

\$2⁵⁰

Find us on:
facebook



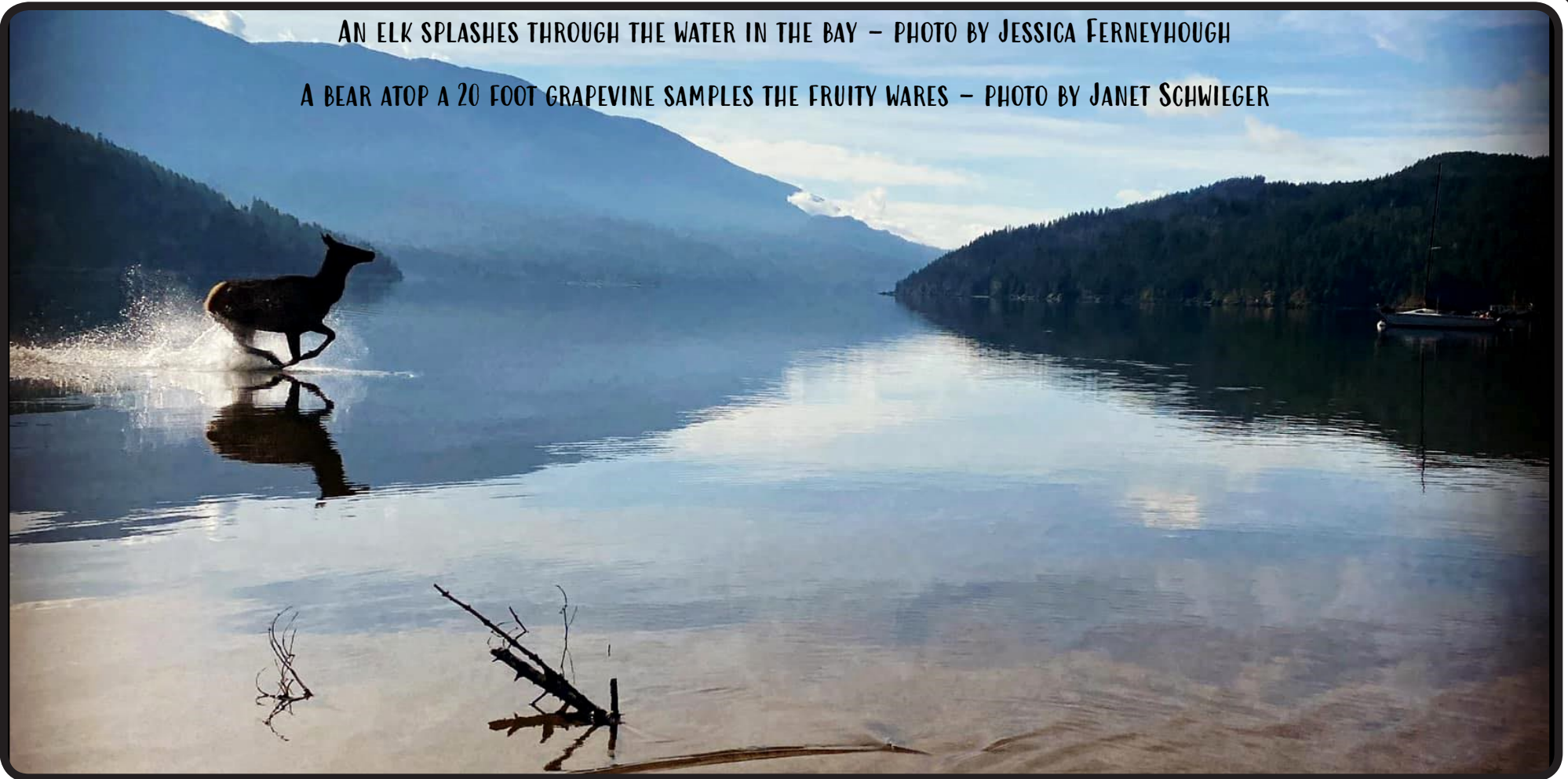
The East Shore Mainstreet

KOOTENAY LAKE BC

~Locally-owned, community-supported independent news serving the East Shore of Kootenay Lake~

