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# The East Shore Mainstreet

## KOOTENAY LAKE BC

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



Autumn drift... Photo by Gabrielle Brasseur Photography

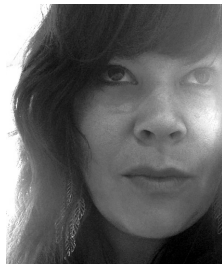
# FOR LEASE ?



### The East Shore is running the risk of losing its local First Responder/Rescue and Fire Services.

Riondel Fire Department may be forced to cease our most important operations as early as 2019. This will include First Responder, Road Rescue AND eventually Fire services. New members are desperately sought. Have you ever made an emergency call or been at the scene of a call for someone else? Were the First Responders on the scene? Many of us have seen lives saved due to the effective and fast response by our local Fire Department/First Responders. What would we do without them? Read more about this in this issue, and please... consider joining the team to save the invaluable service.

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## Mainstreet Meanderings by Editor Ingrid Baetzel Pack Animals

My friend and I work with youth. It's not something I thought I would find myself saying as it was never that appealing of a notion to me, but I've been enchanted by the work since we started it and am perpetually surprised at how much I truly enjoy it. For a long time, I was intimidated by teenagers. Throughout my twenties and thirties, younger people made me nervous. I reflect upon this fear and wonder where it came from? What happened to create this anxiety?

All I can gather is that I remember being a teenager and how I felt about most adults and how they just didn't get me and how very complex and gloriously, dangerously misunderstood I was, and that must be how all youth feel still today. Therefore, if they all feel that they are complex and gloriously, dangerously misunderstood and marginalized by adults, how could they possibly want to attempt to relate to me? They would laugh at me. They would mock me. They wouldn't like me.

Well, all of that is occasionally true. They laugh at us, they mock us, some of them seem to not even like us (fair enough). But... MOST of them talk to us. Most of them ask for our opinion and advice. Most of them (and sometimes it surprises me precisely which ones) need us and even like spending time with us.

This leads me to the next question... Who created this generational divide? After working with these kids for the past couple of years, I can say unequivocally, we do - as adults, we do. We are intimidated by or dissociated from the youth around us. They seem to be

a herd of chattering, anxious deer-ape-gazelle-rabbit-wolf-like creatures who are watching us sideways, facing inwards, judging our danger level or fun-ruining capacity. We feel outside of them because they herd and group and look at us sideways and we turn away from them, having learned the lesson of self-preservation, and reject them entirely.

Sometimes, I still walk up to the school or to a group of kids and feel their uneasy assessment, their abrupt conversation switch, and question if they are going to turn on me or attack. Well, it hasn't happened yet. Usually a big smile and a joke or easy question does it. It doesn't take much. Game recognize game. Friendly recognize friendly. They mirror us. They soften and turn out and welcome us in. What appears to be a wall of hostility and fear, is usually just a cuddle puddle of hormonal questioning.

Okay, so I've established that I've figured out how to talk to teens. Bully for me, right? Now that we're in and working with them regularly, we've gotten to thinking about how to make them shine. How to create fresh, glorious, dangerously informed and astutely aware world citizens out of them...

This is when I start looking at this community around us and who is making change and who is creating opportunities. Mostly, it appears to me, it is the nearly-retired (or fully retired), and the full-time workers with kids at home, and it is often predominantly women. When I go to most meetings around here, they are generally and primarily comprised of 40-70 year old women (definitely leaning more to the senior end of that scale).

Okay, that's fine. If I had to choose who I want to learn from all over again, it would probably be that demographic. There are, naturally, men doing great things in this community as well, and they have myriad lessons to teach. We've sat and recognized the gifts and skills that are inherent in this community, we've

made lists that go on for days and are overwhelmed by the power in diverse experience that we have at our fingertips. We want to bring the worlds together, over and over, and help our youth gain the advantages of first-hand experience and learning. We invite those of you in the community who have a skill or lesson that they can teach or share with our youth to get in touch with us. From cooking to crafting, hunting to tanning, mechanics to robotics and on and on... We want it all! If you are up for helping us bridge the intergenerational divide and giving the gift of your experience to local youth, we want to hear from you. Please call Ingrid (250.505.7697) or Carol (250.505.3760) or email eastshoreyouthcouncil@gmail.com.

Also, we continue with our volunteer reward program. Are you a senior citizen, home-bound or infirm, disabled or physically limited, short or long-term? We would be happy to hear from you and see if we can send a youth or two to help you out with your projects. You need to do nothing more than contact us and then report back when the youth have attended to your home and done the work. Contact us to be put on the list and we will try to pair you with some young energy to help out. Again, call Ingrid (250.505.7697) or Carol (250.505.3760) or email eastshoreyouthcouncil@gmail.com.

Come on, adult creatures, let's try it out... together we can dispel the myth of fear and break up the pack animals. (P.S. I'm not even addressing the youth in this article, nor worrying about them reading this. Recent history and on-the-ground surveys have proven that they are not reading newspaper articles (not even mine!) and aren't fussed about what is printed in this anachronistic medium.)

Hey youth, prove me wrong! Did you read this article? If so, come up to me at our next drop-in and say "Pack Animals" to me for a reward. Parents - no cheating.

## LETTERS TO THE EDITOR

### HALLOWEEN IN RIONDEL

Dear Editor:

Welcoming everybody to celebrate Halloween in Riondel at the Riondel Fire Hall on October 31st 5-8pm.

Pizza, hot dogs, CANDY, homemade treats and more... DJ Tremblay and a magnificent magic show. Bring your carved pumpkins with a led light. Thanking the Credit Union for their sponsorship and Rec9 and Garry Jackman (RDCK) for their ongoing financial support. A huge thanks to Community Connections too! And the Riondel Fire Department! And the Riondel residents that generously donate candy and open their doors to the many trick or treaters. Also thank you to the Riondel Market for accepting all of the donations! And to all of the volunteers and participants that make this event possible and make it so much FUN! Hope to see you there!

Need more information? Like to volunteer or donate? Contact me at 250-509-0421.

Danielle Rogers, Riondel

### GRAY CREEK FIRE RESPONSE INITIATIVE

Dear Editor:

A group of concerned Gray Creek residents has been upgrading fire suppression equipment that was originally assembled many years ago by the community through donations. We have renewed this effort this year to upgrade the equipment. \$1700 was raised through generous donations from the community. The money was used to purchase a water tank, forestry fire hoses, fittings, tools and safety supplies. These items were added to the existing kit of pump and hose and hand tools. The updated kit is set up on a trailer with water ready to go on short notice through fire season.

More work is being done to create a communications strategy to inform residents promptly in the event of fire in the neighbourhood. A community owned trailer to support the equipment is a future goal as well. The Gray Creek Store has always been a good first call in the event of an emergency.

2 Mainstreet October 2018

Thanks to those people for your concern to address the vulnerability that we face during fire season and for your generosity to build a response kit that could help prevent a small fire from becoming a big fire.

Stephen Albrechtson, Gray Creek

### BARBED WIRE CLEAN UP

To the Editor

I am grateful that I live in a place many other animals also call home, and grateful for reminders to consider their well-being. I see Kootenay Lake Conservation Fund's current call for wildlife project submissions. Retallack's adventure tourism proposal earlier this year had me digging to find documentation about the effects of helicopter traffic on wildlife. I have a smaller-scale suggestion, hands-on and even closer to home.

One of the three dog buddies I walk with met up with some old barbed wire yesterday. This time the wire nicked a dog's ear. Next time it could inflict fatal cuts on a fawn's leg. I found some of this "heritage" fencing on my own property two years ago and removed some of it then. I'm going to spend a couple of hours this week pulling out the remaining wire, for the safety of all of us animals in the neighbourhood. It would be great if other people with old barbed wire fencing on their land would do the same. Wear gloves!

Anna Rose, Gray Creek

### NEW PRINCIPAL GREETES COMMUNITY

Dear Editor:

It's been one big adventure moving to this small but very active rural community after 25 years as an educator and administrator in Vancouver. With the blessing of my wife, we packed up our home and moved over the summer break.

We are happy to be closer to family members, some of whom have lived on the East Shore for years. My wife is thrilled to accompany me here and to meet fellow artists. The kind and authentic support of community members has meant a great deal to the both of

us through this exciting yet tumultuous time of transition in our lives.

Special thanks to Mirroslav, Chris, Zora, Tony & Jac, Marion and Mark, and Gina Medhurst in helping us find a place to land. To the parents, families and students of CBESS, thank you for your warm reception, your kindness and your generosity in welcoming us into this wonderful artistic community. We look forward to all the adventure coming our way!

Erin Gibbs, Gray Creek



## OFFICE DESK

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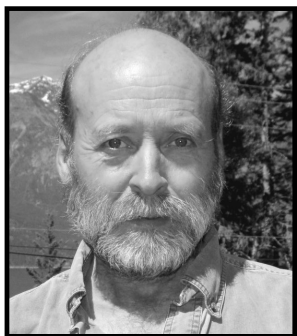
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Copies every issue: 700-1000

The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers. Send in November 2018 issue items by:

Next Deadline: Oct 24, 2018



## RDCK Area "A" Update

by Garry Jackman,  
Regional Director

LOCAL GOVERNMENT ELECTIONS 2018

Voting day for mayors

and councillors, school trustees and electoral area directors is on October 20 this fall. Some of our neighbouring communities have hotly contested seats for town and city councils. There are far fewer contested seats for rural or electoral area directors. Across the East Kootenay, Central Kootenay and West Kootenay/Boundary there are 15 acclaimed electoral area directors with only 7 seats being contested. I have been acclaimed as RDCK Area A Director again, for which I am thankful as I can continue full on working for our communities.

However, it also leaves me wondering again about the state of engagement with our local government and services. I do hear enough encouragement to keep me putting my name forward to serve but I realize there remain deep concerns in the minds of some residents. Some are issues where action (bylaw changes) would impact a large portion or even the entire electoral area and other issues have a more local benefit and local tax implications. Some issues have been debated within a community but they have not reached consensus on how to proceed.

### A LITTLE MORE TRASH TALK

Negotiations are still underway for a contract with Recycle BC (formerly Multi Materials BC) to change the way we deal with our recycle materials. Our next briefing on the topic is going to be on October 11, so I do not have a specific update here.

What I have received is another report of illegal dumping on crown land, this time north of Riondel. I have not had a chance to locate the side road to look myself, but I have been told there are deposits of yard and garden waste along with some construction debris.

Perhaps "out of sight out of mind" is the guiding principal for some or that in the case of yard waste the material is presumed to be returned to nature without any negative impacts. But other residents may recall the unauthorized dump south of Riondel grew to a size where the province eventually spent time and money to do a cleanup, with help from the local fire volunteers, fearing the heightened fire risk could no longer go unaddressed. We still pay for this (if you pay provincial income taxes) and we will pay much more dearly if a fire does start at one of these loosely piled heaps of debris.

There are a number of ways to deal with yard and garden waste other than trucking down the road to be dumped illegally. For one, none of us need to go more than 15 to 25 minutes further down the road to drop it for no charge during the months of April and October at a transfer station. In the east sub-region (Crawford Bay, Boswell and Creston waste transfer points) yard and garden waste disposal is free for the months of April and October.

As for illegal dumping of your construction debris and/or other garbage, just suck it up and pay like the rest of us for proper disposal, as opposed to being an idiot!

### TWO TOPICS WHICH CONTINUE TO ARISE

**Dog control** complaints come and go. In the case where a resident fears personal harm (for themselves or their family) and they are willing to speak up the RCMP have intervened. Where the issue is one of nuisance or danger to other pets, an animal control officer

is the common approach. Even with an animal control officer I expect I would continue to hear stories of animals being shot or poisoned from time to time, but the idea of having a person under contract who would respond to isolated issues may prevent some of these. Any community which chooses (it is not a mandated service) to have an animal control officer must pay the full shot within that defined community. Recently options were costed out for two neighbourhoods in Electoral Area D to the north of us. In the one neighbourhood, with only a few dozen homes, the costs for a typical contract was estimated to increase property taxes by about \$1000 for a property assessed at \$250K. In the other neighbourhood (which I believe has 60 to 70 properties within the defined community) the cost per typical property would be an extra \$200 per year in taxation. Neither is going to proceed at this time. If you and a group of neighbours believe you want to investigate paying for an animal control officer please approach me and I can request some estimates based on the size of the community which is interested.

**Unightly premises bylaws** are in place for most of the RDCK, excluding our electoral area and the Slo-can Valley. The bylaw can be viewed on the RDCK website and if strictly adhered to we would require a small army of bylaw officers to get all properties into compliance. Where the bylaw has been used over the past decade is in cases where an extreme amount of materials, debris, wrecked or partially wrecked vehicles and general household garbage have accumulated on a property. There are examples of such properties all the way from Wynndel through to Riondel.

Where the bylaw is in force now, only a few properties are tackled at any time across the entire regional district due to the staff time required for the process. Of the cases I have seen from start to finish they go one of two ways – voluntary compliance within a reasonable time frame (often six or more months) and steady progress along the time line or they go through the courts. Bylaw staff will begin with site visits, where possible without a police escort (serious issue for some properties), and talk about the voluntary compliance process. They will report to the RDCK board which will decide next steps. If no progress is seen, discussion gives way to issuing tickets which will be placed against the property in the same manner as tax arrears if not paid. After a few tickets and no action on compliance bylaw staff will file for a court injunction to enter the property with a bonded contractor, remove material (sorting some out for the landfill and other material for bonded storage) and send the bill to the registered landowner. If not paid, the amount also goes against the property title in the same manner as tax arrears. Then the RDCK will apply to the province to reimburse the RDCK costs and the province will carry the debt. The province can force the sale of the property, if they wish, to recover their costs.

It is not a pretty process. Costs will typically range into the tens of thousands of dollars. It will go through to completion once started, based on what the RDCK Board has been doing in other areas. In the most extreme case I have seen in our regional district an entire house was demolished and hauled away to the landfill. An unightly premise likely has an impact on all of us, making our communities from one end of the area to the other look a little less attractive for the potential new neighbours or business owners. Without a doubt they have an extremely negative impact on the adjacent property owners.

A few times over the years communities have rallied to give their neighbours a helping hand to clean up. This has had great results on some properties and little impact on others. I want to know if you believe now is the time to bring this bylaw into force in Area A. Consider what benefits it could have over the next decade, or what our neighbourhoods might look like if we remain at status quo. I will ask RDCK staff to draft a questionnaire to seek your written responses, but please chat with your neighbours about the topic now.

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



## Hidden Taxes by David George Of Libraries and Anniversaries

The year was 1977, and the provincial bookmobile had stopped delivering books to the Kootenays. One resident, Charlotte Blanke and a few others had the idea of starting a local library.

