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YEAR 28, NUMBER 11

NOVEMBER 2018

# The East Shore Mainstreet

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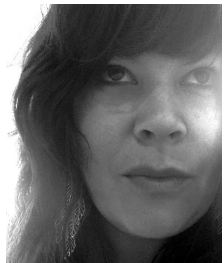
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*Mainstreet*  
*Meanderings*  
by Editor Ingrid Baetzel  
**What To Do?**

Attending a recent Parents Advisory Council meeting, the discussion arose (yet again) regarding dwindling numbers in our school population and a changing demographic resulting in a stretch on resources for our senior students, in particular. Our local school currently has an enrollment of 77 students, 32 of whom are high school students (grades 8-12). There are five or six graduating students this year. These senior students are now regularly required to take courses via distance education due to fewer full time employment hours or positions and stretched availability of a handful of high school teachers.

These teachers work hard. They are dedicated to our students. They are also limited, because fewer students means fewer positions, leading to fewer scholastic opportunities for local students. A good handful of local kids do the commute to outlying schools daily for a variety of reasons, not the least of which is availability of teacher-led academic courses. Some Crawford Bay students are struggling to make ends meet through distance courses without the regular benefit of a hands-on instructor. There is a snowball effect to this difficult issue that needs to be considered by more than those with kids in the school.

Play it out... fewer students in attendance means fewer teaching positions. Fewer teacher-led courses for academically-inclined students means fewer students able to graduate out of the school with a strong academic base.

If there are not teacher-led courses taught to meet those needs, there is a strong likelihood of losing one of the historically strong draws to the region - a great school. (This is not to say that the school isn't great. The teachers who are there are excellent teachers, in this writer's opinion. The courses that are teacher-led are well-supported. We have a thriving Outdoor Ed program, strong sports energy, great liberal arts programs, excellent resources for educational assistance, a thriving elementary department, a wonderful connectedness to the community, community facilities that work well in conjunction with the school, mentoring programs and arts programs envied by other schools... the list can go on.) But, some of the academic offerings are slim. This can alienate an entire segment of the population and deter families with kids from coming to the area.

If families with kids stop moving to the area, we lose even more opportunities and resources and see businesses struggling to survive, people shipping out for work, fewer granting opportunities, less provincial and federal support and an aging population that comes face to face with regular volunteer burn out and fatigue.

We feed each other. We work together. When the question was posed at the PAC meeting as to whether our high school was still worth fighting for, there was a resounding yes. But, who knows what sorts of decisions are being made at a district level? It is likely that we will once again face the real possibility of our senior high being shut down. Will we have the energy to rally? Is it time to face some hard truths? I'm inclined to keep this conversation going and have some real talk about our options. Anyone else?



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**LETTERS TO THE EDITOR**

**THANKS TO BOCCALINO!**

Dear Editor;

Mr. Winger and the Crawford Bay Outdoor Ed. class would like to send out a huge thank you to Gisela at Bocalino Restaurant for donating a substantial portion of Friday lunchtime pizza sale proceeds to support student trips. Your help has made some wonderful experiences possible.

**GOODBYE MESSAGE FROM DR. LEE**

Dear Editor:

As most of you are aware, my last day of work at the East Shore Community Health Centre will be November 15, 2018 and I will be retiring completely at the end of the calendar year. Overall, it has been a pleasure for me to practise Family Medicine in BC for the past 35 years, but it is time for me to move on to the next phase of my life.

I am pleased that Dr. Lauren Galbraith will be taking over my practice day at the East Shore Community Healthy Centre beginning on November 29, 2019 and we are working to ensure this transition goes as smoothly as possible for the patients involved. She is a relatively recently trained Family Doctor and, like myself, was born and raised in Nelson and is a great proponent of the Kootenay outdoor lifestyle. I'd like to wish my patients and the community at large all the best in the future. It has been a pleasure and a privilege for me to provide medical services to East Shore residents since 2003.

*Dr. Sharon Lee, Nelson*

**2018 XMAS POTLUCK  
IN CRAWFORD BAY**

Dear East Shore Residents,

You are all cordially invited to attend the Crawford Bay Christmas Potluck which will be held Saturday December 8th at Crawford Bay Hall. Doors

open at 3:30pm and dinner starts at 5pm. Santa will visit the Hall at around 7pm. Space is limited, and sign up deadline for attending the event is Dec. 5th. Look for sign-up sheets in stores near you at the end of November

Unlike previous years, this year's Saturday night potluck will be followed by a Sunday soup for seniors. Doors open for a quieter crowd on Sunday December 9th at 11am-1pm. Coffee, tea, sweets and turkey soup will be served.

Community champions for organising clean-up, child control and kitchen duties are needed. Each helping hand makes this event possible.

Looking forward to seeing you in December

*Rebecca Fuzzen, Gray Creek*

**A CHANCE TO MAKE HISTORY IN BC  
AND CANADA!**

Dear Editor:

By now all registered BC voters should have received their ballot in the mail for the Referendum on Electoral Reform. This is a pivotal time in BC, and indeed Canadian history, to modernize our voting system from the current First-Past-the-Post, from the 12th Century when people thought the world was flat, to a form of Proportional Representation.

Prime Minister Justin Trudeau promised to enact electoral reform, formed a committee to study it and canvass Canadians across the country, and 88% said they favoured a change to a Pro Rep system. But Trudeau changed his mind and broke his promise to Canadians! So this BC action is the first government-sponsored referendum in Canada to offer this change, and we are very fortunate to be given this ground breaking opportunity.

FPTP was designed for 2 party systems, which we no longer are, and it no longer works because many votes go nowhere. Winner-takes-all in FPTP and the

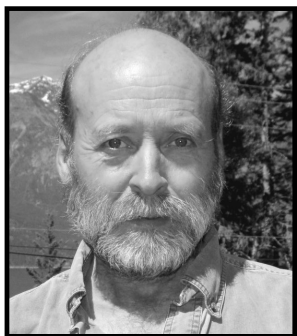
other votes are thrown out. We are now seeing false 'majorities' often in Canadian politics, such as with both Trudeau and Harper's governments, where they won 'majorities' with only 39% of the popular vote and recently in Ontario, Doug Ford won with only 40% of the vote. This is causing voter apathy and voter cynicism, and people no longer wish to vote and wonder 'why bother' if it doesn't count? This is erosion of democracy and is dangerous, as this is when 'monsters' can get elected (look South!) with a minority of the popular vote.

In fact, 'majority' governments are now representing a minority of the population and 'minority' governments are more representative of the majority of the population. With Proportional Representation, the principle is the Legislature should reflect how we vote. 30% of the votes of a party = 30% of the seats.

Over 85% of westernized democracies use a form of Proportional Representation (countries we respect and trust, like the Scandinavian ones and New Zealand, Switzerland etc.) and in those countries they have higher voter turnout (many over 76%) and higher youth voter turnout. In Pro Rep countries women are better represented, as are minorities and environmental issues.

The former PM of New Zealand, Helen Clark, has spoken recently in Canada in support of Pro Rep, stating that at first she was hesitant when they brought in Pro Rep, but that she soon learned to love it, stating there was "more cooperation, consensus and transparency", and in her 9 year tenure they got so much done working collaboratively! Others talk of more meaningful dialogue and less confrontation in legislatures. Also, there is more consistency of policies into successive governments which means saving tax payers' money.

There are strong naysayers on the NO side, backed by powerful wealthy interest groups. They prefer one party in power that they can lobby and influence and push their agenda onto. They do not want to face a



## RDCK Area "A" Update

by Garry Jackman,  
Regional Director  
- Area "A"

### LOCAL GOVERNMENT ELECTION 2018 RESULTS

As I am typing the official results of the 2018 local government elections have not quite been released, but it looks as though there will be six or more new faces at the RDCK board table, just under a one-third turn over. See complete results by searching for the CivicInfo BC site or go directly to [https://bc.localections.ca/results/index\\_m.html](https://bc.localections.ca/results/index_m.html).

As I noted last month, there were several acclaimed positions (including myself). New board members within the RDCK include one new electoral area director and at least five new municipal directors. The mayor or councillor that will represent each municipality at the regional board needs to be voted on by each new council at their inaugural meeting (first week of November generally) and then they will be sworn in at the inaugural RDCK board meeting on November 15. All of our board and committee meetings are public although we do have closed sessions to discuss legal, labour or property acquisitions. The schedule for all 2019 meetings (subject to some changes) will be available following the inaugural board meeting on November 15. You may want to drop in to see even part of a meeting at to some point if you happen to be in Nelson that day. General information may be found on the RDCK website.

Many of our services are shared with other electoral areas or municipalities, meaning property taxation is pooled amongst the service partners and then redistributed. The majority of shared services to which Area

A contributes are partnered with the Town of Creston and electoral Areas B and C. The RDCK directors for the town (Ron Toyota) and Area B (Tanya Wall) have not changed, so I can anticipate some stability in our discussions around budget, capital or operational priorities, etc over the next few months. There is a new director for Area C, Adam Casemore, who had served part of a term on Creston Council so I have to come to know him better through that role as well as through my engineering and contracting work spanning back a few years.

The largest communities in our regional district, Nelson and Castlegar, both have new mayors although one was a past mayor and the other a past councillor so again there is some continuity with our larger funding partners for region wide shared services, although any new council may have a different outlook on priorities.

### YOU CAN PARTICIPATE AS A VOLUNTEER

As is the case every year end, several positions become vacant on various local government commissions and committees. Membership end dates are generally staggered to allow for continuity of some community members year over year.

This year the Riondel Commission of Management has four appointments required for the term January 1, 2019 to December 31, 2021. There are three appointments in good standing to December 31, 2019. Members on this commission must reside within a defined service area.

The Economic Development Commission for Area A has six appointments required for the term January 1, 2019 to December 31, 2022.

Recreation Commission No. 9 has five appointments required for the term January 1, 2019 to December 31, 2020. Members for this commission must reside within a defined service area extending from Cow Creek (just north of Kuskonook) to north of Riondel.

The Area A Advisory Planning Commission can have up to a maximum of 15 members. For the past

few years there has usually only been three members, so there are several vacancies.

Appointments for the Sanca Water Commission have already been made and appointments for the Riondel water system will be concurrent with the Riondel Commission of Management appointments.

I will be in touch with current members whose terms are expiring and asking, if possible within the bylaw constraints, if they would like to have their names put forward again but it always great to have new members step forward to share their ideas. If you are interested in any of the above commissions, contact me (see below) and I can send you more information.

Working on a commission can be challenging at times but it can also bring you closer to community members who you otherwise might not see much. The memberships are generally structured to ensure as broad as possible geographic representation within Area A so you will meet some members who can keep you up to date on what is happening at various community halls or on community projects. On the challenging side, a commission member should be seeking input from neighbours and providing them with options on how to tackle local issues. In order to be effective, a commission should ensure all meeting dates are determined well in advance and that the information is distributed to the community where the commission has jurisdiction.

For a few years now, I have been requesting RDCK administrative staff revise and update the establishment bylaws for some commissions. Finally, some of this work has now begun, so commission members may look forward to further clarification of roles and responsibilities. Putting a structure in place to garner community input for lake access sites is also a high priority issue.

If you have questions or comments on any topic, please drop a note to [gjackman@rdck.bc.ca](mailto:gjackman@rdck.bc.ca) or call me at 250-223-8463.

## LETTERS TO THE EDITOR

room of a variety of voices where more transparency is imperative. There has been fear-mongering and misinformation ads with blatant lies and misleading discourses to sway public opinion away from Pro Rep. This is shameful behaviour when it is based on falsehoods. One can verify any facts at non-partisan Fair Vote Canada BC's [prorepfactcheck.ca](http://prorepfactcheck.ca)

So be sure to get informed and get out and vote with your mail-in ballot before November 30. One can also drop off your ballot in the Service BC office in the BC government building in Nelson. Contact [electionsbc.ca](http://electionsbc.ca) to get registered if you are not registered, to obtain a ballot. Go to [fairvote.ca/pr4bc](http://fairvote.ca/pr4bc) for more info. Now is our chance to make voting more equitable and fair and give inspiration and hope to the young! The rest of Canada is keenly watching us!

When you vote, you help change the world!

Mary Donald, Riondel Road

### BETTER TO GIVE

Dear Editor:

It is that time of the year when our thoughts turn to those less fortunate. Newkey's will be hosting the 6th annual Better to give, then to receive.. All monies raised go the East Shore Food Hampers.

We are looking for any items that can be auctioned off, put in our silent auction, baked goods for sale as well as non-perishable items for the food Hamper. Meat Draw at four. Nov. 17th . Starts at 4 and will go all evening. We invite all to come out and have some fun, get some great items and raise money for a worthy cause. Watch for the Angel Tree in December. Thanking you in advance.

Pam Newcomen, Crawford Bay

### LEVEL OF CARE IS AMAZING

Dear Editor,

I read with interest the October *Mainstreet* article about the urgent call for new members/first responders

in the Riondel Fire Department, as I had object illustrations of their abilities here at Kokanee Chalets during October.

On the night of Monday, October 1, a husband and wife semi-truck driver team off the last ferry rolled their truck at Peter's Road by the health clinic. With the passenger's door on the ground and the driver's door too high to reach, I pulled out chunks of the shattered windshield to allow them egress.



My 911 call had two first responders here in less than 15 minutes. Ambulance and rescue truck arrived shortly after. With the late hour and the vehicles 15 km away in Riondel, I was impressed with how quickly everyone was here. I had taken the female driver, who had minor injuries, to my apartment to stay warm. At one point, I had Cory, James, Jonas, Susan, and Robert in my living room looking after her. The level of care she received was comparable to any city, and amazing for this remote area. The rescue truck stayed with the wreck through the wee hours until flaggers could arrive. My apology for falling asleep and not bringing you coffee.

A few days later, a Chalets guest had an asthma attack and this time Cassia and Jonas were here almost

instantly, with the ambulance arriving shortly after.

With windy roads, tourists, winter conditions, elderly people, etc. can we do without these trained, dedicated people and their equipment? Averaging one serious call every three days, I'm sure any of them could tell you all kinds of stories about precarious situations, extrications, rescues and so on.

With a stagnant/aging population here and a chronic volunteer shortage in many community services, I certainly hope at least some folks of any age can look at their lives and find it in their hearts to help keep this vital service going.

Paul Hindson,  
Kokanee Chalets, Crawford Bay

### SYMPOSIUM SUCCESS

Dear Mainstreet,

I'm writing on behalf of the Healing Arts Symposium. We would like to thank Ingrid and *The Mainstreet* newspaper for it's constant support of community events like this one by printing the article about the symposium in September's paper. The Mainstreet and local newspapers are such valuable resources.

The symposium itself was a wonderful event. It hosted a variety of informative lectures mixed with experiential learning. We were blown away by the heart and soul that emerged throughout the weekend. Many thanks to the Ashram for providing a sacred space for us to do the deep work and for feeding us amazing lunches. Our appreciation goes out to the presenters who showed up in a big way to share their gifts and big hugs to all of the participants who made this event possible.

