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YEAR 27, NUMBER 10

OCTOBER 2017

The East Shore Mainstreet

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Mainstreet Meanderings

by Editor Ingrid Baetzel

Building Ourselves Up

We are in decline. Our beautiful communities are shifting and there is a more urgent sense that it is time, right now, to get ahead of the curve and look at what needs to be done to bolster our population, encourage economic growth, create real, sustainable jobs and keep our region from too much rural to urban migration.

As our senior population grows and their health and security needs increase, many are finding it necessary to relocate to larger centres. Despite a lot of focus on developing rural health care services and trying to bridge the gap, for many it just isn't enough. People, particularly senior people, moving away can mean long-held community stakeholders and program managers leaving their positions. It can mean economic loss due to fewer dollars being spent locally. It can mean more gaps in social programming and recreational support. It certainly means that younger generations need to step up into some of these roles in order to keep communities vital and vibrant, sometimes even simply functioning.

But how do young people step up when there aren't many around? Just like seniors, younger people are moving to urban areas, or not moving out of urban areas to begin with (despite sky-high rent and property costs, huge saturation of certain markets, loss of jobs to computers and developments in AI, extreme competition and other hurdles). Regions like ours offer so much, but come with limitations. We have what people want. We have a social system and networking, we have boundless nature and outdoor opportunities, we have beauty and freedom and entrepreneurial opportu-

nities. What we seem to lack is the current skills to create and develop jobs and opportunities for young people and we seem to be missing the mark on advertising ourselves in a way that doesn't speak only to tourism dollars.

The BC Rural Centre has done a study called "Rural Renewal: Attracting Millennials to Rural Places" (thank you to Gina Medhurst and Kootenay Lake Chamber of Commerce for the info) in which they lay out this particular case of millennials actually preferring to live in more rural places than urban ones, and what they typically look for or require to make the move. This includes: fibre optics, entrepreneurial culture, co-working spaces, public spaces, innovative housing, retailers, great schools, local public markets and good jobs... Our region already boasts many of these elements. What has been found to be lacking in the past and is quickly becoming more and more amenable and useful is the fibre-optic/internet connectivity issue. Good connectivity is essential in this changing world and between small local ISP's and bigger conglomerates, that reality is becoming more and more present every day.

The housing issue remains, though. This seems to be one area that could use a focussed approach. Housing is hard to find. It may be substantially more affordable, but there just isn't enough of it. How can we come together as a community to make housing a priority?

There are good and important meetings and gatherings going on now. This topic is hot in one way or another at each of them. Whether it's the chamber looking at the economic angle of out-migration, the school identifying rationale for student departures and lower birth rates affecting enrolment, the EDC hosting meetings to gain public input on what to do to prioritize and identify themes in regional economics, or ad hoc committees trying to salvage green spaces, lake access and recreational amenities, people are working at this.... They know and they care. If this matters to you, know that there is a place for you. The issue is at hand and every voice is important and necessary.

LETTER TO THE EDITOR

MOVING ON

Dear Editor;

We bought our lot above the 18th tee at Kokanee Springs back in 1986. We built our dream home in 1994 - building continued for a number of years as Jim worked at "Cart Break Hotel" for 19 and a half years. We had a lot of help from our new neighbours - Don and Ann Carbert, Dorothy Rosa, Jim and Dee Osborne, Carole and Frank Waters, Mary and Brian Carr. Many have moved away or have now "moved upstairs". We thank them all.

We were persuaded to join the Kootenay Lake Lions Club - Jim in 1997, me in 1998. We became very involved and can remember when we held Las Vegas nights in Riondel. The local merchants were always so kind to me when I came to call and so giving in their donations to the cause. We thank you all very much.

Another project the Lions Club had was the Community Calendar - again merchants from Creston, Nelson and our own here were very supportive and supplied their advertising to the Calendar - once again - always kind and supportive when I called.

Again, through a "wrong number call" we became involved with the RCMP Cops for Kids ride and for a number of years I made their luncheon and Jim always declared that he was the "gofer" guy but we did it together, always with the support of the Lions Club sponsoring. I think we did this for about 15 plus years. Original helpers were Mary Carr, Mary Lou Whiffin, and of course Verna Mosley with her famous "Kootenay" brownies. The RCMP always got a laugh out of that. Initially it started out at the park on a cold, windy and rainy day. It progressed to the Board Room at the Kokanee Lodge thanks to Greg Garbula then Manager and later Richard Bertram. Thanks so much. To this day Kokanee still lets the Lions club host the Cops for Kids Luncheon at the Lodge.

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The Kootenay Lake Lions Club is the greatest organization and we have been proud and humble to have served our Club and Community and have benefited from Lions strong backs assisting us in the past.

We have had so much fun here, golfing, parties, and happy hours. So much sadness when we lost good friends. We are sad to leave but also looking forward to a new life style in a condo.

Now it is our turn to move on with much fondness and great memories,

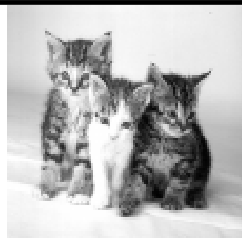
Hope and Jim Fortune, Crawford Bay

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SEX AND THE KITTY

Dear Editor:

I would like to thank all the East Shore community members that donated to the SPCA boxes located in Crawford Bay and Riondel Markets.

Thanks, Lynda Leduc, SPCA Volunteer

- Planning a wedding?
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RDCK Area "A" Update

by Garry Jackman,
Director - Area "A"

UBCM 2017

Each fall locally elected representatives such as myself have an opportunity to attend the annual convention of the Union of BC Municipalities (UBCM) where we discuss issues among our colleagues who gather from across the province. We meet with provincial ministers and senior government staff plus provide collective direction to our UBCM staff. Our objective is to pursue highest priority issues with the provincial government, often either to prompt legislative changes, change or increase funding for various provincial programs or to raise awareness of the impact of provincial policy on our communities.

I am writing this article on day three of the convention which began at a relaxed start of 9am on Monday, 7:30am Tuesday and Wednesday, 6:30am for my first engagement Thursday morning and then back to a 7:30 start Friday morning, wrapping up at 1pm Friday. I want to stress that I come here to work on your behalf and below I will touch on a few of the issues my colleagues and I from the Kootenays are pursuing. Note the provincial government decides who we have access to but when we take a strategic approach we generally have good success at seeing the key contacts, either political or high level management, to get our messages across.

As your RDCK board we have met with the Minister of Environment to stress our concerns over being able to continue our level of service for recycled prod-

ucts while transitioning to having Recycle BC bear the cost rather than paying twice, once through the eco fee at point of purchase and again through local taxation. We also met with the Solicitor General to discuss the local impacts arising from the legalization of marijuana. I met with senior staff from BC Hydro to discuss tools to mitigate lake flood levels and allow for drainage of low lying farm lands in the Creston Valley, FLNRO management to discuss support for lake access, including the proposal under discussion for a Crawford Bay regional park, ministry of environment staff for support on addressing sewage discharge from boats and numerous other discussions before and after our briefings on various topics.

I had two conversations with MOTI (highways) staff regarding next steps to address the marine and landside safety issues outlined by the ministry around the Kootenay Lake ferry and to prepare for the eventual retirement of the MV Balfour. I am pleased that the program manager who provided a detailed update generally agrees that an electric propulsion system needs to be considered for the next ferry. Several potential power plants will be considered and costed, including diesel/electric, natural gas, solar augmented, etc. In my view at least starting with electric drive motors at the propellers or jets will allow for future conversion to all electric within the lifespan of the vessels hull. The need for additional public input, starting early in 2018, was also agreed. I do not have a commitment but I strongly believe the next meeting or focus group for the community must be held on the East Shore, of course with neighbours from across the lake being involved. The lack of direct community input from those who use the ferry most frequently must be corrected.

Other topics which will impact us in the near term are the transition to the BC Energy Code, better coordination and use of wildfire mitigation funds, issues

around protection of watersheds (water quality and quantity) plus our usual transfer of information and experience around how to best manage municipal assets on your behalf.

RECAP ON OUTDOOR RECREATION

Over past months I have provided some background to some interrelated projects which involve, to some degree, the outdoor recreation potential of our area. Several conversations over the past weeks have zeroed in on the proposal to create a regional park at Crawford Bay, with many wanting more information. Over the past few years our EDC and Rec 9 commissions have identified several other viable lake access opportunities. Between RDCK staff and Ministry of Transportation contacts I have asked for eight sites to be investigated, including Crawford Bay. Concerns around longer term taxation implications are valid. I do not have the figures I would like to in order to be able to give an accurate projection today. Those who know me well should realize I always scrutinize our budgets for value for the taxpayer. I still hope to hold additional public information meetings in communities outside of Crawford Bay plus provide a larger parks overview in early October.

You may recall some of the information I provided around what the entire regional district spends on indoor and outdoor recreation. This added up to \$10.56 million 2017 taxation by the RDCK focused on facilities and programs which are predominantly delivered within buildings or on groomed fields. In contrast, for the parks and trails services offering a less structured approach to recreation and access to nature the RDCK requisitioned \$420.8K in taxation in 2017, with the Area A requisition being \$28.5K.

If you have questions or comments on any topic please drop a note to gjackman@rdck.bc.ca or call me at 250-223-8463.



Hidden Taxes

by David George

Good News Column

What is the news? The news is good! This month the news in this column is all about five Good Things.

The Pacific Blue Cross strike/lockout is over, our new provincial coalition government is doing three of the Good Things, and forest fire season is almost over.

First Good Thing: As of Monday, Sept 11, 600 workers at Pacific Blue Cross voted to accept a new six year contract, and were back at work on the 18.

Mediator Vince Ready, well known in BC and nationally for facilitating more than 600 collective agreements, got together with CUPE local 1816 and Blue Cross on the 8th and 9th and got both sides to agree on a six year contract. It preserves benefits for Blue Cross retirees, one of the main issues in the strike/lockout.

Pay increases are for 1.5 percent retroactive one year, 1.75 percent for this year, and 2 percent each year for the remaining four years. Backlogs, consisting of at least 50,000 mailed in claims are expected to be cleared fairly quickly. We had a claim which was mailed in at the end of June paid on the 20th, good news for us and the rest of Pacific Blue Cross's 1.5 million member/clients.

Second Good Thing: Our provincial government has placed limits on political contributions, banning them from businesses and unions. Individuals may contribute up to \$1,200 per year. This new initiative replaces the practically unregulated way political contributions were handled in BC formerly.

Third Good Thing: BC Hydro's attempt to build more unnecessary generation facilities involving Site

C may be over. The BC Utilities Commission has demanded quite a lot more information from BC Hydro by November 1st about the ongoing costs and the costs required to shut down the project.

Hydro claims it will cost \$3 billion to shut Site C down, but a more realistic estimate is a little more than \$1.1 billion. This has still added up to real money, though. Consultations will be going on around the province in the month of October so the BCUC can hear from first nations, and almost anyone else who feels they were not consulted before the previous Liberal government virtually rubber-stamped the project.

Hidden Taxes will have more to say about how any future need for more electricity in this province will be dealt with, in a future column. For more about the report from the BCUC, have a look at the website www.desmog.ca/ which deals with a lot of other Canadian issues also.

Fourth Good Thing: We are going to have the chance to vote in a referendum about proportional representation in BC. This has been announced to take place during the Fall of next year, 2018. Take notice, young Justin Trudeau in Ottawa. The rest of Canada may demand you fulfil your campaign promise about this matter for the nation.

Fifth Good Thing: Forest fire season is almost over, at long last. We have had rain in many parts of the province which desperately needed rain. We did have a proper scare in the Crawford Bay area of the East Shore, though. Many of us saw the amazing flying circus air show in which two amphibious water bombers were assisted by six float planes in suppressing the Preacher Creek wildfire. There was even a post on Facebook of the two amphibians filling up in the bay.

Earlier I had thought they might be venerable PBY5As, or Cansos, but looking at the Wikipedia entry under Canadair CL-415, that is what the two amphibians were. They cost \$37 million each, and hold 6137 litres, or 1350 Imperial gallons, which is six metric tonnes,

and can scoop up refills quickly.

Part of the Wikipedia entry reads "The aircraft requires 1,340 metres (4,400ft) of flyable area to descend from 15 metres (49ft) altitude, scoop 6,137 litres of water during a 12-second 410 metres (1,350ft) long run on the water at 70 knots (130 km/h; 81 mph), then climb back to 15 m altitude." Ninety-five CL-415s were built, and 88 remain operational around the world. Newfoundland and Labrador have 4, Quebec has 8, Ontario has 9, and Manitoba has 4. I suspect the two we saw in Crawford Bay were from either Manitoba or Ontario. Well done, all the pilots, as well as the ground crews who responded so quickly, and many thanks for being there when needed.

Hope there will be more good news in October for the next column of "Hidden Taxes".



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OCTOBER Horoscope

by Michael O'Connor

Tip of the Month: September was a blast-off-month. What began will have long-term implications. Now in October, the powerful starts are both settling into their destined momentum and include a clean-up of the often messy results of pioneering events and initiatives. The main theme for October includes Sun, Moon, Mercury, Venus, Mars, and Jupiter in Libra at overlapping intervals. This implies a major activation of various individuals and larger groups seeking balance, fairness, and justice with. By November Sun, Moon, Mercury, and Jupiter will all enter Scorpio and the plot will deepen.

Aries (Mar. 21-Apr. 19): Relationship harmony is the main theme for you in October. This will likely prove to be a challenge at times. But you yourself will desire it and even go the extra distance to achieve it. By November, you will be deep in a process of transformation.

Taurus (Apr. 20-May 20): Creating a healthier lifestyle rhythm is a central theme. Your aim is to achieve a new level of beauty, harmony, and balance. You will work hard to achieve your goals. Be patient with results as otherwise, power struggles could arise.

Gemini (May 21-June 20): Play and adventure are on your mind. Family gatherings, quick get-aways, and longer journeys are all on your mind. By mid-month, you will deepen your investigation to get the most and the best for the least.

Cancer (June 21-July 22): Establishing a new state of harmony, balance, and flow close to home is underway. Your focus will progressively shift to new designs. Your ambition levels and resolve will progressively deepen into revolutionary action.

Leo (July 23-Aug. 22): A rather pleasant and intellectually stimulating cycle as October begins will gradually take a much deeper turn. Getting to the bottom of things will include research. Your imagination will be ignited if you engage it with a satisfying challenge.

