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YEAR 29, NUMBER 10

OCTOBER 2019

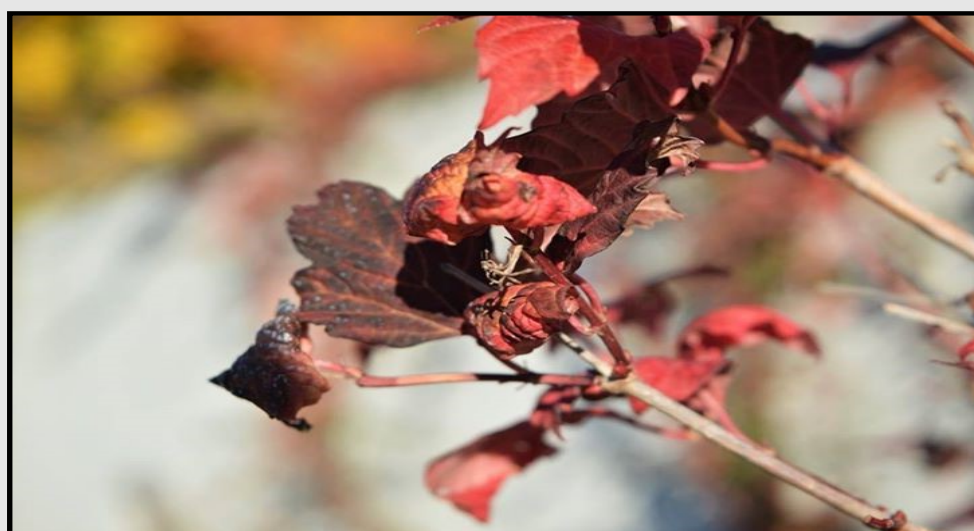
# The East Shore Mainstreet

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Crawford Creek Regional Park - by Miranda Petrie



Autumn Leaves - by Gabby Brasseur

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*Mainstreet*  
*Meanderings*  
by Editor  
**Ingrid Baetzel**  
**ELECTION TIME**

Times are pretty politically charged and complicated, aren't they? From local politics and decisions to make around ferries, parks, environmental concerns, changing economies and upcoming elections to federal and global politics (teenagers standing in front of the world's press and brand-name politicians calling for awareness, politicians smearing each other and tearing away at humanity's fabric, debates as to whether climate change is real or not...). It's a lot. We've got a lot of decisions to make and one of the biggest ones is to decide what we, as individuals, want to take on to make change or leave standing.

As the October 21/19 Canadian federal election looms (well, perhaps a better word is hunkers in the shadow of the ever-obvious and highly televised race towards the American election – over a year away!), we find ourselves in the Kootenay-Columbia region faced with yet another decision. No matter how we lean, there is always a decision to make. Some people vote the same way as they have for all their lives, and the same way as their parents and grandparents did. For them, it's probably easier. Loyalists, party members, staunch supporters. For others, there is a flux and sway. There is more than one party, and more

than one changing platform. For many, what is said by each politician has great bearing upon where the vote goes. Makes sense - we're all human.

A reader sent in a link to a website that breaks down how it projects that things are shaping up in our region. At <http://338canada.com/map.htm>, you can find your region and see extrapolated information that dissects how the riding might be sitting politically and where the vote is likely to go. From the main site, you can click on "All 338 Districts" and then "British Columbia" and finally find "59015 Kootenay-Columbia" to read more.

According to P.J. Fournier, the site's creator, the website is a legitimate site but it's important to note that these kinds of sites aren't really polling sites. "They aggregate the national polls that only break down to voting intention by province, and then extrapolate that to per riding numbers using historical data and other things. There is no actual polling information for each riding, it's more of a projection." That said, check it out. Strategic voting may remain a reality for many... Or not, if EVERYONE voted exactly how they wanted. Of course, results may be very, very different, but similar sites put out numbers in the 2015 election and were, reportedly, quite accurate.

In the meantime - whatever you do, however you do it - please use your voice. There are now nearly as many Millennials as Baby Boomers in the world and young people have something to say, from what I've heard. Get out and vote. According to Elections Canada, you can register before or when you go to vote. According to a sage and motivated new university student in my family, if you don't vote, the poisonous snakes are gonna getcha. You probably want to avoid that. Here's how:

- Register before you go to vote**
- Online Voter Registration Service (<https://ereg.elections.ca>) before Tuesday, October 15, 6 p.m.
  - In person at any Elections Canada office across Canada before Tuesday, October 15, 6 p.m.
- Register when you go to vote**
- At your assigned polling station on election day, October 21.
  - At your assigned polling station on advance polling days, October 11, 12, 13 or 14.
  - At any Elections Canada office across Canada before Tuesday, October 15, 6 p.m.

**OFFICE DESK**  
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**Article? Letter? Etc?** Drop off at Gray Creek Store drop box, mail to Box 140, Crawford Bay, V0B 1E0  
**or Best Yet, Email to:** [mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)  
The opinions expressed in this paper are not necessarily the opinions of staff or advertisers. We reserve the right to edit for clarity or brevity and acceptance of submissions is completely at the discretion of the editor.

**Copies every issue: 700-1000**  
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 2019 issue items by:  
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1.250.402.3414

**NOTICE OF PUBLIC MEETING**  
**AREA A REGIONAL PARKS**

Please join us on Monday, October 28, 2019 to discuss the future of Crawford Bay Regional Park.

Crawford Bay Regional Park is composed of approximately 70 hectares that were acquired in October 2018. The acquisition involved strategically located properties which are integral to the ongoing public use of the Crawford Bay beach, wetland and trail network. The purpose of the meeting is for Area A Director, Garry Jackman and Regional District staff to provide a community update which will consider the property acquisition, operation, planning and future opportunities for the park.

**Date:** Monday, October 28, 2019  
**Time:** 6:00 pm to 8:00 pm  
**Location:** Crawford Bay Hall  
**Address:** 16230 Wadds Road, Crawford Bay

For further information, please contact:

**Mark Crowe**  
Regional Parks Planner  
Phone: (250) 352-8172  
Email: [mcrowe@rdck.bc.ca](mailto:mcrowe@rdck.bc.ca) Web: [www.rdck.ca](http://www.rdck.ca)

**LETTERS TO THE EDITOR**

**DOING OUR JOB**

Dear Editor:

On Friday September 20, we awoke to the sound of chainsaws. That's not really unusual in Riondel this time of year, and since the kids had a day off school, we stayed in bed a little longer. We had stayed up late the night before looking at all the posts of the #ClimateStrike youth movement sweeping across the globe from the South Pacific to Australia and Westward, following the sun.

When I finally looked down the street to see what was happening with all the chainsawing, it was too late. On this day of all days, as millions of youth took to the streets around the world to strike for climate action, MOTI and YRB took action to cut down a century+ old maple tree on our street. That tree was huge and ancient, and I had happily noticed that someone had started pruning it the day before. It needed that, but this was something else.. the canopy that shaded the street was GONE. I quick-stepped it down there and entered the work area, the tree workers looking apprehensive and kept saying "We're just doing our job".. Of course you are. Who ordered the job?

In a flurry of phone calls, we found out that the Riondel Commission of Management had no idea that this was scheduled, and that MOTI thought this was a diseased danger tree, scheduled for removal along with several others in Riondel.

As the workers continued to do their job, our girls quickly made signs and went out to protest the killing of a healthy elder in our community. They shouted and cried but ultimately, we could only witness as the last leafy branch went down. I still think what if... if I had been up at the crack of dawn and noticed what was happening maybe I could have stopped it. If only we'd had some advance notice that this was going to happen.

Since then, I've received a call from the person at MOTI in charge of this. She received a LOT of calls and messages about this tree, including swearing, vitriol and tears, and was deeply affected by it. She's a human being, after all. She told me that, even though the protocol of her role with the government doesn't specify any need for public consultation in these circumstances, she would personally take into consideration the effects on a community of this type of action in the future.

I think maybe that's where these battles are won - in the hearts of people who, rather than "just doing our job", will act with conscious consideration of how we're affecting the world.

*Ben Johnson, Riondel*

**STARBELLY JAM AT A CROSSROADS**

Dear Editor,

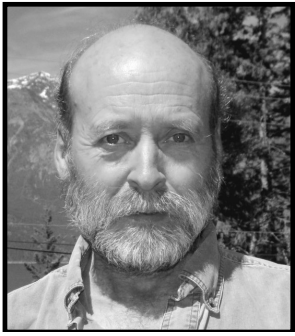
Starbelly Jam Music Society is in dire straits. Our problems lie with manpower, not financials. An exodus of directors at our AGM last October left us scrambling to find our minimum number of directors and forced our Executive Director and Financial Manager to join the board. This year, two of our key members are resigning due to family, time, and financial constraints. We must get more manpower.

IF WE DO NOT GET FURTHER COMMUNITY PARTICIPATION, STARBELLY JAM MAY BE FORCED TO FOLD.

I have been on the Starbelly board since 2011. Our AGM is Saturday October 26 at the Gray Creek Hall at 4pm. Please look for the ad elsewhere in this Mainstreet. If we do not get enough people willing to be directors and managers (some paid positions), I will step down as well.

*Sincerely,*

*Paul Hindson, Starbelly Jam Board Chair*



## RDCK Area "A" Update

by Garry Jackman, Regional Director

### TOPICS FOR A WEEK

I am writing this monthly article amidst my meetings at our annual UBCM (Union of BC Municipalities) convention in Vancouver. I have been asked a few times about what the convention accomplishes, so I thought I would try to summarize a few activities to help explain.

The published program for Monday Sept 23 was dedicated to some study tours and workshops which are not core to our organizations, so I decided to travel Monday morning and join the events in the afternoon and evening. First I went to the Craft Cannabis sessions where serious entrepreneurs identified challenges and opportunities to support small, BC based firms in production and marketing. Between changes to federal legislation over medical marijuana and now recreational cannabis legalization many small companies are struggling obtain a market share, thereby bringing in revenues to our smaller communities.

Tuesday I first went to an early (7:30 to 8:30am) session on remuneration for local elected officials. Following significant income tax changes which CRA made at the direction of the federal government, many local governments passed increases in annual stipends to offset increased income taxes. A guide was developed through the UBCM to assist local governments in addressing recent tax changes and to consider how to be more transparent with future changes. Next I attended briefings for rural directors on general strategies for economic recovery after natural disasters plus a more detailed briefing on the Grand Forks flood recov-

ery, still ongoing after 16 months. The ongoing RDCK disaster recovery planning exercise was highlighted as a model for the rest of the province to follow.

I stepped away from the next session in that series for a meeting with Minister of Finance Carol James along with one of my colleagues and our Chief Administrative Officer. We presented our ideas on how to better allocate capital funding for hospitals to ensure we do not fall further behind on major maintenance work. Essentially the ask was for the province to raise the capital funding allowance that the health authority can direct for major maintenance to coincide with other projects approved by the province for facility upgrades and/or expansions. Historically the shiny, new projects attract funding while the more routine major maintenance falls behind. There are cost efficiencies plus opportunities to minimize operational disruptions by allowing the Health Authority major maintenance works to dovetail with provincially mandated capital projects. After lunch I went to a panel discussion on BC energy options for the future, followed by a tourism development session. My evening was less formal with some networking at the provincial reception.

Wednesday began with another early session (7:30am) on the changes to legislated framework for the Agriculture Land Reserve (ALR). I reconnected with the ALC chair and will be sending her data created by the Columbia Basin Rural Development Institute on our regional agricultural productivity.

The next session was our UBCM business meeting to review finances, reports on activities, etc. I stepped away from part of this to meet with senior Ministry of Transportation and Infrastructure staff to discuss the Kootenay Lake Ferry. I will not provide all details here, but there are a number of issues relating to the service capacity which include the decisions on the ferry route, where the province wishes to build the new ferry (including proposals to use crown foreshore adjacent to some RDCK lands, see article in this issue) and general operations including recent service disruptions. I then returned to the plenary sessions where I enjoyed listening to a keynote speech by

Peter Mansbridge. Over the years I have heard some very insightful comments from media representatives. Mr. Mansbridge shared some of his personal observations about a string of our Prime Ministers, but more importantly he shared the reactions he has received as a reported abroad over four decades.

We then turned to a review of our UBCM finances, followed by an address from Andrew Weaver. From there we started the business of reviewing our resolutions to be put to the provincial government with requests for action. I did not join the afternoon plenary session, needing to step away to attend our scheduled AKBLG executive meeting where we shared progress on several topics across three regional districts. As that meeting ended I reached the *Mainstreet* submission deadline so the following is not what I did but rather what I plan to attend through to noon Friday.

Thursday morning the early session on my list is a discussion on the modernization of the provincial Emergency Program Act. Next is a resumption of the annual UBCM business meeting, interrupted with a scheduled meeting with Environment Minister George Heyman to discuss our struggles with the recycling program, what we think should be modified under the product stewardship programs and how to address issues around plastics. My afternoon will be largely spent at the panel discussion on solid waste management challenges at all levels of government.

Most of Friday morning will be dedicated to reviewing resolutions. The Premier is scheduled to address the delegates from 11am to noon, following which I will head home.

### ONGOING REMINDERS:

- The Residential Energy Efficiency Program is ongoing. Find out how to make your home more comfortable and energy efficient by calling 250-352-8278.
- The RDCK has prepared Emergency Response Plans – go to <https://rdck.ca/EN/main/services/emergency-preparedness.html>.

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

### You Will Soon Make a Journey By Water

If your fortune cookie said that after your Chinese dinner, it would be a safe prediction for any of us who live on the East Shore of Kootenay Lake. What might not be so certain recently is whether you could make that journey on the ferry from Kootenay Bay to Balfour and back when you wanted to do so.

After the Labour Day weekend-long strike, we were first told that no further strike action was planned. Then the whole second half of sailings on the September 21 and 22 weekend were cancelled in an action of refusal of overtime. Contract negotiations are not happening.

Monday September 23, the Autumnal Equinox dawned with further job action. First shift sailings until the 2pm from Kootenay Bay, then none except for a 4:30pm round trip. On Tuesday there were only the first two round trips and a 4:30 one to comply with essential services rulings. Wednesday was same as Monday. Weekend sailings were still an unknown at press time, but are likely to be curtailed or cancelled.

How did all this come about? Most of us on the East Shore consider our ferry an essential service. Are these strike actions due to greedy workers? I don't think so.