Cheers for another successful symposium and to this year's organizing committee; Maya, Blanche, Zora, Laverne, Susan and to our web master Geof! It was great working together!

Yours truly,  
Susan Snead, Riondel Road



# November Horoscope

by Michael O'Connor

**Tip of the Month:** Sun in Scorpio prompts us to turn within. Time to purge and purify, to clear skeletons and other shadowy entities out of hidden places. Venus retrograde re-enters Libra as the month begins bringing the romance back to the otherwise raw sexual desires of Scorpio. With the Sun there and a trine to Mars on the 9th, romance rises. Mercury in Sagittarius turns retrograde just hours after Venus turns direct on the 16th activating a collective search for meaning. Uranus re-entering Aries on the 9th will put the pedal to the metal, again. Lunar North/South Node axis changes from Leo/Aquarius to Cancer/Capricorn on the 6th to begin a new 18-month cycle. BIG month!

### Aries (Mar 21- Apr 19)

You are in a deep, reflective, philosophical mood. Relationship interests and desires are active. You want love, and freedom too. A rebellious, spontaneous influence may synchronize with rather radical measures.

### Taurus (Apr 20-May 20)

By now, you have established your nest. Now, you are ready to bring down your wisdom, power, and authority. This month will see the beginning stages. You want to expand, but you have homework. Relationship matters..., too.

### Gemini (May 21-Jun 20)

What you once thought you wanted and even your self-concept, are changing. You want to break free of the past; a fresh start. Preparing the way feels right. Feeling as confident as you like remains a challenge. Almost there...



# Hidden Taxes

by David George

## Lest We Forget

Remembrance Day, 11 November 2018. This year 100 years have passed, a century since the end of the Great War, the War to End All Wars, World War I. It ended with an Armistice, by which the day was formerly known, at the 11th hour of the 11th day of the 11th month, 11/11/1918.

There followed peace talks in Paris in 1919. The Paris Peace Conference, also known as the Versailles Peace Conference, was the meeting of the victorious Allied Powers following the end of World War I to set the peace terms for the defeated Central Powers.

The five major powers (France, Britain, Italy, the U.S., and Japan) controlled the Conference. Amongst the "Big Five", in practice Japan only sent a former prime minister and played a small role; and the "Big Four" leaders dominated the conference. The League of Nations was founded then, US President Wilson's doomed attempt to start a sort of United Nations a quarter century before the present organisation began on 24 October 1945.

If you want to know more about the Treaty of Versailles with Germany, and the other treaties with Austria, Bulgaria, etc., read the book Paris 1919 by Margaret Macmillan. A copy is in the library in Crawford Bay.

Attend, if you possibly can, the ceremonies held this year in various locations around the Kootenays. I expect to attend the one in Riondel. During the usual Riondel ceremony, the fourth stanza of a poem by an English poet is read. I quote heavily below from Wikipedia:

Robert Laurence Binyon, CH (10 August 1869 – 10 March 1943) was an English poet, dramatist and art scholar. His most famous work, "For the Fallen", is well known for being used in Remembrance Sunday services. Laurence Binyon wrote "For the Fallen",

4 Mainstreet November 2018

### Cancer (Jun 21 – Jul 22)

You are in a creative mood. You feel assertive and determined. Your ambitions have been rising and the time has come to act. Overcoming trying to please others feels important. Your aim is on authenticity.

### Leo (Jul 23 - Aug 22)

You have been pushing steadily for many months and have activated new levels of power, confidence, and leadership. Now it is time to enter deeper into your lair to access hidden power reserves.

### Virgo (Aug 23 - Sep 22)

The time has come to direct your attention to bigger things, greater causes. To this end, your intellectual focus is both deepening and becoming more pointed. This will continue. Money matters play a role.

### Libra (Sep 23 - Oct 22)

A summons to new levels of responsibility, power and authority on the airwaves. You yearn for new modes of self-expression, anyway. These are stimulating big and important changes on relationship fronts.

### Scorpio (Oct 23 – Nov 21)

Circumstances are pushing you to see a big picture, to look beyond the screen to see the large writing on the wall. Knowing what it says feels important, and it is. Measurable changes in your lifestyle are dawning.

### Sagittarius (Nov 22 - Dec 21)

Just when you thought you have gone through enough change, a new and even deeper cycle of it begins...now. The gestating process is already well underway. There is a bright light, but it could get darker, first.

which has seven stanzas, while sitting on the cliffs between Pentire Point and The Rumps in north Cornwall, UK. A stone plaque was erected at the spot in 2001 to commemorate the fact. The plaque bears the inscription: "For the Fallen, composed on these cliffs 1914".

"For the Fallen" was specifically composed in honour of the casualties of the British Expeditionary Force, which by then already suffered severely at the Battle of Mons and the Battle of the Marne in the opening phase of the war on the Western Front. Over time, the third and fourth stanzas of the poem (usually nowadays just the fourth) have been claimed as a tribute to all casualties of war, regardless of state, and it is this selection of "For the Fallen" to which the term "Ode of Remembrance" or "Act of Remembrance" usually refers.

Because we usually only hear the fourth stanza, here are both the third and fourth:

*They went with songs to the battle, they were young,  
Straight of limb, true of eye, steady and aglow.  
They were staunch to the end against odds uncounted,  
They fell with their faces to the foe.  
They shall grow not old, as we that are left grow old:  
Age shall not weary them, nor the years condemn.  
At the going down of the sun and in the morning,  
We will remember them.*

We should also remember that what was called the Spanish Flu began to be seen in 1918. It was not, as some claimed, brought home by returning soldiers in the US and Canada. Many of them were already suffering before they arrived. Yes, the centre of the outbreaks was Spain, but who knows where the terrible influenza originated. In many countries it killed more people than the Great War.

Variations of it are still around today, and each year Canada Health tries to predict which types of flu should be protected against in their annual vaccine. Usually three or four types of vaccine are created, and this year the 2018 Trivalent flu vaccine contains:

- \*A/Michigan/45/2015 (H1N1)pdm09-like virus
- \*A/Singapore/INFIMH-16-0019/2016(H3N2)-like virus
- \*B/Colorado/06/2017-like virus.

### Capricorn (Dec 22 - Jan 19)

Relationship involvements will become more important this month; the beginning of a long, important cycle. These will stir new moves and measures. You will be challenged to draw upon your resources and reserves of faith.

### Aquarius (Jan 20 - Feb 18)

You have entered a power cycle. It includes a revolutionary push to enter new territory. You are open to exploration and experimentation. Dreams of possibility dance in your mind and excite your spirit.

### Pisces (Feb 19 - Mar 20)

New visions that have been brewing all year are re-activated. Pushing through inertia and inner fears to succeed is increased. You would like greater returns by working smarter, not harder. Confidence requires risk.

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Small business accounts for 98%  
of all business in B.C.

You may have a hobby or skill that with a bit of help could turn into a viable business. If you want to explore this more, call us for a free appointment.

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Central Kootenay

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appointment in Crawford Bay...  
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Growing communities one idea at a time.

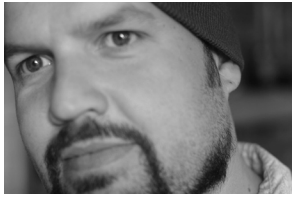
There is a quadrivalent version around, with a fourth virus vaccine in it, but it is not widely available; for reasons best known to Interior Health it can be obtained for persons with respiratory problems and others at high risk. The pharmacy at Save-On (formerly Overwaitea) in Creston has it for higher risk persons at no fee. There is also a high potency flu vaccine around for seniors, but it is pricey, and BC Medical and Interior Health will not cover the \$70 to \$85 price. Perhaps it is time to ask "Why not?" about free coverage of both the Quadrivalent and High potency flu vaccines for those at high risk and seniors.

Flu clinics on the East Shore are at the Crawford Bay school on November 2 from 10AM-Noon, and in Riondel from 1PM to 3PM.

## Greyhound's Last Days



Ciel Sander of Midway excitedly holding her just purchased ticket at the Trail Depot for the Greyhound Last Trip from Nelson to Grand Forks and return on October 27. Tom is pleased to see Ciel making the big effort to be coming all the way from Midway to mark the end of 89 years since Greyhound started in Nelson.. Victor Learmonth, whose Grandfather Johnny Learmonth, built his own bus in 1922 will also be on the trip.



**Hacker's Desk**  
by Gef Tremblay

**On Burnout**

I've always pictured a burnout to be quite a grand, traumatic event. With emotional outbursts, tears and yelling, confusion and frustration, mixed with delusions and significant changes in one's life. I realized that it isn't always like that, at least not for me.

Running my own business brings much stress. I can deal with anxiety for a while, and I have created an excellent coping mechanism through reflection and sharp intellect. I do feel and acknowledge the stress in my body, and I can look at it and decide not to give in. I remember a pretty intense winter a few years back, standing in the living room, deeply in debt, our water line was frozen, a big client didn't want to pay me, the house we moved into was cold, and we didn't have much comfort. I could have rolled in a ball in front of the woodstove and cry for days. However, I was able to pull myself out, and tell myself "Just keep going and hope for the best."

Through the years I've come to that level of stress, but then my body started to get sick. Not only was I getting sick, but once back to health I wasn't able to do my work anymore. I wasn't fatigued, and I was healthy and even in a good mood, but I was just not able to work anymore. That's when I realized that something else had happened.

My mind was fine, my emotional self was quite stable, my body was healthy, yet I wasn't able to get back to work. I would try to sleep more or meditate more, but it didn't help. I realized I went through a burnt out. Which part of me was burnt? Everything seems fine.

**Crawford Bay Hall Needs Your Input!**

by John Edwards for the Crawford Bay & District Hall & Parks Association Board

As most East Shore folks are aware by now, our Crawford Bay & District Hall & Parks Association has finally been able to purchase the land that our Community Hall occupies, formerly the property of School District #8. This very nice 8-acre parcel of land now belongs to our community, and it gives us the ability to start seeking funds from organizations like Columbia Basin Trust to upgrade and improve our Hall.

Before we get too far into planning renovations, we want to get feedback from our community as to what you think the priorities should be – what are the most urgent fix-ups needed? To do this we've designed a survey that we'd like East Shore residents to fill out. It's going to be available at Crawford Bay Market, right here in October's *Mainstreet* newspaper, or online. If you could take a few minutes of your time to get hold of one of these surveys, fill it out and return it to us – that will greatly help us establish our priorities for Hall renovations.

You're also invited to attend our AGM on Tuesday, November 27, 7:30 at Crawford Bay Hall, where you can hear the plans as they are at that time, continue to put forward your suggestions for improvements, or even throw your hat into the ring to be an elected board member.

To find and fill out the survey online, please go to <http://bit.ly/CBayHPSurvey>

It doesn't matter where you live on the East Shore – if you ever use the Crawford Bay Hall, we welcome your input as to what the priorities should be for its rejuvenation – so please, grab a survey at the Market, the *Mainstreet*, or dig up the online version and let us know what you think!

We thank you in advance for your contribution!

That's when I started looking into the nervous system. The nervous system is quite a complex one with multiple layers of voluntary and involuntary interconnected system. Starting all in the brain, going down the spine and connecting every part of the whole body.

I won't go through the whole system, but one of its divisions is that of the autonomic system. The autonomic system is then divided into two: the sympathetic nervous system and the parasympathetic system.

When we experience stress or trauma, the sympathetic nervous system kicks in and triggers the fight-or-flight response. In that state, we become more focused, tense, and ready to act quickly in survival mode. It's all quite useful, but since that can be triggered by day to day ongoing stresses, it can become taxing on the body and all the organs. Your 'turbo mode' ends up depleting your resources.

If the stress continues, and the turbo mode isn't helpful, the parasympathetic system can trigger the freeze-and-flop response. That moment is when the burnout can be felt. This response is only one of the two responses that the parasympathetic system can trigger. The parasympathetic system is divided into two major nerves: the dorsal vagal system and the ventral vagal system, the latter being the one responsible for triggering the rest-and-digest response.

This theory on the parasympathetic system divided into two subdivisions is a somewhat new perspective, introduced in 1994, of the nervous system which is called the polyvagal theory.

What can be done to manage stress? Running my own business and catering to the needs of my family can be stressful at times, but I love doing what I am doing, and I want to continue doing it. I can change my schedule a bit, but there is an inherent fact that running a business where you have to be in contact with your clients at all time will be stressful. I have to be able to respond to stress in a better way.

*STRANGE HARVEST*

by Stanley E. Higgs  
(Wendy Scott's father)

Dip gently your scythe, good reaper,  
O'er the fields of Calvados;  
Tread softly Normandy's furrowed earth  
From Epron to the coast,  
For the harvest is not all the yield of the soil,  
Nor the furrows the mark of the plough,  
But the earth's rich red is the blood of the dead,  
The dead who are sleeping now.

They came from the sea, like you and me,  
But they beached on a steel-rimmed coast,  
They carved their way through the Hun at bay,  
And blasted the tyrant's boast  
That no might could breach that wave-locked shore,  
No Allied foot gain hold:  
The sea would be red with the blood of the dead,  
The dead who had been too bold.

On their left and right were Britain's men,  
And from south of the Forty-nine  
Came the western flank of the Allied ranks  
Through mortar, shell and mine.  
The wall was stormed, the beaches won,  
As skies grew sullen and wild,  
Till the strength of the mighty men of the sea  
Seemed less that the strength of a child.  
Three precious weeks they fought each yard  
From their hand-dug holes in the clay,  
Through the treacherous grain up the rising plain  
To Malon and La Folie.

Who will forget the Falaise Gap?  
Or Pincon west on the Orne?  
But at Authie, and Gruchy, and Franquerville  
Were these later victories born.  
Great cities and countries have fallen now  
To the hosts this vanguard led,  
Let us not forget the debt we owe

From observing the nervous system, I should find a way to trigger the ventral vagal nerve of the parasympathetic system, but how to do that?

Well, it appears that one of the best ways to deal with that is with Yogic Breathing (who would have thought!). I have to admit that in a stressful situation I tend not to practice meditation and yoga much. I'd rather explore a new brand of gin and test how fast I can get intoxicated from drinking it.

When doing deep breathing, you are triggering the right nerve system to move into the rest-and-digest mode. This has a tremendous effect on balancing the nervous system, by stepping out of the fight-or-flight response and avoiding the freeze-and-flop state.

Other research has also proven that stress is in the eye of the beholder. Testing patients in a stressful situation, it was observed that everyone reacts differently to stress levels. To create stress, an external stimulus had to be interpreted as stressful by the mind. In a sense, much pressure is generated from our perspective on reality. Changing that perspective can nip the stress in the bud, not allowing it even to start affecting our nervous system.

