Lymbery



Becoming Vancouver: A History, by Daniel Francis, Harbour Publishing, 266 Pages, hardcover, \$36.95.

This is a comprehensive story of Vancouver from its beginnings to the major city of today. A most interesting thing that Daniel Francis reports is that Major Mathews, early chronicler of Vancouver history, used First Nations place names and stories of

their people – something disregarded by others who referenced Mathew's work.

When the Canadian Pacific Railway first reached tidewater at Port Moody it was assumed that that would be the terminus. But CPR President, Cornelius Van Horn, realized that there was insufficient room for large ships, so he looked further and soon decided the small community of Granville had sufficient space for ships and a large city. He also thought big and decided that Vancouver was a better name for the large port he envisioned.

With the tracks extended to the new site the town started to grow. Slowed up by a fire that destroyed many of the early buildings, but these were soon replaced with better. Cross Pacific Ocean liners were soon commissioned by the CPR, bringing the Orient and Australia passengers and materials to Vancouver, with westbound traffic taking more lumber and wheat overseas.

Daniel Francis lists the street names in the new city, mostly named after CPR surveyors and their friends. Gradually the mud streets were paved with wood blocks which provided a solid base. A large sugar refining company was built, followed by grain elevators.

This book provides much detail about the growing port city as it became world famous when Expo 86 brought millions of people from all over the world to the Worlds Fair.

The Skytrain transportation continues to expand, producing important new neighbourhoods throughout Vancouver. This book is an encompassing history of Vancouver.

East Shore Community Reading Centre

by Librarian Taryn Stokes

Happy November to everyone. It is the start of the season where days are getting shorter and it is perfect to curl up by the woodstove with a good book.

In October we had 230 items checked out and served 33 of our library members. We added 26 new items this month including books by Val McDermid, John Grisham, Stuart Woods, John Connelly, Jeffrey Archer, Lee Child and John Sandford.

I am looking forward to reading Nelson DeMille's long-awaited return of John Corey in his newest novel *The Maze*. Nelson DeMille is perhaps best known for his novel *The General's Daughter*, which was adapted to a movie in 1999 starring John Travolta. We were first introduced to the character of John Corey in *Plum Island* back in 1997. Unfortunately, our library no longer has a copy of that book but it can be easily requested as an interlibrary loan.

It is great when I read a book that our patrons have loved. This month it was *The Lost Wife* by Alyson Richman. This is a historical fiction novel that takes place during World War II. It follows the paths of young lovers torn apart by the war and their separate lives that eventually end up with them reuniting through an unexpected encounter. The story weaves together the two stories with a message of hope and resilience.

The East Shore Community Reading Centre is open Tuesdays and Saturdays between noon and 3PM. We can be reached at 250-777-1492 or via email at escomlib@gmail.com. Our address is 16234 King Road, across from the Crawford Bay Hall. We are pleased to host the Hospice Library collection at our location as well. You can also follow us on Facebook (@escomlib) to stay current on all our new books and activities. Take care this fall and happy reading to all.



Thank you so very much for supporting my re-election!

It was a very challenging campaign; your confidence in me & your ongoing support bolstered me greatly & helped me get through it. One of my commitments this term is to

improve communication across the district to ensure accurate information is circulating in all school communities & that understanding of district operations & governance is increased.

I welcome your thoughts & suggestions at any time. It is an honour to continue to serve as one of your trustees.

Thank you so much again for your support!

November 8 the 2022-2026 Board of Education will meet for the first time.

Board Members: Crawford Bay, East & North Shores-Lenora Trenaman, City of Nelson/Bealby Point-Murray Shunter and Julie Bremner, Salmo, Taghum and Blewett-Susan Chew, Slovan Valley/Bonnington-Sharon Nazaroff, Creston South Rural-Mary Jayne Blackmore and Allan Gribbin, Town of Creston-Kathy Etheridge, Village of Kaslo & North Rural Zone-Dawn Lang

Email: lenora.trenaman@sd8.bc.ca
and phone (call or text): 250.229.4633

Common Mistakes in Writing Some General (and Mainstreet-Specific) Rules to Follow

a Mainstreet submission

- Only capitalize proper nouns, titles, the first word in a paragraph and the first word after a period. In other words, capitalize the names of people, specific places, and things. For example: We don't capitalize the word "bridge" unless it starts a sentence, but we must capitalize Big Orange Bridge because it is the name of a specific bridge.