It is true that most ferry employees are being paid less than their counterparts on the coastal ferries. In some cases as much as \$12-15 per hour less. There is incentive for First Mates, Engineers, and Captains to leave the Kootenays and find higher paying jobs on the coast. I know of one woman who worked on the ferry here, studied hard, received her engineer's papers, and soon left to pursue employment on larger ships.

To better understand the issues we must go back a number of years to when a former government acted to

privatise the Inland Ferry system. I submit that this has worked just as badly as the privatisation of our highway maintenance and snow clearing.

Now instead of one contract between the British Columbia Government Employees Union and the province, there are eight different smaller units, with Western Pacific Marine, and WaterBridge, which runs the Arrow Lakes ferries being the largest; all of them are lowest bidder middlemen.

In the case of our Kootenay Lake area, there are only 80 employees in the BCGEU bargaining unit. They do not have much leverage unless they strike.

The employer, Western Pacific Marine says the BC government will only give them 2 percent each year for the next three years. This is inadequate to meet the employees demands for pay equity with coastal ferry workers and less overtime. Western Pacific Marine is owned by Harbour Cruises of Vancouver.

This is not the only contract negotiation affecting our inland ferries. The Arrow Lakes contract is also up for renewal. Is another strike possible? What can be done about this situation? A simple solution involves the provincial government taking back direct control of the Inland Ferry system. There would be one contract and one bargaining unit, with the BCGEU representing all workers.

How much simpler could this get? It merely involves sufficient will on the part of our NDP minority government to act as it used to, in being on the side of workers in BC. In less than two weeks our BC Legislature will be in session. Re-acquiring the Inland Ferry system could be done during the week of October 7. If legislation would take too long, the cabinet has the power to start things moving by using an Order In Council.

What can we residents of the East Shore do to help resolve this situation? We can write letters and emails to the Minister of Transportation and Infrastructure, the Honourable Claire Travena or phone her office in Victoria.

P.O. Box 9055, Prov Stn Govt, Victoria, BC

V8W 9E2 Phone: 250-387-1978

Email- [Minister.Transportation@gov.bc.ca](mailto:Minister.Transportation@gov.bc.ca)

One could also communicate in the same ways with our own MLA and cabinet minister, the Hon. Michelle Mungall, Minister of Energy, Mines and Petroleum Resources. P.O. Box 9060, Prov Stn Govt, Victoria, BC, V8W 9E2 Phone: 250-953-0900 or call her riding office in Nelson at 250-354-5944 or toll free at 1-877-388-4498. email-[EMPR.Minister@gov.bc.ca](mailto:EMPR.Minister@gov.bc.ca)

Both these ministers can also be reached using the Service BC Toll Free number: 1-800-663-7867

Also, support for our ferry workers is welcome. Phone the local Kootenays office of the BCGEU in Castlegar. Phone: 250-365-9979 or toll free to 1-800-667-1601 email-[Area09.Castlegar@bcgeu.ca](mailto:Area09.Castlegar@bcgeu.ca)

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## October Horoscope

by Michael O'Connor

**Tip of the Month:** October is a special month because it contains within it 'oct' or 8 which is the number of power and abundance and it is officially the tenth month and it seems that ten is what we are all after. After all, one is symbolic of no separation, as in oneness, and 0 is the spiritual number of power, as with infinity. Imagine, 0 = nothing or no thing, yet every time you place it beside 1 say, 1 becomes more powerful. Pure 'math-emagics'! The New Moon in Libra on September 28 carries within it this magic. What will you manifest?

### Aries (Mar 21- Apr 19)

Your relationship life is plump and full with Sun, Moon, Mercury, and Venus all gathered there. Mars is moving quickly to join the party but Mercury will leave just prior. This will change the tone of the party from chat to chic.

### Taurus (Apr 20-May 20)

Some cycles emphasize more work, like this one. Yet, how you engage is within your scope of influence. Communications with key power players could tilt the scales in your favor. The key is to know what you want.

### Gemini (May 21-Jun 20)

Virgo time is over and the Libra social season is underway. Yet, cycles overlap and it has taken until now for the work momentum focus to be complete. Now it's time to play so what you need is playmates.

### Cancer (Jun 21 - Jul 22)

Your focus is centered on home and family, even more than usual. Repairs and renovations could take

center stage. The assertive, edgy energy patterns indicated could cause conflicts, so direct them constructively.

### Leo (Jul 23 - Aug 22)

Your intellectual powers are on steroids! This will shift into an even deeper research process early on that you might even describe as mystical. Are you ready to walk through mind-constructed walls? Say yes!

### Virgo (Aug 23 - Sep 22)

You have begun a new round of the money game. You are determined to see through it once and for all. The secret is to realize that it truly is a game and you are meant to play.

### Libra (Sep 23 - Oct 22)

You are poised to advance your position. This will include entering new territory, investigations and perhaps meetings with financial wizards. Just remember, the magic finger is on your hand, Willow.

### Scorpio (Oct 23 - Nov 21)

Sometimes ducking out of sight for a while is the answer, like now. From there, you can peer out but no one can see you, Scorpio style! Enter your lair and focus to create mind movies featuring you as the hero who prevails.

### Sagittarius (Nov 22 - Dec 21)

Epiphanies are rolling in now. After a busy professional cycle, you have now entered a time to entertain new perspectives. This can come from other people, books, videos... You decide how to bend your mind.

### Capricorn (Dec 22 - Jan 19)

If you are not already there, the time has come to enter the big tent and you are the ring leader. Who, what and how you introduce and delegate directives to, is up to you, your role to play.

### Aquarius (Jan 20 - Feb 18)

Phew, last month was probably pretty intense. Of course, it could have been intensely awesome. Either way, now the focus is upon creating something new. Cooperatives are highlighted and tend to be more fun anyway.

### Pisces (Feb 19 - Mar 20)

You have already taken a plunge and now you are swimming towards deeper waters yet. In fact, you have probably not ventured to such deep places in a long time, or ever even. But you are meant to now, so work it!

## WHO IS YOUR COMMUNITY HERO?

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!*

**HEY! You there! Don't you want to recognize someone? Boswell, Riindel, Kootenay/Pilot Bay, who are your heroes? Send your words in and spread the love.**

**Paul Hindson** for representing the East Shore in Vancouver at the ferry hearings.

**Garry Jackman** for the continued excellent work he does on our behalf.

**Merv and Donna** for attracting new residents to the East Shore. Three of their grown children and also grandchildren have moved here!

## New Ferry Design/Build/Launch Discussion for Community

Submitted by Garry Jackman, RDCK Director Area A

The Marine Branch wants to issue their request for proposals to design/build the new ferry by mid-October. The bid period will be several months. The actual work could take two years. I understand they have shortlisted contractors. They are tasking the contractor to come up with a site where they will build (cut, shape, weld) the components for the ferry and then they will need a relatively close site to move the pieces to for final assembly and launch into the lake. Final fit up may be in the water, to what extent that work would be is not clear to me.

The province is proposing to suggest a few sites, in particular for putting the assembled ferry into the lake, but it is entirely up to the contractor to negotiate any land use or access with the local landowners. The provincially-owned foreshore at Crawford Bay is one such potential site where the province controls the land near the foreshore but not the access.

If there are three bidders or more, then there will certainly be questions from one or more of them. I do not have enough details about what this could mean if we entertained a discussion, plus we would need to talk to CBT as they assisted with the land acquisition.

A contractor could be tied to restrictions on what they do near or away from the lake, could be required to construct or improve local amenities (eg. they would need to improve a road or build a completely new road, perhaps run power and telecommunications underground towards the water, plant trees for a visual screen), they would certainly be required to restore impacted lands, etc. There could be significant local spin off benefits during construction or there could be

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grief. A ferry was assembled and launched at Glade Park, where the province had land control, a year ago. I will be asking my colleague for more details on how that went. Perhaps it is a non-starter without sufficient potential upside.

*Let's have a community conversation about the site as a whole on Oct 28 at the Crawford Bay Hall from 6-8pm.*

## Our Ferry Matters

by the Our Ferry Matter Ad-Hoc Committee

The ad-hoc Our Ferry Matters committee has created a website where you can voice your concerns over how the ferry schedule disruptions are affecting your lives.

Mechanical issues, water levels, and labor disputes all threaten regular ferry service. East shore residents are missing critical health appointments, and people who rely on the ferry to go to work are at risk of losing employment.

But the ferry service is not an East Shore issue alone. Over 1000 East Shore residents support businesses from Kaslo to Trail. Annual tourists have cancelled plans to travel on either side of the lake. Incoming and outgoing flights connecting to larger centers will be affected. The list of concerns and issues will only grow.

If the erosion of our ferry services concerns you, please visit the site and fill out the form with your comments. They will be collected, printed, and presented to our MLA and the Ministry.

Please share personal stories and include facts. Remember, together we can do this! Because OUR FERRY MATTERS! We also desperately need volunteers. Please go to the site and sign up as a volunteer.

[ourferrymatters.ca](http://ourferrymatters.ca)

## DID YOU KNOW:

The East Shore Kootenay Lake Community Health Society welcomes **DR. ELIZABETH BARBOUR** Dr. Barbour will be available for appointments every Thursday starting October 3/2019.

## Traveling This Year?



We have annual, single trip, family and senior's travel insurance policies that can go where you're going.

### Our Hours:

Tuesday - Friday 9 am - 5 pm  
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## LOCAL INTEREST



### Hacker's Desk by Gef Tremblay Inktober

After my failed NaNoWriMo (National Novel Writing Month) a 50,000 word challenge within the month of November (I only go to 3000 words), I definitely feel unsure about trying to participate in Inktober.

Inktober was created in 2009 by Jake Parker as a way for visual artists using inking to challenge themselves and improve their skills. It has now grown internationally, and includes more discipline than just inking. Anyone drawing or creating something visual can share their work on social media with #inktober. Here are the official rules:

#### Inktober rules:

- Make a drawing in ink (you can do a pencil under-drawing if you want)
- Post it\*
- Hashtag it with #inktober and #inktober2019
- Repeat

Note: you can do it daily, or go the half-marathon route and post every other day, or just do the 5K and post once a week. Whatever you decide, just be consistent with it. Inktober is about growing and improving and forming positive habits, so the more you're consistent, the better.

That's it! Now go make something beautiful.

\*Post it on any social media account you want or just post it on your refrigerator. The point is to share your art with someone.

Also if you're not sure what to draw about here is the prompt for this year:



**OFFICIAL 2019 PROMPT LIST**

1. RING	11. SNOW	21. TREASURE
2. MINDLESS	12. DRAGON	22. GHOST
3. BAIT	13. ASH	23. ANCIENT
4. FREEZE	14. OVERGROWN	24. DIZZY
5. BUILD	15. LEGEND	25. TASTY
6. HUSKY	16. WILD	26. DARK
7. ENCHANTED	17. ORNAMENT	27. COAT
8. FRAIL	18. MISFIT	28. RIDE
9. SWING	19. SLING	29. INJURED
10. PATTERN	20. TREAD	30. CATCH
		31. RIPE

@JAKEPARKER @INKTOBER #INKTOBER #INKTOBER2019

Having this focus for a month is similar to the tapas that you find in yoga practices. What I do get out of practicing a Tapas is shaping of a specific habit and breaking free of particular limitations. One of the tapas I practiced, consisted of repeating a mantra for about four to five hours a day for 40 days. A lot came through this - emotions, fear but also understanding of energy and how we use it, and how talking takes a lot of our power away. I am looking forward to seeing what an illustration tapas will bring about.

The fact that I started my own business from the ground-up gives me the freedom to think that I could do anything for a living as long as I put my mind to it. This freedom creates a lot of questions about my next step and what I want to do with my life.

I always wonder if I want to have the life of an artist. When does a doodle become an illustration, and when does an illustration become art. Is art what I want to create, and am I an artist?

There are creative outputs that I want to keep to myself, i.e., about which I don't want to have to respond to anyone. For example, I don't consider myself a musician, yet I really enjoy playing music, from violin to tabla, to synthesizer to my newly acquired trumpet. I want to keep on playing music, and if I suck at it, then it's even better as I don't need to perform or become good at it.

But for illustrations, I am on the fence about how I want to move forward. I would like to use that skill in my day to day work, but I am not sure I would like it to be the only way I earn a living. Becoming an artist, is a bit of a curse in my family and life story. My only uncle who wanted to live a life as an artist got rejected from his family to the point that I've only seen him once as a kid. My best friend, who was a complete and pure artist, committed suicide in Japan in 2003 feeling misunderstood and rejected by everyone he loved. Not only that, but I think I might be the type to be an artist. I get too personal with my art, and I don't think I could take the criticism.

In any case, for the moment, I love drawing, inking, and illustrating. You're welcomed to follow my progress on Instagram or <https://gef.ink> if you don't like the social network.

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### The Proust Questionnaire Sandra Bernier



The Proust Questionnaire has its origins in a parlour game popularized (though not devised) by Marcel Proust, the French essayist and novelist, who believed that, in answering these questions, an individual reveals his or her true nature.

WOULD YOU LIKE TO TAKE PART? LET US KNOW! [MAINSTREET@ESHORE.CA](mailto:MAINSTREET@ESHORE.CA) OR 250.505.7697 (OR VIA FACEBOOK)

**What is your idea of perfect happiness?** Connecting with nature.

**What is your greatest fear?** Planet Earth dying.

**What is the trait you most deplore in yourself?** Self-pity.

**What is the trait you most deplore in others?** Self-pity.

**What do you most dislike about your appearance?** My double chin.

**What or who is the greatest love of your life?** Mother Earth.

**When and where were you happiest?** I am happiest out in the wild, living out of my backpack away from urban noise and people.

**Which talent would you most like to have?** The ability to make people laugh and take all their pain away..

**If you could change one thing about yourself, what would it be?** I wish I was smarter and with more wit. I wish things like reading and comprehension came to me more easily and that I didn't have to work so hard at it. Same with music.

**What do you consider your greatest achievement?** Still being alive.

**If you were to die & come back as a person/thing, what would it be?** I've always said I'd want to come back as a rock.

**Where would you most like to live?** I think I am living where I'd most want to live. Well, here or in the mountains in India.

**What do you regard as the lowest depth of misery?** Living in perpetual pain and suffering - no food and water, no health, living in a cage.