This whole process is all learning and experimenting, and I hope not to get to the point of burnout again in my life. I am more aware of what triggers that and the feeling it creates in me, so now I can hopefully prescribe myself a healthy dosage of deep breathing, relaxation, and meditation. It's also essential for me to keep an eye on what is important in my life, and to not stress too much about work. I've started using a mantra each time I compulsively count how much I'm making and how much I'm owing: Stop counting your money and start counting your blessings.

*Contact Mainstreet*  
[mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)

To the oft unhonored dead.  
I have seen the hell where a hundred fell  
At Rots and Grey Le Vey,  
Midst the reeking corn all mortar torn  
From Gazelle to Carpiquet.  
Les Ruissons is the resting place  
Of men who cannot die.  
Glengarrians, Novas, Camerons,  
Hussars and H.L.I.

They learned to fight midst the fetid stench  
At Buron and Periers,  
They pitted their youth 'gainst the war-learned craft  
Of the Panzer Grenadiers.

So honor the men of the western plains,  
Black Devils, Reginas too;  
The Queens, North Shores and Chaudieres,  
And Scots from the Western blue.  
Victoria, Winnipeg, Ottawa  
Sent sons for the treacherous trail  
Who must feed the guns and the tanks and the men,  
The men who dare not fail.

There were gunners and sappers from homes which range  
From the East to the setting sun,  
And many lie where the ripening rye  
Danced to the devil's fun.

They do not ask a golden casque,  
Or tower of graven stone,  
But that men may live in a world set free  
From guilt by their blood atoned.

Dip gently your scythe, good reaper now  
O'er the fields of the hallowed dead,  
For young men fought and young men died  
Near the sea, where the earth is red.

Normandy, 1944

## Autumn Gifts at the Ashram

by Yasodhara Ashram Society

The month of October has been a gift. To wake up to blue, clear skies and witness the lasting vivid colours of autumn, renews us with a sense of awe about the place in which we live.

In this warm Fall glow, Yasodhara Ashram had the privilege to host some community organizations that enhance the character of this region. The Corazon Choir from Nelson and the New Denver Contemplatives came for their annual retreats. We hosted the East Shore's very own Third Annual Healing Arts Symposium and it was a great success. Chickadee and the Manufactured Grass, a folk rock band led by a former Ashram karma yogi, stopped by on their Kootenay tour to perform in our Radha Room. On Nov. 9, Patricia and David Stock will present videos and talk about their work through The Canadian Friends of Nepal, the grassroots organization they started in Cranbrook in 2010, and on December 23 we host Yoomi Kim, a pianist and violinist Natasha Hall, performing in the Temple of Light. Watch for more details.



In September, three media writers participated in our Breath: The Invisible Work retreat and toured our talented East Shore artisans and restaurants. We look forward to their articles in the new year in Nuvo Magazine, Seattle Yoga News and Canadian World Traveler.

Although we did not win the Aviva Community Fund contest for our Young Adult Program, we made it to number 15 out of 188 entries Canada-wide with 12,000 votes. The contest shone light on how truly blessed we are to live in this remarkable, supportive community and in that, we are the biggest winners. Swami Jyotihananda sent out a special thank you to everyone involved:

"For me the best part of it was how people became so engaged in supporting the Young Adult Program and reaching out to friends to be involved. It means that many more people now know about the program and its benefits. It would have been very special to have won enough money to support the program for a year, but we'll keep going, because the value of this program is priceless."



## Annual General Meeting

**Community Connections**  
(AKA South Kootenay Lake  
Community Services Society)

**Thursday, November 29 at 7pm**  
**Yasodhara Ashram, 527 Walker's**  
**Landing Rd, Kootenay Bay.**

## Tom Sez

by Tom Lymbery

Sad to see the beginning of the end for Pacific Insight Electronics with layoffs coming soon. When Methode of Chicago purchased the company in August 2017 for 144 million, they said they would keep all the employees but when a US company takes over a Canadian one, unfortunately closure is usually what happens.

More power failures are coming – please check out the battery-operated lamps at the store that can light up your whole room. Comes with a remote so you can dim it. The battery life is amazing.

To remember when US Thanksgiving happens – it's the Thursday before the Grey Cup.

Our Gray Creek Cemetery has graves or memorials for those who served in the 1914 -18 World War – James McKay Burge, Sherlock Gooch, Arthur Lymbery, Geoffrey Haddon. And in the 1939 – 45 War, John Oliver, Jim Oliver, Butch Davies, Hunter McClure, Henry Besanger, Stan Bruce. There are more, but these are the ones I know about. This November 11 is the 100<sup>th</sup> anniversary of the end of WWI.

Marv Syfchuck and I made the trip to Grand Forks to see the Son Ranch collection of 2000 antique chainsaws since it includes Mike Acres lifetime collection. Marv was also interested in the collection of trucks and old logging equipment. They have an operating sawmill and we were shown fir logs so large that they will have to upgrade the sawmill to cut these.

Have all our post offices received special insulated envelopes for mailing that newly legalized product – that Johnny Oliver always called *margythewanya*?

It is reported that the Kimberley Golf Course has been sold to Purcell International Education – an operation that plans to build a 450 international student school on the site, as well as updating the golf equipment at the 1924 course which will remain open for golf.

Here's one from the media – *Trump lies like a rug.*

I talked to a man in Nelson who has recently bought a BMW electric car – but he found that winter tires are not available. He has to find rims from an earlier model that will take the winters. He chose electric as this vehicle is only for use in town.

Snow is coming. The most valuable tool is the snow float that makes it so much easier on your back than other snow tools. Please ask staff to demonstrate if you haven't used one.

## GRAY CREEK PASS REPORT

by Tom Lymbery

The pass closed with all that early October snow but sunshine cleared the road in less than a week and traffic has been steady since. The next snowfall may also be gone in a day or two – but then again it may be the change from wheels to snowmobiles. We hope to plan for a July 1 opening each year now that The BC Epic 1000 Cycle race comes through at that date. A lady from Midway who is coming on our Greyhound Last Trip says she is planning on entering that very tough 1000 Kilometre race to Fernie from Merritt.

## Free Arts and Culture Grant Writing Workshops

Columbia Basin – Want to learn more about how to apply for arts and culture grants delivered by the Columbia Kootenay Cultural Alliance? Attend a free workshop with Krista Patterson, who will share how to apply and what to expect from the application process.

Individuals working in all artistic disciplines as well as arts and cultural organizations residing in the Columbia Basin are invited to attend the workshops.

The Columbia Basin Trust's arts and culture grants are managed and administered by CKCA. The Trust proudly supports initiatives and projects that highlight Basin arts and culture, and for 2019/20, the arts and culture grant program allocation is \$751,000.

Workshops are FREE. Pre-registration is required. Workshops start November 8, in locations around the Basin and online. For dates, locations, and to register visit: [www.basinculture.com](http://www.basinculture.com).

More information and general funding policies are available online at [www.basinculture.com](http://www.basinculture.com). Further questions? E-mail [wkrcassistant@telus.net](mailto:wkrcassistant@telus.net) or call 1-250-505-5505; toll free 1-877-505-7355.

Working with community arts councils, individual artists, performers, writers, and arts and cultural organizations, the goal of the Columbia Kootenay Cultural Alliance is to build long-term sustainability for artists and to strengthen and support arts and cultural organizations.

## Official Results of General Local Elections for the RDCK Declared

View on the RDCK website: <https://rdck.ca/EN/meta/news/news-archives/2018-news-archive/official-results-of-general-local-elections-for-the-rdck-declared.html>

Nelson, BC: The official results of the October 20, 2018 General Local Elections for directors to represent the Electoral Areas of the Regional District of Central Kootenay (RDCK) have been declared by the Regional Chief Elections Officer.

Elections were held in four of the RDCK's 11 Electoral Areas. One new Director will be joining the RDCK Board of Directors—Adam Casemore will represent Electoral Area C. The incumbents representing Electoral Areas B, E and J reclaimed their seats, and the remaining Directors were acclaimed.

A total of 3,166 voters participated in the four elections, out of 9,976 eligible voters in areas B, C, E and J. The average voter turnout was 31.7%.

The incoming RDCK Board will include the following Electoral Area Directors:

Electoral Area	Director	Acclaimed/Elected
Area A	Garry Jackman	Acclaimed
Area B	Tanya Wall	Elected – Incumbent
Area C	Adam Casemore	Elected – New
Area D	Aimee Watson	Acclaimed
Area E	Ramona Faust	Elected – Incumbent
Area F	Tom Newell	Acclaimed
Area G	Hans Cunningham	Acclaimed
Area H	Walter Popoff	Acclaimed
Area I	Andy Davidoff	Acclaimed
Area J	Rick Smith	Elected – Incumbent
Area K	Paul Peterson	Acclaimed

Municipal Directors representing the nine RDCK member municipalities will be appointed at their inaugural Council meetings. All directors will be sworn in at the inaugural RDCK Board meeting on November 15, 2018.

## A Christmas Carol

by Footlighters Theatre Society

The Christmas season is approaching, and Footlighters Theatre Society is bringing the holiday spirit to the Prince Charles Theatre when it presents *A Christmas Carol* from Nov. 30-Dec. 2.

"It is a story that is timeless, and we watch the film every year, usually the Alistair Sims version," says director Gary Atha. "It's a story everyone knows, but I think they will see some interesting things they haven't seen in other versions."

Based on Charles Dickens' 1843 novella, *A Christmas Carol* tells the story of Ebenezer Scrooge, an elderly miser who is visited by the ghost of his former business partner, Jacob Marley, and the spirits of Christmas Past, Present and Yet to Come. Their visits help transform Scrooge into a kinder, gentler man.

As adapted by John Jakes, an author best known for writing American historical fiction, this production presents the story as told by Dickens, played by Footlighters newcomer Lucas Szuch, who gave more than 100 public readings of *A Christmas Carol* between 1852 and his death in 1870.



The ensemble of *A Christmas Carol* rehearsing one of the show's Christmas carols.

"This makes that come alive," says Atha, who played Dickens in an Abbotsford production several years ago. "He becomes part of the story. We see him flow through it, eventually serving drinks and singing."

Dickens is present through most of the play, as of course is Scrooge, played by Jason Smith, who directed and co-wrote the Footlighters 24<sup>th</sup> season opener, *Some Fools and Their Money*, in July.

"The audience is not going to like Scrooge right from the beginning," says Atha. "He's a nasty so-and-so, and Jason portrays the meanness very well."

Smith enjoys playing that nasty side, as well as Scrooge's eventual emotional and philosophical transformation, but admits that learning the play's authentic dialogue has been a challenge.

"The language makes it a little tricky to memorize," says Smith. "I don't think they use any words we don't use, but very little is said the way we say it."

With a cast of about two dozen and numerous scene changes, the production is larger than the previous shows Atha has directed, the comedy *Nana's Naughty Knickers* and the thriller *And Then There Were None*. With the addition of several Christmas carols arranged by music director Simone Wiebe and period costumes overseen by Jennifer Dewald, audiences will feel immersed in the Dickensian world as they explore *A Christmas Carol's* deeper meaning.

"It shows redemption," says Atha. "Even if you're not the nicest person, if you see your future, you possibly have the chance to change. That's a lesson in itself."

Contact Mainstreet  
mainstreet@eshore.ca  
Deadline: Nov 28/18

## INDIGO-GO-GO ARTS SHOW NOV 16/17

by Creston Valley Arts Council

Indigo-Go-Go is an exciting opportunity for young artists from grade 7 thru grade 12 in the Creston Valley whether they are in public school, private school, or home schooled. This Art Show, sponsored by the Creston Valley Arts Council, will take place at the Creston and District Community Complex November 16 and 17.

The organizers of this exciting event are looking for art submissions from students. While the theme of the show is indigo blue, the committee will accept any type of art from students – sketches, cartoons, paintings, sculptures, clay work, quilting, sewing etc.

Indigo is among the oldest dyes to be used for textile dyeing and printing dating back approximately 6000 years. It was discovered about the same time in Japan, West Africa, China and India.

Historically, indigo is a natural dye extracted from the leaves of certain plants, and this process was very important economically because blue dyes were once very rare. A large percentage on indigo produced today, several thousand tonnes each year, is synthetic. It is the blue that our denim jeans were originally dyed with.

Several workshops have been held with students in watercolor and indigo dyeing. These workshops were given by Val van der Poel, Anne Fetterley and Brenda Brucker. Grade 7 students have had the opportunity to create blue jean collages as well as decorating blue jeans.

Students who have art they wish to display are asked to contact Brenda Brucker at 250.428.3358. While the organisers would prefer that art is ready to display the committee will be able to assist students in presenting their work. The art will be judged and three prizes will be presented.

The opening reception for the Indigo-Go-Go Art Show will be the Erickson Room Nov. 16 from 6:00 thru 8:00 pm. The show will also be open Saturday Nov. 17 from 9:00 am thru to 4:00 pm which is the same hours as the Christmas Art and Craft Market.

Indigo-Go-Go Art Show is the first in a series of special events being organized by the Creston Valley Arts Council to celebrate the council's fiftieth anniversary. The next event will be a wine and cheese reception, Jan 11, 2019, to celebrate a new show at Art in the Chamber.

NewKey's Place  
250.227.6911

Better to Give Than Receive  
Meat Draw, Silent  
Auction & Fundraiser  
November 17, 2018

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

Meat draw starts at 4pm

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

November 17, 2018

## Another Beautiful Concert at Harrison Church For the Love of Freya

by Zora C Doval

On Sunday November 18 at 2pm, it will be an honour to welcome the musical duo "Freya" to play a Sunday afternoon concert at our lovely heritage church hidden in the woods. Named after the Norse goddess of love, Freya is a musical duo that emanates the essence of their namesake with every note. With intertwining melodies and exquisite harmonies, the duo has taken their serendipitous convergence and created a distinct and original flavour that evokes the passion, anguish and natural beauty that rests at the heart of their music. Noel Fudge combines finger picking, strumming, percussive techniques and a range of alternative tunings that together demonstrate compositional mastery and stand alone as stunning but invite the intricately woven string melodies of partner/co-writer Martine denBok. Known primarily as an accomplished classically trained musician and Principal Second Violinist of the Okanagan Symphony Orchestra, her lush, sensuous tone and melodic characters will pull at all kinds of your heart strings. Together, the duo form an unmistakably unique sound that is fresh, and timeless.

Since their union in 2015, Freya been busy writing and performing throughout the West Kootenay and beyond. Amidst balancing parenting, teaching and symphony schedules, the duo has performed a West Kootenay Health Arts Tour, a handful of art openings and over 30 community events. They were feature performers at the Hills Garlic Festival, and participated in a week-long documentary project on Alps Alturas. Most notably, the group has received glowing responses for their house concert performances. With welcoming personas, heartwarming prefaces to their songs and a strong connection to audiences, house concert venues are the perfect stage for this affable duo. Their recently released self-titled debut album is available in local stores, and on iTunes.

The Sunday concert will feature a variety of musical styles, from celtic, classical to jazz and original. Families that wish to expose their children to music are welcome to bring their offspring. As the fall soon ends and there will be more darkness and greyness in the external environment lets bring some lighter tones into our lives and embrace the pre-Christmas mood with sounds of music.

