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YEAR 26, NUMBER 10

OCTOBER 2016

# The East Shore Mainstreet

## KOOTENAY LAKE BC

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



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### RETURN

UNDELIVERABLE ITEMS TO:  
The East Shore Mainstreet  
Box 140, Crawford Bay, BC V0B 1E0  
Agreement#: 40718537



These are the creatures we know & have seen so much of this summer/fall. Photos: Western Conifer Seed Bug - stock. Wild Turkeys: Allan Hughes Photography. Black Bear: Christopher Martin Photography





# Mainstreet Meanderings

by Editor Ingrid Baetzel

Recently, a friend posted a meme (that's a picture with often questionably funny words super-imposed on it) on a popular social media site. I'll leave said site unnamed for two reasons – one, to not appear to be some corporate, zombieified sell-out, and two, to leave a tiny aura of mystique around the story. The meme said this: "Someone please tell me where the #%\$\$@% all of these 'lazy, entitled millennials' are hiding, because literally everyone in my immediate age group is a workaholic with no financial assets, deepening alcohol issues, and powering through life with at least one chronic physical or mental illness. Where. Are. They. Hiding?"

I responded to said post by encouraging the friend (along with any other millennials reading) to not take such disparaging garbage too much to heart. What a bizarre theme this is, this down-talking, chip-on-the-shoulder, respect-your-elders, youdon'tknowathingab outworkethicandresponsibility jargon that is so freely thrown around by many in the generation before. I'm a Gen-X'er and I remember hearing exactly those same words and feeling nothing a desire to distance myself even further from the judgement.

Compared to the Boomers, we were a group of lazy, entitled, depressive, debt-incurring anti-establishmentarians who's only purpose was to make them tear their hair out with frustration. We hadn't earned our stripes. Somehow, the mere existence of a human mucking through this world isn't enough until... when? Our generation has started birthing? We've paid

enough taxes? We've suddenly become the luddites of today? Because, let's face it, until computers take over or the world implodes, we're probably only going to have more tech-savvy youth who are perpetually disappointed with the ignorance of their elders. At least THAT may help with balancing the scales of generational dismay. We're always morons with technology next to that nine-year-old on his iPhone 7. Wait, that's not a good thing, is it?

My point with this meandering musing is this: why do we feel so compelled to be one-up on our up-and-comers? When we're raising children, there's always someone who will say, "Oh, just you wait," forebodingly when we're talking about growing pains with our kids. These people have older children and have been wizened, hardened and world-wearied by their kids, and they need to let you know. "Oh, just you wait" tells the listener that their experiences are less valid.

In a part of the world that works so hard to battle aging and the signs thereof, we certainly do like to flap around our experiential weight as though it is a banner. We are not better for having lived longer. We may be wiser – we may be righteously triumphant in our accomplishments and hard-fought life lessons, but we don't improve our life-quality by crapping on the generation that follows us, or by scaring younger versions of ourselves with horror stories of "Oh, just you wait and see..." We only distance ourselves. So, let's all just wait and see. Pretty soon, these lazy, self-entitled millennials may be calling out their children's generation for something, but maybe, if the tides turn quickly, they won't.

*Creativity, Community, Conscience*  
mainstreet@eshore.ca

## LETTERS TO THE EDITOR

### 18 MINUTE FERRY RIDE BETTER FOR TOURISM, COMMERCE & THE ENVIRONMENT

Dear Editor:

Now that the proposal to move the ferry dock from Balfour to Queen's Bay has been out there a few months, I would like to give my evaluation as an East Shore resident in as balanced a manner as possible.

To be sure, the Balfour/Queen's Bay residents have been very vocal and organised in their opposition. Some necessary business trips to Nelson the last couple of days went fairly smoothly, and I was thankful it wasn't the time when the Osprey goes off for maintenance and we East Shore folk are left with the MV(sic) Balfour, a 62 year old p\*ss pot even the ferry hands are scared of. For about two weeks each spring and another two each fall, I have learned to avoid going to Nelson while the Balfour is in service. However, for my friends forced to make the commute, it's a nightmare, freezing in their cars for hours waiting for the boat.

Signs adorn the highway into Nelson opposing the move, and as a result of my incorrect assumption on my way home that the Balfour was still in service on the summer schedule, I had a 70 minute wait for the next boat.

I bought some baked goods and clothing at the Balfour shops. Everywhere I went a petition opposing the move was prominent. It made me wonder how meaningful a signature from a tourist who has no understanding or stake in this issue can be. I jokingly asked one store owner where the petition in favor of the move was. Her answer was, "You chose to live on an island, so put up with it."

My response, (left unsaid) is, "You chose a business plan with a captive audience based on an inefficient transportation system, so if it becomes more efficient, you can put up with it."

As a business owner, I have every sympathy for those who have their business challenged, but where is their sympathy for us on the East Shore? Almost no Balfour/Queen's Bay residents take the ferry, and couldn't give a rat's behind about those of us who depend on it every day.


After reading the "swim in" article in which MLA Michelle Mungall called moving the ferry a "very bad idea", I contacted her office to ask about how her position doesn't exactly match up with the NDP platform "12 principles of Sustainable BC, specifically #8"resource conservation" which states "non renewable resource use must be decreased..."

As a former Alberta resident, now on East Shore for 13 years, I have had to swallow this attitude from BC residents about what great stewards of the environment BC people are compared to the Evil Albertans. And yet in all their cries to save this pristine beach, none of them, including Ms. Mungall, ever mentions that the ferry will be travelling half the distance, burning half the fuel, and producing half the emissions that it is now, every trip, 365 days a year, until well after all of us are on the other side of the grass. Sure, there is talk about electric ferries, fuel efficiency, etc., the thing can run on goose dung and it will still burn half the fuel.

If the presence of a ferry landing is such a nightmare, why is Balfour so desperate to keep it? Couldn't Balfour be converted into a beautiful beach area complete with shops and restaurants? Kootenay Bay landing is a lovely area, with a beach on one side and boat launch on the other.

As for the fill, according to Garry Jackman, P.eng, RDCK director for area A, Grohman Narrows needs dredging and the material could easily be barged to Queen's Bay. Because this fill has already been in the water, the environmental impact is zero.

Local historian and Gray Creek resident Tom Lym-



## OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0

**Editor: Ingrid Zaiss Baetzel (since 2002)**

**Retail Distribution, Subscriptions, Advertising, Layout:**  
Ingrid Zaiss Baetzel  
(Subscriptions: \$40/year within Canada, \$50 to the US, and \$75 Internationally)  
Phone: 250.227.9246/250.551.7697  
Email: mainstreet@eshore.ca

**Proof Editor: Doreen Zaiss**

**Writers: Community**

**Article? Letter? Etc?** Drop off at Gray Creek Store drop box, mail to Box 140, Crawford Bay, V0B 1E0

**or Best Yet, Email to:** mainstreet@eshore.ca

The opinions expressed in this paper are not necessarily the opinions of staff or advertisers. We reserve the right to edit for clarity or brevity and acceptance of submissions is completely at the discretion of the editor.

**Copies every issue: 700-1000**

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**Next Deadline: October 24, 2016**

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bery, who has seen this area evolve for 88 years, says "in 1947, the ferry terminal was moved from Gray Creek Store to Kootenay Bay.(Amazingly, at this time, there was big opposition to paving Hwy. 3a to Kootenay Bay-paving was going to"send the region to hell in a handbasket".) In 1962, the Salmo Creston Skyway was opened, greatly reducing traffic on Hwy. 3a. None of these moves involved any assistance for local businesses. My opinion is the move to Queen's Bay will go ahead. The BC ministry of transportation has a mandate to make our highways more efficient, and this is our best option."

Look at the huge benefit users of the Galena/Shelter Bay ferry are now enjoying as a result of improvements, double lane loading, etc. Why should users of the Kootenay Lake ferry be denied these same increases in mobility and efficiency?

In my opinion, Michelle Mungall has decided that the wishes of people in Balfour/Queen's Bay are more important than the wishes of East Shore residents, her own party's environmental platform, or, indeed, logic. Votes in the next election are paramount, as indicated by her total lack of presence or consultation on the East Shore. One hour this summer is the time she had for us this year. There simply aren't enough of us here to worry about.

An 18 minute ferry ride as opposed to the current 35 minutes would be much better for tourism, commerce, and the environment. The truth is people don't want change, even when it's for the better. People can believe anything if they say it to each other enough times, but if you use logic instead of emotion, Queen's Bay is the best place for the ferry landing..

**Dear East Shore residents,** change is always met with controversy, especially in a beautiful place like the East Shore. No one wants to upset our idyllic lifestyle, but I really believe once we have an easier and faster way in and out of here it will be beneficial for all of us.

*Paul Hindson,  
Crawford Bay*





## RDCK Area "A" Update

by Garry Jackman,  
Director - Area "A"

**HEALTHIER AND WEALTHIER THROUGH FOOD:** The Association of Kootenay Boundary Local Government (AKBLG) has developed a day long workshop to be held in Creston at the recreation complex on Thursday, October 13. We will have a series of sessions open to both local elected officials and the public at large on topics around the changing economy of food production, local government initiatives and other local initiatives including a panel discussion with producers and those who are involved in our food supply chain. Registration is being handled through Selkirk College and the \$75 fee includes refreshments throughout the day with a full lunch featuring locally produced food.

An optional event (by donation) sponsored by Fields Forward will be held that evening in Creston. Contact Selkirk College (250-365-1208 or [castlegarce@selkirk.ca](mailto:castlegarce@selkirk.ca)) to register.

**YARD AND GARDEN WASTE:** This is the time of year when many of us are cleaning up our yards. Composting is a great way to deal with the smaller material but many choose to either burn or haul away some of their prunings. Once again the east sub-region of the RDCK waste system is waiving the tipping fees for yard and garden waste during the month of October. Rather than burning material (smoking out yourselves and neighbours) we encourage you to bring your yard and garden waste to the transfer stations at

Crawford Bay, Boswell or the Creston landfill site.

Yard and garden waste materials that qualify for the program include grass, lawn & hedge clippings, flowers, weeds, leaves, shrubs and branches less than 15 cm in diameter. Materials that do not qualify include tree stumps, noxious weeds, soil and fruit & vegetable material.

**FOREST STEWARDSHIP PLANS:** Logging practices are often the topic of lively debate once we see equipment mobilize on crown land above any of our clusters of homes. Under current legislation, tenure or license holders are required to submit forest stewardship plans through the district manager for each forest district and to receive high level approval every five years. This process includes an opportunity for public input and we will see notices to that effect from time to time in the newspaper. At this stage, details on the development of roads and specific cut blocks are not required.

It is usually much later, when roads are being laid out and cut blocks are being flagged, that residents become engaged with concerns around protection of the watershed in the vicinity of creeks and specifically their water boxes or they raise a concern around the stability of a specific slope. There is no public engagement required by legislation at this point in the 5 year planning cycle. You may have attended a public meeting over the past few years where the tenure holder volunteered to come out to speak with the community about their imminent plans, answer questions and receive detailed input over the specific location of water intakes. Kudos to those tenure holders who agree to this additional step. Some of us have asked that these meetings be mandatory, but the province has indicated they will not make the required legislative changes at this time.

What is happening is some tenure holders are voluntarily writing in additional public consultation as part of their 5 year forest stewardship plan. Once such a plan is approved, the requirement to consult becomes binding. BC Timber Sales is the first tenure holder which I heard of to be voluntarily committing to this extra step. BC Timber Sales reps also volunteered to come out to a public meeting at Crawford Bay some months ago to answer questions about their current operations in that area.

From now until the end of 2017, eight of the tenure holders who are logging within our region will need to submit their updated forest stewardship plans. Hopefully all of them will voluntarily include additional public consultation conditions which will then become binding as part of the approved plan.

**RESIDENT ATTRACTION AND MORE:** RDCK Area A has been selected as one of three pilot areas for a two year research project on resident attraction. We know that many of our current residents were once visitors to the area, so there is a definite link to tourism. However, many factors influence decisions on where to relocate such as to begin a working career, raise your children (as was the case for Tina and I), shift gears in your career or retire. Over the coming months we will undertake an amenity mapping exercise to identify our assets and gaps to support the research.

The first take on asset mapping will include our amenities which are enjoyed by residents and visitors alike such as trails or beach access points. We also have natural assets such as the lake as a whole, streams, mountains and forest which are important in attracting visitors and to residents. These natural assets play a more important role in how they support our existence in our communities. At a recent study session I heard how the Town of Gibsons is trying to determine the monetary value of the aquifer which lies below the town and surrounding area. The guidelines for accounting practices in Canada do not allow the town to list the underground structure as an asset, even though if the aquifer did not exist they would need to invest in a large reservoir and water treatment system which would certainly show on the asset sheet along with the long term liability to fund maintenance and eventual replacement. Why not show the aquifer on the balance sheet and recognize that effort and expenditures may be required to maintain/protect the asset or they will face the costs of building storage?

Many of our communities have built assets, such as community halls, which they struggle to maintain. We tend to have fewer conversations around maintaining our natural assets, although for the past several years initiatives such as the Kootenay Lake Partnership and more recently the local conservation fund have begun to address issues. Similarly, providing input to forest stewardship plans (see above) is a step towards recognizing a complex asset and taking steps to maintain that asset as it impacts everything from wildlife to drinking water.

Please try to attend the conversations around amenities and what our community has to offer and don't be shy about starting parallel conversations around how we are working to maintain our natural assets which are nature's gift of amenities to all of us.

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

### OR, BUILD AN ELECTRIC FERRY AND REJECT THE MOVE TO QUEEN'S BAY

Dear Editor:

In 2015, the world's first electric vehicle ferry, Ampere, was launched in Norway. It's larger than the Kootenay Lake ferries, with a 120 car capacity compared to the MV Osprey's 80, and travels a 6-kilometre route 34 times a day while barely making a sound and without emitting a single gram of carbon.

