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The East Shore Mainstreet

KOOTENAY LAKE BC

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

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Once again, *The Mainstreet* gives you the opportunity to give to your community twice this Christmas. Express your Christmas greetings to the East Shore, and at the same time, contribute to the East Shore's Food Hamper Fund.

Please send a *minimum* \$10 donation and a short greeting to be published in the December issue.

The community will receive your good wishes, and the hamper fund will receive your donation.

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EAST SHORE CHRISTMAS FOOD HAMPER DAY

--WEDNESDAY, DECEMBER 16TH, 2015--

Please drop off Non-Perishable items or Cash Donations at Local Grocery Stores or the Credit Union

If you or a friend need a Food Hamper please contact Gina Medhurst at (250) 227-6896 by November 19th, 2015

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

There will also be a couple of great fundraising events, as well as other donation opportunities around your community.

RETURN UNDELIVERABLE ITEMS TO:
The East Shore Mainstreet
Box 140, Crawford Bay, BC
VOB 1E0

Agreement#: 40718537

Crawford Bay & District Hall & Parks Association

A.G.M

Monday
Nov. 16
7:30 p.m.

Crawford Bay Hall
"Come on out and help plan the future of the Hall and Park!"



Editor's Word on the Mainstreet

by Ingrid Baetzel

Halloween 2015 - The real horror is inside the candy wrapper.

This year's Halloween celebrations saw a fantastic array of spirited grown goblins walking their young beasties and teenage terrors cavorting around the four or five city streets of Riondel, while the same happened all around the developed world. These hoods, goons and sirens were seen asking for sweets in exchange for their costuming prowess and walking labour. They bounded over shrubs and hedgerows to gather bounty; some were yelled at, some cheeks were pinched and some were sweetly welcomed, but this much is true... they all were found holding copious amounts of goodies made from one of our world's most terrifying ingredients of all - palm oil.

I know, I know, and I'm sorry. There's nothing like taking the life out of a glorious holiday like Halloween by talking about how 300 football feilds of rainforest are cleared HOURLY to make room for palm oil production... or making the sweet flavour of your favourite snack-sized candy bar turn sour at the mention of 50,000 orangutans who have died as a result of the reforestation. How about the stomach turning, candy corn flop of knowing that palm oil production takes full advantage of low income, impoverished areas to allow corporations to take the land owned by indigenous peoples for their own financial benefit? That lollipop really sucks now, doesn't it?

Now for the most horrifying fact of all - this single vegetable oil is found in approximately 40-50% of household products in countries such as United States, Canada, Australia and England. Palm oil can be found

in a wide variety of products, including: baked goods, confectionery, shampoo, cosmetics, cleaning agents, washing detergents and toothpaste. The most common place you'll find palm oil? Uh... everywhere. Your favourite store bought cookies, pretty well all chocolate, detergents and soaps, shampoo, lipstick, ice cream... the list goes on. It is the most widely-consumed vegetable oil on the plant. It's nearly unavoidable.

Now here's the good news. According to the World Wildlife Fund you don't have to give up products containing palm oil! It can be produced in a responsible manner that respects the environment and the communities where it is commonly grown. Look at your purchased products for the Roundtable of Sustainable Palm Oil (RSPO) sticker to ensure what you've bought has been made with certified, sustainable palm oil or the Green Palm label that indicates a product in support of the transition to certified palm oil.

The David Suzuki Foundation suggests the following as well:

How to avoid unsustainable palm oil: 1. Shop from companies listed in the RSPO's database of sustainable-palm supporters. 2. Look for the RSPO trademark on products. 3. Ask retailers to offer more certified sustainable palm oil products. 4. Ask manufacturers to use certified sustainable palm oil. 5. Visit the World Wildlife Federation to learn about other ways to get involved.

Here's another thought - what say we try to totally ruin our kids' Halloween next year and hand-make goodies or shop specifically for palm oil-free or RSPO-labelled products as a whole community? We could hand out pictures of wounded endangered species as we tuck an organic fruit bar into their treat bags and show them our teary eyes to avoid the imminent loathing. Emotional blackmail disguised as trick-or-treating...

I'm only partly kidding. It's nearly Christmas. We could, no doubt, ruin that even more efficiently. Imagine those stockings...

LETTERS TO THE EDITOR

PLEASE CONTROL YOUR DOGS

Dear Editor:

One morning, two weeks back, I heard barking outside, and assumed that it was the neighbour's dog. That bark was soon joined by another, and there was an intensity to it that just didn't sound right. I stepped out onto the porch and heard that the barking was coming from the creek, 70 feet down below us. By now, it was frenzied, and my first thought was that the dogs were drowning. My kids and I ran down to the neighbour's to get a better look down to the creek.

There was a bull elk standing in the creek, a six-pointer, with two large dogs trying to attack it from behind. The dogs were large, one light and one dark, and were trying to navigate the rushing creek and stay away from the front end of the elk. He was bleeding from the nose, and was favouring his right hind leg. He managed to kick the light dog away from him, and moved into deeper water where the dogs couldn't get a foothold. We were yelling at the dogs, "Go home! Go home!", and they looked up at us and hesitated before turning away and wading in to go at the elk again, barking frantically. When they realized that their feet couldn't touch the bottom and that they were being swiftly carried right toward the elk, they both tried to swim away against the current. The dark one managed to get pinned against the cliff on the far side of the creek, but couldn't pull himself out, sinking lower as it tired. The light one was swimming in circles, unable to find its way out, also tiring and struggling to keep its head above water.

We felt so helpless. We couldn't get down to the creek to help any of them, and even if we could, it would have been too dangerous for us to try. The elk was so close he could have charged us if he wanted to. All we could do was yell, and now we were yelling encouragement to the dogs to get themselves out of the water. After about ten minutes, the elk moved

a few feet into deeper water, and this gave the lighter dog some space to get to the shore, where he pulled himself out and started harassing the elk again. We yelled at him again to go home, while keeping an eye on the dark one caught against the cliff. The elk stood calmly now; I guess he felt safer in the deep water. The lighter dog finally made its way up to the top of the steep slope, then paced back and forth. The dark dog finally managed to get a foothold on the rocks, and slowly dragged itself out. It was tired and shaky, and didn't even give the elk a second look before following its companion up the slope. We yelled at them again to go home, and they took off into the bush. This all took place over about half an hour. We stayed to watch the elk, who was standing stock still for the most part, occasionally eyeing us up one side of the creek, and then looking up toward the direction that the dogs had gone on the other. Occasionally, he would try to take a step forward, but would lift his right hind leg gingerly and stay put. We checked on him periodically for about three hours, and then he was gone.

Today (two weeks later), I saw ravens circling over the creek below us. They were in a loud feeding frenzy all day, and kept coming up with chunks of something in their beaks. My curiosity got the best of me, and my daughter and I managed to make our way down



the cliff to have a look. We found a trail of fairly fresh elk dung, lots of it, so we followed it. And there was the elk, gutted. My guess was that it had been dead for a couple of days, and had probably had been living down below us all this time, slowly dying. When I told a friend about the elk two weeks ago, she had guessed that with the blood coming out of his nose, the elk may have been shot and was bleeding internally. Two weeks of suffering because someone couldn't track their kill. Or two weeks of suffering because someone couldn't be bothered to keep their dogs close to home. Or both. Either way, two weeks of suffering.

I did manage to contact the owners of the dogs, and they said that they guessed they'd have to tie the dogs up. A fenced yard would be another option. I'm hoping that the owners will take this seriously and follow through, if only for the safety of their pets. I've talked with several people in the community over the years who have said that they would not hesitate to shoot a dog that was chasing wildlife, and also heard stories of dogs being gored or kicked to death by the animal that they were chasing, or hit by a car when they ran out into the road. Under the B.C. Wildlife Act, a Conservation Officer can destroy a pet that is at large and is harassing wildlife, and the pet owner will be charged. Any of these scenarios would be a tragedy, but so is a wild animal being harassed to death. Please control your dogs.

Ali George,
Crawford Bay



OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0

Editor: Ingrid Zaiss Baetzel (since 2002)

Retail Distribution, Subscriptions, Advertising, Layout:

Ingrid Zaiss Baetzel

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Phone: 250.227.9246

Email: mainstreet@theeastshore.net

Proof Editor: Doreen Zaiss

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

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The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers. Send in December 2015 issue items by:

Next Deadline: Nov 25, 2015

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RDCK Area "A" Update

by Garry Jackman,
Director - Area "A"

2016 PRIORITY INITIATIVES

Each year we hold work planning sessions to review the ongoing workload staff has to perform, what has been completed within the prior year and what new items can or should be added. Typically work plan items are fairly routine, such as updating service bylaws and official community plans to meet current needs. Some new items on a work plan might arise from a new requirement set by the province. An example would be the need to measure and track carbon emissions as of a few years ago in order to qualify for provincial grants.

Directors for electoral areas may put in requests for a year. In 2015 I had asked for a feasibility study on expanding the Riondel fire service to Pilot Point and Crawford Bay plus preparation for another referendum on the Riondel community center. Neither has been completed to date, but I need to put forward any 2016 requests soon. One possibility is a parks and trails plan which is discussed further below. I am open to your thoughts on other community priorities.

REGIONAL PARKS AND TRAILS

Quite a lot of activity has been underway over the past year on the trails front along with a less focussed but important discussion on parks. Two societies have been looking at trails and public access in Area A, those being the East Shore Trails and Biking Association (ESTBA) and the Creston Trails Society.

The Creston group had been working on trails in and about the Creston valley for the past few years but in 2015 they started looking at lake access points as well. They obtained basic mapping showing where the highway right of way extends to the lake including the numerous narrow public access points which the Ministry of Highways created over the decades as a requirement of subdivision applications. The Ministry of Transportation and Infrastructure (Highways) is the approving authority for subdivisions in rural electoral areas. There are more than 70 public access points along the east shore from Kuskanook to Riondel but most are not recognizable. Many are overgrown with trees and shrubs; some are so close to private driveways that the public may not recognize the points of access while others have been obstructed by anything from garden sheds to parked vehicles. The Creston group sent out teams to visit every access point, note whether access is clear or blocked, look for safe public parking nearby and enter the GPS coordinates into their map database. A summary report is being prepared which will make recommendations on where and how to make improvements and place signage to invite public use. This will no doubt be controversial in some locations, but if a public access is safe it should be available for use.

ESTBA has been maintaining the existing trails on Pilot Peninsula as well as creating new trails for locals and visitors to enjoy. The Trans Canada Trail (TCT) project has identified the corridor from the Gray Creek pass to the Kootenay Bay ferry landing as part of the TCT. ESTBA has stepped forward to be the steward for this segment of the trail. Farley Cursons has been providing updates on this project so I will not provide any more detail on routes and progress here. Matching funding (up to \$15K) is being offered by the TCT group. In kind contribu-

tions from the community will be recognized as part of the local contribution while regional district and CBT grant funds should be able to make up the balance.

On the topic of parks in general, I have continued efforts to have the province grant land at Kuskanook and Martel beach to be upgraded as lakeside parks. These and other possible sites for parks have been discussed over the years, but a more concerted effort may be required to get any site(s) to move ahead. Other sub regions within the RDCK have gone through parks master planning processes, although with a hefty price tag. RDCK planning staff are preparing an outline for a parks planning process along with a terms of reference for a facilitator. The Area A Advisory Planning Committee plus the Rec 9 Committee will be asked to give their input and recommendations on whether to proceed with the master plan.

AMENITY MAPPING

I have been writing about amenity migration over the months noting what benefits new residents can bring to a region. Lifestyle choice is the primary driver for people to move to an area such as ours, since we do not have the high paying jobs or big city attractions which tend to pull our youth away from the region. The lifestyle choices may be to slow down and step away from the city hustle and bustle, to be closer to nature and a relatively pristine environment or to enjoy the other amenities which small communities have to offer. The attractive aspects of our region range from the friendly, inclusive community activities to the natural attractions such as hot springs to the moderate climate and long growing season.

After having lived in the area for a number of years residents know about all of the positive attributes. Some visitors will return to the area time and again and eventually know enough to feel comfortable to relocate to one of the small communities along our side of the lake. Others may only experience our area during one brief visit and leave wondering what more there may have been to enjoy. Many areas of North America recognize, perhaps as a direct result of the laid back lifestyle, that it is not easy for a visitor to appreciate the depth of experiences they are missing out on. Some of these communities have decided to literally map out their amenities including the commercial offerings, health services, how to access the natural environment and information on local cultural, artistic, social and historical events.

We provide some of this information now, but not as comprehensively as we could. An amenity map is a more logical, effective means of promoting an area to visitors or potential residents plus it is a useful tool for existing residents to refresh their memory about local events and activities or to tempt them to try something new right in their own back yard. At the October Chamber of Commerce meeting there was a presentation on a website which is essentially a form of amenity map funded by featured advertisers. The amenity map model which some of us have been working on for the past year or more would be more open and comprehensive.

The Rural Development Institute (RDI) based in Castlegar at Selkirk College undertakes major research projects each year. I am on their advisory council and have the opportunity to provide input on future projects. Last month I supported a region wide amenity mapping project as a major 2016 initiative. This is not decided yet, but the project is high on the list of options. We would do well to begin the steps of brainstorming and data collection for a local amenity map now so we would be ready to be one of the first areas to feed data into a larger project.

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.



East Shore/Area "A" Business Owners

Did you know that Invest Kootenay (investkootenay.com) and Work West Kootenay (workwestkootenay.ca) are partnering to create a new website called

IMAGINE KOOTENAY?

The goal of this new site is to showcase potential employers and investment opportunities, direct investors to opportunities and people to job opportunities, and to highlight lifestyle advantages of each participating region/area.

Do you have a business that you'd like to see featured on this website (we're looking for businesses with 10 or more employees) and does your business exist in Area A? This is a fantastic opportunity to highlight your business and help guide qualified and enthusiastic employees to the region, and to your business.

If you'd like to be on the list (only 10-20 local businesses will be featured), please contact Ingrid Baetzel at mainstreet@eshore.ca, call 250.227.9246 or message on Facebook.



Box 144
Riondel BC
V0B 2B0

Annual General Meeting

Saturday - Nov 21, 2015
10 am

Bluebell Manor, Riondel
Common Room

Everyone is Welcome
Annual Membership is \$1

For more information call:
Leslie (250-225-3359)
Selena (250-225-1915)



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YOGA RETREAT & STUDY CENTRE

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With Melissa Flint

Saturday, Nov 14 - 10:30-3:30
\$10 for workshop + lunch for \$12 (or bring your own)
To register or for more information:
Call Paris at 250.227.9224 or paris@yashodhara.org

Melissa is the Community Garden Coordinator at the College of the Rockies in Creston and owner of Aurora Edible Designs, a natural landscaping company. She has a background in conservation biology, environmental consulting and a love for mountain air. She studied organic farming and permaculture at Linnaea Farm and has worked on environmental education and ecological farming projects around the world. She is currently pursuing an Advanced Diploma in Education through the permaculture Institute and loves connecting people with nature.



November Horoscope

by Michael O'Connor

Tip of the Month:

A busy line-up of planetary activity is scheduled to occur this week and indicates a mixed bag of

energy patterns, especially in the intimate relationship department. It begins with Venus entering its own sign of Libra on November 8 which confers the status of 'honor'. In other words, Venus is well placed in Libra and will generally bring upliftment and social harmony. Venus has been in Virgo since October 8, the sign placement where 'she' is the most challenged, save for when in Scorpio, which is from December 4 to 29. Mars enters Libra on November 12. Mars is in one of its more challenging signs when in Libra where it will remain until January 3 before entering Scorpio. Mars is the co-ruler of Scorpio along with Pluto so it thereby takes on its own status of honor.

So, this series of exchanges with Venus and Mars, which began way back in late February 2015 when they formed a conjunction in Aries, but then due to Venus turning retrograde in late July, another conjunction with Mars occurred and then a third and final conjunction took place on November 2 in Virgo. Now with this series of sign exchanges where the celestial lovers are exchanging roles in difficult could cause challenges to relationship stability. In simpler terms, 2015 has likely been a time of many endings but also of many beginnings and/or deepening on relationship fronts. But the overall process will cross over in January when any lingering indecision will be finalized, for this round.

The New Moon occurs in Scorpio on November 11 at 19 Scorpio 01. How will it land in your chart and what aspects will this seed of transformation make in light of all these other planetary dynamics? If these cycles have been producing big changes in your love life, you now know more clearly how the planetary energies have been synchronizing. If you would like more insight with even more specific emphasis tailored to your life send me an email, I would be happy to assist you. (Read more in my Newsletter. Sign-up is free on my website.)

Aries (Mar 21 – Apr 20)

A busy time complete with a heavy work load continues, but there will be some noticeable shifts this week. This work focus has likely occurred in a variety of areas of your life and both internally as well as without. Sometimes the work occurs on mental and emotional levels and can include soul searching processes. Expect this momentum to continue and to deepen yet.

Taurus (Apr 20 – May 21)

A steady flow of deep changes continue to unfold in you. In some respects, you may feel better than ever. Yet a process of deep and protracted analysis is underway, questions upon questions. Your goal is to discern exactly what you feel and should do. Keeping your thoughts and your affairs private is featured. Now get ready to be busier workwise.

Gemini (May 21 – Jun 21)

A busy time and on a variety of fronts continues. Cleaning, repairs and upgrades at home should be drawing to a close. Now the focus turns to boosting your health levels. This may include making key adjustments in your lifestyle and diet. Travel is featured, especially for work. At deeper levels you are and have been striving to achieve your highest ideals publically and professionally.