Check out these two fabulous musicians/composers at [fortheloveoffreya.ca](http://fortheloveoffreya.ca). For more info, contact Zora 250.227.9434



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Unit 6.

Upcoming Clinic Dates:  
**Nov 6 and Dec 4**

Please call Creston  
Veterinary Hospital  
to book your  
appointment today!

## The 2018 Creston Christmas Art And Craft Market

by the Creston Valley Arts Council

Travelling down to Creston on Saturday, November 17, then one of your planned stops on your trip should be the Creston and District Community Complex for the 42nd annual Christmas Art and Craft Market sponsored by the Creston Valley Arts Council.

With doors open between 9:00 am and 4:00 pm the annual market is sure to have something for everyone. The products this year range from the usual potters from Canyon, Creston and Crawford Bay as well as cold glass work, jewellery, woodwork ranging from driftwood art to cutting boards, signs and hand-crafted wooden wine totes.

There will be a great selection of foods and edibles from hand-made chocolates and candy to preserves, spices and home baking including gluten free. There will also be a selection of wines and spirits grown and crafted in the valley.

There will be repurposed garden art as well as up-cycled clothing, handed painted and natural dyed silks along with wearable art. There will also be beautiful fresh Christmas wreaths and decorations.

Prints and original art work will also be on sale not to mention knitwear, quilts and unique sewing gifts made by artists and artisans. Local herbalists and soapers have crafted a wide selection of herbal remedies, creams and soaps.

Contributing to the cultural ideals of the market will be the Creston Valley Hospital Tuck Shop with a selection of their products as well as the Creston Valley Museum. Footlighters will be selling tickets to their next show A Christmas Carol, based on the novel by Charles Dickens, which will be on the stage at the Prince Charles Theatre on Nov 30 and Dec 1 at 7:30 pm with a matinee on Sunday Dec 2 at 2:00 pm.

In the Erickson Room will be a special juried art show – The Indigo Art Show. This show will mark the beginning of a year long series of events to celebrate the fiftieth year since the inauguration of the Creston Valley Arts Council. This youth art show will feature anything indigo, from felt work to art work to art on blue jeans. Indigo is among the oldest dyes to be used in textile dyeing and printing, dating back approximately 6000 years. It was discovered at about the same time in Japan, West Africa, China and India. The Art Show will open with a reception on Friday evening between 6:00 and 8:00 pm then be open the same hours as the Art and Craft Market on Saturday.

Across the parking lot at Rotocrest on the Saturday will be the Images Art Show and Sale which will be open from 9:30 am until 5:00 pm. This show will also be open on Sunday Nov. 18 from 11:00 am until 4:00 pm.

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

The Creston Valley Arts Council uses the profits from this event to support artists and arts-related groups throughout its mandated area which stretches from Riondel to Yahk. The Council would like to thank Anne Fetterly for her year-long dedication to organizing the Market. She is assisted by a large group of willing volunteers. Further information is available on the Arts Council website at [www.crestonvalley-artsCouncil.ca](http://www.crestonvalley-artsCouncil.ca).

## Riondel Arts Club

by Sharman Horwood

Once again, fall is flying by, and for those of you who are Game of Thrones fans, winter really is coming.

The art club has been busy. We are hoping to re-hang the work in the hall of Riondel's Community Centre, sometime around the beginning of November. Come by and see what is new and different. You might like to try your hand at some of these techniques: new artists are always welcome to drop by the art club on Mondays for mosaics, or Tuesdays for other work, like acrylic or water colour painting.

Also, Gerald Panio is starting his weekly art lecture on Tuesday afternoons at 1:00. He will give the lecture every Tuesday, except for the third Tuesday of this month. Everyone is welcome to join in and listen. He uses both pictures of the artist he's discussing as well as additional information, well worth hearing.

Have a terrific November, everyone, and encourage your creativity for the winter months in whatever way that you enjoy.

Contact Mainstreet  
250.505.7697

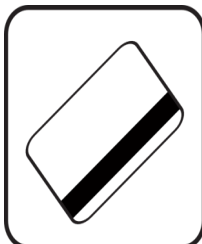
2018  
Bevy of Angels  
YULE CRAFT FAIRE  
CRAWFORD BAY HALL  
SUNDAY  
DEC. 02  
10-4 MST  
locally-made  
ARTISAN GIFTS,  
lunch,  
raffles, kid crafts...

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

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

### COMING SOON

to the Fitness Place!



New key cards will be available soon to all members! A key card will give you unlimited access to the gym from 5:30am until 10:30pm. Please watch our Facebook page for more information on key card availability. Please let the supervisor on duty know if you are interested and we will add you to the list for when the cards become available.

### NEW RATES FOR THE GYM!

1 Month: \$30

3 Months for Price of 2 (now available all year long!): \$60

Annual Membership: now only \$200

Drop ins: \$5

12-18 year olds: Free

70+ Seniors: Optional Discount

Disabled/Lower Income: Subsidized up to 50% off on request.

A key card will require a \$20 deposit (refundable upon return of card)

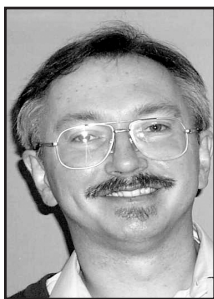
For more info or to sign up for the new key card program, please contact Jakua Jordan at [eastshorefacilities@gmail.com](mailto:eastshorefacilities@gmail.com) or 250-551-0198





## Seldom Scene

by Gerald Panio



Louis Malle's extraordinary *Lacombe, Lucien* (1974), set in the southwest of France during the time of the Nazi occupation, is a profound meditation on the nature of evil and innocence, doubly disturbing because the storytelling is so understated. Malle's film shows how the life of a young farm boy is casually corrupted by choices he's not even aware he's making.

It's easy to imagine evil as monstrous, looming up in shape of the psychopath whose total lack of conscience is combined with an active will towards mayhem—in the form of murder, deception, manipulation.

Far less easy to imagine, yet far more common and more relevant to the case of all those individuals who end up collaborating in the most heinous abuses of human rights, is a more passive evil—where ideological blinders, racism, or simple selfishness excise guilt & conscience to the point that an individual's moral compass is as off-line as any sociopath's. We're talking about the farm boys and bakers' apprentices and junior clerks who joined the Einsatzgruppen & the Ethnic German Self-Defense Militia

and slaughtered their way across occupied Poland & Ukraine; the pillars of the community who cheered on the KKK as they lynched and burned their way across the South; the complacent, self-serving legislators and bureaucrats who put their stamp of approval on proxy wars, destabilization, torture, and assassination. There's a very fine line between the bully and the monster. It's easily crossed over.

Without the German occupation, 18-year-old Lucien Lacombe (Pierre Blaise) would

likely have taken the path of least resistance open to him—working on his father's farm, marrying a local girl, getting some land of his own, earning the respect of his neighbors, resenting anyone who might put up a roadblock to his image of himself as self-sufficient and in control. He might have been a good or lousy parent, a loving or abusive husband. The hunting and trapping and farming skills he'd mastered in his teens would likely have carried him comfortably through life.

But it's 1944, the Germans have taken his father as a prisoner of war, his mother is bedded up with the landlord, and he's stuck washing floors & emptying bedpans in a local nursing home. It's not enough for him. Lucien has no direction, but he's got some energy to burn.

He approaches a local leader of the Resistance, his former teacher, and asks to join the rural guerilla movement. The teacher sizes him up, and makes a bad

call. He knows Lucien. He knows that he cares about nothing but himself and is just looking for something exciting to do. So he dismisses him. His contempt for Lucien's plodding intelligence and political apathy lead him to fatally misjudge how dangerous a weapon he can be. His skill set, his unimaginative fearlessness, would make him an ideal Resistance fighter. Instead, rejection drops Lucien into the lap of local Gestapo, where in a moment of drunken bravado he betrays his teacher and endears himself to his new hosts. They know exactly how to use him. They've had plenty of practice getting Lucien's country-

men to squeal on one another to settle old scores

The Germans and their French collaborators are holed up in an up-scale local hotel, which also doubles as a torture center. There's a *fin de siècle*, decadent atmosphere to the place. Everyone in the hotel, except for Lucien and one fanatic Nazi bureaucrat, knows that the game is up. With the successful Allied landing in Normandy and the attack on Italy, the so-called Thousand Year Reich is finished. All Lucien knows is that suddenly he's someone. As an agent of the French arm of the German

police, he's got more power and status than he could ever have imagined. He goes out on raids against the Maquis, assists in the torture of captured Resistance fighters, inspires fear, and has a comfortable bed in the hotel & a cooperative maid to share it.

Life looks even better when his Gestapo patron, a dissolute French aristocrat who's trying to scabble together enough money together to run off to fascist Spain with his actress-mistress, takes Lucien along to meet with the rich Parisian Jewish tailor-in-exile that's he's been blackmailing for months, maybe years. Albert Horn (Holger

Lowenadler) lives in wounded dignity in a flat with his mother (Therese Giehse) and daughter, France (Aurore Clément). The film's title comes from the way Lucien, absurdly given the circumstances, formally introduces himself—as if following a script he'd mastered in grade school. But it doesn't take Lucien long to get the lay of the land. To steal the title of a similarly-themed Stephen King short story, he's an apt pupil. And when he discovers France his future seems made. He forces himself into the household, bringing in crates of confiscated champagne, demanding new clothes, sharing the family's meals and, ultimately, France's bed. Horn is powerless to stop him. One word from Lucien and the whole family is on its way to a concentration camp.

France's reaction to Lucien is half rebellion, half Stockholm Syndrome. Even in the midst of the Occupation, she wants more out of life than to spend it practicing classical piano in a cheap apartment while

her father pretends that he can buy his family's way to freedom. Lucien even thinks that he loves her, in the vague way of someone who might have picked up the concept from a fairy tale or barnyard gossip. He actually courts her as if his very presence in the household

wasn't the grossest violation. When he winds up saving her life, after destroying her father's, it's purely accidental. He would have sold her out without a qualm, but the German soldier who comes to take France and her mother away makes the same fatal mistake Lucien's teacher made—he treats Lucien with contempt, dismisses him. France gets a second chance at life because Lucien values a pocket watch more than he values her.

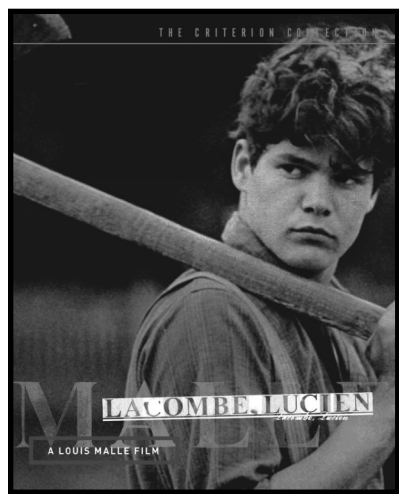


The miraculous thing about the performances by Blaise and Clément is that neither of them had acted before. Ever. How, one wonders, could Louis Malle have known that they would be able to carry the weight of such a story? Because of the film's deliberate understatement and minimal dialogue, both Blaise and Clément had to communicate their states of mind largely through body language and close-ups. The eyes are the windows of the soul, even when it's absent. Everything that Lucien will become we see in Blaise's face early in the movie, when he casually kills a songbird with his slingshot to fill an idle moment.

Holder Lowenadler, who plays France's father, was no amateur. He'd acted for 50 years in Swedish theatre, working with Ingmar Bergman and playing leading roles in Ibsen and Strindberg. His portrait in *Lucien* of an aristocrat hanging on to the last shreds of dignity against impossible odds is harrowing. It's the only case I know of suicide by dignity. France's grandmother shows us another way of dealing with defeat. She's stoicism personified. She doesn't cling to the past, and expects nothing from the future. When she's not serving meals she's playing solitaire, creating a tiny world for herself where she's both master and a slave to chance. As her world implodes, the only thing that really gets a rise out of her is losing a card from her deck.

Near the end of the film, Lucien, France, and the grandmother get to spend a few "idyllic" days or weeks in an abandoned house in hills. There's wild game aplenty and forage for food, a clear stream to bathe in, no trace of an outside world. It's back to the garden. But avenging angels are just outside the gates, and the garden has snakes. One of the gentlest, scariest moments comes after France and Lucien have been playing like children in a field; he's dozing and she's piling rocks in a little cairn. She picks up a heavy stone and stands over Lucien, and it's probably even odds whether she decides that the present moment is as good as it gets, or she's going to smash his head in to make him pay for everything that's happened to her since the war began.

One might ask what the Luciens of today are up to. Piloting kill drones for the Pentagon? Running enhanced interrogation & counterinsurgency classes for future death squad leaders? Forcibly separating immigrant parents from their children? Shrugging off the threats of climate change and doubling down on fossil fuels? As one reads the news these days, one can't help wondering if the sense of guilt isn't the newest endangered species.



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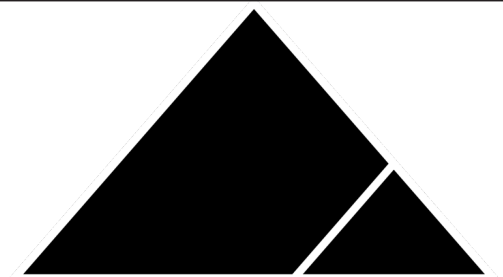
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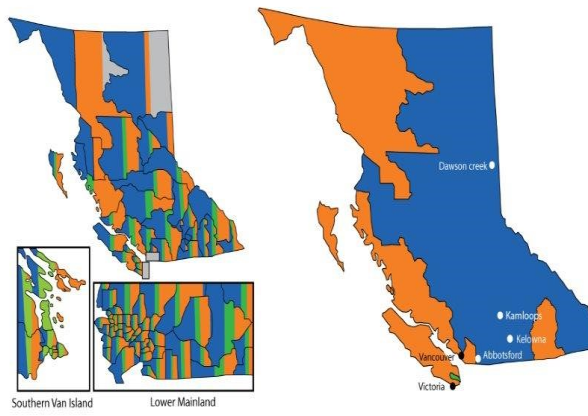
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pebbles  
by Wendy Scott  
**CELEBRATIONS  
IN COLOUR**

It is that time of year when driving from Nelson towards Balfour is traveling through riots of colour: red, scarlet, crimson, bronze, gold, and the greens that linger until autumn releases that last leaf and turns over its season to the ever-present conifers of winter.

But also, from August all the way through to the end of November, showers of colour rush across nighttime skies. At the beginning of October our planet passed through a gap in the dust left over from the Daconids meteors; mid-month brought the Orionids; back in August the Perseids put on their display and November will bring a shower from the Leonids.

Since several spacecraft orbit our planet, care is taken during meteor showers to re-align craft that might be damaged by the debris which can be fine dust or sizable rocks hurtling from space (and landing on occasion in Crawford Bay)

Newly observed dwarf planet, Goblin, (yes, that's what scientists have named it), takes 40,000 earth years to orbit the sun. and its only about 300 km in diameter – yes, about the distance from Edmonton to Calgary.