**What do you most value in your friends?** Knowing that I have friends, a warm inclusive welcome and they love and care about me.

**Who is your hero of fiction?** Antoine de Saint Exupery (The Little Prince) - my favourite book!

**Who are your heroes in real life?** Peter Duryea, my mom, my aunties, Aline La Flamme.

**What is it that you most dislike?** Pollution, garbage, useless shit, over-consumption, greed.

**How would you like to die?** I would like to die peacefully or die while doing something that I love.

**With what one person, living or dead, would you most like to dine?** Indian Chief Crazy Horse or an old wise Native woman elder before colonization.

**What is your motto?** Out of no way, a way will be made. Infinite possibilities. I see no problems, only solutions. If you resist, it will persist.

**EASTSIDE STORY**  
by Al & Ali George



**FAIRY SOLUTION**

by Al & Ali George, Crawford Bay  
October 2019 Mainstreet 5

# Multi-Use Trails Unite

by Farley Cursons,  
ESTBA Projects Director

A few trail management groups in our region have considered and implemented proposals for separate mountain biking and hiking trails. The idea seems to appeal to a number of people because it is believed that it will eliminate user conflict with other trail goers and more specifically, perceived environmental impacts from mountain biking.

These trail management groups should think carefully before endorsing this idea. It perpetuates the myth that bicycling is incompatible with other uses. It threatens access to existing multiple use trail systems. Often, it unnecessarily leads to the development of too many trails in an ecosystem best left wild.

Responsible bicycle use is compatible in most cases with other trail users. When users know that a trail is multiple use, they expect to encounter others.

When users follow trail protocol, they can safely negotiate their trail encounters. Besides being unnecessary, monitoring and enforcing separate trails is a management nightmare.

Most often the reason for trail degradation is water runoff on a poorly designed trail. A poorly designed trail tread will be damaged by all user groups. By following the best practices outlined by RSTBC, Parks BC and the International Mountain Bike Association, our sustainable trail construction approach continues to ensure preservation of the forest, soil and watershed.

From day one, The East Shore Trail and Bike Association has advocated multiple-use trails. This position is based on the following beliefs:

1. Shared use trails can best accommodate the needs of the most users. A generally open backcountry and many kilometers of other trails disperses users across an entire trail system. Single use or restricted use trails tend to concentrate users. This increases social impacts through crowding.

2. Sharing trails help build a trail community by increasing the need for all users to cooperate to preserve and protect a common resource. Encountering other users on a trail offers the opportunity to meet and talk. Without that opportunity, it's difficult to establish mutual respect and courtesy. Separate trails breed ill will, territoriality and rivalries.

3. Shared trails are most cost effective for land managers. They require fewer signs and less staff. Monitoring and enforcement is simplified.

4. Shared trails enable responsible, experienced users to educate outlaws and novices. Because they share the same trail system, the opportunity for peer regulation is enhanced.

5. Single-user trails increase demands for the construction of additional trails to serve other single user groups. This increases the ecosystem impacts including potential habitat fragmentation and water sedimentation.

6. The East Shore Trail and Bike Association is aware that local conditions vary and that in some cases

it's best not to designate a trail for mountain biking. This is usually due to us identifying an existing unsustainably built trail that would not be pleasant to ride. The Pilot Bay Park trails for instance have not been designated for mountain biking.

7. Multi use trails, without a doubt, create economic stimulus for host communities. With more things to do, visitors stay longer.

8. Trails enthusiasts, for the most part, have a respect for the natural environment and enjoy the opportunity to learn about sensitivity issues unique to each trail.

9. Having a wider variety of easy and mid-level trails accessible to youth and families is great for increased health and vitality. With a low school population and few team sports available, hiking and mountain biking offers youth opportunity for exercise, improving dexterity and building confidence.

**Sensitive Ecosystems** - Great trail systems strike a balance between offering a memorable recreation experience and the need to conserve natural features. Add artifacts, sensitive streams, or an endangered species into the mix and the job of the trail designer gets even more difficult.

- Regrouping points designed throughout the trail are a good way to prevent users from straying from the designated area and potentially harming sensitive sites or plant life, like cryptobiotics.

- Interpretive placards on trails help educate users and protect the resources. Also, they help alert hikers to the fact that other users, like mountain bikers, may be on the trail.

- Edge habitats, also known as ecotones, are areas of transition between different ecosystems like forests and grasslands. These tend to be the most diverse and sensitive areas.

- Fragmentation is often cited as a negative impact of trails. However, no research proves that a given level of trail density is better or worse than another. Trail designers can minimize fragmentation's impact by locating the densest sections of trail near developed areas or trailheads.

- Often, issues related to sensitive ecosystems are wrapped up in the social issues that exist in the area, and these must also be given consideration when advocating for trail access.

## REDUCING IMPACTS ON ENVIRONMENTAL AND RESOURCE VALUES

To address potential issues of mountain bike trail development and use impacts on environmental and other resource values, ESTBA in alignment with MFL-NRO will apply the following strategies, as appropriate, to individual situations and as resources permit:

**Proactive Planning** – Ensure that areas appropriate and suitable for mountain bike trail development/use are identified through management planning processes that consider sensitive environmental and other resource values (e.g., wetlands, unstable soils, valuable habitats, cultural/heritage values).

**Environmental Design** – As part of the trail authorization process, encourage local trail interest groups to work with land managers in a process to identify/map sensitive values, and design and construct trails

accordingly. Apply the IMBA guidelines for environmental design (e.g., stream crossings, drainage, habitat considerations, appropriate trail widths, environmentally sensitive construction materials and best practices).

**Monitoring and Impact Mitigation** – Monitor environmental impacts from trail development and use (e.g., erosion, water quality, vegetation disturbance, wildlife disturbance), and mitigate problems as they arise. Mitigation may involve the need to permanently or temporarily close or relocate a trail or trail segment (e.g., during wet periods, during wildlife breeding periods), rehabilitate an area, re-design a trail segment or feature, educate riders, etc.

**Trail User Education** – Work with local mountain bikers, hikers and other interest groups to educate on ways to minimize environmental impacts (e.g., stay on the trail, 'riding' vs. 'sliding'), and prevent the spread of noxious weeds. Use signage as appropriate.



Photo credit: Bohdan Doval  
Riders: Dan Wensink & Klaus Plaumann

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\$10 drop-in or \$70 for 8-week session\*

-Dream Yoga

7:45-9:15 pm

\$70 for 8-week session\*



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## Kootenay Food Tree Project

by Nicole Schreiber

### Autumn Give-Away Continues This Month

It has been a busy few weeks and we appreciate this exciting time when the little fruit bushes we've been babying all summer go to their new homes.

Thank you to everyone who has already come by to receive free fruit and nut bushes, to those dropping off donations of plants and pots, as well as those helping to spread word of the project to their friends and neighbours.

Our free autumn distribution of fruit and nut bushes and trees continues for the month of October, and we encourage East Shore residents to start or expand their fruit gardens this fall. We still have lots of Goji berry, the 'Sweetheart' collection of dwarf sour cherry trees ('Romeo' and 'Juliet'), and strawberry (June and ever-bearing). We have limited numbers of other bushes such as raspberry, Nanking Cherry, quince, plum, and Saskatoon.

Contact the Kootenay Food Tree Project at 250-227-9111 or kootenayfoodtreeproject@gmail.com to reserve your time to pick up bushes.



## Thoughts from the Frog Pot

by John Rayson

### RENEWABLE ENERGY

The title for these columns arises from the old idea of slowly raising the temperature in a pot of water containing a frog. The theory is that if the temperature is raised slowly enough the frog will not jump out but be boiled. However, this theory has been disproven but does act as a modern metaphor for society's slow reaction to changes in our environment.

Last month, I discussed the issue of nuclear power. Nuclear power is not renewable but is our best present source of non-greenhouse gas power other than hydroelectric power. The discussion prompted me to look further at the whole issue of renewable power sources [much in the news with our present Federal election].

Germany is in the forefront of the development of renewable power with 27,000 wind turbines and 1.6 million photovoltaic systems in place with a plan to completely shut down nuclear power generation. The solar and wind systems are only able to provide 13% of the electricity needs of the country at a huge cost [Euros 580 billion]. Also, we must be careful as needs for electricity do not equate to the total needs for energy [transportation, mining etc.]. Renewable power is defined as power that does not produce greenhouse gases and of course is renewable. Renewable sources of power include solar [photovoltaic and thermal], wind, biomass, geothermal and tidal. I will focus most of the discussion on solar and wind sources at they are the most common and most discussed.

**Solar power:** Pros: renewable, decreases electricity costs, has diverse applications, low maintenance costs and has a great deal of development with decreasing cost. Cons: high initial cost, weather dependent and varies with the location and availability, storage is expensive and not well developed, take up a huge amount of space and at present only last 25 years with no plans for disposal of used solar panels [use many toxic elements including cadmium]. In addition, some large solar systems require large amounts of water. The water required is often in desert areas with few sources.

**Wind power:** Pros: renewable, cost effective, clean fuel source, sustainable and can be built offshore. Cons: inconsistent, high upfront capital costs, negative visual impact, negative effects of noise, effects on large birds plus is only suited to particular regions.

**Biomass:** [using wood, corn, sugarcane etc.] as fuel. There has been a focus to develop ethanol, as a fuel from corn, in North America. Pro's: renewable, carbon neutral, versatile [can be added to many fuels such as diesel, methane etc. to increase efficiency], available, low cost compared to fossil fuels, decrease waste and can be produced domestically. Con's: not completely clean, high cost compared to solar and wind, take up large amounts of space [land that could be used for food production], use large amounts of water and are inefficient [corn; 1-part fossil fuel to produce 1.6 parts ethanol vs. sugarcane 1 part to produce 8 parts of ethanol]. Brazil produces ethanol from sugarcane but is banned from import to the U. S. [sugarcane does not grow in Iowa].

**Geothermal and tidal power** are not well developed and will not be discussed in detail.

The above negative aspects of the renewables do not take into account the costs of mining, production [eg. each wind tower requires 198,000 lbs. of concrete

weekend of self-reflection, open discussion and peer bonding. Some of the feedback we received from participants was that the weekend was "a wonderful gathering of like-minded people, supporting each other in re-centering and self-discovery." Several participants described their experience as "transformative and mind-expanding."

Most striking about the weekend was the sense of collective support and connection. The group disbanded on Sunday afternoon feeling a new level of hope that we can make a difference after all, because we're not alone. It seemed a very similar sentiment was felt by the global community last Friday, as we gathered together in cities around the world - young and old, rich and poor, to take collective action towards saving our common home.

In our closest city of Nelson, an impactful and inspiring stand was also taken. Local youth climate action group, Fridays for Future: Nelson facilitated a day of community engagement, education and empowerment. Three of the strike organisers had been participants in the Youth Climate Action Retreat at the Ashram a month earlier, and the same thread of strength in unity was expressed throughout the strike. A banner carried by the strike organizers exclaimed "United We Stand, Divided We Fall" as all 1500 people in attendance marched through the city streets, filling Baker St and blocking the highway.



## Youth Climate Action Strong in the Kootenays

by Danni Lynch, Yasodhara Ashram

On Friday, September 20, an estimated four million people gathered around the world to strike for their right to a safe and stable planet. It was the largest mass mobilization of civilians that history has ever witnessed. The sheer scale of the Global Climate Strike last Friday wasn't, in my opinion, the most impressive thing about it - but rather the fact that the entire day of collective action was fuelled and organized by youth.

This climate-driven collective action of youth has been taking over the global stage for more than a year - including here in the Kootenays. In recent months we have witnessed a rapid growth in local youth rising up and taking their future into their own hands. In response to this ever-rising population of local youth climate activists, we at the Ashram asked ourselves how we could best support them in their crucial work. What we decided on was what we do best: holding space for them to relax, recharge and come back to centre.

So in late August, Yasodhara Ashram held our first Youth Climate Action Retreat. Nine local youth gathered for an "inspiring, grounding and empowering"

and steel], transportation and disposal. Each step requires fossil fuels plus fossil fuels are used in the back up power systems for renewables [renewables not always available at "peak power" times].

The above points all discuss the production of new forms of energy. We must concentrate on the development of renewable sources but it will take a great deal of time, resources and effort. Canada must concentrate, on what is known in management jargon, as the magic of the AND. For the near future [8-10 years] Canada will need increasing amounts of renewable energy and fossil fuels, and pipelines and nuclear power.

Today we have discussed the issues surrounding production of energy. However, what about consumption? Stay tuned; will discuss in the next column.

### Job Opportunity ~Campground Attendants~

Riondel Community Campground Society (PO Box 115, Riondel BC, V0B 2B0) is seeking applicants for the contract position as Campground Attendants for the operating seasons of April 15 to October 15, 2020 and April 15 - October 15, 2021. Applications must be received by October 15, 2019.

#### Job Description & Responsibilities:

- Monitor access to Campground & enforce all posted regulations
- Accept & confirm reservations, beginning Jan 1/20 & Jan 1/21
- Collect fees and issue receipts and hand-out forms
- Maintain a daily record of site registration and record of payments
- Print & hand-out copies of the Registration forms and the Regulations/Emergency info forms from the masters provided by the Society
- Maintain all areas of Park/Campground in a safe & clean condition
- Clean toilets, showers & fixtures at least 2X daily, & as usage dictates
- Ensure garbage is stored daily in a secure, animal-proof area; transport garbage to the Crawford Bay transfer station on a minimum weekly basis
- Split and sell firewood (this may require preparation by attendant before the seasonal opening)
- Ensure water systems, signs, picnic tables, benches and fire rings are safe and fully functional at all times.
- Clean Campground prior to season opening and winterize after season closing

#### Position Requirements & Qualifications:

- Attendants are required to provide:
  - Proof of comprehensive liability insurance of not less than \$2,000,000 (Two million dollars) for the operating season
  - Proof of WorkSafe BC coverage for operating season
- Attendants must:
  - be physically fit to carry out manual labour duties
  - have excellent customer relations skills
  - be organized & able to maintain accurate financial records
  - be reliable and service-oriented
- References are required and a criminal check may be required

#### Remuneration

- 50% of campsite fees collected and submitted to the Society
- \$10 per trip to the Crawford Bay transfer station
- 100% of profits from firewood & ice sales less \$100 electrical fee
- Free site for attendants' trailer/motor home during operating season
- Water is provided and attendants share the electricity costs with the Society for the season

**Applications must be received by October 15, 2019.  
Please email resume to [rccsociety@bluebell.ca](mailto:rccsociety@bluebell.ca)**

The youth have been proving for the past year that our true strength lies in our ability to work together for something greater than ourselves, and that with a willingness to cast aside our small mindedness and collaborate, nothing is impossible.