Norway's Ministry of Transportation had sponsored a competition: design the most environmentally friendly ferry possible. Siemens, a German engineering giant who is also active in Canada, put together the electric propulsion system which is powered by batteries that were built right here in British Columbia by Corvus Energy.

The switch from diesel to electricity reduced their fuel costs by 60%. Because the transmission lines where the ferry operates have a low capacity, the Norwegians had to come up with creative solutions to get enough juice into the ferry's batteries without turning the lights out in the local villages. The West Kootenay is basically the tar sands of hydropower, so we would be in a much better position to power such a vessel.

The first step would be rejecting our Ministry of Transportation and Infrastructure's proposal to move the Balfour ferry terminal to Queen's Bay. Under this plan, which would annihilate a popular public beach and bankrupt a local economy, there wouldn't be a new ferry built to replace the MV Balfour, only a motorized barge for when the Osprey is in dry dock or out for maintenance.

This August, our premier announced BC's Climate Leadership Plan. It includes plans to outfit several BC Ferries vessels with new dual-fuel systems that would allow them to run on liquid natural gas. We can do better than that: let's tell our government to follow

Norway's lead and begin converting our province's ferries to run on electricity, starting right here on Kootenay Lake with the replacement of the MV Balfour.

A new electric ferry sailing from Balfour to Kootenay Bay would reduce operating costs, increase liveability (by way of its nearly silent motor), and captivate the imagination of deep-pocketed tourists everywhere.

Imagine: a ferry powered by the very water it crosses. This is the solution our lake deserves.

Willem Betts,  
Queen's Bay



Western Pacific Marine Ltd  
Kootenay Lake Ferry Office

OSPREY 2000 FERRY

OUT OF SERVICE

October 11-26:

*Semi-Annual Maintenance*

The smaller capacity MV Balfour ferry will be in service operating on the regular winter schedule.

MV Balfour weight restriction: Only one 6 axle semi-trailer per sailing. Possible sailing delays.

*Creativity, Community, Conscience*  
[mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)  
250.505.7697





# October Horoscope

by Michael O'Connor

## Tip of the Month:

The big news now as October begins is the New Moon in Libra influence coloring the month. What is special about it

is that it is the first of 13 Lunation Cycles with Jupiter in Libra. The overlap of cycles includes planets entering new signs, which constitutes its own cycle and then the most basic building block upon which all other cycles actually find their place is that of the Moon. The Moon's cycle can be regarded as symbolizing the bricks in the wall. In light of the building as a whole, the bricks are rather the small end, but without them, there would not be a building.

What is also significant is the fact that October is a 1-month. This is especially true in a 9-Year. It indicates many new beginnings and an optimal time in general for taking new initiatives. It can also be recognized to be something of a sneak preview month for the upcoming year. Since 2017 is a 1-Year, we can expect it to usher in many important turns and changes in the world.

Pluto turning direct in Capricorn on September 26 and Mars entering Capricorn on the 27th is noteworthy as well. The two ruling planets for Scorpio, yes the sign of power is quite complex, in the same sign brings extra emphasis to the sign they are in and Capricorn is symbolic of existing ruling structures and the status quo. So, we can expect some big power ploys and plenty of moving and shaking over the next couple of months. Of course, this time frame coincides with the U.S. Presidential Election.

*(Read more in my Newsletter. Sign-up is free on my website + links to previous issues.)*

### Aries (Mar 21 – Apr 20)

How are you handling all the waves of passion that have been stirring your loins lately? Hopefully, it feels good to be alive and specifically, in the body. The push now is for the next level of power and achievement in your life. With this increase in desire and determination comes drive and discipline.

### Taurus (Apr 20 – May 21)

The beauty of balance is something most people appreciate. It is especially satisfying when it is linked to health. To achieve this, the balance point needs to be directed to your daily routine. This constitutes your next. If you can associate pleasure to a routine that produces real results you could undergo some big positive changes.

### Gemini (May 21 – Jun 21)

Entertainment and beauty are close allies and hopefully both are in close association with you now. You really want to see and feel the results of your efforts in a big way. Giving to the situation more than you might feel like even is essential. Fortunately, your ambition levels have increased of late to support your cause.

### Cancer (Jun 21 – Jul 22)

Creating a new state of harmony and balance in your world continues. In some respects, you have dug deeper than you might have thought. Supported by original, creative designs, you may even be surprised by the results. As long as your efforts are manifesting as investments and not just expenses, you are content.

### Leo (Jul 22 – Aug 23)

Your mental focus is light, cerebral and intellectual. Yet emotionally, you have been reaching deeply perhaps even into reaches not felt before. You yearn to merge with significant other(s) soulfully and probably in heart and body too. How can you have a balance of both? By working it, that's how.

### Virgo (Aug 23 – Sep 22)

Somehow you want more; more knowledge, power, influence, recognition and prosperity. To achieve your objectives you know that you need to devise a new plan and implement a better strategy. Inspiration to play with the possibilities is present. Yet, it is not simply a question of working harder. It may be time for some reinvention.

### Libra (Sep 22 – Oct 22)

An intellectual adventure has begun. You are in the mood to both expand your horizons and get to the bottom of things. Study and research is featured. You are spurred on by an ambitious drive. This momentum will continue for a few weeks and will deepen as well. You just might get a lot done and save money too.

### Scorpio (Oct 22 – Nov 21)

You are in the mood to step further behind the scenes even than usual. This cycle will last a few weeks. It may just amount to lying a little lower than usual. Taking lovely naps during this period could prove extra beneficial. The prospect of doing so with someone you love is a source of excitement. But then, may not amount to recharging your batteries. Balance!

### Sagittarius (Nov 21 – Dec 21)

How far can you go? This is the question on your mind and may well include '...out of the box'. At least assertions of your sense of individuality are likely. These may come tightly bundled in a banner of democracy. It may feel like your turn to step forward and make proclamations and set examples regarding rights and freedoms.

### Capricorn (Dec 21 – Jan 19)

Sometimes it is what you know; while at others it is who, like now. Mingling with the right people and crowd can have many benefits. You want to meet with significant others to share your ideas of creative possibility. You may have been in a bit of a cloud or so deeply engaged in a search for answers a short while ago. But now you are clear and ready.

### Aquarius (Jan 19 – Feb 19)

Although your visions are wide and your sights are set to look far, you may be deep in a purging process as well. It is not simply a matter of clearing clutter, but it could include that. Deep cleaning, re-arranging furniture and anything else that will contribute to shifts in your habitual perspectives are themes of synchronicity at play now.

### Pisces (Feb 19 – Mar 20)

Your key contacts are especially important now. Desires to engage in rich exchanges and cultural expressions are strong. Yet, you need the support of others. You have entered something of a break through period. Yet phase 1 of this process is making connections, phase 2 is showing-up, and phase 3 is all about dynamic follow through.



**Astrologer**  
**Michael O'Connor**  
Coming to Crawford Bay

~offering in-person readings~

Oct 11/12

Call Michael to reserve appointment

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250.352.6871

## 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!*

I'd like to nominate **Gerald Panio**. He has been the Secretary of Lions and Starbilly, has written a column for years and is just a super nice man

**-Dude Who Notices**

**Tony Leger** - for being the trusted Mr. Fix It for the East Shore Fitness Place, volunteering on the Facilities Committee, and being a generally all-around good guy.

**-Grateful Coordinator**

**Carol Blackwell** for her un-ending willingness, her steadfast part in the lunch program, and for being a volunteer extraordinaire!

And always, always with grace and a smile.

**-Happy to Know You**

**Tyler Wedman** for going above and beyond and securing healthy, quality, delicious food for our local CBESS students and staff. Your gentle ethic is noted and appreciated, more than you know.

**-PAC in General**

**Sarah Wensink** for taking part, showing up, being pro-active and connected, showing great attitude and work ethic, and always with a big laugh and a good spirit.

**-Adults See You, Too**

**Jim** at the Crawford Bay Market, for always being inviting, helpful and courteous, no matter the mood of his customers or time of day. **-Impressed**

### BUSINESS OWNERS

- \* How to get money tax efficiently out of your corporation!
- \* Create a pension when you are self-employed!
- \* Will your assets flow effortlessly to your beneficiaries?
- \* Do you have a properly funded Buy/Sell Agreement?

### ESTATE PLANNING

*Two things are sure in life!*

Do you want the government to be the beneficiary of your estate?

Give your family income when it is needed!

Transfer your assets tax efficiently!

Will your estate be able to pay your final bills?

### LIFE INSURANCE FOR PEOPLE ON THE GO

Find out about Manulife Quick Issue Insurance.

*Cindy Mawson*

~In the Kootenays~

[cindy.mawson@investorsgroup.com](mailto:cindy.mawson@investorsgroup.com)

250.581.1209

Personal & Business Life Planning

Investments / Insurance

Retirement

Tax & Estate Planning







**EAST SHORE INTERNET SOCIETY**

## ESIS Package Review: Something for Everyone

submitted by Dan Seguin for the  
ESIS Board

As promised at this year's Annual General Meeting, ESIS board and staff have just completed a review of packages rates, equipment rental rates, bandwidth caps and overage rates. We are happy to share with you that there is something for everyone.

Package	New Cost/Month	Monthly Bandwidth
Bronze	\$50 + Tax	40 GB
Copper	\$70 + Tax	55 GB
Silver	\$90 + Tax	80 GB
Gold	\$110 + Tax	105 GB
Platinum	\$155 + Tax	155 GB
High Volume Platinum	Call for Pricing	Negotiable

In its review, the Board's goal was to balance subscriber requests to lower costs + increase bandwidth along with the necessary cash flow to keep ESIS sustainable + maintain a speed quality across the network.

Effective October 1, 2016 the following changes will take effect:

In addition to a reduction in monthly package cost and an increase to monthly bandwidth, subscribers will now be billed \$1.00/GB for any usage over the monthly bandwidth limit, down from \$1.50. This change will be in effect with our billing of the October overages, which occurs on November 1.

Subscriber accounts will be automatically updated to the new rates, no action is required on your behalf. Just surf and enjoy!

### In Other News

Work through the Connect Canadians project continues as our technicians continue to upgrade hardware across the network. Work is on schedule and on budget. Soon we will begin the process of winterizing the network, making sure our backup power supplies are in good working order as well as access to remote sites is prepared for winter.

### EAST SHORE PHYSIOTHERAPY



Anna Rose  
BScPT

- Full Assessments
- Home Programs
- Gentle Treatments

Health Center, Crawford Bay

(250) 227-9155

Massage Therapy: 48%, Physiotherapy: 22.9%,  
Chiropractic: 13.7%, Psychology: 6%,  
Acupuncture: 4.3%, Naturopathy: 3.5%, Podiatry/Chiropody: 1.5%.

Until relatively few years ago, claims had to be submitted by mail, with original receipts included. It was wise to make a photocopy of the receipts and claim form, of course. Cheques in payment for claims were sent by mail, and the whole process could take three or four weeks, depending on Canada Post.

Then direct deposit into a bank account was offered, and soon after that making a claim online became possible. That speeded up the claim process until it often took less than a week. Online claiming for drugs took awhile longer, as each and every covered drug's DIN had to be put into a database so it could be verified and processed online.

Final innovations in online claims were the use a camera to photograph and upload receipts, and a mobile 'app' for devices with the Android or iOS systems in phones, iPads, and other tablets. These have made the claim process easier and faster.

Except---sometimes the dreaded Receipt Verification Required notice appears. This is a sort of Russian roulette fraud-prevention device which selects, as we have been told, one claim in every fifteen to require verification by a Pacific Blue Cross person.

If you uploaded a receipt photo, this might take only three days. If not, you have to mail the receipt, and wait longer.

This receipt verification to help prevent fraud is all well and good from the viewpoint of Blue Cross, but it is not so good if you have had two of even three or more claims in a row randomly selected.

Phoning and emailing Pacific Blue Cross to complain does no good. One gets a stock reply, usually about how there is nothing that can be done. Sometimes you will be told about the number of days verification is expected to take, which varies between

## Gray Creek Hall Roof Project

by Janet Schwieger

Thank you to so many people who helped the directors reach their goal to replace the roof on the Gray Creek Hall. Between the Raise the Roof Fundraiser, private donations received in the mail, e-transfers and via the mini Hall donation box that was at the Gray Creek Store all summer, over \$5800 was raised. Top that up with a discretionary grant from Area A director, Garry Jackman, and a grant from our local Credit Union. One final grant application from Columbia Basin Trust is pending approval as this is being written; if approved we have reached our goal.

We hope to see the roofing work done in November, before the winter rains and snow. Once the roof is replaced, the storage room will be gutted to replace walls, the floor and ceiling. The storage room has suffered the worst damage from leaks over the past few years, in spite of efforts to repair its roof.

Thank you so very much Garry Jackman, the Nelson and District Credit Union, the staff of the Gray Creek Store and all of you private donors for your wonderful support. The Hall is well loved by the community.

- Planning a wedding?
- Holding a meeting?

Consider renting the  
**BOSWELL HALL**

Booking/info: Judy @ 250-223-8664



## Hidden Taxes

by David George

### Blue Cross Blues?

I was wrong. Pacific Blue Cross is not a private, shareholder owned company. It is a not-for-profit organisation serving its stakeholders, one and a half million of us British Columbians who have dental, extended medical, life and travel insurance with it in group or individual plans.

In 1940 a company called MSA began providing medical coverage to businesses, and in 1946 CU&C began selling medical insurance to families and individuals. In 1997 the two merged to become Pacific Blue Cross. A subsidiary, BC Life started in 1982 and is part of the organisation.

There is affiliation with the Canadian Association of Blue Cross plans covering seven million people.

The BC operation is based in Burnaby. It employs about 750 people, and processes more than 18.5 million claims each year.