Cancer (Jun 21 – Jul 22)

Waves of creative inspiration have been pouring in. These might be inspiring you to simply have more fun. You may realize who some of your true friends are since they are the ones inviting you out. Yet your focus is turning to home. You may feel happy to meet some goals like final preparations for winter and bringing closure to this year in preparation for the new one which is fast approaching.

Leo (Jul 22 – Aug 23)

If you have had it your way you have been nestled in close to home of late as much as possible. Yet circumstances have also been pushing you be more diligent in your work. But the cycle is shifting and you will feel enthusiastic to be more social. The prospects of travel and adventure are now coming into focus and the emerging keyword is play.

Virgo (Aug 23 – Sep 22)

Diving deep in thought and, as the week progresses, in deed is a current theme. Study, research and investigation are featured. Focusing on your talents and sharing them will become top priority. You should see your energy levels spike as the week progresses as well. At deeper levels, the flow of circumstances has changed and you are challenged to persevere and overcome reactive fears.

Libra (Sep 22 – Oct 22)

Making headway with your skills and talents for the sake of stimulating extra income continues. This may also amount to studies and training to improve your abilities and earning potential. A feature of this work is to break through limiting beliefs and attitudes. Weaving creativity, art and expressions of beauty into your actions now will reward you with deep inspiration as well.

Scorpio (Oct 22 – Nov 21)

Efforts to break through certain rhythms, lifestyle patterns and habits continue as a central theme. Now it is time to shift your focus into higher gear, or lower for added torque, as the case may be. This includes who you associate with and how. The influence of certain people or groups and locations and their associated activities is important to consider in light making positive changes.

Sagittarius (Nov 21 – Dec 21)

Balancing the urge for inner retreat, privacy and seclusion with social interactions is an important theme now. All being well you have been busy making progress in your public and professional arenas. Obtaining tools and training is implied. Now the shift is to friends and groups. Choosing wisely now means being extra selective regarding with whom you interact, what you have to say and how.

Capricorn (Dec 21 – Jan 19)

Sometimes it is who you know, while at others what and ultimately both are important, especially now. Expressing your sense of individuality is featured now. You may be feeling a little edgy, however, so it might be wise to emphasize diplomacy. At best, you are able to decipher exactly what you feel and express it successfully. With a dash of philosophical reflection, you could reveal some real genius.

Aquarius (Jan 19 – Feb 19)

Getting the attention you feel you want, have earned and therefore deserve is now in focus. You are in a creative mood and you want recognition and opportunity to this end. To succeed, you may have to push your point a bit. Enjoying cultural activity, arts and entertainment is the other side of this coin. Striking the balance between performer and spectator is ideal.

Pisces (Feb 19 – Mar 20)

You are in a philosophical mood. Yet you also feel the call of adventure. How to satisfy both is the question. Attending or giving lectures or other intellectual exchanges could suffice. Cocktails in a piano bar with friends where you can converse, for example, could hit the mark. In any case, your passions are on the rise and these could also activate your romantic side.

**Next Deadline:
November 25/15**

Riondel Parks, Recreation & Community Services Society Job Opportunities for 2016 Fiscal Year

1. Marketing Coordinator – Riondel

Part time **Sales & Marketing contract team member**. You will assist with website management, content generation, advertising and design, social media for our Society. **PREFERRED QUALIFICATIONS:** 5 years' experience in an computer marketing role and experience with Photoshop and Microsoft Publisher etc.

2. Campground Attendant – Riondel

Contract Attendant team member - you will attend to all the campground operational needs for the 2016 season - May 1 to October 31, 2016 (campsite bookings will begin January 01, 2016.) Details available through the Society. **PREFERRED QUALIFICATIONS:** experience in campground operational skills, excellent communication and people skills, computer and social media skills, and must qualify for Work safe B.C., comprehensive liability insurance and a criminal record check.

3. Administrative Contract Position – Riondel

A diverse and challenging position. Reporting to the Board of Directors, the **Administrator** is responsible for the successful management of a society. We are seeking a highly efficient, positive, team player with strong interpersonal skills to join our team. The ability to work and prioritize efficiently and effectively, while multitasking under little or no supervision, will be critical to the success of this position. General duties will include but are not limited to, overseeing all office operations and general administrative duties, responding to all incoming inquiries, (phone, fax, email, door) in a professional and timely manner, operating and maintaining various office equipment, processing documents and forms, grant applications, tracking and maintaining accounts payable and accounts receivable, maintaining inventory of supplies, etc. **PREFERRED QUALIFICATIONS:** 5 years' experience in an office administrative role and MS Office skills, including Excel, Word, Outlook etc.

4. Waterline Replacement – Riondel Park & Campground

Consultant Contractor team member, under contract and must work with Teck Metals Ltd. Trail, B.C. As the consultant, you will set up and deliver a Campground Waterline replacement preliminary design, in accordance to provincial code for the Society. Along with a minimum of three (3) local licensed Contractor bids in written quote format, contractors must have Work Safe B.C. in place. **PREFERRED QUALIFICATIONS:** Professional Experience who is licensed and registered in this capacity.

Submit your cover letter & resume to: riondelprcss@hotmail.com by Dec 01, 2015.

Further details contact Shirley Enger, President.

TURNING A NEW LEAF – ESIS Board Report

by the ESIS Board of Directors

The East Shore Internet Society's recent history has been 'eventful' to say the least. It's seen both governance and operational challenges that have impacted its capacity to properly serve its members. However the future is bright. Under the guidance of the Columbia Basin Trust (CBT), ESIS is being redefined as a viable and functional organization.

During the past few weeks ESIS has rebuilt its organizational structure by appointing five new board members to form a complete board: **Mel Gale as President, Fraser Robb as Vice President, Richard Bertram as Secretary, Gail Conrad as Treasurer, Rosie Strom as Director, Garth Norris as Director, and Dan Séguin as Director.**

It has also formed six new committees to facilitate daily operations: **human resources, communication, planning, finance, towers and technical.** Committees are under the direction of the board and each has one board member acting as representative/liaison back to the board. With the support of CBT consultants, a review has been completed of ESIS financial and business records and the board has reaffirmed its confidence in Bob Carter.

- The board will assume all **financial management duties.**
- We will be responsible to **communicate with the membership** through the website, newsletters and articles.
- Landowners with **ESIS towers on their properties** will have contracts that will further secure the network. These are in progress.
- We are reviewing the challenges relating to **overage charges, billing, packages, service call response and installation requests.**
- The Board, Committees, & Bob Carter are working to establish an aggressive plan for 2015/16 that will address **current operational issues.**

As a result of these steps CBT has confidence in its partnership with ESIS and will provide the funding for the expansion project.

As an organization and as a community, we have a steep hill to climb, but we also have a great opportunity ahead of us. The expansion project supported by the Columbia Broadband Corporation (CBBC) will see an increase in download speeds for all customers, larger packages to address overages, and an increase in customer reach. We are small in size but big in ideas. Hopefully we can turn a new leaf in ESIS' history and move forward together.

As a next step, the ESIS Board is **working to re-establish its website as soon as possible** as a way of keeping you up-to-date with developments. When the website is up people will be able to sign up to receive our newsletters. The board has also set up a **Facebook page** (<http://Facebook.com/eastshoreinternetsociety/timeline>). There is nothing there yet but there will be. We aren't going to be perfect in our communications and service right away but we'll do our best.

Until the website is up, we are happy to hear any questions or comments through Mel Gale (mel.fred.gale@gmail.com) or Fraser Robb (robff01@gmail.com).

A special thank you to all those in the community who have supported ESIS in the past. It's through your hard work that ESIS's future is bright.

And thank you to all members for your patience and support. We look forward to serving you to the best of our ability.

Recycle Your Batteries! Riondel Volunteer Fire Department Helping to Protect the Environment through Participation in North America's Most Comprehensive Battery Recycling Program

-by Fire Chief Cory Medhurst

The Riondel VFD has partnered with Call2Recycle® to make convenient battery recycling available to the communities on The East Shore. The only no-cost battery and cellphone collection program in North America, Call2Recycle helps communities like ours operate curbside pick-up and household battery and cellphone collection programs.

The Fire Department began collecting batteries and cell phones a few years ago when Captain Jonas Plauermann and other members saw a need for such a program; not only on the East Shore of Kootenay Lake, but all over Canada. Recycling batteries in many European countries has been commonplace for decades, while North America embraced the idea much later, in the 90's. Starting small, we approached Call2Recycle® and began accepting batteries at the Fire hall on Thursday evenings from 7-9PM.

After a few years with only a few boxes returned, we decided to expand our collection efforts. With permission from SD8, we placed a drop box at the Crawford Bay School in February. Since then we have already returned a full box and are actively collecting more. To make the program even more accessible to locals we have recently placed a box at the Crawford Bay Market. Recycle your old batteries while you shop! We are hopeful that we will also have a drop box at the Boswell Hall, or another location South in the near future.



"The Riondel Fire Department is joining thousands of communities across the country in protecting the environment by providing residents with an environmentally responsible way to safely dispose of used batteries," said Joe Zenobio, Executive Director of Call2Recycle Canada. "Participating in a battery recycling program is one important way communities can make themselves healthier, safer and more sustainable."

Batteries are a long-lasting power source for many electronic devices, including laptop computers, cellphones, cordless phones, cordless power tools, and tablets. Since 1997, Call2Recycle has diverted over 45 million kilograms of batteries and cellphones from the solid waste stream and established more than 7,000 collection sites throughout Canada. Call2Recycle Canada, Inc. is a non-profit organization that collects and recycles batteries at no cost for municipalities, businesses and consumers.

All rechargeable, alkaline, single use batteries, and cellphones are accepted. For a more detailed list and explanation of battery types visit www.call2recycle.ca

Help the members of the RVFD protect the environment for tomorrow's use by doing your part today. Look for a drop box and recycle you're batteries.

Better at Home Surveys

press release

By this time, everyone should have received a *Better at Home* survey in their mailbox.

The Eastshore Health Society got the surveys in the mail early in October and Riondel Seniors mailed theirs in the third week of October. Every senior (55+) is entitled to respond. There are extra surveys available at the Riondel Market, the Riondel Library and the Eastshore Health Clinic if yours is a multiple seniors household or you did not receive your survey in the mail.

We are also asking for responses from caregivers – family members and friends who are shouldering the responsibilities – so if that is you, your answers might be different; fill out the form.

All your responses are very important to us. Your answers will determine the type of services that will become available and the order of priority for those services.

Remember, this is the mechanism for receiving our share of the provincial money to keep our seniors in their home; please do your part.

*Next Deadline:
November 25/15*

Crawford Bay Hall & Parks Need Help!

by John Edwards

Our Crawford Bay & District Hall & Parks Association AGM is coming up on November 16 and we could sure use an injection of fresh enthusiasm and energy from some new directors. If you're interested in trying a new flavour of community service and live in the Crawford/Kootenay/ Pilot Bay area, we'd welcome you to join in.

What do we do?

We manage the Crawford Bay Hall, Crawford Bay Park and Community Corner, and the Kootenay Bay Boat Launch facility. Crawford Bay Hall and Crawford Bay Park are both on the verge of exciting changes. We're negotiating with the School District to buy the land that the hall sits on, and when that process is finally complete, we plan a complete renovation of our grand old heritage Community Hall to make it into a place we can be proud of once again. Crawford Bay Park's playground is going to get some exciting new upgrades, thanks to Charles and Ellie Reynolds' ambitious Natural Playground project. For such renovations, new ideas and inspiration are hugely important, and it would be nice to get some younger community members onto the board to represent their age groups' ideas as to what an updated hall and park should look like, and what new roles they might play in East Shore life.

I know – younger people have very busy lives, often with children to care for and days that are too short to fit everything in – but being a Hall & Parks board member is not very onerous – we meet about once a month for a couple of hours, tops – so don't let that idea hold you back.

Regardless, if you want to volunteer to be a director or not, **please come out to the AGM at Crawford Bay Hall on Monday, November 16, 7:30pm** and give us your input on how your hall, park, and boat launch facilities should be run, plus any ideas you might have for improvements. Our ears will be wide open. Hope to see you there!

November 2015 Mainstreet 5



Hidden Taxes

by David George

Who Would Have Thought?

Or - The Return of Trudeaumania

Who, indeed, would have thought that Canadians would awake on the morning of Tuesday, the 20th day of October, 2015 to find that more than two thirds of Canadian voters had turned out and elected a majority Liberal government, led by Justin Trudeau, the son of Pierre Trudeau?

It could almost have been a scene from the *Back to the Future* movie set in that very week, in which the Chicago Cubs won the World Series. Well, the Toronto Blue Jays won on election night and so did Justin Trudeau and the Liberals, with 184 seats in the 338 seat House of Commons. The Conservatives were reduced to the Official Opposition with 99 seats. The NDP fell to 44 seats, and the Bloc got only 10. For the Greens, only Elizabeth May won.

The two gerrymandered ridings made from three in the Kootenays elected NDP members, including the upset win of Wayne Stetsky over the incumbent David Wilks by 285 votes. In both ridings the voter turnout was almost 74 percent.

In the four days of advance polls after the longest election campaign anyone can remember, more than one-eighth of eligible voters turned out: 3.6 million, or 14 percent.

Promises, Promises... What did the Liberal party promise Canadians in the campaign? Lots and lots of changes, and several notable restorations of cuts made by the former Conservative government. Here follow some from the official Liberal Party platform.

- Higher taxes for the 1 percent, lower taxes for the middle class. \$200,000 plus earners-33 percent tax.
- Seniors Price Index to top up OAS and GIS.
- Canada Child Benefit replaces Universal one, and very rich will not get it.
- 2015 election to be last first-past-the-post one. Electoral reform legislation promised in 18 months. No more unlimited spending before election call. No more prorogation or omnibus bills.
- \$20 billion to be invested in public transit.
- Can Post to continue door-door mail delivery.
- Restoration of Long Form mandatory census.
- New agenda for Paris climate conference, with Elizabeth May specifically invited.
- \$25 million restored to Parks Canada.
- Veterans life-long pension option restored.
- Nine closed Veterans Affairs offices reopened, and 400 new staff to be hired.
- Will not create new long-gun registry.
- Legalize, regulate & restrict marijuana.
- Restore \$150 million to CBC/Radio Canada.
- Re-open Kitsilano Coast Guard Base in Vancou-

ver, and Maritime Rescue Sub-centre in St. John's.

•Renew Canada's commitment to peacekeeping operations and recommit to supporting them with the United Nations.

- Welcome 25,000 Syrian refugees before end of 2015.
- End Canada's combat mission in Iraq and Syria.
- Cancel buying of F-35 fighter-bomber and launch competition to replace CF-18s with aircraft suited to Canada's defence needs.

•Strengthen Royal Canadian Navy. Provide funds for icebreakers, supply ships and Arctic and offshore patrol ships.

•Defecit budgets of around \$10 billion for two years, after which budgets will be balanced.

•Promise to reduce Canadian federal debt to GDP ratio from 31 percent to 27 percent in five years.

(Compare this to the USA ratio of 105 percent.)

Those are the highlights from the official Liberal platform, which anyone can download from the party website in pdf format. It is 88 pages long. We look forward with great expectations to just how many of these plans will actually be implemented.

This past election was partly paid for by taxpayers. Between 50 and 60 percent of campaign expenses are eligible for reimbursement from the public purse, and in the 2011 federal election this amounted to about \$33 million, or roughly \$1 per Canadian.

When some solid figures for the 2015 election are revealed in the near future, Hidden Taxes will print them. Given the extraordinary length of this past campaign, expect the reimbursements to be greater.

It is appropriate to leave the last words of this column to Lewis Carroll: "*And hast thou slain the Jabberwock?/Come to my arms, my beamish boy!/O frabjous day! Callooh! Callay!*"/He chortled in his joy."

**Next Deadline:
November 25/15**

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November 14, 2015

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Hacker's Desk
by Gef Tremblay

Geodesic Love

Living on the south shore of Montreal in the suburbs wasn't that exciting. One of the things that stayed with me was that every time we would come back from the big city, we would cross a bridge, and midway on that bridge, I would see something out of a sci-fi movie. In the middle of the river, on a small island, stands a huge spherical structure, a geodesic dome. That structure was mesmerizing, and so different from all the other square structures of Montreal.

One of the first geodesic domes was engineered by Walther Bauersfeld, chief engineer of the Carl Zeiss optical company, to house his planetarium projector. But it was later popularized by Buckminster Fuller (1885 to 1983), who was an architect, designer, inventor, but also a visionary and a thinker.

His perspective on reality was quite refreshing, and if his invention would have succeeded commercially, the world we live in would be quite different. He wanted to revolutionize the way we travel, the way we build, the way we live. Using aerospace technology, he designed his own car, his own house and was trying to find a solution for cheap, light, housing that could be deliverable by air.

The car he designed, the Dymaxion Car, could carry 12 people, and was a lot lighter, and generally faster than the cars of the early 1900. It's design was quite similar to a aircraft fuselage, and it's three-wheel concept made it a lot simpler to drive.

For housing, Fuller worked on house that had a central post that would hold the house and cut the construction time to a fraction. Some of his housing plans included an anchor pole located at the top of the roof for a Zeppelin to park, visioning that by the year 2000 we'd all be flying and not driving anymore.