Last Friday, we proved this on a mass global scale. And it was just the beginning. The time to step up and continue taking action is now. Let's continue to build on this momentum we have created together, and leave the youth a world worth inheriting.

Danni Lynch (24) is an event coordinator and resident at Yasodhara Ashram on the East Shore. She is also a member of the local youth climate action group, Fridays for Future: Nelson and one of the organisers of the General Climate Strike in Nelson that took place on September 20.

## Election 2019 Mainstreet Looks at the Kootenay/Columbia Candidates

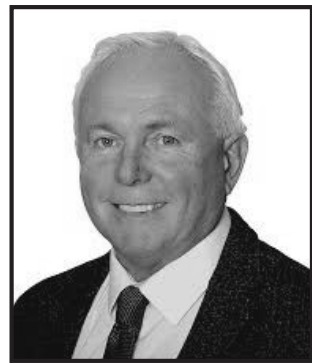
### NDP Candidate – Wayne Stetski



Elected in 2015 to represent Kootenay – Columbia riding, Wayne has served the public for most of his life. Before coming to Ottawa, Wayne was an active community volunteer, Mayor of Cranbrook and Regional Manager for BC Ministry of Environment. He and his wife Audrey and

family have lived in the Kootenays for 29 years. While in Ottawa Wayne has served as Vice-Chair of the House of Commons Standing Committee on the Environment and Sustainable Development, NDP Critic for National Parks, Co-Chair of the All-Party Cycling Caucus and Vice-Chair of the Canada-Philippines Friendship Group. More on Wayne: <https://waynestetski2019.ndp.ca/>

### Conservative Party Candidate – Rob Morrison



Rob Morrison has lived and worked in the Kootenay-Columbia region for the past 40 years. His father served in the Royal Canadian Air Force, which gave him wide-ranging exposure of the Canadian landscape at an early age; fostering a decision that expanded into a 35-year career serving his country as a Public Servant. Rob is a devoted husband with five children and an active community member with a passion for sustainable living and environmental awareness. His desire to serve coincides with his love for people, community, nature, wildlife and his ability to make a difference. He travels extensively to remote communities and areas throughout the Kootenay-Columbia region, to understand the day-to-day issues residents and business owners are facing. More on Rob: [https://www.kcceda.ca/about\\_rob-ert\\_morrison](https://www.kcceda.ca/about_rob-ert_morrison)

### Green Party Candidate – Abra Brynne



Abra Brynne is a nationally respected agriculture and food systems consultant with twenty-eight years of direct involvement in the sector. While her focus is on the communities and food systems of the Kootenays, where she has lived for twenty-

nine years, she works with organizations and communities across Canada as a volunteer, a

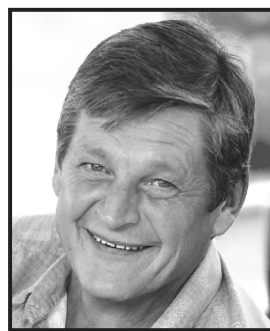
mentor, and on contract. More on Abra: <https://www.greenparty.ca>

### Liberal Party Candidate – Robin Goldsbury



Robin Goldsbury is the Liberal candidate for the Kootenay-Columbia federal riding. According to a news release from the party, Goldsbury's message is one of hard work and dynamic action. Goldsbury describes her values as rooted in fairness, integrity, foresight, collaboration, rational thinking, inclusion and hard work. Raised in Alberta, she married a Kootenay man and moved to the Cranbrook area 30 years ago. She put her background in managing corporate marketing to use by running Adeas, an in-house ad agency at Kooconusa Publications, designing marketing campaigns for many Kootenay businesses. More on Robin: <https://www.liberal.ca/ridings/kootenay-columbia/>

### People's Party of Canada Candidate - Rick Stewart



Rick Stewart is a former forester, environmental consultant, and veteran of the Canadian Armed Forces. Rick has lived and worked in the Kootenays since 1972 and resides in Nelson, British Columbia. More on Rick: <http://kootenaycolumbiappc.ca/>

### Animal Party Candidate – Trev Miller



A Cranbrook resident is hoping to give voters a new option when they head to the polls October 21. Trev Miller has lived in the Kootenays for seven years and is the founder of the Cranbrook Friends of Animals Society. Miller's passion for animals has led to his support of the Animal Protection Party of Canada and their policies supporting wildlife and social justice. More on Trev: <https://www.animalprotection-party.ca/election-2019/>

### Libertarian Party Candidate – Terry Tiessen



Nelson's Terry Tiessen will be representing the Libertarians in the riding. Tiessen says he was motivated to run in the election to make life better for his three children. He's lived in the Kootenays since 1992 and feels he has a strong pulse on the region and riding. Tiessen is hoping for a great voter turnout in the riding for this year's election. More on the Libertarian Party: <https://www.libertarian.ca/>

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Commission No. 9

## Call for Grant Applications

Non-profit groups can submit recreation grant-in-aid applications to the Rec 9 Commission (Box 208, Crawford Bay) by **no later than 12 (noon) Thursday, Oct 10**. Late applications will not be considered.

**Four (4) copies** of the application are now required. Applications can be downloaded from the RDCK website or picked up in the foyer of the Credit Union East Shore branch. Please refer to website for evaluation criteria.

The Rec 9 meeting to review applications is scheduled for **Fri, Oct 18 at 10am at the Community Corner**. This meeting is open to the public and applicants are encouraged to attend.

*Please note: the Rec 9 cheques will be mailed around the end of November or early December.*

## Crawford Bay Hall Board News

by Susan Hulland

First for some sad news. Our long time president, John Edwards, has resigned from our board of directors as of September 1. John's dedication to serving on the board and his willingness to be our general 'Mr. Fix It' is a fine example of giving back to one's community. After more than two decades of service to both the hall and the park, John needed to attend to other parts of his busy life. And now he can. Thank you very much for your extraordinary service to our community!

The Crawford Bay Community Hall still looks the same as it did at the beginning of summer but six directors have been busy working toward much needed improvements to it under our new chair, Gina Medhurst. Since the last report we have hosted two architects and a representative from the Columbia Basin Trust Fund through a tour of the hall and a wander over the surrounding property.

The Regional District of Central Kootenay now requires that work on "buildings of public assembly" (such as our hall) must be signed off by an architect. This has complicated our planning. However, Don Gamble/Swami Sivananda of Yasodhara Ashram was very helpful in explaining the importance of the relationship between the architect and the builder saying that the excellent relationship between the two that cooperated to build the Temple saved them money and made the project more pleasurable to be involved with.

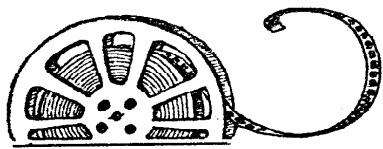
We have had some timely help too: Area A director, Garry Jackman, has been there for us when we had questions. Local builders have given us some great tips about new materials that could help us solve old problems. And the Ministry of Environment is going to give us a hand with making sure we don't unduly upset any bats we might have in the building. There's an awful lot to think about.

Meanwhile your board of directors is moving forward. We have contracted Steer Environmental Associates Ltd of Nelson to do a Hazardous Materials Assessment of the building – another requirement under the Workers Compensation Board. We hope that the results of this assessment and the mandatory Radon Testing that we must also do will be available to the public at our AGM at the end of November.

Because we want to hear your thoughts on the fixes planned for your community hall please plan to attend our **2019 Annual General Meeting, at 7:00 pm on Tuesday, November 26 at the hall.**

Everyone is welcome. Refreshments will be served.





## Seldom Scene

by Gerald Panio



**Tracy Turnblad:** *Mama, welcome to the sixties.*  
\*\*\*\*

**Motormouth Maybelle:** *[talking to a mixed-race couple] You'd better brace yourself for a whole lotta ugly coming at you from a never-endin' parade of stupid."*

I'm suffering from a case of double vision this month. A couple of weeks after watching Adam Shankman's 2007 full-on musical remake of John Waters' 1988 film *Hairspray*, I had a chance to watch the original when I picked up the *Best of Warner Bros. 20 Film Collection: Musicals 1927-1951*. This package is the best value-for-money (\$30 U.S.) I've seen in a long time. Along with Waters' *Hairspray*, every included film is a classic of the genre: *42nd Street*, *Singin' in the Rain*, *The Wizard of Oz*, *Viva Las Vegas*, *Cabaret*, and 14 more. If there are any librarians out there reading this, seriously think about ordering this set for your shelves. Your patrons will thank you.

But back to *Hairspray*. Both of them. John Waters' screenplay was set in his home town of Baltimore in the early '60s. A hefty, irrepressible young teenager named Tracy Turnblad (Ricki Lake) has a dream of being a featured dancer on an American Bandstand precursor called The Corny Collins Show. She doesn't look like any of the other dancers on the show, except for her mammoth hair, but she's got the moves. Her massive, working-class mom, played by transvestite actor Divine shortly before his untimely death at age 43, takes in laundry for a living. Her father (Jerry Stiller) is the unassuming owner of a joke shop. Tracy's best friend is pigtailed pixie Penny Pingleton (Leslie Ann Powers). Penny has a mother (Jo Ann Havrilla) whose racism is exceeded only by her religious mania.

*Hairspray* being a musical, you know that plot conventions dictate that a dancing slot will suddenly open up on The Corny Collins show and that Tracy will get her chance to shine. And you also know that she'll have a rival who'll try everything short of homicide to preserve her own status as the reigning queen of the dance floor. As played by actress/singer Vitamin C, Amber Von Tussle is a clone of her ruthlessly ambitious stage mom, Velma (Debbie Harry), a former Miss Baltimore Crabs pageant winner. Sono Bono plays Amber's schmukish, carnival-owning loser of a dad, Franklin.

Some John Waters fans accused him of selling out because *Hairspray* was more mainstream than anything he'd done previously. This is the director whose first two movies were titled *Mondo Trasho* (1969) and *Multiple Maniacs* (1970); whose third film, *Pink Flamingos* (1972), had Baltimoreans vying for the title of Most Disgusting Person on Earth; and whose *Polyester* (1981) was released in Odorama with scratch-and-sniff cards for the audience.

*Hairspray* definitely steered clear of some of Waters' previous excesses, but it's an obvious labor of love—an ode to the early 60's and to his city, a celebration of joyously silly dance crazes, an unlikely paean to desegregation, and the quirkiest musical since *Little Shop of Horrors* in 1986 and *The Rocky Horror Picture Show* back in 1976. Ricki Lake and Divine are solid in the lead roles. Highlights for me included Edward Love's choreography of dances like the Madison, the Bird, the Pony, and the Roach (sadly, this was Love's only work as a choreographer; he died of AIDS in 1991, age 43); Prudence Pingleton's fear-crazed visit to the wrong side of town; the hair bomb climax; John Waters himself as a deranged psychiatrist with a psychedelic pinwheel, and Pia Zadora and The Cars' Ric Ocasek as pot-addled beatniks.

Waters based The Corny Collins show on an actual trend-setting Baltimore TV show, *The Buddy Deane Show*, that ran from 1957 to 1964 and featured something similar to Collins' hip "Council" of dancers and a once-a-month "Negro Day" that would spotlight black dancers and musicians. Check out the YouTube clips of *The Buddy Deane Show* for some blasts from the past (it seems like a very long time ago). Anyone who despairs of the lack of progress we've made in racial affairs should take heart that we live in a time when the kind of blatant racism & segregation accepted as common currency only 50 years ago now seem risible. Bigotry hasn't vanished from the scene, of course, and

the movie industry still struggles with issues of gender and race, but we're a very long way away from the days when an interracial kiss on *Star Trek* could make headlines.

What is to be said of Adam Shankman's remake of *Hairspray*, 30 years later? Perhaps it's just that I saw this version first, but it's my favorite. As Tracy Turnblad, newcomer Nikki Blonsky hits the streets dancing & singing as the perfect incarnation of teen spirit in the non-ironic sense. Hers is the kind of radiantly positive energy I seen these days in some of the

young climate activists who are making the news. Even when she sings a warped little line like "The rats in the street/dance around me feet" the only appropriate response is a goofy grin.

Songwriters Mark Shaiman & Scott Wittman packed a whole lot of clever into this musical's two dozen-plus songs. Never naïve, never condescending, the songs are perfect for the time, the settings, the dramatic situations. They capture the innocence of the early rock'n roll days of Bill Hailey, Buddy Holly, Chubby Checker, Chuck Berry, Elvis, and so many others. The kids just wanna dance.

John Travolta is priceless in drag as plus-sized Edna Turnblad, an absurd, lovable mother hen caught up in the blowing winds of changing times and mores. Christopher Walken plays Tracy's dad as only Christopher Walken can—somewhere on the knife edge between avuncular and lunatic. I wouldn't want to meet his blond pompadour and red lips in a dark alley. One of the best scenes in this *Hairspray* is where Michelle

Pfeiffer, as vixen Velma, makes a blatant and increasingly frustrated attempt to seduce Walken in his joke shop. Pfeiffer's marvelous as middle-aged local celeb who's slept her way to the top and insists on giving her daughter the benefit of her experience.

I found the black roles in the remake—Queen Latifah as Motormouth Maybelle, Elijah Kelley as Maybelle's son Seaweed (and Penny's suitor), Taylor Parks as Maybelle's younger daughter Little Inez—uniformly stronger than in the original. Waters and his cast didn't do a bad job, but some lessons have been learned. The choreography for the dance numbers has also been kicked up a notch.

Two of the male leads in Shankman's film brought more to their game in Version 2.0. As heartthrob Link Larkin, Zac Efron is a charmer whose sex appeal works as effortlessly on moms as on their daughters. He's the Buddy Deane teen incarnate. James Marsden's Corny Collins offers no less charm and a whiff of responsibility. You really do want to buy whatever this guy is selling. Both Efron and Marsden have megawatt smiles.

Kudos to the costume design by Rita Ryack and production design by David Gropman. What a nostalgic riot of glorious pastel pinks, blues, greens, yellows, violets! Did the world really used to look that way? Indeed, I think it did.