BC Business magazine named Pacific Blue Cross the 15th Most Loved Brand in British Columbia in 2015. Look at the survey results for some surprises--<http://www.bcbusiness.ca/marketing-media/the-20-most-loved-brands-in-bc-2015-our-ranking>

Last year Pacific Blue Cross paid out more than \$255,728,000 in claims.

Drugs make up the largest category, at 53 percent of claims paid.

Paramedical services are next at about 27 percent. Next is vision care at 10 percent, medical aids and equipment at under 9 percent, and out of province emergencies at a little more than 1 percent.

The paramedical category breaks down as follows:

two and ten, and depends on how large the backlog is that week.

Receipt Verification is about the only downside to being part of a Pacific Blue Cross plan. If you belong to one, you already know that there is a 10 percent discount on travel insurance. Also, Blue Cross is not known for trying to weasel out of paying out of province emergency claims the way some other sellers of this insurance are.

Also, lifetime limits on claims paid are quite liberal, and annual limits on paramedical treatments may be exceeded by submitting a doctor's prescription.

Hidden Taxes gives 'two thumbs up' to Pacific Blue Cross.

Take a look at the annual report and other information available on the Pacific Blue Cross website at <http://www.pac.bluecross.ca> and if you are not already in a Blue Cross plan, ask about how to start one.



Western Pacific Marine Ltd  
Kootenay Lake Ferry Office

**OSPREY 2000 FERRY**

**OUT OF SERVICE**

**October 11-26:**

*Semi-Annual Maintenance*

**The smaller capacity MV Balfour ferry will be in service operating on the regular winter schedule.**

**MV Balfour weight restriction:** Only one 6 axle semi-trailer per sailing. Possible sailing delays.



## DIY Fooding

by Elisa Rose

### Wild is the Fruit Tree

It's been tree raiding season for a while now, and it will be for a little while yet. I've found that I have something in common with black bears, that we both like to climb wild fruit trees to collect their fruit. I think the similarity stops there, but I could be wrong. There have been a lot of black bear sightings around the neighbourhood, and I have had to actively and carefully compete with them for plums, apples and pears. Carefully, to not climb a tree with a bear in it, and also to not step into their poop while I collect fruit from the ground.

Sometimes when I am collecting food in the wild and/or the yards of generous folks, I get quite excited about gathering as much as I can. And when I get home I get excited about all the wonderful things to make with it. Lately it's been yummy stuff like fruit juice, apple sauce, pear hot sauce, plum catsup and crab apple butter. Soon it will be quince paste. Sometimes though, it's a panic to process it all before it goes bad. I came across a mantra recently that's helped me to relax about the whole thing. It is after all a choice to gather my own food, as I could buy most of it in stores and markets. So to help me enjoy the process more, I stop my frenzied collecting and remind myself: Peace before accomplishment. I breathe deeply, feel myself relaxing, and then continue slowly but steadily going about my foraging. Ironically, it turns out that I get more accomplished, because I'm not being such a spazz and burning myself out.

Fruit hot sauce, specifically pear hot sauce, is one of my new favorite things to make. It's basically blended pears, garlic, ginger, hot peppers and vinegar, cooked on the stove for 20 minutes or so. It is sweet and spicy. It's good on many things, including tacos, eggs and toast, pasta, crackers and cheese and lots more.

Plum catsup is another new favorite thing to make. Plum really is a natural stand in for the old tomato, which historically is not even an original catsup ingredient. I call it catsup to differentiate it from ketchup, whose connotations strongly link it to the very popular tomato stuff. And distancing it from that is a good thing, as it gives us more flexibility to play with the sauce. For example, mushroom catsup recipes abound from the 1800's and if not abound, they at least exist in a quantity to suggest it was a normal ingredient. I like to first cook the plums with dried mushrooms, blend it with an immersion hand blender, and then strain it. The mushroom flavour is not strong but it adds earthiness to an otherwise sweet/tart affair. I then add spices such as cinnamon, cloves, allspice and nutmeg and a bunch of sugar and vinegar. I honestly can't give you an exact recipe for this because I never do the same thing twice. If you follow a tomato catsup recipe using plums instead, the cooking time is way shorter since plums usually don't have as high of a water content.

My big discovery last year was the much poetized quince, although the variety most seen around here is the Japanese quince and is actually grown on a bush rather than a tree. It is a very pretty flowering shrub that grows very sour fruit. I basically developed quince fever last year, which lasted for a few months. This is not even including the lead up to harvest when I basically stalked the fruit until it was ripe and didn't

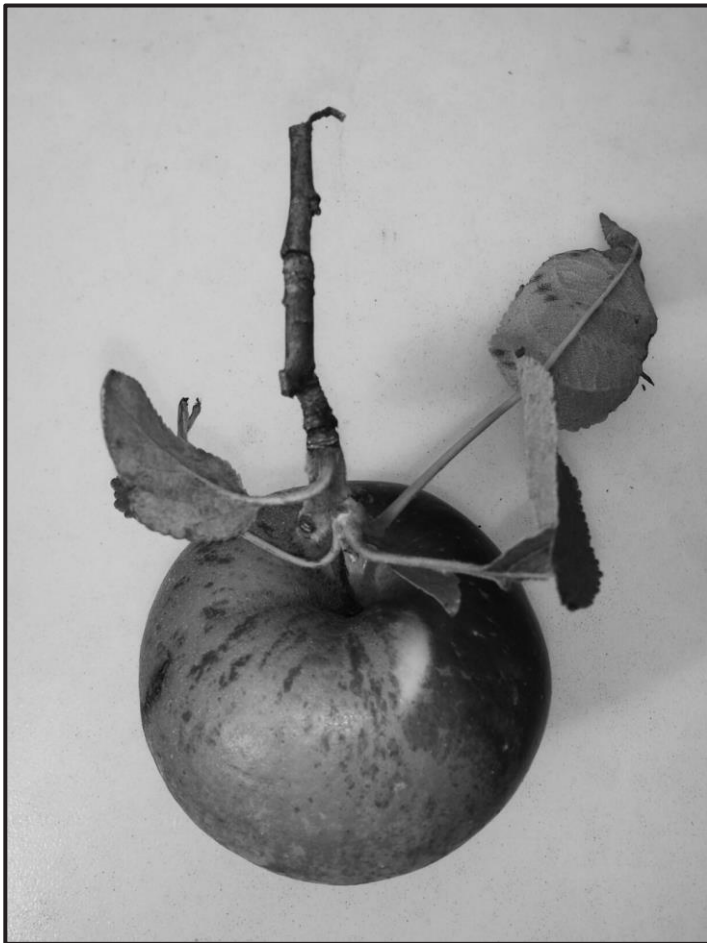
stop collecting it until after it snowed in December. I mean I kept collecting it from the ground underneath the snow. Because the fruit doesn't even rot for I don't even know how long. And the animals don't touch it. It is too sour for the deer and the bears and the weasels. They aren't savvy enough to have tons of sugar on hand and a pot to cook it in for a couple of hours or stove to cook it on and, and OK they're animals so I understand and I am glad for it because, all the more for me!

Quince paste is made by roughly chopping up the fruit with skins and cores intact, covering it with water, cooking until it is soft for about a half hour and then

straining through a food mill. Add sugar at approximately the same measurement by volume as the strained pulp, and cook on low heat for 1 1/2 to 2 hours, stirring often. This is good with a mild or waxing cheese such as Manchego sheep cheese, as well as salami and roasted meat. Some people eat it on scrambled eggs and almost everything else, so, of course, let's just experiment and do whatever makes our hearts sing. One time I took some out when it was half way cooked and dipped dry ribs into it and it was very very good.

Update: Last month I suggested you try planting greens in September to make pesto with, and so I decided to try it

myself, and although they're not quite ready to harvest as I write this in late September, they are looking pretty good. Despite being trampled by a toddler, deer and probably even a bear.



## A Budding Success Twisted Roots Pig Roast

by Kurtis Staven

On Sunday September 18 we held our first public event and it was a huge success thanks to the numerous volunteers and community support we received. The crowd was well fed with mostly local produce and entertained by Angus Magico.

We wouldn't be where we are today without the sponsorship from P.R.T, Linda Bielby, Pam and Gerry Newcomen from Newkey's, Sharon and Jerry Zielinski, Chris Choquette, and many others. An ongoing relationship with the Farm to School Program is only going to afford more community involvement and projects in the future.

A special thank you goes out to the hosts of this event. Brian and Cindy Anger from Crawford Bay RV Park, who provided a great venue that I would highly recommend for outdoor events.

And we can't forget the Twisted Roots Co-op Board volunteers. Our unsung heroes who work tirelessly behind the scenes. Thank you all for your contributions.

If you have questions, want to take the tour, or want to get involved to help grow our future contact us at [twistedrootsgh@gmail.com](mailto:twistedrootsgh@gmail.com).



## Newkey's Food and Beverage Golf Tourney

by Pam Newcomen

A huge thank you to Riondel Golf Course, as well as all the sponsors, participants and staff who made our Food and Beverage Golf Tournament a success. Lots of fun was had by all.

Watch for some great events coming up:

- October 7 - Libra party (band TBA)
- October 9 - annual Turkey dinner (reservations recommended - happy Thanksgiving to all)
- October 22 - Ruckus in the house
- October 29 - come out and enjoy the talents of Mat Dufus, Halloween Party... costumes optional.

### 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.

The Self Employment Program offers income benefits for up to 52 weeks as well as business management training & counseling for qualifying entrepreneurs.

Call Alison Bjorkman at 250-428-6356 to book a free appointment in Crawford Bay... [www.futures.bc.ca](http://www.futures.bc.ca)



Growing communities one idea at a time.

### Fall Yoga Classes

Mondays \$40 - 5 weeks\*  
9:00 - 10:30 am \$10 - drop-in  
Community Corner \*Registration discount

Classes are open to all levels of physical ability

Jai English-Certified Yoga Teacher-16 years

For info call 250 225 3323 or 250 505 3774



*Hello Starbelly volunteers, attendees & dedicated supporters.*

On behalf of the **Starbelly Jam Music Society,**

we would like to invite you to our

## ANNUAL GENERAL MEETING

Date: Friday, November 4

Time: 7pm

Location: Gray Creek Hall

After a well-deserved year off, Starbelly finds itself ready to take a fresh look at the coming year. Starbelly is in a potential transition stage, looking to make sure we are still reflecting the needs, wants and desires of our Kootenay community.

If you have some suggestions about what or how you would like to see the festival continue, please join us at the AGM.

We are still looking to fill many volunteer management positions.

In order to continue, and maintain the quality of this festival, ***we need your help.***

If you are unable to attend the AGM, but would like to offer your volunteer services, please contact us [info@starbellyjam.org](mailto:info@starbellyjam.org)

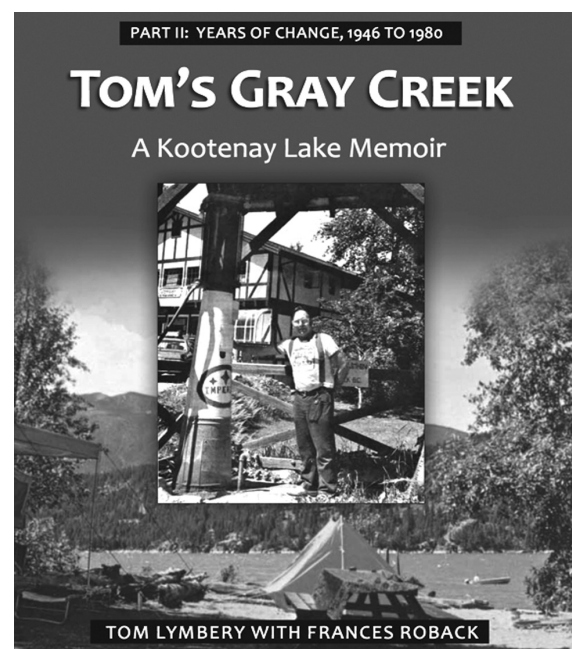


## Gray Creek Author Tom Lymbery Launches New Book

submitted by Frances Roback, Gray Creek Historical Society

*Tom's Gray Creek: A Kootenay Lake Memoir. Part II: Years of Change, 1946 to 1980,* by Tom Lymbery with Frances Roback (Gray Creek, B.C.: Gray Creek Publishing, 2016)

Part II of Tom Lymbery's memoir carries the story of Kootenay Lake forward into the modern era. Tom came of age in his father's country store during the era of sternwheeler travel. In the years after WWII, Tom's world was changing at breakneck speed, from the coming of electric power to the passing of the sternwheelers. The old days of farming and commercial fruit-growing were gone, tourism was on the rise, and so was Tom's high-spirited Auto Camp. Loggers, tree-planters, and activists were on the scene, along with an array of local saints, scalawags and other characters. Tom was there for all of it, and we can experience it for ourselves in the pages of Tom's two-part memoir.



Tom is a master storyteller, and his tales make history come to life. These are stories to inspire, to intrigue, and to remind us what once was not so long ago. Read how the local credit union, library, sailing regatta, Tipi Camp nature retreat, and the largest logging sports show in the BC interior all got their start, Kootenay-style, by community volunteers under inspired leadership. Beyond Gray Creek, there are tales of growth, decline, and revival in Riondel, Crawford Bay, Argenta, and across the Kootenays. There are the visionaries with big ideas and even bigger dreams, like the trapper who rescued the last Kootenay Lake sternwheeler, the Arrow Lakes doctor who struggled to save his health spa, and the seekers of the legendary lost gold boulder. Through it all, Tom's tiny Gray Creek Store grew along with growing demands to become the vast 3-storey emporium we know today. The book ends with a look back at some legacy-makers in our own time, and takes a peek into the future.

Part II is 363 pages, with 300 photos, a foreword by Nelson author Anne DeGrace, maps, family trees, glossary and index.