AN ELK SPLASHES THROUGH THE WATER IN THE BAY – PHOTO BY JESSICA FERNEYHOUGH

A BEAR ATOP A 20 FOOT GRAPEVINE SAMPLES THE FRUITY WARES – PHOTO BY JANET SCHWIEGER



**Return Undeliverable Items To: The East Shore Mainstreet
Box 140, Crawford Bay, BC V0B 1E0 Agreement#: 40718537**



Mainstreet Meanderings

by Editor Ingrid Baetzel

Tricks to Keep Yourself From Hating Your Neighbour

In this strangely de-humanizing, social-media-fed, polarizing time, it is important for we sapiens to uncover some of our baser truths and find ways to come together in decency and commonality. So, as a gift to you on this Thanksgiving, I share my family's Norwegian Dilly Bread Recipe. Long coveted, sketched in calligraphic hand, smeared and stained with Odin's sweat, droplets of salted cod, and probably a spill of pinot or two, this recipe has been made at holiday time in our family for at least four generations. When my mom died in 2020, I realized I would have to step up and make/bake some of the traditional foods that she always had. So, last year, I tried my hand at Dilly Bread at Thanksgiving, Hungarian Cheese-Filled Coffee Cake at Easter and Jule Kake at Christmas. Not all were anywhere near as good as mom's, but the Dilly Bread really worked out.

Dilly Bread

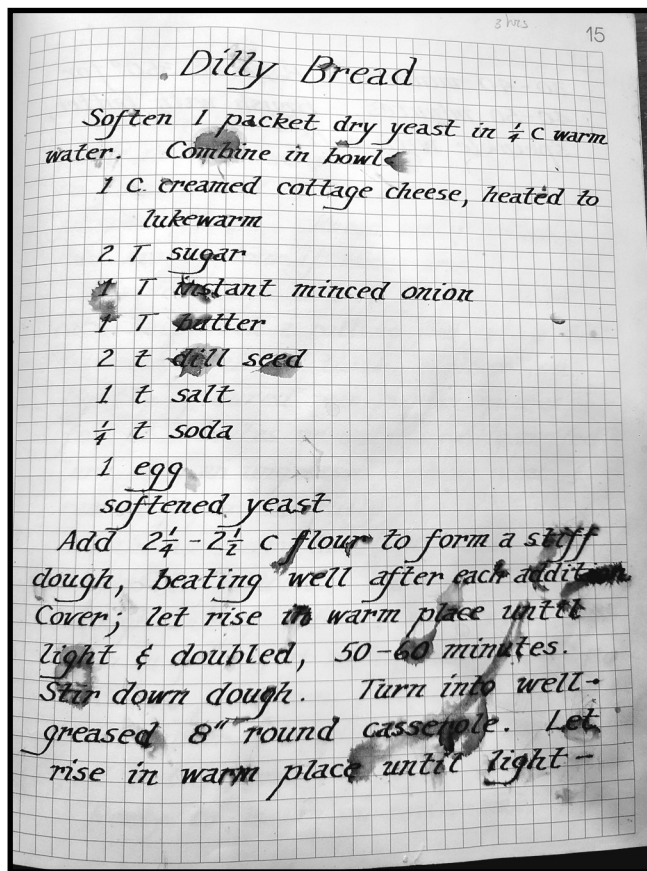
Soften 1 packet dry yeast in 1/4C warm water.

Combine in bowl:

- 1C creamed cottage cheese, heated to lukewarm
- 2T sugar
- 1T instant minced onion
- 1T butter
- 2tsp dill seed

- 1tsp salt
- ¼ tsp soda
- 1 egg
- Softened yeast

Add 2¼ - 2½ C flour to form a stiff dough, beating well after each addition. Cover; let rise in warm place until light and doubled, usually at least one hour. Stir down dough. Turn into well-greased 8" round casserole. Let rise in warm place until light, at least 30 mins. Bake at 350 for 40-50 mins. Brush with butter, sprinkle with salt. Tear it off and enjoy!



Letters to the Editor

HARRISON MEMORIAL CHURCH

Dear Editor:

When Deberah Shears coordinated local singers and musicians for the first Christmas concert at this charming church in the woods, I was incredibly moved with the event. Being in the choir let me look out to the audience, to the varied community members - friends, acquaintances, neighbours - brought together in singing and listening. It filled me with deep appreciation that our diverse population could share this seasonal music in such fellowship. Many other events have been offered at the church and each has recalled for me that particular concert and being touched with the benefit of a special venue. We're looking forward, when the situation changes to allow it, to a time when as a community we can again gather, enjoy artistic offerings and share these events together. It pleases me greatly to imagine that this church will still be part of the community and available to fulfill that purpose. My thanks to those who have worked and continue to work to allow this to unfold.

With gratitude

Alanda Greene, Kootenay Bay

MORE APPRECIATION FOR ARTCONNECT

Dear Editor:

I would like to extend my gratitude to the Art Connect Society! They have been masterfully putting their hearts and souls into raising capital to purchase the Harrison Memorial Church in Crawford Bay. The purchase will better the community offering the East Shore, Kootenay Lake residents and visitors a funky venue for music concerts, art and other magical events. Please donate and support their incredible efforts to be VICTORIOUS in raising enough money to buy back the church from the diocese. It WILL create a positive loving environment for all to enjoy. Way to go Zora.