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Commission of Management

**RIONDEL REFUSE BINS  
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The Riondel waste disposal bins located next to 232 Fowler Street will continue to have extended operating hours.

During the month of October bins will be open as follows:

\*Mondays                      Thursdays  
6:45 am - 10:00 am      9:00 am - 11:00 am

\*From November 4, 2019 to March 8, 2020  
Monday hours will change to 7:45 am - 10:00 am

Bag tag still required.

How to reach us: RDCK Toll Free: 1-800-268-7325  
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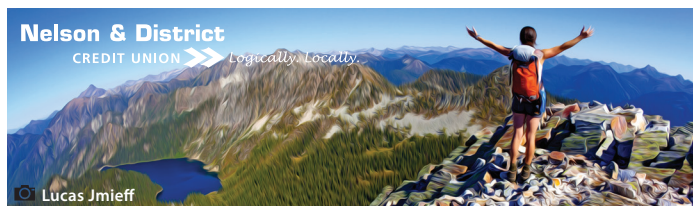
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All of the staff at Kokanee Springs Resort Ltd. would like to express a huge thank you to all of our guests for a great 2019 season.

We enjoyed working hard at ensuring your time here at the resort was the best possible experience. We look forward to seeing you again next year.



And, what a great day to stop by and ask about our potential merger with our five partner credit unions! During the hours of 10:00 am to 1:00 pm, we're hosting an open house where you can find out more, engage in discussion and ask questions. On Thursday, October 17 we hope to see you there!

**International Credit Union Day**  
Credit Unions around the globe are celebrating 100 years of the credit union difference. Plan to stop by the **East Shore branch** anytime on ICU Day, **Thursday, October 17** for refreshments, conversation and prizes.

COLUMBIA KOOTENAY CONCERT TOUR

**DIEMM** Trio  
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**Saturday, Oct 26<sup>th</sup>**  
Gray Creek Hall, East Shore  
7:30 pm • Doors open at 7:00

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Oct 19 Nakusp	Oct 25 Creston	NO NODS	HALL PRINTING
Oct 20 Salmon Arm	Oct 26 East Shore Kootenay Lake	WHEELBARROW	Kootenay & Adventure Centre
Oct 21 Revelstoke	Oct 27 Nelson	Kel Nijjar	avery hen
Oct 22 Golden	Oct 29 Argenta	350-333-1905	www.kootenay.com



**KCP Kootenay Lake Local Conservation Fund**  
*Kootenay Conservation Program*

**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/klcf](http://www.kootenayconservation.ca/klcf).

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, 2019.**

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



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Keeping you connected

# HIGHLIGHTS from our CRAWFORD BAY & REDFISH Family of Schools

Crawford Bay hosts **YMCA Exchange** students from Toronto.

**New Mosaic Mural** unveiled on National Indigenous Day commemorates 10th anniversary of the school.

Crawford Bay students participate in **Betterment Project**, tackling fire preventative wood clearing, and planting new maple trees on school property.

Teachers access funds through curriculum grant, **developing teaching teams** to help create bridges for students moving through the grades.

Secondary students participate in **mentorship programs** and explore career opportunities.

2018-19

**Redfish Outlet District Hub** Initiative continues to engage community in discussion around access to services and identifying gaps.

Redfish **celebrates active PAC** with well attended volunteer appreciation and staff development events.



“Great things happen when schools and communities work together and the success of our students is the Board’s number one priority. Student Voice is essential to our decision making process at the board table.”

— Lenora Trenaman, Trustee, Crawford Bay Family of Schools

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A list of sites and a detailed scope of work can be found on the RDCK’s website.

Quotes will be accepted until 2:00 pm, Tuesday, October 8, 2019.

Contact Name  
Megan Deas  
Phone: (250) 352-8194  
Email: [mdeas@rdck.bc.ca](mailto:mdeas@rdck.bc.ca)  
Web: [www.rdck.ca](http://www.rdck.ca)



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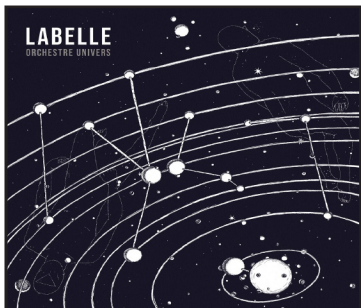
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# Hacker's Music Review

by Geoffroy Tremblay



**Artist:**  
Labelle  
**Title:**  
ORCHESTRE  
UNIVERS  
**Label:**  
InFiné music\*  
**April 2019**

Jeremy Labelle

released his third album "Labelle - Orchestre Univers" for Orchestra, Electronic and Maloya players. It's a very intricate blend of orchestral music, electronic and Maloya style music which is a traditional music style from Reunion Island, Jeremy's homeland.

His music is quite poetic; you can feel the story unfold as the eleven tracks of the album lead you from flutes to clarinet, mixing ambient electronics and atmospheric soundscapes. It has a meditative aspect to it yet keeps you engaged and curious about what new realms you'll travel to. From gentle orchestral ethereal composition to a catharsis of noise and percussion - be prepared to experience an extremely different auditory excitement. This is the third album, which departs from his second electronic and sample album. You can buy his album on Bleep.com and listen to some of the tracks on youtube.

\* InFiné Music are behind the sound track that was used in the new short film by Swedish activist Greta Thunberg and Guardian journalist George Monbiot on climate crisis and natural climate solutions, with Rone's track 'Motion'!



## STARBELLY JAM AGM

Starbelly Jam Music Society invites you to attend our AGM to review 2019, elect directors, and discuss the future of Starbelly.

**Saturday October 26**

**Gray Creek Hall @ 4 pm.**

Stick around after for the musical stylings of DIEMM !

Please attend this important event.

*Starbelly needs your input and participation.*

# Here's to Playing in a Community Band!

by Deberah Shears

The Many Bays Community Band performs at the July 1, Canada Day celebration, in Crawford Bay Park every year - rain or shine.

Playing for nearly two hours, the band's repertoire includes concert band, popular, folk and jazz pieces. Except for taking August off for a summer break, the band rehearses in the Riondel Community Centre from 7 to 9 pm on Thursday nights.

Our members vary in number, depending on the time of year and for what event we are rehearsing. The band will next be facilitating the Remembrance Day service, November 11, 10:40 am, at the Riondel Community Hall.

We are lucky indeed to have local musicians who love to play music together - this community band enhances every local event and celebration that requests their participation.

We are also fortunate to be supported by the Regional District of Central Kootenay, the East Shore Credit Union, the local Lions Club, Riondel Community Campground and the Canada Day planning committee.

Band photo below by Susan Sned



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All participants are invited to a free community dinner at Crawford Bay Hall at the end of the day



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## On the Other Hand...

two true musical tales of choice  
by Ellie Reynolds and Bessie Wapp

**Saturday October 12th**  
**7:30pm**  
**Gray Creek Hall**

tix at Crawford Bay Store and Ladybug Coffee

for more details visit  
facebook.com/ellieandbessie



# Tom's Corner

by Tom Lymbery

## The Syfchuck Family in Gray Creek

In the fall of 1949 the Syfchuck family arrived in Gray Creek, driving a Model A Ford and towing a home-built travel trailer. They were Ganzue (known as Chuck) and Edna Syfchuck, their two-year-old son Marvin, and Edna's five-year-old son Leonard Mennie. They had come from Gull Lake, Alberta, where they had a small restaurant called the "Silver Foam."

Perhaps they had missed the last ferry at 6pm, and we don't know how they found the Oliver/Gunther place up the Gray Creek hill, known as "Athlone". (After the ferry moved from Gray Creek to Kootenay Bay in '47, the ferry service grew to match the increased traffic.)

By 1949 the Great Depression was slowly easing, but apparently someone at the store mentioned that there was a new family who might need some welfare help. Growing up in Estevan, Saskatchewan, Chuck had served in the Canadian army and been sent overseas to England in mechanical service, but hadn't got into the fighting area.

The following February Edna walked down the hill, bought a Greyhound ticket to Nelson, and arrived at the Nelson hospital only about 45 minutes before Marlin was born on February 8, 1950. The route into town went right by the old hospital, so we feel sure the bus driver dropped her off right where she needed to go – soon. Two more boys were born at home – Merlin in September 1952, and Marion in April 1954.

Chuck did get some work with Tom Oliver building a new home for Fred and Pat Wilmot in Riondel, where the re-opening of the Bluebell mine had created a boom in local employment. The Syfchucks were able to buy the Athlone property from Joe Gunther, and had Russ Reilly log the white pine. The logs went to a Nelson sawmill where they were cut into match blocks for the Eddy Match Company. The loggers cut quite a few trees on an adjoining property, so Chuck purchased that as well to prevent any problems with cutting someone else's trees. He ended up owning 60 acres.

The old wharf house at the top of the former Gray Creek ferry landing, once used for freight drop-offs, had V-joint board siding, and this was needed by those working on the Crawford Bay church. They asked if they could have it and I agreed, provided they dismantled it and took away all the material. This they did, dropping the old nails on the ground. Chuck told me he was pleased to pick up about seven pounds of nails, which he took home and likely set the boys to straighten them.

Chuck was an ardent Roman Catholic. A family photo shows Father Galloway from Nelson making a pastoral visit to the Syfchucks in his 1951 Standard Vanguard car. (I actually bought that very car from a Nelson dealer, Parkview Motors, in 1953.)

In 1956 the whole family made a trek to St Joseph's Shrine in Quebec, driving all the way. They had a camp stove and camped all the way, sleeping in their 1950 Ford sedan, and helped by priests along their route.

The next year the family visited relatives in Vancouver where Marvin went to school. Mary Elaine was born while they were in Vancouver so they came back to Gray Creek with a larger family. All the children attended Gray Creek and Crawford Bay schools,

and they all worked in their large vegetable garden. Edna spent quite a few years working in the Imasco dolomite rock quarry in Crawford Bay and Sirdar, sorting out the coloured stones as the market wanted all white.

Marv started work at Gray Creek Forest Products and helped Chuck buy the Max Benthien property. While Marv was working there he had something fall on him, but was unhurt thanks to the hardhat he was wearing. At that time Workers Compensation was promoting safety in hopes of getting all workers to wear these. Marvin was presented with a Gold Hardhat which he still has.

Chuck passed away April 9, 1990 and Edna followed in March 24, 1993. Both were cremated and their ashes scattered. There was a Celebration of Life at Gray Creek Hall in the spring of 1993. They will soon have their plaque on the Gray Creek Cemetery Memorial Wall.

Marvin returned to Gray Creek after a logging life and has made many improvements to his property on Anderson Road. He is planning to move the old log dining room/office from the former Gray Creek Auto Camp, and will set this up to accommodate visiting family. We are so pleased to see it stay in Gray Creek and know that he will take care of this piece of local history.

Marv's retirement here came with something he had always wanted – a houseboat to be fixed up. When the neighbours remarked on this, Marv said it was quite a step up from his early teens, when we had a small raft beached just south of the Gray Creek Hall. On the odd Saturday we were allowed to carry the Briggs & Stratton motor from our washing machine on a homemade stretcher to sail this ship. But we were warned that if the motor didn't come back, we had better not either.



*Above: The Syfchucks and their Model A Ford and trailer on a rugged back road to "Athlone" in uphill Gray Creek, ca. 1949. Barely visible between the pile of logs and the car are the two oldest boys, Leonard Mennie and Marvin. Photo: Marvin Syfchuck*

*Below: The Syfchucks in Gray Creek, ca. 1953 - Chuck, Edna, and three of their sons (L - R): Marlin, Marvin, and baby Merlin - during a visit from Father Galloway of Nelson. Photo: Lynn Fowler*

# Tom Sez

If you are parking a vehicle for a month or more, please only disconnect the neutral battery terminal and wrap it with duct tap, making sure that it can't touch the battery post. I do this with a seasonal car and it starts right up after six months.

Cedars lose some of their foliage every fall and it appears that they may be dying. However if a cedar is actually dying it will die from the top down because it has been growing on a site with insufficient moisture, of which cedars need much more than fir or larch.

You'll be amazed how a new chainsaw chain makes woodcutting so much easier. Please bring your saw to the store to make sure we sell you the correct chain (there are many, many different types).

Ellie Reynolds and Bessie Wapp's plays "On the Other Hand" have been most successful being performed after the start at Gray Creek Hall in Nelson, Creston and Kimberley. More yet?

When is the US Thanksgiving? - it's the Thursday before the Grey Cup.

The Electronic Logging Device (ELD) is a relatively new electronic device that allows truckers to track their hours of service without the hassle of filling out paperwork.

SADD appears to have come to the end of the road. Society Against Distracted Drivers was started in Cranbrook by Brian Kostyuk who had several close calls with drivers not paying attention, but unfortunately this project didn't gather enough momentum to continue.

With Lungs restaurant closed in Balfour, will the Dock and Duck stay open this winter? Or, given the uncertainty of ferry service, had we better pack food with us?

Cranbrook newspaper reports from August 1912 "Alex Henderson and C. O'Neil leave on Monday to St Mary's to look over the country as to a wagon road over the mountains to Pilot Bay" - an early attempt to build a way over the Gray Creek Pass.

Has the refurbished Anscomb wheelhouse at Balfour been stored for the winter - or perhaps removed to make way for expansion of the parking lot?

## GRAY CREEK PASS REPORT

How late in the fall the road stays open for two wheel drive depends on how early snow comes, which may be as late as October 31/ but is more likely mid month when 4 wheel drive can be mandatory. Please read this month's book reviews for **LOST - 7 HOURS TO LIVE** Lori Luczka's book about Paul Kerr who was trapped under his motorbike for three days on the Pass.



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# Smarter Than Jack or Jill

by Sharman Horwood

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

## Elephants: More Than Just Memory

Elephants often seem humorous. Though known for their memories as well, they have other talents. Their intelligence has often been disputed, but observations in the wild, and clinical studies are proving that these animals are quite intelligent. I became interested in them after watching a zoo documentary. In it, a female elephant gave birth, and within a day, she was encouraging her new calf to approach the keepers and handlers, to let them touch her. She gently pushed the baby towards them with one knee, and she repeated it when the calf resisted. I thought that was probably because the keepers were also the providers of food, and the mother felt the calf should know them. However, a short piece online on the David Sheldrick Elephant Orphanage in Kenya described a similar situation with a wild elephant. The Trust raises abandoned or orphaned calves, and then releases them into the wild. One of the elephants returned with her new calf, barely days old. She, too, wanted her calf to know where it could go if it needed help. That was very intelligent of her. (Dogs, for example, don't push their puppies towards their human owners, for any reason, although I did have a cat once that thought I was responsible for babysitting her kittens while she went out. She'd tuck them into a corner of the chair beside me, and then disappear for a couple of hours.)