Virgo (Aug. 23-Sep. 22): As though the tide has been steadily going out, ending previous cycles, it has now begun to come back in. This momentous turn began in late September. Now, it is coming to its peak, a process that will continue for the rest of the year.

Libra (Sep. 23-Oct. 22): Forging ahead and entering new territory continues. As the month progresses, you will begin to accumulate the resources you need. This can include knowledge, money, key contacts, supplies and so on. The possibilities for big returns are indicated.

Scorpio (Oct. 23-Nov. 21): As October begins, you find yourself laying low. But, as the month progresses, you will feel increasingly energetic, confident and adventurous. Your mind will sharpen and ambitions will increase. Get ready for an exciting month.

Sagittarius (Nov. 22-Dec. 21): You are back in the clear blue sky in your mind. This will continue but early on and progressively you will take a plunge into deeper waters. At worst, this could prove intimidating and you will be challenged to access hidden reserves of faith.

Capricorn (Dec. 22-Jan. 19): October stands to be a pivotal month. Over the course of it and into November you may learn just who are and are not your true friends. A big turn is fast approaching between now and 2018. Fasten your seatbelts and ease off the gas.

Aquarius (Jan. 20-Feb. 18): You are beginning to see a bigger picture. Taking a philosophical approach to matters these days is ideal. Yet, a shift is coming that could manifest as a promotion. You will be moving hard and fast to acquire new knowledge, skills, and training.

Pisces (Feb. 19-Mar. 20): The focus on relationships continues and deepens this month. It is woven with creativity and work. Financial interests and concerns stand to escalate. You will be challenged to dig deeper so you can reach wider, both literally and philosophically.

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Letters of Support Needed for Crawford Creek Regional Park

by Mike and Ivy Jeffery on behalf of
the Crawford Creek Regional Park
Ad Hoc Committee

On Aug 23, 2017 Garry Jackman and two RDCK representatives presented information about the process to acquire the property that Kokanee Springs has put up for sale. In total there are 162 acres including the headland wetlands, the lake shore and both sides of Crawford Creek, totalling about 3000 feet of frontage.

This meeting was attended by 115 people at Crawford Bay Hall at which time a petition of 481 signatures was presented to Garry Jackman to take to the RDCK. Out of this meeting a group of about 23 people established an ad hoc committee to gather support and eventually funding for the purchase of the Crawford Creek and headlands.

The petition that was given to Garry Jackman of RDCK has continued to be circulated and has gathered a total of 993 resident signatures and a further 568 visitor signatures which shows an impressive expression of interest in the purchase of this private property to become a regional park.

Our next step is to have letters of support submitted. The ad hoc committee encourages ALL residents and concerned individuals to write a letter of support indicating why you feel that having this property purchased and made into Crawford Creek Regional Park is important to you. Please write in your own words or use the following template.

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Sample Format for Letter of Support:

1. State that you are an East Shore Resident and that you would like to see the Crawford Creek Beach and Wetlands protected for future generations.
2. Describe what the Crawford Creek Beach area and Wetlands means to you.
3. Describe what it would mean to you if this land access was lost. That may include environment, economic, recreation or other factors.
4. Finish by saying something along the lines of: "Please consider this letter a Letter of Support for the RDCK to purchase the Crawford Creek Beach and Wetlands to establish a Regional Park."
5. Signed: Your full name, address and/or email address.
6. Letters can be emailed to: crawfordcreekregionalpark@gmail.com
7. Please include a short note if you would like to be approached for financial donations for this.

Once we have letters of support our next step is to have these submitted for later presentation to RDCK or the variety of other funding groups such as Columbia Basin Trust that the ad hoc committee will approach. We have brochures available for dispersal to friends and others. For further information and to view the video please go to the website: go.4more.ca/regionalpark and any questions email: crawfordcreekregionalpark@gmail.com.

Frequently Asked Questions About Park Initiative

Maybe you've heard things in the community about the regional park initiative. Below are some debunked rumours and answers to questions about the Kokanee Springs land for sale and why the establishment of a regional park makes sense.

Rumour: As a resident, this will cost me a lot. Taxes will go up significantly - property taxes will increase to pay down the loan on the regional park.

Fact: No one knows how much property taxes may increase because the property has not been bought. A fund raising and grant writing campaign will offset the sale price and reduce any tax burden incurred.

Rumour: One year ago, the Kokanee Springs Resort offered the Wetlands/Airstrip/Beach to Regional District of Central Kootenays for a million dollars less that it is for sale today.

Fact: The local government could not provide any numbers or details if discussions were even held. This would be in contravention of the Board policy and provisions within the Local Government Act.

Rumour: Only a developer would buy the land.

Fact: Anybody can buy that land. There are plenty of wealthy people looking for a large private land holding with lake access. A buyer could put horses on the meadowland and put gates up blocking access to the lake and deny access to the wetlands.

Rumour: Buyer has to give public access to lake.

Fact: Public access is only required IF the lake frontage property is subdivided.

Rumour: Buyer will be unable to build on property.

Fact: Many of the lots are only restricted by flood plain, and building regulations would require an engineering stamp of approval. However, Community Corner and the RV park are all in this same flood plain.

Rumour: Kokanee Springs has abandoned development, which is an indication of the possibility of the land not being viable.

Fact: Kokanee Springs has CHOSEN not to develop this piece of land.



Hacker's Desk

by Gef Tremblay

Learning is hard. There is no question about it. To learn, I have to get out of my comfort zone, reading books or watching videos is not enough, I have to put the new information to practice and practice regularly. The brain is an awesome machine that will not only create new pathways for these new skills, it can even change its own shape to accommodate what we are learning about.

In the late 90's there was research proving that the brain functions best when one is in his or her late 20's, after which it stops developing and your faculties would recede. I thought this was quite a gloomy look into evolution and my own future. I was sceptical about this information, believing that our potential is probably greater than what we achieve in our 20's.

That research was re-visited later in the 2000's using the same data but focusing on the anomalies of the results. They realized that the few people who didn't fit were people that continued to learn throughout their lives. So, the new conclusion was that most people stop developing their brain once they are out of school, yet if you kept on training your brain it would continue evolving.

What gets in the way of learning is when I find myself challenged by someone who has a lot more talent than I have. Some people seem to be born with talent. So, it was refreshing to discover the book *Peak* which had the mission to debunk the particular idea that some people are born with innate talent while most of us are born without any talent. For years, the author studied masters of their craft to understand how some people get to be at top of their field.

His conclusion is quite simple; people who attain mastery in some art or skill aren't born with that talent. Practice and environment really make up for who

we are. In a sense, it completely destroys that self-pity way of thinking that we don't have great talent so it will be a lot harder to learn something new. Another conclusion from the book is that learning and practicing is not that enjoyable; it's an arduous process for everyone.

One of his study explored the difference between 30 students from the Berlin Art School. The top 10 violin students, the 10 good but not great ones, and the 10 students that wouldn't make it to become soloists, but would become music teachers instead. All the data pointed in the same direction; the only difference between all of these students was the total hours they spent practicing from age 8 to 18. It was a direct correlation to their skill today and all of them found that their practice was hard and not that enjoyable. It was quite relatable for me, as I practiced violin from age 8 to 12 and, yes, it was painful.

If the author left us only with this proven fact, his book would have been quite boring, so he continues to find out what is the best way to learn. In his view, there are three major points which help the process of learning.

- Purposeful practice
- Mental representations
- Deliberate practice.

Purposeful practice can be viewed as the process of learning by improving what we are worst at. Often, we pick up a new activity or a sport. We learn the basics, get to a certain level and enjoy that achievement. We

continue to practice that activity as long as it's enjoyable not wanting the new comfort zone that we have created for ourselves. We can continue to play or participate in that activity without every getting good at it,

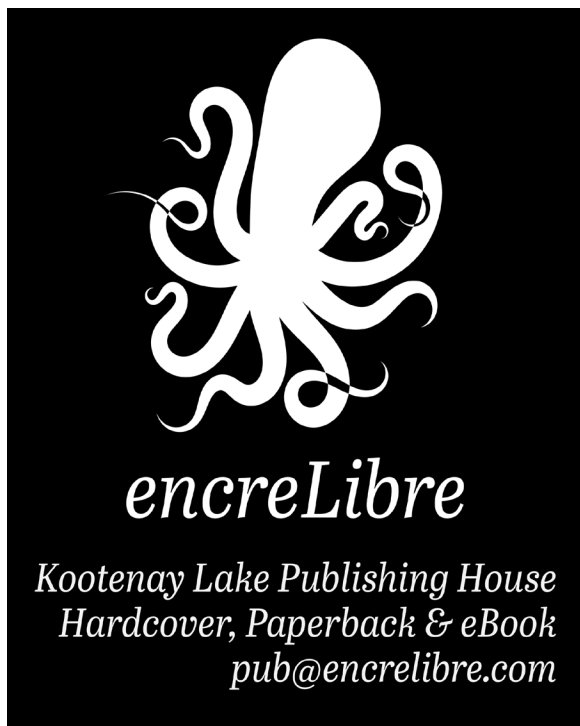
but we don't really mind as we enjoy it as it is. Purposeful practice is then the act of reflecting on how to improve on that activity. Seeing where are our flaws and practicing these difficult parts.

Mental representations are techniques that we can use later in the process of learning to help us create an image of what it is to be learned. It goes hand in hand with purposeful practice by complementing it. Like a musician who can hear the notes of music when reading it, the mental representation helps the brain adapt to learning a new skill.

Deliberate practice is the pinnacle of learning. It's not the easiest to attain as it requires few elements. In deliberate practice, you need someone to guide

you through a process of learning, while being able to quantify your learning against a field of knowledge. In deliberate practice, you use your mental representation and your purposeful practice to enhance the process of learning. Of course, not all fields can be applied to deliberate practice but you can take the concept and apply it to anything you would like to learn.

I was happily surprised to discover this book and it inspires me to continue learning. It also made me wonder if I'll ever master some skills. 10,000 hours was what violinists had to go through from 8 years old to 20 years old to be considered top of their class, I wonder what would inspire me that much to spend over 10,000 hours learning.



Kootenay Lake Publishing House
Hardcover, Paperback & eBook
pub@encrelibre.com

Rumour: Government is the wrong body to purchase the land.

Fact: RDCK local owning the land and establishing a regional park means access will be guaranteed. Maintenance costs would be covered by RDCK, signage would be provided and tourists generally trust regional and provincial parks. Habitat would be protected. Projects to enhance fisheries could proceed.

Rumour: Crawford Creek doesn't have any spawning fish.

Fact: YES IT DOES! Last year and this year there were many returning Kokanee that spawned. Next year will be the return of Kokanee fry that were released in Crawford Creek.

Question: Why can't RDCK buy only a few of the lots?

Fact: All 162 acres are sold as one parcel.

Question: Did Kokanee Springs actually buy that land to begin with?

Fact: Ken Jennings arrived in the community in 1964 and started buying land. The area was economically depressed; the average land price was \$110/acre. In 1966 Jennings amalgamated his holdings under the name Kokanee Springs Development Company. That same year Samedan Oil Corporation of Canada bought a half interest in the company, which now owned 6,600 acres of land from Riondel to Boswell. In 1969 the first 10 A-frame chalets (Kokanee Chalets today) were built adjacent to the campground. The 2,700' grass airstrip was built in 1970. The 6,600 acres were purchased as an investment and from time to time parcels and lots were sold.

Watch for further information, meeting dates, FAQ's and developments here in Mainstreet, on the website (<https://go.4more.ca/regionalpark>), on Instagram (@crawfordcreekregionalpark) and Facebook.



Fire Prevention Week 2017

by Fire Chief Cory Medhurst

Your family is fast asleep when the smoke alarm sounds: Do you know what to do?

October 10, 2017 -- Consider this scenario: It's 2 o'clock in the morning. You and your family are fast asleep when you awaken to the smoke alarm sounding and the smell of smoke. What do you do? If you and your family don't have a plan in place, it could jeopardize your safety, or even prove deadly.

In a typical home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds. That's why home escape planning is so critical in a fire situation. It ensures that everyone in the household knows how to use that small window of time wisely.

Developing and practicing a home escape plan is like building muscle memory. That pre-planning is what everyone will draw upon to snap into action and escape as quickly as possible in the event of a fire.

This year's Fire Prevention Week theme, "Every Second Counts: Plan 2 Ways Out!" works to better educate the public about the critical importance of developing a home escape plan and practicing it. The Riondel Fire Department is working in coordination with the National Fire Protection Association (NFPA), the official sponsor of the Fire Prevention Week for more than 90 years, to reinforce those potentially life-

saving messages. Fire Prevention Week is October 8-14, 2017, watch for brochures at our local stores and the Credit Union.

"Home escape planning is one of the most basic but fundamental elements of home fire safety, and can truly make the difference between life and death in a fire situation," said Lorraine Carli, NFPA's vice president of Outreach and Advocacy.

In support of Fire Prevention Week, the members of Riondel Fire encourage all East Shore households to develop a plan together and practice it. A home escape plan includes working smoke alarms on every level of the home, in every bedroom, and near all sleeping areas. It also includes two ways out of every room, usually a door and a window, with a clear path to an outside meeting place (like a tree, light pole, or mailbox) that's a safe distance from the home.

The Riondel Fire Department offer these additional tips and recommendations for developing and practicing a home escape plan:

- Draw a map of your home with all members of your household, marking two exits from each room and a path to the outside from each exit.
- Practice your home fire drill twice a year. Conduct one at night and one during the day with everyone in your home, and practice using different ways out.
- Teach children how to escape on their own in case you can't help them.
- Make sure the number of your home is clearly marked and easy for the fire department to find.
- Close doors behind you as you leave — this may slow the spread of smoke, heat, and fire.
- Once you get outside, stay outside. Never go back inside a burning building.

To learn more about this year's Fire Prevention Week campaign, "Every Second Counts: Plan 2 Ways Out" and home escape planning, visit fireprevention-week.org.