*Tom's Gray Creek: A Kootenay Lake Memoir. Part II: Years of Change, 1946 to 1980,* and the previous volume, *Part I: Early Years to 1945* sell for \$29.95 each. Both books are available at Gray Creek Store (store email [gcs@graycreekstore.com](mailto:gcs@graycreekstore.com); store phone (250) 227-9315), Otter Books in Nelson, Lotus Books in Cranbrook, Figments and SS Moyie site in Kaslo, and other select bookstores and museums – for details on where to find the book in your local area and for other information, please contact the author [lymbery@netidea.com](mailto:lymbery@netidea.com); alternative email [tomlymbery@graycreekstore.com](mailto:tomlymbery@graycreekstore.com)

**News flash!** A YouTube video featuring an interview with author Tom Lymbery has been recently posted: [https://www.youtube.com/watch?v=\\_419IN2N8yU](https://www.youtube.com/watch?v=_419IN2N8yU)

October 2016 *Mainstreet 7*

### SUNSET SEED COMPANY



Your Complete Farm,  
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**NOW OPEN!** We look forward to seeing you.  
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*pebbles*  
by Wendy Scott  
**a few pebbles...**

Steam trains, boat rides up and down the Thames and many, many miles on incredibly crooked, single lane country roads -- that's one lane only.

My cousin planned a very busy itinerary for me and we covered it all -- at least 500 miles -- in just over two weeks, traveling all over the South of England. (A few surprises -- tea bags & Nescafe in jolly old England.) After that I tacked on a few days with my own children and their families on Vancouver Island.

Home -- yes. Sleep -- yes.

More, much more next month.

**Yasodhara Ashram**  
YOGA RETREAT & STUDY CENTRE

COMMUNITY CLASSES STARTING  
Fall Session - October 5th to November 23rd

Join us Wednesday evenings in exploring the symbolic language of body and mind through Hidden Language Hatha Yoga and Dream Yoga. You can take one (\$56/session) or both classes (\$107/session).

Call for more info: 250.227.9224  
or visit [yasodhara.org](http://yasodhara.org)



## Art in the Chamber and the Library

by Val van der Poel

Summer has come to an end, kids have been back in school for a while and Fall is upon us. The leaves are changing colour and will soon be carpeting the ground. Change is always with us and it is time for change at Art in the Library and Art in the Chamber too.

“Realism and Beyond” is what you will see when you stop in at the Chamber of Commerce over the next few months. Many of the artists’ names will be familiar to you; Elaine and Andy Alföldy, Laura Leeder, and Jenny Steenkamp to name a few, but the art will be new. You will find abstracts by Paula Ebelher and some surprise work by her husband (who knew?), some new pottery from Rosamond Moore and Alison Bjorkman, intriguing encaustic art by Carrie Lucas and so much more. There will be art from 14 local artists and all of it will be for sale. Visit the Chamber for all your gift giving needs; from birthdays to Christmas, art is a gift that lasts. This Art in the Chamber display starts on Sept 30 and goes until the end of the year so you will have lots of time to check it out.

The Art in the Library show features “Macro to Micro” art: sizes that will fit your grand room all the way down to those small walls between doorways. And there will be colour! Artists Cheryl Place, Shelly Lamb and Val van der Poel will be displaying a variety of art that will make your eyes pop. Watercolours, acrylics and mixed media art in styles from impressionistic to abstract to realistic will be gracing the walls at the Library starting on October 1 until the end of the year. Stop by, have a look and if you see something you want to buy contact the artist to arrange things.

The Art in the Chamber and Art in the Library exhibits are sponsored by the Creston Arts Council and the venues to display the work of artists from Yahk to Riondel. If you would like to display at these venues in 2017 contact Val van der Poel at 866-5772 to get your name on the list and for more information.

## Crawford Bay School Adopted By Indigo Books

by Ingrid Baetzel

Until October 9, you can help support Crawford Bay School Library’s newest fundraiser in partnership with Indigo Books Adopt a School program. During this year’s program, you can support a high-needs elementary school in your community two ways:

### Book Bonus!

Donate today and your support will go even further. Give 2 books to a participating school of your choice and the Indigo Love of Reading Foundation will add an extra book to your donation. For every 2 books you give, the school gets a 3rd book free.

### Tell a Story, Give a Story!

Select a question and share your story to support a participating school of your choice for FREE. When supporters share a short story on the profile of a participating school and that story is selected to be featured, the Foundation will donate a book to that school’s library, for free.

When you make a donation to a school through the Adopt a School Program:

- Every dollar raised goes directly to participating schools
- All participating schools are eligible for a match of up to 50 books
- Participating schools receive 30% off books at Indigo, Chapters and Coles

Spread the Word! Use Facebook, Twitter or email to encourage your friends, family and community to support a local school by making a donation or sharing a story. Go to [adoptaschool.indigo.ca](http://adoptaschool.indigo.ca) for more info and to find Crawford Bay School.

8 **Mainstreet October 2016**

## Eastshore Circle of Friends

by Muriel Crowe

The Eastshore Circle of Friends Shoppe has finished a third successful year. Success for us means making sufficient money to pay all of our expenses and enough to meet the next season’s start-up costs. Our success is the result of many hours of work by members, support from residents of our local communities and the grants we were able to access. Special thanks go to Columbia Basin Trust, RDCK and Riondel Commission of Management for their support and advise. Huge hugs go to several persons who pitched in and helped out time and again purely because they have giving hearts.

Some remodelling of our premises was carried out with the removal of one wall and installation of a counter, our thanks to Jim Morin of Chissolm Holmes for his excellent work. We feel much more professional. Our special events were enjoyed by many. Wallace Adkins Day reminded us that our youngest citizens are exuberant artists; it was gratifying to have a strong turnout of parents and grandparents who encouraged and assisted the children. Riondel Days chair painting is extremely popular with locals and visitors and our three musical events, Darryl Alguire and friends, Moonglow and Deberah Sheers, were well attended and appreciated.

Plans are underway for next year and will proceed throughout the winter. New ideas are always appreciated as is support of any kind. We will be looking for some new executive in the spring and ask that you consider what you can offer this community organization in the way of time and your talents. The old saying that many hands make light work is very true and is very applicable to this society. It would be wonderful to have two people for each position so no one is overburdened with responsibility. We hope you have a creative winter and will join us again in the spring.

## BOOK REVIEW

by Tom Lymbery

*THE WILD RIDE – a History of the North West Mounted Police 1873 – 1904*, by Charles Wilkins, Stanton, Atkins & Dosil Publishers, 234 pages, \$24.95

From the Toronto Star – “Wilkins .... brings liveliness and humour to *The Wild Ride*, which also happens to be a well researched history. All credit to Wilkins for his text, but Vancouver publishers Stanton, Atkins & Dosil also deserve credit for the equally lively and rich visual format of the book. Canadian history could do with more books like this.” I couldn’t say it as well.

The story of Prime Minister Sir John A. McDonald sending an expeditionary force all the way west to control the Whiskey Traders incursions into Canada has been told before – but never in such an entertaining and readable manner. Many photographs of the troops, native peoples, horses, buffalo and many artifacts in colour carry the text along with many sidebars of explanation.

The great contrast between Canada and the US – with the US trying to exterminate the Native People, while Canada allowed them to escape to our territory, but struggled to feed them after the Buffalo were gone. Native Bands that had no connections in Canada had to be made to return to the US as there was no way our country could accommodate those who were in animosity with tribes established here. The NWMP had the Canadian West sufficiently policed ready for the fast advance of the rails across the prairies in the 1880’s. This book records Sam Steele’s bringing order to the Yukon in the Klondike gold rush but does not mention his being sent to Fort Steele in BC.

## Former Canadian Poet Laureate Fred Wah & Author Linda Crosfield Kick Off Nelson

## Reading Series Celebrating Oxygen Art Centre’s Past 10 Years Oct. 7

press release

Much-honored Canadian poet Fred Wah and Ootischmenia, B.C., poet and publisher Linda Crosfield will read at Nelson, B.C.’s Oxygen Art Centre at 7:30 pm. on Friday, Oct. 7. The reading is the first of a series of four author readings during 2016-2017 marking 10 years of arts programming at Oxygen’s current gallery and performance space.

The event is free (\$5 donation appreciated) and open to the public. The Oxygen Art Centre is located at 320 Vernon St. (alley entrance).

“Each of the four readings pairs a local author and one from elsewhere,” said Oxygen Art Centre executive director Miriam Needoba. “Each of the writers has ties to Nelson or directly to Oxygen’s development over the years.”

Although Oxygen’s programming celebrating 10 years of occupancy of its current space won’t formally begin until 2017, Needoba said two of the readings will be held this fall as a warm-up for planned celebratory events in various artistic genres during next year.

“At Oxygen, the programming never stops,” Needoba said.

Oxygen, Nelson’s only artist-run centre, was founded in 2002 by artists formerly employed by the city’s Kootenay School of the Arts. Programming began at Oxygen’s present location in 2007.

Support for the reading series has come from the Canada Council for the Arts through the Writers’ Union of Canada, as well as from the Columbia Kootenay Cultural Alliance. The readings are co-sponsored by Nelson’s Elephant Mountain Literary Festival.

Wah, who served as Canada’s 5th Parliamentary Poet Laureate 2011-2013, first brought creative writing education to the West Kootenay. He taught from 1967 to 1989 in Nelson and Castlegar at David Thompson University Centre and Selkirk College.

Wah has published more than 20 books of poetry and prose, including the Governor General’s Literary Award-winning *Waiting for Saskatchewan*, and a prose memoir *Diamond Grill*, about growing up in Nelson in the 1950s, which won Alberta’s Howard O’Hagen Award. Recent poetry titles of his include the collections *Is a Door*, *Sentenced to Light*, and *Scree: The Collected Earlier Poems*, 1962-1991.

Crosfield studied writing at the Kootenay School of the Arts, and was the featured poet in the Nelson literary magazine *New Orphic Review* in 2012. Besides publication of her poems in such journals as *Room*, *Minnesota Review* and *Antigonish Review*, she publishes chapbooks by other authors, including George Bowering and Stuart Ross.

In 2015 Crosfield participated in *Rocking the Page* through the New Denver/Nakusp School District, a program that involved presenting poetry online and in classrooms.

“In a sense, all literary activity in our area is ultimately due to Fred Wah because of his decades of encouragement of the local writing community,” said Tom Wayman, who was asked by Needoba to organize the reading series. “Fred’s literary successes, as well as his writing’s close attention to West Kootenay lives and locales, also serve as a role model for local writers.”

Crosfield has been an active participant in the West Kootenay literary scene as both author and audience member, Wayman said. “Her appearance, along with the other local writers involved with Oxygen’s 10th anniversary reading series, underscores how Oxygen supports area authors both by providing skill development, through readings, author talks and literary workshops, and by showcasing local literary talent.”

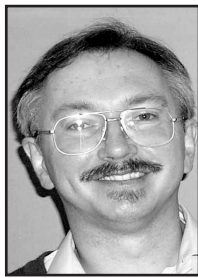
The second reading in Oxygen’s 2016-2017 reading series will take place Nov. 18, with University of B.C. Okanagan writing professor Sharon Thesen and Nelson North Shore nonfiction and fiction writer Ross Klatte.





## Seldom Scene

by Gerald Panio



For the second month in row, I'd like to throw the spotlight on one of cinema's remarkable pioneers. Alice Guy Blaché likely has more "firsts" associated with her name than any other woman involved in the film industry. The first female film director. The first woman to own and run a major film studio. The first person to truly appreciate the narrative potential of cinema (as opposed to seeing it as a simple documentary "eye"). The first woman to direct films featuring colour and synchronized sound. One of the first filmmakers to push for a more natural acting style. In 1912, she was the only woman in the U.S. earning more than \$25,000 a year. For 17 years, she was the only woman filmmaker in the world.

Yet until the last couple of decades Guy was virtually unknown. She was ignored by film historians, her work often mistakenly attributed to her male colleagues. Only a dozen

of her films were believed to have survived intact. Unlike Georges Méliès, who passed into obscurity but soon found admirers to resurrect and preserve his work, Alice Guy Blaché's achievements risked disappearing down one of history's memory holes.

Typically, it was Alice herself who got the ball rolling again. Seeing that nobody else was going to give her credit for what she'd accomplished, in her 80s she decided to write and publish her memoirs. *Autobiographie d'une pionnière du cinéma: 1871-1968* came out in 1976. An English version came out in 1986, translated by her daughter and daughter-in-law. The first major French biography came out in 1993; the first English one in 2002 (Alison McMahan's *Alice Guy Blaché: Lost Visionary of the Cinema*). The best documentary on Alice Guy's life, *The Lost Garden: The Life and Cinema of Alice Guy-Blaché*, was made for the National Film Board of Canada by Marquise Lepage in 1995. Thanks to the diligent work of a handful of film historians, dozens of Guy's films have been unearthed, attributed, and saved from oblivion. The French Gaumont corporation recently released a DVD set of 60 of those films. And more of her work is now available through YouTube (including every film mentioned in this article) than was known to exist when Alice Guy published her memoirs.

Her French parents were living and working in Chile where she was born on July 1, 1873. As a young girl, she lived alternately in Chile, France, and Switzerland. Fresh out of a French boarding school, Guy was hired as a secretary by Léon Gaumont, the man who would become one of the country's leading filmmakers and founder of the company that still bears his name. Likely because she was in at the very creation of cinema, and no one had any idea whatsoever of its potential, when Alice asked her boss if she could try her hand at directing she was told to go for it (but on her lunch hours, and only insofar as it didn't interfere with her secretarial duties).

Pretty soon she was running the show—directing dozens of films, writing screenplays, designing sets, hiring and training the next generation of filmmakers (Louis Feuillade, Ferdinand Zecca, Emile Cohl, Victo-

rin Jasset). During the course of a 28-year career Guy would direct and/or produce over a 1000 films, the first scarcely over a minute in length, working up to one of the first feature films at the then (1906) astonishing length of 35 minutes. By the time others realized that the movie industry was a goldmine and no place for a woman, she'd garnered enough power and prestige to make her position unassailable. She was head of production at Gaumont from 1897 to 1906.