Initially in part of the Crawford Bay School library, the collection of the East Shore Community Library Society moved into a small space in the Crawford Bay Community Hall. That space was so small that only half the books could be displayed.

Fast forward to 1989 when my wife and I bought Sigg Wittmoser's design and construction building and renamed it Crawford Bay Castle. We figured that if the Kokanee Chalets which look like A-frames could be called chalets, then our building which looks like a chalet with a stone foundation could be called a castle.

The library moved in to the upstairs room which had been the draughting room, and opened in 1990, in early January. All the books could finally be seen. Twenty-two years later in 2012, the library moved downstairs, and has enough room for the new collections of DVDs and audio books on CDs. Funding for the library here in Crawford Bay and also for the Riondel Library and Creston Library is through a very small property tax, which costs the average East Shore homeowner around two dollars a month. This small tax was crucial to the continued existence of the two libraries north of Creston, as the former Liberal government cut the \$1,800 a year grant for buying new books. Because the library is registered with the federal government as a Canadian non-profit charitable organisation, it is eligible for some grants from companies such as Telus.

The Liberals also, in an Orwellian double-speak moment decided to call all the libraries not in incorporated areas 'Reading Centres'. Now that we have a new government, it is time to ask it, through our local MLA and the Minister of Education to restore this small funding.

Take a look, those readers who appreciate science-fiction and fantasy, at the next instalment of the Dinim Collection, authors 'L' to part way through Smith, now on display near the public computer. About 350 books will be displayed until the end of this year 2018. After that, the remaining 250 or so will be displayed until around the end of March 2019. It is possible that the Riondel Library will show some of the collection soon. After that, the entire collection of about 1,400 books by 400 authors may be looking for a home. Stay tuned for developments.

### 50 Years Ago

The year was 1968. The Apollo 11 Moon landing was still in the future. The Vietnam War was raging. US President Johnson decided not to run again, and Richard Nixon was elected, later becoming the first US President to resign the office. Trudeaumania was in full force in Canada since Pierre Elliot Trudeau's election as Prime Minister in April. He would later repatriate our Canadian Constitution. Pierre Trudeau also made it possible for Americans who were opposed to the undeclared war in Vietnam to immigrate to Canada easily and become Landed Immigrants.

In mid-September of 1968 I was one of those immigrants, leaving Vermont, entering Quebec and becoming officially landed in less than three hours. There were, over all, around 50,000 young men who immigrated to Canada during that era, also about 50,000 young women. Most of the 100,000 of us had university degrees, so I believe Canada has benefited from that wave of immigration.

continued on next page...



# October Horoscope

by Michael O'Connor

**Tip of the Month:** Venus turning retrograde while in Tropical Scorpio (sounds like a storm) on October 7 is among the bigger news this month.

It will re-enter Libra on November 1st and continue to retreat backward until the 16th, more on that segment next month.

Venus in Scorpio can certainly be deemed sexy and when retrograde, it is extra sexual, as well. Yet, Venus is also challenged when in Scorpio and the seduction could actually be the mask for manipulation and unchecked ambition. Mars in Aquarius meanwhile and Uranus in Taurus add a kinky twist to this theme.

### Aries (Mar 21- Apr 19)

Life is all about relationships and this fact is startlingly clear to you now. You yearn to merge and meld with the one(s) you love. How you do it is subject to your life situation. You are negotiable, yet unequivocal.

### Taurus (Apr 20-May 20)

Your passions are running high, yet situations are challenging you to approach matters, diplomatically. You are wise to listen and observe more, now, and speak and act more intentionally than reactively. Love matters.

### Gemini (May 21-Jun 20)

A creative cycle in the forefront amidst a chaotic one in the background, continues. The chaos is linked to deep changes occurring within, a veritable metamorphosis. Circumstances require you to give more now and expect less.

### Cancer (Jun 21 – Jul 22)

Creating beauty in your world includes the task of clearing the clutter. How you define clutter depends on your circumstances. It could be stuff, or unnecessary thoughts or emotions or negative habits... Clear the way!

### Leo (Jul 23 – Aug 22)

A bucy cycle is underway. The time is also right to increase your outreach, socially, professionally and otherwise. It is important that you believe in yourself so that you can proceed with confidence. Push through assertively, yet avoid conflict.

### Virgo (Aug 23 - Sep 22)

Balancing the scales now refers to financial responsibilities. You are willing to work hard and this includes overcoming impatience and the reactive urge to force matters. Meanwhile, your power and authority is rising.

### Libra (Sep 23 - Oct 22)

The time is right to take new leads and initiatives. Financial gains are featured and you are keen to play the game. Get rich schemes may seldom work, but sometimes they do. Focus to invest but read the fine-print.

### Scorpio (Oct 23 – Nov 21)

Changes on relationship fronts are brewing. You want new experiences or to hit the reset button on existing involvements. This trend will continue for a couple of months and the momentum will get faster and stronger.

### Sagittarius (Nov 22 - Dec 21)

Deciphering who are and are not your true friends is a current focus. This may include recognizing the value of family and how it differs from friendships. Meanwhile, as you dig deeper into your well of faith, your confidence levels increase.

### Capricorn (Dec 22 - Jan 19)

Your focus on career and your public life are emphasized now. The time is right to exercise both your talents and charisma. Yet, who you know may prove equally important. Shine your light, brightly, and shake some hands, warmly.

### Aquarius (Jan 20 - Feb 18)

Increase and expansion are key themes now. This is probably true professionally. Learning new skills and obtaining new tools is featured. Making extra efforts to be cooperative and adaptable is important. Be willing to enter new territory.

### Pisces (Feb 19 - Mar 20)

A mixture of endings and new beginnings on relationship fronts continues. Intrigue and mystery is likely, especially with romantic involvements. You are wise to proceed with caution, especially in your dealings with women.

### "Hidden Taxes" continued from previous page...

I have been a Canadian citizen since 1974, as it took five years of residency then. I do not have dual citizenship, which was not permitted in 1974. Some people I know did manage to retain US citizenship, and now have lots of tax problems.

For history buffs, I can recommend a portrait of the Vietnam War in a book by American historian Barbara W. Tuchman (1912-1989) titled *The March of Folly*, Alfred A. Knopf, New York, 1984, ISBN: 0-394-52777-1 (hc.)

The main chapters are as follows:

One - "Pursuit of Policy Contrary to Self-Interest."

Two - "Prototype: The Trojans Take the Wooden Horse Within Their Walls."

Three - "The Renaissance Popes Provoke the Protestant Secession: 1470-1530."

Four - "The British Lose America: 1763-1783."

Five - "America Betrays Herself in Vietnam: 1945-1973."

I have read some of her other books, notably

*The Guns of August* (1962)- *World War One and The Proud Tower* (1966)-leadup to WWI.

Future reading will include her later books:

*A Distant Mirror: The Calamitous 14th Century* (1978), and *Practicing History* (1981). Her scholarship is on a par with that of our own Margaret Macmillan, whose book about the Paris Peace talks, *Paris 1919*, is in our East Shore Library. Next month "Hidden Taxes" will look back 100 years to the year 1918.

## Chief Jason Louie Confirmed in Office by Arbitrator Wayne Louie's Bid to Remove Members of Lower Kootenay Band Council Fails

submitted by Curtis Wullum, LKB

The petition process, under the Lower Kootenay Band Custom Election Bylaw, seeking to remove Chief Jason Louie and Councillor Sandra Luke from office has failed. In a decision released on September 26, 2018, Arbitrator Marko Vesely, after reconsidering his earlier decision, again confirms Chief Jason Louie and Sandra Luke in office.

Mr. Vesely states in his decision that while the Council did breach their oath of office in paying themselves \$5000 each from funds received by the Band, the petition fails because an insufficient number of the petitioners confirmed their understanding of the petition, as prescribed under the Bylaw.

The Arbitrator is also satisfied that the petition should fail because the conduct in question does not rise to the level that warrants the removal of the Council members from office. The Arbitrator notes a number of factors which he considered in coming to this conclusion including:

1. Council honestly believed in 2009 that the Band Council was following the correct process, had the authority to make the payments and were entitled to receive their respective \$5000 payments; and

2. Council made no effort to keep the payments secret from the Band membership. The payments were disclosed in the Band's financial statements, which were publicly available and were provided to Indian and Northern Affairs Canada.

Upon reflecting on the arbitration, Chief Jason Louie stated that "although the process was very difficult, it showed me how supportive people, inside and outside the Lower Kootenay Band community, can be."

Elections for three Lower Kootenay Band Councillors including Chief are scheduled for November 2018.

**New Key's Place**

Oct 5th - Lady Vic is in the house for *Mandy Petrie's 50th Birthday Bash!*

Oct 7th - *Traditional Thanksgiving dinner* (Turkey with all the trimmings)

Oct 19th - *Gerry's Birthday Party* (Entertainment TBA)

Oct 31st - *Happy Halloween...* Watch for further details about upcoming entertainment.

*And don't forget, Wing Wednesdays with highball specials, dart night Thursdays and so much more!*

Join us as we howl into October!

*Come as a stranger, leave as a friend.*

**250.227.6911**

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YRB requires equipment operators for the upcoming winter season at the Crawford Bay location in the Central Kootenay area. Minimum qualifications include Class 3 licence with air endorsement, previous driving experience and ability to carry out duties in an outdoor, all weather environment on both day and night shifts. Must be physically fit. Please fax/email your resume along with a recent BC drivers abstract to:

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## Hacker's Desk

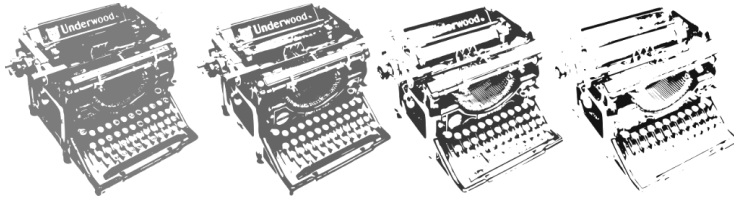
by Gef Tremblay

### Computer

I use a computer for most of my work. Hour after hour each day I sit (and now sometime stand) in front of these machines. What I've been realizing though is that, in order to be the most efficient using a computer, I have to not be in front of them all the time. In fact, the less amount of time I spend in front of a computer, the more efficient I become at using a computer. I haven't created a clear metric about this and I don't know where it's all going but with trial and error, I am trying to find the sweet spot of maximum amount of productivity with minimum amount of computer time.

What I've realized is with my work, any creative task or problem, I continue to think about it when I am not sitting in front of the computer. I doodle ideas. I reflect on ways to solve the issue. I probably dream about some solutions too. In short, there is a process that continues and that is really important to the whole process.

Sitting in front of the computer is also stressful on my system. Not stressful in an unhealthy job type of way, but the stress on the eyes, stress on the body sitting all day, stress on the multitasking that happens in front of the computer which negatively impacts my creativity. So, reducing the amount of time I spend in



front of the screen gives me more creative juice.

In the last few years, I've given up using my computer to:

- Read news
- Play video game
- Watch news and tv shows
- Make music
- Create art
- Use social networks

This was a huge switch from my computer time and started to create this impression that my computer is only about my work.

I remember using a typewriter, an old Underwood. It was big and bulky and it did one thing only and one thing well. You could write with it. That focused task created some sort of sacredness to the tool that you can't find anymore with computers.

Whenever I sat in front of that Underwood, I could only write, so I started writing wherever it lead me. I couldn't check my email or watch the latest YouTube video there. So, now, I'm wondering how I could create the same atmosphere around my work computer.

So I've restrained my main computer usage to:

- Work
- Take some online classes

While I still watch movies and tv shows on Netflix, I do that in my living room on another computer.

I play music without any computer, rather with synth and samplers, looper and acoustic instruments. Most of my 'off work' art creation is now ink/paper/water-color based.

I would personally like to take this even further to be able to draw with normal pen and paper and to have that translated to my computer interface directly. I've started creating a drafting table to computer interface where a webcam is located over the table and automatically uploads what I draw to my design software. But it's not production-ready yet and is more work than scanning my artwork and sending it to my design tool. I'm looking forward to more integration of our lives and technology that will change our relationship to these machines.

In the movie *Her*, the protagonist uses his computer mostly through voice interaction, without much typing or screen time. I think this is a nice way to think about the future - where we don't need to sit in front of the computer anymore while still benefiting from technology in a different way. From voice-activated computers, from mechanical to digital tools and maybe at one point we'll control computers with our mind.

**Contact Mainstreet**  
**250.505.7697**  
**Deadline: Oct 24/18**

**Create your own job!**  
 Small business accounts for 98%  
 of all business in B.C.

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

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

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

Community Futures Central Kootenay  
 Growing communities one idea at a time.

**TAKE TIME FOR YOURSELF**  
 in the peaceful, sacred space of the Ashram

*Everyone is welcome; no experience required*

**Saturday Reflections**  
 Oct 13 – Nov 3, 2-4 pm. \$12/workshop\*  
 Workshops will include some of the Ashram's yogic practices of breath, mantra, visualization, and reflection.

**Morning Hatha**  
 6:50-7:50 am daily until Nov 7  
 \$8 drop-in or \$72 for 10-class pass\*

**Wednesday Hatha & Dream Yoga**  
 Oct 10 – Nov 28  
 Hidden Language Hatha Yoga, 6:00-7:30 pm  
 \$10 drop-in or \$70 for 8-week session\*  
 Dream Yoga, 7:45-9:15 pm  
 \$70 for 8-week session\*

Registration: 250.227.9224  
 or [info@yasodhara.org](mailto:info@yasodhara.org)  
[yasodhara.org/local](http://yasodhara.org/local)

Yasodhara Ashram  
 YOGA RETREAT & STUDY CENTRE  
*\*sliding scale available*

# StarBellyJam

## Starbelly Jam Music Festival Society

### ANNUAL GENERAL MEETING

October 20th 2018 2PM

GRAY CREEK HALL

Join us in support of the East Shore's Family Music Festival

Get involved!

Join our Board of Directors and help ensure the organizations future.

Information: 250 505 6489 [www.starbellyjam.org](http://www.starbellyjam.org)

# Crawford Bay Hall Needs Your Input!

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

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

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

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

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

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

We thank you in advance for your contribution!

# CRAWFORD BAY and DISTRICT HALL & PARK ASSOCIATION SURVEY

## Community Hall and Land Upgrades Survey

Why survey the community now? On April 6, 2018, after more than a decade of negotiations with School District 8 and the Ministry of Education the 'old' Crawford Bay School has become the property of the Crawford Bay and District Parks Association and now belongs to you, the community. Now that the Crawford Bay & District Hall & Park Association owns the property we can apply for grants previously unavailable. To say that our 80-year old community hall needs repairs and upgrades is an understatement. Some grant programs are specific to energy efficiency and mitigating potential health issues and the board will apply for these immediately. The purpose of this survey is to get local residents' ideas and opinions of where we should put our resources first after we cover these basics.