URGENT CALL FOR MEMBERS

Riondel Volunteer Fire Department

by Fire Chief Cory Medhurst

Riondel Volunteer Fire Department is in urgent need of new members and are starting a campaign. Currently our roster sits at approximately 13 members, with two being juniors (under 18). Our expectation from the insurance underwriters is a minimum of 15 adult members to maintain the insurance fire rating for Riondel; as well as many other requirements which we do meet. Losing the town's fire rating (which would increase fire insurance) would most certainly see the close of the department and our services above structure protection as we know it. Also this year, for the first time in many, we had two emergency calls go unanswered. These unfortunate missed calls were a result of members being away; being busy with their full-time work/life; or being untrained for the call type. Simply put, we need more members to meet our requirements, and to ensure that we have emergency services available all the time.

Another reason for us to push for more members is the ongoing talk of fire services beyond Riondel, in the form of a satellite department. Nothing more can proceed with the ideation of a satellite hall, or a new stand-alone hall elsewhere on the East Shore without the proper people power to operate it. The largest set back with moving forward on this topic is yet another requirement for satellite fire departments to have an additional 10 adult members above the main department's roster. That's 25 members in total. If you've thought "I would join if my area was protected" then now is the time to act. Join us now, get trained up and help us meet the requirements to move forward to become the East Shore's best emergency response team.

We need men and woman ages 18 – 70, from all over the East Shore (junior positions are limited). We have many positions available for almost everyone from fighting fires to weekly hall maintenance, medical first responding, auto extraction, rope rescue and more.

Don't think you can handle the physical effort of fighting a fire or auto extraction? We still need traffic control, oxygen bottle exchangers, site safety personnel, equipment runners. Medical calls are not for everyone, but you won't be forced into any situation you're uncomfortable with. The best part is that we cover all training expenses, and ensure once you become a full member that you can do what is expected, safely. We also offer life and disability insurance on and off duty, small stipends for attending calls and practices, and of course the comradery and family feeling of belonging to a dedicated team of awesome people.

What is expected in return? Your dedication two hours a week on Thursday evenings for training (and a couple of weekend courses), and we can go from there.

There's more information and an application form on www.rdck.ca, or if you have any questions on how or when to join call Fire Chief Cory Medhurst 250-551-1352, Deputy Chief Robert Boker 250-225-3305, or Assistant Chief Dan Séguin 778-962-0269.

If you know any of our current members, ask them in person. We encourage you to join our amazing team of Professional Volunteer Firefighters/First Responders and help us make that difference in someone's life today.

House & Chimney Fires

by Fire Chief Cory Medhurst

With winter closing in fast and temperatures dropping we are all inclined to turn on our baseboard or electric heaters or start that first fire. As always, the members of the Riondel Volunteer Fire Department would like to remind everyone to keep the areas around baseboard and portable heaters free of flammable or combustible materials (such as curtains or furniture); and inspect the heaters for any mechanical or electrical issues.

We encourage all wood stove/fireplace owners to clean and inspect your chimneys, if you haven't done so already. Don't forget the "clean out" door at the bottom of the chimney, a common place for creosote (the flammable black tar that builds up on the walls of your chimney) to collect and ignite. If money or mobility is an issue, ask a friend for help. We have an awesome community.

Chimney fires can burn explosively and are generally noisy and dramatic enough to be detected by neighbors or a passerby. People who have experienced these fires compare the sound of the fire to a low rumbling noise like a freight train or low-flying airplane. Flames have been known to shoot from the top of the chimney accompanied by dense smoke.

The first indication of a chimney fire is usually the noise, as the fire intensifies the temperatures can reach up to 2,000 F (1093 C); hot enough to ignite adjacent materials in the roof or attic.

Should this happen to you, call 911, throw a cup of water in the wood stove and close the dampers and all oxygen sources. The steam from the water should be enough to douse the flames, and we will be on our way to help. With newer chimneys/flues, water may crack the insert so you should check with your installer, or call the experts at Gray Creek Store.

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

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Call 250.551.1352

ESIS This Summer

by ESIS Board and Staff

As summer comes to an end we hope everyone enjoyed the super stretch of hot weather and that the smoke did not cause too many problems. ESIS has had a busy summer doing new installs, maintenance and new construction. The concrete base for the new tower at Kokanee Springs Golf course has been poured and work is progressing on the tower base at the Russ Anderson property. By the time you read this we hope to have that base poured for it as well.

Many thanks to Mike Jeffery for doing the excavation for both towers and to Alex Lackovic for supervising and helping with the rebar cages and concrete forms.

ESIS technical staff have also been busy working on these projects and will continue with grounding, power supply, tower erection and radio installation.

Mike Jeffery is looking into getting a crane that is in the area to do the lifting of the towers. It is planned to have one or both up by the end of October.

PS. The office could use a little better office chair than the one we have (screws sticking up on seat). If anyone has one to donate we would be very grateful.

Temple Update

by Yasodhara Ashram

The Temple of Light 's fine details will be complete early this month.

September saw the installation of 96 acoustic baffles, which will help absorb and distribute the sound throughout the space. Crawford Bay's Turlock Electrical Contracting completed the lighting and electrical work and Nufloors of Castlegar installed the carpeting in the final days of September.



Derek McKay of Nufloors calls the Temple a "jaw dropping" building. "I have never seen architecture like this before," he says.

Yasodhara Ashram will host the Celebration of Life for Alvin Dunic on October 14 at 1:30 in the Temple of Light.

There will also be an interfaith vigil held on Sunday, October 22 at 7:30 pm in the Temple. This is part of the monthly vigil series by the Nelson Interfaith Climate Action Collaborative.

We look forward to welcoming you to our grand opening next spring.



Kootenay Food Tree Project

by Nicole Schreiber & Bernard Raidt

Fruit is fantastic! Let's grow it!

The Kootenay Food Tree Project is currently handing out **free fruit bushes** to interested residents on the East Shore. We want people to plant, enjoy, and multiply them for the betterment of our communities.

The following are still available:

Red Currant 'Red Lake': 4' tall; produces large crops of sweet red fruit; ideal for fresh eating, desserts, preserves and wines.

Aronia 'Viking': 5' tall; berries have extraordinary nutritional value; similar in size to blueberries; deep violet colour; very high levels of anthocyanins and flavonoids, three times the antioxidants of blueberries and five to ten times higher than cranberries; high in polyphenols, minerals and vitamins; great for juices, teas, jam, wine, syrup, baking; highly ornamental with fragrant, white blooms and glossy green foliage.

Lingonberry: 8" tall; relative of blueberry and cranberry; ornamental low-growing shrub produces large sweet red berries; fruit is very nutritious and excellent in preserves and pastries.

Chokecherry 'Robert': 10' tall; heavy yielder; grape-size fruit; rich red foliage; ideal as a feature tree; excellent for syrup, wine, jams, jellies, fresh eating. Plant in pairs for best production.

Nanking Cherry: 10' tall; attractive bush; delicious, very sweet cherries even in shade; masses of white blooms in May; fine specimen or hedge; excellent for jelly, wine. Plant in pairs or with an early - flowering plum.

Western Sand Cherry: 6' high; highly ornamental, adaptable and low maintenance shrub; abundant fragrant white flowers in spring, bright red fall foliage; fruit high in antioxidants, excellent black fruit for fresh eating, preserves, pies, and wine; plant in pairs or as pollinator for late-blooming plums and Nanking cherry.

Saskatoon 'Smokey': 6' tall; berries are exceptionally large and have sweet flavour; super for fresh eating, preserves, baked goods, and spirits. (All these plants need proper protection from deer.)

Thanks to RDCK Area A and Fields Forward for support for this year's initial pilot.

In coming years we intend to bring in more varieties of fruit and nut trees and bushes. We'll also be developing a propagation program to make more of what has been brought in as well as more of the excellent heritage varieties already here in our area. There will be workshops and information on tree care, propagation, and small food-business development, and we hope to help those interested in starting businesses to access the services available to them.

Thank you to everyone who has volunteered and offered supplies, and to those who have agreed to become 'community testers', which will allow us to keep track of what is doing well here and to take cuttings for propagation in the future.

This project intends to increase our area's food production, reinvigorate the knowledge and excitement around fruit growing, and to encourage fruit-based small businesses to start growing, making, and selling on the East Shore. This is a great place to grow many types of fruit and nuts and there is a demand for local food, so let's get growing.

Get your free bushes: Contact Bernard at Kootenayfoodtreeproject@gmail.com on Facebook at Kootenay Food Tree Project or phone 250.227.9111.

Food Roots

submitted by Nicole Schreiber

Relationships & Experiments

This year has been exciting for Food Roots. It has been a time of relationship building and experimentation, and much has been learned.

Market Days

Food Roots hosted two market days at the Crawford Bay Park, in May and August. Both were well attended (350+) and vendors reported good to very good sales. These markets were an experiment, as we explore what be most helpful to vendors, residents, visitors, and especially new market gardeners and food businesses from our area. At the second market a community produce table was also set up and 12 people brought fresh produce and flowers to be sold. This table was very well received, with locals and visitors eagerly purchasing the fresh vegetables and fruit. Sales were over \$500. There is a hunger for fresh local food, and a need to provide a regular space for those growers and makers who are just getting in to selling their goods. A special thank you to those who donated their sales to the market table project. Our goal is to offer small farm and food businesses an accessible market, and those funds will help us move forward on starting up the program.

Getting to Know Our Food-Business Owners

As Food Roots coordinator I have spent the past two years chatting up local food-business owners and small farmers from Riondel to Wynndel, and in the process have learned about the challenges, successes, and dreams of the food entrepreneurs in our area. There are many challenges – access to markets, succession planning, finding great farm help, to name a few. There are some businesses who yearn to grow, some who wish to retire, and others who are more than happy with what they've already set up. I hope that we can continue to get to know and offer support to our local food entrepreneurs. If I've missed talking to you, please do give me a call or email, I'd love to chat about your business.

Getting to Know the Kootenay Food Groups

Being part of the new regional food group Fields Forward as well as the board of the Creston Valley Food Action Coalition (which manages the Creston Farmers' Market and the Creston Harvest Share) has been incredibly helpful in our quest to build bridges between communities and to learn from what others have already accomplished with their food programs. Having East Shore perspectives on regional committees is very important, as what we require here often differs in scope and approach to what is required in a larger centre. I have learned a lot about the market and harvest share programs in Creston (as well as in Kaslo and other Kootenay areas), and this is already proving to be very helpful as we take our first steps towards developing these programs in our own area. Kudos to all the groups we've approached and joined, for their openness in sharing what they know with us.

Harvest Fruit Hamper

In coordination with Creston Valley Harvest share and the East Shore Christmas Hamper project, we brought 900lbs of freshly gleaned apples, pears, plums and garlic from Creston this September to distribute locally to those community members who received last year's Christmas hampers. We consider this 'Harvest Hamper' a baby step toward development of a regular barrier-free food bank here on the East Shore, and are excited to keep moving forward on this.

Press Fest

We'll be helping host the first 'Press Fest' in Crawford Bay this October 21st, and hope you'll check it out (Please see article for all the exciting details!).

'Keeping it Rural'

In July I attended the 'Keeping it Rural' conference in Kelowna. The vast majority of speakers and

workshops were focused on asset-based rural development and I'm pleased to have learned more about this. Having the time to speak more in-depth with many of the Kootenay folk who attended was valuable, and learning about some of the larger asset-focused food programs in North America was fantastic. Thanks to Columbia Basin Trust for funding to attend.

Kootenay Food Tree Project

Spearheaded by Bernard Raidt, the Kootenay Food Tree Project is busy this autumn handing out a variety of fruit bushes and trees to interested local residents. The project will continue to bring in great new varieties of food trees, and will also develop a propagation program to make more of the great things that have been brought in and the wonderful heritage varieties we already have growing in this area. Workshops and other supports will also be developed. Inspiring greater general food production and support for new small food-based businesses! (See article for more info)

Food Procurement Pilot Project

This project, spearheaded by James Gates, has gathered a number of local businesses and institutions to experiment with securing local and regional food together, in order to increase efficiency and access. Crawford Bay School, Yasodhara Ashram, CB Market, Kokanee Springs Golf Resort, and a number of local restaurants have been making periodic group purchases of Creston produce, and taking note of the challenges and successes of each run. Finding solid workable ways to work together to access local food will benefit local businesses and farmers in the long run. There is now opportunity to join with a new Fields Forward Procurement working group (from Yahk to Riondel) which has the potential to really help move things forward.

Food Policy Council

This regional food council is in its first year, and members are getting to know one another and getting a feel for what types of projects might be approached as a larger Kootenay group. Steve Kruse is representing the East Shore on this council, with Nicole Schreiber as alternate.

Moving Forward

Now that strong relationships have been built with other regional food groups and more is understood about how our food system is functioning (or not functioning) on the East Shore, it is much easier to understand which foundational projects will be most helpful here and will best allow the organic development of other projects in time. The development of a barrier-free food bank, a regular summer market table (which will lead, hopefully, to a larger regular market), and a harvest gleaning system, are the three interconnected programs that will form a solid foundation. These programs would affect life here positively for many people. A food bank will reduce food insecurity for many and reduce local food waste, a market will allow greater access to food from local growers and give small market farmers a place to begin selling their products and learn about being a market entrepreneur, and a harvest gleaning program will ensure that more of the food grown in our area is eaten by local residents (and not wasted or eaten by the local bear population – wonderful as they are). These types of programs have been started in other areas, such as Kaslo, with great success, and have formed the base upon which their other successful food programs are being built. In addition to this, I encourage continued support for the procurement pilot project and the food tree project, as they are both addressing particular needs in our community and could lead to great things.

Thank you to the wonderful people who have volunteered their time and energy this year for Food Roots, it has made all the difference. If you have questions or feedback on any of the topics, or are interested in being involved, give me a ring, 227-9111 eastshorefood@gmail.com. Have a great autumn.

Tipi Camp Transformation and Healing for 30 years

By Farley Cursons – GHRS Chairman

"The amazing field of energy that is Nature enfolds us, embraces us, both outside and deep within us. She smoothes away our anxiety with her waves of caring and kisses us with her breezes. She will help our heart to sing if we will let her."