- Exclamation marks are overused and therefore lose emphasis. They are meant to indicate yelling or great excitement/surprise. Less is more.

- Last names should always be included in newspaper submissions.

- Numbers lower than 10 should be written out. "Seven times I wrote the number 17."

- *Mainstreet* prefers the date format as follows: *March 20, 2017* or *March 20/17*. We remove the little date suffixes (22nd, 31st) as a policy, and always change the format of *20th of April, 2017*.

While *Mainstreet* loves, adores, cherishes and is eternally grateful to her submitters and writers, small adjustments to formatting like those stated above make the job much more smooth and efficient. But, don't worry, we'll fix them if you don't.

Next Deadline:
Nov 23, 2022



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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

Email: mainstreet@eshore.ca

Web: www.eshore.ca

ADVERTISING RATES

\$40 - 3.25 wide X 1.75 tall (inches)

\$45 - 3.25w X 2.5t

\$50 - 3.25w X 3t

\$55 - 3.25w X 4t

\$60 - 3.25w X 4.5t OR 6.75w X 2.25t

\$70 - 3.25 X 6t OR 6.75w X 3t

\$95 - 3.25w X 9t OR 6.75w X 4.5t

\$115- 3.25w X 10.25t

\$150- (1/4 page) 5w X 7t

\$175 (1/3 page) - 6.75w X 7t

OR 3.25 w X 14.5t OR 10.25w X 4.5t

\$250 (1/2 page) - 10.25w X 7t

\$450 (full page) - 10.25w X 14t

Sample Sizes - more sizes available.

Column Width: 3.25 inches - double width: 6.75 inches - full width: 10.25 inches

Services Directory: \$5/month, up to 3 lines.

Classified Ads: \$5/first 30 words, 10¢/word additional

****THESE RATES ARE FOR B/W ADS ONLY****

FOR FULL COLOUR, ADD 30%

south
kootenay
lake
art
connect

ArtConnect Society AGM

Sunday, November 20, 2-3:30

16074 Crawford Creek Rd

Open to the entire community. Your participation is essential to the future of the Society. Agenda includes presentation of the financials, gratitude for the past year, discussion of future events and use of the venue, and election of board members. Your membership allows you to vote. Refreshments will be served.



Food as Medicine - Butternut Squash

by Maya Skalinska M.H., R.H.T. Master Herbalist

Eight nutritional guidelines

Food is our fuel and our medicine. Our bodies take in nutrients, break them down, assimilate and deliver them to our cells. Our cells use these nutrients for hundreds of different functions like growth, maintenance and repair. We are what we eat. We also know by now how harmful fast food is (check out the documentary “Super Size Me”). Yet we tend to overlook the fast foods we pick up at the grocery stores. These are all the pre-packaged, highly refined, sugar loaded, denatured foods that cause digestive problems, immune system issues, hypoglycemia, type II diabetes, Candida Albicans overgrowth and a few types of cancer just to name a few. White flour and white sugar being the worst on a long list of highly refined foods that create havoc, especially when eaten on a daily basis. And then there’s “food” that hardly resembles food, like the plastic wrapped, plastic tasting, yellow dyed rubbery squares that its makers call “cheese”. We’re always looking for short cuts. The easiest, fastest way to prepare our foods. But at what cost? Simply put, our bodies are not designed for consumption of any highly processed foods. We are designed to consume nutritionally rich, real foods, not chemicals made in a laboratory.

So, here are eight of the most important nutritional guidelines that apply to all:

1. Choose foods that are whole, and in their natural state. Fresh fruits, vegetables, whole grains, eggs, nuts, seeds.

2. Choose organic as often as possible. Less chemicals, more minerals and other nutrients due to better soil health. Organic produce also tastes better.

3. Choose fresh, local, and seasonal. Higher nutritional content, as well as local is always better suited for our bodies, as we resonate with the environment we live in.