Dwarf planet, Sedna, discovered in 2012 has an elongated orbit that takes her as far as 135 billion km at the farthest point. But the Goblin, and its sister dwarfs, could point the way to the hypothetical Planet X, which astronomers and scientists have suspected might be the cause of the far-reaching orbits.

One year ago, in October 2017, a 400-meter-long cucumber shaped visitor came tumbling through our solar system and continued its journey into outer

space. Not much is known about this passer-by since it did not stop to say, hello, but it was spotted by several earth-based telescopes and named, "Oumuamua," which translates from Hawaiian as "messenger from afar arriving fast." The object did not perform like an asteroid, a meteor or a comet, and certainly not like any familiar chunks of space debris. One image noted a prominent red spot on the side of the fast-moving object – almost as if it were embossed? And it has been determined that it originated in another solar system where Oumuamua might have literally bumped into an orbiting object around its home planet and this may have set it off on its spinning, tumbling, dancing adventure through the universe. We just happened to catch a glimpse.

During the past few years, British Columbia has attracted several fireballs from space – the latest on October 2, 2018, spotted over Courtenay on Vancouver Island, and in December 2017, the meteorite that landed in a Crawford Bay back yard.

The University of Alberta has Canada's second largest meteorite collection. Here's a curious note: American meteor hunters must report to Canadian Customs – Canada has export restrictions on our space debris. Pay attention US cross-border meteor shoppers.

By the time you read this we will be reminded again of a November that few of us can recall personally, but it is the November that most recognize as the end of a shudderingly dreadful conflict. Sadly, it took only twenty years for the world to collapse again into another six years of armed aggression, and now it is difficult to keep track of where and when the killing sprees are centred.

Canadians are justifiably concerned when sabre rattling is too close to home. It seems as if a crash course in World History should be a prerequisite for leadership on the world stage. Nevertheless, spin the globe and point your finger anywhere to discover old

or relatively new proofs of ego, ignorance and their effects – or just slide that finger across what was the world's longest undefended border; now? a Canadian must show a passport.

What has this to do with meteors, comets and asteroids; as recently as August 2018, an asteroid exploded close to a US Airbase in Greenland. The base is equipped with a nuclear arsenal ready to go at first sign of attack; fortunately, the asteroid was recognized as a rocky visitor from space.

This is not by any means the first time that near-disasters were avoided; in 2013 a meteor landed in the Chelyabinsk area of Russia – again nuclear weapons laboratories were nearby, but Russian scientists spotted the intruder as a legitimate space traveler.

And we shouldn't forget 1960 United Nations General Assembly when Nikita Khrushchev is said to have banged his shoe on a desk in protest. And two years later in October, 1962, US president, John F. Kennedy, at that time, had been informed of an arsenal of nuclear missile sites in Cuba. This became known as the Cuban Missile Crisis and became what would amount to held breaths worldwide. After intense meetings and discussions, the two world leaders basically agreed to not attack each other's countries or the nations each was protecting.

Or in 1971 when our then Prime Minister, Pierre Elliot Trudeau, when queried by media and asked what words he had used when disagreeing with an opposition MP, had replied, fuddle duddle. And, being Canadians, shortly after this event the term appeared in the Canadian Oxford Dictionary.

At present we might have more in-put into our parliamentarian's decisions – although many doubt that – but we have little, if any, control over the bits and pieces of falling space junk, but we can pay attention to the very real threat of climate change. This on-going phenomenon has already devastated parts of

## Smarter Than Jack or Jill

by Sharman Horwood

*Animals are amazing, smart creatures. This column is about exactly that, and I am willing to write up any of your animal stories that show animal intelligence (not to mention cuteness). If you have a story that you wish me to write, please contact me at 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 if I have any questions.*

### Finding Home

Sometimes I think human beings are handicapped. We might have a higher brainpower in comparison to many animals, although some whales, or manta rays, have larger brains in proportion to their body size. However, many animals have skills that we just don't have. One of them is the ability to find the way home or navigate elsewhere. Homing pigeons, for example, are thought to have deposits of iron in their beaks near their nostrils that tune into the earth's magnetic field, giving them a sense of direction. Migrating birds of all kinds find their way around the planet—and some, like terns, migrate from the far north to the far south. Monarch butterflies confound theories altogether with their long migration to Mexico every year. Sharks have electromagnetic field receptors that detect motion when searching for their prey and help them navigate. Even dung beetles rely on outside information: on a cloudy day or night they get lost because they rely on the Milky Way as they guide their lump of dung to where they want to deposit it. We, on the other hand get lost more easily. We rely on GPS systems in our cars, or guides and well-beaten trails when traveling in the woods, winter or summer.

Many animals—dogs or cats—are irrepara-

bly lost. They do not ever find their way home, but the few that do are amazing animals. NBC reported the case where Prince, the beloved dog of Myrna Carillo, became lost. She married, moved away—four times—but somehow Prince was there for her one morning at her door. The probability is that he came across her scent somewhere, at some time, recognized it and followed it to her door. There have been amazing cats, too, that have found their way home after several years, such as one that survived Hurricane Katrina and found her family a year after.

Research has suggested that it is primarily smell that prompts dogs to navigate their way around, but some newer research is wondering if that is the only ability that dogs and cats possess. Recent studies with dogs and wolves show that wolves are more able to adapt to find their way than domesticated dogs. The experiment involved the placement of food, and then leading the dog or wolf away, and at some point, turning at right angles for a distance. Dogs tend to follow the exact trail back to the food; wolves, however, take a short cut. They're able to recall the position of the food in their minds and follow that reference instead.

One animal, however, that defies the theories is Buddy, the Labrador cross, that belonged to Brian and Shirley Enger. To all appearances he was just that: an ordinary black dog with white bits on his paws, a white triangle on his chest, and a sprinkle of white hair under his chin. He played just like other dogs: chasing balls and sticks and thoroughly loving the game. When Buddy was about seven, the Engers lived in Lethbridge. On New Year's Eve in 1998, they left him in the fenced-in yard of their friends, where he would be comfortable and safe while they went out to a live theatre performance. When they returned, he was gone. It was snowing, the wind was blowing hard—as Chinook winds often do—and they followed his tracks as far as they could, until the crosswind buried them entirely in the snow. Buddy couldn't be found. There

were fireworks in the area, celebrating New Year's, and Buddy was unusually scared of loud noises, like thunder, or lightning, and of course the bang of fireworks. He probably leaped over the six-foot fence somehow and ran away when the fireworks flared and banged in the sky. Brian and Shirley were certain they'd lost their dog, that he'd never be found.

The next morning, however, their son, Elann, opened his front door and there was Buddy, curled up on his doorstep, covered in snow.

Here is the problem: their son had moved to that house only two months before. Buddy had been to their son's house just once in the truck, and he stayed in the truck. Also, Shirley and Brian lived on the northwest side of Lethbridge, about five miles away from Elann's on the southwest side of the city, closer to Buddy's starting point that night.

Somehow Buddy found his way to Elann. To this day, the Engers have no idea how the dog accomplished this. He couldn't have been following their scent. It was winter, and they didn't walk to their sons at any time. Nor was he following his own scent. He hadn't been there to leave it, nor was it left the time he traveled in the truck. He had found another unknown method for finding his way to a place where he believed he'd be safe: Elann's house. How long it took him in that weather, no one knows. From the amount of snow on him on Elann's doorstep, he had to have been there for a while.

Buddy was an amazing, intelligent dog, able to figure out where to go—to a place where he'd be known and be safe—and how to get there in the dark of night in the midst of the blowing snow and wind. He couldn't follow the stars in those conditions, but maybe dogs have a better perception of magnetic fields than we realize, or another way to determine direction. In other words, animals like Buddy have other skills, other intelligence and guidance systems that we unfortunately lack.

## Wildsight Call for Government Action on Mountain Caribou

press release

Wildsight, joining with other environmental groups in B.C., have called on the provincial government for an immediate moratorium on new development in caribou mountain critical habitat. This comes after discovering that, since May, the B.C. government has approved 83 new logging cutblocks in critical habitat of B.C.'s eight most at-risk southern mountain caribou populations.

Nearly six months have passed since federal Environment and Climate Change Minister Catherine McKenna declared that southern mountain caribou are facing imminent threats to their recovery. Since then, B.C. has not taken significant on-the-ground action to stop the loss of our southern herds.

"The devastating losses of mountain caribou over the past year in the South Purcells and South Selkirks highlights the failure of British Columbia's caribou recovery efforts. Despite the obvious urgency, nothing has changed on the ground for caribou," said Eddie Petryshen, Conservation Coordinator for Wildsight.

Wildsight, along with Yellowstone to Yukon, Wilderness Committee, the Harmony Foundation, Greenpeace Canada and renowned naturalist and artist Robert Bateman, held a press conference in Victoria on Monday, demanding that B.C. establish an immediate moratorium on destructive activities until recovery plans are not just completed, but implemented on the ground.

"The B.C. government says they care about protecting caribou but their actions say they care more about filling the pockets of logging companies," said Charlotte Dawe, Conservation and Policy Campaigner for

the Wilderness Committee, which discovered the new cutblocks awarded by the province. "We're calling the province out on their deficient plans that have resulted in the disappearance of two herds. Caribou need their critical habitat protected now."

According to the federal assessment that many mountain caribou populations face imminent threats to their recovery, mountain caribou depend on intact forests and logging and other industrial activity in their habitat remains one of the biggest threats to their recovery.

"With an increasing number of herds disappearing, Minister McKenna cannot afford to stand by while the B.C. government tinkers with an ineffectual 'made in B.C.' approach. The B.C. government must begin to collaborate in good faith to find solutions with Ottawa, First Nations and other stakeholders — or it must get out of the way," said Eduardo Sousa, Senior Forest Campaigner for Greenpeace Canada.

"If B.C. continues to prioritize industry over caribou, the Minister McKenna has an obligation under the Species At Risk Act to issue an emergency protection order for southern mountain caribou herds in B.C." added Petryshen, "which would see an immediate halt to destruction of critical caribou habitat. Why is B.C. waiting for the federal government to protect mountain caribou, when they control permits for logging and other destructions of critical caribou habitat?"

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**Lindero  
News & World  
Report**

~ News and Views from a Fictional East  
Kootenay Town ~ Nov 2018

Time. At this season, in this particular year, Linderians have much to contemplate on the subject of Time. Three events either marched solemnly past us or gradually rotated on their cyclical axes. Yet Time managed to assert its whimsical peccadilloes, contrary to the claims of wristwatch manufacturers. Notoriously, time speeds up when you've just filled your mouth with your favourite dessert and the phone rings, and slows to a crawl when you meet your ex and your accountant sitting together on the ferry. However, time in Lindero has broken into a tango this October/November, brightly skipping one direction only to about-face and charge off in another.

The first of three cases in point arrived in mid-October, when Linderians were divided about whether the major news rocking our land was a long time coming (95 years, to be precise), a sudden, startling occurrence, or a complete non-event. I'm speaking, of course, about Legalization, a revolutionary shock to the Canadian system that you could be excused for not noticing if you found yourself in Lindero when it came to pass. A few examples from my cursory polling of the Lindero populace on Legalization Day illustrate my point.

I encountered Rowena Gardener in her potting shed, transferring 4 healthy seedlings to roomier quarters. In response to the question of the day ("How will Legalization affect Linderians?"), she raised an ordinary terracotta vessel in the air and said, "Legalize pots! A wonderful idea," and elaborated, "I didn't even know they were illegal. Enforcement must have been

pretty lax."

Moving on to Bram "Dennis Hopper's Stunt Double" Toker, who has sported a "Legalize It" t-shirt for 40 years, I popped the question to his shins, the only part of him sticking out from under his VW van. The muffled response from the vicinity of his muffler was, "It won't change a thing here." "Pardon?" I queried confusedly. "Now that would make a difference!" he chimed.

For a broader perspective, I dropped by Lindero Hysterical Society chairperson Theo Tuxedo's home office. I found him re-composing the Canadian national anthem (again). He belted out a few bars: "Oh Cannabis! At home, not in the van! THC love, as much as we can stand!" We agreed it needs work.

Finally, I paused to greet Lindero's favourite elderly neighbour, Mrs. T. When she heard my question, she became extremely emotional and I worried for her health (and mine). "It's scandalous!" she practically shrieked, "How can that nice Justin make eating people legal!" I gasped in amazement. "Cannibals! It's just plain wrong!"

All in all, the epic trek to Legalization appeared to have little impact on Lindero. On its heels, somewhat tangled in its laces, was the next time-related occurrence: the 4-year BC election cycle. The news purveyors painted it as quite an exciting event in some centres. Not in Lindero. The Commissar of the local Commissariat invited townfolk to stand for election. "Nope," we proclaimed unanimously. "Fine then," said the Commissar. "Fine then", we intoned. So much for municipal election fever 2018.

The third assault on the orderly notion of time in Lindero was entirely more timey-wimey. Whether you get your ideas about the slippery nature of time from a screwdriver-wielding extra-terrestrial, a teenager driving a DeLorean, or Stephen Hawking's robotic voice synthesizer, you'll be brought to your knees by the twice-annual Time Change in Lindero. This year's falling-back is shaping up to be nothing short of time-boggling, if some Linderians have their way.

To wit, a couple of enterprising townfolk (Theo

Tuxedo and Percy Petly) have concocted one of the town's famous 2-birds-with-one-stone gambits. Percy, local raconteur and raccoon trainer, filled me in on a recent ferry ride. "We're getting close to the 'fall-back' time change," he began. I interjected, "You mean when Lindero stands still and the rest of North America jumps one time-zone to the right, like exchanging partners in a contra-dance?" Percy frowned, "Exactly. Anyway, we're in discussions with Schmelson about tinkering with some of the numbers, to finally put the Great Ferry Debate to rest!"

Both Theo and I jolted at the mention of the long-standing ferry question. A nearby evesdropper made the averting-the-evil-eye gesture. Percy plowed on. "Currently the ferry takes about 35 minutes, right?" "If you say so," I agreed. "Our idea is ...," Percy paused proudly for effect, "... to change the time an hour and 5 minutes in the middle of the lake so the Schmelson-Lindero ferry arrives exactly on the hour and on the half hour!"

Percy giggled delightedly. I felt compelled to ask, "What about the return journey, from Lindero to Schmelson? Wouldn't it then take an extra 10 minutes on top of the usual half-hour-ish ride?"

Theo put in his oar, "Well what with the time-change, you arrive an hour earlier in Schmelson than you expect to anyway. So we don't think people will mind if they only get there 50 minutes early, which is 15 minutes before they set out."

At this point my brain covered its ears and fled gibbering to its cupboard. Which may not defend, but at least explains, my next remark.

"I see," I lied, "but why you don't just ask the ferry to go a little faster? After all, we've all been on it when there's an ambulance onboard and it only takes 20 minutes to cross."