2 Mainstreet October 2021

and all involved! Ohhhh and the acoustics in there is astounding! Sending you love and light ArtConnect Society!

Beverly Robinson

WINTER SNOW REMOVAL

Dear Valued Customers of JK Excavation Ltd.

We hope that you all enjoyed the summer, and are gearing up for a big white winter.

All of our contracts this year will be performed by Peter Cullinane, of Akokli Construction. Peter has extensive experience with snow removal and we are confident that he will satisfy all of your needs and expectations.

Feel free to contact Peter at 250.977.5264 or email him at peter@akokli.ca

Sincerely,
JK Excavation Ltd

AND MORE! HARRISON MEMORIAL CHURCH RESTORATION

Dear Editor:

Bravo to the South Kootenay Lake ArtConnect Society for achieving some wonderful milestones: 95 members and counting, RDCK and other government support, Nelson & District Credit Union support, some substantial private monetary donations, an encouraging building inspection, just to name a few, and acceptance of their offer to purchase!

This is all exciting news to have such a lovely and historic venue stay within our community. As a musician who has performed there, in our own Many Bays Band, and as an audience member to some amazing concerts, I can attest to the marvelous acoustics and special ambience of this unique building. I applaud the progress the society is making and thank you for your efforts!

Mary Donald, Riondel Rd.

Yard & Garden Waste — Seasonal Free Tipping

Be FireSmart! Prepare your property for future wildfires.

During the month of OCTOBER the following Resource Recovery

Facilities accept Yard & Garden Waste for FREE:

Boswell Transfer Station

Crawford Bay Transfer Station

Creston Landfill



Visit our website for more information and program details.

rdck.ca/gardenwaste

250.352.8161 | wastedept@rdck.bc.ca

The East Shore Mainstreet

KOOTENAY LAKE BC

OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0

Editor: Ingrid Zaiss Baetzel (since 2002)

Phone: 250.505.7697

Email: mainstreet@eshore.ca

Web: www.eshore.ca

Writers: Community

Article? Letter? Etc? Drop off at Gray Creek Store drop box, mail to Box 140, Crawford Bay, V0B 1E0 or Best Yet, Email to: mainstreet@eshore.ca

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

The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake.

Barefoot Handweaving



Enjoy the rich music of fall colour patterns.

Open everyday 10-5: at least 227-9655

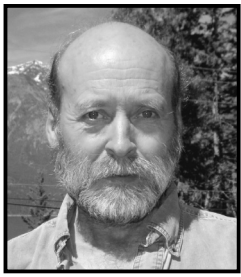
Who is your Community Hero?

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!

My community hero is JULIA KINDER. This woman personifies community. When something needs doing, she doesn't whine about it and point fingers, she gets after it, and she gets it done. She is helpful, non-judgmental, positive and encouraging... and kind. That kindness is lacking, so much, these days and Julia doesn't talk about being kind, SHE is KIND, by example. Julia has personally restored my faith in humankind and in friendship on more than one occasion and we are all richer for having her in our lives.

Mandy Petrie



RDCK Area "A" Update

by Garry Jackman, Regional Director

Moving Targets:

In August we were briefed as a Board on what to expect for operational changes at our recreation centers. Then by mid September the target shifted again as the Province modified its rules. The RDCK website has a fairly comprehensive list of activities with related current COVID measures for you to refer to when planning to head to a recreation site. From the home page please click the tab for "recreation" on the upper left and then find the link for the "COVID information page". There you will find a fairly extensive chart based on the public health orders (as of September 13th) for when proof of vaccination is required or not required. The page will be updated as the public health rules are updated.

Lake Levels & Hydro Operations in a Dry Year:

A few times each year BC Hydro and Fortis Electric both provide briefings on their operations. This generally includes how each year compares to others in terms of runoff forecasts versus actuals, updating projections for lake and reservoir levels and other information about their programs and capital projects. In addition, lake levels were discussed during the annual International Joint Commission (IJC) meeting on September 22nd. At the time of writing this article I have not heard the latest from BC Hydro

yet as their next briefing is September 29th. I can share some of what Fortis and the IJC reported on.