Elephants apparently do teach their young what they think is critical information.

I think one of the reasons for this is that they have a strongly cooperative social structure. It is matriarchal, with male elephants leaving the group when they reach a certain age to live in loosely formed associations of their own (they were once thought to be solitary, but they do associate with other males, even if it isn't in a close knit group as the females do). The female groups depend on each other to raise their young. In one documentary, one very young calf couldn't climb up a steep bank out of a river. Three of the clan's elephants returned to push it up out of the water and mud. Only one of the three was the mother. To me this also explains another incident (the video of this is on my Facebook page) in which a man was swimming in a river past a group of wild elephants just leaving the water. He let the current take him past, but one of the young elephants stopped what she was doing, swam after him, and helped him get out of the water on the opposite bank. She thought he was in distress.

Elephants are known for their empathy. "Elephants often refuse to leave their sick or injured behind, even if the ailing animal is not a direct relative" (Scientific American, Feb. 26, 2014). The researcher in this case watched three young male elephants attempt to lift the body of a dying female, to help her stand again. On another occasion, one mother gave birth to a still-born calf. She stood by its body for two days, trying to revive it. She herself was going without food or water in a hot climate. The researcher drove over and offered her water. The mother drank as much as she could, and remained with him for a moment. She then gently touched her chest with her trunk before leaving.

Elephants will also console each other. When other elephants observe the erect ears and tail, "the squeals, roars or trumpets," indicating distress, others in the herd will rush to the upset animal, uttering calls and chirps to console it. They will stroke the other's head with their trunks, and even place a trunk into the other's mouth as a sign of trust and companionship.

Elephants even use tools, sometimes making them for a specific purpose. In the wild, when they dig a hole to uncover water, when they've finished drinking, they plug the holes to protect the water from evaporating "with chewed up balls of bark."

Elephants in captivity have been known to solve problems and utilize available objects as tools. For instance, Kandula one day smelled something delicious in his enclosure: cantaloupe and honeydew melons, as well as a strand of tasty bamboo leaves. He could reach the melons and break them off but he couldn't reach the tasty leaves. He thought about it for a while, and then went over to one of the toys left there, a large cube. He pushed it over to sit underneath the bamboo, then climbed on top of it so he could reach the treat. Later, when Kandula didn't have this particular cube nearby, he improvised. He moved a tractor tire over instead, and on another occasion, after some thought he decided to position large butcher blocks one on top of the other so he could climb on top of them and reach the tempting food.

Sometimes problem solving moments will occur throughout the group. Cynthia Moss, the director of the Amboseli Trust for Elephants, watched a small female elephant accidentally run into the midst of a different herd. Her mother and her elder daughters attempted to get to the young one, but the strangers wouldn't permit it. They didn't harm the young one, but they kept her captive with a fence made of trunks and legs. The mother left, only to return a few minutes later with all the members of her extended family. They charged into the kidnapping group, and rescued the young one. In order to do this, the rescuers had to communicate the problem to the rest of their herd, and in a short time form a plan together that involved teamwork. Moss said, "How did Echo [the mother] convey that she needed them? It's a mystery."

Social animals are generally more intelligent than solitary animals. The close-knit clans of elephants create an environment that encourages problem solving and communication, all of which takes a measure of intelligence.



## pebbles by Wendy Scott Capricorn Feet

Sometimes my feet do not pay attention. I am a Capricorn child, but this is one astrological sign that the gods got wrong. Completely wrong. It was ten years ago on a sunny morning in June, at the top of Gray Creek Pass when I saw those limber Capricorn creatures—a billy and his nanny, with long, shaggy hair and short, sharp horns, and two very small kids that looked more like fat piglets than mountain goats. When we came along, all four of them literally danced away over a steep fall of jagged boulders—even the tiny twins with their tiny black feet.

My feet believe they are capable of antics such as this, but instead they find cracks in sidewalks, or invisible holes in a grassy field; they continue to discover staircases with unexpected "extra" steps—either at the top, to tumble me forward, or at the bottom to give me the thrill of striding off into the air. My feet frequently fling me to the ground.

My son, Tereus, is not a Capricorn child, nor is he genetically predisposed to my inattentive feet. At the age of five, he was equipped by his brother, David, with a coil of yellow rope, boots and something that looked suspiciously like a hard hat. He had decided to scale our steep hillside rockery. That first ascent was followed by many more, and it was inevitable that he would spot a telephone lineman and make the "guess where I am" call from a telephone pole.

Stephanie, my granddaughter, is also a climber. She tested her feet by scaling ridiculously steep "indoor cliffs". Later she slipped those feet into riding boots, and spent nearly as much time as her Aunt Margy or my sister, Shirleen, on the back of a horse. And like

her Uncle Tereus, she took to the water and has swum more laps than I could ever attempt to do.

David, on the other hand, with his wife, Pennie, saw the dance floor as their destination, and continue to dance and instruct; so it seems that I remain the only family member tripping over her feet.

The climbs, the rides, the laps and the music have continued and flowed into the intricacies of the school years and beyond. That sunny June day ten years ago, both son and granddaughter, each celebrated their own achievements. One week apart, they donned caps and gowns to walk off into their separate futures.

In Sidney, on Vancouver Island, I'm surprised when the cool, damp wind rides up Beacon Street and enfolds my—sleeveless—Kootenay shoulders. I'm surprised, again, when I explore the rose garden beside the Library on Resthaven Street. Shrubbery screens this green place from the road, and benches are arranged so that each affords a private space. The roses are not at their best and the flower beds are in need of care, but that is not the surprise. In this quiet, tranquil spot, there is a totem pole—a tall and colourful totem. On the base of the totem, a small brass plaque reads: "In Memory of all the Lost Youth of British Columbia."

Stephanie's class gathered at the University of Victoria auditorium. It is an impressive location with seats rising in tiers from the stage and from the auditorium floor to surrounding balconies. The blue and gold motif of this university lends itself to the ebb and flow of the black caps and gowns. The stream of young people, who were high school students yesterday, take their places, and wait to walk across the stage to accept their certificates. At this point, the tassel on their caps is flipped from the right side to the left in recognition of the completion of their high school education.

The use of cap and gown for high school graduates is borrowed from the university ceremonies and reaches back to the monasteries of the Middle Ages. At this time the faculty of universities were all men of religious orders, and it was not until the mid 1800's that lay people were accepted as university teachers. The colours of the hoods worn by Canadian University

graduates are unique to each degree and each university. The hood was originally part of a monk's habit. The robes, and much of the terminology, have been carried forward from that time.

It can take a university student several years to achieve a Bachelor's degree. In some cases it requires a return to the classroom after a significant absence and at the University of Victoria Spring Convocation, there were at least two graduates with plenty of grey hair under their caps.

Qualifying for a Master's degree usually means juggling home, family, and career with classes, assignments, presentations and exams. The reward, along with the degree, is an extra touch of black velvet on the student's hood and the possibility of proceeding, if possible, to study for a doctorate.

At UVic, the old medieval traditions—along with their colours—blend with the Ceremonial Furnishings designed and created by First Nations artists from the West Coast of British Columbia. Native shapes and symbols always incorporate the colours and images of the natural world. The array of colour on that auditorium stage reminds me of the fields, the hills, and the mountainsides in the spring and in the fall—the traditional times for university convocations.

There are 100,000 mountain goats in British Columbia—more than anywhere else in North America. BC has over 400,000 young people between the ages of 18 and 24. For the goat kids, June is a beginning. For students and graduates it is a successful culmination, as well as a challenge to take their knowledge and their skill, to continue forward. Whether June brings graduation, convocation, or for our neighbours to the south, commencement, it is always—by definition—a beginning.

For us, and for all parents, grandparents, aunts and uncles of these young people, it is a time to watch as the colours blur on the stage and the images flash by much too fast, and a time to remember that first scramble up the rocks, the first tentative plunge into the water, and that first presentation. The memories continue; the pride and the love remain.

## For the Love of Genre

by Sharman Horwood  
Shape Shifting & Other Illusions

Robert Goddard is a British mystery writer, and not well known in Canada. However, his novels are well written, intensely plotted, with realistic, unforgettable characters. He specializes in the “guilty” hero, usually a man with a dubious past. Goddard has been nominated for the Edgar Award for *Beyond Recall*, won it for *Long Time Coming*, along with the Anthony Award for the same novel, and recently received the Cartier Diamond Dagger Award from the Crime Writers Association for Lifetime Achievement. In all he’s written 28 books, but the outstanding novels were all written before 2006. Later novels’ plots are weak. *Past Caring* (‘86), however, is one of his best.

His intricate plots, and the historical knowledge he brings to his work, are remarkable. In this novel, Martin Radford, a Cambridge University graduate (Goddard’s own school), is struggling to find work. His friend, Alec Fowler, invites him to Madeira in the Canary Islands for a vacation and introduces him to a local plantation owner, Leo Sellick. Sellick originally came from South Africa, and he has purchased a quinta—an estate. He invites Martin to read a manuscript written by the previous owner. This man—Edwin Strafford—was a minor politician prior to WW I, and became romantically involved with a suffragette. They fall in love, despite their opposing political views, and eventually become engaged, only to have their marriage postponed for political reasons, and eventually cancelled mysteriously. This memoir details Strafford’s life, such as his grief at losing the love of his fiancée, Elizabeth. He never learns why his political career has failed, despite his early success, nor why she ultimately

rejects him. Around the same time, Edwin’s brother and his wife die tragically in a car accident involving a train. Strafford later dies himself, struck by a train on the family estate.

Sellick hires Radford to investigate the events of Strafford’s memoir, and to prove whether or not they are true, though they took place decades earlier. Strafford’s memoir has an historically accurate tone that gets a bit tedious at times, but it is a short part of the novel. Oddly, as Radford begins to investigate Strafford’s life, he experiences similarly inexplicable events. They twist his life inside out, in a similar manner, as if Strafford’s life has corrupted Radford’s own.

Goddard’s novel is similar to John Fowles’ *The Magus* (1965), a classic of postmodern literature. In that novel, the main character—also a recent university graduate struggling to find work—leaves England to teach in Greece, and there is beguiled by a rich man. The young man’s life is subsequently devastated. The events in both novels rely on illusion—or a type of literary sleight of hand. In *The Magus*, the purpose of the persuasive illusions is to change the young man’s perceptions. However, the purpose behind the grief caused in *Past Caring* isn’t clear, not until the end. The reader can’t easily anticipate what is about to happen in the story, making it better than the usual thriller. The mystery keeps the reader involved to the last page.

The other novel I want to discuss is Martha Wells’ *The Cloud Roads* (2011). This book is the first in her series on the Raksura, a race of intelligent beings living in a place called the Three Worlds (earth, sea and sky). They are shapeshifters, and can shift from human form to a magnificent, larger form that is partly reptilian (scaly skin, savage teeth and claws, with a long tail and wings). The planet has a rich environment, full of many types of species, and with remnants of different civilizations everywhere, even under the oceans, suggesting merpeople, along with the many other races. Of course, most of these people don’t understand the Raksura, and often confuse them with the Fell, a similar but more demonic species intent on killing or enslaving others.

The novel begins with Moon, an unusually solitary Raksura—though he doesn’t understand this yet—attempting to live among the more human population. He remembers his mother and siblings being killed, and since then he has grown up struggling to adapt to life with other races. In secret, he shifts into Raksura form, using it for hunting or exploring. Unfortunately, the humans he is travelling with discover this. They poison him so that he can’t shift. They believe he is Fell, and since the poison only works on them, at first they believe he will die. They stake him out beside a river and wait for the Fell to come.

Fortunately for Moon, he is rescued by another Raksura, Stone. Stone takes Moon away to wait until the poison wears off. There he learns who he is, and the culture of the Raksura colonies. They live in clans, and are born in clutches. Not all of them have wings, and different individuals are born with specific talents, such as a gift for mentoring, or for healing. Their form at birth determines their position in their culture: Moon is a Consort, one who can mate with a Queen and sire a line of new Raksura. However, when he is taken to Indigo Cloud Colony, he isn’t well received. He is “a solitary, with no bloodline,” and not welcomed by either Queen. Complicating this situation, at this time they are considering an offer by the Fell: to join forces to protect themselves from the other races, even though they believe the sole purpose of any Raksura is to kill Fell.

Wells is a multi award-winning author, many of which are for *The Murderbot Diaries: Artificial Condition*, but the novels about the Raksura are my personal favourites. Her Steampunk novels, the *Fall of Ile-Rien* trilogy (*The Wizard Hunters*, *The Ships of Air*, and *The Gate of Gods*) are also very good, though a bit long-winded.

Both *Past Caring* and *The Cloud Roads* are surprising tales. They are well worth reading on a cold autumn night.

## BOOK REVIEWS

by Tom Lymbery

**LOST – 7 HOURS TO LIVE** - the Paul Kerr Story and his 2nd Chance at Life, by Lori Luczka, Friesen Press, 71 pages, \$12.95

It is hard to believe that a man underneath a motorcycle could not be found by many searchers for three full days. He had told people that he was riding the Pass and many, many searchers as well as helicopters were looking.

But when his off road bike toppled over him it broke several vertebrae so he was knocked out, not even able to call out. The accident actually happened closer to Kimberley – not far from St Marys Lake, and a glint of sunlight on his bike was the key that found him. There had actually been a Labrador dog that kept him warm overnight, but was not able to lead searchers to him.

When they took him to the hospital in Cranbrook the doctors had to make a great effort to keep him alive after the three days and nights with the heavy bike on top of him. Soon the decision to amputate a leg had to be made. Paul was then sent by air ambulance to the Kelowna Hospital where the doctors had to do much to stabilize him, before proceeding with amputating his left leg.