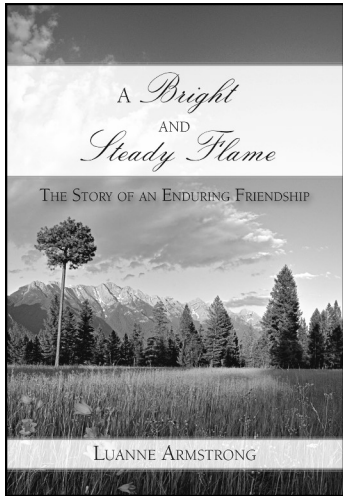
Theo and Percy deflated visibly. I murmured non-sensicalities. We beat a hasty retreat to our cars. Then the ferry docked, on time, no matter how you slice it.

[Filed by Lindero correspondent H. Porpoise]

# A Bright and Steady Flame

The Story of Enduring Friendship by Luanne Armstrong - Caitlin Press

review By Ellie Reynolds



Luanne Armstrong and Sam Moore both have broken hearts.

The two women met in 1979 when Armstrong was twenty-five, a newly single parent of four young children and living in a sagging trailer on her parents' farm near Kuskanook, 'the picture of hillbilly dilapidation'. Sam Moore's life was equally as difficult.

*A Bright and Steady*

*Flame*, Luanne Armstrong's newest book, is one that follows the story of this now forty-year long friendship. It also chronicles the fascinating and turbulent cultural history of the Kootenays, in particular the Creston Valley and East Shore. The friendship forms the bedrock of connection between two very different women. What Armstrong makes clear is that this and other female friendships, have been the thread that she believes has most sustained her through a life full of hurdles and challenges. Through thousands of shared cups of tea and hours of conversation, both women found the strength to change their lives.

As an essentially and passionately local author, Armstrong writes from a unique vantage point of insider and outsider both. Because she grew up on her East Shore family farm she is privy to the intimate details of the area but, having left many times and tasted other lives – chasing her mad and almost-impossible dream of becoming a writer, she has a wider lens through which to see and comment.

## Riondel Library

by Muriel Crowe

Purchasing adult fiction has brought an interesting twist this past few weeks. We have purchased books by local authors who we (I) did not know existed until very recently. There are some new local non-fiction authors also who are showcased in our local history section. With our talented East Shore authors included in the list, we should have no problem finding interesting readers for our two annual events. Our guests for November 17 are a slightly different foursome who I think will be very interesting. Our thanks go to Wendy Scott who has found and invited our readers over the years and made sure that they catch the ferry and arrive at the right venue.

The library is now the place to purchase your Riondel garbage tags. These are required when you put your garbage in the bins for pick-up on Monday morning. Only those who live between Tam O'Shanter creek and Reinhild and Adolph Schmidt's home can use this service. All others must make other arrangements.

The coffee pot is ready and there is a jig saw puzzle on the table. Drop in, say hello, visit a while and borrow a book or more. We will be delighted to see you.

I personally am sending a huge thank you to Deberah Shears who spearheaded replacing the sign in front of the Community Centre. The old sign was certainly looking past its best before date and the new one seems to have triggered more positive activity in the building.

It is fascinating to follow Armstrong's struggles as a naïve but brilliantly smart farm girl, turned traumatized and trodden down single mother on welfare, through the brutally determined though murky path that lead her to eventually becoming an accomplished writer, editor, and prolific mentor of young and emerging writers (and I freely admit here, to being one of that lucky and ever-increasing clan).

But however fascinating I found all of the early stories, it is the latter part of the book, which details Armstrong's more recent struggles with chronic pain in the aftermath of traumatic car injuries; where her prose starts to feel more immediate and lyrical:

*'Death came in the doors and windows, settled on my computer and notebooks like black dust. I didn't know what to do. I watched my computer and the pages and pages of paper on my desk shrivel and curl into ashes'*

In her most desperate, raging and vulnerable moments in this later phase – there was Sam Moore, the steadfast Viking heroine of a friend, ready to see her through yet another chapter.

Read this book if you love the Kootenays: if you've recently arrived, have lived here for generations, or simply visit in the summer. Read this book if you know about the power and solace of enduring friendships, if you've tried or wanted to change the world for the better, if you've struggled against all odds to improve your state, escape poverty or get an education. If you're curious about how to become a writer, or have experienced the struggles of chronic pain, injury, heartbreak, or loved someone who has. If you have lost and found yourself. If you have been bewildered by the medical system. You will find good company in Luanne Armstrong's book. She's been there.

Contact Mainstreet

250.505.7697

Deadline: Nov 29/18



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

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# Book Reviews

by Tom Lymbery

A BRIGHT AND STEADY FLAME – THE STORY OF AN ENDURING FRIENDSHIP by Luanne Armstrong, Caitlin Press, 160 pages, \$22.95

This is Luanne's 21<sup>st</sup> book – even more enticing than the others and that's saying a lot. This one follows her 'Blue Valley' inasmuch it tells about her full life on Kootenay Lake. And the bright and steady flame is her enduring friendship with Sam Moore. The two got together when they were both living in decrepit housing with small children.

Luanne's parents were hard working – especially her Dad, Bob Armstrong, who we got to know when he bought the first rubber tired backhoe on the lake and came to dig waterlines for us. I remember Bob building the log house that Luanne now lives in – doing it entirely himself – even making the windows, fitting the glass to the wooden frames.

One story I have to tell is not in the book. When Luanne's brother came home from university one summer, Bob found an unusual weed in their vegetable garden that he had never seen before. So he took it to the horticulture office in Creston to find out what it was. They identified it as the weed that's just been legalized.

And, of course, Luanne writes about everyone knowing everyone else in a rural community. But I hadn't realized that one of the nasty car accidents that left Luanne with health problems happened at the bottom of the Boswell Hall Road when she was waiting to turn onto the highway and another car blasted right into her.

Luanne was fortunate to have teachers who encouraged her to write and teachers that she liked. I love her description of the Sirdar school when the rail station, water tower and turntable were still there. The kids even got that turntable turning.

She writes of the battles we had to save BC hydro from diverting the Kootenay River into the Columbia at Canal Flats. Something I forgot to offer her when she did her book signing at the store, was the 45 rpm record that our resorts association made by the Lucky Goose to protest that ill-advised project.

There is much more to this book than you would expect in 160 pages.

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# Tom's Corner

by Tom Lymbery

## Banana Boat

In late November 1935 we left Gray Creek on a family trip to England. Dad hadn't seen his family since 1919, and Mother hadn't seen hers since 1921.

I was seven and my sister Alice was 10 so we are able to remember much of that exciting trip. We took the 24-hour train ride from Nelson to Vancouver on the Kettle Valley slow steam train. In Vancouver we boarded a 10,000 ton Norwegian freighter, the *M.S. Trondanger* for our trip through the Panama Canal. This was the time of the Great Depression, so fares were extremely reasonable and freighters were taking passengers to provide needed income.

The ship already had a deckload of large BC timbers, but continued to load cargo for Europe all the way down the West Coast. We stopped for a day or two each at Seattle, Tacoma and Portland. Each day, in port we went to parks and movies on the streetcar, and had to make sure we had the number of the dock that our boat would be moving to during the day. Taxi drivers often had to search to find Pier 38A, for example, on our return. I remember being terrified when we had to go along a walkway near the Tacoma smelter, and saw large flames.

*Streetcars!* Alice and I were used to riding the Greyhound, but streetcars, which stopped every block, produced motion sickness, a considerable problem before barf bags. Mother and Dad immediately looked to buy lard pails without success, but eventually found two tin pails with lids. That solved one problem, but brought another. When we returned to the ship, as we walked across a rail line, a customs man would pop out to find out what was in the pails.

Freighters carrying passengers were limited to 12 or so passengers. For more than 12, they were required to have a doctor on board. Ours had 12, and we were the only passengers until we reached San Francisco. Since they very rarely carried children, my sister and I had the run of the ship. The *Trondanger* was registered in Bergen, Norway but only occasionally stopped there. She was nearly new, built in 1931 and had diesel engines. This was still the age of steam, so some were suspicious of the effectiveness of diesel. In every port we saw anchored freighters of the bankrupt US company, Dollar Line. They would be badly needed in just a few years when the U-boats were sinking convoys.

We landed in Oakland, California and spent five days in San Francisco as the ship kept moving from dock to dock loading cargo. We went by ferry from Oakland to San Francisco as the Bay Bridge was still being constructed. Stores were decorated for Christmas – exciting for kids from Gray Creek. There were lots of movies including the first Walt Disney cartoon in colour, "The Battle of the Bands", in which notes of classical music competed with those of jazz. When we left, we sailed under the Golden Gate Bridge that was just under construction.

We stopped to load fuel at San Diego, where Danny the cabin boy had a girlfriend who came out

to see him by water taxi – something we had never heard of before. Sailing south into the warmer Pacific Ocean, the crew framed up a swimming pool in a corner on the deck between the timbers, and lined it with canvas. So we enjoyed a warm swimming pool off the coast of Mexico. When we got to the Panama Canal the other passengers crossed by train, but for us they erected a canopy above the bridge, so we had an amazing view the whole way through. We left the *Trondanger* at Cristobal, and boarded another boat for the two-day sail to Jamaica. Dad had booked all of our trip by mail, as mail between countries was fast and secure in those years.

From the capital, Kingston, we went to a small hotel, Dunn's River Guest House at Ocho Rios, very close to Dunn's River Falls.

Part of the hotel was an old fort with two-foot-thick walls with slits for gun defences. It had a fresh water stream by the beach where the cooler water floated on top of the salt water, where we were learning to swim. We spent Christmas and New Year's there where there were only about 10 other guests. We returned by train to Kingston where we boarded another freighter, the *SS Tortuguero*, a Fyffes Line banana boat, for the Atlantic crossing. (SS means Steam Ship.)

The fruit was still being loaded, so from the deck above the dock we had a wonderful view of the process. A line of people were carrying hands of bananas out of the warehouse and into the hold of our ship. (Bananas grow on a long thick stem, each with several bunches of fruit, called a hand.) The larger men picked

up the smaller hands, and the bigger hands were carried by shorter people. Directly below us was a small table where a supervisor handed each carrier a token. Every so often someone would collect his token, then sneak back and get in the lineup again. This resulted in a loud kerfuffle, as they were caught each time and never got an extra token. It appeared that almost anyone could join in this loading just by turning up at the warehouse.

The ship had the steam up, and just as soon as the banana loading was completed, we left on our Atlantic crossing to Liverpool. The first two days in the Caribbean were pleasant, but as soon as we met the truly open sea it became gradually rougher. Today bananas are still handled by ship but now with some refrigeration to keep them from ripening. But all those years ago our freighter had to head north to keep the bananas greenish. Now they no longer ship those heavy hands, and pack the bunches in boxes instead.

The *Tortuguero* was a British ship of 6,000 tons so we had lifeboat drills every week, which were not required by other nationalities. Within three days we had eaten all the bananas provided for the passengers,

and the cargo could not be touched. The captain told us that they sometimes found snakes in the cargo that had come in with the bananas. As soon as the ship developed a big roll in the rough sea they put up the fiddles on the tables (hinged boards that stand up to keep the plates from sliding on to the floor.) My dad went to the dining room but most everyone else among the 12 passengers were too sick to get out of their bunks. The sea would come right up over the rails on the upper deck.

It was a very rough two weeks across the North Atlantic but we finally got to exercise our sea legs in Liverpool where my mother's twin sister, Connie met us. We saw Fyffes bananas advertised and on sale everywhere – the ones the *Tortuguero* had brought. Dad took us to Greenwich to stand on the 1<sup>st</sup> Meridian, from which the world's 24 time zones originate, designed by Canadian Stanford Fleming. We spent months visiting relatives and friends – London, Nottingham and Salisbury – though my sister and I were sent to school for one month. In late May 1936, we sailed back from the Welsh port of Swansea on the *SS Themisto*, a Dutch 10,000 ton freighter, with a load of Welsh anthracite for Montreal. This was a relatively smooth crossing except for a couple of days of fog. If you were outside, the sudden boom of the foghorn every two minutes made you jump. The total return fare for our family of four including a half-price fare for me cost Dad £42 in 1936 pound sterling.

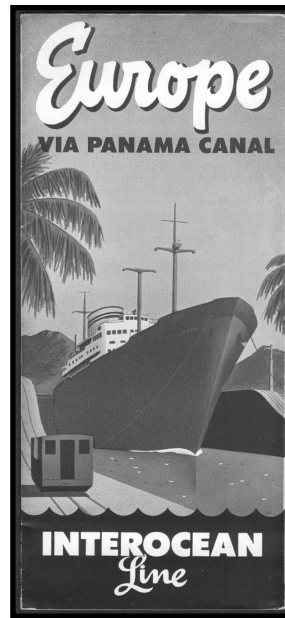
After a couple of days in Montreal we travelled by Greyhound through Canada and the States. All of us riding Greyhound from Montreal to Gray Creek (I riding for free) cost another £18 (in 1936 currency.) (Dad booked our return passage plus our Greyhound return trip through Canadian Travel League in London, hence the British currency.)

We travelled by day and overnights at \$2 hotels close by a Greyhound depot, How do you keep kids occupied on a long bus trip? Alice was with Mother on one side of the bus with Dad and I across the aisle. We competed to look for animals and scored one point for each horse or cow, and five points for a cat on a windowsill. Perhaps this game also entertained the other passengers. On my eighth birthday we stopped over a day in Minneapolis, the centre for US Greyhound, and my birthday treat was going through the Greyhound service shops.

From Fargo, North Dakota, we travelled on Washington Motor Coach buses with "The Northern Short Route" emblazoned on their sides. Back on Greyhound in Spokane, we headed north through Idaho to Yahk B.C. There we spent 23 hours – we had missed our western connection to Gray Creek by one hour.



This 1933 Fyffes Line holiday timetable includes our Cristobal to Jamaica sailing. <http://www.timetableimages.com/maritime/images/fyffes.htm>



Twenty years after our trip, the Interocean Line's *M.S. Trondanger* still steams through the Panama Canal in this 1954 brochure. But by now, freighters carrying passengers had been given the more glamorous name of "cargo liners." [www.thejumpingfrog.com](http://www.thejumpingfrog.com)



Our banana boat *SS Tortuguero* is under tow in busy Avonmouth harbour, U.K., in this undated photo. [www.pinterest.ca/pin/819373725928801667](http://www.pinterest.ca/pin/819373725928801667)

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## Holistic Health Tips

by Kim Young

### Could Turmeric Really Be A Miracle Spice?

“Each spice has a special day to it. For turmeric it is Sunday, when light drips fat and butter-colored into the bins to be soaked up glowing, when you pray to the nine planets for love and luck.”  
— Chitra Banerjee Divakaruni, *The Mistress of Spices*

Turmeric is a rhizome (creeping rootstalk) that grows under the ground like ginger. It has a rich, bright orange color and is used in many foods. Originally used in Southeast Asia, it's a vital component for traditional curries. You can find dried powdered turmeric in the spice aisle of just about any grocery store. Some stores may carry the fresh rhizome too (it looks like ginger root, but smaller).