4. Choose a large variety of colors, textures and flavors. Variety gives us nutrient diversity, which our bodies crave. Enjoy all the six flavors: sweet (whole grains, whole milk), sour (yogurt, tomatoes), salty (sea salt, seaweed), bitter (green leaf vegetables, endive), astringent (beans, apples) and pungent (ginger, garlic).

5. Practice conscious eating. Listen to your body’s signals. The more you practice awareness, the more attuned you will be to the effects of food on your body.

6. Practice the “80/20 rule”. Eat whole food based diet 80% of the time, and treat yourself with whatever you fancy 20% of the time.

7. Eat your vegetables. Ensuring a large variety of all colors, aim for 8 servings of vegetables per day.

8. Eat something fermented everyday. A healthy microbiome is essential to our health. Eat lacto-fermented vegetables such as pickles, sauerkraut or kimchi. Check the ingredients and look for sea salt instead of vinegar. If vinegar is listed, it is not lacto-fermented, therefore does not contain the live bacteria that keep our microbiome healthy. Other healthy fermented foods: organic yogurt, kefir, miso (never heat it over 37°C), homemade kombucha, apple cider vinegar.

It sounds so simple. You’ve all heard this before. Look at your diet and ask yourself, how much variety are you getting from it? Read the labels and see how much sugar and unnecessary chemicals you’re consuming. I see amazing results with all my clients that adopt these simple guidelines. Nutritionally rich whole foods are key to health. We truly are what we eat.

Maya is a Registered Herbal Therapist with BCHA. She offers Iridology, Herbal Medicine and Nutritional Consultations in Crawford Bay and Nelson.

New Key's Place
250.227.6911

- Mark Your Calendars -

*Better to Give
Than Receive*

Live auction (Nov 27)
Come and see the donations
(Nov 12-25)

This is our 10th 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.**



Tales From Shprixieland

by Heath Carra

Newsdrug

Hi. My name is Heath, and I’m a newsaholic. Like most of you, I started experimenting with newsdrug when I was a kid. I’d sneak a little taste of newsdrug when flipping between the channels and waiting for the commercial in my cartoon to end. This was back in the 80s in Calgary, so it was that clean, politically right-of-centre newsdrug, cultivated with honest-to-goodness prairie-raised conservatism. The buzz it gave you made you feel grown-up and in touch with the indignation of your fellow Calgarians. Even now, after decades of newsdrug addiction, conservative newsdrug has a flavour of nostalgia for me, a return to that tender young age when I was open and ready for any new opinions to fill me up.

As I became a teen, I started using newsdrug every day. The teachers at school were my pushers, encouraging me to consume newsdrug and to experience the high that came with forming my own opinions on everything and anything. It was glorious for a time. The exhilaration of being “informed” was like nothing I’d ever felt. I was hooked. But as with all drugs, the more I used, the more I developed a tolerance. That beautiful buzz was harder to get, and I felt myself getting all irritable and angry from the side effects. The more I used, the worse my frustration grew.

What once helped me feel connected gradually made me feel more alienated than ever before. It’s

the conservative newsdrug, I realized; it’s a deliberate bending of the truth. These were the clarified thoughts I was having once I got off that newsdrug and onto the additive-free left-wing newsdrugs. Man, those were good. I felt a renewed sense of informed virtue with every magazine dose or online article hit. It directly targeted the pleasure centre of my brain while supplying just the right amount of fear and outrage to make for a stimulating contrast.

Soon I was using CNN at work. I’d sneak out back on my coffee break and shoot two articles from the New York Times. I thought I could control it, but before long, I felt myself drifting back to the right, just looking for a little edge. I’d have a little Newsweek on the weekends, I’d down a Washington Times at a party and then stumble home in a daze. When visiting with friends or family, I’d sneak to the bathroom and do lines of Fox News off of my phone. I told myself it was to “gain some perspective.” But we all know I was looking for something to bring back that glorious newsdrug high.

My desperation grew, and soon I began frequenting government-sanctioned online newsdrug dispensaries like YouTube and Facebook. As I continued in my downward spiral, I started hanging out in seedier and seedier online dens. My addiction had grown so destructive that I became paranoid of lies everywhere, and my obsession with “the truth” took me over completely. I’d fallen down the newsdrug rabbit hole.