He thoroughly tested the Geodesic dome, a spherical structure that was light and sturdy, and, with the army, researched ways to build these domes and ship them via the air. He went as far as attaching domes to helicopter and airplanes for quick delivery and setup. He also built one geodesic dome to live in.

The geodesic dome is quite an interesting structure and I wanted to experiment more with it by building one.

In the past couple of months, I've been building my first geodesic dome. Well, it's half a dome and only stands 8.5 feet tall, but it was an awesome experiment which allowed me to understand these concepts better. The structure is actually quite light, even if it covers 120 square feet. I was able to build the parts, and assemble them all by myself, in just a few hours, and the total cost was quite reasonable.

The Geodesic models are classified by the number of strut lengths required to build them. Their names are 1v, 2v, 3v, 4v, 5v etc. which means 1 strut length, 2 strut lengths, 3 strut lengths, etc...

The higher you go, the more complex and the sturdier your structure. The one I built is a 2v, as the 1v is so simple that it barely looks like a dome.

BUILDING THE 2V GEODISIC DOME:

Using 10-foot conduit, this is the best calculation you can come up with since you will only have minimal left overs. (You end up with 5 x 4.7 extra struts.)

1. Cut the struts:

- Cut the 10ft lengths in 2 pieces (4.7' and 5.3')
- 35X 5.3" A struts
- 30X 4.7" B struts (you'll end up with 5 extra)

2. Flatten the end, about 1.5 to 2 inch flat

3. Drill holes for connecting the struts

- Drill hole at 3/4" for the ends (I used 3/8 holes but you can choose what you)

4. Bend the struts

- A bending angle 18 degree
- B bending angle 15 degree

You don't need to be precise on the angle that you bend, so if you are in the ± 4 degrees, that should work. It will bend in place when you assemble the structure.

5. Connect the struts

- You will need 26 X 2" bolts (get a few extra)

You can get away with smaller bolts, if you flatten and bend your pipes really well. Two inches will give you the best flexibility, but I've started with 3/4" long ones which work for few connections. For the bolt I've used 3/8 wide, but that was only to match the hole sizes.

ASSEMBLY

First, assemble your pentagons. You'll need five pentagons for the base and one pentagon for the top, so make your 5 pentagons, with A length on the side (the long one) and B length on the inside. If you have purchased extra bolts it'll be useful now since you will not use as many bolt once the project is done.

Once you have your pentagon, you can put one up, and connect it to another one. One flat face on the ground, so on top you have a point.

That's the only time that my daughter Naima came to help since it's a bit hard to hold two pentagons at the same time. At this point you'll have to remove the bolts where the pentagons are joining and connect all the six struts together.

Once you have two standing, you can continue with the three others, until it closes the circle. Now the structure is already self standing, so you can continue with the extra struts connecting the base of these five pentagons, on the ground. Using A (the long) struts you can go around connecting the pentagon. You'll have to remove the bolts and re-attach them. During this phase you'll have to re-shape the structure. It generally becomes wider than the it was in the first step.

Once you've gone around to connect the five base pentagons, you'll probably want to use a step ladder to connect the last pentagon on top. First, I started connecting the sides with A, then finalized with the center with the B. The last bolt is a little tricky, and I am sure there are better ways, but this way you can do it yourself. If you have a few people with you, you can probably pre-assemble the last pentagon, and connect it while a couple people hold it up.

I want to thank John Smith at the Kootenay Forge who invited me to use his shop to do the cutting, drilling and bending of the struts, as well as Michael Jukes who helped me get the EMT conduits. That was a great help. If you ever need some more information or help creating these domes, feel free to contact me.

For more information about Fuller and to understand better his perspective on reality I would invite you to read *Operating Manual for Spaceship Earth* and watch *The World of Buckminster Fuller* a documentary about his life. There are many more resources too, as he published over 20 books.

2V Dome 3V Dome 4V Dome

2V Geodesic Cheat Sheet
requires 35x10' lenght emt

name	length	qty	angle
a	5,3'	35	18
b	4,7'	30	15

bending angle

a 18°

b 15°

hole drilling

3/4" 3/8"

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Temple Fabrication: Keeping It Local

submitted by Dan Seguin for Yasodhara Ashram

The Ashram recently held an international search for a manufacturer to fabricate the structural components for the new Temple of Light. We are delighted that the best choice was in our own backyard! Spearhead Inc., located just 25 km across the lake, had the high level of expertise we were looking for.

We are happy to announce that Spearhead is now a member of the Temple of Light rebuild team!

Operating from the Kootenays for over 20 years, Spearhead is a specialty fabrication company whose focus is on heavy timber, steel and architectural woodwork. They work with top tier architectural firms on projects all over the world, from Alaska to Dubai. Their sophisticated technology allows them to push the boundaries of basic materials and bring a high-level efficiency to complex projects.



The Temple of Light's unique design requires specialized fabrication techniques. Spearhead's leading edge digital technology allows them to collaborate with the architects and construction managers to produce precise digital models that link directly to their digital manufacturing equipment. The Temple components will be prefabricated at their facility, ensuring both quality and efficiency.

Tara Primeau, project manager at Spearhead, commented, "We were drawn to the Temple at Yasodhara Ashram not only because of its beautiful design but also because it is a local project. We feel so fortunate to be a part of this world class project right here in the Kootenays."

Thanks to Spearhead's advanced technology and proximity to the Ashram, a new working schedule for the build has just been confirmed. With the prefabrication work to begin over the winter and installation to take place over the spring of 2016, the Temple of Light is projected to be ready for occupancy as the fall of 2016!

Spearhead's hire has added benefit to the region, as it will put 1.5 million back into the local economy.

"We are delighted that our build will support our local economy," says Swami Lalitananda. "Working with Spearhead is part of the Ashram's long standing commitment to local resources and community resilience. It's amazing to have found this resource just across the lake from us."

What's New with Riondel Seniors this Month

by Fran O'Rourke

Slated for the first and third Wednesdays of the month, the DVD course – **How to Stay Fit at Any Age** – will first be viewed on November 4 at 11 am. This is one of the courses the membership chose last spring. There will be a second opportunity to view the first lecture on Saturday, November 7 at 11 am. We chose the days to not conflict with other ongoing programs, but days and times can be negotiated to suit those who want to participate, so if you are interested, come to one of these sessions to discuss a time day that fits your schedule.

Afternoon Bridge continues on the first and third Wednesdays of the month; the next session is Wednesday, November 4 at 1:30 pm. This a fun and relaxed program for new and experienced alike.

Whist continues on first Fridays of the month. The next card party is Friday, November 6 at 7pm. Bring something to share. And you can save \$1 off the price of admission by wearing a poppy.

Don't forget, **Remembrance Day Ceremonies** on November 11 which begin at 10:30 am in the Riondel Community Centre. Lunch will follow in the Seniors Room.

While we hope everyone who participates in our events will become a member, anyone is welcome to participate as a guest just to try out the fit. We hope we see you soon.

Reminder: Boswell Better at Home Survey

If you haven't yet completed and returned (to the Post Office) your Better at Home survey please consider doing so. Even if you do not need any of the potential services now, you may in the future and could indicate whether you would use one or more services if it became necessary.

If you did not receive a survey (or misplaced yours) give Margaret Crossley a call (223-8455) or drop her an email message (margaret.crossley@usask.ca).



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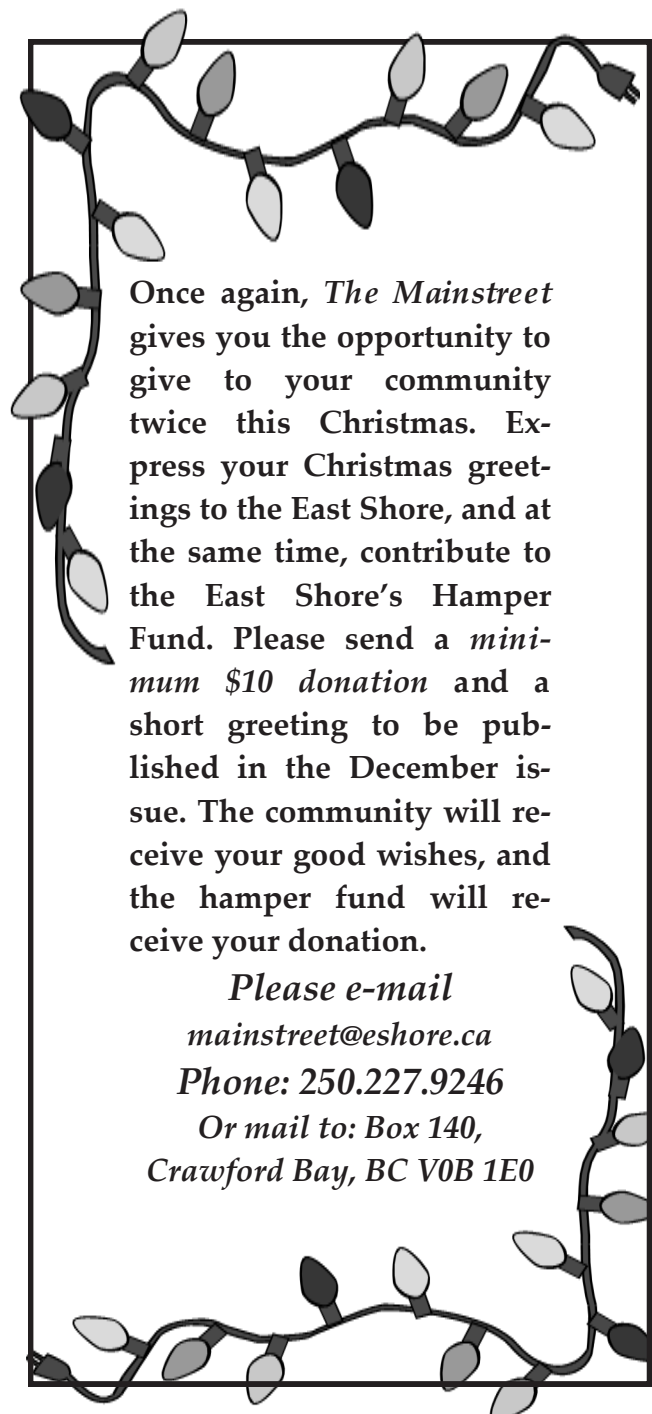
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Once again, *The Mainstreet* gives you the opportunity to give to your community twice this Christmas. Express your Christmas greetings to the East Shore, and at the same time, contribute to the East Shore's Hamper Fund. Please send a *minimum \$10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

Please e-mail

mainstreet@eshore.ca

Phone: 250.227.9246

Or mail to: Box 140,

Crawford Bay, BC V0B 1E0



REMEMBRANCE DAY & WINTER HOURS AT CRAWFORD BAY TRANSFER STATION

All RDCK Waste facilities will be CLOSED on November 11, 2015 for Remembrance Day.

The Crawford Bay transfer station will move to winter hours (Sunday & Tuesday, 10am to 4pm) with effect from November 1, 2015 to March 8, 2016.

For details see our website: www.rdck.ca or contact the RCBC Hotline at 1-800-667-4321 or the RDCK office at 1-800-268-7325

Food Roots Update

submitted by Nicole Schreiber

Food Roots is happy to say that the survey we brought to the Kootenay Lake Fall Fair in September was filled out by many of you who attended, and based on the results we are pleased to announce that our autumn workshop with Melissa Flint from the Creston Community Garden will be on the topics of Full Season Gardening and Vermiculture and the Soil Food Web. The full day event will take place November 14th at Yasodhara Ashram. Check out the ad in this paper for more information or check out our poster at eastshorefoodroots.org.

Our coordinator, Nicole, has been updating our website and other communication platforms, and has been reaching out to other food security groups in the region. There is a buzz in the Kootenays around developing a regional food security coalition and we want to be ready to be part of this natural progression. Our hope is that we will be able to help develop some larger regional projects in the future that will benefit the East Shore.

Have you started tucking your garden in for the winter? Consider also tucking away a few seeds from your favorite plants to share at the early spring Seed Swap.

Have you planted some hardy things that can get started now (such as garlic), go to sleep for a while, then spring (ha ha) forth with more ease come March and April? Are you considering dividing or moving perennials before the ground freezes? If so keep in mind that the Food Roots Plant Sale next May will gladly spread your extras around.

On a final note, here is a recipe for those with an abundance of tomatoes sitting on your table. It's taken from allrecipes.com, an excellent source of recipes for any ingredient you've got lots of; recipes are both posted and critiqued by fellow cooks. This salsa recipe provides instructions for canning the salsa, but of course you can always just halve the recipe and whip some up to eat fresh.

Rockin' Salsa

- 1 red onion, chopped
- 1 white onion, chopped
- 1 yellow onion, chopped
- 6 pounds fresh tomatoes, peeled and chopped
- 2 banana peppers, chopped
- 3 green bell peppers, chopped
- 3 (6 ounce) cans tomato paste
- 1/2 cup white vinegar
- 2 tablespoons garlic powder
- 1 1/2 tablespoons salt
- 1 tablespoon cayenne pepper
- 1 1/2 teaspoons ground cumin
- 1/4 cup brown sugar
- 1/4 cup white sugar
- 8 pint canning jars with lids and rings

Combine ingredients in a large pot and simmer until thick, about 3 hours, stirring occasionally. Enjoy now like this or continue with recipe to have lovely homemade salsa during the winter.

To can: sterilize jars and lids in boiling water for at least 5 minutes. Pack the salsa into the hot, sterilized jars, filling the jars to within 1/4 inch of the top. Run a knife or a thin spatula around the insides of the jars after they have been filled to remove any air bubbles. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids, and screw on rings. Place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil over high heat, then carefully lower the jars into the pot using a holder. Leave a 2 inch space between the jars. Pour in more boiling water if necessary until the water level is at least 1 inch above the tops of the jars. Bring the water to a full boil, cover the pot, and process for 10 to 15 minutes. Remove the jars from the stockpot and place onto a cloth-covered or wood surface, several inches apart, until cool. Once cool, press the top of each lid with a finger, ensuring that the seal is tight (lid does not move up or down at all). If it has not sealed, then refrigerate and consume.

What's Up? East Shore Community Learning Hub

submitted by Laverne Booth - Community Education Coordinator for Selkirk College and the East Shore cIHUB.

In the two-year pilot project funded by the Columbia Basin Trust (CBT) and Selkirk College, we were able to organize around 80 courses. Four hundred people took those courses, and 35 local people taught those courses. There were courses that did not run due to few registrants, and this is normal as even the larger colleges average 30% of their community courses do not run.

The Community Learning Hub (cIHUB) is having to shift gears as the funding from CBT has ended after the two-year pilot project, which is also normal as CBT cannot fund on-going core funding costs. Selkirk College will continue to fund 10 hours/week of the coordinator's position. You will start to notice some changes- there will be fewer courses listed in the Selkirk Calendar for January to spring time. Those courses will tend to be first aid and safety courses as these are needed by working people and are most successful.

All is not lost! As coordinator of the cIHUB I have noticed that people are willing to give of their time, in exchange for learning something they are interested in. You may not know this but Garry Jackman taught an awesome Project Management course, he refused to be paid, and in turn would like to learn to play the guitar (I'm still looking for an instructor and a time that fits Garry's busy schedule). This echoes back to the Literacy Plan done in 2008 where we started talking about a skill-sharing exchange, and also to an award winning piece by Diana Stokes in *The Mainstreet* that suggested a similar learning exchange system.

I am currently preparing a grant application to study whether in fact we could self-sustain a learning hub through somehow paying it forward. The application is to Enterprising Non-profits, a consortium funded mainly through Credit Unions on the west coast, CBT and others. The proposal is to do action research to determine if "Thrive: a skill-sharing network on the East Shore of Kootenay Lake" is viable as a social business. We don't know if we can find a way, but it is a good time to find out.

You may remember back in the day when there was a continuing education office in every small town; well not any longer. Neither the federal nor provincial government give money to community based education. The only funds go through the colleges, and their budgets are being reduced annually, so that all their programs including the Selkirk College Community Education and Work Place Training (that is us) need to recover all costs. In short, the cIHUB can probably not support itself with grants or government funding, if we want the services, we are probably going to fund it ourselves.

I do want to mention that we are grateful for support received from RDCK Area A, EDC, Rec 9, Nelson and District Credit Union, Multiculturalism, CBT sponsorship funds, and others, and can probably continue to get this support. However, core funding (staff, office) is not available from any source. We need to get creative!



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Every time I see an adult on a bicycle, I no longer despair for the future of the human race.

H.G. Wells

These words by one of my favorite writers have much significance in today's reality of climate change, social media addictions and one-sailing waits for the MV Balfour during the Osprey's seasonal maintenance. While I spend more time hiking and maintaining the many trails, indicated on the ESTBA Peninsula Trail Map, this is the year I started to ride them on a mountain bike and got a better understanding of what all the excitement is about.

As some readers will know, The East Shore Trail & Bike Association (ESTBA) and Selkirk College have been participating in a job creation project (JCP) with the Province of British Columbia directly related to recreational trails and forest fuel modification. Since mid-summer the Trail Crew could be found clearing the trees that had been blown down by summer storms. As there were two major windstorms that really affected the peninsula, most trails needed to be re-opened two or three times. Included in the trail clearing were minor re-routes and emergency repairs to trail surfaces. Once the trails were reopened the Trail Crew focused on the elements of due care needed to invite users, particularly mountain bike riders to the trail network.