**1. Are you a resident** of the East Shore who attends events at the hall?

- Yes  
 No

**2. How should we proceed?** Please prioritize the following by putting numbers 1-7 beside them with 1 being your first choice.

- Replace damaged siding & paint exterior of the hall  
 Upgrade hall bathrooms  
 Paint/modernize interior, improve appearances & acoustics  
 Improve electrical system & upgrade lighting fixtures  
 Maintain & improve hall grounds (cut grass, water, etc)  
 Upgrade hall kitchen  
 Replace the hall roof

**3. Looking ahead:** Do you think we need to enlarge the hall to accommodate larger community events and rental bookings?

- Yes  
 No

Why do you feel this way?

**4. How will we pay** for all this? Renovations and upgrades of older buildings are expensive. Please tell us how you would like to see us fund these changes. (Prioritize these options by numbering them 1-4)

- Grant funding  
 Community Fundraisers  
 Increased rental rates  
 Increased tax levies on properties within the existing tax catchment area

**5. Do you own land** within the taxation area of the Crawford Bay and District \* Hall and Parks?

- Yes  
 No  
 Unsure

**6. Have you ever booked** the hall for a private event?

- Yes  
 No

**7. What improvements** would make you more likely to book the hall in the future?

**8. Are you associated** with a community group that regularly rents the hall?

- Yes  
 No

**9. If you answered 'yes'** to question 8, please list the events you are involved with.

**10. Tell us what improvements** would make future bookings more likely for your group.

**11. Future options** for the East Shore community now that we manage the 8.21 acre park and additional 8.33 acres around the hall we can entertain more ideas for the use of these lands. Please think at least a decade ahead and share your ideas with us.

*Did you know you can become part of our Hall Upgrade Committee without the obligations of becoming a fulltime director of the association?*

**12. Are you willing to assist** with community \* fundraising?

- Yes  
 No

**13. Are you willing to help** as an

- Organizer  
 Worker  
 Neither

**14. Are you willing to work** on one of our Hall Improvements committees?

- Yes  
 No

**15. If Yes, what is your area of interest or expertise?**

**16. If you would like to join us** in upgrading our heritage community hall, please give us your name and contact information.

Name:

Email Address:

Phone Number:

Survey response deadline is November 10. Information from this survey will be presented at our 2018 Annual General Meeting on Tuesday, November 27 starting at 7:30 in the Crawford Bay Hall. Everyone is welcome to attend!

## Barefoot Handweaving



Autumn colours,  
& new Ted art!

OPEN Every day 9—5:30 250-227-9655



### 20th ANNIVERSARY POSTER CONTEST

Calling for artists' submissions for this year's Starbelly Jam poster (20th Anniversary)!

#### POSTERS MUST BE

- square, minimum size 30 cm x 30 cm
- painted in bright colours
- with a family- and music-oriented theme
- and background space left for the Starbelly logo.

Winning poster receives \$100, plus free admission.

Please call Gerald at 225-3576 or email [gpanio@bluebell.ca](mailto:gpanio@bluebell.ca) for details on poster requirements.



*New Business Introduction*

## Collect Boutique and Wellness Gathering Gorgeously a Mainstreet Interview

Jayanti English Holman has been on the East Shore for over twenty years and has worn plenty of hats. She is a familiar face and mover and shaker in the community. Over the past months, Jai has ventured down a new path, with a new hat on, and it looks good on her. Many East Shore residents may have driven past her new boutique right next to Black Salt Café in downtown Crawford Bay. Next time, pull over, get a coffee from next door, and spend a few minutes (or hours) getting lost in the charm and elegance that is Collect Boutique and Wellness. *Mainstreet* sat with Jai to discuss her new business.

**MS: Where did the name come from, Jai?**

**JE:** Collect Boutique for me was about timing. My oldest daughter just went to university and my youngest has started high school. I've always worked a diverse spectrum of jobs on and off the shore self-employed or employed by others. I've always strived to be available for my daughters and my family, and now I'm at a point where I have the opportunity to create something different. I so deeply value community collaboration and collective creation.

The name, Collect Boutique & Wellness, is meant to embody the concept of gathering together. Regarding the wellness aspect... Well, I feel that we all have different ways that we experience wellness, so it's very individual and personal, but the goal is to provide a beautiful, safe, sanctuary for those to experience wellness opportunities.

The reason for the name Collect is as an umbrella for the boutique and wellness spaces, which are both in essence collective spaces for goods and services, as well as wellness. Collect Boutique & Wellness is for locals as much as it is for visitors, seasonal residence and tourists alike.

**MS: You've been around for a while – tell us a bit about your time on the East Shore and your connections here:**

**JE:** My history on the East Shore dates back to 1996 when I moved here with my family. I fell in love with the area and after some time away working, I moved back here, purchased a home, started a family and created a diverse and happy life in this gorgeous place. One of the numerous jobs I had, years ago, was actually working at the Dandelion Market health food store, which was in this exact same spot where Collect now sits. I've always marvelled at the diversity and amazing spectrum of people that either live, short or long-term, on the East Shore, as well as those who simply pass through. There is such an interesting and amazing history with the local settlers as well as the Indigenous history here, and I feel that one thread that ties everyone together here is the absolute love for the land, nature, lake and way of life.

**MS: Tell us a bit about what's in store – what do you offer here?**

**JE:** Collect Boutique and Wellness is about making space available for any and all of us to offer goods, whether they are consignment items, handmade goods, or collected items that maybe you just want to free up from your home and life. Ideally, these items are unique and of good quality for someone else who may love or need them.

**MS: Do you only sell used consignment clothing?**

**JE:** Actually, I brought in a new clothing line as well, for women and children that includes really stretchy comfortable fabrics. They are complimentary and beautiful on all body types and ages. My oldest friend assisted me by providing this clothing line to my store right when I started out. If there is positive feedback for this line, I will continue to carry it. I intend



to keep on expanding and listening to what locals and visitors are interested in finding here, or what they feel is missing currently from the artisan strip. I have a wide spectrum of items, both new, consignment and artisanal, from home goods and clothing for men, women and children, to artisan wares including glassware, soaps, handmade fabric bags and dress up costumes for children. There is also jewellery, art, succulent plants, and an ever-evolving assortment of unique quality consignment

items, which means there is always something new arriving and what was there last week might now be something else.

The space that is just opening up in the back is for wellness. I am about to open this space for rent by the half-day or full day. This is intended as a space that is professional, simple, and centrally located with easy access, for anyone with wellness services to offer. This allows practitioners to have a space without having to rent, advertise and commit to an entire space by themselves.

**MS: What are your plans for the fall? Will you stay open?**

**JE:** Currently my plans are to stay open until Christmas, with my hours of operation as Tuesday, Wednesday and Thursday, from 11 AM – 5 PM. I am open to other days and times as well if there are requests for it. Some people may need me to be open later if they work during the daytime, or for some locals maybe a weekend day works well for them. If you want to book a time outside of those days or hours, please email or message me.

Jai English

Email: [collectboutique@icloud.com](mailto:collectboutique@icloud.com)

Instagram: [collectboutiquebc](https://www.instagram.com/collectboutiquebc)

Call/text: 250-505-3774

## October is Fire Prevention Month!

by Gina Medhurst

Living on the East Shore can feel like a **HUGE** chore to have our Fire Extinguishers inspected. It means we have to remember to remove it from our home/business, load it into our vehicle and then take it to either Nelson or Creston. That's if we aren't late leaving our home.

On Wednesday October 10, the Kootenay Lake Chamber Of Commerce has invited Mitchel from Kokanee Fire Safety to come here. Mitchel has been kind enough to lower his standard Inspection to \$10.00 per Extinguisher. Starting at 9:30am onwards we invite East Shore residents to the Gray Creek Store to take advantage of having your Fire Extinguisher Inspected or purchase a **replacement Fire Extinguisher** to ensure the safety of your family, home and business!

Fire extinguishers are among those items we own that we do not want to use and hope not to. These devices end up on the wall or at the corner of the room gathering dust. This makes us doubt if we really need one even though we do know that owning one is important for our safety. Although we know that it is possible for a fire to happen, we do not entertain the thought of it occurring. **All homes need one just in case a fire starts.** It can save our property from burning because the use of the device **will help prevent** it from spreading and can even **stop the flame** in no time.

In addition to **safety** here are a few facts:

1) **You do not have to buy one every month or every year.** The device is long lasting. You only have to ensure that you observe proper maintenance.

2) **It occupies a small portion of your home/business.** You do not have to worry about its storage. You do not have to hide it and you can hang it on a wall. It is all right if the guest can see your fire extinguishers.

3) **It is easy to use.** Once you know how it works, it is easy to use them when you need to. You only need to remember these four steps (PASS):

- Pull the pin out of the top of the device.
- Aim the nozzle at the fuel source.
- Squeeze lever to release contents of device.
- Sweep side to side as you squeeze the lever.

Sponsored in part by the Kootenay Lake Chamber Of Commerce, Mitchel from Kokanee Fire Safety will be doing **Inspections** to the members of the East Shore! If you need to replace, purchase, or add a Fire Extinguisher they will be available on location for purchase as well. Thank You to Gray Creek Store for providing their business to be the central meeting place for ALL residents from Boswell to Riondel!

This will take place at **Gray Creek Store on Wednesday October 10 starting at 9:30 am.** For more information please contact the Kootenay Lake Chamber Of Commerce by email at [info@kootenay-lake.bc.ca](mailto:info@kootenay-lake.bc.ca)

*Contact Mainstreet*

*250.505.7697*

*mainstreet@eshore.ca*

*Next deadline: Oct 24/18*

*Creativity,  
Community,  
Conscience*

# Urgent Call for Members

By Fire Chief Cory Medhurst

**The East Shore is running the risk of losing its local First Responder/Rescue and Fire Services.**

*Riondel Fire Department will be forced to cease our most important operations as early as 2019. This will include First Responder, Road Rescue AND eventually Fire services.*

RVFD Officers have had several meetings to discuss what we can do going forward. Without new members the Riondel Volunteer Fire Department will be required to make the difficult decision to cease operations outside of our fire boundary to protect the integrity and feasibility of the fire department. The RVFD would sell off the apparatus and equipment used for those services (First Responder & Road Rescue). What would this mean and how does this effect you within the East Shore Community? We would have to stop providing medical first response and road rescue. **To put this into better perspective 90% of the 911 calls made by our East Shore community are for Medical First Response and Road Rescue.**

- In the event of our local ambulance requiring assistance – there would be a long wait for another ambulance crew to arrive, from Creston or Nelson/Kaslo.

- If our local ambulance is on another call a long wait for medical assistance from Creston or Nelson/Kaslo with no trained personnel waiting with you (medical emergencies tend to be time is of the essence).

- If someone should unfortunately find themselves wheels up on the highway or in a ditch/down an embankment, requiring extrication or rope skills – you guessed it, a long wait for Creston Fire, or longer yet, Kimberley/Kaslo Search and Rescue; with no scene safety for other responding agencies or the patients while waiting.

We could go on with a large list of what we would no longer be able to do, but the result will be the same, there will be no one readily available to help. **RVFD responds to 120 calls on average per year. What would you do if no one answered the call? We need your help!**

- We are in desperate need of community members from Riondel to Gray Creek and in between, men and woman, ages 17 – 80 who can dedicate 2 hours per week, while being available to respond to emergency calls. Even if you work out of the area you are welcome to join and attend at least 2 practices per month.

- We train in house to NFPA standards for what you need to know; with additional training for medical First Response and other exciting and rewarding calls like using the JAWS. What will you get out of it? First and foremost is the satisfaction, often unspoken yet obvious gratitude of being able to help out. You are paid a stipend for attending calls; we pay for specialized training; you will be enrolled for accident and life insurance; we have an excellent employee and family assistance program; free membership to our local fitness center; you will become part of an amazing, dedicated crew of men and women with years of training and experience; we offer out of house training as well in other departments around the RDCK; you will have the skills and knowledge needed to help someone in need; and you will get to drive a shiny red Fire Truck.

To satisfy the current provincial and insurance underwriter we need to maintain a membership of a minimum of 15 fully trained volunteer firefighters in order to operate fire services, AND to perform the other duties we have taken on. Our current roster sits

at 10 members; due to people away working or having other obligations we have only 5 to 6 members showing up regularly to practice, and of those only 2 or 3 are available to respond to calls regularly. We can no longer function properly as a department with this limited amount of person power.

The foundation of any organization is a strong membership. I know we, as a community can do our part – join us today and make that difference tomorrow. To join, come to our weekly practice on Thursday evenings from 7 – 9 or call one of the following officers:

FC Cory Medhurst – 250-551-1352; DFC Robert Boker – 250-225-3305; TO/Captain Jonas Plaumann – 250-354-2796; or SO/Lieutenant James Linn – 250-225-3388. Or email us at [cmehurst@rdck.bc.ca](mailto:cmehurst@rdck.bc.ca).

## Tom Sez

by Tom Lymbery

**B**oswell's Post Office has moved to the Destiny Bay Store – back to its location in earlier years. This will also be an asset for the store.

**H**heavy seeds on cedars this year. Some people feel that our western red cedars are in trouble but I feel that's because some are growing on sites with insufficient water – like redwoods, cedars need a lot of moisture and if they don't get it they will start dying from the top down..

**I**t's firewood cutting time again and you won't believe how much a new chain improves your saws cutting ability. Please bring you old chain when you come in for a new one to make sure the new is right.

**B**aking the whole pumpkin in the oven at high heat will make pie making ever so much easier, when it has cooled you can easily scoop out the centre and the outer peel comes off very easily.

**S**orry to say the Gold Boulder search engine that I mentioned in September Tom Sez didn't turn up at Touchstones Museum in Nelson. So where did it go? If Steve Babich had offered it to me, since I bought the float, boat and all the rest of his equipment I would still know where it is now.

**O**ur East Shore United Soccer Tournament had to be put off in August because of smoke and unfortunately couldn't happen in September as many of the players from Rossland, Cranbrook, Creston and Slo-can were back to college or work.

**I**f the ferry does stay at Balfour what may happen when the dock is rebuilt? Last time this happened the MV Balfour landed at the pilings outside the West Arm – and you got to Nelson 10 minutes earlier than usual.

**D**o we now have to call fall sunny days Indigenous Summer?

**L**ong time chainsaw collector Mike Acres (who put on a display at the 100th of the CB Fall Fair) has all his saw collection at the Son Ranch in Grand Forks – bringing the total of antique saws there to 2000.

**I**f you need to store a vehicle for some months please only disconnect the negative battery terminal and duct tape it so it can't contact anything. We do this for seven months on our car in Mexico and it starts right up.