“You’re all delusional!” I’d shout at family reunions and at the circus-themed birthday parties our friends held for their children. “You’re living in an illusion created by your fake newsdrug, man!” I once shouted at a clown before flicking him violently on his squeaky nose.

Later that day, after the fight had been broken up, I hollered through the bars of my jail cell, “We’re all trapped in a fascist commie alien video game. We’re nothing but sock puppets for extra-dimensional enti-

ties to holiday inside of. No! You can’t shut me up! I have to get the truth out! Follow the money, sheeple!”

Follow the money, indeed.

I’m embarrassed to say it, but that’s about the time I hit rock bottom.

These days I try to take newsdrug only on the weekends or on special occasions, and even then, I can only have a little bit. It’s just too strong for me, and the withdrawal leaves me feeling vulnerable and out of touch.

Nope, these days I prefer the high of all-natural newsdrug. The raw stuff that hasn’t been processed, packaged, and delivered. Homegrown organic gossip, that’s what I’m talking about. Since I started microdosing it, I find I have a lot more mental clarity. I’m no longer caught up in the fog of world leaders and their epic fictions of politics. My newsdrug of choice features local talent only. You’re the newsdrug that I like to vape in the evening to help me unwind.

After all, what we call “reality” is just a shared hallucination anyway. Our senses are struggling to make sense of a nonsensical universe. We order the skewed information we collect, and as a community, we agree on a concept of reality. Locally grown newsdrug makes me feel more in control of these hallucinations. They’re hallucinations that I can actually touch.

Next Deadline:

Nov 23, 2022

www.eshore.ca

mainstreet@eshore.ca

Notice of Passing

Nick Jacob Janzen Jr
Nov 30, 1943-Aug 13, 2022

Nick Jacob Janzen Jr. died August 13, 2022 at Kelowna Hospital from complications following surgery.

Nick was born in Coaldale, Alberta on November 30, 1943. He was raised on the family farm just outside of town and graduated from Kate Andrews High School in 1961. He married Rose Fiedler Sept 5, 1964 in Lethbridge. Nick was not particular keen on school, nevertheless he studied automechanics at Lethbridge College and completed his 3-year apprenticeship in 1967. He worked for several years as a mechanic and then joined the Lethbridge Fire Department in May 1970.

After retiring from the Fire Department in 1999, he and Rose settled in Crawford Bay, BC where he enjoyed fishing, sailing, drinking coffee and tinkering on various projects for himself and his neighbors. He was always curious to solve a problem and create a solution. He was known by many as someone who could fix anything. Always a great story teller, he will also be remembered for his humor and guitar playing, and singing country songs around the campfire. John Denver and Gordon Lightfoot were particular favorites.

Through his life, Nick struggled with alcohol dependency and proudly conquered his addiction. He was a mentor and sponsor to many in AA. This experience sparked an interest in spirituality that he would study for the rest of his life.

He is survived by his wife, Rose; their children, Russell and Heather; his grandson, Cyrus and his sisters, Elfriede and Elvira.

Predeceased by his parents Nick Sr. and Mary Janzen, and his brother Walter.

In accordance with Nick's wishes, his ashes were scattered in a private ceremony on Kootenay Lake near his favorite fishing spot. He will be missed.

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.

south
kootenay
lake **art**
connect

ArtConnect Society AGM
Sunday, November 20, 2-3:30
16074 Crawford Creek Rd

Open to the entire community. Your participation is essential to the future of the Society. Agenda includes presentation of the financials, gratitude for the past year, discussion of future events and use of the venue, and election of board members. Your membership allows you to vote. Refreshments will be served.

Notice of Passing

Roland Procter
OCT 8, 1946 - SEPT 8, 2022

Intro by Tom Lymbery: From Tom Lymbery: We were so fortunate that Dr. Roland Procter chose the East Shore to reopen the Riondel Medical clinic in 1974, that COMINCO had set up for their employees at the Bluebell Mine. After the mine closed we expected a bleak future for medical services, isolated from Creston and Nelson. Newly qualified as an MD from McGill in Montreal he brought Nurse Mary Donald with him. My mother Kathleen was suffering with terminal heart problems so we were blessed with a caring team.