In recent years the Tipi Camp Trail Crew applied for funding to maintain the peninsula trail system once a year. This has been complimented by volunteer work by local hikers, MTB riders and a couple of other special interest groups. With ESTBA's current project we have been able to upgrade the majority of the nature trails featured on our map. The trail surfaces have now been re-treaded by removing the layers of pine needle duff down to the mineral soil. It's at this point that sustainable trail maintenance and trail building begins.

Erosion is the natural process of wearing down and moving rock and soil by wind and water. Trail erosion can be accelerated by a combination of trail users, water and gravity. All trail users loosen soil, especially, on steeper grades where they resist gravity. Water compounds the process if it's allowed to channel or "focus" down the trail. Water takes loose soil with it, cutting deeper into the tread (clear path for travel) each time it flows.

The goal of retreading and grading the trail is to encourage sheet flow – a dispersed flow of water down a hillside. When water is allowed to focus, it can do more damage than any trail user. Erosion is minimized when trails are designed to make water sheet rather than focus.

Our retreading program ensures the trail has a slight out-slope to ensure water runoff doesn't channel down a trail but sheets off to the side. We also define the trails in-slope by removing any buildup of soil forest debris and rocks. This creates a well-defined and safer bench trail that will be easier to maintain in the future. Next we ensure that steeper or challenging areas are cleared of natural side trail hazards such as sharp branches and shrubs to improve the line of sight for trail users. Overhead hazards continue to be the most challenging aspect of our trail work. Some hang-ups will have to wait for the winter snows to bring them down as they are complex in their nature. Our Trail Crew has received some of the best chainsaw training available from Selkirk College but we have our limits. A grant application in the spring will include hopes for a certified tree faller to clear any remaining overhead hazards.

As the possibilities for community trails begin to reveal themselves I have been thrilled to rediscover mountain biking with my daughter. We have been enjoying weekly rides around the golf course and she can even ride the single track trails in the hills behind

our house. Lately we have been inviting her friends along. As I consider the challenges of raising a child in a rural community where sports teams are limited by low population, it's good to see opportunities for kids to develop their coordination, dexterity and physical vitality on their bikes. Maybe giving our kids an activity as exciting as mountain biking and hiking will help build a foundation of health and vitality for their whole lives? With the current demand being placed on our health care system It's possible that it won't be there for our kids when they need it. Keeping fit is the best prevention for health related problems. We at ESTBA are so grateful for the many supporters of trail development in our community.

Key benefits of recreation trails include:

- Community and social – cohesive communities, enhanced quality of life, providing opportunities for families and friends to enjoy time together.
- Economic – increased tourism revenues, greater business investment and enhanced property values.
- Educational – providing an outdoor classroom for nature, culture and history.
- Environment – enhanced environmental awareness, improved understanding of our natural heritage, and stewardship of the environment.
- Health and fitness – improved health and physical well-being for both individuals and communities, reduced health care costs, and enhanced productivity.
- Heritage and cultural – recognition and respect for First Nations culture and historical values.
- Transportation – greener transportation and commuting use of trails contributing to reduced greenhouse gas emissions and improved health and wellness of individuals.

Since March of this year we have been writing in this publication about the Trans Canada Trail and the possibility of providing an off highway route between communities. The idea of being able to connect our east shore communities by trail has garnered a lot of support. In my Trail Report article from March, I reported the first survey of the power lines route with our regional TCT representative. A most inspiring bike ride from Weasel Creek FSR south to Wilmot Rd in Gray Creek. There are three short sections that would be developed as a natural tread bench trail. This is a route my wife and her friends have been jogging for 8 years or so. I believed this route existed in a right of way but it does not. Thanks to a RDCK cadastral map and local knowledge of the area we can look at a number of public access points along the proposed route. The current proposed route would need to cross three private properties. At this point one property owner has agreed allow the route through their land. It is estimated that approximately 40 people per year would use this off highway route, most of them would be residents of Gray Creek and Crawford Bay.

Some would be folks from other places. On October first of this year we welcomed all stakeholders to a public forum to hear concerns and facilitate more communication about our off-highway proposal.

We presented The East Shore Trail and Bike Association (ESTBA), its mission statement and its guiding principles. With our community members in attendance we demonstrated the capacity at which we are currently operating. Along with the Tipi Camp Trail Crew and Mountain Trek Fitness, ESTBA has this cleared a significant amount of tree downfall, re-habilitated, re-routed, re-treaded and GPS'd over 40 km of trails on the east shore.

We indicated our access to grant funding which has allowed this amount of work to continue. We also presented our ethics on habitat protection and recognition of 1st nations traditional territory and the trails which European settlers used to explore the province.

We then presented the off-highway route proposal for the Trans Canada Trail between Crawford Bay and Gray Creek. We were delighted to have our Regional TCT representative present the project. She enjoyed the meeting and looks forward to the next one.

There were some very serious concerns presented by folks who lived along the route. Besides privacy, there are concerns regarding liability, property security, and trespassing. As well we were asked who

would maintain the trail once built. ESTBA carries trail insurance and land owners would be our 'additional insured'. Having a closer look at user groups who would journey the trail reveal a conscientious and respectful culture. For the most part the trails we hope to connect through our communities will be used by locals. Those trail users who are visitors in our area demonstrate a great respect for nature, private property, and sanctity of life in general. These are not the same folks we see buzzing the beaches on jet skis during long weekends in the summer. These are non-motorized travelers with amazing stories of their journey. Trail tourists eat in the restaurants, check into a campground or B&B, go to bed early, buy supplies at our stores and continue on.

The suggestion that the Gray Creek Pass is the wrong route and Rose Pass as a better choice was also presented by a community member. It seemed that this route had been surveyed by the TCT several years ago and found to be inadequate. Another long-time community member present indicated a recent trip through Rose Pass showed it to be unsuitable and not safe due to bridges out and miles of closed brush on the road. It was unfortunate that a number of folks with the most serious concerns left the forum early. We were grateful for the many community members who approached us at the end of the meeting to indicate their support.

What is best is to find a route that is accessible to both trail adventurers and maintenance crews while insuring resident's privacy and environmental standards are in place. The East Shore Segment of the Trans Canada Trail at this time follows highway 3A from Kootenay Bay over to Crawford Bay then down to Gray Creek It leaves the highway at Oliver road and heads up the Gray Creek Pass to Kimberley. It's such a short segment. This trail can be a very positive legacy for our children when were gone. There is so much potential to connect our communities with nature trails that we hope further consultation with stakeholders will show a clear path to meeting all of our needs, and all of our dreams.

Special thanks to: Columbia Basin Trust, RDCK, Rec 9, EDC Area A Kokanee Springs Golf Resort, Creston Trails Society, Kootenay Employment Services, Selkirk College Sites and Trails BC, BC Parks and the Province of British Columbia. See you on the trails!



Edible Mushroom Walk and Talk

by Tom Lymbery

This was the best attended of this fall's Selkirk College courses at the East Shore Learning Hub organized by Laverne Booth. Dr. Rob Macrae is often referred to as the mushroom guy at Selkirk College with an impressive story of studying Japanese mushroom cultivation as a postgraduate at the University of Tokyo. After that, he was the owner/operator of a small mushroom farm in Ontario that used Japanese technology.

He presented an easy to understand talk and display at the school's performance area, even passing around dried morels. One of Canada's Group of Seven painted almost entirely mushrooms so Rob brought these up on the screen. Most helpful suggestions – look for Pine Mushrooms under hemlocks and oyster mushrooms on cottonwood trees.

There were over 25 mushroom lovers registered, including a mother from Nelson, who brought her daughter who lives in Holland, three ladies from Rossland, also Creston, Wynndel, Kuskanook, including relatives from the Netherlands. Everyone brought their lunch after which we drove on Peters Road to the Woodlot Trail* – a steady climb with everyone finding specimens to be adjudicated by Dr. Macrae. With no recent rains, we found no shaggy manes but many other specimens. Lots of conks on the decaying birches – now we know there are several species of these. The Dutch couple explained that they take a powdered and processed version of these daily - beneficial for good health, but not something you can make yourself.

This was a beautiful day, an invigorating search and hike, as well as a great learning process. While not climbing trees three youngsters also found sample fungi. Please consider the many Selkirk College courses that Laverne organizes so efficiently. From last years courses I won a draw – so this was a free one for me. Course charges are most reasonable.

*The signpost at the trailhead on Peters Road says "Woolgar Trail". The Woolgars were a pioneer Crawford Bay family.

Tom Sez

If you have to eat crow please be aware that they will taste of stinkbugs, as they and blue jays are busy feeding on roofs.

An ideal Christmas present – the Garden Bandit weeding tool – buy six for the price of five. As well as weeding these are handy for clearing the pulp and seeds from pumpkins and also cleaning eaves troughs.

If you haven't saved some Styrofoam to use when burying pipes or wires, please get a roll of Caution Tape. All too often we have operators of excavators rushing to the store after they have broken an unmarked pipeline. Ray Besanger uses this tape close to pipes or wires and also about a foot above.

The Instant Loan business (\$300 for \$20) has come and gone to Nelson, their former location on Josephine Street now has a **For Rent** sign. Evidently Nelson is too prosperous for this operation which preys on those who can least afford it. 600% compound interest annually.

Have you ever seen so little ice on Kokanee Glacier? The extra hot summer has certainly made some changes.

Both Ymir and Sirdar are looking for someone to take over post offices. These are so important for small communities, as without a post office they may even disappear from the map. In years past store operators at Kootenay Bay and Destiny Bay discovered their business diminished to nil without the post office.

Zebra mussels have completely taken over Lake Winnipeg in only two years since they were first discovered in October 2013. They have completely covered boats, the lake bottom and made swimming next to impossible since they are like shards of glass to walk on. We need to be sure they don't reach Kootenay Lake, so please check over the boats you see on the ferry.

The soles of my boots were flapping three years ago so I repaired them with SHOE GOO so they are still going strong and since I also sealed the seams, more waterproof than before. I also used this Goo when I ran out of cement to patch an inner tube.

We hear that Balfour businesses are asking for compensation when the ferry terminal moves to Queens Bay. Perhaps they will qualify for preferred locations at the new site.

Please remember to subscribe to *Mainstreet* so that you can read it online if you leave our area for the season. Go to www.eshore.ca and click on About Mainstreet and Subscribe to see how.

The Fire Extinguisher inspection and service session at the store arranged by our Kootenay Lake Chamber of Commerce was most successful. We hope to see this return each fall, and have even more people bring their units for free testing. There is a charge for servicing but this can be done immediately.

In the fall of 1966 the Vancouver Canucks made a promotional tour, playing small town hockey teams. They overcame the Trail Smokeaters 10 – 3 but the Nelson Maple Leafs tied them 4 – 4 – the only amateurs to come close to beating the professionals.

Boxes of Stanfields in men's and women's sizes just arrived. These interested Jennifer at our Gray

Creek post office who tells me she grew up in Truro, Nova Scotia, where Stanfields are made.

Facebook, Facetime - what's next? Facecam – so you can see your friends at breakfast or in the bath?

Common Sense is a flower that doesn't grow in everyone's garden.

Will Justin allow us to have the polling station at the Crawford Bay Hall for the next election? Or better yet, re-instate the Gray Creek Hall polling station which served for 80 years?

Gray Creek Pass Report

by Tom Lymbery

Make sure you have chains with you if you are travelling the Pass after November 10th as you will likely find snow above the second crossing of the south fork.

Due to increased traffic this season, which includes many who are new to the route, we are asking Forestry to post signs saying "If you haven't stopped to cool your brakes – do it NOW" as we have to keep a fire extinguisher ready at the store.



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Melissa is the Community Garden Coordinator at the College of the Rockies in Creston and owner of Aurora Edible Designs, a natural landscaping company. She has a background in conservation biology, environmental consulting and a love for mountain air. She studied organic farming and permaculture at Linnaea Farm and has worked on environmental education and ecological farming projects around the world. She is currently pursuing an Advanced Diploma in Education through the permaculture Institute and loves connecting people with nature.

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November 25/15**

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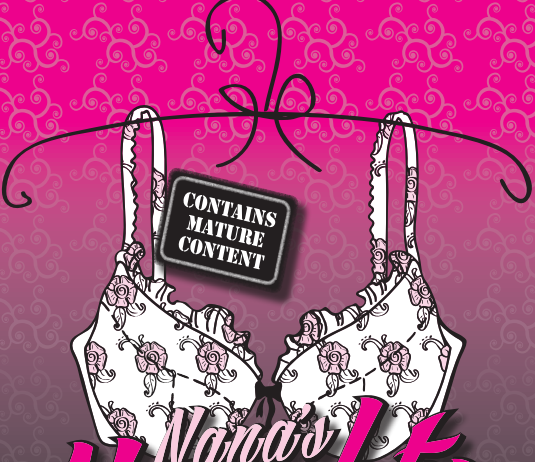
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Fall Colours

by Tom Lymbery

It may be that most of the leaves have fallen by the time this reaches print but the fall tree display has been even more spectacular than usual. Why aren't tour buses coming to the Kootenays? Let's have some photos of the Selkirk Loop to bring more from afar to enjoy our Octobers.

A few years ago, Sharon and I took Via Rail from Vancouver to Halifax in October, partly to see the eastern red maples make their vaunted display. To tell the truth it was not much more impressive than that on Kootenay Lake, as we have more varieties of maples as well as the birches and many other deciduous shrubs in our Interior Rain Forest, which provide unending contrast. Even the red of the huckleberries close to the ground adds to the scene. Once the first frosts come the gold of the larches decorates our mountains.

Crawford Bay has many Eastern Red Maples as well as a series of planted Manitoba Maples just south of the site of the original Crawford Bay Hotel, which was at the junction of Highway 3A and Crawford Creek Road (see picture - photo by Ingrid Baetzel). Maples seed themselves extensively as their seeds have wings.

I encourage you to plant more Eastern Red Maples, as these turn colour earlier than our native maples thus extending the season. Luke Lewis at North Woven Broom has planted some recently. Many of those in the bay are those that we sold when we were agents for Layritz Nurseries in Victoria. Annabel Foster at 16240 Hwy 3A was impatient to have these grow fast.

Even on Medlars, that odd fruit tree at the store, you can see leaves turn a bright red some years. As well, the ornamental Japanese Maple close by the parking area has a very different tone of red. Seedling cherries along the highway can be picked out by those who recognize their fall tones. The scene can change daily as leaves fall and others change. We see some tall poplars that stand out above the green cedar - hemlock forest canopy - beacons when their colour changes.

Heading south through Boswell and Sanca perhaps lesser rainfall affects the maple growth. On the North Shore you can see the maple invasion that has occurred around the turnoff to Kokanee Glacier and the zip line.

The row of plane trees north of the store will be shedding their large leaves soon and they belong to the maple family. I can remember my dad encouraging me to gather these with gunny sacks to feed our rabbits when I was 10 or 11. He had seen people feeding their rabbits with these in Paris during the 1914 - 18 War. But our rabbits weren't interested and only used them for bedding.



Likely the last leaves to drop are those of the oaks, some of which hang on through much of the winter. Squirrels and birds have planted acorns all over. Do you have ny in your back 40? I was trimming brush ahead of a highway approach sign for the store and found a young oak closer to Cedar Grove Campground.

Democracy at CBESS

by Kristy Winger

This October, our students at Crawford Bay School made history in their own small way: we held our first ever student council election in a long time. The students nominated candidates to run for class representatives, and for senior council positions. The candidates ran great campaigns, and each one gave a speech prior to voting, and races that were hotly contested faced questions from the entire secondary. They all performed admirably, and our new council are set and ready for action.

- Grade 7 Rep - Isaac Cullinane
- Grade 8 Rep - Joli Mwynyi
- Grade 9 Rep - Sarah Wensink
- Grade 10 Rep - Daniel Wensink
- Grade 11 Rep/Secretary- Sidney Kozelenko
- Grade 12 Rep - Ries Fowler
- Treasurer- Iyra Cristofoli-Couling
- Vice-President- Raquel Van Ry
- President- Madison Ashton

At the same time, the students from Grades 4 through 12 also participated in the national Student Vote program. Student Vote is a parallel election for students under the voting age. It allows youth to experience the electoral process firsthand and to build the habits of engaged and informed citizenship. Our student volunteers set up our polling station, checked off voters' names against the registry, ensured votes were cast properly, and then tallied the votes. Most impressively, our school had 100% voter turn out. We celebrated with cookie pie.

Our school elected the Green Party candidate, Bill Green, and nationally students across Canada also elected a Liberal Majority with a Conservative opposition. In total, 6,760 schools participated in Student Vote this election with 922,000 students casting a ballot, representing all 338 ridings. This was an amazing experience for our students to participate in, and sparked many lively debates in class and in the hallways. As young voters, 18-25 have historically had very low turn out at the polls, this is an incredibly important program that helps to familiarize youth with the voting process, and create hopefully lifelong habits of engagement. What a great chance to experience democracy in action.

Getting to Know The Arcane Garden

a Mainstreet Interview

The Arcane Garden is the band name of East Shore duo, Michelle Moss and Will Chapman of Gray Creek. The two have lived on the East Shore for twelve years and are central to our local thriving arts scene, playing roles on stage and behind the scenes in various productions, including musical shows, art openings and theatre productions. They are both deeply involved in this year's Hexagon Players production of *One Flew Over the Cuckoo's Nest* and they bring their vision and ingenuity to the stage no matter what they're doing. They are excited to announce some upcoming local gigs to entertain the East Shore masses (see below) and Mainstreet spent some time chatting with the musically gifted duo.



Mainstreet (MS): Where does the name, The Arcane Garden, come from?