**I**f you put out mothballs to deter mice or other animals, please don't open the little packages. If you open these, the product dissipates too fast.

**L**east footed cedar bugs aka stink bugs are harmless – only coming in for the winter and will leave again in the spring. Last year was a low cycle but they are more numerous this season.

**I**am reading the life of W. O. MITCHELL, famous Canadian author *Who has Seen the Wind* and I had forgotten that he brought his family and stayed in Gray Creek Auto Camp in the 1950s.

# Bountiful Harvest at the Ashram

by Yasodhara Ashram Society

**T**he Ashram's garden and orchard gave abundantly during the past year – and the harvest isn't yet finished!

At a September planning meeting, the Ashram's Food Flow team reported some amazing numbers for produce picked to date, for example:

- 396 lbs of salad greens
- 282 lbs beets
- 383 lbs of chard
- 469 lbs of summer squash
- 154 lbs of green beans
- 375 lbs garlic

This organic produce all goes into the 63,000 meals served at the Ashram in the past 12 months. And our 2017 apple crop lasted until April 15, 2018 without refrigeration – the first time in six years that we didn't purchase apples from others. So far, we've picked 420 pounds of pears – with about half that yet to come. We've also just planted our garlic for next year, all from stock that we harvested right here.

We also continued our valued relationships with local farmers and orchardists, who help us serve such nourishing meals to our guests and residents. Some of our suppliers from Creston are Cartwheel Farms, Sutcliffe Farms, Wloka Farms, Morris Flowers and Treasure Life Flour Mills.



Kyle Atkinson is managing our garden this year, after assisting in 2017. A former Young Adult Program participant and Yoga Development Course graduate, Kyle says, "One of my main duties in the garden has been to delegate tasks among the karma yogis. I have found it rewarding when karma yogis, who perhaps have never really had the opportunity to garden, have a great desire to learn. When they ask lots of questions and I show them how to do a task empowering them to make it their own, they feel proud. I really enjoy seeing them so enthusiastic about gardening."

**Supporting Youth:** With more young adults interested in food security and gardening, the Ashram has supported their interest through our Young Adult Program. Last year we offered the program free to youth ages 18-30 and would like to continue making the program financially accessible to all.

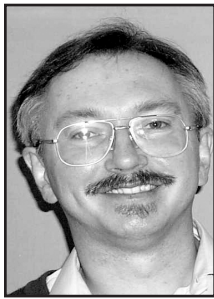
We are currently in a contest run by the Aviva Community Fund to win \$100,000. We need your votes to win the contest by October 4 so please go online at [tinyurl.com/avivacontest](http://tinyurl.com/avivacontest) and cast all 10 of your votes at once. Help provide youth with a solid foundation.





## Seldom Scene

by Gerald Panio



"Fritz Lang's *Scarlet Street* exists at the intersection of art, longing, deceit, debasement, and murder. Deceptively familiar, even light, for some of its running time, the film eventually rises on its hind legs and pitches the protagonist—and the audience—over a cliff." —from David J. Hotan's Film Noir FAQ

"...the darkest tale of sexual desire to emerge from Vixenville..." —from Eddie Muller's *Dark City: The Lost World of Film Noir*

A connection between the Tipi Camp and a 29-year-old Marlene Dietrich? Therein lies a tale. Let's begin with Ms. Dietrich.

In 1930, Marlene Dietrich was a relatively unknown actress with forgettable roles in almost 20 films, most of them German. That same year, however, everything changed when director Josef von Sternberg chose her to play the femme fatale in his film *The Blue Angel* (*Der blaue Engel*). Her Lola Lola, a sultry, dissolute cabaret singer ensnares the affections of an elderly high school teacher (played by Emil Jannings) and leads him on a wild ride towards lust, humiliation, and doom. I was about 16 when I first saw *The Blue Angel* on PBS, and it's safe to say I'd never seen anything like it. This was German cinema at its darkest and most flamboyant. Lola Lola made Dietrich an instant star and she never looked back. *The Blue Angel* also set the bar for the film noir motif of vulnerable putzes who get run through the meat grinder by predatory dames. It's not a pretty picture, pun intended.

But who can resist? In 1931, the great French director Jean Renoir made *La Chienne*, the first of over a dozen powerful films he'd make during the Thirties. This time it's Michel Simon as a middle-aged cashier trapped in a toxic marriage, who succumbs to the wiles of a young street walker (Janie Marèse) and her pimp Goerges Flamant). For a brief time, Monsieur Legrand (an ironic name if ever there was one) feels rejuvenated. The idyllic love he'd written off as a possibility in his blinkered life seems his for the taking. Of course, it's all a sham, and when the illusion shatters very cruel things happen.

Hollywood immediately optioned *La Chienne* for an American version, hoping to get expatriate German director Ernst Lubitsch to direct, but Lubitsch backed off because he felt the story's twisted ending would never make it past the puritanical strictures of Hollywood's new Production Code. He was probably right.

The screenplay languished in oblivion. In 1944, another expatriate German director, Billy Wilder, took a James M. Cain novel and produced one of film noir's masterpieces on the drag-you-to-hell theme. This was *Double Indemnity*, starring Fred MacMurray and Bar-

bara Stanwyck. MacMurray's character, an LA insurance salesman, is younger and more on the ball than his hapless predecessors, but he's still no match for an icy blonde with a sexy ankle bracelet. Wilder could never have gotten away with keeping Cain's original shocking ending, yet he and screenwriter Raymond Chandler did a pretty good job of turning the screws. Maybe it's just a coincidence that Stanwyck's character's last name is Dietrichson. Maybe not.

Likely inspired by Wilder's success with *Double Indemnity*, yet another great expatriate German director, Fritz Lang, decided it was time to give *La Chienne* its American debut. He took the same cast he just used for *The Woman in the Window*, tweaked the ending yet again to cheat the censors, and gave us *Scarlet Street* (1935). The film is the first movie from Lang's independent Diana Productions company, formed in conjunction with *Scarlett Street*'s Executive Producer, Walter Wanger, and with Wanger's wife, Joan Bennett (who also played *Scarlet Street*'s femme fatale).

And here's where we get a little closer to answering the question that opened this month's review. In *Scarlet Street*, Edward G. Robinson plays the poor schmuck caught in the spider's web. His Christopher Cross is a cashier who's just been treated to a company sup-

per and a gold watch by his boss, in recognition of 25 years of anonymous service. Tellingly, for most of the supper Lang films him with his back to the camera—a kind of corporate blank in his dark suit and close-cropped hair.

Walking home that night through New York's Greenwich Village, Cross sees a young woman being beaten by a man and charges to the rescue. He has no clue that she's a prostitute, and that the man, Johnny Prince (more heavy irony) is her pimp and her lover. Christopher Cross is suddenly a knight shining armor. Instead of spending his evenings with a shrewish wife who hates his guts, disparages his amateur paintings, and goes on endlessly about the virtues of her dearly

departed, thuggish first husband, our mild-mannered cashier has a chance to live out a fantasy that he'd long ago relegated to the dustbin.

When Cross inadvertently gives Kitty the impression he's a successful painter, she's delighted at having found a cash cow who'll set her and her lover up in the kind of lifestyle to which they have not been accustomed. Cross doesn't disillusion her, stealing money from his wife and his company to keep the fantasy alive. Things get really twisted when Johnny, trying to make a quick buck, discovers that Chris's naïve/primitive Sunday paintings, à la Douanier Rousseau, can actually bring in some real dough.

And here's where we tie in to the East Shore. Kitty's boyfriend is played by a character actor who specialized in playing sleazy villains too dumb to survive their own scheming and yet, somehow, are invariably attractive to the opposite sex. As the Man You Love to Hate, this actor outdoes himself in *Scarlet Street*. Everything about him curdles the blood—his snappy

attire with boater, string bowtie, and suspenders; his contemptuous little hand gestures; the way he slaps Kitty around because the only foundation for their relationship is a sick sado-masochistic hamster wheel. Who is this actor who plays on our nerves so well that, even when he risks being hanged for a crime he didn't commit, most of us would gladly volunteer to pull the lever on the trap door?

Dan Duryea.

Father of Peter Duryea.

And Peter, of course, after leaving Hollywood behind and finding paradise in Gray Creek, founded the Tipi Camp and the Guiding Hands Recreation Society. It has to be karma, right? The son of a man who plays odious four-flushers to perfection turns out to be the gentlest visionary the East Shore has ever fostered. Peter actually had some 27 film & TV credits (including the original *Star Trek*) by the time he chose to leave LA for an alternate lifestyle. He'd even had the chance to work with his dad in two westerns, *Taggart* (1964) and *The Bounty Killer* (1965).

The Internet Movie Data Base assigns Dan Duryea 113 acting credits through a career that spanned almost 30 years. He was still working on films the year he died, at the too-young age of 61. Dan was a Cornell University grad, spent some time as an advertising executive, put in six years on the stage, and then found his home in the movies. He did play the occasional "good guy" (the first time was in *Lady on a Train* in 1945), but as he himself was quoted as saying: "You can't make a picture without a villain...it pays well and you last." Fortunately for us, Peter was more inspired by his dad's hobbies outside of films—Dan was an avid gardener and a Scoutmaster.

If anyone has any doubts about Dan's acting, consider the fact that *Scarlet Street* was originally banned in places such as Atlanta, Milwaukee, and New York State as "immoral, indecent, corrupt, and tending to incite crime." Teaming Joan Bennett and Dan Duryea was inspired casting for those of us who like it dark. I'm sure Ms. Dietrich would have approved. When Kitty holds out a bottle of nail polish and a naked foot and says, "Paint me, Chris," you know things are going to get very, very bad. There's a cautionary tale here, too. Dan Duryea said one reason he could play nasty, misogynistic roles so well was because he'd think about getting back at "the overbearing teacher who would fail you in their 'holier-than-thou' class and enjoy it." Yikes. Teacher, leave those kids alone!

(Also recommended for Dan Duryea and noir fans, 1949's *Too Late for Tears*.)

## Riondel Arts Club

by Sharman Horwood

The Riondel Arts Club recently held its Annual General Meeting. At the moment, they are discussing plans for the next shows in both Cowan's Office Supplies and the Crawford Bay branch of the Nelson & District Credit Union. The dates are still undetermined, and may not happen until the new year.

Once again Gerald Panio is planning to begin his popular art lectures on Tuesday afternoons at 1:00. They may start in the second week in October, depending on activity schedules in the Riondel Community Centre.

We are still showing works in the hall at the Community Centre. These change from time to time, so when you get a chance stop by to see what's new. Something there may inspire you. Newcomers are always welcome in the club, beginners as well as experienced artists. We have members with a wide variety of skills in many fields: watercolours, acrylic as well as acrylic pouring, mosaics, pastels and coloured pencils.

There's always good reason to pick up a brush or pencil, especially now with all the bright autumn colours. Have a good October.

## STARBELLY JAM AGM: IT'S IN YOUR HANDS!

by Gerald Panio

With the 2018 Starbelly Jam Music Festival behind us, and the 2018 Starbelly AGM fast-approaching on October 20, it's time to take stock and to reach out. This year's festival was a resounding artistic success, with overwhelmingly positive feedback from festivalgoers, performers, and craft & food vendors. Musically, Starbelly once again offered up a richly eclectic selection of styles that drew heavily on local and Canadian artists. Heavy Airship packed in the crowds on our Free Friday for Locals, and our own Duvets rocked the house that same night. The weekend offered something for everyone—established artists such as Stephen Fearing & Rick Scott and upcoming performers such as Sarah Jane Scouten, the big band punch of My Son the Hurricane & After Funk and the more intimate stylings of Tri-Continental & Declan O'Donovan, Indigenous music from Iskwé and Latino grooves from Gabo Gonzalez. No big payouts to headline acts this year, but a deliberate choice to offer the unique Starbelly vibe that's kept this festival going for 19 years.

Equally successful were the wide range of well-attended workshops, including many hosted by festival performers and East Shore residents eager to share their skills & passions.

Once again, Starbelly managers coordinated the efforts of hundreds of volunteers and a small number of modestly-paid staff to ensure that everyone had a safe, frustration-free, memorable weekend. In addition to the full-on festival weekend itself, hundreds of hours went into planning—booking bands, writing contracts, setting up the campground, organizing media & websites, getting sponsorships, updating operating manuals, coordinating backstage services, booking vendors, preparing the grounds, and coordinating volunteers.

For the first year, and as the result of a clear vision and endless hours of painstaking work, the Starbelly Jam Society had official charitable status and was able to access grant monies that have been unavailable to the festival in the past. This is a major step forward for the long-term viability of the festival, a real feather in our cap.

With all these unqualified successes, there are some challenges that will need to be met if Starbelly is to see its 20th anniversary year in 2019. Unexpectedly slow ticket sales, both online and at the Saturday & Sunday gates, left us with a shortfall of \$13,000 in expenses versus revenues. Although this loss was absorbed by our capital reserve, it leaves the festival with a relatively slim cushion of about \$9000 in the bank. It's quite likely that the 2019 Starbelly Jam may need to be downsized, a very intense round of grant writing becomes essential, and there may be a need for some other fundraising events to build up the reserve. With four openings on the Starbelly Society Board, some new blood is needed to contribute hands-on energy to back up the efforts of all those festival managers who are dreaming of a 20th anniversary to remember. There's an excellent team to move the festival forward, but they need more shoulders on the wheel.

**A solid turnout at the October 20 AGM at 2 pm at the Gray Creek Hall is vital for guaranteeing Starbelly's future.** This year demonstrated how good the Starbelly experience can be. Next year, with a theme of "Starbelly Stories," we could once again shine a lovely light on the East Shore scene.

See you at the AGM!!

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### Food Tree Project Update

by Nicole Schreiber

Our Autumn food tree/bush giveaway has begun and the following are available FREE this autumn for East Shore residents: black currant 'Ben Hope', Nanking cherry, saskatoon 'Smokey', sea buckthorn, goji berry, aronia berry 'Viking', quince, and red currant 'Red Lake'.

We only ask that your plants be planted promptly and properly, be watered regularly and protected by fencing, that future fruit be fully utilized, and that you try, if possible, to multiply your plants for your own use and to share with friends and neighbours. Plants are being distributed September & October. Please contact us early for best selection.

Please call or email Bernard if you'd like to receive free plants: 227-9111 kootenayfoodtreeproject@gmail.com.

The Kootenay Food Tree Project is a volunteer initiative aiming to renew the culture of fruit growing along the East Shore. We believe that this will create economic possibilities in our region, especially small business opportunities for young people, as well as increasing food security in our area, and providing us with delicious, locally-grown fruit.



Boswell Transfer Station

### Community Survey

THANK YOU for your feedback!