Roland was born on October 8, 1946, in England and died on September 8, 2022, in the Kootenay Lake Hospital (Nelson, BC) after several weeks of tender care by his children in his Nelson home.

Roland was raised in Montreal after moving with his family as an infant from England. He first visited the Kootenays in 1967 as a geology student. He thereafter decided on a medical degree at McGill University despite his mother's warning that his change of heart was likely due to sun stroke (a story he told fondly). After a residency in the St. Paul's Hospital in Vancouver, he returned to the Kootenays as a GP, opening a medical clinic in Riondel in 1974. Married in Wolfville, Nova Scotia, in 1976, Roland returned to the Kootenays in the early 1980s, and practiced as an anesthetist at the Trail Regional Hospital. He raised four children, in homes in Rossland, Johnson's Landing, and Nelson. Roland spent his vigorous years working, gardening, hunting, skiing, and mountain biking. He spent his retired years tending to his beloved homestead in Johnson's Landing, walking his dogs, and collecting pocket knives and Pendleton wool shirts. Roland will be remembered by the Kootenay families he served as a doctor and his many friends and acquaintances from Rossland to the north end of Kootenay Lake and all points in between.

Roland is survived by his four children (with partners) Amanda (Cyrille), Jamie (Ashleigh), Emily (Martin), and Isabella; three grandchildren Selina, Simone, and Nicklas; ex-wife Georgia; and sister Penny (Kelly).

We thank the Interior Health palliative care team (Nelson), the doctors and nurses at KLH, the Nelson Care Aid programme, Nelson End of Life Society, Dr. Kyle Merritt, Dr. Ralph Behrens (retired), Maureen Lewis and many other friends who lent a helping hand during the final months of Roland's life. The family also extends its gratitude to the Thompson Funeral Service for their assistance.

His children intend to organize a celebration of life in the Kootenay Lake area in 2023. Family and friends will be informed and asked to spread the word.

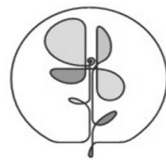
Next Deadline:

Nov 23, 2022

www.eshore.ca

mainstreet@eshore.ca

Green Bubble Co



(SUNNY WOODS)

HOURS:

Mon-Sat: 10AM TO 4PM
(closed Mon/Tues)

Come and check us out for all your Christmas Shopping Needs!

Pet Supplies, Farm Feed, Giftware, Garden Décor & Supplies, Fresh Eggs, Wildly Delicious Condiments, and Kootenay River Beef/Chicken/Fish.

CALL (250) 505-0847

Barefoot Handweaving



Warm colours keep you cozy in the winter even when woven with bare feet!

Open daily 10- 4:30 at least 227-9655

Hours of Operation Resource Recovery Facilities

Crawford Bay Transfer Station
 November 6, 2022 - March 11, 2023
 10:00 am - 4:00 pm
 Sunday & Tuesday

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



rdck.ca
 250.352.8161 | RRdept@rdck.bc.ca

Next Deadline:

Nov 23, 2022



The Durability of Signs by Tom Lymbery

I purchased this lighted Autoplan sign from ICBC in 1980 and it hung outside at my insurance office in Gray Creek until 1996 when we sold the business to the Credit Union in Crawford Bay. It's still doing duty at the Kootenay Insurance Services office there. Please read my article on Insurance in this issue.

November 2022 Mainstreet 13

SERVICES DIRECTORY/CLASSIFIEDS

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair
250-227-9370

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

BUS/ORG SERVICES/ANNOUNCEMENT

CIRCLE OF FRIENDS ART & CRAFT SHOP, Riondel, BC. Open Thursday, Friday and Saturday from 11:00 am to 3:00 pm, June 30th to September 5th

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)

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 - Confidential palliative care support for individuals living with life threatening illness, support for their loved ones. ES Hospice can provide trained volunteers to provide respite care to give family caretakers a break and provide companionship for the patient. Contact Susan Dill: East Shore Hospice Coordinator via the Health Centre: 250.227.9006 or cell 250.505.4915 or home at 250.227.9350. Hospice related books on care, grief and mourning are available. eastshoreshospice@gmail.com

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: Harrison 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: Massage practitioner using tuning forks, foot reflexology and energy balancing to create a balanced full body massage and tune up. Astrological counseling with 40 years experience. Bach Flower and other flower essences available. For appt: call 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. wmmorris33@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.