Arcane Garden (AG): Honestly? That's us trying to be super clever and original and finally spending hours of throwing ideas into search engines until we finally came up with one that wasn't taken. Also being pretty garden oriented is an ongoing inspiration and helped in the naming.

MS: Tell us a little about your musical histories?

AG: (Michelle) - Will's musical history is a lot more colourful than mine. I played in lounges as a solo act when I was very young, then played in a couple of bands (guitar and background vocals, song writing, recording) Nothing serious. Will played with various bands (such as Strange Advance, Bachman Turner Overdrive) worked with Neil Young, Margo Timmins (of The Cowboy Junkies) DOA and Long John Baldry doing studio production/ engineering... but he doesn't like talking about the past, so I'll stop there.

MS: Where have you played?

AG: As the Arcane Garden - at home. A LOT. We've also played various venues in Vancouver, Creston, Nelson, and locally on the East Shore.

MS: Who are some other artists that you've performed with?

AG: We've had various players join us over the years for live performances, such as Ben Johnson, Marty Carter, Donny Clark, Alex Mayer, and for recorded sessions, Stefan Peltier, Corbin Keep, Mel Watson, Ellen McIlwaine...

MS: What are your strong influences and who is really "blowing your hair back" musically right now?

AG: Our influences are (among others) Portishead, Everything But The Girl, Dead Can Dance, Faithless, Kate Bush.... We are always amazed by Ott, Pink Floyd, Nils Frahm... we love electronica, progressive rock, ambient - the list goes on. We discover incredible new artists all the time of many genres... We listen to old stuff and are still blown away, and new stuff that just slays us. It's all over the map.

MS: Who writes the lyrics/who writes the music?

AG: (Michelle) - Will starts with writing a bed track, then I add a melody. He adds some more instrumentation and I add some lyrics. He adds still more stuff; I revise lyrics... it's like a game of musical ping pong.

MS: We've heard you have a show coming up... Tell us about it?

AG: We are playing at the Sasquatch in Creston on the November 7, and then at our beloved **Gray Creek Hall on Friday, November 13**. We have been working on and are almost ready to release our fourth CD. We are really looking forward to our upcoming gigs featuring Marty Carter on woodwinds and hand percussion, and Ben Johnson on Persian Santour, oud, and other assorted percussion, We're excited to feature some surprise special guests as well, so stay tuned.

This will be the first time we feature visuals in our performance. Will has put together surreal background visuals specific to each song. We are looking forward to playing a few tracks from our new CD. **Please join us on November 13 at 8pm at the Gray Creek Hall.** Tickets will be \$10 and we ask that only children who can sit and listen attend, as this is a concert, not a dance.

Hexagon Players at it Again

by Doreen Zaiss

Hexagon Players are excited and only a little bit terrified to announce that this year's winter production will be *One Flew Over the Cuckoo's Nest*, a script written by Dale Wasserman based on the brilliant novel by Ken Kesey. That trace of terror as we launch into rehearsal season is due to the understanding that both the novel and the film version starring Jack Nicholson, are on so many people's Best Ever list. (The film garnered five major Academy Awards.) But theatre loves challenge, and we have the energy, the cast, the technical support to take on this master work.

This year's cast is larger than ever with fourteen actors, two directors and at least two techy/designers in the mix. Every year the group invites new talent to audition for acting and support parts in the upcoming play. This year, the turnout was much stronger and resulted in nine new actors joining us. The newbies outnumber the vets. This is exciting and challenging.

Another change this year lies in the play's content. Some people will find it disturbing. There is *language*, there is *violence*, there is *sexuality*, there are *crazy people* ... not just funny crazy, but pathetically or dangerously crazy. We have always had a mixture of the comic and the tragic in the plays we present; this year, all of the comedy and tragedy is on a more intense level. **This is not a play for children, and an age limit (probably 14) will be applied.** Like I said, it's disturbing, and what I believe to be true about disturbing is that it has the potential to lead us towards change. Psychiatric treatment has changed enormously since the 1960's. Kesey's book may well be a factor in implementing some of those changes.

Following is a list of the people who are acting and designing this year's production:

Vets: Gef Tremblay, Galadriel Rael, Ries Fowler*, Ingrid Zaiss-Baetzel, Mauz Kroker

Newbies: Amanda Ball, Zyan Rael*, Arlo Linn*, Jillian Newfield, Mandy Petrie, James Linn, Maria Latouf, Ryan Davis, Robert Baldwin

Designers: Michelle Moss, Will Chapman

Directors: Carol VanR & Doreen Zaiss

(*CBESS students)

Date of play: TBA



CBESS Acting Students Are Zombies!

The CBESS acting class took to Nelson on the Halloween weekend to take part in workshops, present their play and join the zombie walk. They also performed their Thriller zombie dance on Saturday.

Next Deadline: November 25, 2015
mainstreet@eshore.ca eshore.ca

Mountain Men Making Music

by Dan Silakiewicz

East Shore band **High As Mountains** celebrated one year together this Halloween with a fabulous show at Gray Creek Hall in support of Crawford Bay School's Hot Lunch Program.

The boys want to thank everyone who has helped us and enjoyed what we do. So far we've been performing mostly in the Kootenays and have relied heavily on the support of local venues and fans (go HAMsters!). Thank you for the wonderful support and really fun times.

For those unfamiliar, High as Mountains is a fun loving power trio playing a very danceable mash of blues, rock, reggae, dirty funk and whatever else can be played on guitar (Robby Roots), bass (Howlin' Dan), and drums (Todd Lester, from Kitchener, BC). A big sound in a compact format, and we play mostly positive original tunes. Our motto is "Open Your Heart, Blow Your Mind!"

This great live band is dedicated to making each performance a different and soulful experience to take home in your ears and your heart. The chemistry between these three talented friends makes an incredible solid sonic foundation to engage remarkable spirit and energy (& sense of humor).

We are just heading into our second year together and have already been the 2015 surprise hit of the Starbelly Jam Music Festival and been nominated for Best Roots, Folk or Country Act at the Kootenay Music Awards (and did not nominate ourselves). We are really dedicated to our home on the East Shore playing songs that resonate with a lot of the community and bringing the Kootz to the rest of Canada and the world. Peace and love will rule.

Check the band out at highasmountains.com where you'll find more information, video, pictures and even free music downloads on our music page.

Plans for 2015 – 2016 include an album, an 'artistic' music video (all our videos are live so far), and touring throughout more of BC and into Alberta, hopefully with a full festival schedule this summer.

And finally we are ready to put our new t-shirts into production this month in honor of our first anniversary. This is the image on the shirt...



If you'd like to pre-order one please email or call Howlin' Dan (howlin.dan@gmail.com, 250-223-8666).

**Next Deadline:
November 25/15**

Nana's Naughty Knickers

submitted by Footlighters Theatre Society

If you can name a grandmotherly stereotype, there's a good chance Sylvia Charles defies it. Instead of tea parties or bridge games or knitting, she embraces the racier side of life, creating lingerie for seniors and running a boutique out of her rent-controlled New York apartment.

The revelation comes as a shock for Sylvia's granddaughter, Bridget (Anna Payne), who arrives to stay with Sylvia (Suzanne Chubb) for the summer, and Sylvia's best friend, the hard-of-hearing Vera Walters (Ann Deatherage) — and there are many more unexpected treats in store for the audience when Footlighters Theatre Society presents *Nana's Naughty Knickers* Dec. 3-5 at the Prince Charles Theatre.

"This show is a runaway adult comedy that explores our preconceived ideas about the elderly," says director Gary Atha. "It will have you rolling in the aisles. Be prepared for many surprises!"

The apartment boutique is — as befits a farcical comedy — illegal in more way than one, so the trio tries to keep Sylvia's tax evasion from NYPD officer Tom O'Grady (Peter Simon), who is more than a little infatuated with Bridget, and the illegal boutique from landlord Gil Schmidt (Brian Lawrence), who would like nothing more than to evict Sylvia and jack up the rent.

Along the way, other unusual personalities pay a visit, with a pair of UPS delivery men (Logan Thompson, Leif Deatherage), Heather (Alexandra Ewashen), a sassy employee from a similar but racier company, and Claire (Susan Jorgensen), a client of Sylvia's, dropping by.

Atha moved to the Creston Valley about two years ago, and has performed in a few productions since, but this comedy marks his first time directing. It was an easy choice to pick this as his directorial debut.

"I've been involved in theatre both on stage and backstage for 14 years," says Atha. "Somewhere along the way directing got on my 'bucket list'. I chose *Nana's Naughty Knickers* for my first directing experience because I acted in it in 2012 and enjoyed the play immensely. It was a sold-out hit."

Taking on the challenge of bringing *Nana's Naughty Knickers* to life for a Creston audience has been well worth it.

"The directing is a dream come true," says Atha. "It has been made easy because I have a great team of actors, actresses and backstage people to work with. Directing is seeing the big picture and helping everyone involved to create that picture. It is all coming together wonderfully."

Nana's Naughty Knickers — which contains some mature content — is the third production in Footlighters Theatre Society's 21st season. It will be followed by the family-friendly *The Stepsisters' Revenge* (a sequel to last year's locally-written sold-out hit *Cinderella*) in March and Theatre BC's Kootenay Zone festival, Centre Stage, in May.

Barefoot Handweaving



Love is a feeling completely bound up with color, like thousands of rainbows superimposed."
Paulo Coelho

OPEN daily until Christmas 10-4 at least 227-9655

Parents of CBESS High School Students!

Is your child planning on participating in this year's SEVEC exchange program? Do you shop at Save On Foods/Overwaitea or the Kootenay Coop?

If you answered yes to either of these questions, please consider helping your child fundraise for the trip by purchasing Grocery Gift Cards for the November round. All proceeds (8% of cards ordered) go towards secondary travel in November.

Please contact Ingrid at 250.227.9246 (mainstreet@eshore.ca), Erin at 250.227.6848 (namakar@theeastshore.net), Jennifer at 250.227.9175 (jennirving89@gmail.com) or Sandy at the school at 250.227.9218 (Clerical.Crbay@sd8.bc.ca) to order your cards.

Deadline is November 8, 2015.

The December deadline is December 6 and proceeds will go to Hot Lunch in that round.

Tara Shanti Yoga

w/ Maggie Kavanagh

134 Riondel Road, Kootenay Bay, BC

250.777.4868 - Look us up on Facebook!

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T	ues:	9-10:30am - Level 1
		7:30-9pm- Multi Level
&		
T	hurs:	9-10:30am - Multi Level
		7:30-9pm - Level 1

\$10/class (first class complimentary)

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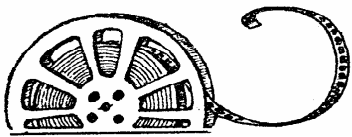
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November 2015 Mainstreet 15



Seldom Scene

by Gerald Panio



"[Peter Brooks'] approach [to *King Lear*] was suggested by 'Shakespeare Our Contemporary,' a controversial book by the Polish critic Jan Kott. In Kott's view, 'King Lear' is a play about the total futility of things. The old man Lear stumbles ungracefully toward his death because, simply put, that's the way it goes for most of us. To search for meaning or philosophical consolation is to kid yourself. Kott attempts to transform Shakespeare into a sort of Elizabethan John the Baptist, sent ahead into the world to announce the coming of Beckett."

—Roger Ebert

The eye of the beholder. No accounting for taste. Chacun son goût. That's one way to look at it....

Those hoary old clichés are just a few of the ones into which new life is breathed every time I find one of my cinematic darlings in the crosshairs of a movie critic I idolize. For example, in Roger Ebert's *I Hated, Hated, Hated This Movie*, Canadian director Patricia Rozema's *When Night is Falling* winds up in the company of *Ace Ventura: When Nature Calls* and *Teenage Mutant Ninja Turtles: The Secret of the Ooze*. Ouch.

Lately, I've been using my collection of Pauline Kael's anthologies of reviews and essays as a way of randomly selecting films from my own library for viewing or re-viewing. Most of the time, I'm content to let her dissect, more eloquently than I ever could, the invidious messaging of some popular films and the aesthetic glories of others. There is, for instance, her six-page takedown of Sam Peckinpah's *Straw Dogs* (1972): "Peckinpah's view of human experience seems to be no more than the sort of anecdote that drunks tell in bars.... His intuitions as a director are infinitely superior to his thinking.... What I am saying, I fear, is that Sam Peckinpah, who is an artist, has, with *Straw Dogs*, made the first American film that is a fascist work of art.... He's discovered the territorial imperative and wants to spread the Neanderthal word." And this on *The Stalking Moon* (1969), an appalling Western that in its portrayal of a psychopathic Apache proved that some people had managed to miss out on every progressive mind-shift in Native studies since the turn of the 20th century:

"To return to what *Life* says about the movie: 'It is an examination in archetype of good and evil locked in a death grapple. It has the simplicity and fascination of a myth dredged up from the unconscious of the race. It is, in this simplicity, what movies are all about.' People may think this is what movies are all about because this conflict between good guys and bad guys is what moved them as children and they may have the desire to be gripped the same way when they go to the movies as adults.... If the monster were not an Apache in a bearskin but a Jew dressed in money, that could tap 'the unconscious,' too. And if the monster were a naked black man carrying a spear, the move could score a knockout at the 'unconscious' level.... I have been very harsh on this movie, and perhaps, like *The Stalking Moon*, this is overkill, but movies, along with the others arts, can open us to complexities, and I don't think we should applaud this kind of infantile, primitive regression."

Incredibly, the film copped a "G" rating, and was accompanied by a gushing "study guide" for use in schools.

Here's Kael on *Dirty Harry* (1971):

"*Dirty Harry* is a kind of hardhat *The Fountainhead*.... On the way out [of the movie theatre], a pink-cheeked little girl was saying 'That was a good picture' to her father. Of course; the dragon had been slain. *Dirty Harry* is obviously just a genre movie, but this action genre has always had a fascist potential, and it has finally surfaced. If crime were caused by super-evil dragons, there would be no Miranda, no Escobedo; we could all be licensed to kill, like *Dirty Harry*. But since crime is caused by deprivation, misery, psychopathology, and social injustice, *Dirty Harry* is a deeply immoral movie."

There I am, going "Right on, sister!" when she turns her attention to Stanley Kubrick's *2001: A Space Odyssey*, and calls it a "monumentally unimaginative movie." What the ----? Come again? Could Pauline Kael possibly be talking about the same movie that John Klute and Peter Nicholls, in their massive *The Encyclopedia of Science Fiction*, described as "the most ambitious sf film of the

1960s and perhaps ever.... Aside from its intellectual audacity, *2001* is remarkable for a visual splendor that depends in part on astonishingly painstaking special effects." As one student of her work wrote, "When Pauline Kael goes wrong, she goes wrong all the way."

Which, finally, brings me to the actual subject of this month's column—Peter Brooks' 1972 version of Shakespeare's *King Lear*. When I first saw it, perhaps 40 years ago now, I remember hating it. Its unrelenting bleakness seemed to obliterate the play itself. Since then, I've read *Lear* many times, taught it at school, and seen two versions of the play at Vancouver's Bard on the Beach. A couple of weeks ago I decided to pull my beaten-up, pirated VHS copy of *King Lear* off the shelf and give it another look.

This time, instead of being repelled, I was enchanted. Over the years I've come to realize how hard it is to make convincing to the audience Lear's seemingly irrational actions of surrendering his authority, splitting his kingdom, exiling his most beloved daughter; his progression through senility into madness; his redemption through pain. Watching Paul Scofield as Lear, this second time around, I believed it all from the first shot of his massive tomb-like

throne and the first words out of his mouth—spoken as if they were being chiseled out of stone. This was the harshest possible medieval vision, one that makes *The Game of Thrones* seem warm and fuzzy by comparison. *King Lear* gives us a world where winter has well and truly come. In this world, a king's misstep is his kingdom's fall—the prelude to blood and chaos. Scofield's Lear is titanic in his power, his folly, his anger, his madness, his epiphany. The film was shot in black & white on location in wintertime on the Jutland peninsula in Denmark, a landscape like the dark side of the moon, with snow. Any man-made construction here, be it castle or beggar's hole, seems provisional—a unconvincing defense against coming storms.

Pauline Kael treated Brooks' *King Lear* to one of her most scathing reviews. It seems she saw the same film I thought I saw decades ago. She called it Peter Brooks' "Night of the Living Dead," and saw in the film only "godless desolation" and "generalized meaninglessness and despair." Kael wrote that "Brook has

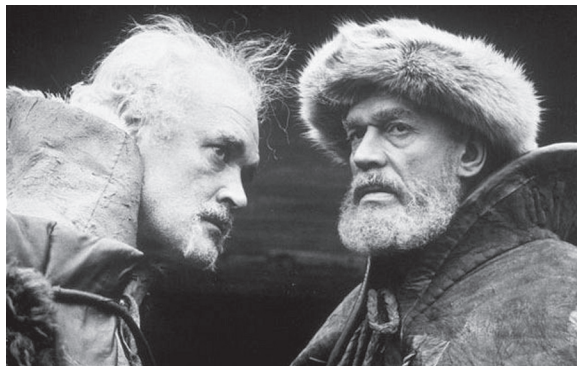
managed to make this *King Lear* theatrical and to destroy the Shakespearean drama. His theatrical conception is all there onscreen, fully realized, in the first shots of the soulless people.... His theatrical conception kills not only the drama but most of the poetry.... when people with dead souls are saying Shakespeare's lines the emotional resonances die away. You may feel dead while you watch."