The days and hours of operation for the Boswell & Crawford Bay Transfer Stations are under review  
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## GRAY CREEK PASS REPORT

by Tom Lymbery

Forest fire dangers with a fire above St Mary's Lake and an evacuation alert for Kimberley closed the route on August 12 and it wasn't able to re-open until after rain in early September. How late the pass stays open depends on early snowfalls – which often melt away next day. Sometimes the road may be completely bare on October 31, sometimes not. We are hoping to see the new Trans Canada Trail signs on the Kimberley end. Since the TCT has just received 30 million from Ottawa they can afford more direction for travellers.



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**KCP 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/kllcf](http://www.kootenayconservation.ca/kllcf).

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, 2018.**

Project proposals must be delivered by email to [info@kootenayconservation.ca](mailto:info@kootenayconservation.ca).



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## pebbles

by Wendy Scott

### Those Mountains

Straddling the Continental Divide, the highest peak in the Canadian Rockies sends rivers and streams to drain into

the Arctic Ocean as well as the Pacific. Mount Robson, at 12,972 ft (3954 m) towers above the equally impressive Robson Valley that spreads between Prince George, Kamloops, and Edmonton.

This mountain is rooted entirely in BC, even though its valley spreads across the BC border into Alberta. It's an appropriate peak to look up to, or down from, and a favourite for climbers and hikers, worldwide. If after your strenuous climbing and looking, you feel like a night away from a sleeping bag, 30 minutes will get you to Valemount for some eating and sleeping.

Except for Riondel's hills, I'm not a climber or a hiker, but I do have reason to feel close to the valley's touch-point cities: my daughter and her partner live in Prince George; my sister moved to Riondel from Edmonton (she has good judgment) and, many years ago, Kamloops businesses were contacted weekly from our general store on Seton Lake in the BC interior.

In fact lakes, rivers, oceans, and steep slopes of various kinds, have been features in my sometimes naive life. When a person grows up in a city like Vancouver on the west coast of BC, it is often puzzling when they are told how lucky they are, that is until they leave for a year, as I did, and then return through the Yellowhead Pass over that very mountain and look down into the province that is home.

A stop-over on that trip with friends in Alabama brought up a curious question. When we told them we lived beside Kootenay Lake and the elevation was 1700 ft. they could not understand how we could live beside a lake and not be at sea-level. Yes, curious indeed. And almost impossible to give them a plau-

sible answer. Again having lived in this mountainous province all my life, the query could have come from the Red Queen, and I felt a bit like Alice.

A favourite hillside for our young family was Vancouver's Little Mountain (500 ft above sea level for my Alabama friends.) The slope had been quarried in the early 1900's for rock to build the city's roadways. By the 1930's, thanks to the BC Tulip Assn, the quarries were transformed into sunken gardens, then taken over by the Park Board, and after a visit in 1939 by King George VI and Queen Elizabeth, it was renamed, Queen Elizabeth Park and affectionately dubbed QE Park.

Coming down-hill onto level ground, Stanley Park's 1000 acres lead the way past Lost Lagoon to Lions Gate Bridge. At nine or ten years of age, I walked across that bridge several times with my mother. It cost us a nickle – one way. We lived on the North Shore and would take the Pacific Stage Line to Vancouver for shopping, visiting, church or whatever reason we had and walk back across the bridge from downtown Vancouver. It might seem odd now, but, at the time, we had no car and my mother never did learn to drive. She was British and a walker – consequently, so am I.

The park was originally home to Burrard, Musqueam and Squamish First Nations people, whose remains were discovered in 1888 and sent to a museum in Ottawa. It took the federal government nearly 120 years to return the remains to Squamish First Nations for reburial at Brackendale.

Stanley Park was named for Lord Frederic Stanley, Governor General of Canada in 1888, and stands unique in Canada as being set up and run by a separately elected Park Board, and still remains autonomous from government jurisdiction or intervention.

Every year in mid-July our young family celebrated my daughter's birthday at Alouette Lake in Golden Ears Provincial Park. As soon as the day was decided, the guest list expanded exponentially and the only problem became finding enough room in the van and getting the carefully decorated cake to the destination unharmed.

Alouette Lake and the surrounding forest were traditional hunting and fishing grounds for Interior and Coast Salish First Nations until, in the 1920's, the logging industry moved in and the Alouette Valley was logged for BC's railroads. But with no equipment or trained personnel available for fire suppression much of the valley was eventually destroyed by fire.

Closer to the city, Jericho Beach and its Flying Boat Station, hold the distinction of being the first Canadian Air Force and the first Royal Canadian Air Force station in British Columbia and is still used by The 39 Canadian Brigade – an Army Reserve group offering courses and training in many trades and professions.

The saltwater pool at Kitsilano Beach measures 137 meters. It is the longest in Canada and nearly three times the length of an official Olympic pool. Renovations have converted the pool into three swimming areas creating a shallow section suitable for young children and families; a roped off area for lap swimmers and a deep end for more casual non-olympic go-for-an-afternoon splash types. It is another great picnic spot for young families, and on weekends and evenings the choice for many teens, along with Jericho, Spanish Banks and Locarno. Yes, if you're feeling the muggy heat in Vancouver – head for a beach.

The mountains? Yes, from pretty well anywhere on the lower mainland, The Lions look down from 1600 m above the North Shore, in fact its difficult to find a post card rack without their image.

Legend has it that these are actually two sisters of a great nation that existed long before any of us were here. They are a part of a story and tradition that honors women and their peaceful nation. In 1911, Pauline Johnson wrote:

“Perhaps the greatest of these traditions is the story of ‘The Two Sisters,’ for they are known to us as ‘The Chief's Daughters,’ and to them we owe the Great Peace in which we live, and have lived for many countless moons. There is an ancient custom amongst the coast tribes that, when our daughters step from childhood into the great world of womanhood, the occa-

## 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.*

### A Deceptive Appearance

Donkeys are cute. They don't, however, show just how smart they are. For approximately 5,000 years they have carried enormous loads: grain and wood, and their human owners. They've worked as herd leaders for dairy cows, and will keep the fields clean of weeds that might sour the milk. In the rocky Aran Isles, people bring in donkeys to scramble over the rocks to eat the weeds and grasses growing between them. In Great Britain, donkeys are used on the beaches to give children rides. Donkeys are small animals, but nonetheless strong, and though they have a gentle demeanour, they will fight if they feel threatened. Some people claim they can be smarter than horses.

A single online video clip convinced me. Three donkeys were being held in a paddock, with wood bars around it. One section was missing the top length of wood, yet still had the two bottom bars in place. The highest bar reached up to the lower part of the donkeys' chests. First one, then a second donkey tried to jump over it, without success. It was too high. The third stood there for a moment, considering this obstacle. Then it reached down, took the wood bar in its teeth, and manoeuvred it entirely out of the fence. Then this cheerful little escape artist simply stepped

over the lower ones and hurried off. The others followed, a little sheepishly. They hadn't solved the problem after all.

But donkeys often figure out how to escape. People on Denman Island, off the coast of Vancouver, say that their donkeys will crawl under the fence in order to get out, easily moving from one paddock to another. Many owners describe donkeys as escape artists, easily manoeuvring door handles and gates. They recognize the object's purpose and manipulate it. They're also fierce about predators. A couple near Red Deer who raise horses try to put donkeys into the fields when the mares are about to foal. The donkeys will drive off predators, usually coyotes, that will quickly kill a newborn foal. According to some researchers—as well as owners—donkeys have a stronger sense of self-preservation than horses do, and when their owners try to persuade a donkey to do something it sees as threatening, they're more stubborn than mules. (For humorous insight into donkey resistance as well as personality, I recommend Doreen Tovey's book *Donkey Work*.)

In spite of this quiriness, donkeys are reliable workers, and they can be trained. Most commonly used in the Middle East, particularly in countries like Egypt, they have been dependable transportation for centuries. In one online video, two drivers on a desert road are trying to overtake a cart in the middle of the way. They drive close, and the cart pulls off to the side to let them by. When they draw up next to it, they realize there's no one in the driver's seat. Just a dog, standing up on all fours on the load of sticks in the back, watching the donkey and the way ahead. They laughed; I laughed, but my opinion of donkeys definitely went up. After the men passed by, the donkey pulled the cart back out into the middle of the road, and continued on. It had obviously been trained to pull the cart to a particular destination whether its owner was there or not.

In another online video clip, also in a Middle Eastern country, the owner is standing in a narrow lane,

the city sprawling out behind the nearby walls. Before him is a donkey harnessed to a cart. No one is in the cart. When the owner says one word, the donkey backs the cart up. When he says a different word, the donkey reverses and turns the cart around, sort of a three-point parking trick that we all have to pass in the test for our drivers' licenses. Then it pulls the cart along until with still another word, the donkey stops and refuses to move until the owner speaks again.

Of course, donkeys have learned tricks that enable them to function in a human world. Joplin, a three-year old donkey, knows how to open doors, and since it is used to being indoors as well as outside, Joplin is able to go in whenever it wants to. There it roams about the house, checks out the dog's food dish and munches on a few of the tasty bits, then moves on to see what's on the kitchen counter. Unfortunately, though, one day Joplin let itself into the house when no one was there. The door closed behind it, locking the owner's husband outside. I think they changed the door handle after that.

In Australia, in Ernabella (Pukatja), donkeys have learned another trick as well. Camels and donkeys have been used for work in Australia. Over the years, many have gone wild. As you know, parts of Australia are experiencing severe drought. In Ernabella, the schools have drinking troughs outside for the students. These are shallow concrete troughs with a row of faucets mounted on a board above. The wild donkeys have learned how to navigate through the schoolyard gate. There they make their way to the water trough. These wild donkeys have learned that they can grip the faucets with their teeth and turn the water on; an easy way to get a good drink in a hot, dry country. However, they haven't learned how to turn the water off.

Donkeys can be willing, companionable partners, and very eager to learn. Not exactly ideal as a pet, they are remarkably smart with strong personalities. Definitely an intelligent trait.

sion must be made one of extreme rejoicing. The being who possesses the possibility of some day mothering a man-child, a warrior, a brave, receives much consideration in most nations; but to us, the Sunset tribes, she is honored above all people."

While at the coast, why not take one more ferry ride to Vancouver Island and wander down to Ladysmith's Transfer Beach and buy one of Willi's hot-dogs or burgers – if he still sells them – they are the best I've ever tasted.

Just 3 km up-island from Ladysmith, off Shell Beach Road, there's a small, secluded beach on Stz'uminus First Nation's land at Elliot Beach Park, and its well worth searching for before you get to Yellowpoint, which is a spot to book for an extended stay with a phone-in reservation. Yellowpoint Lodge and its various cabins can be easily found online.

Vancouver Island is part of the Insular Range running the length of the Island – about 460 km – with Golden Hind rising 2195m and Elkhorn 2194m, being the most challenging for climbers.

If you're looking for something elegant after giving your legs a work-out, try the Crow and Gate Pub. A truly old fashioned English-style pub with meals that are worth at least an email home. A fitting finish to your energetic days of climbing.

After you return to the Eastshore, you may need to wind-down with a hike, or just a stroll in the Purcels above Riondel and Crawford Bay; there you might discover a Marmot sampling your bare leg; it will be looking for salt. There are two species in the Kootenay, the fellow on your leg would be a Hoary Marmot; the friendly creature's Yellow-bellied, and colourful cousin, lives across the lake.

Apart from marmots, skunks, a few hungry bears, and the occasional cougar, there's not too much wildlife to bother you here – except for a raccoon or two, but they seem to be scarce this year – some say they have moved to Alberta. If so, with snow today in Red Deer, they might decide to return to BC for the winter.

## Greyhound's Last Days in Western Canada

by Tom Lymbery

I have my ticket for October 28 to Grand Forks and return. While they have advertised the complete closure as the 31st they have to arrange schedules so that the drivers can return to their homes. We leave Nelson at 9.35 a.m. and will have a bit over four hours to explore Grand Forks before returning to Nelson at 6.45 p.m. Return fare with 14 day early booking was \$45.

We hope to have a few on this last trip – but it certainly won't be like the last trip of the SS Moyie when she left Procter for the last of her usual Saturday trips calling at every stop from Kootenay Bay to Argenta with music, crowds and banners at every landing.


Anybody up for that last bus trip with their guitar and voice? A couple of times in taking the Nelson – Vancouver route I have luckily happened on a driver who liked to sing.

A replacement service from Nelson to Kelowna has apparently been organized already. Fritz Keller of Silver City Stage Lines of Trail plans a daily (except Saturday), eleven passenger bus leaving Nelson at six a.m. to Kelowna, returning the same day. Tickets will have to be purchased on line as he has come up with an ingenious idea – his bus will leave from the A & W in Nelson's Railtown and stop in Castlegar, Trail, Grand Forks and Kelowna at A & W restaurants which are always open and waiting passengers can get a coffee in warmth. Fritz has been running a charter for Greyhound for some years – carrying passengers from Trail to Castlegar. He says he knows many of the regular passengers so has researched their needs. He promises to leave on time, unlike Greyhound which has to

beard the Creston – Salmo summit which often makes the buses hours late.

I am taking the 9.35 a.m. Greyhound from Nelson to Trail on Friday, October 12 which will give me an opportunity to research and photo the Trail Depot before it disappears. I want to attend a meeting that day at Trail's new Riverfront Centre which houses their museum and library. This should also give me an opportunity to meet Fritz and possibly he will be using his 11 passenger unit for the Castlegar to Trail trip.

Boo to those dogs in Dallas, Texas who have run Canadian Greyhound into the ditch.



### Interior Health

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- ⇒ CRESTON: Wednesday, Nov 7 - 9AM - 4PM, HOLY CROSS CATHOLIC CHURCH HALL
- ⇒ CRESTON Health Unit - By Appt Clinics: Nov 9, 16, 23 - 9AM - 4PM, CRESTON HEALTH UNIT

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## Lindero News & World Report

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

Balance. In Lindero, the fates seem determined to maintain equilibrium. If a stroke of good fortune fetches up in one of our pockets, sure enough the other one will wind up empty. Or develop a hole. Or catch fire.

So once again harvest season is upon us and this year we're inundated with a bounty of pears, plums, grapes and veggies. But what's on the other side of the coin? What dark cloud surrounds our sticky sweet silver lining?

Transportation. Or rather, lack of it. Once we've wrested a fraction of the feast from the bears and deer, how do we get it to market and cash in on the crop?

However, moving our fruit baskets is only one component of the community's commuting conundrum, namely how to get to town, or anywhere, without a vehicle. Walking is impractical, hitch-hiking is capricious, and cycling is hair-raising. Wheeling, hinting and cadging are the passive-aggressive-transit skills to which we're generally reduced.

But recently Linderoians have come up with a creative solution to this pernicious perambulation problem. What may surprise some dedicated readers of this column is the cunningly high-tech nature of the fix.