-Peter Duryea Tipi Camp Co-Founder

The idea for Tipi Camp grew out of a desire to show that using the land for conservation and educational purposes, as an alternative to resource extraction, could lead to a sustainable industry of Outdoor Recreation. To support the initiative, the Kootenay Lake Chamber of Commerce sponsored a group to document and prepare a 25-page report called, Outdoor Recreation: A Kootenay Industry, with maps and a spreadsheet showing all the recreational opportunities in the West Kootenays, as well as assigned values for each recreational opportunity. It was at that time that Alice Bruce offered her land at Cortiana Bay near the southern tip of the Crawford Bay Peninsula. The Tipi Camp was to be the pilot camp to show a way it could be done. The pilot camp would be followed by further operations setting up low impact camps on the lake and in the mountains; however, that hasn't happened yet, but the Tipi Camp now has a detailed knowledge base with a strong and dedicated organizational team.

The Tipi Camp began with nine supportive local folks who met on Alice's Cortiana Bay beach to establish the camp, and each of them went in all directions to gather appropriate hearth stones to create the first tipi's fire pit. As they brought the stones together, they created a bond and intention to create a place for people to experience nature's wild presence and to learn.

The Guiding Hands Recreation Society's mission is to educate people about the value of nature and outdoor recreation and to teach individual responsibility for conservation, ecological awareness and sustainability. Our organization observes this mission with every decision it makes.

The Tipi Camp's 2017 operating season was pretty smooth overall. The Guiding Hands Board of Directors had invested a significant amount of time over the winter to creating an operational knowledge base. All non-profit and charitable organizations have an enormous responsibility to ensure their programs and governance structure are transparent to membership, funders, stakeholders, volunteers and staff. Succession planning can be very challenging without a clear direction, objective and leadership awareness.

Following last summer's resignation of the camps beloved operations manager, the Tipi Camp organization made the full transition from an oversight board to a volunteer working board. Thousands of volunteer hours went into ensuring the continued success of the camp. Multiple sub-committees ensured the camp infrastructure was in good repair, our financial transparency was evident, and our policies and procedures we're in line with work safe BC and provincial employment standards. In addition, running a summer camp for youth has unique responsibilities which we take very seriously. Early this year, we began to align ourselves with the policies and procedures of accredited summer camps throughout Canada. We specifically have looked to the BC Camps Association (BCCA) for possible accreditation. The (BCCA) believes that safe and quality camp experiences play an integral part in the development of children, youth and adults and contribute to healthy communities. By maintaining

and promoting safety standards through a volunteer-driven accreditation process. BCCA provides current information to members about camp practices, as well as leadership, professional development and promotional services.

Once GHRS was able to surface all the needed components to enter into the 2017 season, we hired a new Tipi Camp Operations Manager to execute the policies and procedures developed by the Society. We have been very pleased to work with Rich Newton through this season. With his attention to detail, workplace culture and health and safety priority, Rich has been a welcome addition to our team. We are really looking forward to the 2018 season. Additional acknowledgement must go to Tipi Camp's Administrator, Nicole Plouffe and our delightful bookkeeper, Kalibri Wood. You are both bright rays of sunshine and a pleasure to work with. That's right, Tipi Camp provides local employment to a number of folks including teens. The WISE Teen program trains select teenagers to work as counsellors in the WISE Kids programs. We were pleased to have two local teens on board. Both Addison Fowler and Dema Halfnight did an excellent job supporting the adult counsellors and mentoring the children. By providing unique job skills training, we can support our local youth with work experience and also create opportunity for succession within the organization.



The 2017 season was a very special one for my family. My daughter was able to attend the WISE Kids Camp for the first time. Having spent a great deal of time focused on surfacing the original WISE programs core values, I was excited to see the methods in place. I brought my daughter to the trailhead where we met the other children and parents. Like many parents, I was apprehensive about sending my kid off into the wilderness for a week. The WISE Kids and Teens Facilitator is Jennifer King. She has been a valued part of the Tipi Camp team for many years. She and the rest of the adult and teen counsellors used the original team building games and methods I had just been reading about in the 1993 WISE Publication. With the group unified and aware of potential challenges or hazards on the trail, we watched our children hike into the forest. One parent, who was curious exactly where The Tipi Camp was located, was relieved when I was able to give him the local trail map with the camp's location. The map is also a major risk management tool as it allows search & rescue and other emergency personnel to locate us. The map also allows public trail users to know we are on private land and not a drop-in facility.

As a GHRS Board member, it is important for me to be able to evaluate the camp's programs. I was welcomed to visit the second WISE Kids camp about half way through the week. Yes, I wanted to make sure my daughter was doing ok, and she was having a lovely time and had made many new friends. That evening, after a delicious supper, we watched a play presented by the air element group, which was very funny and educational. The group then welcomed me to play some songs on my guitar. Several years ago, we made a CD with narration by Peter Duryea and live tracks from the WISE programs fireside sing-alongs. The intention of the production was to preserve the culture and intention of the camp programs and philosophies. I played all the favorites and was stoked that everyone was singing along and genuinely expressing themselves. We discussed the history of the Ktunaxa on the lake and what their lives were like before the Europeans arrived. Overall, I observed the WISE facilitators and counsellors staying true to the WISE philosophy and using many of the activities presented in the source material from the beginnings of the camp. These philosophies are also used while we host our family and adult camps through the operating season.

Next year will be the thirtieth year of Tipi Camp and it's establishment as a non-profit society. We are very much looking forward to a season long celebration. Although we have been fortunate enough to have new fresh staff and volunteers, we also are blessed to have many of the camp's original founders on the team. There are many people to thank for the continuation of the camp over the years. This year, one of the camp's founders, David Kale, produced enough replacement poles for all the tipis. The larch poles were donated by Lorne and Diane Oliver. David, along with other board members and volunteers, peeled and delivered the poles to camp; this was a significant yet vital task as most existing poles were well past their lifespan. We would also like to thank the East Shore Youth Council for the loan of camping gear for our WISE Teen program. Additional thanks to CBESS for the use of their canoes and trailer as well as Whitewater Ski Resort for loan of their spine board and additional first aid supplies. Of course, going back to the heart and soul of Tipi Camp we would like to thank the Bruce family for use of the land at Cortiana Bay all these years.

Press Fest

Worthy Causes Getting Juiced!

by Nicole Schreiber

The new Fields Forward mobile press is having a great first season, and East Shore Food Roots is happy to be working with the Press and Creston Harvest Share to host our first 'Press Fest' in Crawford Bay, Saturday October 21st at the Crawford Bay Community Park, from 11-2. We'll be pressing fresh apples into pasteurized and shelf stable juice for two worthwhile community projects - the Crawford Bay School hot lunches and the 2017 East Shore Christmas Hampers.

We need at least 1000lbs of donated apples to pull this off! If you can bring some freshly picked donation apples (no windfalls please) please give me a call! If you have a few trees with apples to be picked and would like to donate the apples but are unable to pick them yourself, let us know and we'll try to coordinate a pick with the Creston Harvest Share prior to the event.



The fruit press will also be available to community members who would like to bring their fruit and take home their own freshly pressed juice. You need to pre-book this service. There is a 200lb minimum (you can go in with other friends and neighbours to meet the minimum) and the fee is \$1.50/L. The juice comes in 5L boxes. There will be information about Fields Forward and the new press and what it has been up to this year, and apple juice in 5L boxes will be available for sale. So come down to the park and see this amazing machine in action!

For all questions and donations, or to pre-book the press to make your own juice, contact Nicole at 227-9111 or eastshorefood@gmail.com.

Gray Creek Community Meeting Regional Economics

submitted by Colleen Hamilton,
Eco-Plan Int

Thank you to everyone who participated in the September 12, 2017 Area A Community Meeting about the Creston Valley – Kootenay Lake Economic Action Strategy.

The project team has read through and recorded all your comments, input and suggestions. This report includes a verbatim record of the comments received on September 12th, as well as our initial analysis of emerging themes.

What's next?

The project team is continuing to collect input from through the Creston Valley – Kootenay Lake area (Area A, B, C, Lower Kootenay Band, Town of Creston). Each area has a 'Project Ambassador' that is meeting with businesses and residents to understand their priorities and hear their ideas. The Area A Project Ambassador, Laverne Booth, will be meeting with people throughout Area A for the next six weeks at 'kitchen table meetings', and for one-on-one interviews. If you would like to take part, please contact her at eslearningplace@gmail.com.

Following this, the five partners (Area A, B, C, Lower Kootenay Band, Town of Creston) will come together with groups that have an interest or 'stake' in the local economy – like the chambers of commerce, College of the Rockies, and many others. Collectively, they will review the input collected so far, determine shared objectives, and choose some priority actions to pursue together. Residents and businesses will have an opportunity to comment on the draft plan in early 2018.

Questions? Comments? Please contact:

Laverne Booth, Project Ambassador,
eslearningplace@gmail.com, 250-551-6020
Heidi Germann, Economic Action Partnership
Manager, hng@kes.bc.ca, 250-428-5655 ext. 416
Project website: eap.kes.bc.ca
Project Facebook page: facebook.com/crestonvalleykootenaylake

Executive Summary: Key themes

Question 1: Where should we focus our efforts to have the most impact on the regional economy?

Key themes that emerged from this question were (in order of popularity) ecotourism and tourism in general; agriculture and food production including value-added, small scale manufacturing; parks and trails; and ensuring that we protect the environment and the amazing natural assets found here.

Question 2: What actions should we take to improve the regional economy?

The most popular 'theme' of comments related to biking, walking and hiking trails, followed by lake and water access, activities for tourists to do, and regional parks. There were some very creative and exciting ideas to explore, including tiny home colonies and caravan-style markets.

Question 3: What issues or obstacles (if any) are holding back our economic development?

The most popular categories of comments were transportation, factors based on geography, how regional taxes and spending are allocated, and people shopping outside the community.

Question 4: What are we working towards? (What does 'success' look like, and how do we measure it?)

The most common theme related to a growing population, particularly of young people, followed by improved services for all (health, transportation, and internet). The need for more good jobs was an important goal, as was a thriving small business sector.

Question 5: What are the opportunities and challenges for regional collaboration? What are some areas where it would make sense to collaborate?

Key themes: There were a few benefits to collaboration put forward, including cost effectiveness, and sharing of resources and workload. Several thoughtful challenges to collaboration were raised, including difficulties with communications, fears of working together, and everyone wanting to do their own thing rather than joining forces.

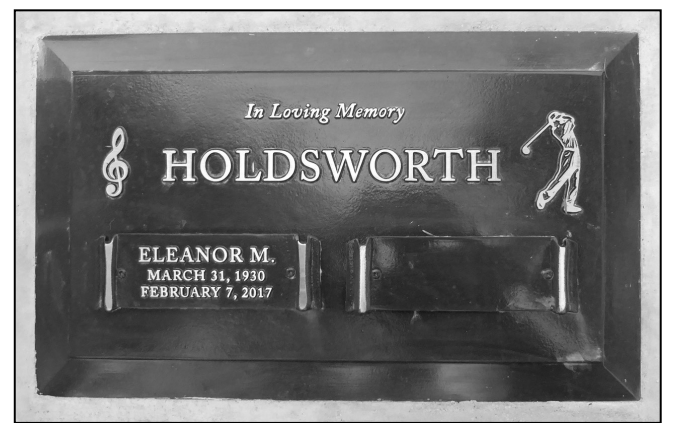
In terms of areas where it would make sense to collaborate regionally, there were some common themes: regional trails, making it easier to invest in local business (e.g., through lobbying), and improved communications in terms of events, activities and projects.

If you would like a full copy of the meeting/ ideas-email eslearningplace@gmail.com or call/text Laverne at 250-551-6020.

- Planning a wedding?
- Holding a meeting?

Consider renting the
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Booking/info: Rose at 250.223.8288



This is the newest headstone in our Gray Creek Cemetery. Eleanor Holdsworth and her family were long term campers in Gray Creek Auto Camp. Her daughter Julia Langille and her husband now have one of the new homes in the former campground.

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- Aboriginal people
- All children 6 to 59 months of age
- Household contacts and caregivers of infants 0 to 59 months of age
- Pregnant women at any stage of pregnancy during the influenza season and their household contacts
- People who work with live poultry
- Health care and other care providers in facilities and community settings who are capable of transmitting influenza disease to those at high risk of influenza complications
- Individuals who provide care of service in potential outbreak settings housing high risk persons (e.g., crew on ships)
- People who provide essential community services (First Responders, Corrections Workers)
- Inmates of provincial correctional institutions

The flu (influenza) is highly contagious. Getting your flu shot protects you and those around you - at home, school and work.

CRESTON: Wednesday, November 1

HOLY CROSS CATHOLIC CHURCH HALL, 9:00 AM TO 4:00 PM

CRAWFORD BAY: Friday, November 3

CRAWFORD BAY SCHOOL, 10 AM TO 11 AM

RIONDEL: Friday, November 3

RIONDEL COMMUNITY CENTRE, 1:00 PM TO 2:00PM

CRESTON Health Unit - Catch-Up Clinics: November 8,15,22

CRESTON HEALTH UNIT, 10:00 AM TO 5:00 PM

For more info, contact the local Public Health Office at 250-428-3873
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The Employment Program of British Columbia is funded by
 the Government of Canada and the Province of British Columbia.

Tea Preville – Artist

Tea Preville has produced an impressive six
 page coloured foldout of 73 of her paintings called
Churches, Temples and Tipis – a 50K Spiritual Diet.
 These include some sites such as Ymir Peak, Coyote
 Rock, but also Blewett Labyrinth and Shambala.



All our East Shore churches are included from St.
 Anselms at Boswell to Latter Day Saints at Riindel.
 The criteria are that they must be within a fifty kilome-
 ter radius of Nelson BC and two or more individuals
 use them as a source of spiritual nourishment. She
 paints with walnut oil on linen canvas.

Pictured is Gray Creek Cemetery's Lych gate with
 the sun rising behind.

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Remembrance Day Service in Riondel

by Mary Donald



The service, facilitated by the Many Bays Band and the Many Bays Singers, will be on Saturday, November 11, starting at 10:30 am, in the Riondel Community Centre.

The Riondel Seniors Association will serve a light lunch after the service for a small donation.

This day is our opportunity to openly remember and commemorate together all those we have lost in both World Wars, the Korean Conflict, United Nations peacekeeping missions, and most recently, Afghanistan, and to remind us to continue to strive for peace in this world.