I understand where she's coming from, but this is one of those films whose effect is as strongly transcendent for some viewers as it is soul-killing for others. For the first time, I realized how much Cordelia, the rejected child, might be loved by her father not because she's loving but because she's most like he is—distant, calculating, proud, immovable, every inch a queen-to-be. More Elizabeth I than Ophelia. It is true that the other performances pale somewhat next to the overwhelming force of Scofield and of the Jutland winterscape, but they are fine nonetheless. Jack MacGowram is particularly effective as Lear's Fool. I appreciated Tom Fleming as Kent, Irene Worth and Susan Engel as evil-as-a-serpent's-tooth sisters Goneril and Regan, and Alan Webb as Gloucester.

This may not be the definitive *King Lear* (Russian director Grigori Kozintsev's *King Lear* is reputed to be superb; Ontario Stratford Festival's recent production is available in HD on CBC's website; Orson Welles's version is available free online; Akira Kurasawa's *Ran* is an epic retelling), but it has made a believer out of me and many others. Although the Internet Movie Data Base has, astonishingly,

only two professional reviews of Brooks' film, the Imdb's User Reviews section provides an excellent platform for the movie's partisans. Nowadays, when *The Walking Dead* is one of television's most successful serials, the movie Kael saw as a zombie apocalypse might have finally come of age.

(For a critical evaluation of Pauline Kael's work, and some of her "best" and "worst" reviews, check out Michal Oleszczyk's columns at www.fandor.com/keyframe/a-smart-fun-life-in-the-dark-pauline-kael-bio-reviewed. Also recommended is Brian Kellow's biography, *Pauline Kael: A Life in the Dark*. Orson Welles's *Lear* is available at www.openculture.com/freemoviesonline.)



The Kootenay Lake Fall Fair

AGM

November 23 - Monday

Community Corner,

Crawford Bay - 7pm

Join us!

We ACTUALLY have fun
putting on this successful
annual harvest celebration...

Art in the Creston Chamber & Library

by Val van der Poel

It won't be long until the wonderful fall colors are all gone and all we will see in our travels around the area will be the dull greens, browns and greys of winter. Don't despair! You will still be able to feast your eyes on a wide variety of color when you visit the Art in the Library and the Art in the Chamber displays. Besides enjoying the wonderful color, consider supporting our local artists and buying a piece of art for yourself or as a gift; after all Christmas is just around the corner.

The upcoming Art in the Library show features some new artists to the community arts display scene. Paula Ebelher will be displaying works in fibre arts and acrylics. And Lynn Becker will surprise us all with her art as I have no idea what she does so I can't give you any hints. Joining the Creston library exhibit for the first time is Sandy Kunze with her exciting and colorful acrylics which will be a nice contrast to the charming paintings of the East Shore's Jennifer Moore. The Art in the Library show can be seen October 31 to January 2 during library hours. By the way, artists pay a commission to the library with each purchase so you can support local artists and the library when you buy art from these displays.

The Art in the Chamber show starts a little later - November 6 - but it is sure to be a crowd pleaser as well. All of the exhibiting artists are members of the Creston Art Club who will be displaying new work as well as some older favorites. The featured artists are Anne Graves, Marion Evans, Shelly Lamb, Kurtis Ladner, Linda Bullock and Chris Schmidt. The display will be an eclectic mix with watercolors, acrylics, oils, fabric and more. It will also be bursting with colors, various shapes and sizes and prices to match. Visitors are sure to find something that will make a perfect gift for Christmas or any other occasion. The Art in the Chamber show starts on November 6 and ends on December 30 so you will have lots of time to check it out. Remember, art is a gift that lasts a lifetime.

These art displays are sponsored by the Community of Creston Arts Council, the Creston Public Library and the Creston Valley Chamber of Commerce and Visitor Centre to enable artists from Yahk to Riondel to display their art and to let the public see the wonders of the world through the artists' eyes. The art in both locations is for sale so please support the local artists and the venues. I will soon be sending out a Call to Artists for next year's exhibits so, if you would like your name on the list to display at one of these venues contact Val van der Poel at 250.866.5772.

Smarter Than Jack or Jill

by Sharman Horwood

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

While I lived overseas I often traveled to New Zealand—a beautiful country—to visit a friend who has a sheep farm there. Here is the story, “One Eye” from one of my trips there:

One-Eye

I'm not very good at milking cows—opportunities didn't often come my way in the city—so when something nudged my foot, I assumed it was the cow objecting to my feeble efforts. But it wasn't. Bette—she had Betty Davis eyes—was placidly ignoring my unskilled squeezes. She was chewing on a bit of hay, eyes rolling every so often, which I'm sure was her way of wincing when I pulled a little too enthusiastically.

New Zealand's Tararua Range glittered in the distance, their peaks dusted with the first winter snow. I was visiting my friend, and enjoying the clean air, new lambs, and lush green-ness of the countryside. Lyn had chuckled when I offered to milk the house cow. She knew just how much—or rather how little—milking I'd done in my life. But she was willing to let me try.

I was determined to master this skill. Something nudged my foot again. A little more strongly—and Bette's hoof was nowhere near. I looked down. There, at my feet, a one-eyed hedgehog leered up at me. In Canada we don't have hedgehogs in the wild, and I'd never seen one before. Her face was a little skewed; whatever had damaged her eye had affected her mouth, too, so the lip on one side was lifted, like she was snarling. Or trying to grin pleasantly up at me.

“What do you want, girl?” I asked her. She wasn't afraid of me, and she certainly hadn't bitten my foot. She was looking for something. And as the barn cat curled around the corner, I realised what it was. Milk. That glorious drink most animals love. Lyn kept a flat pan near the milk bucket and usually squirted some into it for the cat. Apparently, One-Eye expected her share, too. I laughed and obliged, quite delighted with the imperious little soul patiently waiting for this stranger to learn exactly what her farm duties entailed.

She drank what I put in the pan, and then waddled off. For the next year, Lyn told me in her letters, One-Eye came out every day for her bit of milk, and then scuttled back under the barn. It was warm under there, even in winter, and a safe place for her to make her home. She'd chosen her spot wisely.

About a year later, One-Eye died. After Lyn found the small hedgehog's body, she heard a noise, like the keening cry of a small animal. Not a kitten. Those were warm and protected under the porch. This was something different, and it certainly didn't sound like a rat. She dug around in the back of the hay bales. There she found a baby hedgehog, One-Eye's kit. Before she'd passed away, the hedgehog had brought her baby out from under the barn, and tucked her into a place where a kind milk-providing human would find her. It was cheeky. But smart.

Lyn obliged. She took the baby to the nearest vet and he found a good home for her.

**Next Deadline:
November 25/15**

DROP EVERYTHING and Celebrate Words

by Wendy Scott

Grab a big black pen (red will do) and mark it on your calendar – November 21, 2015 the fourth annual Celebration of Words is happening. And those words will flow from 2 to 4 pm at Dutch Harbour Lodge.

And wonderful words they will be: Dr. David Perrin will travel with his stories from Creston as will Diana Morita Cole; Jenny Craig takes a sailing trip from Nelson and Nora Hurlburt will come all the way from Edmonton with a special narrative about an Irish pussy cat.

Yes, well worth taking the time to travel just past Riondel to the lodge beside Kootenay Lake. It is a magical spot and what better place is there to spend a November afternoon.

See you there between 2 and 4 pm, November 21, 2015. Yes, there will be refreshments as well!

I Am Poem

by Sierra McDonald, Age 8

I am happy and sensitive
I wonder about earth's volcanoes
I hear aliens calling me
I see the book's pages
I want a live Pokémon

I am happy and sensitive
I pretend that life is a story
I feel the wind blowing in my hair
I touch my cat and dog
I worry that my mom will die
I cry when I have nightmares

I am happy and sensitive
I understand why I am sensitive
I say I hope life is a story
I dream I am a Pokémon master
I try to be kind to everyone
I hope that family will save me

I am happy and sensitive

New Key's Place
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4th Annual
Better to Give Than Receive
Silent Auction & Fundraiser

All money raised goes towards the
East Shore Food Hampers

We are looking for:

- Auction items
- Non-perishable food items
- Baked goodies

Items can be dropped off at Newkeys

Live Music!

Meat draw starts at 4pm

Then join us for all the other events—music, silent auction, baked goodies and more!

November 14, 2015



East Shore/Area “A” Business Owners

Did you know that Invest Kootenay (investkootenay.com) and Work West Kootenay (workwestkootenay.ca) are partnering to create a new website called

IMAGINE KOOTENAY?

The goal of this new site is to showcase potential employers and investment opportunities, direct investors to opportunities and people to job opportunities, and to highlight lifestyle advantages of each participating region/area.

Do you have a business that you'd like to see featured on this website (we're looking for businesses with 10 or more employees) and does your business exist in Area A? This is a fantastic opportunity to highlight your business and help guide qualified and enthusiastic employees to the region, and to your business.

If you'd like to be on the list (only 10-20 local businesses will be featured), please contact Ingrid Baetzel at mainstreet@eshore.ca, call 250.227.9246 or message on Facebook.

Book Reviews

by Tom Lymbery

SURVEYING SOUTHERN BRITISH COLUMBIA a photo journal of Frank Swannell, 1901 – 1907, by Jay Sherwood, Caitlin Press, 160 pages, \$36.95.

This is the final book in Sherwood's four volumes on Frank Swannell, but by far the most interesting for us as it includes much of the Kootenays and the Boundary country, and particularly the B C Southern Railway whose land grants are still affecting our lake.

Swannell took his camera into the remote areas where he worked and his photos give us a record of how the crews worked as well as how the county looked before road or rails arrived. The cover photo is entitled "Hyiu Mowitch" (plenty of venison) shows the cook preparing a deer which provides a meal of fresh meat, a most welcome change from the crew's staple of bacon and beans.

This is a large format book so these one of a kind photos fill many of the pages. While nearly all are taken by the surveyor himself the photo credits are all to the Royal BC Museum, BC Archives. Swannell's father lived in Nelson so there are several photos, including one looking toward the lakefront that shows the large rear of the Opera House. Kootenay Landing is pictured with travellers waiting to board the eastbound train, having arrived on the Moyie from Nelson, as this is before the Nasookin started service in 1913. It is still hard to believe that all of the tracks, barge loading facility and the station were supported by pilings set in the sediment deposited by the Kootenay River. There are so few photos of this most important rail/sternwheeler terminus that I am delighted to see some fresh ones.

Swannell had a good eye for the important elements of photography and most fortunately carefully recorded just where the site was. As a surveyor, that was something he had to know as he had to be precise. How he managed to record all the details that surveying requires when working with pencil and paper in rain and snow, he doesn't record. This is a fine book and you can spend hours absorbing the details

GOLD HUNTERS, British Columbia and Yukon – a History in Photographs, by Donald E. Waite, Heritage Publishing, 261 pages, \$28.95

With a foreword by Iona Campagnolo (former BC Lieutenant Governor), this is an impressive book filled with full page paintings, photos and maps. This summarizes the time from the first nations people trading gold to the Hudson's Bay factors through to the rushes to the Fraser River, Cariboo, Rossland, Rock Creek, Hedley and to the Yukon

Photos and articles on famous officials such as Sir James Douglas, as well as those who found the gold creeks appear frequently. Some of the pictures are familiar but there are many we have never seen before.

I found the most interesting map to be the double one on pages 158 – 159 which shows Trail and Rossland with the Columbia and Western narrow gauge rails crisscrossing both a wagon road and the Dewdney Trail. The Rossland page also shows the Great Northern's Red Mountain R.R. coming in from the US to tap the bonanza in competition. You can't count the overlays showing the Rossland registered claims, all carrying individual names from Mugwump, Blue Elephant, Crackerjack and ever so many more. Since each of these is either square or oblong they all overlap each other. No wonder there were so many problems with extensions into another's claim. The mining recorder must have had a doozer of a time keeping track of what claim names had already been registered. The map doesn't have a date but it must have been before Augustus Heinze sold his Trail Smelter and rail lines to the C.P.R.



pebbles by Wendy Scott Green & Gold

Eighteen years ago, the top of our Mulberry tree was not much higher than our sundeck. Its shape was pleasing—round and compact. It was possible to shake the branches and have a harvest of mulberries rain down on a laid out bed-sheet. Now the tree envelopes the top of the clothesline pole, leans over my neighbour's fence, and stretches out into the back lane. Layers of berries are thick under the tree; they are scattered in the lane, on the tool shed roof, and on top of my neighbour's compost bin. In fact one branch leans almost perilously over the fence above my neighbour's garden.

The East Shore of Kootenay Lake is abundant with folks who know how to fix stuff, and that includes the art of pruning. In fact one such artist lives just across the lane from me – quite convenient and he has promised to attend to my trees which seem to want to grow much taller and broader than I ever thought possible. In fact my yard is no longer a garden; it has become a veritable deciduous forest.

Wisteria borrows the green and gold of Kootenay fall along with splatters of brilliance from birch on the mountainside. Maples counter with their scarlet fusion, and the mulberry, although reluctant to drop its plump green foliage, seems proud now that the filigree of its true shape displays against a gray sky. This most delicate and beautiful tree could be a negative image of a Wedgwood plate in my corner cupboard – not the familiar blue and white willow pattern, but an old rectangular sandwich plate with a pattern of delicate red sprigs and slim branches reminiscent somehow of a scene from Madama Butterfly. And for a reason that I'm at a loss to explain, it brings to mind a Mendelssohn symphony that makes me want to dance. Minuetto, I believe and I suppose that explains the urge.

The plate belonged to my mother and came to her from a distant cousin who happened to work at Wedgwood in England. She brought the plate with her from England to the BC Cariboo. That was 1929. My goodness – eighty-five years have passed since that plate crossed the Atlantic Ocean, tucked safely between layers of soft stuff no doubt. The voyage, so I was told, was one of the roughest on record, with my mother being the only passenger who managed the crossing without suffering the effects of mal-de-mer.

And I'm reminded again – for no apparent reason, of the Vancouver skies of my childhood and my first view of the Milky Way pasted across the blackness above my back garden. This was the Vancouver I remember with streetcars and ice cream sodas and bicycles (mine) with one speed – not for Riondel roads, no my Vancouver had more or less level streets, but, oh my, those streetcar tracks! They were wickedly dangerous for my flimsy bike wheels. Now? The only streetcars I'm likely to see are right here in Nelson! That's a strange twist. But I'm happy to sit under my Kootenay moon and catch Mendelssohn's Minuetto on CBC.

Perhaps it is that moon with its own autumn infusion of mulberry red – a peculiar gift from a charred forest somewhere to the south of us; or the profusion of stars in our Kootenay sky, but no, it is just one more vital reason to make sure we hang on to our CBC – and dance – under the mulberry moon!

**Next Deadline:
November 25, 2015**

COMMUNITY HEROES

a Mainstreet Feature

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

Gina Medhurst for continuing to be involved in so many of the good, valuable and helpful things on the East Shore that help residents in their lives. On top of taking care of her own health, offering fitness classes free of charge, running a business, being a wife and a mother and heading the Christmas Hamper Program, when it came time to have a new president of Kootenay Lake Chamber of Commerce and nobody took her place, she stayed on. Way to go, Gina.

Sharon Webster - Sharon is incredible. From youth council involvement to BC Ambulance and being a Volunteer Fire Fighter as well as wife and mother... I've had the privilege of working alongside her in many of these capacities. She is amazingly generous with her time and devotion to the East Shore community. She definitely gets my vote. Three cheers for Sharon Webster.

Donny L and Kevin D from Kootenay Bay - I love these two guys. Kev was one of the first to welcome me to the East Shore, and he is totally KBay all the way. Don..well he's just tops. Fun and funny. I practically lived on his couch and not a day went by that we were not laughing joking and generally enjoying life on the East Shore.

Lorna Robin - for 30 plus years of dedicated East Shore volunteer work. Your energy has been invaluable, Lorna.

Dan Seguin - for joining the ESIS board while also being invaluable on the Riondel Volunteer Fire Department, running his own business and taking regular active volunteer roles in community programs.

Galadriel Rael - for being "she of many boards" - from Chair of Starbelly Jam, to positions on the Youth Council, Community Connections, and more, to being present and inquisitive at most important East Shore meetings, to running her own business and remaining engaged - Bravo.

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Creston & District Happy to Represent Canada: Better Life Project Featured at OECD World Forum

press release

In December 2014, the communities from Yahk to Riondel joined the global happiness movement: they started measuring subjective well-being as a tool for enhancing local quality of life. The Creston & District Community Directed Funds Committee, leader of the Better Life Project, also hoped to put the area on the map as a place where happiness matters. This week, their efforts are being spotlighted at the OECD World Forum on Statistics, Knowledge, and Policy, where world leaders are gathering to explore best policies and practices for fostering genuine well-being.

Creston & District Community Directed Funds

When Columbia Basin Trust invited the communities from Yahk to Riondel to be part of its Community Directed Funds pilot project, local leaders knew that they had their work cut out for them. The CDF program offered the opportunity to access \$600,000 of funding over three years, if the community could come together, identify key priorities, and develop a clear action plan. The Trust asked to see innovation, collaboration, and strategic investment towards long-term goals for the region.

The Lower Kootenay Band, Town of Creston, Regional District of Central Kootenay Areas A, B, and C, and many community groups pulled together to form a 12-member volunteer steering committee. Kootenay Employment Services was chosen to administer the initiative and local consultant Laura Hannant was brought on to help guide the planning process.