I donned my Investigative Journalist toque and ferreted out the story at its source: Rowena Gardener, chairwoman of the Lindero Agriculture and Regional Fruit-growers society (LARF), one of the town's most vital institutions. I found her toting a trug of plums to a wheelbarrow already heaped with pears, parsnips and potatoes. It was the harvest of the Ps. I enthused about the bounty.

"Lindero is a town built on a Victory garden wrapped in an orchard," she explained wearily. "Yes," I nodded sagely, "as a journalist I've covered many fall fairs. Amazing vegetables. And fruit and all that. Autumn must be pretty busy for gardeners."

"Hellishly so." Rowena eyed me appraisingly. I subtly steered the conversation away from back-breaking labour. "Tell me about LARF's latest venture."

Rowena grabbed her telescoping lopper thingy and marched toward the back 40. "Bring that wheelbarrow and I'll let you in on it." I hefted the hugely heavy contraption and huffed after her.

"LARF is always looking for ways to advance our community," she began. "And deal with truckloads of produce," I contributed. "Exactly," she remarked as she practically sprinted up a steep, rocky section of the path which I navigated nimbly, almost. "Our surplus of produce highlights a perennial problem." I gasped in amazement at the acres of irises, peonies and what-nots. "You have problems with perennials?" Rowena just picked up the pace.

"Transportation is the nub of it," she explained. "We have trouble getting the crop to market." "Why don't you just load it on trucks and drive it to ... wherever?" I pondered sincerely as we skirted the apple orchard that closely resembled the Garden of Eden. Rowena turned and smiled wanly, "Economies of scale. We may have a lot of food to export at certain times, but not enough to finance a fleet of delivery vans. Or even a pickup truck."

I paused to catch my breath in the guise of smelling the roses. "I hear LARF has hit on a solution," I wheezed. Rowena swelled with pride as she pelted toward the pumpkin patch. "You bet!" she chimed, "We've teamed up with Chip McCabeltwist, the IT guy, and I think we might solve our market-access issues and generate some real revenue to boot."

"Make some extra lettuce?" I quipped weakly, as we finally reached Rowena's root cellar. She nodded,

"You could say that. We've launched an App."

As if on cue, Chip's Honda Civic pulled up, sporting an interesting brown lumpy logo. "Is that your App?" I marvelled mazedly. "Yup!" chimed Chip, "Welcome to Tuber™!"

As they unloaded empty crates from his hatchback, Chip's smartphone bleated. "Okay, I've got a pickup to go to Schmelson. Got anything to send?" They began filling every available space with produce, including the passenger's seat. The small car groaned. I felt its pain.

"So how does Tuber™ work?" I wondered. Rowena grinned, "It's the sharing economy." They both cackled. I began to see the light. "You mean passengers pay to share the ride with vegetables?" I ventured. "Bingo," said Chip. "Actually, most people don't mind riding with a box of spuds on their lap." Rowena chuckled, "We give them a free basket of strawberries. No complaints so far."

So, as autumn tightens its talons around our town, our citizenry is whizzing through the East and West Kootenays in a Ride Sharing App packed with produce and named after root vegetables, while the bounty of our gardens and orchards skips off to market scot-free. It would seem Lindero's gardeners are having the last LARF.

[Filed by Lindero correspondent H. Porpoise]

- Planning a wedding?
- Holding a meeting?

**Consider renting the BOSWELL HALL**

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# Book Reviews

by Tom Lymbery

**THE LANDSCAPE OF ERNEST LAMARQUE**  
-Surveyor, Artist and Renaissance Man, 1878 -1970  
by Jay Sherwood, Caitlin Press, 256 pages, \$19.95

Becoming a surveyor after seven years working for the Hudsons Bay Company, E. Lamarque surveyed the Big Bend Route in the 1930s – surveying this isolated seasonal road from Golden to Revelstoke that was worked on by men in Relief Camps, who were paid board and 20 cents a day. It opened in the 1940s but it took the best part of the day to follow the Columbia River around its big northward loop.

The most interesting survey that he made was locating a route across northern BC for the Bedaux expedition. Charles Bedaux, a wealthy Frenchman, proposed to drive five half track Citroen vehicles across largely unexplored northern BC to Cassiar and Telegraph Creek. He had an unusual outfit, including his wife Fern, their maid, as well as Bedaux's mistress and a movie cameraman. This exotic entourage was welcome in 1934 as it provided employment for many in the midst of the great Depression.

Lamarque went ahead, laying out a possible route for those slashing a way that the half tracks would follow. He and his helpers actually were able to ride horses as far as Telegraph Creek on the Stikine River, which flows though the Alaska panhandle to Wrangell on the inside passage. They had considerable trouble falling trees to cross rivers, swimming the horses where they could. But he did achieve his objective – which the rest of the expedition failed to do.

The Citroen half tracks could not master the northern mud or rivers so did not get very far. The Citroens were abandoned and supposedly one survived for use on a farm. On my bucket list is to visit the Western Development Museum in Moose Jaw, where one of these is on display.

But Lamarque was an artist and 17 of his paintings are included in colour in the centre section of the book. One of these shows the Soldiers Settlement area at Lister, south of Creston, as that was a survey that Lamaque completed.

Jay Sherwood's six books record the work of Northern BC by legendary surveyors Frank Swannell and Gerry Andrews. However Lamaque was indeed different because of his art.

**ABOVE THE FALLS – a remote lake, a burned out cabin, two missing men,** by John Harris, publisher Touchwood Editions, 228 pages, \$18.95

This one is historical fiction – but based on actual characters and places so it rings true where so much fiction does not. The one photo shows famous fliers, Grant McConachie, George Dalzel, Frank Burton beside Dalzel's newly purchased Curtiss Robin plane. And the map shows the north from Yellowknife west to the Liard River, Fort Simpson, The South Nahanni River and the Alaska Highway.

Known as the Flying Trapper, Dal Dalzel actually did service his traplines by plane and had a flying business on Dease Lake and Watson Lake in the Yukon. From there the story carries on with Dal training and setting up trappers above the Falls on the Nahanni where he would fly them in with supplies for the season.

The South Nahanni is also well known as the Headless Valley where two missing men were reportedly found, tied up and missing their heads – one of the stories that launched Pierre Berton into his writing career so there's plenty of existing stories to background this new book, which makes a good read.



## Tom's Corner

by Tom Lymbery

### 1958-2018: BC Centennial's 60th Anniversary

Gray Creek Hall received the most benefit from our 1958 BC Centennial community projects.

In that year a Gray Creek Centennial Committee was formed, and of the projects discussed at the hall, our top choices were a cement foundation and a stage for the hall. Fundraising for materials came next.

1958 was the first time our community was offered government funding. We found out how important it is to count all of our residents, because we could apply for \$1 per resident for projects, and 35 cents each for celebrations. It sounds pretty skimpy now, but one dollar would buy a sack of cement in those years.

We burrowed under the hall and managed to struggle in some cement foundations. This upgrade was fortunate indeed, because just three years later, in June 1961, the highest lake level on record brought waves washing right under the hall. What might have happened if the cement foundation hadn't been there? The original 1912/13 builders of the hall had only set the bottom logs on stones, leaving very little space between the bouldery creek gravel and the hall floor. That 1961 high water even washed away the cribbing that had been built to keep the driftwood away from the hall. Today, looking at the 16 – inch diameter trees on the lake side of the hall, it's hard to believe the trees have grown there just since 1975, when the Libby Dam was built. Len and Catherine Clark even remarked on the growth of the trees in the seven years since they had left Gray Creek for Vancouver Island. You don't notice how much they grow – up to four feet annually - when you live among forest trees.

The stage was also a 1958 BC Centennial project, and in its 60 years has seen a steady parade of plays, concerts, dances, shows and speakers. The farsighted builders of the hall in 1912/13 had left slots for a crosscut saw in the south wall for future expansion, including a stage, but in 1958 the advent of direct drive chainsaws made these slots unnecessary. We were fortunate to have the Wirsig family in the community as they were able and active on community projects. Their Gray Creek Forest Products sawmill supplied the lumber for the new stage. Local workers at the Bluebell mine were also very diligent in working on the hall projects.

Billy James was our Centennial Committee chairman and my mother Kathleen was the secretary. She mailed postcards to invite every former resident that she could find addresses for to our Centennial event. The turnout on Dedication Day was so much greater than we had expected - Len and Catherine Clark from Victoria, Betty Drew, Enid Tyerman who was here in the '30s when her mother Mrs. Hodnett was the

teacher, and so many others from near and far. Our MP for Kootenay West, Bert Herridge spoke at the hall, and spoke again when the entourage moved three miles south to dedicate the historic Henry Rose cabin site – George Oliver's project.

George Oliver had come up with his own BC Centennial project to restore the fireplace from the Henry Rose cabin site, and erect a cedar shake shelter over it, along with a plaque. He did all the work himself; his only help was from his nephew Lyle Oliver who transported some cement and tools to the site. Henry Rose built a two-room log cabin in the early 1890s in south Gray Creek, close to some of his mining claims. The cabin had remained in reasonable shape until 1951 – the

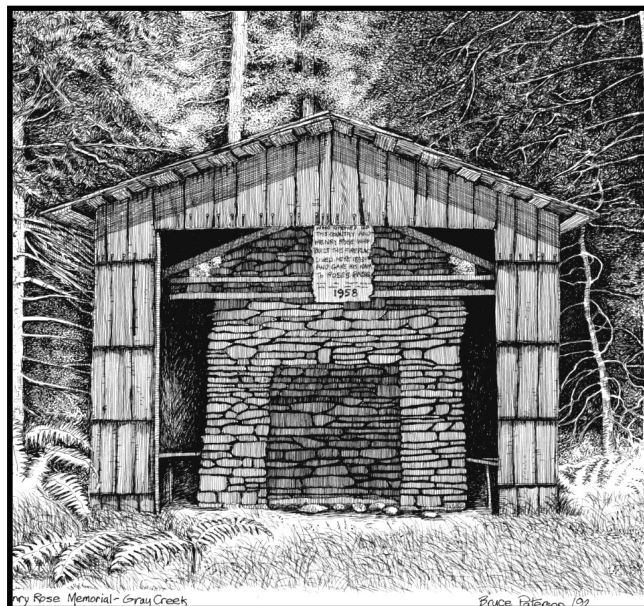
year it was burned by a West Kootenay Power crew. They were doing slashing and burning along their right-of-way for the new power line being built down the lake to Creston. All that survived the fire was Rose's stone fireplace, which he had built of flat stones from his mine shaft nearby. (In 1951 the only available power saws were gear-drive, so I had to saw down the high stumps that the Bloodoff brothers crew had left behind. Gear-drive saws cut slowly and wouldn't angle-cut, so the wedge had to be chopped out by hand.

In his dedication speech at the Henry Rose cabin site, Bert Herridge told us that Gray Creek should receive national media

attention for commemo-

rating a murderer. Henry Rose was hanged for the murder of John Cole at the Nelson jail in 1902. Bert had a special interest in Rose as his family home at Shorehaven north of Nakusp once belonged to Rose's murder victim. He was even using Cole's house as his workshop. George's Henry Rose cabin site, recently re-roofed and upgraded with steps and path by Mick Farran, is part of our self-guided Gray Creek Historical Tour. But the most important legacy of Gray Creek's 1958 BC Centennial is the great asset of our community hall. The improved foundations and the stage have helped to ensure the hall's survival, and have made the hall a tremendous source of community pride.

Our Hall committee, headed up by Janet Schwieger, Stephen Albrechtson and Will Chapman, continue to make improvements to the kitchen, lighting, and plumbing. The hall has become such a popular place for weddings that every effort is being made to smooth the way for these events. Please check out [www.graycreekhall.com](http://www.graycreekhall.com) for details.



*This historic Henry Rose cabin site in south Gray Creek, a 1958 BC Centennial project of George Oliver's, is on the self-guided Gray Creek Historical Tour. George's dedication plaque reads: "To the early prospectors who opened up this country, and Henry Rose who built this fireplace, lived here 1893 – 1894, and gave his name to 'Rose's Pass.'" 1992 pen-and ink drawing courtesy of Bruce Paterson*



*Gray Creek's 1958 Centennial Committee was the proud recipient of this BC Certificate of Merit, which is displayed in the hall to this day. Photo: Tom Lymbery*



*B.C. issued this special 1958 green-and-gold licence plate to mark its centennial. Photo: Tom Lymbery*

# Update from Riondel Community Campground Society

Submitted by Paula Bailly, Executive Administrator

2018 Camping season opened with unseasonable weather. The April workbee to scrape / restrain picnic tables and "spring-clean" the grounds was repeatedly rescheduled due to inclement conditions. Our sincere thanks to all the intrepid and generous members who came out numerous times to help with this.

Summer weather arrived by June, but these consistently cool and wet weekends contributed to decreased bookings. On the Canada Day long weekend -- Mila's Yummies was on-site Sunday afternoon, followed by an early evening performance by "Jurassic" Mike Stenhouse. Community Markets started up -- local residents were on hand to offer their wares. Their wide array of products this year included unique hand-sewn & hand-made crafts, gourmet spices, one-of-a-kind crocheted & knitted items, hand-made soaps & various body products, colorful tie-dyed clothing and of course the delicious home-made baking. Browsing through the assorted collection of used books for sale became a popular pastime. Visitors also partook of the coffee and popcorn on offer "by donation". The Saturday Community Market during July and August is proving to be a regular attraction for both visitors and locals. Thanks to all the dedicated vendors who participated and to volunteer Hann for help with market set-up and closing. A big THANK YOU to our hard-working Market Coordinators Brenda Panio and Sherlynn Green. Thanks also to local musicians Deberah Shears and Ken Wilson for their lovely "Market Music" appearances.

July 15 & 16 -- The swim lesson program by the "Swim to Survive" organization was a definite hit with the 30+ children who participated (and their parents). This free program is open to kids aged five years and older and is sponsored through the auspices of the RDCK. Plans are afoot to expand this program next year.

The Many Bays Band gave a wonderful performance on a warm July evening to the delight of all who attended -- what's better than enjoying one of their "al fresco" concerts in the Campground by the lake? It is hoped they'll be back on a regular basis next year. Their harmonious talents are valued and appreciated!

Riondel Days long weekend - the local Lion's Club prepared a delicious hamburger dinner Sunday evening, accompanied by Jurassic Mike's musical stylings. A grateful shout-out to the many kind-hearted Lion's Club volunteers for their help with this Campground meal (plus the other Riondel Days food & beverage events they organized).

August's smoky skies resulted in several cancellations and monthly bookings were down. We all see how the current wildfire situation negatively impacts BC tourism, along with the ongoing political issues with Alberta and the economy in general. Much too quickly it was the Labour Day weekend. Community Market vendors set up on the final Saturday morning. Off the Hook food truck served their tasty menu items during the afternoon.