The man Alice Guy married in 1907, English cameraman Herbert Blaché, also worked for Gaumont. Shortly after their marriage they were both sent to the United States to head up company operations in America. At that time, prior to the First World War, European films flooded the U.S. market. This was prior to the rise of Hollywood, and Guy and her husband left Gaumont to build what was then (1910) the largest film studio in North America in Flushing, New York. Two years later, they would invest more than \$100,000 in a new studio at Fort Lee, New Jersey.

At first wildly successful, the couple's fortunes would eventually founder due to monopolistic control of distribution held by other American film companies, and the impact of the war. The marriage also foundered. Guy made her last film in 1920,

returning to France in 1922. She lived in relative obscurity, lecturing on film and writing novels from film scripts. The French government did award her with a Legion of Honour medal in 1953 (almost three decades after they'd done the same for Méliès). In 1964 she returned to America to live with her daughter. She died in a nursing home in Mahwah, New Jersey, on March 24, 1968. It wasn't until 2011 that the Directors Guild of America finally recognized her enormous contribution to the industry, with Martin Scorsese prefacing the award by saying: "It is the hope and intention of the DGA that by presenting this posthumous special directorial award for lifetime achievement, the Guild can both raise awareness of an exceptional director and bring greater recognition to the role of women in film history."

All of this recognition might be rather academic if the films themselves didn't continue to astonish. All one has to do is compare Alice Guy's instinctive grasp of the language of film with Georges Méliès's utter lack of it. Méliès's great gift was his understanding of the magic of cinema, it's role in feeding our fantasies, but his actual filmmaking technique was hopelessly locked into the long-shot whose viewpoint was invariably the audience's sitting center row several seats back from the stage. Time and again the action cries for a close-up that never happens. He mastered stop-motion trick photography and superimposition, and ignored the narrative power of editing and camera placement. Guy, from very early on, brought the camera in closer to her subjects, used close-ups at key moments, edited on action, and understood that in acting for film less was more. The motto of her Solex Studios, written in huge letters above the entrance, was "ACT NATURALLY." In a documentary she filmed in Spain ("Alice Guy filme en Espagne 1905") there are astonishing 180-degree and 360-degree panning shots of landscapes and cityscapes. Guy discov-

ered all of this before D.W. Griffith had even made his first movie.

Women were never more than afterthoughts or decorative elements in Méliès's films; in Guy's they always took center stage. There were comedic role reversals like those in the satiric *The Consequences of Feminism* (1906) where the men sew and iron, while the women indulge in smoking, drinking, and aggressive petting. In one classic scene, a hapless husband is shown bringing his young children into a bar searching for his wayward wife. One of the most moving scenes in the monumental (for the time—over half an hour in length, 25 sets, hundreds of extras) *The Birth, the Life, and the Death of Christ* (1906) is that where Mary Magdalene washes Jesus's feet. Guy prefigures the precocious Shirley Temple with the petite star of her *Une héroïne de quatre ans* (1907). She puts abusive husbands in their place with *Making of an American Citizen* (1912). And she mocked her own sex as the absurdly omnivorous pregnant lady in *Madame a des envies*. Women were also spotlighted in dozens of dance features such as *Serpentine Dance With Mme Bob Walter* (1897) and *Gypsy Dance* (1907).

Before Griffith, Alice Guy had also understood the drawing power of domestic melodrama. In *Falling Leaves* (1912) a little girl, hearing that her sister will die "when the last leaf falls" in autumn, heroically goes out and ties the falling leaves back onto the trees until a passing doctor spots her and provides a cure. In *On the Barricade* (1907) a mother saves her devoted young son from a firing squad.

Over 70 years before MTV and 20 years before the sound breakthrough of *The Jazz Singer*, Guy used the Gaumont chronophone technology to make over a hundred "music videos" featuring musical hall stars, opera troupes, and other entertainers. An example online is *Felix Mayor Performs "Indiscreet Questions"* (1906, in colour). Also online is the extraordinary fragment *Alice Guy Blaché Films a Phonoscène in Studios at Buttes-Chaumont, Paris* (1905)

Guy also fully understood the comedic potential of the new medium, from the practical jokes of *The Glue* (1907), to the charm of the *Le Piano irresistible* (1907, now with a great Ray Charles soundtrack), to the wry humour of *Canned Harmony* (1912), to the all-out slapstick of *The Rolling Bed* (1907) and *The Race for the Sausage* (1907).

Nor did Guy shy at meeting Georges Méliès on his own turf with effects-laden films such as *Faust and Mephistopheles* (1903) and *The Haunted House* (1908).

There's no telling how much more of Alice Guy's work might have been preserved had her male colleagues been less blinded by the sexism of the time, or had her children earlier on recognized the significance of their mother's work in the same way that Méliès's daughter and granddaughter were passionately devoted to his legacy.

The true spirit of Alice Guy is best reflected in a 30-second shot of her—near the beginning of her career—looking through a hand-held camera and then turning and smiling at the camera operator who's catching that moment on film. It's the utterly radiant smile of a woman who realizes that she's playing a key role in the birth of a whole new art form, and loving every minute of it.



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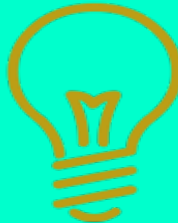
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- **Emerg First Aid w/ CPR-C:** Nov 13  
(1-day, can do just CPR-C or recert. CBESS)
- **Occu. First Aid 1:** Nov 19/20  
(Work Safe) & Transportation Endorsement - TBA
- **Stand. First Aid w/ CPR-C:** Nov 26/27  
(2-day course possibly in Riondel if enough interest)

Please Call or Email if you are interested in **MARINE FIRST AID, MENTAL HEALTH FIRST AID, WILDERNESS AND REMOTE FIRST AID or OFA Level 2 or 3.**

To register on-line go to [www.selkirk.ca/ce](http://www.selkirk.ca/ce) under First Aid and Safety or Hospitality for Food Safe. Any problems, please talk to Nicole at 250-227-9218 ext 5518 or email [lbooth@selkirk.ca](mailto:lbooth@selkirk.ca)

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**Breathless Greens**

**We are now officially closed.**  
We are organizing a gathering for the first week of October at the greenhouse to show our appreciation towards our supporters. We invite you to celebrate the success we all created together. Have a colourful autumn and thank you in every way!  
The Legault-Elias Family (and more)

**Happy 75th Gerry!**

Join us Oct 19 for cake around 4pm, or come & celebrate Oct 22 with Ruckus.

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## What I Have Seen

a message from  
**CBESS Principal,  
Laury McPherson**

**F**ood, Books, & Positive Students - September has been a very busy month, and a lot of great things have been happening at our school.

### Indigo Adopt a School

Crawford Bay Elementary-Secondary School has been adopted by Cole's Books in Nelson until October 9, 2016. This means that they are focusing fundraising efforts on our school, and matching donations. We hope to get as many people possible aware of this. Thanks to Alana Strom for spearheaded this initiative! If you would like to support this program, you may do so by visiting Cole's in the mall or by going online: <https://adoptaschool.indigo.ca/eng/schools/1622>

### Food and Garden

We are very fortunate to have been selected to receive a Farm to School grant this year. This funding is to support the goals of "increasing the amount of healthy local food on the plates and the minds of students." We are building upon the amazing food program that is currently in place, thanks to the dedication of previous school garden advocates, and planning to extend it. Our main goals are to increase the number of days in a year that we can access fresh, locally grown food, and we are working closely with Twisted Roots Community Greenhouse on this. We are very grateful to Twisted Roots for providing us with fresh salad greens from their greenhouse daily. Volunteers grow, wash, harvest, deliver, and prepare this for our students daily- thank you so much. On that note, a huge thanks to our volunteer dishwashers and food prep team.

We are focusing on a few areas this year: increasing the number of days our students have access to local food; improving our storage abilities; increasing the amount of local food we preserve and share with students; and increasing our connection to community partners.

We have two staff members who are dedicated to supporting garden learning at school: Shannon Lanaway and Chantal Lunardi, and Tyler Wedman is our Hot Lunch Program chef and manager.

Jacqueline Wedge and Catherine White will be supporting us with technical expertise and liaising between the school and the community.

Kristy Winger has been running a Homesteading program, and our students have already preserved fruit "unsellable" but perfectly good donated by Wloka Farms in Creston and elsewhere: dehydrated into fruit leather to go into our school snack bowl; canned fruit puree for future fruit leather making; and fruit sauces and ciders are coming next.

Our K-6 students will be travelling to Creston to participate in the Fields Forward Press Fest, helping to re-distribute fallen fruit and preserve into delicious cider, and will be bringing back a huge amount of cider to sell to support our Hot Lunch Program. Thanks to Palma Wedman for putting us in touch with this program.

Outdoor Education students, under the guidance of Matt Winger, learned how to build a smoker and made some apple wood smoked local fish.

Chantal Lunardi and Shannon Lanaway have had the Garden Club out in our school garden and we have been enjoying the fruits of their labour regularly.

### Positive Behaviour Plan

A whole school focus this year is the creation and implementation of our Positive Behaviour Plan. Staff members started off on September 2 with a summer

PD session generously hosted by the Ashram. It was a beautiful location to start our new journey towards a collaboratively created positive behavior plan, and it was facilitated by two experienced teachers in our district.

We were introduced to a program that has been effective elsewhere, and continued conversations about how we can best support our students. We followed this with buddy activities on the first day of school, where older students were matched with younger students and one activity was talking about how they wanted to feel at school. All students from K-12 participated in this, and feedback was recorded. Our middle school girls' friendship group later collated the data, and the majority of our students want to feel the following at school: included, safe, excited (engaged), and happy.

From this we moved onto the next step of sharing the results with students and having them work through different locations at school and listing specific behaviours that will result in the feelings above. We have completed this with the Grade 10-12 cohort and will be continuing with the rest of the students soon.

We then invited parents to meet to discuss our Positive Behaviour Plan on the afternoon of September 19, and I was happy to see so many parents/caregivers join us. We went through the expectations for student behavior and the typical process that occurs when a student behaves in a less than positive manner. We also talked about the process that goes on alongside any consequence: the supporting of students to recognize when they are escalating, how to self-regulate and calm themselves, and how to navigate friendships and conflicts.

This process takes a very long time, but is very worthwhile in the end. Parents/caregiver also expressed a desire for positive behavior parent workshops, and for parents to organize out-of-school sports and activities for the children, and this would be wonderful for everyone. I would also like to remind all of our parents/caregivers know that you are very welcome to volunteer at school, and simply need to contact Sandy in the office and your child's teacher so that we know you are coming.

On a final note, if you are not already on our Facebook page, please do visit it. School events are regularly updated and advertised. This year will also see the school website back in action and updated regularly.



## Safe Hunting Course

We did it! Fifteen hunters successfully trained with Selkirk College and instructor Dorian Boswell from Nakusp. Almost half of the new hunters are women and two are youth. Three fellows missing from the photo. Selkirk will bring Dorian Boswell again in the spring for the Combined CORE and firearms safety course. You can sign up after Christmas.

Phone is 250-227-9218 ext 5518.

Email is [lbooth@selkirk.ca](mailto:lbooth@selkirk.ca).

## Local Youth Tackle Wild in Youth Backpacking Adventure Wildsight's Go Wild Youth Leadership Summer Trek a Huge Success

a Wildsight Press Release

This summer, 15 youth from across the region tackled some of the most rugged and remote wilderness in the Kootenays on Wildsight's six-day Go Wild Youth Leadership Adventure.

Led by Revelstoke's Patagonia Ambassador and Pro Skier Leah Evans and Kimberley wildlife biologist and wilderness guide Dave Quinn, the team traversed both Elk Lakes and Height of the Rockies Provincial Parks.

"It was the opportunity of a lifetime. It allowed me to experience the power and serenity of the mountains on a whole new level, and tune into my own wild side. I learned so much about the wilderness that is my backyard and the life that fills it, from mountain goats and porcupine to sorrel and yarrow," said Cranbrook's Chloe Mayes, age 16. "It was also an opportunity to connect with fabulous kids who share my love of all things in the mountains, forming friendships that I think will last a lifetime."

The goal of the annual Go Wild program is to allow local youth a chance to connect with the wilderness that defines the Columbia Basin, and to connect with other like-minded young people from other communities. The teens, aged 14-17, also learned backcountry cooking, no-trace wilderness travel, backcountry travel, and map and compass skills to help them build their leadership capabilities. This year participants included youth from Revelstoke, Cooper Creek, Riondel, Nelson, Cranbrook, Fairmont, Golden, as well as Calgary and Edmonton.

"What Leah and I are really trying to do is give youth the opportunities that we had growing up to connect with the wilderness and wildlife that really make this region globally significant. Our wild mountains need all the friends they can get these days, given the recreational and industrial development pressures that seem to be everywhere," said Go Wild Program Coordinator, Dave Quinn. "It really is an inspiration to spend six days with youth carrying heavy packs through rugged terrain, over high mountain passes, through hot sun and even snow this year, and hear nothing but awe and laughter."



**Birding Course** in Crawford Bay put on by Selkirk College. Instructor Janice Arndt help students see and/or hear 32 bird species in 2.5 hours in the wetlands in Crawford Bay. Janice is incredibly knowledgeable and sensitive to birds; we plan to bring her back in the spring. Register after Christmas.

Phone is 250-227-9218 ext 5518.