They shall grow not old, as we that are left grow old/Age shall not weary them, nor the years condemn/At the going down of the sun and in the morning/We will remember them.

from 'For the Fallen' by Laurence Binyon

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The East Shore Mainstreet
KOOTENAY LAKE BC
The Mainstreet is a community-written monthly newspaper that serves the communities of Wynnadel through Riondel and Balfour. It's available at the following stores for retail: Wynnadel Foods - Wynnadel, Destiny Bay Grocers - Boswell, The Lakeview - Gray Creek, The Gray Creek Store - Gray Creek, The Rockwood Cafe - Gray Creek, The Crawford Bay Store - Crawford Bay, Riondel Market - Riondel, The Osprey 2000, and Kootenay Gourmet in Balfour.
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New Boswell Boat Launch Sign

By Tom Wishart

The Boswell Farmers' Institute, in existence since the early 1920's and responsible for maintaining the local launch raised some serious money to upgrade and modernize the facility in 2016 with the installation of barriers to reduce wave action, and a new enlarged and gravelled parking lot.

The Boswell Historical Society then combined forces with the Farmers' Institute to replace the original sign that was showing its age. Designed by Warren Clark and built by Jim Baker, the sign was erected in late August by Jim and Bob Arms.



Jim Baker (left) and Bob Arms pause construction to pose for a photo.

In addition to information for boaters, visitors can find a brief description and some photos of the history of the original Boswell Wharf, constructed in 1921 and serviced by the SS Nasookin that took passengers and cargo south to Kootenay Landing or north to Proctor.

On your next trip through Boswell stop to see the renovated Boswell Boat Launch and learn some local history.

Oh yes, the suggested donation for launching a boat is still only \$5.00—what a deal!

Next Deadline:
October 25, 2017

Tom's Corner

by Tom Lymbery
Dawson City in May 1983



As the Greyhound from Whitehorse approached Dawson, Sharon and I saw large piles of stones left after gold dredges had worked around 1912. Then crossing the bridge over the Klondike River, we entered streets with a mix of occupied buildings and those sinking into the permafrost.

There were large blocks of ice along the river bank as the river had only broken up about ten days earlier. I would love to see the actual breakup when blocks of ice 10 to 12 feet thick jostle and tumble together on their way north to the Bering Sea. A tripod is set on the ice with a cable attached to a clock on shore to record the exact time when the ice moves. The lucky guesser of the time each year will win up to \$3000. The earliest breakup was April 28 in 1940.

That first evening I went to an event at the school where an RCMP constable gave a talk on bad cheques and scams, but I was interested to see the school itself which even had a turret of sorts. Since funding comes from Ottawa, far northern schools seem to have everything they ask for – more impressive than our southern institutions.

We walked around town and into a church that had photos of the flooding in 1979 - if the Klondike

River breaks up before the Yukon River, its water will flood into town on top of the Yukon's ice. We went to a church where Dawson's newest child was being christened. We needed a tour, and were directed to Buff Taylor who took us up Bonanza Creek, where the first big gold strike was made in 1896. We looked at Dredge Number 4 that had been abandoned where it had last been working, and found it still full of last winter's ice.

Buff took us up to the Midnight Dome where there is a party every June 21 when the sun barely sets. We could see all over town, as well as downriver to the sternwheeler graveyard. The next day I walked onto the ferry *George Black* and then through the bush to that sternwheeler graveyard site. There I scrambled through the remains of the *Seattle No 4* and others with the trees growing through them. About 1905 the sternwheelers had been pulled sideways up from the river with a barge between each boat. The ones closest to the river had been torn apart by the breaking ice.



Buff told us about that recent 1979 flood – you would see two dogs on a wooden sidewalk drift by, and an hour later they would drift back again. He also explained about the efforts Parks Canada was making to restore the sinking buildings, which involved leaving an airspace under each structure to prevent the heat from the building from melting the space below.

Since daylight was lasting almost to midnight, there were kids playing in the streets almost that late. I hiked up to the cemetery above town and could take photos late at night. There was a section for pilots with all their graves marked by propellers. The RCMP section has NWMP as well as RNWP members - the only

cemetery in Canada to have all three. Even this early in the season, the man who represented Robert Service was at the Service cabin across 8th avenue from the Pierre Berton house, not far from the Jack London cabin.

The Imperial Bank of Commerce was still operating at its original site where Robert Service had worked. We were able to see the gold room upstairs where gold was still being received and weighed. Neither the sternwheeler "SS Keno" nor the museum was open this early in the season, but there were three very small steam locomotives which had been tumbled by the 1979 flood. These had been used on a rail line from Dawson City to the gold creeks. One of these had been re-conditioned and was a Yukon feature at Expo '86, Vancouver's 1986 World's Fair with a transportation theme.

In order to attract tourists to this far northern town, Ottawa approved gambling here long before it was possible elsewhere in Canada. The hall where this happens was being refurbished so we were able to walk through and try to picture how it might appear when finished.

One afternoon we were sitting in a bar enjoying a piano player belting out old time songs. Sharon's family had always sung along in the car with their dad Hunter McLure, so Sharon sang out to the tune of "A Shanty in Old Shanty Town", "Blue Skirt Waltz", "When My Blue Moon Turns to Gold Again" and more. The man at the piano was most impressed with Sharon's voice and offered her the job of performing as Diamond Tooth Gertie at Dawson's gambling hall. However, with two kids at home and our commitments to Gray Creek this just wasn't possible – but we sometimes wonder how far Sharon's voice and personality might have taken her.

It was amazing how we were welcomed and made to feel part of Dawson so quickly. All too soon we were back on the Greyhound to Whitehorse and returning south on the Alaska Marine Highway.

Tom Sez

by Tom Lymbery

If you will be parking a vehicle, or any other machine with a battery, please only disconnect the neutral battery terminal, and duct tape it so it can't possibly touch. Then when you re-connect many months later your unit will have enough charge to start.

Easy pumpkin pie making - put the entire pumpkin in the oven on high heat depending on pumpkin size. When it has cooled, the skin peels off easily and the pulp and seeds can be spooned out.

Stanfields are no longer itchy as our lady customers will certify, except for the die hard men some of whom wear the heavy grey ones all year round.

Many coniferous trees such as cedar and white pine have a seasonal drop of needles. This doesn't mean that the trees are dying.

If it's been too hot to cut your firewood this year, Energy Logs are the solution. Just two of these made of shavings compressed to 20,000 pounds per square inch, will burn overnight in your stove.

The Balfour headstones have taken a long time to be set up but now there has been an article in the *Nelson Star* - the print is Balfour and then symbols for items – hard to see but apparently intended to get people to slow down.

Christmas is coming. Get your gift books now so you can read 'em before you gift 'em.

Whose well or creek has dried up this driest season? Our grape vines liked the heat... we have never had grape bunches weighing over a pound before.

Companies from the US and China are apparently bidding for Insite Electronics – Nelson's largest employer (300+).

Dirk Brinkman says that they are now planting Kootenay larch seedlings in northern BC to replace the pines which still will be killed by the pine beetle. The larch is doing well. Dirk, formerly from Riondel, is one of BC's largest tree planting contractors.

Sink bugs are cyclical – this appears to be a low year, thank goodness.

Lorne Eckersley of the *Creston Valley Advance* writes "for those who would prefer Canada not to stumble into the same pigsty that we witness daily in American politics."

Drivers' tests in Holland require that drivers do a crosscheck before opening a door to make sure a cycle or car isn't coming from behind.

We haven't been able to find an obituary for Einar Strom – a very popular, hardworking man who put much back into our community. An overflow crowd came to his Celebration of Life at the Crawford Bay Hall – a building that he had put much into.

We sharpen chainsaw chains and sell new chains – please bring your saw in for any of these requests so we can make sure you get the service you need.

Many customers remark how reasonable our prices are especially for plumbing and lumber but others assume that relative isolation would mean higher prices than in town. There is indeed cheaper lumber in town but it is the low grade stuff that we don't want the problems with.

A surprise when 12 members of the Nakusp Historical Society visited for our Gray Creek Tour was to hear "The Little Gray Home in the West" from a cellphone when we were at the Wilmot site where the song was composed.

Gray Creek Pass Report

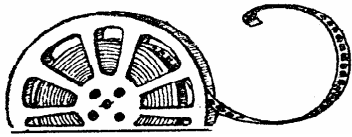
The road was closed completely for the first time ever on September 2 because of the extreme forest fire danger. After it reopened the Baker Creek bridge replacement was still underway. Those who didn't heed the "Closed" sign had to turn around and retrack.

Forestry had already scheduled a closure from September 5 to 19 to replace the wooden Baker Creek bridge with cement. This makes ALL THE PASS BRIDGES CEMENT as the original 1990 ones were all wood.

Engineer Tina Zimmerman is frustrated because someone has been cutting birch for firewood and dropping the branches and debris into the ditches she has so carefully cleaned.

A couple from the coast drove their camper up to Oliver Lake and stayed overnight Sept 19 to find an inch of snow the next morning. There will be more snowfalls in October but they usually melt away fast as the ground is still warm.

The new cement bridge over Baker Creek should be completed by *Mainstreet* publication date – please check at the store.



Seldom Scene

by Gerald Panio



"We've never had a colored in here before. Don't embarrass me." --career advice from the early 60's

John Glenn: Let's get the girl to check the numbers.

Al Harrison: The girl?

John Glenn: Yes, Sir.

Al Harrison: You mean Katherine?

John Glenn: Yes, Sir, the smart one. And if she says they're good, I'm ready to go.

An unfortunate amount of investigative journalism is, of necessity, focused on the despicable doings of criminal scumbags, political grifters, war-mongers, and ecocidal egomaniacs. Once in a while, though, a journalist unearths a story that's inspirational rather than apocalyptic. That was the case with Margot Lee Shetterly and the tale she told in *Hidden Figures: The American Dream and the Untold Story of the Black Women Mathematicians Who Help Win the Space Race*. That's one heck of a subtitle, but it's right on. Who could have imagined that a team of young black women in Hampton, Virginia, would be instrumental in getting U.S. astronauts into orbit and onto the moon? If you thought you had a good handle on NASA's space program after reading Tom Wolfe's *The Right Stuff* (and seeing Philip Kaufman's movie version), think again.

Now, thanks to director Theodore Melfi, *Hidden Figures* has been brought to the screen. The film is a no-holds-barred celebration of higher mathematics and female chutzpah. The former is practically non-existent in the history of cinema; the latter has oftentimes been in short supply. In addition to being extraordinarily talented, each of the three women profiled in *Hidden Figures* challenged deep-rooted racist and sexist stereotypes and walked away with their heads held high.

Those stereotypes are enough to turn anyone's stomach. And we're talking the early 1960's, not the Middle Ages. Sometimes it's hard to tell the difference. The initial dynamics between all-white male NASA engineers and the black women "computers" who assisted them wasn't far off from that between Medieval clergy and nuns. Add race to the mix, and you've got NASA engineers who won't share a coffee maker with a black woman for fear of contamination.

Despite a brief glimpse at the beginning of Katherine Johnson as a four-eyed whiz kid in school, one story *Hidden Figures* doesn't tell onscreen is that of the teachers and parents who recognized and nurtured the mathematical gifts of girls like her. Too often there's a stereotype in the media of an educational system that's focused on conformity at the expense of brilliance. The truth is that good teachers have always been great at giving students opportunities to shine. I wish that *Hidden Figures* had, however briefly, introduced us to the men and women who worked with kids like Katherine Johnson, Dorothy Vaughn, and Mary Jackson, and encouraged them to take pride in their talents and push their limits.

The movie shifts quickly from a glimpse of the whiz kids in the late 20s to the mature women of the early 60's. All three are now working for NASA, doing advanced calculations for the engineers trying desperately to catch up with the Soviet space program. The women are referred to as "computers," and given no more consideration than an adding machine. They are segregated in a separate building, with an explicitly identified "colored" washroom. They still ride in the back of the bus if they use public transport. One wants to throw tantrums at the imbecility of it all, until one recalls the current state of race relations in the U.S., or the conditions in some Native communities in Canada.

Katherine (Taraji P. Henson) gets saddled with both a racist female supervisor (played by Kirsten Dunst) and a sexist male colleague (*Big Bang Theory*'s Jim Parsons). Par for the course. But she also meets an immigrant Polish engineer who tells her that if he can survive the Holocaust and make it to America and wind up at NASA, she shouldn't limit her options. And Katherine's boss, Al Harrison (Kevin Costner, in his element), is more interested in the success of the space program than in kowtowing to conventions. Once he accepts Katherine as part of his team, gender and skin color become irrelevant issues for him. As he says, "We get to the peak together, or we don't get there at all." When he finally realizes (because Katherine finally lays it one the line) that her colleagues are forcing her to spend 30 minutes running to the colored

washroom at the far end of the base, he physically tears down the last vestiges of the Jim Crow South in the areas he supervises. He does the same when the fact that Katherine is a woman is used to shut her out from key information that she needs to do her job. Costner plays the archetypal Hollywood boss—the curmudgeon with the heart of gold.

Dorothy Vaughn (Octavia Spencer) faces different challenges. Her white female supervisor, a racist ice queen, is happy to give her all the responsibility she can handle as long as she doesn't expect any extra pay for it or any official change in status. Meanwhile, IBM engineers are hauling in their company's brand new mainframes, and Dorothy sees the writing on the wall for the 30 women whose jobs will soon be made obsolete if they don't adapt to the new technology. It's particularly hard to adapt when the local library won't let you even look at the new Fortran

programming guide because it's in the "whites only" section. Mind-boggling, isn't it? I guess we have made some progress after all; the idea of a library segregated on the basis of race seems like the height of lunacy in this second decade of the 21st century. As much as some troglodytes might want to push race relations backwards a hundred years, this kind of s—t is never going to go unchallenged again.

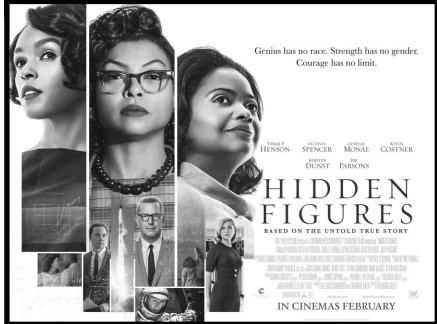
Mary Jackson (Janelle Monáe), the youngest of the three protagonists, holds the impossible dream of being an engineer. She's got the degrees, she's got the ability, but she's black and the powers-that-be keep changing the rules to make sure she never has a chance to upgrade. The last straw is the requirement that she complete certain courses only offered at a school that's never admitted a black student. To become an engineer, she's merely going to have to convince a condescending, complacent white judge to rule in her favor—when every instinct in his body is screaming that negroes need to be kept in their place. Easy-

peasy.