Turmeric contains an amazing anti-inflammatory/antioxidant compound called “curcumin.” The amount of this bioactive compound is around 3-7% by weight of turmeric. Curcumin has been studied extensively for its health benefits.

#### Health Benefits of Curcumin

There are dozens of clinical studies using curcumin extract (which is more concentrated than ground turmeric).

Curcumin is an anti-inflammatory compound. It fights inflammation at the molecular level. Some studies even show it can work as well as certain anti-inflammatory medications (but without the side effects).

Curcumin is an antioxidant compound as well. It can neutralize free radicals before they wreak havoc on our biomolecules. Curcumin also boosts our natural antioxidant enzymes.

These two functions of reducing inflammation and oxidation have amazing health benefits. Chronic inflammation plays a major role in many conditions, including heart disease, cancer, metabolic syndrome, dementia, mood disorders, arthritis pain, etc.

Curcumin has other amazing functions too:

- Boosts our levels of “Brain-Derived Neurotrophic Factor” (like a natural growth hormone for your brain) which is great for brain health.
- Improves “endothelial” function” (the inner lining of our blood vessels) which is great for heart health.
- Reduces the growth of cancer cells by reducing angiogenesis (growth of new blood vessels in tumors), metastasis (the spread of cancer), and even contributes to the death of cancer cells.

Do you think these make turmeric deserve the “miracle spice” title? I do!

#### How to get the most out of your Turmeric

Curcumin is not easily absorbed by your gut. For one thing, it's fat soluble. So, as with fat-soluble nutrients (like vitamins A, D, E, and K), you can increase absorption by eating it with a fat-containing meal.

The second trick to get the most out of your turmeric is eating it with pepper. Interestingly, a compound in black pepper (piperine) enhances absorption of curcumin, by a whopping 2,000%!

Add some turmeric or curcumin to a marinade for chicken or a salad dressing for a zesty flavor.

However, to get the health benefits of curcumin, you need to get a larger dose than would by just eating some turmeric; you will need to use a curcumin supplement.

Before you take a curcumin supplement though, take caution if you:

- Are pregnant
- Are taking antiplatelet medications or blood thinners
- Have gallstones or a bile duct obstruction
- Have stomach ulcers or excess stomach acid

Always read the label and talk to your doctor before taking a new supplement.

#### Conclusion

Turmeric is a delicious spice, and its active ingredient, curcumin, is a great health-booster.

Curcumin has anti-inflammatory and antioxidant properties which overcome chronic inflammation. It also has other amazing health benefits, like brain and heart-boosting properties, and even cancer-fighting properties.

Curcumin supplements can be very good for your health, but they're not for everyone. Its ability to slow blood clotting could be dangerous for anyone taking anticoagulant medication. As always, check the label and speak with your doctor before taking it.

*Kim Young is a Precision Nutrition certified Holistic Health and Lifestyle Coach, Functional Aging Specialist and Reiki Master who lives in Kootenay Bay with her husband Jim and their dog Buster. Her website is: [www.holistic-health-tips.com](http://www.holistic-health-tips.com) or on Facebook: [www.facebook.com/HHTwithKim](http://www.facebook.com/HHTwithKim)*

## Introducing the Dinners at Home Program to the East Shore

by East Shore Health Centre

Perhaps there are days for one reason or another that you might not feel like cooking? Are you aware of the Dinners at Home Program, offered by Interior Health, and available locally from the Home Health Services area of the Creston Valley Hospital?

The Dinners at Home Program is a program that provides a tasty selection of nutritious, well-balanced frozen meals that can be heated in your microwave or oven. This is a service especially helpful to recently discharged patients to ease recovery but is available to everyone.

There is a wide variety of meals available, including vegetarian and gluten free options, as well as pureed meals for those with swallowing difficulties. Each meal is labeled with reheating instructions, and a summarized nutritional analysis is available upon request. The meals cost \$6.25 each and must be ordered in multiples of 8, with 8 being the minimum order. One can sign up for the program by simply calling 250-428-3618. Meals arrive two weeks after the first order is placed and must be picked up at the Creston Valley Hospital. Invoices are mailed out to clients for payment, and clients are contacted by telephone when their orders have arrived. Meals are ordered on an “as needed” basis, with a simple phone call to place subsequent orders.

Meals available comprise a wide variety of entrees, including beef, chicken, pork, turkey, fish and vegetarian selections; for example Hearty Beef Vegetable Stew, Roast Beef Dinner, Shepherd's Pie, Oriental Sweet and Sour Chicken, Butter Chicken (Indian Cuisine, gluten free), Chicken Breast in Mushroom Sauce, Baked Ham, Roast Pork Loin, Roast Turkey, Filet of Sole, Filet of Salmon with Lemon Dill Sauce (gluten free), Mexican Bean and Rice Casserole (gluten free), Broccoli and Cheese Quiche....among others! There are also Variety Packs available for those who would like to try a selection.

For more information, call the above number. Pamphlets are also available at the East Shore Health Centre in Crawford Bay.

## Better At Home Spending Time With Seniors

by Rebecca Fuzzen, Coordinator

Last month, as the coordinator of the East Shore Better at Home Program, I was fortunate to be able to attend a Healthy Aging Gathering in Nelson on October 10. One of the conversations that afternoon circled around the prejudice, the assumptions, the generalizations and the discriminations that are made based on a person's age. In other words we discussed ageism. Personally I don't understand how or why people think there is anything wrong, or bad, or negative about growing older. Growing at any stage of life is a challenge but we are all growing. We are all growing older. We are all aging. We will all reach the final destination one day. Some of us will reach the end sooner than others.

Recently someone said to me: You spend too much time with old people. I don't remember what my response was but when I recreate the scene in my head I say things like:

Is it possible to spend too much time with our elders? How much time have you recently spent with an elderly person? I love spending time with older people. They enrich my life and teach me wisdom. What's wrong with spending time with older people? Besides, they were here first.

My life continues to grow with knowledge, stories, wisdom, appreciation, understanding, compassion and empathy because I spend time with people older than myself. I idolize my grandmother, who is not with us anymore (RIP Granny) and Peggy Tugwell who taught me the baking soda trick. It is their guidance, caring, wisdom, and age that has made me a better person.

No matter what age we are, we all go down the road of life, clocking in the years and getting older. It's just a fact of life. Let us all age with style and grace by honoring our elders and showing interest, appreciation, admiration and respect for life back in the day. One day, baby, we'll be old.

A neat video to watch online that breaks down some of the barriers of aging can be found at [www.youtube.com/watch?v=JADG4hXaqy4](http://www.youtube.com/watch?v=JADG4hXaqy4) - Millennials Show Us What “Old” Looks Like/ Disrupt Aging

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## COMMUNITY HEROES

a Mainstreet Feature

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

**Paul Kernohan** for his unfailing courtesy, kindness, and professionalism.

**Carol VanR and Ingrid Zaiss-Baetzl** for providing so many great opportunities for our youth to expand their horizons. You two rock!

**Bernard and Nicole Schreiber** for providing free trees and shrubs for the community.... awesome.

**The Library and Reading Centre volunteers** who quietly keep us reading, year after year after year.

**The people who pick up styrofoam and plastic from our roadways** as they go on their daily walk, keeping many animals from harm and keeping the East Shore gorgeous. **Susan Hulland and Dave Hough** for two.



## Notice of Passing

**Michael Denison Jukes**  
**Sept 23, 1957 - Sept 29, 2018**

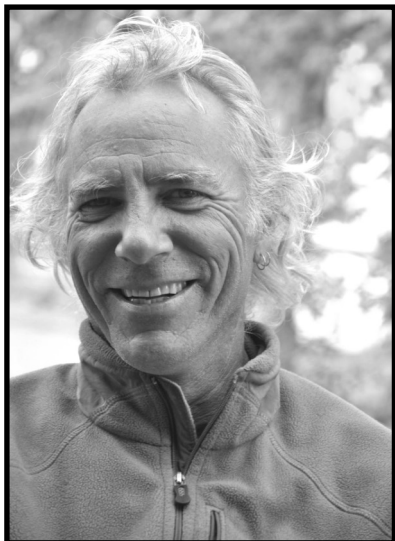
Michael Jukes was born September 23, 1957 in Prince Rupert, BC, to Harry and Lynne Jukes. His childhood was spent moving around the province - the North Coast, the Caribou, the Chilcotin, the South Coast and the Kootenays.

Michael moved to Carcross, YT in 1974 to finish his last two years of high school at an alternative school. He loved the people and the wilderness he found there and stayed for several years. The friends he made there remained an important part of his life until the end.

When Michael left the Yukon he returned to the Kootenays, where most of his family was living. After a brief stint working at Cominco, Michael really knew what he didn't want to do. He realized his time would be much better spent searching and travelling and so he returned to the Yukon for a few years of wild tipi living. When the travel bug bit him he went to Central and South America and there encountered cultures and ideas that left a great impression on him.

Michael returned to Canada to pursue fine arts studies at Sheridan College in Toronto. He initially majored in knife-making but happened to take an elective that captivated him: glassblowing. He loved it so much that he ultimately built his own glassblowing studios, one in Toronto and one on Gray Creek Hill.

During his years in the east he returned to the Kootenays in the summers and planted trees to finance his studies and build his first glass studio. It was on one of



these summer visits that he met Branca. Branca joined Michael in Toronto where they started their family.

It was in the Kootenays that Michael truly found his home. Here, Michael could be close to the mountains and lake he loved so much, and also pursue a career as an artisan and raise a family. Michael and Branca settled in Gray Creek in 1990, where they completed their family.

In the early 1990s, Michael traded his artisan's tools for tradesman's tools. He sold his glass business and took up a career as an independent electrical contractor. Being an electrician gave him more time and financial freedom to ski, hike, kayak and spend time with his family -- usually combined with one of the first three activities.

In the fall of 2014 Michael was diagnosed with a brain tumour. His first realization after the diagnosis was how grateful he was for his life, he had no regrets. He continued to live life to the fullest for four more years (up to and including a full ski season at Whitewater in the winter of 2017-18). Thanks to his indomitable spirit and the love and support of his family and many friends, both near and far, he was able to spend his final days exactly where he wanted to be: at home.

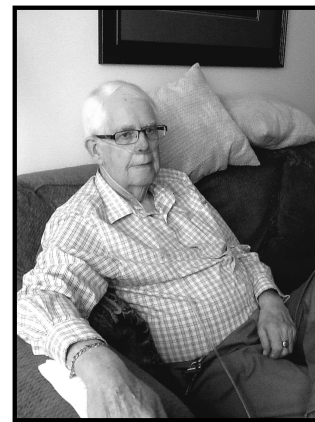
On Saturday, September 29, 2018, Michael passed away peacefully at home with his daughters, Tana and Lindee, and his sister Stevie by his side. He was buried two days later at the Gray Creek cemetery by his family and many friends.

There will be a celebration of Michael's life at the Gray Creek Hall on November 11 at 3:30 pm, followed by a potluck. Anyone who wishes to come is welcome. Photos will be shown; if you have a special picture or two that you would like to see included, please email them to [tana.jukes@gmail.com](mailto:tana.jukes@gmail.com). Please bring food and stories to the event.

There will be a celebration of Michael's life at the Gray Creek Hall on November 11 at 3:30 pm, followed by a potluck. Anyone who wishes to come is welcome. Photos will be shown; if you have a special picture or two that you would like to see included, please email them to [tana.jukes@gmail.com](mailto:tana.jukes@gmail.com). Please bring food and stories to the event.

## Notice of Passing

**JACOB (JACK) MULDER**  
**1941 - 2018**



Jack was born in Drachten, The Netherlands July 22, 1941 and passed away peacefully in the Red Deer Regional Hospital October 9, 2018 with family at his side.

He emigrated to Canada in 1959 and worked at many different jobs but mainly in construction. In 1973 he started at Cos-

mos and seven years later he joined his brother Jerry in Mulder Brothers Construction. In 1988 after a year of semi-retirement boredom set in and Jack and Lynn bought a campground in BC on Kootenay Lake which kept them busy until health issues forced a move back to Red Deer in 2003.

Jack leaves to mourn him, Lynn, his loving partner of 40 years, his daughter Lisa (Trevor), his son Jason, and granddaughters Hazel and Zuri. He also leaves siblings Rea deJong, Jerry (Dicky) Mulder, Ali (John) Veuger, and in The Netherlands Joop (Celle) Mulder, Gretha Sytsma, Fred (Hennie) and Gerda (Willem) along with numerous nieces and nephews both in Canada and The Netherlands.

He was predeceased by his parents and his niece Corrine Warkentin.

A Celebration of Life will be announced in the coming weeks.

## REMEMBRANCE GARDEN

At the present time, the town and the garden are imbued in glorious colour. I'm not sure what November will bring, but the garden is a good place to be, and you will find a new plaque for Cora and Dave Fowler and another re-painted Fowler plaque as well.

Thanks to Miroslav Doval, the benches are being monitored and re-finished when needed.

Come in and chat with old friends and re-discover the trail that has been in this location for over a hundred years.

November is a good time to wander through.

If you have any requests or suggestions, please let us know.

**Wendy 250-225-3381**  
**[wmescott@gmail.com](mailto:wmescott@gmail.com)**  
**Muriel 250-225-3570**  
**[mcrowe@bluebell.ca](mailto:mcrowe@bluebell.ca)**

## New Doctor at ES Health Centre

Interior Health and the East Shore Community Health Centre are pleased to announce that Dr. Lauren Galbraith will join the local health care team on Nov. 29.

Dr. Galbraith will take over the practice of Dr. Sharon Lee, and join Dr. Andre Piver and Dr. Brian Moulson in supporting primary care for residents of the East Shore.

We'd like to thank Dr. Lee for her years of service to the community and the Kootenay Boundary Divisions of Family Practice physician group for their support in recruiting our new physician.

Dr. Galbraith has a diverse background and will be a strong addition to our team.

- Planning a wedding?
- Holding a meeting?

Consider renting the  
**BOSWELL HALL**

Booking/info: Rose at 250.223.8288

*Contact Mainstreet*

*250.505.7697*

*[mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)*

*Next Deadline:*

*Nov 28, 2018*

## Memorial Wall

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

Visit the unique woodland cemetery on Oliver Road South and contact **Tom at [lymbery@netidea.com](mailto:lymbery@netidea.com)** for a handsome brass plaque.

## East Shore Hospice *In the Moment*

by Maggie Kavanagh

I enter the hospice room in Calgary where my friend lies quietly on her bed. I sit in the chair near her. It's been 21 months since she first arrived in hospice care. I believe at that time, she was the longest hospice resident they ever had. She was pretty proud of that. She wanted so desperately to live; she was 42 years old and had a 15-year-old daughter. I had been visiting a few times per week since she was first admitted. My visits have gone from helping her walk, massaging her and having long conversations about healing, to just being still by her bedside. I close my eyes as I listen to her breathing. I wonder if she can feel my presence. I wonder how much longer she will be with us. As I sit, I begin to meditate. She was a Buddhist and at times she would ask me to meditate with her. So this is what I continue to do even though she no longer asks.