Email [lbooth@selkirk.ca](mailto:lbooth@selkirk.ca)



# Tom's Corner

by Tom Lymbery  
Destiny Bay



Destiny Bay on the eastern shore of Kootenay Lake has never had a post office with that name, but it now has its own postal code - V0B 1A3. This is for Canada Post's group box system so all mail needs the correct street address. Previously this was a rural route system under Boswell V0B 1A0, and perhaps that is the reason that the community has not been included in Greg Nesteroff's alphabetical list of West Kootenay place names in the Nelson Star, with delightful research into how these names came about.

**Boswell Beginnings** says "1929 - Destiny Bay Tourist Court - a store and tennis court were being developed by Mr. and Mrs. D.V. West, sold to Yagers in 1936, then to Davies and Stevenson in 1945." In the article about the Wests the book goes on to say, "Donald West served overseas in World War I with a famous Winnipeg regiment and was seriously wounded in action. After the war he was employed by the CPR as a chartered accountant in Winnipeg. The Wests heard about Boswell from Mr. and Mrs. Charles Allen and came in 1920 as summer visitors. They bought the Hephher - Beaumont property and named it Destiny Bay after a novel by Don Bryne."

Boswell Beginnings continues: "Following a severe illness Donald was told to move to a milder climate so in 1928 they became permanent Boswell residents. They slowly developed the property into Destiny Bay Tourist Camp with cabins and a store. When the road was completed from Creston to Gray Creek, more cabins were erected and a dining room was built under the store where Lil served meals to travellers who came by car and Greyhound bus. A tennis court of laminated two by fours was built by R. Mulloy and D. McLeod. Printed invitations for Sunday afternoon tennis were sent out and lemonade was served. Lil also laundered shirts for men working on the railway who came across the lake on logs and rafts."

I got to know Lil West very well as she sometimes kept house for me when my parents were spending the month of November at Halcyon Hot Springs in 1951 and 1952. Lil told me an alternate version of how they chose the name Destiny Bay. When they moved permanently from Winnipeg to the lake, they felt this was their Destiny.

While the CPR had the missing rail link between Kootenay Landing and Procter under construction in 1929 - 30, the Destiny Bay Store did quite a bit of business with workers on the rail line who rowed or paddled across the lake for tobacco and other necessities. The Boswell store at the wharf closed at 5 pm but the Wests were willing to stay open later, so they cornered what evening business there was. Lil gave me the story that some of these men were wanting to buy liquor, but Donald and Lil didn't want to be involved in bootlegging. Donald once brought in some booze specifically ordered by a worker but only collected

exactly what the government liquor store charged and so was not asked again.

Lil explained how they acquired some of their cabins for renting to travellers. When someone arrived who was escaping from the prairie dustbowl and depression, they could build on the Wests' place on condition that once they moved on, the cottage became the Wests' property. They then gradually upgraded it to become one of their rental units. Cabins in those years were very basic, renting for \$1 to \$1.50 nightly for families of up to eight. Essential equipment was a Winnipeg couch, a 24" wide bed with two sides that folded up, supported by steel legs. A thin mattress unfolded to cover the expansion. Woodstove, table and chairs, kerosene lamp, water bucket and an outhouse were provided. Tent spaces went for 50 cents, with a tap or flume for water and the same outhouse that served all.

The Wests sold to the Yagers in 1936 when Donald's health deteriorated. Next came Davies and Stevenson in 1945, who paid the unbelievable price of \$25,000. I can well remember how often my Dad remarked on that extraordinary high price - he couldn't believe it as it was just after the time of the Great Depression. Davies and Stevenson had a good business with a truck to deliver customers' orders. My sister Alice worked with a Stevenson girl at the Nelson Bank of Montreal, when the

bank's starting pay was \$60 a month. Because of the twisty highway, Greyhound scheduled a ten-minute stop at Destiny Bay, with two outhouses up the bank across the highway.

Eventually the store on the lake side of the highway became a restaurant. Percy McGregor and Roy Koch leveled part of the area on the upper side of the road and opened a combination auto repair shop and grocery. This was later taken over by Mrs. Charlotte Hewitt in 1968 who ran Destiny Bay Store as a grocery and featured her homemade bread. Gray Creek Store was selling commercial bread makers at that time - possibly that heavy-duty unit is still in service.

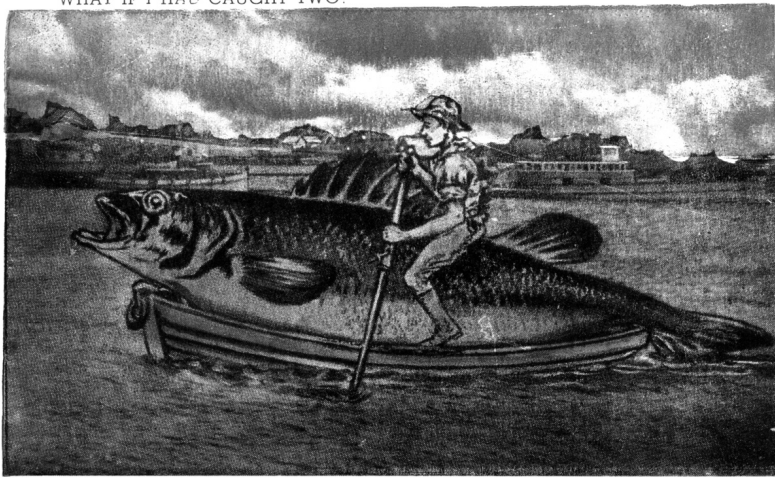
Charlotte sold the store in 1976 to Glen and Fran Kinder. After going through various owners the store is still in operation - and still making bread. The restaurant on the lower side of the highway also changed hands several times and is now Destiny Bay Resort, most successfully operated by Ron and Lynn Mondor.

## Gimme a Kiss

photo submitted by Michella Moss



WHAT IF I HAD CAUGHT TWO?



Destiny Bay, Boswell, B. C.

**This undated hand-coloured cartoon postcard is from the early days of the Destiny Bay resort. If you look carefully you may be able to spot two steamboats in the background. Postcard courtesy of Gray Creek Historical Society, gift of Steve White**



Lorna Robin took these photos of the helicopter and worker (see tiny figure in middle picture, hanging from helicopter) putting new aviation warning markers on the powerline across the lake. John Smith phoned Fortis to make sure that was actually what they are doing. The helicopter was busy near the end of September for many days in a row.

## The PAC Box

Your Parent Advisory Council is working hard as a liaison between school and families and would like to take a moment to let you know about what's going on...

**PAC MEETING:** The next PAC meeting is OCTOBER 17 and is our AGM (7pm in the school library). All parents and guardians welcome, and strongly encouraged to attend. The old board is all stepping down and fresh energy would be gladly received. If you have an item to discuss, please contact Ingrid at 250.227.9246 or [mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)

**HOT LUNCH/HL MANAGER:** *The hot lunch program is served from Monday-Thursday.* Chef Tyler welcomes input and help/volunteers. If you have questions/comments for the Hot Lunch Program, you can email Tyler at [cbesshotlunch@gmail.com](mailto:cbesshotlunch@gmail.com).

**NOTES:** Don't forget that there is now a cap of 10 meals put on the number of lunches that a student can have on credit. We appreciate your cooperation!



## Nelson & District Credit Union and USW Membership Ratify New 4-year Collective Agreement

**NDCU Press Release**

**NELSON, BC — Credit Union pleased with success of respectful bargaining process**

Over two days of voting for the Nelson, Rossland and East Shore (Crawford Bay) branches of Nelson & District Credit Union, the unionized staff voted overwhelming in favour of the new 4-year collective agreement agreed to on August 24.

The current collective agreement is the first that has been agreed-to and ratified without a strike vote, mediation, threat of job action, strike or lockout in the 40-year history of USW being certified to NDCU, a testament to the efforts put in by both sides.

Tom Murray, CEO, states “Nelson & District Credit Union is pleased with how smoothly and respectfully negotiations went and I would like to personally thank both negotiating teams for their hard work to find common ground. While we may have different positions, I believe we reached a four-year agreement that is fair to the Credit Union and to our employees.”

Murray adds. “By reaching an agreement in 3 months, without going to mediation or a strike vote, shows that this is a new era for our community credit union and we are looking forward to turning our focus back to serving our members.”

“I believe it signals that a page has been turned on that history,” offered Jeff Bromley, lead negotiator for the USW Local 1-405 that represents the unionized staff at NDCU. “My membership realizes that the profit margins of the Credit Union aren’t what they used to be and that there are challenges to the business, however I believe that both bargaining committees worked hard to bring this deal back to the membership and the NDCU board. It’s a deal that works for both parties and was a fair process that shows what can happen when both parties work as partners rather than adversaries.”

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## Basin Recreation Infrastructure Enhanced

**20 projects receive \$1m**

**CBT press release**

Columbia Basin) – Twenty recreation projects encouraging active lifestyles are getting under way thanks to help from the Trust’s Recreation Infrastructure Grants program. New this year, the program supports community efforts to create new or upgrade existing recreation spaces in the Basin.

The successful projects will receive more than \$1 million in this second intake, bringing the total number of projects funded since the program launched earlier this year to 62. The program has distributed more than \$4.5 million to recreation-focused projects over the two intakes. A third intake will take place in early 2017.

“Basin residents told us there was a need for a program like this, so it’s great to see such a positive response,” said Neil Muth, President and Chief Executive Officer, Columbia Basin Trust. “These 62 projects will help build stronger, more resilient and more enjoyable communities, and give residents the amenities they need to lead active, healthy lifestyles.”

You don’t have to look far to find world-class recreation opportunities in the Basin, and these successful applicants are making great strides to take advantage of these opportunities. With Trust support, 145 kilometres of trail are being built on 24 trails, eight fields and parks are receiving upgrades, six indoor facilities like arenas, gymnasiums and climbing walls are seeing upgrades and 24 outdoor facilities are being improved.

Read about all the projects from the spring and summer intakes at ourtrust.org/rig.

### They’ll Be Swinging

Children and youth in Silverton will be safely swinging, hopping and climbing thanks to \$85,000 going toward a playground capital improvement project. The project will see an expansion of the park and the addition of six new playground elements. “Supporting young families in the community is important to Silverton council,” said Jason Clarke, Mayor of Silverton. “Now, thanks largely to Columbia Basin Trust, we are able to overhaul our playground, creating a fun, safe environment that is accessible to all.”

### A Trail of Two Cities

Visitors and residents will be taking in views of the Columbia Valley and Lake Windermere as they bike, walk, inline skate and more along the Westside Legacy Trail. The Columbia Valley Greenways Trail Alliance received \$250,000 for the trail and will build the initial 2.7-kilometre section of the 25-kilometre trail that connects Invermere and Fairmont Hot Springs. “The Columbia Valley Greenways Trail Alliance is very pleased to receive our largest donation to date from Columbia Basin Trust for the Westside Legacy Trail project,” said Mark Halwa, Executive Director of Greenways. The trail will be human-powered, added Halwa, and will provide an accessible and safe off-highway trail experience for all users.

### Game, Set, Match!

The Yahk Kingsgate Recreation Society was successful in receiving \$43,570 to put toward the construction of a new multi-purpose court. The court will serve a variety of athletic pursuits year-round.

“We feel it is important to enhance the facilities at our community hall to continue encouraging physical activities within our community,” said Judy Dickson, President of the Yahk Kingsgate Recreation Society. “When the project is completed, residents will be able

to play a variety of sports in one place: basketball, tennis, volleyball, pickleball, badminton and shuffleboard in the summer, and ice skating and hockey in the winter.”

### More Space to Play

The East Shore Trail and Bike Association received \$6,250 to further advance the trail system near Crawford Bay. “The Fraser Hill Viewpoint Trail provides an easier option to the more difficult Woodlot Trail,” said Farley Cursons, Projects Director of the East Shore Trail and Bike Association. “Due to seasonal water drainage, the challenging Woodlot Trail is exposing gnarly roots and boulders. The result of the new Viewpoint Trail will be a safer, more sustainable route enabling a wider variety of users to enjoy the whole trail network.”

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

## The MAINSTREET

Contact: Ingrid Zaiss-Baetzel

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

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## 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.*

### Toff and Buttercup, a Tale of Two

Cats, like dogs, are surprising and intelligent animals. They choose to be companions to humans, a sure sign of a gifted animal. They give us affection in return for meals and shelter. Though we may not expect it, they also sometimes find ways to care for another of their kind.

In Los Angeles' La Brea Tar Pits, they have uncovered some remarkable remains: animals trapped in the tar for the past several thousand years, particularly from a time when the sabre-toothed cats, called smilodon, hunted in that area of California. They were large lion-like cats with enormous fangs (as in the character Diego of the animated film *The Ice Age*). One set of bones that has been lifted from the tar pits is particularly interesting. It belongs to a large female who lived a good life, particularly surprising since her hip had at one time been broken. With such a major injury, she couldn't have hunted. She wouldn't have been able to get around at all when she was first injured. In order to survive, others had to have brought her the meat

she needed. Her family group—sisters and brothers, perhaps her own offspring—had to have fed her so she could survive. Which she did; the bone of the broken hip shows that it had healed. She had survived with the help of her kind.

My friend, Sally MacLean, tells me that when she worked on a project in Kosovo, she lived in Pristina. The war there had destroyed so many homes and lives, and many pets were suddenly without homes as well. They roamed the area. They formed small packs of four to seven animals, and lived in the surrounding hills. The lead dog would decide if any approaching animals belonged in their group or not. He would approach them, sniff them, and either play with the stranger or it would walk away. The dogs lived as they could, sharing what food they were able to get. They huddled together under a large tree to keep themselves warm. They'd been pets and now relied on instinct to help them survive. Surprisingly, that instinct was to cooperate and help each other when they could. In the "bleak environment" of that war-torn area, Sally found that refreshing.

Sometimes cats will do the same as these dogs. Toff, a big ginger tom belonging to Shirleen Smith, surprised her with his willingness to aid another cat. In February, 2013, in Edmonton—and it was very cold—Shirleen spied a small cat fleeing into a parking garage, she assumed looking for shelter. She herself lived nearby on the third floor attic apartment of a house, sharing it with Toff, who often went outside through a cat flap in the door.