While the promise of funding raised high hopes about making an impact in the community, the Committee recognized that the funds could only go so far. "I think that we all agreed that the \$600,000 was just one piece of the opportunity," explains Committee Chair Hugh Grant. "We saw that we also had a rare chance to work together, over time, to help create conditions for sustainable progress in our area. I know that I felt confident that a strong plan could become a tool for bringing more funding and other resources into our area."

Planning began with a thorough review of recent research, planning, and community development processes—including Cultivating Creston, the Age-Friendly Action Plan, the Youth Engagement Strategy, and the Community Conversation project. This work suggested that area residents have been given many occasions to share their opinions on community goals during the last few years. It generated a long list of "wants" and potential projects. But the review didn't uncover as much information about local "needs." Community consultation had concentrated on future hopes, without asking about current conditions.

The Better Life Project

It felt important to help the community to see itself afresh. The Committee looked beyond the Valley for models to learn from. The happiness movement seemed to resonate with the down to earth local culture. It is a global movement that recognizes that material and economic gains are not necessarily enhancing people's genuine wellbeing. It offers tools for refocusing energy and resources on what really matters to individuals, families, and communities. Inspired by what they saw, the Committee decided to join the movement. They launched the Creston & District Better Life Project last winter.

"We had many hopes for the project," says Hugh Grant. "We hoped that it would offer a new perspective on community goals. We hoped that it would get

people talking about how to make our area an even better place to live. We also hoped that it would help to put our district on the map as an exceptionally happy and vibrant place to call home."

Local engagement in the project was overwhelming - many residents probably remember taking part. Step one had people complete a survey about their own lives. Surveying was carried out over a 10-day period in early December 2014, after only a few weeks of planning. The budget was small and volunteer participation was a key to success. More than 100 friendly faces were recruited as volunteers and nearly 30 community groups – from the Rec Centre to the hospital to A Break in Time Caffe – helped to champion the project.

The survey was available in print and online all over the district. Many public computers, including at the Creston Valley Library and Crawford Bay School, were set up with signs and desktop shortcuts. The project coordinator took the index on the road, visiting places like the Therapeutic Activation Program for Seniors, Family Place, and the Creston Valley Farmers' Market, as well as events like the Bevy of Angels Craft Faire and the LKB Christmas Dinner. More than 5% of the population (877 people) answered dozens of questions about their own lives.

The Happiness Alliance Gross National Happiness Index

Creston & District used the international Happiness Alliance's Gross National Happiness Index to measure local wellbeing. So far, tens of thousands of people from around the world have taken the Happiness Alliance's GNH survey. By using the GNH Index, both individual survey-takers and the community as a whole were able to compare results with global scores in 11 domains of wellbeing: satisfaction with life; social support; community vitality; psychological wellbeing; physical health; environment; education, arts, and culture; materials well-being; work experience; time balance; and government.

Happiness Alliance Executive Director, Laura Musikanski, was impressed by what she saw. "Creston & District's work in the happiness movement sets a model for all of North America," she says. "You took a deeply grassroots approach to using the Gross National Happiness index. I love that you are allowing a happiness metric to be one thread in the fabric of community-driven change in your area."

Happy & Well from Yahk to Riondel

Survey results told a largely positive story about local well-being. The community scored above the Happiness Alliance's GNH average for overall wellbeing, as represented in 9 of the 11 measured domains. Where scores were lower, it was by fewer than 2/100 points. The results revealed remarkably high subjective well-being scores when it comes to social supports (+24.6 points), community (+16.4), and environment (+9.8). Age, income level, and employment status were all found to affect subjective wellbeing – young people, those living on less than \$20,000/household/year, and the unemployed reported lower levels in all domains.

As step two, a "happiness report card" was created and distributed hundreds of copies through community champions, partner groups, and social media. As step three, community events were hosted throughout the area where the project coordinator presented the results, screened the documentary film "Happy" and facilitated dialogue. For step four, a stakeholders' forum gathered dozens of local leaders of all ages to begin translating findings into directions for action. The gatherings were community-building events where participants seemed to speak freely and passionately about local quality of life.

Creston & District on the World Stage

This week, the Happiness Alliance and Better Life

Project will be making The OECD World Forums on Statistics, Knowledge and Policy were launched over a decade ago to bring more attention to the need for better measures and policies for well-being and progress. The Organization for Economic Cooperation and Development is an international economic organization made up of 34 member states, including Canada. Forums bring together thousands of participants, including senior government officials, United Nations staff, and thought leaders in this field.

The 5th OECD World Forum is being held in Guadalajara, Mexico from October 13-15, 2015. It will address the question, "How do we best put into practice new well-being measures to improve public policies and people's lives?" It will showcase real-world examples of action and implementation. Creston & District will be featured as an exemplary model of what Gross National Happiness indexing can look like at the local level. "The Happiness Alliance felt it crucial that news about Creston & District's happiness work be shared, because you are a community that is actually doing what the attending world leaders are talking about."

Project Coordinator, Laura Hannant, will also be sharing the Creston & District story at the International Society for Quality of Life Studies annual conference in Phoenix, Arizona later that week. "I feel proud to live in a community where happiness matters. It is exciting to see that some of our 'old-fashioned' or 'small-town' values are putting us at the cutting edge of a global trend," she says. "I am looking forward to sharing our story and learning about what other communities are doing to make better lives possible for their residents. I believe that the Community Directed Funds process will be strengthened."

The C&DCDF Committee has been working hard to craft an approach that will maximize impact for the community. They will announce funding priorities and more information about how they will be dispersing funds following later this fall.

The MAINSTREET

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Remembrance Day 2015

by Nancy Galloway

All are cordially invited to a Remembrance Day Ceremony beginning at 10:30 am on Wednesday, November 11 at the Riondel Community Centre. It will feature music from the Many Bays Band and the Remembrance Day Choir. Following the ceremony, a light lunch will be offered in the Senior's Room for a small donation.

Remembrance Day commemorates the end of World War I, the "war to end all wars". Under the Armistice agreement, hostilities were to cease at the "11th hour of the 11th day of the 11th month" 1918.

Even a hundred years later, the horrors of World War I continue to fascinate and appall. Barbara Tuchman's book *The Guns of August* gives great insight into the run-up to and first two months of what both sides expected to be a quick war. But the mindset of French and English generals had not allowed for the effects of Germany's prodigious heavy artillery, which quickly destroyed "impenetrable" fortresses and fortifications that had stood for centuries.

The speedy German advance across France quickly brought Paris into the crosshairs. This, coupled with poor communication among the multiple front lines and the wet autumn weather, caused the Allies to turn to trench warfare as a means of slowing the aggressors.

Death was a constant companion to those serving in the trenches, even when no attack was underway. In busy sectors the constant enemy shellfire brought random death - many men were buried as a consequence of large shell-bursts. Novices were cautioned against their natural inclination to peer over the parapet of the trench into No Man's Land. Many men died on their first day in the trenches from a precisely aimed sniper's bullet.

It has been estimated that up to one third of Allied casualties on the Western Front were actually sustained in the trenches. Aside from enemy injuries, disease wrought a heavy toll.

Rats in their millions infested trenches. Gorging themselves on human remains, they could grow to the size of a cat. Exasperated and afraid of these rats (which would even scamper across their faces in the dark), men would attempt to shoot, bayonet or club them to death.

In addition to rats, the filthy conditions encouraged lice, which bred in the seams of unwashed clothing and caused men to itch unceasingly. Even when clothing was periodically washed and deloused, lice eggs remained in the seams; within a few hours of the clothes being put back on, body heat would cause the eggs to hatch.

Lice caused Trench Fever, a particularly painful disease that began suddenly with severe pain followed by high fever. Recovery - away from the trenches - took up to twelve weeks. Lice were not actually identified as the culprit of Trench Fever until 1918.

Frogs by the score were found in shell holes covered in water; they were also found in the base of trenches. Slugs and horned beetles crowded the sides of the trench. Trench Foot, a fungal infection of the feet caused by cold, wet and unsanitary trench conditions, could turn gangrenous and result in amputation.

The armies stayed in trenches for the remainder of the war, with only localized movement as a result of battles. Ultimately, it was ended through attrition and starving Germany of resources by naval blockades. It would have been a stalemate, had the US not entered the fray in the summer of 1917 with fresh forces backed by a huge industrial capability.

The extraordinary loss of life in such horrific con-

ditions, and the seemingly arbitrary choice of who died and who lived caused revulsion in many of the men who had served on the front lines. War had been sold to them as a noble, worthwhile cause, but what they experienced - the mud, the rats, the stench of decaying corpses and filthy bodies - was anything but noble.

Out of this came extraordinary war poetry - cynical, biting and musing at the arbitrariness of it all. Those by French poet Albert-Paul Granier vividly depict a landscape and culture that have been destroyed. Their mood varies from pathos to horror as he observes processions of refugees, abandoned dogs, burnt-out hamlets and wrecked churches. There is a demonic power in the forces of war that shatter nature and an eerie stillness in the resulting war-torn landscapes.

The British poets Wilfred Owen, Siegfried Sasson, Rupert Brooke and AE Housman are the best known of those who fought in the war and wrote tellingly about it.

Here is a short poem by Housman, "Here Dead We Lie", which captures the belief that it was shameful not to fight.

*Here dead we lie
Because we did not choose
To live and shame the land
From which we sprung.*

*Life, to be sure,
Is nothing much to lose,
But young men think it is,
And we were young.*

Remembrance Garden

by Wendy Scott

Oh my, what a busy place. Two Saturdays in a row, and a few days in between... That's what happens after a major pruning job. First of all, thanks so much to James Linn for letting the sun and the rain reach the ground once more. My goodness, that's a bunch of limbs and branches. But our generous and energetic community members rose to the occasion and now we can enjoy the garden again.

Sincere thanks to Susan & Stuart Corry for all those extra trips; to Kathy Smith and her small sidekick for your careful monitoring; to Louise and Jim for your many truckloads before and after the events; to Susan Dill for appearing with willing and ready hands; to Howard Sempf for not only leaving your great big trailer for us to fill, but for coming back to empty it and leaving it again for other loads; to Muriel Crowe for arriving before anyone else was awake (of course) and keeping us on track; to Jill Lang for bundling securely and worrying about all that detritus that would surely scatter; to Shirleen Smith for lending her already busy hands; to Miroslav Doval for installing new plaques and taking care of a crooked support and a memorial plaque broken during the pruning process (chunks of tree trunk are very heavy), and to Florence Terriff for stopping by to assess and approve of the project. And a special thank you to Mary Ann Brezden for your great big thermos of coffee.

To all of you who have stopped by to chat, to wipe off benches, and to lend a hand we'll be back in the garden before you read this to clean and polish the benches and to rake and define the pathways again.

Walk through; sit for a while; this little park in the middle of town has been here for centuries, but we gave it a name just twelve years ago. Now the East Shore Garden of Remembrance is here for your use and enjoyment - along with all your special visitors and any wandering tourists you happen to see - tell them what it's all about, many may have connections that reach back to the mines, and even to that dim distant past before a shovel-full of galena persuaded a French count to lend his name and a pocket or so full of cash to an unknown spot in a new province called British Columbia.

Wendy - 250-225-3381 wmescott@gmail.com
Muriel - 250-225-3570 mcrowe@bluebell.ca

LEST WE FORGET -- Remembering Fiona

by Wendy Scott

I arrived a little early, as our choir leader had asked us to be there at 10am for a bit of a practice. I saw that someone had kindly set up a group of chairs marked "CHOIR", so I went and sat down. There was a big white cross on the stage with the traditional poppy decorations and below it a table with wire frames erected, ready to receive the memorial wreaths for the war service dead. I was the only living soul in the auditorium. It was very quiet. I looked at all the empty chairs lined up in rows and thought how small in number they were compared to the sum of all the people who had actually laid their lives on the line.

I'm a Christian, so I believe in life after death. I wondered if the spirits of the war dead ever come to Remembrance Day services. I imagined all the chairs filled up by uniformed men and women of the services in the two great wars and the ones since. They were faintly visible, but definitely there. In my mind, I got up to thank them all. I stood in the middle, at the front, by the table with all the little poppies pinned to the tablecloth in tribute to my ghostly audience.

But, instead of thanking them, I began to cry, partly because they had begun to speak to me in "pictures" and "sounds". I could hear the anguish of their passing, their cries and moans, then silence, the sounds of battle, the great "WHY?" that every war resurrects echoing through their minds, to rest at last in the mud and gore of all the battlefields throughout the ages.

A picture suddenly came to mind. There is a statue in Vancouver at one corner of the old C.P.R. Terminal building, down near the waterfront. The statue is of an angel in flight, bearing upward, on one arm, a dead soldier and holding aloft in the other hand, a laurel wreath. My "audience" was taking me one step further than their moments of passing into a more hopeful "country".

Nevertheless, I cried on as their "picture" messages continued coming to me. I felt their relief of mind and body as they slipped away from their living hells. I watched their dreams die. I saw them trying to say, "Good bye", to loved ones who could no longer hear them and felt their pain as they reached out, but could not touch, surviving friends and family members.

A door had opened in my soul and the room that is my human awareness was filled to saturation with pity, sorrow and a profound regret at young lives cut short, some of life's best experiences never to be.

This was the price paid for our freedom. "Thank you" seemed too small a tribute for such a sacrifice.

I thought, "What else can we, the living, offer?" Again, the "pictures" flowed from the now smiling faces before me. I saw a family enjoying a day at the beach together; a father teaching his children how to fish; a woman with a plate of goodies being greeted happily at the door by a senior living alone and another woman doing laundry for an older, disabled woman. I saw school children waiting for the bus chatting happily about learning to curl; a volunteer librarian mending books and finding "just the right book" for an enquiring someone. I saw the garden club beautifying the community and the remembrance garden society helping us to keep in mind our dear ones who have gone before. I saw a new minister making house calls to the sick and shut in and inspiring us in Church with his devotion and wisdom. I saw so many pictures of people taking a positive stand in their own lives and the lives of others, because they were free to do so. I prayed, "Dear God, let me never take our quality of life for granted. Let me never forget what it cost!"

Once again overwhelmed, I watched my "audience" file away and fade, but their thoughts lingered: "Remember us, but grieve no more", "Be happy", "This is our legacy to you."

Real people came to fill up the chairs, our choir sang, the wreaths, with the help of children this year, were laid, taps and reveille played, prayers said, hymns sung, poems read and sermon made.

Life, in all its sadness and glory, moves on. Enjoy. God Bless. Fiona McLaren.

Eastshore Hospice Report Tree of Remembrance

by Susan Dill

The Eastshore Hospice supplies confidential support for individuals and their loved ones facing life threatening illnesses as well as grief support.

The Tree of Remembrance will be set up at the local Christmas fairs, allowing people to slow down to take a moment to remember and honour loved ones that are no longer here by writing a message or memory or even just the name on the supplied cards and then place it on the tree. In December the tree will be on display in the East Shore branch of the Nelson and District Credit Union. At the end of the holidays the cards are removed and honoured in a ceremony and a moment of silence by the hospice coordinator and hospice volunteers.

The tree also stands for the awareness of the hospice support that is available on the East Shore. Our culture makes it difficult to talk about death and loss.

This reality can happen to each of us at any time and we need not to be alone.

If you or anyone you know is in a situation of need just call or tell them about us.

Eastshore Hospice 250-227-9006 (ext 29)

Focus On Health Workshops

submitted by Margaret Crossley

At the first Focus on Health workshop, held in September at Boswell Hall, 22 East-Shore residents considered the topic of Bone Health, specifically osteoporosis. Natasha Goldsbury, Chronic Disease Management Nurse, presented some facts and figures on the incidence and causes of low bone density and described best practices (good nutrition including foods with sufficient calcium and vitamin D, and physical exercise). We could all adopt these practices to prevent the serious and disabling effects of low bone density.

People over age 50 need a minimum of 1000 (men) or 1200 (women) milligrams of calcium daily (from food and supplements) to maintain healthy levels of bone density; all people over 70 should consume a minimum of 1200 mg daily. Normal daily limits of calcium intake should not exceed 2000 mg. Natasha indicated that the best way to obtain this calcium is through the food that we eat. To illustrate one meal high in calcium, attendees prepared (and then ate) a hearty white bean and garden vegetable soup to feed 50. At the conclusion of the workshops, participants took away 12 large jars of soup to distribute in the community. With the exception of the beans that were purchased, all of the vegetables were grown locally. During the discussion of the meal that ensued, among other things we learned the importance of checking the levels of sodium on the cans of preserved foods since excess sodium not only can contribute to hypertension but can also lead to calcium depletion.

The October 27 Focus On Health workshop will continue the Bone Health theme but concentrate on Fall prevention and Exercises to Promote Bone Strength. Natasha Goldsbury's monthly presentation will be on osteoarthritis, and Anna Rose, BScPT, East Shore Physiotherapy, will be coming along to teach us about the physical activities we should be practicing to build and maintain healthy bones and to reduce the risk of falls.

These workshops are sponsored by the East Shore Kootenay Lake Community Health Society and supported by Interior Health Authority East Kootenay and by a discretionary grant from RDCK Area A Director, Garry Jackman.

Should We Outlaw Heart Disease?

by Sid Kettner, MD, Gray Creek

A federal election has just been held. The people of Canada have spoken. Now we have to live with what we ordered for ourselves. Promises were made and promises will now be broken. But the issues seem to be driven by a buying of votes by smooth talking politicians rather than logical decisions for the benefit of the people. I am particularly concerned about health care. Essentially over-looked. Money was offered to pay for more medicines, surgery and technical procedures. But again, money to encourage Canadians to take care of their own health by learning how to avoid chronic and killer diseases was once again essentially ignored.