It's great that day-use visits are up -- however limited parking space during the busy summer season became a real issue. Designated parking spaces were created as a result. A better-defined overflow parking area along the access road was well-utilized. Today's trailers and RV units are larger than in the past. The turn-around area beyond the washrooms must be kept clear to allow these big rigs the necessary space to maneuver.


In summary, it was a good season -- our gross income is down by approximately 10%, however many other BC venues were hit much harder. Comment cards to the Board are complimentary, our guests are happy with ongoing improvements and the innovations our Attendants have implemented. Kudos to Attendant Howard Sempf and volunteer Ari Mastro for facilitating another year of "happy campers". Even with a few advertising glitches, our 2018 events were well-attended. Lack of a designated Events Organizer limits the scope of Events the Board would like to offer. If anyone is interested in applying for this paid position, please contact us (rccsociety@bluebell.ca).

The Board thankfully acknowledges the Technology for Non-Profits grant funding from Columbia Basin Trust (CBT) to purchase a new Society laptop. Grant money of \$2270 generously awarded by CBT Community Initiatives Program will go towards planned installation of a handicap-accessible wash-room.

*Off the Hook food truck will set up to close out the camping season on Saturday Oct 6 (Thanksgiving long-weekend) from noon till 6 pm in Riondel Community Campground. Hope to see you there.*



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

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# Quest for Longevity and Health

by Zora C. Doval

Quest for health and longevity is timeless. Although many people seem to have a careless attitude towards their health and die prematurely we can surely say that most people genuinely wish for a happy long life. According to the teachings of Ayurveda the wish to live, prosper and be happy is the most natural urge we share with the rest of nature. Most kingdoms of nature, be they animals or trees can masterfully adapt themselves to their surroundings and enjoy a fairly healthy existence.

As humans we are the species that now dominate the planet earth and our dominion was due to our adaptability and intelligence. That is -- until recently. At the present we have reversed the process and are trying to "adapt" our environment to our selfish needs with no regard or respect for other species or the planet itself. We are actually destroying our own mother planet, poisoning her rivers which are her arteries, polluting soil while hoping for organic foods etc.

Most of us hope for a satisfying life of prosperity, opportunity, health and happiness but in spite of many advances in modern medicine the vision of health eludes us. Modern medicine has developed incredibly sophisticated methods of replacing virtually any organ and part of our organism; yet the adverse effects of widespread pollution are hard to mitigate. The truth is that the organic life forms depend on a clean environment for their very survival.

Both Ayurveda and Taoism offer wonderful methods for improving health and longevity, taking into consideration that the effects of the toxic environment are here for all of us to endure. Ayurvedic methods for health maintenance are simple and ingenious. They can easily be done in the home environment with the support of diet and a few simple tools. The most fundamental tool of healing is a seasonal cleanse that should be optimally done twice a year at the junction of the seasons. The procedure is very easy and tested by the milenia. When people adopt this yearly practice, their health radically improves and they forever say goodbye to colds and flues.

The cleanse is the first step to increasing one's longevity prospects. Next step is the adjustment of the diet which should be "tailored" to a person's body type, age and occupation, also to the current season and climate. The exercise is of great importance. Both Ayurveda and Taoism teach certain specialized exercises that promote longevity. The effect of these measures is that a person starts feeling better, stronger and healthier in their older age than when they were young. This is the good news that these ancient healing modalities of China and India can offer to the modern humankind plagued by countless imbalances.

If you are interested in improving your health and like to learn more about these fascinating ancient methods, please join me for a presentation on "Quest for Longevity in Ayurveda" on October 24, hosted in the library of Crawford Bay School at 6 pm.

Topics covered:

- \* all aspects of longevity
- \*seasonal cleanse
- \*tonification after cleanse
- \*specialized exercises for longevity
- \*proper lifestyle and diet

For more info: [pureblissayurveda.ca](http://pureblissayurveda.ca)

**Contact Mainstreet**  
**250.505.7697**



## Holistic Health Tips

by Kim Young

### Using Food to Help You Age Gracefully

It's paradoxical, that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone." - Andy Rooney

We all want to live a long and healthy life, right?! We want to feel and look as good as possible for as long as possible. And many of us prefer a more natural way to help us age slower and healthier.

Traditionally, it was in food that we found the best solutions to our health problems. Even in our modern society, we can often turn to food to restore our youthful health, energy, and beauty without putting ourselves at risk. Here is just a small sample of some foods that can help us age gracefully.

#### FOOD FOR BONE HEALTH

As we get older our bones and joints tend to suffer. The amount of collagen in our body declines and this makes the protective cartilage between our joints weak, causing arthritis. This loss of collagen, combined with mineral loss, leads to weak and brittle bones.

**Bone Broth** - The process of boiling bones in water for a long period of time extracts the collagen, protein, and minerals from them. This healing liquid has all the essential compounds we need to grow our own bones! A cup of bone broth (chicken or beef) once a day is all you need to help manage and even prevent osteoporosis and osteoarthritis.

**Yogurt with fruit** - If you need more of a solid mineral boost, dairy with fruit is a great option. The combination of minerals and vitamin C helps our bodies to break down and absorb the minerals in these foods.

#### FOOD FOR HEART HEALTH

As we get older we are at increased risk of high blood pressure, aneurysms, heart attacks, and heart disease. This is in part because of a sedentary life and in part because of the effect of years of stress. But some foods can help us here as well.

**Curry** - The spices found in curry are amazing for our heart! Turmeric, curry leaf, ginger, chili, and garlic are all known to reduce blood pressure and inflammation and improve blood flow.

**Chocolate** - Conventional chocolate is full of fat and sugar and bad for our hearts. But a high cocoa content chocolate (at least 70%), as well as plain cocoa powder contain antioxidants which help protect our heart and blood vessels from damage, preventing atherosclerosis.

#### Grapes

Grapes are massive stores of nutrients! They are very high in Vitamin C and the darker varieties of grapes contain the polyphenol, Resveratrol. Resveratrol helps protect the body against damage that can cause heart disease and cancer.

#### FOOD FOR SKIN HEALTH

As we get older our skin begins to sag and wrinkle. This is normal because our body is losing its ability to hold onto and produce collagen. However some people's skin seems to age much faster than others, and this is a result of their diet as much as their genes.

**Gelatin** - Gelatin is derived from animal bones and skin, and much like with bone broth, is amazing for building up our own natural collagen reserves. When we have more collagen, our bodies are better able to heal our skin and make it tighter and firmer.

**Olive oil** - Olive oil is so rich in antioxidants, it can reverse free radical damage and encourage healthier, more youthful skin. A perfect oil for your salad dressings.

**Pomegranate** - This powerful superfood is famous for its sweet seed. Pomegranate is high in many minerals, such as phosphorus, and is also known for helping your body make more collagen.

**Avocado** - Avocados are high in Vitamin E, which is great for the skin and other similar tissues. The antioxidant, glutathione, also found in avocados, works to give us youthful, healthy organs. You can add avocado to a smoothie for fiber and nutrients or make a facial mask to keep your skin soft and hydrated.

#### FOOD FOR MENTAL SHARPNESS

Many people fear cognitive decline as they grow older. Everything from mild memory loss all the way to dementia is a concern the older we get. This fear can be a source of constant stress.

**Fish** - Fish is rich in omega 3 oils, an essential fatty acid that our brain needs every single day to keep it healthy and functioning optimally.

**Berries** - It has been found that the antioxidants in berries are so powerful that as little as 200g of berries every day could protect against Alzheimer's and improve your memory drastically, no matter what your age.

I hope you try some of these powerful, and delicious, foods that will help you live a healthy and long life without getting old.

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

## Better At Home

by Rebecca Fuzzen

Fall has arrived and with it comes cooler weather, but regardless of the season or weather the Better at Home Program on the East Shore continues to offer and provide rides and friendly visits to the senior people in our East Shore communities.

The Better at Home Program is a provincially funded program whose goal is to help seniors remain independent in their own homes as long as possible. The Better at Home Programs are unique because every program is tailored to fit the resources, needs and funding of each individual area. In our area on the East Shore, due to the limited funding, what we are able to offer is two services that are provided by volunteers. Those two services are transportation and visitation. Our program on the East Shore made its debut in April of 2017 when a committed group of people, Cathy Poch, Issy Snelgrove, Laverne Booth, Peggy Skeleton, Barb Kuhn and Kim Young, to name a few gathered to form a board and hired me, Rebecca Fuzzen to coordinate the Program.

Since April 2017 to the current date, Sept 26, 2018 the program has arranged seventy-two rides. Sixty-four of the seventy-two rides organized have been successful as eight rides were cancelled. Since the program began there have been two ride requests which were not met. The program has also successfully provided nineteen friendly visits for our seniors.

Volunteer drivers have taken clients to Nelson, Creston, Crawford Bay, Trail and Cranbrook for medical appointments or groceries and continue to do so.

On August 30, 2018, Better at Home East Shore received a donation of a computer from Swift Internet plus Computer Repair in Creston. Thank-you Kitt at Swift Internet plus Computer Repair. You guys are awesome! The computer is working well and running and is much needed for the coordinating, record keeping and data compiling of our East Shore Program.

As the program continues to grow what we need are more volunteer drivers willing to offer a helping hand and more senior people willing to receive the good, kind services of their neighbors. The benefits of driving a senior person through the Better at Home Program continue to be: reimbursement to the volunteers for kilometers driven, the feeling of doing good, a support network for caregivers, and free training.

If you or anyone you know are interested in volunteering, acquiring more information about our program or know someone who would benefit from our services, please don't hesitate.

Better at Home East Shore can be reached at 250-505-6717 or by email at [betterathomeeastshore@gmail.com](mailto:betterathomeeastshore@gmail.com). Enjoy the fall weather.

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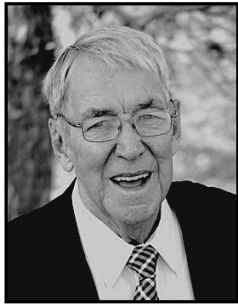
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## Notice of Passing

**Robert "Bob" Fred Sutcliffe,  
1934 – 2018**



Robert Fred Sutcliffe of Cranbrook, BC with family at his bedside, passed away peacefully at the age of 84 following a brief illness on Friday, September 7, 2018. Born in Kaslo, BC on February 4, 1934, he spoke fondly of his early years in Riondel, revelling in the joys of being

the youngest in a family of 7. During his time there he would make deliveries with his brother in a small boat on Kootenay Lake, work in the sawmill on the family ranch, and work in the Bluebell Mine.

Bob was an adventurer with an inquisitive mind; he loved to tinker, work with his hands, and spend time in the outdoors. Family and Kootenay Lake had a special place in his heart that will carry on with the family. He graduated from Gonzaga University with a BSc in Electrical Engineering in 1958. During that time, he married his hometown sweetheart, Alleyne. He continued his pursuit of higher learning at Queens University, as well as The University of Alberta, finishing with an MBA Program at the School of Advanced Management.

He enjoyed a lifetime career in the telephone industry with AGT and TELUS. His career provided him the opportunity to travel to many places around the world. Bob ultimately retired as a Vice President for TELUS in 1993. During retirement, volunteering became his new career. He spent time with CESO (Canadian Executives Serving Overseas) which enabled him to travel to South America and Europe. He was an avid volunteer with Canadian Association of Disabled Skiers, and CASARA (Civil Aviation Search and Rescue Association).

Bob is survived by his children Rob (Marianne), Patricia (Dwayne); grandchildren Brendan (Caitlin), Stephan, Katie; great-grandson Rory; his partner Myrtle and her family Michelle (Bruno) and Emily; his siblings Betty and Jim and extended family of in-laws, nieces and nephews. Bob was preceded in death by his wife, Alleyne. The family would like to extend a heartfelt thank you to all of the kind and caring staff of the Pines who always cared for Bob with respect and dignity. Bob spent his final days at the F.W. Green Home; we would like to thank the staff there as well.

A memorial to celebrate Bob's life was held in Cranbrook on September 23, 2018 @1pm.

An additional celebration will be held at his true home town, Riondel, July of 2019. Details to follow. In lieu of flowers, we would ask you consider donating to the Pines Memorial Society, in memory of Bob Sutcliffe. (Kimberley Special Care Home, 386 2nd Avenue, Kimberley, BC, V1A 2P6).

## Eastshore Garden of Remembrance

by Wendy Scott

Its wet in the garden today – very wet, but before the raindrops began to pelt, Miroslav managed to install the three new plaques and repair another that for some reason was losing its letters. This required special paint and meticulous application.

Many thanks, Miroslav, for also keeping an eye on the garden.

Put up your hood and take a stroll – its a private, quiet place and nice to be there – even in the rain.

## Notice of Passing

**Leone Letitia LaJeunesse,**

**January 26, 1934 – August 28, 2018**



Leone Letitia LaJeunesse, beloved wife of Bob (deceased), passed away at Columbia View Lodge in Trail, BC on Tuesday, August 28, 2018 at the age of 84 after battling cancer.

Leone was born in Kerrobert, Saskatchewan to parents, Flossie & Johnny Scheidt on Jan 26, 1934. She had one brother, Harvey of Salvador, Saskatchewan (deceased).

Leone met Bob at the young age of 14 and 16 respectively in Salvador, Saskatchewan. After dating seven years, they moved to Fruitvale where she went to business college and began working in the secretarial field at Cominco in Trail. They married and made Gray Creek their home. They raised four children, Maurice of Fruitvale, Janine of Stoney Plain (deceased), Nanette of Balfour, and Corinne of Chemainus.

While raising the children, Bob worked for Cominco at the Bluebell Mine while Leone was a stay at home mom. They grew large vegetable and flower gardens while also running a small farm with animals. Leone loved flowers, sewing, reading, camping, playing cards, cooking and sometimes golf. In later years, they moved to Creston and purchased a bit larger farm. She went back to work there part time in an insurance firm and then for the probation office. In 1980 they moved back to Fruitvale and in 1990 they bought property in Balfour where Bob built their third home.

With another large garden they spent many years there until Bob passed away in June of 2011. Leone then sold the home and moved to Mountainside independent living home in Fruitvale in 2012. She resided there until her passing.

There will not be a service or celebration of life but as an expression of sympathy, donations in Leone's name may be made to the BC Cancer Foundation at 150-686 W. Broadway, Vancouver, BC, V5Z 1G1.

You are invited to leave a personal message of condolence at the family's online register at [www.myalternatives.ca](http://www.myalternatives.ca).