YARD/LANDSCAPING/SITE PREP

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

Next Deadline:
Nov 23, 2022
www.eshore.ca
mainstreet@eshore.ca

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.

Want to Contribute?
www.eshore.ca
mainstreet@eshore.ca

HEY YOU! Crawford Bay Hall & Park Facility Rentals
Crawford Bay's Community Hall, Community Corner Building and Park Pavilion are now available for rent.
Info: bookings@cbhall.ca

The many active groups in the Boswell Community have resumed their schedule "post Covid". Fitness, Yoga, Carpet Bowling, TAPS, Book Club, Vintners, Quilters and Focus on Health are back to meeting at the Hall. Contact the coordinator for more information.

Planning a wedding?
Holding a meeting?
Consider renting the BOSWELL MEMORIAL HALL
Booking/info: Melody Farmer at 250-223-8443

NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.
Join us. Be a volunteer responder. | RIONDEL FIRE/RESCUE SERVICES
Call 250.551.1352

BULLETIN BOARD

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

*** BULLETIN BOARD * BULLETIN BOARD ***

CHILD 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 2022

Nov 1, Tue: Jayme Ingram

Nov 2, Wed: Dr. Moulson/Jayme Ingram

Nov 3, Thur: NO COVERAGE

Nov 4, Fri: Jayme Ingram

Nov 7, Mon: Jayme Ingram

Nov 8, Tue: Jayme Ingram

Nov 9, Wed: Dr. Moulson/Jayme Ingram

Nov 10, Thur: NO COVERAGE

Nov 11, Fri: NO COVERAGE

Nov 14, Mon: NO COVERAGE

Nov 15, Tue: NO COVERAGE

Nov 16, Wed: Dr. Moulson/Jayme Ingram

Nov 17, Thur: NO COVERAGE

Nov 18, Fri: Jayme Ingram

Nov 21, Mon: Jayme Ingram, NP

Nov 22, Tue: Jayme Ingram, NP

Nov 23, Wed: Dr. Moulson/Jayme Ingram

Nov 24, Thur: NO COVERAGE

Nov 25, Fri: Jayme Ingram, NP

Nov 28, Mon: Jayme Ingram, NP

Nov 29, Tues: Jayme Ingram, NP

Nov 30, Weds: Dr. Moulson/Jayme Ingram

NOVEMBER EVENTS AT THE BOSWELL MEMORIAL HALL

-Boswell Memorial Hall Annual General Meeting is Wednesday, November 2, 2022 at 7pm. All are welcome.

-Dance to the music of Mike Stenhouse on Sat, Nov 5, 2022 from 7-10pm. Tix (\$15) available at the Destiny Bay Store.

-The RDCK KLCC meeting is set for Monday, November 14, from 6 to 8:30pm. All are welcome.

MARQUEE MONDAYS

Movies every Monday at 7pm.

Riondel Community Centre Seniors Room

Nov. 7: Everything Everywhere All At Once (2022)

Nov. 14: If Beale Street Could Talk (2018)

Nov. 21: Lightyear (2022)

Nov. 28: Where the Crawdads Sing (2022)

Dec. 5: The Blue Angel (1930)

Dec. 12: The Batman (2022)

Dec. 19: Dog (2022)

Dec. 26: Summer of Soul (2021)

Jan. 2: Children Who Chase Lost Voices (2011)

Jan. 9: Licorice Pizza (2021)

Jan. 16: Elvis (2022)

Jan. 23: Turning Red (2019)

Everyone Welcome

(membership not required)

Admission by Donation

RIONDEL & DISTRICT CURLING CLUB

Anticipated Start - November 26

Open House - November 19 - 2:00 p.m.