**HIGHBALLER – TRUE TALES FROM A TREEPLANTING LIFE** by Greg Nolan, Harbour Publishing, 295 pages, \$26.95

This is by far the best book on treeplanting. Greg Nolan at nineteen took a job treeplanting in 1983 and was determined to succeed, even though as a rookie he was expected to fail to plant enough seedlings. However he had exercised and conditioned himself to be ready for the extreme exertion required and he was able to put 90 trees into the ground just the first day, continuing to upgrade his total daily and getting to the required 1000 within five days – which was unusual for anyone new to planting.

Once he got his total to over a 1000 a day he was now a Highballer – a logging term for someone who gets the job done faster than average. I found I still have a 1963 copy of “The Highballer” which was a logging magazine in those years.

He is a good storyteller so you can read this one steadily without putting it down. He is pleased to find the numbers of good looking girls in the crew – especially when 6 are seen bathing in the creek, completely nude and unembarrassed.

Having lived in a hippy / treeplanting area I hadn’t realized that many loggers and business people looked askance at these crews. The BC Forest Service supervised their own crews until planting became compul-

sory and then it was turned into a bidding operation for professionals. We were selling the equipment needed in our store, gathering info as to what was required from Dirk Brinkman of Riondel. One early tool was the Zacarelli hoedad - a mattock designed by Dirk that was of completely hardened steel (others only had a tempered edge that wore away all too fast) but by 1983 the basic tool had become a specialized, narrow bladed shovel, and only a few were still using the hoedad.

We had gone into logging sports with Kokanee Karnival of Sports running a two day show at Crawford Bay Park. In looking for a variety of events that could include women I contacted Dennis Jensen of Forestry in Kaslo and he was a tremendous help. He would supply the seedlings and supervise the events so this brought planting information, new to many of the 3000 spectators that came to the show each year.

But Nolan’s book describes not only the workers and camps but the stress of planting. He details the unusual areas they went to and especially the views to be seen – for instance in isolated Bute Inlet where they encountered grizzly bears and were only saved because there was a brave dog with them. Since planting starts in April when bears are hungry from hibernation they were out there and Nolan took a shotgun after that experience. He used the gun to frighten the animals, hoping not to have to kill them. This book is a great read but also a valuable reference.

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## Holistic Health Tips

by Kim Young

### 3 Stretches to Improve Mobility and Flexibility

If you want to be more flexible, increase your mobility, and reduce muscle and joint pain, daily stretching exercises are a good place to start. Here are 3 stretches you can do every day:

#### Side Bend

Side Bends will stretch out your abdominal, back, and lateral muscles as well as your hips.

Begin the stretch from a standing position with your feet in line with your shoulders. Reach your hands over your head and press the palms of your hands together as high as you can reach. Take a deep breath in and pull your spine as straight and tall as you can manage.

As you exhale, bend your body to the right so that you can feel the stretch through your arm and down your left side. Be sure to maintain a good form by keeping your arms and upper body in the same position. Hold the pose for 60 seconds, maintaining deep breathing throughout. Then, return to an upright position as you exhale and do the same thing to the left.

Although not quite as effective, this stretch can also be done from a chair.

#### Chest Opener

This stretch focuses on your chest muscles, triceps, and shoulders.

Begin from a standing or sitting position. Then, reach your arms behind your head, clasping your hands at the back of your head. As you take a deep breath in, lift your chest as you pull your elbows back and keep your hands anchored behind your head.

Relax your position slightly as you exhale, then continue to stretch your chest and arm muscles further with each subsequent breath. You should maintain this pose for 10 slow breaths or 60 seconds.

#### Quad Stretch

Use this stretch to improve range of motion in your knees and to stretch out your quadriceps.

While standing, lift your right foot up and grab it with your right hand at the ankle. Gently pull your heel to your glute until you can feel the stretch in the front of your leg. Keep your knees close together as you hold the pose for 60 seconds. Once you finish on one side, you can do the same with the left leg.

This pose can only be done while standing. If you are worried about maintaining balance during this stretch, you can hold onto a sturdy piece of furniture or use a wall to steady yourself while performing the stretch.

By doing these three essential stretches every day, you will quickly see improvements in your flexibility and mobility.

If you would like more exercises and tips to improve your balance and stability, join me October 10, 2019 (12 o'clock) at the FOCUS ON HEALTH WORKSHOP at the Crawford Bay Hall.

*Kim Young is a director with the East Shore Kootenay Lake Community Health Society, a Precision Nutrition certified Holistic Health and Wellness Coach, Functional Aging Specialist and Reiki Master who lives in Kootenay Bay with her husband Jim and their dog Jax.*

## Hospice News

by Barb Kuhn

This is the time of year when we are busy getting ready for the winter. We are taking a look at everything; harvesting and preserving, topping up our pantries and our woodpiles to get through the winter in comfort.

Every October we have the opportunity to take stock. Our Thanksgiving holiday reminds us of gifts that make our lives richer. Our family, friends and neighbours add a comfort beyond food, with a different kind of warmth than another log on the fire.

At this time we remember those we love who can't be with us because they have died. We take comfort in their memories. We are grateful for having had them with us and sharing our lives while they could. We embrace the chance to celebrate with our loved ones. We recognize all of the blessings we have right in front of us every day.

We at East Shore Hospice wish you a wonderful Thanksgiving.

*If you or someone you know is in need of Hospice Care or you would like more information, please contact Susan Dill East Shore Hospice Coordinator at the East Shore Community Health Centre in Crawford Bay at 250 227 9006. Hospice related books on palliative care, self-care, grief and mourning as well as some articles and brochures and DVD's are available through the Hospice office. The library is best accessed at the Hospice office on Tuesdays between 10 am and 2pm. Call for different arrangement.*

**Deadline: October 23/19**

[www.eshore.ca](http://www.eshore.ca)

## Bach Flower Essences to Heal Negative Emotional States that lead to Illness

By Susan Snead

Edward Bach (1886- 1936) was a well known British physician, pathologist, immunologist and bacteriologist who was considered a pioneer in his field. Near the end of his life Bach realized that a person's emotional state was a huge contributor to their illness. According to Bach, illness is "solely and purely corrective". Being an extremely sensitive individual and Nature lover, Bach would walk into the countryside plucking flower petals and placing them on his tongue. Through this method of examination he would intuit the "essence of a plant" realizing the effect each one had on his emotional body. Through a process of extraction the essence of a flower could be captured in water, stabilized in alcohol and used by the patient in a homeopathic way; to use in a small dose or dilution which then increases its potency suggesting that "like cures like".

Over a period of time Bach uncovered 38 "Bach Flowers" belonging to what he called the "flowers of rank". Each flower embodies a certain "concept of mind and like a sort of catalyst restores the blocked contact between the soul and the personality." \* The theory implies that negative emotional states have an effect on the physiology of the human body.

Bach divided these negative emotional states into seven main groups or categories: 1. fear 2. insecurity 3. lack of interest in the present 4. loneliness 5. 16 Mainstreet October 2019

vulnerability to ideas and influences 6. despondency and despair 7. excessive concern for the well-being of others.

Suffering, according to certain esoteric teachings and religions, originates when one is not in-tune with his or her higher self or guidance. When this happens, for example, courage and faith turn to fear, self-esteem changes into inferiority complexes, cheerfulness into melancholy, humility into arrogance, forgiveness into blame, hope into hopelessness and despair, and belief into disbelief and pessimism. \*

Years ago when I was in my early 30's and going through some emotional turmoil a friend gave me a Bach Flower remedy. Instantly the deep gloom that had me in its grips was lifted and a process of healing began. I was so impressed by the power of these remedies that I ordered the entire kit of 38 and have continued to use them to this day. Bach Flowers are commonly used in Europe and can be purchased individually or ordered in many health food stores or online. The "Rescue Remedy" is a well known Bach Flower mix that is easily available.

There are also practitioners who use Bach Flowers in their healing practises. I myself am beginning to offer them to my clients. Through a consultation the client is sent home with a blend of essences to help with whatever emotional state they wish to address. I like to use the person's astrological chart as their personal map as well as a questionnaire to reveal certain emotional imbalances. The remedy's are so safe they can be used in conjunction with medications or herbs.

Here are some different emotional ailments that could be addressed with Bach Flower therapy:

1. For fear of known and unknown things and to trust in a higher power
2. For strength/focus during transition periods
3. To let go of control, judgments and blame
4. To heal resentments through forgiveness
5. To help with addictions and to be present in

current situations

6. To help with indecision and/or confusion about next steps (confused mind)
7. For self doubt and lack of confidence
8. For failure to learn the lessons of life by always making the same mistakes
9. To help with unwanted thoughts that go around and around giving no peace of mind
10. Learning to join with others for support rather than hiding out alone
11. For those who suffer from grief or some past trauma and can't let go
12. When one over worries about loved ones and is in constant state of fear and concern

Each remedy is unique to the individual. An example remedy might use "Mimulus" for those who have fear of known things like heights or a fear of dogs or of the current world situation. To this we might add "Larch" for anxiety or low self esteem. If the person tends to blame everyone else for their problems and is critical and judgmental then "Willow" or "Beech" might be put into the mix and for those who suffer from an old trauma or grief then "Star of Bethlehem" would complete their personal remedy.

People shift at different rates, some faster than others while chronic emotions may take more time to evolve back into the positive state. In this changing time of uncertainty it is clear that many people young and old are going through some sort of emotional imbalance.

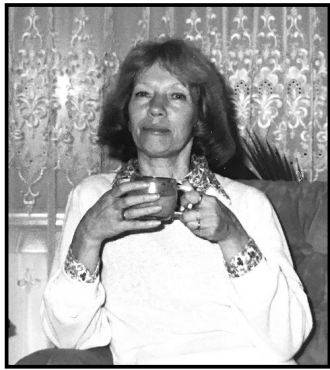
If you would like a consultation and a take home Bach Flower remedy I am offering an introductory Fall special including the consultation and complementary tuning fork session for only \$65. You can find me listed in the Service Directory at the end of this paper. Have a great Fall Season everyone!

\* *New Bach Flower Therapies: Healing the Emotional and Spiritual causes of Illness". by Dietmar Kramer, pg 3*



## Notice of Passing

Helen Verna Burich



Helen Verna Burich (nee Johnson) 1928 - 2019, passed peacefully at age 91 on Feb 19, 2019 after several years of care at Braddan private hospital Vancouver. Survived and deeply missed by sons Barclay (Christine) and Kymber (Cassie), grandson Marlin, nieces, neph-

ews, extended family. Predeceased by her beloved husband, Sam Burich, sisters Alice and Hazel, brothers Lloyd, Johnny, Beanie, and Teddy.

Helen was born and grew up with her 6 siblings in Crawford Bay, B.C. After moving to Vancouver, she met and married sculptor and mariner Sam Burich in 1955. In 1980, Helen co-founded her successful home business, Town & Country Bed & Breakfast Reservation Service. Helen was very social and independent. Her decades of daily walks in Kits crossed paths with many people, and reflected her love of conversation, sharing astute thoughts on social and political perspectives. Inquisitive by nature, Helen believed deeply in giving situations and people the benefit of the doubt, and embraced folks from all walks of life in her many travels. Helen lived a rich life that reflected her gift of having a positive attitude. And then, she would tend her garden, forever the fresh green sprout, springing forth from the wise old vine.

A Celebration of Life was held for family and friends in Crawford Bay, B.C. on September 7, 2019.

## FOCUS ON HEALTH

**East Shore Kootenay Lake  
Community Health Society  
(ESKLCHS)**

The East Shore Kootenay Lake Community Health Society (ESKLCHS) advocates for services to improve the health of East Shore residents, provides information about available health care resources, and cooperates with community groups with similar goals (e.g., Emergency Services, Primary Care Community Paramedic Program, East Shore Better at Home Program). Focus on Health is an initiative that has been sponsored and supported by ESKLCHS since 2015.

### Focus on Health in Boswell:

The Focus on Health series was born after a period of ongoing negotiation and lobbying by members of the ESKLCHS and by RDCK Area A Director, Garry Jackman. In the Spring of 2015, Interior Health Authority (East Kootenay) agreed to provide, on a one-day-per-month basis, the services of Natasha Goldsbury, a chronic disease management nurse with expertise in disease prevention and health promotion.

Based on a series of planning meetings with local residents, and a discretionary RDCK Area A grant, workshops were scheduled for the fourth Monday of each month in the Boswell Memorial Hall. Over the years, the Focus on Health workshops have addressed a broad range of health concerns or current health topics, with a consistent emphasis on illness prevention and health promotion.

Participants prepare and share a healthy soup, and learn about good nutrition, the benefits of physical activity, and lifestyle/mental health issues related to the topic of the month. Natasha Goldsbury has facilitated the workshops over the past four years and we have included guest presenters who provide supplementary information and experiences. On Monday October 28, we will launch our fifth consecutive year of Focus

## PAULINE

by Wendy Scott

She was a lady who lived beside the lake. She was a Poet and she had many friends who may not have been widely known. In 2007 Pauline Hanbury came to me with a poem about one of those friends and placed it in my hands to be included in my book, *A Recollection of Moments: Riondel 1907 – 2007*.

### The Goatman

Our Goatman was no outcast/He was no lonely man/  
He did not choose his poverty/For his wealth is what  
he had/He was not so very different/For most of us I  
think,/His needs were much the same/To live his truth  
of self.

His friends were really many/As also were his foes/  
But we were all community/Outrageous as it was.

Oh how I hope you flow/With silver wings/Upon our  
horse so strong/And how I hope you find a place/To  
rest awhile/ To feel the winds of time.

I hope you will not mind/If we clean our garbage/From  
your land and set/Clean waters running free,/I trust you  
understand./And if we ponderon your life's dreams/It  
will not be to trespass/But to think of them/As noble  
ones indeed.

Now with your death/My friend I think I see/And  
understand/You held a mirror up to us/We should not  
look away

-Pauline Hanbury

**Deadline: October 23/19**

on Health in the Boswell Memorial Hall. We will be preparing a delicious soup and discussing the potential health benefits of eating more plant-based proteins and the “pros and cons” of the current “beyond beef” movement.

### Focus on Health in Crawford Bay

In January 2019, a second Focus on Health series was launched by the ESKLCHS under the coordination of Cathy White and with the support of members of the Crawford Bay community and in particular, Shannon Mulhall. This successful launch was also supported by Sharon Webster, Community Paramedic, who provided health related expertise.