One day he surprised her. He brought home a timid, scared friend. It was the cat she'd seen at the parking garage, and it was huddled against the outside of her door, not willing to come in, even though Toff was encouraging it by sitting on the inside of the flap and

waiting. Like the gentleman that he still is, he wasn't going to leave her outside in the cold.

Shirleen knew what Toff's intentions were. She quickly put a plate of food, and another of water, outside of the cat flap. Buttercup—as she came to be known—darted away, down the stairs. The next day, Toff brought her back. This time she ate a bit of the food, drank a little water, outside the door. The next day when he brought her home, Shirleen placed the



two dishes just inside a slightly opened door. Buttercup ventured in. Just a little, enough to reach the dishes. She ate more, stayed a little longer. And so it went every day: Toff bringing the younger, smaller cat to his door and inviting her in. Over the next little while she decided that being warm and well fed was acceptable, and gradually

became accustomed to human companionship, too. Now she is a part of the household, still with Toff, and for many years with another cat, George. The three of them formed their own family group because of her. As one person said, Buttercup became the "glue" that held the three of them together. They shared the same couch, or just sat on three kitchen chairs, staying near each other.

Buttercup would not have survived. Near the parking garage was a river valley with occasional coyotes and dogs. In that Edmonton winter she lost the tips of both her ears to frostbite, as well as the end of one toe. Toff had recognized this little creature's need. He befriended her and brought her home—not just once but several times. He was persistent because she was in need. He drew her into his "family", shared his home with her. A very smart and generous gentleman.

Photo Credit: Shirleen Smith

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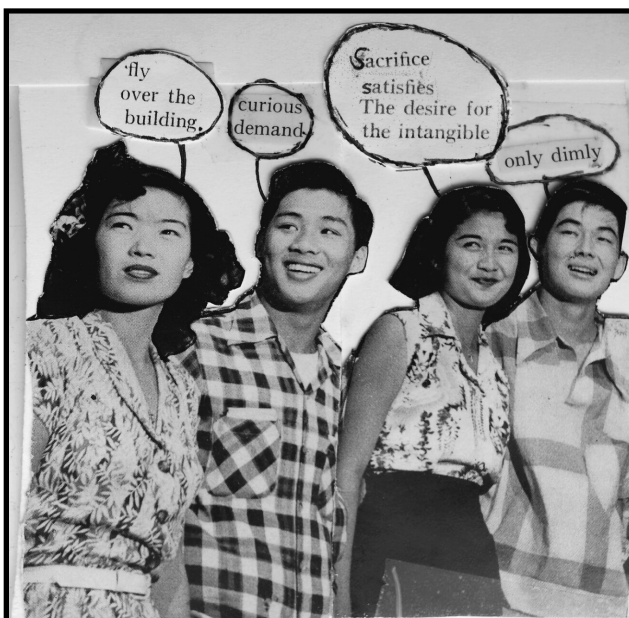
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by Elisa Rose



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## Tom Sez

by Tom Lymbery

Possibly East Shore residents will support the efforts of Balfour & Queens Bay to retain the terminal at Balfour if they will promise to bring back the 2am ferry.

Parking a vehicle for some months? Disconnect the neutral battery terminal and duct tape it so that it can't possibly connect to anything. I have done this for 7 months and the car starts up right away when I reconnected the neutral terminal.

Here's the easiest way to make pumpkin pie... Put the whole pumpkin in the oven for some time (depends on the size). When it cools you will find that the skin peels off oh so easily. Scoop out the centre and the rest cuts up easily. Real pumpkin pie instead of using canned stuff.

For the greatest veggies next spring bury carrots, potatoes and turnips about 12 to 18 inches deep. These will give you the best tasting meals next April and May.

A new Oregon chain makes firewood cutting so much easier. We stock all sizes of saw chain but please bring in your old chain so that our staff can match yours exactly. If your woodpile is anywhere near a garden hose, washing the logs before cutting makes you saw chain last twice as long.

Windstorms keep coming. On the way into Nelson on Sept 8 a tree had just come down at Six Mile and the power line wasn't just sparking, it was more like lightning flashes. When I came back to catch the last ferry, a crew was still working on it.

Two young tourists from Germany were unable to re-charge their camera because it was 220 volt but Christy at the store came to their rescue with a charger that fitted. They were wishing they had more than two weeks in Canada.

The ravens are busy working on this years heavy crop of stinkbugs but they can't keep up. These leaf footed cedar bugs are looking for a winter home and fortunately don't breed, feed or poop in your house, but are a real nuisance.

Apicaroon makes one handed pick up of blocks of firewood easy, and there's no bending over, either. This is a tool that actually gives you a third hand, as well as rolling logs ready to cut into blocks..

Cedar trees do have a fall drop of fronds. This is natural so doesn't mean the tree is dying. However, cedars need a good water supply and some die that are growing in too dry a site. But a dead cedar can still be milled for lumber unlike many other species.

How do the bears gain any fat from all the mountain ash berries they are eating? It looks as if the berries go straight through them.

This is the busiest stove season we have seen in years. We just cant keep ahead of Sold signs on our sales floor - Dan sells 'em and Bryce delivers 'em.

Looking at the sketches of the new wings for the Ashram makes me think of the balsawood ribs I used to assemble for model airplanes.

Our store yard sale continues in our warehouse. 50 pound boxes of nails, tubes of sealant, Lawnboy bags and more.

I was sad to hear of the sudden passing of Joe Snopek, Creston auctioneer and former mayor. He was the only dignitary to attend the opening of our East Shore Health Clinic.

Cutting wood? Please make sure you have a plastic wedge in your back pocket.

## Gray Creek Pass Report

by Tom Lymbery

A friend from Riondel who recently drove to Kimberley and back reports that the pass is as good as ever. 4-wheel drive becomes necessary after any lingering snowfall, but early snowfalls sometimes disappear quickly.

We still get the occasional German tourists wishing to drive their rental motorhome over the Pass, so we have to ask carefully to find out if they have sufficient driving experience. Some do and some don't, but in the days when it was the recommended route by their tour book West Kanada, none had any real problems.

## Health & Happiness

by Dr. Sid Kettner

Startling news--just one can of soda pop per day can put your heart at risk. We have long known of the bad effects of the sugar in soft drinks, leading to gout, obesity and diabetes. These have become epidemic in North America. A study of 80,000 women over 8 years showed they were twice as likely to develop type 2 diabetes.

But now the research is showing that sugar adversely affects our heart as well. A recent medical study of 43,000 people over a 20-year period shows an increased risk of having a heart attack by 20-25% if an average of one 12-ounce can is consumed daily. The rate is higher for two cans and upwards. Harmful triglycerides were elevated in the blood and the protective "good" HDL cholesterol was decreased. Inflammatory factors, also a risk for heart disease, are likewise increased. Pop also robs the body's calcium so osteoporosis develops. Other studies show that the risk of heart failure increases with two or more sweetened drinks, regardless of their source. This is in addition to all we already know about high cholesterol diets ruining our hearts.

What to do? Obviously, lower our intake of any sweetened soda, fruit or hot beverages. And then eventually eliminate that harmful sugar. Switch to the healthiest drink to quench our thirst and support our body functions--water. We have plenty of it nearby in our lake, our rivers, creeks and wells. Our body is about 60% water and we need to drink eight glasses per day--the eight ounce size. Easy rule: 8 x 8. That is about two liters per day. You can trust your thirst. It was given to you for a purpose, but at times you may need to purposely drink more than your thirst dictates, and even if you never get thirsty! All of us lose water constantly, mostly through our urine and sweat, so it needs to be replaced regularly.

What if you don't drink enough? Research shows energy is likely to be decreased, one's concentration suffers and moods can become depressed. But by increasing water intake, your appetite can be curbed a bit and you will even lose weight. So go ahead and raise a toast to the world's drink of health--pure natural water! Your heart will smile.

## Riondel Men's Club Championship

Submitted



Last year's club champion, Brian Bishop, presenting the trophy to this year's winner, Glen Kinder.

There were 31 participants in this year's Riondel Men's Club Championship. Here are the winners.

Low Gross and Club Champion: Glen Kinder (66)  
Low Net Club Champion: Bill Smith (net 50)

1st flight low gross: Brian Bishop (72)  
2nd flight low gross: Tom Lang (79)  
3rd flight low gross: Spud Myer (80)

1st flight low net: Andy Dejonghe (net 54)  
2nd flight low net: Lance Delpont (net 59)  
3rd flight low net: Ralph Sigurdson (net 55)

1st flight - 2nd low gross: Grant Crosby (72)  
2nd flight - 2nd low gross: Leo Roy (82)  
3rd flight - 2nd low gross: Mike Jeffrey (81)

1st flight - 2nd low net: Bob Miller (net 59)  
2nd flight - 2nd low net: Iain Anderson (net 59)  
3rd flight - 2nd low net: Dave Rokeby-Thomas

1st flight - 3rd low gross: Bill Nicolson (73)  
2nd flight - 3rd low gross: Lee Martin (83)  
3rd flight - 3rd low gross: Duncan McGillivray (88)

1st flight - 3rd low net: Mark Easton (net 61)  
2nd flight - 3rd low net: Army Ames (net 64)  
3rd flight - 3rd low net: Bob Driscoll

Most improved golfer this year: Bob Driscoll

KP's

1st flight - Don Sian  
2nd flight - Leo Roy  
3rd flight - Mike Jeffrey  
All flights - Bob Miller

Longest Putt - Greg Place  
Closest to Marker - Don Clarke  
Longest Drive - Greg Place

Many thanks to Lee Martin and his crew for making Riondel Golf Course a beautiful place to play.

Also, thanks to Kathy Smith and her crew for running the clubhouse in such a friendly and professional manner.

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## Notice of Passing

**Frances Jean Combs (Heckman)**  
February 12, 1926 – July 4, 2015

Frances Jean Combs (Heckman) died on July 4, 2015 in San Gabriel, California. She and her husband, Al Heckman, owned and operated Kootenay Lodge and Cottages in Gray Creek, British Columbia for many years in the late 60's and 70s before they retired. Jean continued living at her home in Gray Creek for many years until her health required that she spend more time with her family in Spokane and Southern California. She always loved Gray Creek and the beautiful surrounding mountains and lake and would frequently return with family and friends.

Jean was born in Tampa, Kansas on February 12, 1926 to John Wesley Combs, M.D. and Mollie McIntyre Combs. She was the youngest daughter and had four older sisters and five brothers, all of whom predeceased her. The family moved from Kansas back to their original home in Letcher County, Kentucky in 1928 and later to Santa Ana, California in 1935. The Combs families were original settlers in Jamestown, Virginia in 1619 and in Kentucky after the American Revolution. Jean was a long-standing member of the Daughters of the American Revolution.

Jean is survived by two daughters, Charla Jean Hindley Tindall of San Marino, California and Sandpoint, Idaho and Carol Sue Hindley of Pasadena, California. She is also survived by three grand-daughters, Lora Kimberlin Archer Tindall Wagner (San Marino, CA), Heather Combs Archer Tindall Readhead, M.D. (Spokane, WA) and Ashley Jean Archer Tindall (Chapel Hill, NC) and their husbands Timothy Sides Wagner, Adam Charles Readhead and Thomas William Lester IV. Her grandsons are Darin Douglas Daniels and Mark Alan Daniels (Orange County, CA). Her great-grandchildren are Kimberlin Wagner, Anne Wagner, Evelyn Wagner, Keith Combs Readhead, John Combs Readhead, Chase Daniels, Megan Daniels and Rianna Daniels.

Jean graduated from Santa Ana High School in 1942 and was married that same year to Charles Thompson Hindley, her high school sweetheart, who was serving in the U.S. Navy. When Charles was recalled from service in the South Pacific and sent to officers training at Occidental College, Columbia University Law School and Pensacola, Florida, Jean accompanied him. When Charles returned to serve in the South Pacific, Jean lived with her family in Santa Ana while awaiting the birth of their first child. When the war ended they moved with their young daughter to San Francisco so Charles could continue his education at the University of California Berkeley. Their second daughter was born in San Francisco, a city Jean always loved and frequently visited throughout her life.

When Charles was recalled to active duty in the Korean War, Jean moved with their daughters from California to the U.S. Naval base in Yokosuka, Japan to join him. During her two years there Jean was a buyer for the Post Exchange and enjoyed traveling all over Japan. After the war, the family traveled extensively in Western Europe for six months. Jean loved travelling and during her life made many trips to Europe, North Africa, Australia, China and Mexico, in addition to traveling widely in the United States and Canada.

Later in life she married Alvin "Al" George Heckman and they moved to Gray Creek to begin a new business. After renovating and making many improvements on Kootenay Lodge and Cottages, they opened the cottages for year-round use along with a dining room and lounge. Jean enjoyed the challenge and the many friends and neighbors she met through the business. When they retired, Al spent much of his time on the Kokanee Springs Golf course and never tired of his golfing buddies and the beauty of the course. Jean and Al had become good friends with Norm and Charlotte

Woods while Norm was designing and overseeing the construction of the Kokanee Springs course and they always took great interest in its development over the years.

Jean always appreciated how welcoming many of the families in Gray Creek and Crawford Bay were to her and how supportive they were of their business over the years. After moving her primary home to Spokane for health reasons and to be closer to family, she continued to spend as much time as possible in Gray Creek and enjoyed seeing old friends like the Tom Lymbery family in Gray Creek and Bill and Rosemary Hampson in Crawford Bay.

Jean was buried in the family plot with her parents and brothers and sisters at Fairhaven Cemetery in Santa Ana, Orange County California.