If we didn't know the ultimately trajectory of these women's lives, or how far their ambitions carried them (Katherine Johnson, for example, at age 97, got her name on NASA's newest major computational research facility), we might be tempted to treat *Hidden Figures* as plain old Hollywood hokum. Too good to be true. How could it be possible for these women to achieve so much against such ridiculous odds? How could they juggle the demands of raising families and working overtime in the most intense research environment on the planet?

I don't know if they actually once managed to talk a redneck highway cop into escorting their car into NASA, if John Glenn went out of his way to shake their hands when all his handlers wanted him to do was pretend they didn't exist, or if Al Harrison smashed down a "colored women only" sign with a crowbar. But if any of that is fiction, the reality must have been every bit as remarkable. You can't make this stuff up. That little black girl you see at school at the beginning of the film really did calculate the orbital flight path for America's first manned trip into space. And go on to work on Apollo 11. And on the Space Shuttle. As someone says of Katherine on one of the short documentaries included with the DVD, "She was living in the future, while she was surrounded by the past." That claim holds true for Mary and Dorothy as well.

Katherine herself said, "The main thing I liked out there was working with smart people. And I like smart people." I like people who are willing to make movies about smart people. Mary, Dorothy, and Katherine are the real Wonder Women.



Next Deadline:
October 25, 2017

www.eshore.ca

Riondel Arts Club

by Sharman Horwood

On Tuesday, September 19, the Riondel Arts Club held its Annual General Meeting. This is a group of amateur and professional artists who meet once a week to paint, draw, do stained glass or mosaic work. We have a varied group of skills and knowledge that we all share with each other. Everyone is welcome.

For the past several years, we have held two main annual art shows: one in Bob's Bar and Pub, and the other as part of Riondel Days in the community centre. However, this year Bob's is closing. They will be missed.

We would like to thank both Bob and Wendy for their good food, and especially for their great support and encouragement of the arts club. Thank you, Bob and Wendy Miller.

At the AGM, the group decided what workshops or classes we would pursue in the coming year. Shirley Wyngaard is giving a six-week class on Colour Theory. The Circle of Friends group of artisans thoroughly enjoyed a pared-down version of this class this last summer. It applies to any type of creative work, like quilting, glass work, or painting. We're all looking forward to it.

Anyone interested in joining the arts club, or participating in any of our activities, please contact Sylvia Horwood at 250-225-3272.

October 2017 Mainstreet 13

Lindero News & World Report

~ News and Views from a Fictional East

Kootenay Town ~

September/October 2017

Harvest time is drawing to a middle in Lindero and thoughts are turning from food preservation to self-preservation. Linderians have a complex relationship with their gardens, which sulk amidst voracious slugs in the spring, shrivel in the drought of summer, and then tyrannically shower gardeners with over-ripe produce at the most inconvenient moments in autumn. Here gardens also enlist 500 lb. ursine enforcers to trammel the beds into premature compost, as well as judgmental neighbours to waggle their heads and tsk sanctimoniously.

In this social and horticultural pressure cooker, Linderians have evolved a treasure trove of coping mechanisms. The most arcane of these has come to us through the mists of time courtesy of the grandmother of retired Lindero postmistress Mordreda Lemaage. This dusty tome was officially entitled Which Recipe, Granny? which was immediately shortened to Granny Witch's.

On a dank late October evening about a year ago, your irrepressible reporter paid a cordial visit (that is, a visit with cordial, in this case a mid-grade sherry) to Mordreda's with the object of Higher Learning. Mordreda graceishly granted me access to her closely guarded inner-sanctum (parlour), with its shrouded lamps and peculiar mist exuding a pong like a guttering kerosene lamp in a barnyard, an ambiance accentuated by the mouldering taxidermied specimens peering from every corner and shelf. Adjusting her rhinestone reading spectacles, Mordreda heaved Granny Witch's onto her IKEA end table and pried it open. It creaked.

Mordreda's expression was inscrutable, what with the glare off her glasses and the distraction of the sherry. Initially she demurred about revealing the book's contents, but I convinced her I was the most accomplished of gardeners and discreet of tabloid journalists. She eyed me skeptically and I imagined a motion from one of the stuffed owls (or was it a ferret?) on the mantle. Eventually she selected a recipe.

Poached Pears

"Poached pears are not as easy as they sound," cautioned Mordreda. "You've got to case them." I smiled knowingly at the technical term. A moth fluttered around the lamp. "When you're walking your cat around town, or your dog..." (her eyes flashed as I picked a dog hair off my skirt), "... check the main pear trees for ripeness and prying eyes. Then in the evening, go by with a baby buggy or a golf cart. Attaché cases work in a pinch. Don't leave it too late or there might be competition."

As I digested her sage advice along with a spot more cordial, there was a rustle and a hoot nearby. Mordreda launched into another pearl of local knowledge:

Apple-Zucchini Delight

"You have to pick all your apples before the creature comes down from the forest and breaks your tree." I pondered her choice of words. "Likewise cut the blasted zucchinis. Keep some if you like and pile the rest in boxes and take them down to the ferry before dawn. Stack 'em by the lineup with a Free Peaches sign. Wear a hat and dark glasses. Make sure nobody spots you."

Dutifully I scribbled her instructions into my stenographer's notebook. Mordreda seemed suspicious of my gardening acumen. "You do know how to can, right?" I assured her I know my way around all shapes

and sizes of tins. Something rustled and hissed in her knitting bag. She rolled her eyes and continued:

Drosophila Flip

"Make jam, pickles, or just set out a fruit bowl. Wait a few hours." It was hard to distinguish between the glint from her glasses and a sarcastic squint. "Your kitchen will be a festering swarm of drosophila." I confess I looked blank. "Fruit flies. They'll keep well for months on as little as a single mushy plum. Get used to waving your hands in front of your face."

I noticed as I sipped my cordial that the fug in her parlour had thickened so I practiced her waving instructions. She frowned and turned the page:

Blackberry Shrub

"Go to one of Lindero's great blackberry patches. Pick blackberries to your heart's content." I sighed expertly. "When you get home, boil up some horsetail, comfrey, Balm of Gilead and nettle." Here I shivered. "Cool it a bit and dab it all over your body. Really good for punctures and lacerations. And bites." Something brushed the back of my ankles. I jerked.

As I hastily committed the ingredients to posterity, Mordreda gazed fondly at Granny Witch's. "One last one?" she murmured. I upended my glass and twitched. She gave a peculiar smile. The badger on the bookcase blinked, definitely.

Dried Kale

"This one's a treasure," Mordreda purred. "Every Linderian is crying for something tasty to do with kale." I leaned forward, admittedly to avoid the back of the chair where something was slithering. "What you have to do is pick all your kale and wash away the blasted aphids." "Right," I squeamed. "Pat it dry. Put it on window screens in the breeze." I scrawled erratically. "Then give your head a shake and compost the lot."

At this point, I remembered I had another appointment. As I departed, I spied Mordreda returning Granny Witch's to its cabinet, secure until Linderians come once again seeking its wisdom.

[Filed by Lindero correspondent H. Porpoise]

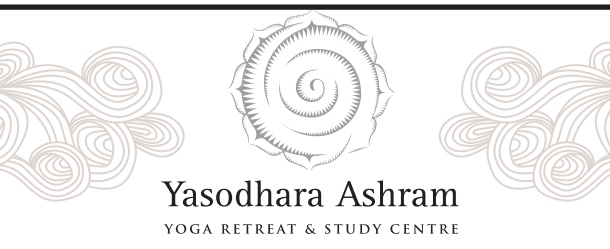
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Book Review

by Tom Lymbery

BEYOND MILE ZERO – The Vanishing Alaska Highway Lodge Community - by Lily Conrad, photos Mark Kelly, Lost Moose publishing, \$24.95, 230 pages.

Having just considered a bus trip up the Alaska Highway because Greyhound is planning to discontinue that route north of Fort St John this book really fits into my projections, as I have been to Whitehorse but only by Air North.

When travellers were first allowed to drive the route in 1948 there were businesses with much needed gas, tire repair, meals and accommodation almost every 25 miles as the rough gravel road was really tough on tires and vehicles. Over the years pavement and better cars have made these operations much less necessary. Also, the trip is 35 miles shorter because of highway changes and this book shows the remains of some lodges that were bypassed completely.

The photos and interview of lodge operators are excellent – and the author writes extensively about Jonson's Crossing Lodge where the long bridge crosses the confluence of Teslin Lake and River. Ellen Davignon's book, *The Cinnamon Mine, an Alaska Highway Childhood* is an absorbing story and we continue to sell her book to those who enjoy a good read, as she is a natural writer with an intriguing story to tell.

Many lodges should continue to flourish where their location has much to offer. But why is the native band that purchased the lodge at the Liard Hot Springs not operating it consistently? The hot springs are open all year and are a place not to be missed. At one time, the Greyhound made a 45-minute stop there and the driver offered the passengers a choice of a meal or a soak – there was not time for both.

Photos of signs left lonely in the bush, pictures of abandoned buildings and handsome ones that still serve their customers with northern friendliness – this is a book to treasure.

Next Deadline:

October 25, 2017

www.eshore.ca

mainstreet@eshore.ca

Riondel Community Library

by Muriel Crowe

For all of those who have asked, the autumn authors readings will happen again this year at Dutch Harbour on November 18 from 2 until 4pm. Authors are being approached and the list of possible readers is intriguing.

Meanwhile the new expanded space is slowly becoming more familiar to all the volunteers and our patrons. There is still painting to be done in the original room and the children's room. A major change to the display of books in the latter room is also in our planning. We are also looking forward to displays from the historical society being set up.

Through all this, we are still the library. Come borrow a book or two or take a DVD home to entertain. We are also a recycle centre for small batteries and cell phones.

Drop in and visit us.



pebbles by Wendy Scott Travellers

The Masked Bandits have arrived: Cedar Waxwings that is, and the occasional Bohemian drop-in. They play in the shallow pool above my pond while wrens perch sideways at the feeder and chickadees call from the maple before a swift flight, quick pick, and fast dash back into the tree to savour a seed.

Waxwings have come too far for a brief visit, they will spend an hour or so coming and going from the pond and explore all available tree branches to call the rest of their travel mates. These birds span North America from the Arctic and possibly as far south as Panama. They'll fill up now with berries and will catch insects en-route to winter's warmer spots. First they will change clothes for their winter season. At present, juveniles sport a blend of pale breast feathers. The tips of their tail feathers are yellow unless the birds have discovered a honeysuckle vine, then those tips will darken to orange. But whatever the colour, they will don winter coats and take off in a southerly direction – maybe as far as Mexico. If you're planning to do the same, yes, the waxwings you meet might be those late summer visitors, gone ahead to say,

"Hello there, what took you so long!"

Lively robins prefer the birdbath. They are exuberant and splash the shallow water until there's very little left; but it is the waxwings today that herald the Kootenay autumn; scarlet, bronze, and golden days are on tap. Kootenay autumn's sudden arrival caused a rush upstairs to pull a woollen sweater from its cozy summer rest in the sweet-smelling cedar chest. The sweater

has a storied history, a wandering past. It began its woolly life in the Scottish town of Coll on the Isle of Lewis in the Outer Hebrides. The sweater, purchased, during a journey to a childhood home, in Coll, touched memories that reached back further, much further, than the flight over the North Pole and back to Canada and Riondel.

The gift giver was a traveler; she set off from her ancestral home in Scotland to spend at least twenty years in South Africa, rested briefly in Ottawa, slid gently across our southern border, and quickly north to the Yukon to visit an uncle. Her next stop was around the northern tip of Kootenay Lake at Argenta, and it would not have taken much of an effort to hold her there, but, a person, especially a person who loves to travel, must acquire an income. And it was in Argenta that this lady was told that just beyond a cliff to the south was a place called Riondel. But, the Argenta folks said, "You can't get there from here." But get there she did and lived and practiced her profession in Riondel, for at least twenty years.

This curious pattern of travel and discovery is not unusual in this place beside Kootenay Lake. Campers, whether they are packing tents or pulling RVs, head for one of the many beach campgrounds; visitors who build or purchase houses as summer retreats often realize that staying just a bit longer might be nice, and then, without intention, they relax and remain.

But before all the puzzle of permanence, how did people hear about such a small place on one of the biggest lakes in BC. It's a dot tucked behind a bluff – no one is sure how to pronounce its name and two of the men who claimed first rights each died rather violently.

Word of mouth some say, perhaps, but who's word, and more to the point, why; those words began somewhere other than Kaslo or Ainsworth, which both afford rare views of Riondel – what are the other pos-

sibilities.

Ten years ago in 2007, Riondel celebrated a centennial. At that time, Wayne Choquette, an archaeologist, asked, "What is it about the Kootenays that appeals so much to strangers; why do they, like me, feel so at home here?"

By that time, strangers drawn by word of silver, lead, and zinc, had become ancestors to their descendants; few remain of those ancestors; word of mouth has become print, email, internet, and, realtors. And there are those who have flown over this spot on that big lake, then delved into the information displayed on those various media.

As for the attraction of affordable housing, twenty years ago, the Nelson realtor's huge, square, heavy book, presented two options: Riondel or Trail. If you sought facilities such as hospitals and shopping, Trail, with belching smoke-stacks, might be a choice, but down the road and across the lake a town site beckoned.

Riondel is that secret couched between two mountain ranges; it was for those pioneers who remained and kept the lamps burning, their Ancestry of Place. The rest of us, like the waxwings, return to this hidden place by that big, blue lake in Kootenay country; we return because Riondel is community and this community is our chosen home.

*"The sun on the hill forgot to die
And the lilies revived, and the dragonfly
Came back to dream on the river."*

-Timothy Findley

Next Deadline:
October 25, 2017

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.

The Measure of a Crow

Ravens, crows and jays are some of the smartest birds. Parrots are exceedingly bright as well, but observations of crows and jays have revealed some quite startling abilities: sometimes they are like humans.