Focus on Health in Crawford Bay continues into its second year with an initial soup-making session and workshop scheduled for Thursday, October 10. The workshop will be led by Kim Young, a functional aging specialist, who will describe strategies to increase balance, flexibility, and strength in relation to fall prevention.

The Focus on Health workshops in Boswell and Crawford Bay are open to all residents of the East Shore and beyond. We hope you will join us!

**DEADLINE:**

**October 23/19**

**[www.eshore.ca](http://www.eshore.ca)**

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

**[www.eshore.ca](http://www.eshore.ca)**

## Red Carpet Program Assists with New Doctor Recruitment

submitted by Tom Wishart

The East Shore Kootenay Lake Community Health Society (ESKLCHS) identifies the East Shore Community Health Centre as one of its priorities and the resignation of Dr. Galbraith several months ago stirred our Board into Action. Members of the Board, together with Drs. Moulson and Piver, participated in several telephone conference calls with Interior Health officials over the summer concerning the recruitment of a new physician.

Drs. Piver and Moulson drew attention to some of the issues and difficulties they face in working at the Clinic, especially given the loss of Dr. Galbraith. Board members described the characteristics of our aging population and the circumstances we live in along the East Shore including the absence of public transit that is especially troublesome for those who cannot drive or do not own a vehicle, and travel times to and from Creston and Nelson for emergencies and appointments with specialists. We identified the Health Centre as extremely important to our communities given the general shortage of physicians in our area, and signalled the loss of Dr. Galbraith as a major blow with the immediate effect of causing long wait-times for an appointment. In turn, we were assured that Interior Health takes very seriously the need to find a replacement and we heard about the kind of initiatives already underway.

Recruitment of physicians to work in rural and remote areas with small populations is a challenge across North America and beyond. Importantly, if the physician lives in the community, he or she is basically on call 24/7—an untenable position to be placed in.

On the advice from an Interior Health consultant charged with the recruitment of a new physician for the Crawford Bay medical clinic, ESKLCHS combined forces with the Kootenay Lake Chamber of Commerce to create a “Red Carpet Program” to assist with the recruitment effort.

The purpose of the program was to warmly welcome and introduce potential physicians to the East Shore. For example, we identified some properties that could be rented—one local resident actually offered the free use of a lovely cabin overlooking the lake! Members of the Red Carpet Committee (chaired by Kim Young, ESKLCHS’ liaison with the East Shore Community Health Centre), volunteered to tour any doctors interested in a position at the Clinic around the area to demonstrate its attractions. One potential recruit was presented with a gift of donated garden produce, a basket of gifts from artisans at Crawford Bay, and treated to a luncheon at Black Salt donated by the restaurant owners. Many thanks are due to the members of the Committee and to those who provided donations, including the East Shore Trail and Bike Association’s offer of a boat ride and trail tour that unfortunately there was no time for.

We have recently heard the GOOD NEWS that Dr. Elizabeth Barbour has been recruited starting in October and that significantly improved services are in store for the East Shore Community Health Centre. Stay tuned!

## 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.

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**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/GENERAL HELP/SERVICES**

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

**SAMURAI HARDWOOD FLOORING:** Sales, Installations, Tile, Stairs and Millwork www.samurai-hardwood.com 2505513764.

**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. Please contact for more info

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

**KOOTENAY SOUND HEALING CENTRE** on Riondel Road, offering Sound Healing treatments, Gong meditations, Astrology consultations, Workshop/Event space, Acutonics® classes, and products. www.kootenaysoundhealing.com, 250-225-3518, theresa@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:** Harrison Tanner - Over 40 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 ACUTONICS PRACTITIONER (TUNING FORK THERAPY):** With certificates in Ayurvedic massages, Foot Reflexology, Fibonacci tuning fork alignment. Bach Flower Remedies and Astrological consultations. 250.225.3520.

**THERESA LEE MORRIS, SOUND HEALING TREATMENTS** with planetary gongs, singing bowls, tuning forks and chimes. Certified Acutonics Practitioner and Instructor, theresa@kootenaysoundhealing.com, 250-225-3518

**WILLIAM MORRIS, PhD, DAOM,** offering astrological consultations combining 40 years of clinical practice weaving Chinese medicine, Astrology and Sound Healing. wmmorris33@gmail.com 250-225-3518

**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 noon 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

*Contact Mainstreet  
mainstreet@eshore.ca  
Deadline: Oct 23/19*

**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**

*Thinking of hosting a meeting or event?  
Having a wedding? Consider renting the...*

**BOSWELL MEMORIAL HALL**

**Booking/info: Karen Lee at 250.223.8686**

**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.

*The Fitness Place*

**Fitness Place Supervised Hours:**

**Mon-Sat, 8-10am**

*Watch for changing supervised hours throughout October.*

Please be sure to visit during supervised hours if you don't have a key card or are just dropping in.

Members with key cards have access 7 days/week from 5:30am-10:30pm

For more info or to sign up for the key card program, please contact Julia Kinder at eastshorefacilities@gmail.com or 250.777.2497 (email is preferred)

**YOUR HALL IS AVAILABLE!**


For community events, wedding receptions, workshops... you name it!

**Booking: Kathy Donnison - 250.227.9205**

**CRAWFORD BAY HALL**

*Your community hall*

**A non-smoking facility**



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

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

# 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.**

**\* BULLETIN BOARD \* 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 2019

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

Oct.1st. Tuesday	<b>NO DOCTOR</b>
Oct 2nd. Wednesday	<b>NO DOCTOR</b>
Oct 3rd. Thursday	<b>Dr Barbour</b>
Oct 8th. Tuesday	<b>NO DOCTOR</b>
Oct 9th. Wednesday	<b>Dr Moulson</b>
Oct 10th. Thursday	<b>Dr Barbour</b>
Oct.15th. Tuesday	<b>Dr Piver</b>
Oct 16th. Wednesday	<b>Dr Moulson</b>
Oct 17th. Thursday	<b>Dr Barbour</b>
Oct 22nd. Tuesday	<b>Dr Piver</b>
Oct 23rd. Wednesday	<b>Dr Moulson</b>
Oct 24th. Thursday	<b>Dr Barbour</b>
Oct 29th. Tuesday	<b>Dr Piver</b>
Oct 30th. Wednesday	<b>Dr Moulson</b>
Oct 31st. Thursday	<b>Dr. Barbour</b>

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

## Boswell Hall Happenings

- **RDCK Meeting:** Tuesday, Oct 1 at 2pm
- **Book Club:** Tuesday, Oct 10 at 2pm (second Thursday of the month)
- **Carpet Bowling:** Tues, Oct 15 at 6pm, then every Tuesday at 7pm.
- **Nifty Needlers:** Tuesday, Oct 15 1:30pm (third Tuesday of the month)
- **Federal Election:** Oct 21
- **Farmers Institute:** Meetings held on needs basis. Contact is Bob Arms: armsr144@gmail.com
- **Tone and Trim Fitness:** Every Mon/Fri from 9-10am. Contact is Darlene Knudson: dar-lean@telus.net
- **First Responders:** First Mon of month at 10am. Contact is Rod Stewart: rod.jean@telus.net
- **Vintners:** Sunday, Oct 27 at 2pm.
- **East Shore Health Society:** Meetings held on needs basis. Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Focus on Health Meetings: Oct 28** - Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Yoga:** Every Thurs from 9:30-11am - Contact is Marilyn Arms: armsmh46@gmail.com
- **Halloween Howl:** Saturday, Oct 26
- **Boswell Historical Society Presentation:** Weds, Oct 23, 2-5pm

## HISTORY OF FERRY PRESENTATION

The Boswell Historical Society is pleased to announce that Michael Cone will be giving a presentation entitled "The History of the Kootenay Lake Ferry Service: 1921-1963" at the Boswell Memorial Hall on Wednesday, October 23rd at 2:30. Refreshments will be served. All are welcome.

## HALLOWEEN IN RIONDEL

Halloween in Riondel on October 31st 5-8pm at the Riondel Fire Hall. Everyone is Welcome! Candy, Pizza, Homemade Treats, Hot Chocolate, POP, and Cool Beats! A huge thank you to the Riondel Market for accepting donations. Thank you to all Riondel residents who generously donate or open their doors to the many trick or treaters. Thanks to the Community Connections for sponsoring this event. Thanks to our Area A director Garry Jackman for his ongoing support. Thanks to Rec9 for the funding. Thanks to the volunteers and the many participants! A huge thanks to the Riondel Fire Department for hosting Halloween in Riondel! Need more information or would like to donate or volunteer please contact Danielle Rogers 250-509-0421

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

**Community Futures is your small business expert.**

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



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

Growing communities one idea at a time.

## Riondel Seniors Goings On

### Ongoing or Resuming in Oct:

- **Walk-a-Mile/Strength Training** - M/W/F, 10am (free to members, non-members - \$5 drop in)
- **Whist** - 1st Fri at 7pm. (Entry fee: bring a treat to share & \$3/members, \$4/non-members.
- **Movie Night** (and Popcorn!) - Mon at 7pm ... by donation.
- **Bingo** - Wed at 6:30pm (open to all, must be 18)
- **Seniors Executive Meetings** - (2nd Tues at 2:30)
- **Potluck Lunches** - (3rd Tues at 12:30pm)
- **Yoga** - Thurs at 10am. (Free to members, non-members drop in fee: \$5)
- **Pool** - Thurs at 1pm
- **Knitting Group:** Sat at 10am
- **Dancercize (Ballet/Jazz)** - Weds at 11am, Sat at 10am.
- **Sports Night:** Cancelled until further notice.
- **Bridge** - 1st and 3rd Weds at 1:30pm
- **Games Night** - 2nd Fri at 7pm
- **Art History** - Tues at 1pm except for 3rd Tues

*All activities take place in the Seniors Room, Riondel Community Centre (except for knitting, which takes place in the art room).*

Membership Fees for 2019: \$50/year & are due now. Questions? Email Sherrie at <sfulton@sfu.ca>.

## CHURCH/MEETING CALENDAR

### RIONDEL COMMUNITY CHURCH

Everyone welcome.

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

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

### HARRISON MEM CHURCH, ANGLICAN

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

### KOOTENAY LAKE COMMUNITY CHURCH

*A Lighthouse on the East Shore*  
Come & join us Sundays at 10 am.  
Coffee fellowship after the service.  
Pastors Richard and Ramona Dannhauer  
16190 Hwy 3A, Crawford Bay: 250 505 8286

### YASODHARA ASHRAM

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

### MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Fr. Lawrence 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! 250.229.5237

## MEETING PLACES

### ALCOHOLICS ANONYMOUS:

Meets every Sunday at the Community Corner in Crawford Bay at 7:15. (1 hour meeting)

**LIONS CLUB** - meets at the Kootenay Lake Community Church - 16190 Highway 3A, Crawford Bay. Meeting Times: 7 pm. 2nd and 4th 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 Thursdays at 8:30am, Kootenay Lake Community Church basement. Info: Myrna at 227-9420

### PARENT ADVISORY COMMITTEE

(PAC) Meetings usually held at 5:30 pm at the Crawford Bay School on the first or second Monday of the month. Email cbess.pac@gmail.com for info.

## KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

**Off-Season Schedule in effect: Sept 9**  
*Summer schedule (MV Balfour running) through Sept 8*

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

October 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>DUMP DAY, CB</i> <i>BOTTLE DEPOT DAY</i></p> <p>EVERY SUNDAY: Alcoholics Anonymous, Community Corner, 7:15pm</p>	<p>Fitness Place Supervised Hours, Mon-Sat, 8-10am</p>	<p><i>DUMP DAY, CB</i> <b>1</b> Fitness Place Supervised Hours, Mon-Sat, 8-10am</p>	<p><i>DUMP DAY, BOSWELL</i> <b>2</b> Fitness Place Supervised Hours, Mon-Sat, 8-10am</p>	<p><i>DUMP DAY, CB</i> <b>3</b> Fitness Place Supervised Hours, Mon-Sat, 8-10am</p>	<p><b>4</b> Fitness Place Supervised Hours, Mon-Sat, 8-10am</p>	<p><i>DUMP DAY, BOSWELL</i> <b>5</b> Fitness Place Supervised Hours, Mon-Sat, 8-10am</p>
6	7	8	9	10	11	12
		<p>Tara Shanti yoga, 9:30am Creston Vet, CB Motel Lions Meeting 7pm NO DOCTOR</p>	<p>Dr. Moulson</p>	<p>Focus on Health, CB Rec 9 Deadline Tara Shanti yoga, 9:30am Dr. Barbour</p>		<p>On the Other Hand, GC Hall, 7:30pm</p>
13	14	15	16	17	18	19
		<p>Osprey Out for Maintenance (until Nov 4) Tara Shanti yoga, 9:30am Dr. Piver</p>	<p>Dr. Moulson</p>	<p>Tara Shanti yoga, 9:30am Dr. Barbour</p>		<p>Helping Hands Day</p>
20	21	22	23	24	25	26
	<p>ELECTION DAY!</p>	<p>Tara Shanti yoga, 9:30am Lions Meeting 7pm Dr. Piver</p>	<p>MAINSTREET DEADLINE Dr. Moulson</p>	<p>Tara Shanti yoga, 9:30am Dr. Barbour</p>		<p>Starbelly AGM, GC Hall, 4pm Diemm Tri &amp; Oliver Swain, 7pm, GC Hall</p>
27	28	29	30	31		
	<p>Focus on Health, Boswell Hall Reg. Park Meeting, CB Hall, 6-8pm</p>			<p>Halloween in Riondel!</p>		



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**RESOURCE RECOVERY FACILITIES HOURS OF OPERATION**

**Crawford Bay Transfer Station**  
May 1 to Oct 30  
9:00 am – 3:00 pm  
Sunday, Tuesday & Thursday

**Boswell Transfer Station**  
Year Round  
11:00 am – 3:00 pm  
Wednesday & Saturday

How to reach us: Toll Free: 1-800-268-7325  
Website: www.rdck.ca  
Facebook: @rdcentralkootenay



**Michael O'Connor**  
Astrologer & Life Coach

[sunstarastrlogy@gmail.com](mailto:sunstarastrlogy@gmail.com)  
1.800.836-0648  
[www.sunstarastrlogy.com](http://www.sunstarastrlogy.com)

- Planning a wedding?
- Holding a meeting?

Consider renting the  
**BOSWELL MEMORIAL HALL**

Booking/info: Karen Lee at 250.223.8686