*Note from Tom Lymbery: Leone and Bob rented our ranch house when they first came to Gray Creek, some years later purchasing the Fred Smith orchard and acreage, which is now the home of Christy and Rod Musil.*

**Contact Mainstreet**

**250.505.7697**

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

**Next Deadline:**

**Oct 24, 2018**

## Memorial Wall

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

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

## Notice of Passing

**Joan Lang**

**June 12, 1922 - Aug 30, 2018**



Joan E Lang of Balfour, BC passed away in Nelson BC on August 30, 2018 of natural causes. Joan was born in Tisdale, Ontario on June 12, 1922 to Petronella and Frederick Maxwell-Smith of South Porcupine. She began playing piano at age four, eventually becoming an accomplished pianist. Joan taught piano from the time she left home in 1945 until 1974, and shared her musical talents generously throughout her life.

Kootenay Lake was Joan's haven. Swimming and canoeing with her dog Partner brought her much joy. She played the piano for the Redfish School pageants, played the organ at St. Michaels in Balfour and at the Willow Point Church. Joan joined the Hospital Guild in Nelson, was an active book club member, joined a knitting club, and volunteered in the museum's archives in Nelson.

During her years in the Kootenays Joan went back to school. She enrolled at Selkirk College and the University of Victoria, and in 1996 Joan received her Master's Degree in Canadian History. Joan's thesis became her popular book *Lost Orchards*, which recounts the rise and fall of the fruit growing industry in the West Kootenay. The book, an important contribution to our understanding of local history, has been used in college curricula.

Joan is survived by her daughter Alison Lang (Stephen Posavatz), her grandchildren Hilary Cooper (Christopher), Kirsten Ormsby (Jonathan), Barrie Lang, and Kailey Lang; great grandchildren Ethan and Heidi Cooper; nephews Bob McVey, Jim McVey (Pat), and nieces Joan Bradbury (Geoff), Lesley Newman (Gwyn), Max Nobles and Bryan Nobles (Bernadette).

Joan was predeceased by her fiancé Frank Covey (1944), her husband J Bruce C Lang (1987) her son, M Bruce C Lang (2018); her siblings, Pat Smith, Andrew Smith, Marjorie McVey, Beatrice Nobles, and Stella Newman; and her special friend Jim Heuston (2018).

There will be a celebration of Joan's life on October 20, 2018, from 2pm to 4pm, at The Balfour Golf Club, 602 Queen's Bay Road, in Balfour. A memorial plaque will be placed at the Balfour Cemetery.

## East Shore Hospice

by Barb Kuhn

The month of October finds us getting ready to celebrate Thanksgiving here in Canada. This can be an especially difficult time for those who have someone close to them dying or dealing with the recent loss of someone they love.

For the grieving person, holidays become markers around their grief. The first Thanksgiving without a loved one can bring up memories of the holidays shared with them. Often, friends and family will give extra support around this time, especially the first holiday after their passing. The bereaved become acutely aware of the absence, and the reality of spending the following Thanksgivings without them sets in. Sometimes the second Thanksgiving is harder, because there is often not as much support from family and friends at that time.

East Shore Hospice can help. We are aware that you may need someone to talk to at these times. If you or anyone you know needs help with someone they love being in the dying process or having already passed away, please call us. We can help.

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

**October 2018 Mainstreet 17**

**SERVICES DIRECTORY/CLASSIFIEDS**

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

**AUTOMOTIVE/MARINE**

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

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

**BUSINESS SERVICES**

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

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

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

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

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

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

**PERSONAL CARE/HEALTH**

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

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

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

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

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

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

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

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

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

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

**RESTAURANTS**

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

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

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

**YARD/LANDSCAPING/SITE PREP**

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

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

*Next Deadline:  
Oct 24, 2018*

- Planning a wedding?
- Holding a meeting?

Consider renting the  
**BOSWELL HALL**

Booking/info: Rose at 250.223.8288

From...  
**A - Zed**

Need insurance? Remember 3 things:

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

**Our Hours:**

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

**Kootenay Insurance Services Ltd.**

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

**YOUR HALL IS AVAILABLE!**

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

**CRAWFORD BAY HALL**

*Your community hall*

*A non-smoking facility*

**CLASSIFIED ADS**

**BUSINESS ANNOUNCEMENTS**

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

**BUSINESS SERVICES**

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

**RENTALS/HOUSING/REAL ESTATE**

**Seeking Housing:** My name is Rivi and I love the East Shore of Kootenay Lake. I am a woman artist in my fifties who is easy going, a dedicated gardener and who enjoys cooking for others. I am looking for a clean, bright place. I pay my bills on time and keep my place tidy. I have excellent references. Looking to pay \$500. Winter only is acceptable. Please call or text me at 514.808.6234.

*Contact Mainstreet*

*250.505.7697*

*mainstreet@eshore.ca*

*www.eshore.ca*



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

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



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

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

**NO PET LEFT BEHIND!**

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

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

Please call Creston Veterinary Hospital to book your appointment today!

## BULLETIN BOARD

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

#### CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

Will be at the East Shore Health Centre monthly.  
For information, call Creston Health Unit at 250-428-3873.  
**EAST SHORE HEALTH CENTRE Call 227-9006**  
**\*See calendar for doctor days\*** - Doctor hours are from  
9:30am to 4:30 pm. Please call 227-9006.  
Interior Health Authority, Community Care Nursing  
and Home Support Services - 250-352-1433.

#### PHYSICIAN COVERAGE FOR Oct 2018

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

*Tuesdays: Dr. Piver*

*Wednesdays: Dr. Moulson*

*Thursdays: Dr. Lee*

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

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

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

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

## HEALTH PHONE NUMBERS

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

#### BOSWELL HALL HAPPENINGS

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

**Carpet Bowling** - Starting Tuesday, Oct 16 at 6pm, then Tuesdays at 7pm. Contact is Peter Barg: 250.428.9118

**Book Club** - Thurs, Oct 11 at 2pm. Contact is Melody Farmer - 250.223.8443

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

**Quilters Guild** - Tues, Oct 16 at 1pm. Contact is Linda Brown: 250.223.8607

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

**VINTNERS** - Oct 21 at 2pm. Contact is Alan Mader: 403.467.5720

**BADEV Corn Roast**: Sat, Sept 1 at 5pm. \$5 at door.

**FOCUS ON HEALTH** - Monday, Oct 29 at 10:30 am. Contact is Margaret Crossley: 250.223.8445

**HALLOWEEN HOWL**: Saturday, Oct 27 at 6pm. Dorrs at 5pm. Pork tenderloin with all the fixings. Prizes for best costumes. Please bring a food donation for the food bank. Tix: Boswell Post Office in new location at Destiny Bay Store.

#### IMPORTANT MEETING FOR GRAY CREEK RESIDENTS (AND BEYOND)

The Gray Creek Estate landowners would like to invite surrounding community members to a meeting on Oct 16 at the Gray Creek Hall, from 6:30-8:30.

This meeting is between the landowners, tenures officers/negotiators from government, and Lower Kootenay Band members and is in relation to Crown Creek Road access and use as well as treaty negotiations between the Gray Creek community and Lower Kootenay Band.

## Kootenay Lake Ferry Schedule

#### Fall/Winter Schedule

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

## COMMUNITY HEROES

### a Mainstreet Feature

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

**Lea Belcourt and Nicole Schreiber** for pulling together the fun and fabulous Autumn Jamboree!

**Riondel Volunteer Fire Department and First Responders:** For continuing to do the hard work and rallying so hard to keep this terrifically vital service viable. You people are the best definition of community service.

**The Kootenay Lake Lions:** For uncompromising, unending community work and dedicated vision. Thank you for your boundless energy and good will.

**Mandy Petrie:** For being such a wonderful, compassionate, caring and endlessly loving friend and community member. We are richer for having you with us. Happy 50th Birthday, darling!



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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

Email: mainstreet@eshore.ca

Web: www.eshore.ca

#### ADVERTISING RATES

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

\$40 - 3.25w X 2.5t

\$45 - 3.25w X 3t

\$50 - 3.25w X 4t

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

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

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

\$100 - 3.25w X 10.25t

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

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

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

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

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

Sample Sizes - more sizes available.

Column Width: 3.25 inches - double width: 6.75

inches - full width: 10.25 inches

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

Classified Ads: \$5/first 30 words,

10¢/word additional

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

**FOR FULL COLOUR, ADD 30%**

## CHURCH/MEETING CALENDAR

#### RIONDEL COMMUNITY CHURCH OCTOBER 2018 SCHEDULE

Oct 7-- no service today - Happy Thanksgiving!  
Oct 14 -- Brenda Panio, 1pm  
Music: Brenda Panio  
Oct 21-- no service today.  
Oct 28 - Catherine Rose, 11am  
Music: Marie Gale

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

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

#### HARRISON MEM CHURCH, ANGLICAN

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

#### KOOTENAY LAKE COMMUNITY CHURCH

*A Lighthouse on the East Shore*

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

Pastors Richard and Ramona Dannhauer

16190 Hwy 3A, Crawford Bay 250.227.9444

#### 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.

#### 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

## Transfer Station Hours

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

**BOSWELL: Weds/Sat 11-3**

## 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**

## MEETING PLACES

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

Meeting Times: 7 pm. Second and Fourth Tuesday of the Month  
For More info call Lion Mike Jeffery - 250-227-6807 or Lion David George at 250-227-9550 or Lion Fraser Robb at 250-227-9636.

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

#### PARENT ADVISORY COMMITTEE

(PAC) Meetings usually held at 5:30 pm at the Crawford Bay School on the first Weds of the month.

Email cbess.pac@gmail.com for info or to add to the agenda.

October 2018 *Mainstreet* 19

October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>EVERY SUNDAY</b> CB Dump open: 9-3 Bottle Depot, CB Market</p>	<p><b>1</b></p> <p>Shotokan Karate, CB School, 6-8pm</p>	<p><b>2</b></p> <p><b>EVERY TUESDAY</b> CB Dump open: 9-3</p> <p>* Creston Vet, CB Motel, Unit 6 Tara Shanti Yoga, 9:30-11 DR. PIVER</p>	<p><b>3</b></p> <p><b>EVERY WEDS</b> Boswell Dump open: 11-3</p> <p>Shotokan Karate, CB School, 5-7pm <b>16+ Volleyball, CB School</b> DR. MOULSON</p>	<p><b>4</b></p> <p>Tara Shanti Yoga, 9:30-11 Yoga w/ Melina, Bos Hall, 9:30 - 11am DR. LEE</p>	<p><b>5</b></p> <p>Mandy Petrie's 50th, Newkeys (Lady Vic DJ) Shotokan Karate, CB School, 6;30-8pm</p>	<p><b>6</b></p> <p><b>EVERY SATURDAY</b> Boswell Dump open: 11-3</p>
<p><b>7</b></p> <p>Thanksgiving Dinner at Newkeys</p>	<p><b>8</b></p> <p>Shotokan Karate, CB School, 6-8pm DR. PIVER</p>	<p><b>10</b></p> <p>* Lions Meeting 7pm Tara Shanti Yoga, 9:30-11 DR. PIVER</p>	<p><b>11</b></p> <p>Shotokan Karate, CB School, 5-7pm <b>Fire Extinguisher Inspec- tion, GC Store, 9:30 am</b> 16+ Volleyball, CB School DR. MOULSON</p>	<p><b>12</b></p> <p>Tara Shanti Yoga, 9:30-11 Yoga w/ Melina, Bos Hall, 9:30 - 11am DR. LEE</p>	<p><b>13</b></p> <p>Shotokan Karate, CB School, 6;30-8pm</p>	<p><b>14</b></p>
<p><b>15</b></p> <p>Shotokan Karate, CB School, 6-8pm DR. PIVER</p>	<p><b>16</b></p> <p>Gray Creek Estates Mtng, GC Hall, 6:3-pm Tara Shanti Yoga, 9:30-11 DR. PIVER</p>	<p><b>17</b></p> <p>Shotokan Karate, CB School, 5-7pm <b>16+ Volleyball, CB School</b> DR. MOULSON</p>	<p><b>18</b></p> <p>Tara Shanti Yoga, 9:30-11 Yoga w/ Melina, Bos Hall, 9:30 - 11am DR. LEE</p>	<p><b>19</b></p> <p>Gerry's Bday at Newkeys Shotokan Karate, CB School, 6;30-8pm</p>	<p><b>20</b></p> <p>Starbelly AGM, GC Hall, 2pm Healing Arts Symposium, Yasodhara Ashram</p>	<p><b>21</b></p> <p>Healing Arts Symposium, Yasodhara Ashram</p>
<p><b>22</b></p> <p>Shotokan Karate, CB School, 6-8pm DR. PIVER</p>	<p><b>23</b></p> <p>* Lions Meeting 7pm Tara Shanti Yoga, 9:30-11 DR. PIVER</p>	<p><b>24</b></p> <p><b>Full Moon</b></p> <p>Quest for Longevity Ayuervda, CBS, 6pm Shotokan Karate, CB School, 5-7pm <b>16+ Volleyball, CB School</b> DR. MOULSON</p>	<p><b>25</b></p> <p>Tara Shanti Yoga, 9:30-11 Yoga w/ Melina, Bos Hall, 9:30 - 11am DR. LEE</p>	<p><b>26</b></p> <p>Shotokan Karate, CB School, 6;30-8pm</p>	<p><b>27</b></p> <p>Atmosfear Halloween Party, GC Hall</p>	<p><b>28</b></p> <p>Shotokan Karate, CB School, 6-8pm DR. PIVER</p>
<p><b>29</b></p> <p>Shotokan Karate, CB School, 6-8pm DR. PIVER</p>	<p><b>30</b></p> <p>* Lions Meeting 7pm Tara Shanti Yoga, 9:30-11 DR. PIVER</p>	<p><b>31</b></p> <p>Halloween in Riondel Shotokan Karate, CB School, 5-7pm <b>MAINSTREET DEADLINE</b> 16+ Volleyball, CB School DR. MOULSON</p>				

**HEY EAST SHORE RESIDENTS!**

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

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

There are **TWO** ways to submit your thoughts:

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

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

Please return **BEFORE NOVEMBER 10th**

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

**EVERYONE WELCOME**

**East Shore Mobile Massage Therapy**  
Anastasia Phoenix, Massage Practitioner  
Massage in the comfort of your own home (\$40/hour)



- Swedish and Non-Swedish Massage
  - Relaxation Massage
  - Deep-Tissue Massage
  - Pregnancy Massage
- Manual Lymphatic Drainage (MLD)
  - Trigger Point Release
  - Fascia Techniques

anastasiaphoenix19@yahoo.com  
1.250.402.3414

**October is Fire Prevention Month!!**



**Fire Extinguisher(s)**  
for Inspection & Certification  
Fee is \$10.00 per Extinguisher

Recharged and New Extinguishers will also be available for purchase on site

**October 10th, 2018 starting at 9:30 am at Gray Creek Store**

Sponsored in partnership with Kootenay Lake Chamber of Commerce and Kokanee Fire Safety

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