*From Tom Lymbery: Al and Jean Heckman set up and ran the Cocktail Lounge at Kootenay Cottages, which became very busy while the Bluebell Mine was operating, so they got to know everyone in the district.*

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## Notice of Passing

**Charles Arthur Noakes**  
Feb 15, 1924 to Aug 30, 2016

We are sad to share the news of Chuck's passing. He passed peacefully at home surrounded by family on Tuesday, August 30, 2016. His sense of humour and dry wit remained intact to the end. These and his incredible intelligence and memory kept us on our toes or smiling always. All these will be missed.

Chuck was born Feb 15, 1924, the last of eight children. He worked hard on the family farm in Balfour from a young age, eventually taking over the farm in 1947. He married Evelyn Riehl in 1948 and they had five children together. He worked a short time on the S.S. Moyie and then the M.V. Anscombe, along with farming duties, but eventually sold the dairy farm before moving into construction work. He shared his knowledge and expertise in carpentry with many young apprentices.

He escaped his duties of farming, framing and family to enjoy his passion for hiking, hunting, and most especially fishing. Many happy hours were spent chasing the elusive 'big one' on Kootenay Lake, surrounding creeks and mountain lakes. He shared his passions and love of the wilderness with all his kids and grandkids over the years. Dad lived all of his 92 years in Balfour except for a short stint away for military service from 1943 to 1946. His knowledge and interest in the wars knew no bounds; he would have made an excellent history teacher. He also had a deep love for the great literary masters, golf, bridge and especially his little grandchildren and great grandchildren.

Chuck was pre-deceased by his first wife Evelyn in 1995, his daughter Nancy in 1978, his twin brother and his six sisters. He was the last of the Noakes babes to arrive and the last to go.

Chuck gave those in his life many gifts to cherish. He is lovingly remembered by his wife Nina Smiley, children John (Denise) Noakes, Barb (Keith) Rowsell, Carol Noakes (Doug Desrosiers), Leslie Noakes, his step children and his many grandchildren and great grandchildren.

Donations in Chuck's memory can be made to the Canadian Wildlife Federation or Nelson Red Cross Societ

## Notice of Passing

**BRAYBROOK, William (Bill)**  
April 10, 1920 - September 12, 2016

William (Bill) John Braybrook of Calgary passed away on September 12, 2016 at the age of 96 at the Foothills Hospital. Bill was the beloved husband of Joan Braybrook, father of Gloria (Calvin) Sutela, and grandfather to Tracy and Cory Sutela, and Nelson, Lucas, Tanya, and Natasha Braybrook. He was predeceased by his son Paul (Alana) and grandson Jacob Braybrook. He will be lovingly remembered by many nieces and nephews, and numerous friends.

Bill was born in Calgary April 10, 1920. He lived in the Ramsey, Inglewood, and Capitol Hill areas of Calgary. He served in the Royal Canadian Armed Services, Calgary Highlanders Unit. Bill worked at Bruce Robinson Electric and retired as an office manager with Nexen Petroleum at Balzac. He was an avid gardener, accomplished woodworker, keen camper, sports lover, great neighbour, and a dedicated man of faith. Bill will be sadly missed by family and friends, including the residents and staff of Extencicare Hillcrest Continuing Care. A Celebration of Bill's Life will be held on Saturday, October 8, 2016 at 2:30 p.m. at Faith Lutheran Church (1903-19 Avenue NW). Bill was a charitable man, so in lieu of flowers, please donate to the charity of your choice. To express condolences, please visit: [www.mountainviewmemorial.ca](http://www.mountainviewmemorial.ca)

*From Tom Lymbery: Bill Braybrook and his family spent many summers at Gray Creek Auto Camp and Tom's Book II has photos of him and his wife Joan.*

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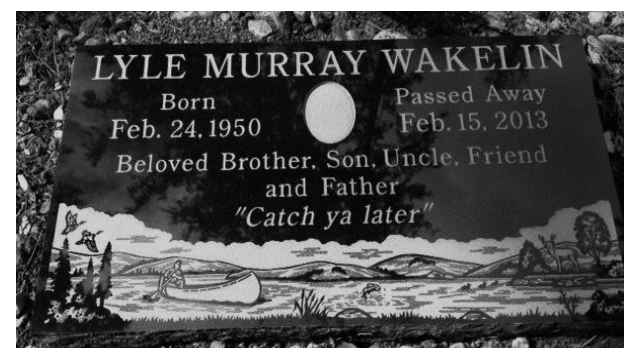


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## In Memory of Lyle Wakelin

submitted by Tom Lymbery

Lyle Wakelin was always so friendly and helpful in the years that he worked at The Lakeview in Gray Creek. Please stop a moment at our Gray Creek Cemetery to see his unusual and attractive headstone.





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

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**NOTICES**

**WEEKLY HATHA DROP IN YOGA** - Monday 9:30am to 11am, Community Corner in Crawford Bay (Jai will be teaching these classes for Oct.). Wednesdays, 9:30am to 11am, Memorial Hall in Boswell. Hatha yoga, all level, with Melina Cinq-mars, certified Hatha Yoga teacher since 2004, \$10 drop-in. Mats available. melina@yin-yogi.com or 1.877.872.2843

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Call 250.551.1352

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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

lunch-dinner-espresso 250-227-9596

**BLACK · SALT · CAFÉ**

blacksaltcafe.net your eastshore bistro in Crawford Bay



# 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 OCT 2016

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

Oct 4, Tues: No Doctor

Oct 5 - Dr. Moulson

Oct 6 - Thurs: Dr. Lee

Oct 11, Tues: Dr. Lee

Oct 12, Weds: Dr. Moulson

Oct 13, Thurs - Dr. Lee

Oct 18, Tues - Dr. Lee

Oct 19, Weds - Dr. Moulson

Oct 20, Thurs - Dr. Lee

Oct 25, Tues - No Doctor

Oct 26, Weds - Dr. Moulson

Oct 27, Thurs - Dr. Lee

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

Call to make appointments at 227-9006

on doctor days and Thursday morning.

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

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

### BOSWELL HALL HAPPENINGS

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

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

### DON'T MISS HALLOWEEN IN RIONDEL 2016

Halloween in Riondel is awesome. It is held at the Riondel Fire Hall and includes treats generously donated by the Riondel residents. The Riondel Market collects the treats and money for this fun filled evening. There will be hot dogs and pizza and home made treats. Entertainment will include a magic show, a DJ and fire works to conclude the evening. Everybody is welcome and we hope to see you there! A huge thanks to REC9 for their support of this fun event and the Riondel Fire Fighters who provide the space and volunteer their time and discharge the Fire Works, the Riondel Market and all the residents of Riondel who either donate or answer their doors to the many children who come to Riondel for HALLOWEEN. THANK-YOU!

## Gray Creek Store Prize Winners

by Tom Lymbery

Prize Winners at Gray Creek Store's 103rd Anniversary all are East Shore residents except Signe who lives in Creston

- Virginia Holman
- Carl Jeffery
- Signe Miller
- Steve Sayer
- Kathy Donaldson
- Cathy Covey

*Creativity, Community, Conscience*

*mainstreet@eshore.ca*

*www.eshore.ca*

### KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Off-Season Schedule in effect:  
All times listed in "East Shore Time"

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

## CHURCH/MEETING CALENDAR

### RIONDEL COMMUNITY CHURCH

#### OCTOBER 2016 SCHEDULE

Oct 2: Brenda Panio, 1pm

Oct 9: Ramona Dannhauer, 1pm

Oct 16: Derrick Smith, 1pm

Oct 23: Jeff Zakk, 11am

Oct 30: St. Michael's, Balfour

### CHRIST CHURCH & EAST SHORE CONGREGATIONS

#### ST. ANSELM'S CHURCH BOSWELL (Anglican)

For information call Christ Church Creston 428-4248

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

### HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

For info, please contact Karen Gilbert: 227-8914

### KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

Pastors Richard and Ramona Dannhauer

16190 Hwy 3A, Crawford Bay 250.227.9444

### YASODHARA ASHRAM

Satsang (non-denominational, "in the company of the wise"),  
each evening 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.

### THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

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

### CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church, 8151 Busk Rd, Balfour

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

## The MAINSTREET-

Contact: Ingrid Zaiss-Baetzel

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

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

E-mail: [mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)

### \*ADVERTISING RATES

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

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

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

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

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

or 6 3/4" wide by 2 1/4" high

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

or 6 3/4" wide by 3" high

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

or 6 3/4" wide by 4 1/2" high

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

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

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

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

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

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

Sample Sizes - more sizes available.

Column Width: 3 1/4 inches - double column

width: 6 3/4 inches - full width: 10 3/8 inches

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

Classified Ads: \$5/first 30 words,

10¢/word after the initial 30.

\*\* 30% MORE FOR COLOUR ADS\*\*

*Next Deadline:*

*Oct. 24, 2016*

*mainstreet@eshore.ca*

*www.eshore.ca*

## MEETING PLACES

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

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

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

**TOPS** - Take Off Pounds Sensibly: meets every Monday morning at 8:30 am in the Kootenay Lake Community Church basement. Call Myrna for more info: 227-9420

### PARENT ADVISORY COMMITTEE

(PAC) Meetings held at 7 pm at the Crawford Bay School on (usually) the second or third Monday of the month. (or Tues) Call Ingrid to be put on the agenda - 250.227.9246

**Next PAC Meeting:**

**AGM, Oct 17, CBESS Library, 7pm**

**October 2016 Mainstreet 19**



October 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Bottle Depot, 10-3	3 Yoga w/ JAI - Comm Corner, 9:00-10:30am	4 Vet Clinic, CB Motel Tara Shanti Yoga, 9:30-11am NO Doctor	5 Hidden Lang Hatha/Dream Yoga, Ashram Yoga Bos Hall, 9:30-11 Vball, 6:30pm CB School Dr. Moulson	6 Tom Lymbery 2nd Book Signing, GC Store Tara Shanti Yoga, 9:30-11am Dr. Lee	7 Fred Wah, Linda Crosfield Read- ings, Oxygen Arts Centre, 7:30	8
9 Bottle Depot, 10-3	10 Thanksgiving Sunday Yoga w/ JAI - Comm Corner, 9:00-10:30am	11 Osprey out until 26th Thanksgiving Sunday Tara Shanti Yoga, 9:30-11am Lions Mtng, 7 pm Dr. Lee	12 Yoga Bos Hall, 9:30-11 Vball, 6:30pm CB School Dr. Moulson	13 Tara Shanti Yoga, 9:30-11am Dr. Lee	14	15
Full Moon 16 Bottle Depot, 10-3	17 Pac Meeting AGM, 7pm, CBESS Yoga w/ JAI - Comm Corner, 9:00-10:30am	18 Tara Shanti Yoga, 9:30-11am Dr. Lee	19 Yoga Bos Hall, 9:30-11 Vball, 6:30pm CB School Dr. Moulson	20 Tara Shanti Yoga, 9:30-11am Dr. Lee	21	22 Gerry's 75th w/ Ruckus, Newkeys
23/30 Bottle Depot, 10-3	24/31 Yoga w/ JAI - Comm Corner, 9:00-10:30am	25 Tara Shanti Yoga, 9:30-11am Lions Mtng, 7 pm No Doctor	26 Osprey back on Yoga Bos Hall, 9:30-11 Vball, 6:30pm CB School Dr. Moulson	27 Tara Shanti Yoga, 9:30-11am Dr. Lee	28	29

**THE HISTORIC GRAY CREEK STORE**  
EST. 1913

250-227-9315  
graycreekstore.com



**Mon-Sat 9-5:30 & Sun 10-5**

**IT IS HERE!**  
Tom's Gray Creek Part 2  
Book Launch Oct 2 from 10 - 4  
If you missed it - a second book  
signing Oct 6, 10 - 4

**Don't miss our ongoing  
STOVE DEALS GALORE!**

**PLUS: WETT inspections & Free In Home Consults**



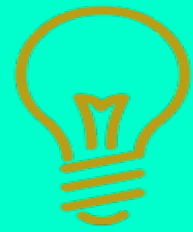
ADVERTISER	PAGE	ADVERTISER	PAGE
Kootenay Insurance Services	12	Kootenay Outdoor Living	20
Artisans	12	PAC	16
Black Salt	18	RDCK Rec 9	6
Boswell Hall	6	RDCK Hazardous Waste	11
Breathless Greens	10	Riondel Market	11
Cindy Mawson Investors Group	6	RVFD	18
Classified Ads	18	Sapphire Hair Salon	11
Community Futures	12	Sunset Seed	7
Crawford Bay Hall & Parks	18	Twisted Roots Pig Roast	8
Crawford Bay Market	10		
Credit Union	1,20		
Creston Valley Realty	17		
Creston Vet Clinic	7		
ESIS	10		
Eastshore Physiotherapy	5		
Faeries Landing	1		
Fitness Place	4		
GRS	11		
Gray Creek Store	11		
Harreson Tanner	17		
Hulland and Larsen	10		
Imagine Kootenay	11		
Junction Creek Hub	11		
KES	10		
Kokanee Springs Golf Resort	10		
Kootenay Conserv. Prog	11		



**Library Hours:**  
ES Reading Cntr:  
Tues & Sat: 12-3  
Thurs: 7-9 pm

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

**Transfer Station Hours**  
CRAWFORD BAY:  
Sunday/Tuesday  
9-3, Sun, Tues, Thurs  
BOSWELL:  
Weds/Sat 11am-3pm



**Rick Felker**  
eastshoreelectric@hotmail.com

Box 269 Crawford Bay, BC, V0B 1E0  
250-505-2825

**EAST SHORE ELECTRIC**  
Journeyman Electrician since 1980

*Breathless Greens*

**We are now officially closed.**  
We are organizing a gathering for the first week of  
October at the greenhouse to show our appreciation  
towards our supporters. We invite you to celebrate  
the success we all created together.  
Have a colourful autumn and thank you in every way!  
The Legault-Elias Family (and more)

**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  
For more on facility, call Kathy Smith, 227-9006