Riondel Curling Rink

Info call Mark 250-551-0556



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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

Email: mainstreet@eshore.ca

Web: www.eshore.ca

ADVERTISING RATES

\$40 - 3.25 wide X 1.75 tall (inches)

\$45 - 3.25w X 2.5t

\$50 - 3.25w X 3t

\$55 - 3.25w X 4t

\$60 - 3.25w X 4.5t OR 6.75w X 2.25t

\$70 - 3.25 X 6t OR 6.75w X 3t

\$95 - 3.25w X 9t OR 6.75w X 4.5t

\$115- 3.25w X 10.25t

\$150- (1/4 page) 5w X 7t

\$175 (1/3 page) - 6.75w X 7t

OR 3.25 w X 14.5t OR 10.25w X 4.5t

\$250 (1/2 page) - 10.25w X 7t

\$450 (full page) - 10.25w X 14t

Sample Sizes - more sizes available.

Column Width: 3.25 inches - double width: 6.75 inches - full width: 10.25 inches

Services Directory: \$5/month, up to 3 lines.

Classified Ads: \$5/first 30 words, 10¢/word additional

****THESE RATES ARE FOR B/W ADS ONLY****

FOR FULL COLOUR, ADD 30%

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

Everyone welcome.

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.

ALCOHOLICS ANONYMOUS:

Every Wednesday Night.

7 pm at Crawford Bay Corner Building, 15990 Hwy 3A

(1 hour mtg.) Closed, Big Book Discussion

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	
11:30	10:40		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

November 2022 Mainstreet 15

East Shore Seniors Connect

(Therapeutic Activation Program for Seniors) TAPS



A Program for East Shore Seniors – a place to make new friends, support each other, and enjoy a nutritious lunch. Admission is FREE but we appreciate donations if possible.

NEED A PICK UP/TRANSPORTATION?

PLEASE CALL: Ginger Leclerc (250) 354-8473

OCTOBER

TUESDAY 4th	RIONDEL 9.30 – 12.30 p.m.	THURSDAY 6th	CRAWFORD BAY 11.00 – 2.00 p.m.
TUESDAY 11th	BOSWELL 11.00 – 2.00 p.m.	THURSDAY 13th	GRAY CREEK 11.00 – 2.00 p.m.
TUESDAY 18th	RIONDEL 9.30 – 12.30 p.m.	THURSDAY 20th	CRAWFORD BAY 11.00 – 2.00 p.m.
TUESDAY 25th	BOSWELL 11.00 – 2.00 p.m.	THURSDAY 27th	GRAY CREEK 11.00 – 2.00 p.m.

NOVEMBER

TUESDAY 1st	RIONDEL 9.30 – 12.30 p.m.	THURSDAY 3rd	CRAWFORD BAY 11.00 – 2.00 p.m.
TUESDAY 8th	BOSWELL 11.00 – 2.00 p.m.	THURSDAY 10th	GRAY CREEK 11.00 – 2.00 p.m.
TUESDAY 15th	RIONDEL 9.30 – 12.30 p.m.	THURSDAY 17th	CRAWFORD BAY 11.00 – 2.00 p.m.
TUESDAY 22nd	BOSWELL 11.00 – 2.00 p.m.	THURSDAY 24th	GRAY CREEK 11.00 – 2.00 p.m.
TUESDAY 29th	RIONDEL 9.30 – 12.30 p.m.		

DECEMBER

TUESDAY 6th	BOSWELL 11.00 – 2.00 p.m.	THURSDAY 1st	CRAWFORD BAY 11.00 – 2.00 p.m.
TUESDAY 13th	RIONDEL 9.30 – 12.30 p.m.	THURSDAY 8th	GRAY CREEK 11.00 – 2.00 p.m.
TUESDAY 20th	BOSWELL 11.00 – 2.00 p.m.	THURSDAY 15th	CRAWFORD BAY 11.00 – 2.00 p.m.
TUESDAY 27th	RIONDEL 9.30 – 12.30 p.m.	THURSDAY 22nd	GRAY CREEK 11.00 – 2.00 p.m.
		THURSDAY 29th	CRAWFORD BAY 11.00 – 2.00 p.m.

Starbelly Jam

Sunday, November 13 @ 2 pm
At the Gray Creek Hall

Annual General Meeting

Starbelly Jam memberships \$5. Vote for the upcoming board of directors.

LOUISE BOCKNER
PHOTOGRAPHY