Crows are opportunists. They will take advantage of any activity that will provide them with food (it's not an accident that the poetic name of a flock is a "murder" of crows). Unfortunately, they have acquired a bad reputation over the centuries. An old English rhyme says of crows that:

*One means anger;
Two means mirth;
Three a wedding;
Four a birth.
Five is heaven,
Six is hell,
And seven is the devil himself.*

They are a commonly seen bird, and that's because they are very good at surviving. They can correctly identify someone who has harmed them (as seen in the documentary A Murder of Crows) and teach their young specifically who that person is. He is labeled a predator in the crow world. Researchers had to start wearing masks in order to disguise themselves once they'd been identified and mobbed by the birds. Crows

will even pick out a particular cat that has caught one of their young. One friend tells me that after her cat caught a young crow, all of the crows would gather and scream at her every time she went outside.

The University of Washington in Seattle was banding the birds when one of them got caught in a "mist" net (a finely meshed net used to catch small birds without harming them). As soon as the young crow in the net started crying out, the rest of the family surrounded the researchers. They raised their voices and soon all the crows in the vicinity gathered about, cawing and screeching at them until the bird was released. Crows will protect each other.

In large cities, they often form a group of commuter crows. They roost at night in outlying districts, and then fly into the city's centre where they can forage easily for food. This practice has been so successful, the roosting flocks number between 3,000 to 6,000 birds, and there are several such roosts on the outskirts of some cities. In the Lower Mainland around Vancouver, there is the Still Creek Rookery in Burnaby, for example; each evening the crows crowd together on branches or power lines, on fences and rooftops, to roost for the night. At dawn, they return again to the heart of the city. There they can find garbage in or beside dumpsters that they can feed on. This justifies the long flights—as much as 30 to 40 minutes each way—which costs the birds a large amount of energy. (Hummingbirds, for example, have to eat half their own body weight in nectar every day to sustain themselves.) Also the crows' eyesight isn't good so they can see food in open areas with less effort. They also don't have to face their natural predators because those animals, like great horned owls, don't inhabit urban areas.

One of these crows is Canuck, and he has become legendary in Vancouver. Crows are a wild species, so they can't be kept as pets. Canuck is free, not living in anyone's home, but he's chosen humans as part of his flock. (Videos of Canuck can be seen online on You-

Tube and Facebook, as well as The Vancouver Sun.)

Humans amuse him. He sometimes rides the Sky Train across Vancouver, getting off and on where he wants. Canuck also likes to ride on cars. He climbs onto the hood, clasps the window wiper bar, faces front and enjoys the wind blowing in his face. (He isn't alone. Other animals have adapted to transportation as well. A dog in Seattle called Eclipse, a cross between a black Labrador and a mastiff, decided one day not to wait with her master at the bus stop. She wanted to get going! She jumped onto the bus without him, rode it to the park, and happily leapt back off again as soon as she saw the park outside the window. Now she travels on the bus regularly, her bus pass tied to her halter and passengers quite like having her on board.)

Canuck does steal things, though, particularly shiny things. Once when the police arrived at a burning car, a thief tried to attack them with a knife. When the man was arrested, the knife was briefly left on the ground and unattended. Canuck swooped in and made off with it. One policeman was able to entice the bird back with the offer of a pen instead. Canuck obligingly dropped the knife and picked up the pen. Apparently, he prefers red pens over blue ones, employees at the PNE say.

Unfortunately, Canuck has developed a taste for MacDonald's food, and not all the customers are pleased. He wings into a nearby outlet where the employees know him. Usually, the regular customers know him as well. But for one woman who didn't, it was a little disconcerting to sit down for breakfast, have Canuck land on the table in front of her, plainly planning to enjoy her food right along with her. I don't think his natural charm won her over.

Canuck has learned a great deal from people. He's chosen one man in particular and established a strong bond with him. The bird interacts with others who find him amusing, and has adapted to human activities. He's learned by imitation, a sign of intelligence, and he likes the company of humans, even though he will occasionally take a short holiday up the coast. After his short vacation, he returns, back to the same roost, and to his friend. Canuck is a very smart crow.

October 2017 Mainstreet 15



Holistic Health Tips by Kim Young

Seven Tips for a Good Night's Sleep

The best cure for insomnia is to get a lot of sleep."

W.C. Fields

Easier said than done though, right?

Lack of sleep affects just about everything in your body and mind and yet we are just starting to understand how truly important it is. People who get less sleep tend to be at higher risk for many health issues like diabetes, heart disease, and certain types of cancer; as well as effects like slower metabolism, weight gain, hormone imbalance, and inflammation. Lack of sleep can also impact your mood, memory and decision-making skills.

Do you know that lack of sleep may even negate the health benefits of your exercise program?

The three main purposes of sleep are:

- To restore our body and mind. Our bodies repair, grow and even "detoxify" our brains while we sleep;
- To improve our brain's ability to learn and remember things, technically known as "synaptic plasticity";
- To conserve some energy so we're not just actively "out and about" 24-hours a day, every day.

It's recommended that adults get 7 - 9 hours of sleep each night.

Researchers continue to study our sleep and have come up with the term "sleep hygiene". Sleep hygiene refers to various habits and rituals that we can do on a daily basis that will help us get the sleep we so desperately need.

TIPS FOR BETTER SLEEP HYGIENE

1. Get outside for some sunshine and exercise every day. Getting out will tell your body that it's daytime; time for being productive, active and alert. Doing this during the day will help you wind down more easily in the evening.
2. Balance your blood sugar throughout the day. Eat less refined and processed foods and more whole foods (full of blood-sugar-balancing fiber) i.e. eat a whole orange instead of just the juice. Also, make sure you're getting some protein every time you eat, so you won't wake up hungry in the middle of the night.
3. Get into a consistent sleep schedule. Make it a priority and you're more likely to achieve it. This means turning off your lights eight hours before your alarm goes off - seven days a week.
4. Cut off your caffeine and added sugar intake after 2 pm. Whole foods like fruits and veggies are fine, it's the added sugar we need to cut out. Both caffeine and added sugar can keep your mind more active than you want it to be as bedtime approaches.
5. Make sure your bedroom is conducive to a good night's sleep. A cool, dark room with a comfy mattress is imperative for a restful sleep. Spritzing lavender essential oil mixed with distilled water on your pillow is also very relaxing.
6. If you find that your body relaxes, but you can't get your brain to slow down, take out a notepad and write it out - your thoughts, worries, to-do list... whatever is on your mind. Doing a "brain dump" before bed will help your brain to take a cue from your body and allow for a more peaceful sleep.
7. Have a relaxing bedtime routine that starts 1 hour before your lights out time (that is 8 - 10 hours before your alarm is set to go off). This would include dimming your artificial lights, unplugging from the computer and perhaps reading a book (not an "e" book) or having a bath with Epsom salts.

I hope these tips help you get some good quality sleep tonight and every night.

Kim is a Holistic Health and Lifestyle Coach and Reiki Master who lives in Kootenay Bay with her husband Jim and their dog Buster. Her website is: www.holistic-health-tips.com

16 Mainstreet October 2017

Health & Happiness

by Sid Kettner, MD, Creston and Kootenay East Shore

So many of us have been badly stressed the past three months. The fiery infernos around B.C. have devastated forests, animals and homes. Those fortunate enough to have escaped the horrible tragedies have been left with weeks of unprecedented stress. The floods and earthquakes down south haven't helped our emotional chaos. So this reminder of the effects of stress and what we can do to minimize it, cope with it and resolve it might just be timely.

Stress Kills

The disabling and deadly effects of unresolved stress were first documented in the pioneer research of a great Canadian, Dr. Hans Selye. Designed to be an alarm system to protect us in emergency situations, unrelenting stress can lead to exhaustion, disease and even death. It can bring on diabetes, hypertension, cardiac events, gastrointestinal problems, abnormal immune responses and psychological conditions. Even the exposure to stressful traffic can lead to an increased rate of heart attack in the following hour by almost three times! Makes one thankful that we don't live in Vancouver, Toronto or LA. And wound healing is delayed from 30-40% in people who are under stress, especially if that stress leads to hostility.

But most stress comes not from situations, be they traffic, financial, health or other physical situations. Unfortunately, our relationships to others—our boss, our friends or even our family, which can go sour—are the most important stressors. Forty-one percent of employees say they typically feel tense or stressed during the work day. And then, should they come home to less-than-loving home situations, well you can guess what insults our bodies and minds sustain and why our health is so negatively affected. And no wonder why chronically stressed individuals tend to sleep poorly, be impatient, turn to alcohol, drugs or junk food for temporary relief and why their poor nutritional choices and lack of the desire to exercise only compound the problem and lead to even more serious health effects.

In summary, the most important stressors in our lives include: people and personality differences, changes in our lives (such as deaths, divorce, family unrest, children leaving home), financial difficulties, information overload or unrealistic goals. And the underlying core causes tend to be feelings of fear, hopelessness, a lack of self-worth or the absence of love. The effects can be manifested by heart disease, hypertension, diabetes, kidney disease, ulcers, colon spasticity, migraine headaches, sleep disturbance, skin rashes, asthma and even tooth decay! Bad bosses and bossy mothers-in-law can do all that? Wow.

Enough of the bad news. But, wait a minute. Just hang in there. Next month, some good news is coming your way in Part 2 of this series.

TELEHEALTH has arrived at the East Shore Community Health Centre!

By Peggy Skelton and Tom Wishart, Directors, East Shore Kootenay Lake Community Health Society

The East Shore Kootenay Lake Community Health Society (ESKLCHS) is always looking for ways to enrich the health and quality of life of the residents of the East Shore. As identified in residents' responses to two ESKLCHS Questionnaires, travel to medical appointments, especially specialist appointments away from the East Shore in places like Cranbrook and Trail and even further afield, were identified as problematic. Travel is expensive, time consuming, and difficult to arrange for those without their own personal vehicle.

Telehealth is a technology that permits, through the internet and using a confidential video system, a person to meet with physicians and health care professionals at distant locations for certain appointments directly and in real time. This reduces the need for travel to some appointments. More detailed information on the system and how it works can be obtained at www.interiorhealth.ca/YourCare/telehealth/Pages/default.aspx. (The video available on this site is very informative.)

At a meeting of the ESKLCHS Board last spring the absence of Telehealth service on the East Shore was raised and a commitment made to make inquiries of Interior Health. A brief email to Mr. Peter Laycock, Telehealth Analyst at Interior Health, got the ball rolling.

While Telehealth sites have been established for some time at various sites in the Kootenays, the previous internet service available at the Crawford Bay clinic was unable to support telehealth. However The Connecting Canadians program of the Government of Canada was the initiative to bring high-speed internet to the East Shore, and an analysis of the upgraded internet service and a 'real-world test' all proved positive. Interior Health immediately set about the process of getting the technology up and running at the East Shore clinic. Some of you may have noticed and/or met Don Fletcher, Senior Video Conference Analyst, who spent several days in Crawford Bay installing the necessary equipment (and also enjoying the local ambience).

Telehealth provides us all with another option for Quality Health Care! Please speak to your physician regarding the possibility of utilizing this technology as part of your care. Although the use of telehealth is growing by leaps and bounds—the 2015 Canadian Telehealth Report indicated a growth rate of just under 50% in a recent two year period—only a fraction of physicians/specialists are yet using the technology and not all appointments are appropriate for Telehealth. In coming years though this situation is likely to improve as the technology improves and more people, our doctors included, become more comfortable using it. East Shore residents will undoubtedly benefit by having this facility available in our Clinic.

Many thanks to Interior Health's Telemedicine Department for their very prompt response to our initial query and to Cheryl Whittleton, Community Integrated Health Services Administrator for her support. As always, if you have any suggestions for the East Shore Kootenay Lake Health Society, please feel free to contact any member.

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Jim Hearne

by Wendy Scott

Canon James Russell Hearne, was one of the first priests to visit Riondel – even before Riondel Community Church was built and dedicated, he made many trips across the lake from his home in Queen's Bay to be with us. His wit and his dedication were memorable. But more so were his friendship and his willingness to embark on endless chats and regale us with his world-wide travel.

Greek and Hebrew were natural for Jim and he realized the depth of interpretation they revealed in biblical passages that might have seemed obtuse or awkward at first reading.

Jim was welcomed and indeed, invited, to parishes in BC, Alberta, Iowa, Indiana, Illinois, Oregon, and has been known to slip across the US border to take services at a Church in Idaho. Jim and his wife, Colleen, traveled through the British Isles and Europe, and checked off plenty of old cathedrals and small country churches from their extensive bucket list.

Jim and Colleen, met while attending Seattle Pacific College, and even though Jim was ordained as an Anglican priest, he was quite comfortable and in demand at Presbyterian and United churches, and for one year, was pastor at St Andrews Presbyterian Church in Slocan.

On the afternoon of August 26, 2017, at St Saviour's Pro-Cathedral in Nelson, every available seat was filled and any extra space occupied. The procession of priests, curates, pastors and lay preachers was impressive. Jim would have approved of his sincere and heart-warming send-off. The service was a far cry from the first he conducted in Riondel in the 1950's at a restaurant where Bob's Bar and Grill now stands. Even though nearly sixty years have passed, those first services were recalled fondly by Jim and Colleen and his congregation here at Riondel Community Church.

You were a hard act to follow, Jim. Thank you.

*Lord I have time,
I have plenty of time,
All the time that you give me,
The years of my life,
The days of my years,
The hours of my days,
They are all mine.
Mine to fill quietly, calmly,
But to fill completely up to the brim,
To offer them to you.*

Michel Quost -- France

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Notice of Passing

QUINN, Arthur Albert

May 2, 1920 – July 14, 2017



Arthur Quinn passed away on Friday, July 14, 2017 at the age of 97 years.

He will be lovingly remembered by his wife of 76 years, Mary Irene "Renie" Quinn; sons Arthur and Robert; sisters Pat and Silvia and brother Jack; grandchildren Sandra, Tammy

(Darren) and Arthur; great-grandchildren Joshua, Katrina and Kyle. Arthur was predeceased by his sisters Olga and Olive.

Arthur was born in Tantalton, Saskatchewan and grew up in Beamsville, Ontario. On September 4, 1939 Arthur joined the Royal Canadian Air Force, and was called to duty January 1941. Arthur trained as an Air-frame Mechanic and was transferred to #9 Service Flying Training School in Summerside, Prince Edward Island where he met the love of his life, Renie and was married in June 1941.