We pride ourselves on being independent. We fight for and appreciate a free society. We wish to act like we want to act—regardless. All that is fine, but *unless* we act with knowledge and responsibility, someone else will try to legislate our behaviour—for the good of others, for our own good or even for economic reasons.

Example: When proven by tons of research that smoking was a major cause of lung cancer and heart disease, cigarette advertising was banned on the media and on the carton. When scientists presented the evidence on the deadly effects of second hand smoke, we banned puffing in public places. Now we know that trans fats raise our blood LDL levels—that killer component of cholesterol that clogs our arteries and brings on our heart attacks. Shall we outlaw them as well?

It's being proposed in some areas. These fats increase the shelf life of commercial foods like French fries, breaded chicken pieces and sweet rolls. But, as cardiologist Steven Nissen, MD, points out, "**shelf life isn't as important as human life.**"

So, will we slowly lose our freedoms because healthy habits will be legislated? Or will we exercise our God-given power of choice and make the correct decisions about our own health? Did we stop smoking because it was the healthy and right thing to do or did we wait until the smoking bans were in place? Will we stop eating the junk food because we value our own hearts or will we wait until Canada bans trans fats? And mind you, politicians and other tax payers are not likely to promote higher taxation to pay for out-of-control self-inflicted disease. "Just give me a pill, Doc. Don't teach me how to take control of my health."

So—be proactive, keep ahead of the crowds, don't wait until any more aspects of your personal lives are invaded by Big Brother governments. And don't rely on any party to steer your tax money into health care. They seem to only be focused on disease care. Use your will to make the right choices yourself. You'll live longer and be happier!

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Three Months for the Price of Two

by Doreen Zaiss

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Please contact Ingrid at 250.227.9246 (mainstreet@eshore.ca), Erin at 250.227.6848 (namakar@theeastshore.net), Jennifer at 250.227.9175 (jennirving89@gmail.com) or Sandy at the school at 250.227.9218 (Clerical.Orbay@sd8.bc.ca) to order your cards.

Deadline is November 8, 2015.

The December deadline is December 6 and proceeds will go to Hot Lunch in that round.

**Next Deadline:
Nov 25, 2015**

November 2015 Mainstreet 21

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

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

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

MASSAGES & WELLNESS FOR WOMEN - Reflexology according to the clock of Chinese medicine, Rebutology: European method for deep tissue, Breuss spine massage with St. John's Wort oil, relaxing massage, Reiki, hot and cold stone therapeutic massage. Call Geraldine, certified therapist in Europe, over 15 years of practice, 250-227-9890

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

REGISTERED MASSAGE THERAPIST: Harreson Tanner - Over 30 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doct refl req'd. 227-6877/cell: 505-6166.

SUSAN SNEAD - MASSAGE PRACTITIONER: Certificates/training in Ayurvedic massages, Reflexology, Polarity Therapy, Acutonics Level 1, Fibonacci tuning fork alignment, Astrological Counselling. 250- 225-3520

RESTAURANTS

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

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

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

YARD/LANDSCAPING/SITE PREP

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

Barefoot Handweaving



Love is a feeling completely bound up with color, like thousands of rainbows superimposed."

Paulo Coelho

OPEN daily until Christmas 10-4 at least 227-9655

Creativity, Community, Conscience

mainstreet@eshore.ca

CLASSIFIED SECTION

BIZ ANNOUNCEMENTS

Insurance Certification requires professional chimney installation - we are the Pro's - Gray Creek Store, 250.227.9315

BUSINESS SERVICES

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

EVENTS/NOTICES

BEVY OF ANGELS YULE ARTISAN CRAFT FAIRE, dec 6th in Crawford Bay. deadline for submitting your vendor request is november 12th, handmade local artsiness only, please e-mail jacqueline at moon-rakingsclayart@gmail.com to apply.

OPEN WRITING GROUP at the Crawford Bay School Library, 4-6pm - cookies & tea provided. \$3 drop-in. Last Monday of every month. Contact Jai for more info: jayapie@icloud.com

HELP WANTED

CHEF WANTED: Looking for a full time cook. Newkey's Pub. Please drop off a resume or contact Pam or Gerry at 250 227 6911. Postion available ASAP.

NOTICES

Earn Income and Help Keep our Neighbours at Home Longer! The Better at Home program out of Creston is coming to the East Shore. They are looking for contractors- who will be paid \$25/hour to help people with house-cleaning, lawn care, snow removal, small projects, etc. Better at Home is also looking for volunteer drivers who will get paid \$.46 for driving people to medical appointments or food buying trips. Seniors who received help will be charged according to their income (many will not pay at all). Call our local coordinators to find out more: Fran O'Rourke, 250-225-3268 and Margaret Crossley- 250-223-8455.

RENTALS/REAL EST.

Shared accommodation available at Tara Shanti 134 Riondel Rd, Kootenay Bay, BC Nov-March. Own bedroom with ensuite. \$400/mth hydro included. Call 250 777-4868 or email: yogimag@gmail.com

www.eshore.ca

NewKey's Place
250.227.6911

4th Annual
Better to Give Than Receive
Silent Auction & Fundraiser

All money raised goes towards the
East Shore Food Hampers

We are looking for:

- Auction items
- Non-perishable food items
- Baked goodies

Items can be dropped off at Newkeys

Live Music!

Meat draw starts at 4pm

Then join us for all the other events - music, silent auction, baked goodies and more!

November 14, 2015

Next Deadline: Nov 25
website: www.eshore.ca
email: mainstreet@eshore.ca

Need help with your business? Have a business idea to explore?

Community Futures is your small business expert.

We offer business loans, business management workshops, business library & more. Unemployed? Ask about the self-employment program.



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

Growing communities one idea at a time.

SUNSET SEED COMPANY



Your Complete Farm, Garden & Pet Care in Creston, BC
250-428-4614

NOW OPEN! We look forward to seeing you.
1628 Canyon St, Creston (right next to 7-eleven)

YOUR HALL IS AVAILABLE!

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

CRAWFORD BAY HALL

Your community hall

A non-smoking facility

BULLETIN BOARD

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

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

Will be at the East Shore Health Centre monthly.
For information, call Creston Health Unit at 250-428-3873.

EAST SHORE HEALTH CENTRE Call 227-9006

See calendar for doctor days - Doctor hours are from
9:30am to 4:30 pm. Please call 227-9006.
Interior Health Authority, Community Care Nursing
and Home Support Services - 250-352-1433.

PHYSICIAN COVERAGE FOR NOV 2015

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

Nov 3 - Tuesday: Dr. Grymonpre

Nov 4 - Weds: Dr. Moulson

Nov 5 - Thurs: Dr. Lee

Nov 10 - Tues: Dr. Grymonpre & LAB DAY

Nov 11 - Weds - NO DOCTOR NO LAB

Nov 12 - Thurs: Dr. Lee

Nov 17 - Tues: Dr. Grymonpre

Nov 18 - Weds: Dr. Lee

Nov 19 - Thurs: Dr. Lee

Nov 24 - Tues: Dr. Sawyer

Nov 25 - Weds: Dr. Moulson

Nov 26: Thurs - ?

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

Call to make appointments at 227-9006

on doctor days and Thursday morning.

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

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

BOSWELL HALL HAPPENINGS

Yoga: Thurs, 9:30-11:00 am. Marilyn Arms 250-223-8058

Tone & Trim Fitness: Mondays & Fridays 9am. Darlene
Knudson 250-223-8005.

Vinters: Nov 11, 7pm. Jeanne Kay Guelke: 250.402.3391

Book Club: Nov 12, 2pm. Melody Farmer: 250.223.8443

Quilters Guild: Nov 17, 1pm Jan Brooks: 250.223.8667

Carpet Bowling - Tuesdays, 7-9pm.

BADEV: Nov 12, 7pm. Rod Stewart: 250.223.8089

East Shore Health Society: Nov 24, 10:30-2:30pm.

Margaret Crossley: 250.223.8445

Boswell Historical Society: Nov 4, 7pm. Margaret

Crossley, 250.223.8445

BOSWELL HALL SPECIAL EVENTS

• **Craft Fair and Bake Table - Sunday, 11-
3pm. Hot Lunch! Contact Sharlene Ryks - 250.223.8554**

• **AGM - Wed, Nov 18, 6pm**

OPEN WRITING GROUP

Open Writing Group at the Crawford Bay School Library, 4-
6pm - cookies & tea provided. \$3 drop-in. Last Monday of
every month. Contact Jai for more info: jayapie@icloud.com

COMMUNITY CONNECTIONS AGM & SCREENING

South Kootenay Lake Community Service Society will hold
their Annual General Meeting on Saturday, November 21,
at 6:00pm at Crawford Bay School. The meeting will be fol-
lowed by the film "THIS CHANGES EVERYTHING" by au-
thor, activist, and filmmaker Naomi Klein

Next Deadline:

November 25

mainstreet@eshore.ca

The MAINSTREET

Contact: Ingrid Zaiss-Baetzell

Phone: 250-227-9246 Fax: 250-227-9264

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

E-mail: mainstreet@theeastshore.net

** ADVERTISING RATES

\$35.00 - 3^{1/4}" wide by 1^{3/4}" high

\$40.00 - 3^{1/4}" wide by 2^{1/2}" high

\$45.00 - 3^{1/4}" wide by 3^{1/4}" high

\$50.00 - 3^{1/4}" wide by 4" high

\$55.00 - 3^{1/4}" wide by 4^{1/2}" high

or 6^{3/4}" wide by 2^{1/4}" high

\$65.00 - 3^{1/4}" wide by 6" high

or 6^{3/4}" wide by 3" high

\$85.00 - 3^{1/4}" high by 9" high

or 6^{3/4}" wide by 4^{1/2}" high

\$100.00 - 3^{1/4}" wide by 10^{3/8}" tall

\$130.00 (quarter page) 5^{1/4}" wide by 7^{1/2}" tall

\$150.00 (third page) - 6^{3/4}" wide by 7^{1/2}" high

or 3^{1/4}" wide by 14^{1/2}" tall or 10^{3/8}" wide by 4^{1/2}" tall

\$225.00 (half page) - 10^{3/8}" wide by 7^{1/2}" tall

\$400.00 (full page) - 10^{3/8}" wide by 14^{1/2}" tall

Sample Sizes - more sizes available.

Column Width: 3^{1/4} inches - double column width:

6^{3/4} inches - full width: 10^{3/8} inches

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

Classified Ads: \$5/first 30 words,

10¢/word after the initial 30.

** 30% MORE FOR COLOUR ADS **

Next Deadline: Nov 25 2015

website: www.eshore.ca

email: mainstreet@eshore.ca

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Winter Schedule in effect

All times listed in Mountain "East Shore" Time

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

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH NOVEMBER 2015 SCHEDULE

Nov 1: Jim Hearne - 10:30am

Music: Deberah Shears

Nov 8: Rev. Derrick Smith, 1pm

Music: Marie Gale

Nov 15: Ramona Dannhauer, 1pm

Music: Richard and Ramona

Nov 22: Jeff Zak, 12 noon

Music: TBA

Nov 29: Brenda Panio, 11am

Music: TBA

Please check www.riondel.ca for changes Info at 250-225-3381

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

For information call Christ Church Creston 428-4248

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

HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

No services at present time.

For info, please contact Karen Gilbert: 227-8914

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

Pastors Richard and Ramona Dannhauer

16190 Hwy 3A, Crawford Bay 250.227.9444

YASODHARA ASHRAM

Satsang (non-denominational, "in the company of the wise"),
each evening 8pm. Everyone welcome, 250.227.9224

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Reverend Thomas Kakkaniyil Phone: 428-2300 Fax: 428-4811

Sunday Mass at 2:00 pm

1st Sunday of the month, Fellowship Sunday.

THE CHURCH OF JESUS CHRIST

OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

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

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church, 8151 Busk Rd, Balfour

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

MEETING PLACES

LIONS CLUB - meets at the Kootenay Lake Community
Church - 16190 Highway 3A, Crawford Bay.

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

For More info call Lion Mike Jeffery - 250-227-6807 or Lion David
George at 250-227-9550 or Lion Jim at 250-227-9622.

TOPS - Take Off Pounds Sensibly: meets every Monday morning
at 8:30 am in the Kootenay Lake Community Church basement.

Call Myrna for more info: 227-9420

PARENT ADVISORY COMMITTEE

(PAC) Meetings held at 7 pm at the Crawford Bay School
on (usually) the second or third Monday of the month. (or Tues)

Call Ingrid to be put on the agenda - 250.227.9246

Next PAC Meeting:

November 9, 2015

November 2015 Mainstreet 23

November 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Yoga w/ Melina, Com Cor, 9:30-11 am Dr. Grymonpre	4 Volleyball, 7pm, CBESS Bingo, Rio CC, 6:30pm Dr. Moulson	5 Yoga w/ Melina Bos Hall, 9:30-11 Dr. Lee	6	7
8 Grocery Gift Card Deadline	9 PAC Meeting, 7pm CBESS	10 Yoga w/ Melina, Com Cor, 9:30-11 am Lions Mtng, 7 pm Dr. Grymonpre/LAB	11 Remembrance Ceremony, Rio Comm. Centre 10:30am Volleyball, 7pm, CBESS Bingo, Rio CC, 6:30pm NO DOCTOR NO LAB	12 Yoga w/ Melina Bos Hall, 9:30-11 Dr. Lee	13 The Arcane Garden, GC Hall, 8pm	14 Better to Give, Newkey's 4pm Gardening Wrkshop, Ashram, 10:30am
15	16 CB Hall AGM, 7pm, CB Hall	17 Yoga w/ Melina, Com Cor, 9:30-11 am Creston Vet Clinic, CB Motel Dr. Grymonpre	18 Volleyball, 7pm, CBESS Bingo, Rio CC, 6:30pm Dr. Lee	19 Yoga w/ Melina Bos Hall, 9:30-11 Dr. Lee	20	21 Bluebell Manor AGM, Bluebell Manor, 10am
22	23 Fall Fair AGM, Comm. Crnr, 7pm	24 Yoga w/ Melina, Com Cor, 9:30-11 am Lions Mtng, 7 pm Dr. Sawyer	25 Full Moon Volleyball, 7pm, CBESS Bingo, Rio CC, 6:30pm Dr. Moulson	26 Yoga w/ Melina Bos Hall, 9:30-11 Dr. ?	27	28
29	30	Dec 1 Yoga w/ Melina, Com Cor, 9:30-11 am	Dec 2 Mainstreet Deadline Volleyball, 7pm, CBESS Bingo, Rio CC, 6:30pm	Dec 3 Yoga w/ Melina Bos Hall, 9:30-11	Dec 4	Dec 5

THE HISTORIC GRAY CREEK STORE
EST. 1913

250-227-9315
graycreekstore.com

Mon-Sat 9-6 & Sun 10-5



General Store

Woodstoves & Fireplaces	Housewares
Lumber & Building Materials	Paint & Supplies
Chimney & Stove Pipe	Electrical
Plumbing	Key Cutting
Work Clothing & Safety Gear	Marine
Nickel Candy & Fireworks	Tools & Hardware
Fishing & Hunting Licenses	Camping Gear/Tarps
Gardening Tools & Supplies	Bear Bangers/Spray
Gloves/Rubber Boots/Flip Flops	Fishing Gear/Tackle
Groceries	Propane & Acetylene
Wide Selection of Axes/Handles	Kootenay Lake Nautical Charts
Gifts	A Friendly Smile and a Great Cup of Coffee!
BC History Books	
Rope and Chain	

Firewood? We have the AX for that!

Some like it hot! Our supply of Energy Logs and Pellets has arrived!
Warm from the inside out - Pick up a new stainless steel Gray Creek Store travel mug and get your first hot beverage free!

Is your woodshed finished? Roof over the deck done? Come see Ryan!

PLUS: WETT inspections & Free In Home Consults

ADVERTISER	PAGE	PAC
Barefoot	15	Riondel Market
Bevy of Angels	6	Riondel Parks Jobs
Black Salt	6	RDCK TS Hrs
Bluebell Manor AGM	3	RVFD
Boswell Hall	7	Sapphire Hair Salon
Classified Ads	22	Studio Ponnuki
Community Futures	22	Sunset Seed
CB Hall AGM	1	Tara Shanti Yoga
Crawford Bay Hall & Parks	22	Turlock Electrical
Crawford Bay Market	12	Yasodhara Ashram
Credit Union	12	
Creston Valley Realty	9	
Creston Vet Clinic	11	
Doghhouse Studios	1	
ESIS	12	
Eastshore Physiotherapy	18	
Fall Fair	16	
Fitness Place	8	
Footlighters	13	
Gray Creek Store	13	
Harreson Tanner	18	
Hulland and Larsen	12	
Imagine Kootenay	3	
Invest Kootenay	12	
KES	12,8	
Kootenay Insurance Services	11	
Lakeview	12	
Learning Hub Classes	9	
Newkey's	6	
Over the Valley	7	

Library Hours:

East Shore Reading Ctr:
Tues & Sat: 12-3
Thurs: 7-9 pm

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

Transfer Station Hours

CRAWFORD BAY:
Sunday/Tuesday
10am-4pm

BOSWELL:
Weds/Sat 11am-3pm

ES Health Centre ~227-9006~

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