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

If you or someone you know is in need of Hospice Care or you would like more information, please contact Susan Dill East Shore Hospice Coordinator at the

East Shore Community Health Center Hospice Office at 250 227-9006. In addition there is a free Library with hospice related books and some DVD's on care, grief and mourning. The Library is best accessed at the Hospice Office on Tuesdays between 10am-2pm.

**November 2018 Mainstreet 17**

**SERVICES DIRECTORY/CLASSIFIEDS**

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

**AUTOMOTIVE/MARINE**

**EASTSHORE AUTOMOTIVE** - Service & Repair 250-227-9370

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

**BUSINESS SERVICES**

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

**CONSTRUCTION/CONTRACTORS/TRADES/REPAIRS/GENERAL HELP**

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

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

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

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

**PERSONAL CARE/HEALTH**

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

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

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

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

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

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

**REGISTERED MASSAGE THERAPIST:** Harison 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:** Certificates/training in Ayurvedic massages, Reflexology, Polarity Therapy, Acutonics Practitioner, 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** - Fully insured Limbing, Pruning, Topping, Falling. Danger Tree Assessments, Free Estimates. Call James Linn at 250 225 3388

**INTERFACE WILDFIRE PREVENTION:** FireSmart Canada Consultant - Assessment and Mitigation of Wildfire Hazards - Brushing, Thinning, Limbing, Clearing - Burning Permits - Multi-Use Trail and Access Road Clearing/Maintenance. Farley Cursons - 250.505.6489/interface.strategies@gmail.com

*Next Deadline:  
Nov 28, 2018*

- Planning a wedding?
- Holding a meeting?

Consider renting the  
**BOSWELL HALL**

Booking/info: Rose at 250.223.8288

From...

**A - Zed**

Need insurance? Remember 3 things:

- It doesn't matter what letter of the alphabet it begins with.
- A lot of things can be insured.
- We insure a lot of things.

**Our Hours:**

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

**Kootenay Insurance Services Ltd.**

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

**YOUR HALL IS AVAILABLE!**

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

**CRAWFORD BAY HALL**

*Your community hall*

*A non-smoking facility*

**CLASSIFIED ADS**

**BUSINESS ANNOUNCEMENTS**

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

**BUSINESS SERVICES**

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

**NOTICES/EVENTS**

**SENIORS SOCIAL GROUP** Just getting started... first meeting on Monday, November 12, 2-4 PM At the Community Corner, Crawford Bay. This is for anyone 55 + who would like to join with others for chats, coffee, cards, games, music, exercise, dance, crafts, art, or whatever else we can think of that we might enjoy. Refreshments provided. Please come with your ideas or just to meet others for a comfortable social time. Sponsored by RDCK Rec 9

*Contact Mainstreet*

*250.505.7697*

*mainstreet@eshore.ca*

*www.eshore.ca*



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

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



**CRESTON VETERINARY HOSPITAL**  
*Your Hometown Vet!*

**250-428-9494**  
www.crestonvet.com

**NO PET LEFT BEHIND!**

A monthly mobile veterinary clinic located at the Crawford Bay Motel, Unit 6.

**Upcoming Clinic Dates:  
Nov 6 and Dec 4**

Please call Creston Veterinary Hospital to book your appointment today!

# 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 2018

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

Nov 1 - Thus: Dr Lee  
Nov 6 - Tues: Dr. Piver  
Nov 7 - Weds: Dr. Moulson  
Nov 8 - Thurs: Dr. Lee  
Nov 13 - Tues: Dr. Piver  
Nov 14 - Weds: No Doctor  
Nov 15 - Thurs: Dr. Lee  
Nov 20 - Tues: No Doctor  
Nov 21 - Weds: Dr. Moulson  
Nov 22 - Thurs: No Doctor  
Nov 27 - Tues: Dr. Piver  
Nov 28 - Weds: Dr. Moulson  
Nov 29 - Thus: Dr. Galbraith

Call to make appointments at 227-9006  
on doctor days and Thursday morning.  
Tues, Weds & Thurs (8:30 to 12:30)

Not a walk-in clinic - appointments to see doctors are required.

LAB HOURS AT THE CLINIC ARE EVERY  
WEDNESDAY FROM 7:30-10:30am.

No appointments for lab visits, they are on a  
numbered, first come, first served system.

## HEALTH PHONE NUMBERS

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

### BOSWELL HALL HAPPENINGS

**Yoga** - Weds, 1:30-3pm. Marilyn Arms 250-223-8058  
**Carpet Bowling** - Tuesdays at 7pm. Contact is  
Peter Barg: 250.428.9118

**Book Club** - Thurs, Nov 8 at 2pm. Contact is Melody  
Farmer - 250.223.8443

**Fitness** - Mondays and Fridays, 9 - 10am, Contact is  
Darlene Knudson 250-223-8005

**Quilters Guild** - Tues, Nov 20 at 1pm. Contact is  
Linda Brown: 250.223.8607

**BADEV** - Mon, Oct 1 at 10am. Contact is Rod Stew-  
art: 250.223.8089

**VINTNERS** - Nov 18 at 2pm. Contact is Alan Mader:  
403.467.5720

**FOCUS ON HEALTH** - Monday, Nov 26 at 10:30  
am. Contact is Margaret Crossley: 250.223.8445

**CRAFT & TRADE SHOW:** Boswell Christmas  
Craft and Trade Show - Sunday Nov 18 at 11am to 2pm..

### CHRISTMAS FOOD HAMPER PICKUP DAY DECEMBER 18, 2018.

If you or a friend need a Food Hamper please contact  
Richard at 250 505 8286 or Ramona at 250 551 0316  
by December 6, 2018. Contact us or Please drop  
off Non-Perishable items or cash donations at local  
Grocery Stores or the Credit Union. Thank you for all  
the support in making these Christmas Food Hampers  
Possible for the people in your community.

### IMAGES ART SHOW AND SALE

Saturday November 17 , 9:30 AM – 5 PM  
Sunday November 18 , 11 AM – 4 PM  
Rotacrest Hall , Creston  
Contact Elaine Alföldy 250 428 7473

### MARQUEE MONDAYS

Movies every Monday at 7pm  
Riondel Community Centre, Seniors Room  
October 29: A Quiet Place (2018)  
November 5: Indian Horse (2017)  
November 12: Mamma Mia (2008)  
Nov 19: Waking Ned Devine (1998)  
Nov. 26: Jurassic World: Fallen Kingdom (2018)  
Dec. 3: Dawson City: Frozen Time (2016)  
Dec. 10: Eighth Grade (2018)  
Dec. 17: The Grand seduction (2013)  
Jan 7: Chicago (2002)  
Jan 14: La Belle et la Bête (1946)  
(Beauty and the Beast)  
Everyone Welcome (membership not required)  
Admission by Donation

## Kootenay Lake

## Ferry Schedule

Winter: Sept 6/17-June 13/18

Time Change Nov 4/2018

(Subtract one hour from departure time, Nov 1-4)

All Times listed in East Shore time.

Vessel	Departs Balfour	Departs Koot. Bay
Osprey	7:30 am	8:10 am
Osprey	9:10 am	10:00 am
Osprey	10:50 am	11:40 am
Osprey	12:30 am	1:20 pm
Osprey	2:10 pm	3:00 pm
Osprey	3:50 pm	4:40 pm
Osprey	5:30 pm	6:20 pm
Osprey	7:10 pm	8:00 pm
Osprey	8:50 pm	9:40 pm
Osprey	10:40 pm	11:20 pm



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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

Email: mainstreet@eshore.ca

Web: www.eshore.ca

### ADVERTISING RATES

\$35 - 3.25 wide X 1.75 tall (inches)

\$40 - 3.25w X 2.5t

\$45 - 3.25w X 3t

\$50 - 3.25w X 4t

\$55 - 3.25w X 4.5t OR 6.75w X 2.25t

\$65 - 3.25 X 6t OR 6.75w X 3t

\$85.00 - 3.25w X 9t OR 6.75w X 4.5t

\$100 - 3.25w X 10.25t

\$130 - (1/4 page) 5w X 7t

\$150 (1/3 page) - 6.75w X 7t

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

\$225 (1/2 page) - 10.25w X 7t

\$400 (full page) - 10.25w X 14t

Sample Sizes - more sizes available.

Column Width: 3.25 inches - double width: 6.75

inches - full width: 10.25 inches

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

Classified Ads: \$5/first 30 words,

10¢/word additional

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

FOR FULL COLOUR, ADD 30%

## CHURCH/MEETING CALENDAR

### RIONDEL COMMUNITY CHURCH NOVEMBER 2018 SCHEDULE

There will be no services in November  
but Riondel Church will be open November 11  
after Remembrance Day ceremony.

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

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

### HARRISON MEM CHURCH, ANGLICAN

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

### KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

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

### YASODHARA ASHRAM

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

### MOST HOLY REDEEMER

CATHOLIC CHURCH, RIONDEL

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

### CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church, 8151 Busk Rd, Balfour  
Sundays, 9:30 am

All welcome!

For info, call: 250.229.5237

## East Shore Reading Centre:

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

## Riondel Library:

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

## Transfer Station Hours

CBAY: Sun, Tues, Thurs 9am-3pm

BOSWELL: Weds/Sat 11-3

## 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 Fraser Robb at 250-227-9636.

**TOPS** - Take Off Pounds Sensibly: meets every Thursday morn-  
ing at 8:30 am in the Kootenay Lake Community Church base-  
ment. Call Myrna for more info: 227-9420

### PARENT ADVISORY COMMITTEE

(PAC) Meetings usually held at 5:30 pm at the Crawford Bay  
School on the first or second Monday of the month. November  
Meeting: November 5 at 5:30 in the school library.  
Email cbess.pac@gmail.com for info or to add to the agenda.

November 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EVERY SUNDAY CB Dump open: 9-3 Bottle Depot, CB Market	EVERY MONDAY Marquee Movie, Rio Seniors Room, Rio CC, 7pm	EVERY TUESDAY CB Dump open: 9-3	EVERY WEDS & SAT Boswell Dump open: 11-3  Yoga w/ Melina, Bos Hall, 1:30-3pm Shotokan Karate, CB School, 5-7pm 16+ Volleyball, CB School	1  Tara Shanti Yoga, 9:30-11 DR. LEE	2  Shotokan Karate, CB School, 6:30-8pm	3
4	5  PAC meeting, CBESS, 5:30pm Shotokan Karate, CB School, 6-8pm	6  Art Lecture w/Gerald Creston Vet in CB Tara Shanti Yoga, 9:30-11 DR. PIVER	7  Yoga w/ Melina, Bos Hall, 1:30-3pm Shotokan Karate, CB School, 5-7pm 16+ Volleyball, CB School DR. MOULSON	8  Tara Shanti Yoga, 9:30-11 DR. LEE	9  Shotokan Karate, CB School, 6:30-8pm	10
11  Michael Jukes memorial, GC Hall, 3:30pm	12  Seniors Social Group, Community Corner, 2-4pm Shotokan Karate, CB School, 6-8pm	13  Art Lecture w/Gerald * Lions Meeting 7pm Tara Shanti Yoga, 9:30-11 DR. PIVER	14  Yoga w/ Melina, Bos Hall, 1:30-3pm Shotokan Karate, CB School, 5-7pm 16+ Volleyball, CB School NO DOCTOR	15  Tara Shanti Yoga, 9:30-11 DR. LEE	16  Indigo-Go-Go Art Show Shotokan Karate, CB School, 6:30-8pm	17  Celebration of Words, Dutch Harbour, 2pm Crest Xmas Craft Fair Indigo-Go-Go Art Show THE DUVETS! GC Hall, 8pm Better to Give, Newkews
18  For the Love of Freya, Harrison Church, 2pm	19  Shotokan Karate, CB School, 6-8pm	20  Tara Shanti Yoga, 9:30-11 NO DOCTOR	21  Yoga w/ Melina, Bos Hall, 1:30-3pm Shotokan Karate, CB School, 5-7pm 16+ Volleyball, CB School DR. MOULSON	22  Tara Shanti Yoga, 9:30-11 NO DOCTOR	23 <b>Full Moon</b>  Shotokan Karate, CB School, 6:30-8pm	24
25	26  Shotokan Karate, CB School, 6-8pm	27  CB Hall AGM, 7:30 Art Lecture w/Gerald * Lions Meeting 7pm Tara Shanti Yoga, 9:30-11 DR. PIVER	28  Yoga w/ Melina, Bos Hall, 1:30-3pm Shotokan Karate, CB School, 5-7pm MAINSTREET DEADLINE 16+ Volleyball, CB School DR. MOULSON	29  Community Connections AGM, Ashram, 7pm DR. GALBRAITH	30  Nov 30-Dec 1 - A Christ- mas Carol, PCSS, Creston	

FOOTLIGHTERS THEATRE SOCIETY Presents

Charles Dickens' *A Christmas Carol*  
By John Jakes

November 30 & December 1 • 7:30 PM  
December 2 • 2:30 PM  
Prince Charles Theatre  
Creston, BC

\$12 Adults • \$10 Seniors, Students  
\$8 Children Under 12  
Tickets available at Black Bear Books,  
Kingfisher Used Books, Fly in the Fibre

Show ticket at Real Food Cafe  
for free dessert on show nights  
(Fri. & Sat., with meal purchase).  
Reservations: 250-428-8882

Produced by special arrangement with THE CHARLES DICKENS SOCIETY of Westbank, B.C.

FOOTLIGHTERS THEATRE SOCIETY  
Arts Council  
Real Food

**HEY EAST SHORE RESIDENTS!**

You can help the Crawford Bay & District Hall & Park Association decide how to upgrade and improve the CRAWFORD BAY COMMUNITY HALL

ANSWER OUR QUESTIONS ABOUT RENOVATIONS TO THE BUILDING & SHARE YOUR THOUGHTS ABOUT APPROPRIATE FUTURE USES FOR THE 8+ ACRES OF LAND SURROUNDING IT.

There are TWO ways to submit your thoughts:

Pick up one of our printed SURVEY FORMS at the Crawford Bay Market & return completed surveys to Crawford Bay Market or mail to Crawford Bay Hall & Park Association, Box 71, Crawford Bay, BC, V0B 1E0

or fill out the ON LINE SURVEY at:  
<http://bit.ly/CBayHPSurvey>

Please return BEFORE NOVEMBER 10th

SURVEY RESULTS WILL BE DISCUSSED AT OUR 2018 ANNUAL GENERAL MEETING AT 7:30 PM, TUESDAY NOV. 27, AT THE CRAWFORD BAY HALL.

EVERYONE WELCOME