Early in 1942 Arthur was reassigned to the RCAF base in Centralia, Ontario and in March 1945 he was transferred overseas, returning in September 1945 and was re-leased from the Air Force. He rejoined the Air Force in February 1946 and was posted to the RCAF base in Rockcliffe, Ontario. Arthur spent the next few years as a Flight Engineer on the Lancaster and North Star aircrafts doing photography and re-supply work to Canada's northern bases.

In July 1954, Arthur and Renie were relocated back to the east coast and spent their next 20 years at Canadian Forces Bases in Greenwood, Nova Scotia and Prince Edward Island where he was involved in maintenance work on the Neptune and Argus aircrafts. Arthur was promoted to Warrant Officer First Class in November 1968, and was honorably discharged from the RCAF on May 3, 1975 after 35 years of service. During his stay on the east coast he was Chief Flying Instructor at the Greenwood Flying Club and Digby Flight School. Arthur and Renie arrived in Calgary in September 1981. Arthur took up skiing and worked at Lake Louise as a Ski Friend for nine years along with other numerous volunteer works.

Arthur and Renie spent 29 years during the summer on the lakes of British Columbia boating, fishing and hiking, including 24 of those years in Crawford Bay, where they met numerous friends.

Next Deadline:

October 25, 2017

www.eshore.ca

Remembrance Garden

by Wendy Scott

Bracken is bronze. Tall grasses, fading to yellow, sway and bend. Tall maples are touched with scarlet and elms will soon be brilliant in gold.

Enjoy the Kootenay autumn on the century old pathway and pause to remember friends and their stories.

Information and requests:

Wendy – 250-225-3381

Muriel – 250-225-3570

Notice of Passing

DUNIC, Alvin

February 20, 1960 – May 29, 2017

Alvin Dunic, of Nelson, BC, beloved husband, father, teacher, community member, aged 57, died May 29, 2017, in Crawford Bay, where he taught for 35 years.



A Celebration of Life will be held in the Temple of Light at Yasodhara Ashram on the East Shore of Kootenay Lake on October 14 at 1:30 pm.

A reception will follow at the Crawford Bay Hall at 3:30 pm.

Alvin was born in Victoria, BC, on February 20, 1960. He graduated from Parklands Secondary School, and later from the University of Victoria, after which he began, at the age of 23, a passionate career as a teacher at Crawford Bay Elementary Secondary School.

During his time on the East Shore Alvin was an inspirational teacher, an avid fisherman and hiker, the editor and publisher of the East-West Kootenay Review, and a model citizen who was always eager to volunteer, be it for the East Shore Health Society, the Riondel Fire Department, or simply to helping another member of the community.

Alvin is widely loved in the Kootenays and wherever he went due to his genuine heart and his ability to make everyone he spoke to feel valued and respected.

Alvin is survived by his wife Teeka (Ferguson); daughters Rajka and Jett, and step-daughter Dominique Muir (Adam); parents Rubino and Rajka (Telac); brothers Robert (Arleen) and Brian (Irene); nieces and nephews Leanne (Ryan), Kevin (Skye), Jillian (Matt), Danielle, Ty, and Marek; many aunts, cousins and in-laws in Canada and Croatia.

Please make donations, in lieu of flowers, to the Alvin Dunic Scholarship Fund at the Nelson and District Credit Union.

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

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

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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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CONSTRUCTION/CONTRACTORS/TRADES

GRAY CREEK MECHANICAL - Marine Repairs and Surveyor: Serving the Eastshore since 1994 15295 Oliver Rd. Gray Creek. 250-227-9285 - Jerry or Sharon

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

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

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

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

PERSONAL CARE/HEALTH

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

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

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

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

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

GERALDINE ALTER - MASSAGES & WELLNESS FOR WOMEN - European deep tissue, energetic reflexology, Breuss spine-vertebras massage, relaxing massage, hot and cold stone therapeutic massage, Reiki. I am a certified professional therapist in Europe, over 15 years practice, 250-227.9890.

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

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

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

SUSAN SNEAD - MASSAGE: Certificates/training in Ayurvedic massages, Reflexology, Polarity Therapy, Acutonics Practitioner Level 4, Fibonacci tuning fork alignment, Astrological Counselling. 250- 225-3520

RECREATION/TOURISM/WHAT'S ON

RIONDEL GOLF COURSE - Beautiful nine hole executive course. Power carts available. Tee times not required. For information : 250 225 3584

RIONDEL ARTISAN SHOPPE - The Circle of Friends is now open for the season. Seven Days a week during July & August. Hrs: 10am-4pm. Showcasing local artisans. (235 Fowler St.)

RESTAURANTS

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

DESTINY BAY RESORT & RESTAURANT - Open nightly by reservation only. Simply call 1-800-818-6633 to reserve.

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

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

YARD/LANDSCAPING/SITE PREP

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

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

*Next Deadline:
Oct 25, 2017*

CLASSIFIED SECTION

BUSINESS

ANNOUNCEMENTS

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

BUSINESS SERVICES

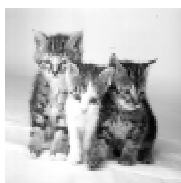
Fax service, photocopies, (with no PST/GST) Tom Lymbery - Notary Public, 250- 227-9315, fax 227-9449, 250.227.9448 for Notary Public.

RENTALS/RL EST.

2 bdrm home for rent in Riondel. Furnished, waterfront, \$800/mo + utilities. Phone Anna at: 1-604-807-5022

Sex and the Kitty

A single unspayed cat can produce 470,000 offspring in just seven years.

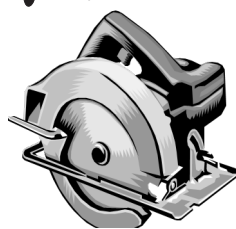


Be responsible - don't litter!

BCSPCA
www.sPCA.bc.ca

*Next Deadline:
Oct 25, 2017
mainstreet@
eshore.ca*

Thinking of Renovating?



We can review your house insurance policy with you. Be sure to keep it up-to-date!

Our Hours:

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

Kootenay Insurance Services Ltd.

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

YOUR HALL IS AVAILABLE!

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

CRAWFORD BAY HALL

Your community hall

A non-smoking facility

NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

Call 250.551.1352



Creston Veterinary Clinic

Your Hometown Vet
1 (250) 428-9494

Mobile veterinary clinic available in Crawford Bay.

Please call Creston Veterinary Clinic to book appointment & for more details.

NEW LOCATION! We now have our clinics at the Crawford Bay Motel, Unit 6

Mobile Clinic Dates:

October 3 and November 14

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL HALL

Booking/info: Rose at 250.223.8288

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 2017

**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 3, Tuesday: Dr Piver

Oct 4, Weds: Dr. Moulson

Oct 5, Thurs: Dr. Lee

Oct 10, Tues: Dr. Piver

Oct 11, Weds: Dr. Moulson

Oct 12, Thurs: Dr. Lee

Oct 17, Tues: Dr. Piver

Oct 18, Weds: Dr. Moulson

Oct 19, Thus: Dr. Lee

Oct 24, Tues: Dr. Lee

Oct 25, Weds: Dr. Moulson

Oct 26, Thurs: Dr. Piver

Oct 31, Tues: Dr. Piver

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

HEALTH PHONE NUMBERS

ES Health Centre: 227-9006

Drug & Alcohol: 353-7691

Child & Youth: 353-7691

Community Nursing: 352-1433

Public Health Dental Screening/Counseling: 428-

3876 Hospice: 227-9006

Baby Clinics: 428-3873

Mammography Screening: 354-6721

Physiotherapy: 227-9155

Massage Therapy: 227-6877

Mental Health Crisis line - 1-888-353-CARE (2273)

BOSWELL HALL HAPPENINGS

Yoga - Thursdays, 9:30 - 11:00am. Contact is Marilyn
Arms 250-223-8058

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

Carpet Bowling - Starts Tuesday, Oct 17 at 6pm
and then every Tuesday after at 7pm. Contact is Tom
Sawyer - 250.431.8404

Book Club - Thursday, Oct 12 at 2pm. Contact is
Melody Farmer - 250.223.8443

Vinters - Sunday, Oct 15 at 2pm. Contact is Alan
Mader: 403.467.5720

BADEV - Monday, Oct 2 at 10am

Focus On Health - Monday, Oct 30 at 10:30am.
Contact is Margaret Crossley - 250.223.7445

Boswell Historical Society AGM - Friday,
Sept 8 at 3:30pm at Anselm Church

SPECIAL EVENTS

Wednesday, October 18th at 2 pm - Fortis will
provide a session on energy savings and rebates, new
grant program

Wednesday, October 25th at 2 pm - Town Hall
with Fortis regarding power outages

October Halloweenfest Dinner - Sat, Oct 28 at
6 pm - Costumes are optional but for those who dare,
prizes will be given for best costume. Dinner will be
pork roast with all the fixings.

ALERT!!

Seventh Annual Celebration of Words, sponsored by
Riondel Library. November 18, 2017, 2 - 4 pm at
Dutch Harbour, Riondel, BC. Admission free.
Info: 250-225-3381

HALLOWEEN IN RIONDEL

We are once again preparing for celebrating Halloween
in Riondel. Everybody is welcome! There will be pizza
from the Hub, hot dogs, chips, homemade treats and
pop. Hot chocolate and fireworks are the grand finale
at 8pm. And once again we are fortunate to have a DJ.
Donations can be made at the Riondel Market, thank-
you. Please join in the celebration from 5-8 on October
31st at the Riondel Fire Hall on Fowler St. Any questions
or if your interested in volunteering please call Danielle
at 250- 509-0421. This event is made possible with the
support of Garry Jackman and REC9 and the Riondel
Fire Fighters. Further thanks to the people in Riondel
who donate all the candy and the volunteers and all of
the people that join in the fun. Happy Halloween. Further
a huge shout out to Community Connections for their
ongoing support.

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 ap-
pointment in Crawford Bay...
www.futures.bc.ca



Growing communities one idea at a time.



*Need help getting back
to your activities?*

EAST SHORE PHYSIOTHERAPY

ANNA ROSE BScPT

Health Centre, Crawford Bay
250-227-9155
eastshorephysio.com

Kootenay Lake

Ferry Schedule

Winter: Sept 6/17-June 13/18

**Time Change Nov 5 – add one hour to
departure time for East Shore time.**

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

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

October 2017 SCHEDULE

Oct 1: Brenda Panio, 11am

Music: Deberah Shears

Oct 8 - NO SERVICE TODAY

Oct 15: Leon Rogers, 1pm

Music: Deberah Shears

Oct 22: Brent Mason, 2pm

Music: Brent

Oct 29: Ramona Dannhauer, 1pm

Music: Richard and Ramona

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 MEMORIAL 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

***Next Deadline:
Oct 25, 2017***

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 5:15 pm at the Crawford Bay School
Email cbess.pac@gmail.com for info or to add to the agenda.

Next PAC Meeting:

October 4, CBESS

October 2017 Mainstreet 19

OCTOBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 Full Moon	6	7
		Creston Vet Clinic Tara Shanti Yoga, 9:30-11am Dr. Piver	16+ Volleyball, CB School, 7pm Dr. Moulson	Yoga Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am Dr. Lee	Thanksgiving Weekend at Ashram	Thanksgiving Weekend at Ashram
8	9	10	11	12	13	14
Thanksgiving Weekend at Ashram		Creston Vet Clinic Tara Shanti Yoga, 9:30-11am Lions Mtng, 7 pm Dr. Piver	16+ Volleyball, CB School, 7pm Dr. Moulson	Yoga Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am Dr. Lee		Alvin Dunic Memorial, Yasodhara Ashram, 1:30
15	16	17	18	19	20	21
		Tara Shanti Yoga, 9:30-11am Dr. Piver	16+ Volleyball, CB School, 7pm Dr. Moulson	Yoga Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am Dr. Lee	Conscious Living in Times of Change, Ashram	Conscious Living in Times of Change, Ashram
22	23	24	25	26	27	28
Conscious Living in Times of Change, Ashram		Tara Shanti Yoga, 9:30-11am Lions Mtng, 7 pm Dr. Lee	16+ Volleyball, CB School, 7pm Dr. Moulson	Yoga Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am Dr. Piver	Stilling the Mind, Ashram	Stilling the Mind, Ashram Taste of the Ashram, Day Prog & Overnight Stay
29	30	31				
Stilling the Mind, Ashram		Tara Shanti Yoga, 9:30-11am Dr. Piver				



From: Me



To: You


TRANSFER FUNDS

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Kootenay Lake Local Conservation Fund

Request for Proposals

The Kootenay Conservation Program (KCP) and Regional District of Central Kootenay (RDCK) are seeking proposals for projects that will benefit conservation in the rural areas around Kootenay Lake, specifically electoral areas A, D, and E within the RDCK.


The purpose of the Fund is to provide local financial support for important projects that will contribute to the conservation of our valuable natural areas. Kootenay Lake Local Conservation Fund (KLLCF) funding is available for conservation projects that result in the reduction to a known threat to biodiversity. The themes for the Fund are water conservation, wildlife and habitat conservation, and open space conservation.

Projects that are technically sound and effective, and provide value for money through partnerships with other funders will be given priority. Proponents must be a registered not-for-profit organization, First Nations band or local government. Unqualified groups or organizations may partner with a qualified organization. A Technical Review Committee will review project proposals and make recommendations to the RDCK for final funding approval.

To apply for funding, go to www.kootenayconservation.ca and click on the Kootenay Lake Local Conservation Fund tab. Review the Terms of Reference, paying particular attention to Section 8 – Fund Design and then apply using the application form provided.

The closing date for project submissions is **4:30 pm PDT, November 1, 2017.**

Project proposals must be delivered by email to info@kootenayconservation.ca.



THE HISTORIC GRAY CREEK STORE

EST. 1913

250-227-9315
graycreekstore.com



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

Time to Cozy Up For Fall...



Save 15% During JOTUL DAYS Oct 13-15

and then...



Snuggle up in your Stanfield's Long Johns and a Tilma Blanket

PLUS: WETT inspections & Free In Home Consults

Transfer Station Hours

CR. BAY: Sun, Tues & Thurs, 9am-3pm
BOSWELL: Weds/Sat 11-3

Bottle Depot at CB Market, Sunday/Thursday, 10am-3pm

East Shore Reading Centre:

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

Riondel Library:

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