The most significant take away for me from the summer briefing from Fortis Electric was that even though we had very little rainfall through the early summer in the northern part of the Columbia Basin (Revelstoke, Golden and Valemont) and the snow packs were not high, the Columbia River flows at Revelstoke were close to normal levels. This was not due to the release of water from reservoirs, as they were kept relatively constant, but was reported to be likely due to accelerated glacial melt during the "heat dome" event. Thinking ahead a decade or two, while it took thousands of years to form these glaciers we may only need to see a heat event like this year once a decade to overshadow all previous predictions on the rate of glacial melt within our region. I will be interested to see how this will impact runoff modelling for future years. Hopefully the upcoming BC Hydro "dry year" presentation will also provide more insight.

At the International Joint Commission (IJC) briefing they pointed out that since mid July this year we saw several weeks of all time record low Kootenay Lake levels for that time of year. The IJC also confirmed they hope to complete a Kootenay Lake Information Paper by the end of this calendar year which may form the basis of recommendations for further studies leading to proposals to update the Order on Kootenay Lake which was put in place back in 1938. This "Order" is the basis of the international agreement with impacts on how the lake levels are adjusted annually.

Interior Health Research Week:

Over the past several years I have had the opportunity to participate in health research seminars and projects hosted by Interior Health as well as a number of interior post secondary institution research depart-

ments. I have found the topics relevant and interesting. I have also found that if we who live that extra hour away from critical health care services or who have access challenges (due to loss of regional bus service and lack of local transit) do not speak up about barriers we face then the reports produced through the research are not complete. In the past several of our community members have provided input and some are involved actively in larger groups across the province.

There is an opportunity for locals who have an interest to become more involved and have your voice heard. From October 4th through 8th Interior Health will host a series of research sessions. If you are interested and see this article early enough in October please contact me and I can pass along more information on registration.

Tidbits:

Forestry Intentions Paper – over the past months we have heard many references to possible changes to forest tenure (primarily through re-allocation of the annual allowable cut quotas) as well as greater focus on reducing forest waste/burning and improving identification of forest values and modeling of growth rates, in particular recovery after harvesting or fires. I recommend you look into the Forestry Intentions Paper on the provincial website for some background information on this topic.

Another reminder that the Regional Energy Efficiency Program (REEP) will continue for another four years through renewed partner contracts. The program can help local residents from advice to action on how to improve their home energy efficiency. Look on the RDCK website for details.

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



Hidden Taxes

by David George

A \$600 million waste of our tax dollars

"Nowhere in the pages of history can one find a greater champion of justice. Return with us now to those thrilling days of yesteryear. From out of the past come the thundering hoofs of the great horse Silver! The Lone Ranger rides again!" Or perhaps we should go "back to the days of the Gold Rush with Sergeant Preston...and his wonder dog, Yukon King."

Well, I cannot deny that I am old enough to remember radio shows, back before the days of television. In fact, the first television program I recall seeing was at our neighbour across the street's home on a little 12 inch round tube. It was the coronation of Queen Elizabeth II, in 1953.

Now we can watch almost any television show available online and the Canadian Broadcasting Corporation no longer broadcasts any television on air.

Look back just over a year and a half, to when the Covid pandemic was beginning, and recall the daily briefings Justin Trudeau gave, available online through the CBC. While he did not quite compare to those iconic figures on the radio shows, quite a lot of us viewed him every day, being reassured that our federal government was doing all it could to protect us from a pandemic of a sort not seen for more than 100 years.

While we waited for vaccines and began wearing masks in public, our border with the USA closed to other than essential goods.

All the past year and a half took place with a minority federal government, a situation which many say was a good thing, as the Prime Minister and his cabinet had to listen to the other political parties.

Now we are half a year into the age of vaccines which are effective against Covid. Most of us are vaccinated, especially those of us of a certain age, which roughly translates to those of us who are grandparents or a little younger.

It is distressing to find that we still need to be masked in public places, but most of us accept this as a continuing necessity. Proving we are vaccinated is more controversial, and there have been protests, mainly from those people who do not want to be vaccinated.

We Canadians have the right to protest, but not the right to obstruct our health care workers. We also have the right to refuse vaccination, but if we do so, we must recognize that businesses and government agencies have the right to refuse us service, just as they now have the legal

responsibility to refuse to admit unmasked people over a certain age.

Now about our most recent federal election—My reaction is that this election was an unnecessary and appalling waste of money. In fact it was a waste of \$600 million, or roughly \$22 per registered voter.

Because this election was held right in the middle of the fourth wave of the Covid pandemic, there were far fewer polling places, and on election day many people waited hours in line to vote. Much simpler to have just given each voter twenty bucks after filling out a survey about how we wanted the minority government to do things now. Even better to have spent that \$600 million on needed social programs such as child care or medical and dental care.

The Conservatives may have lost a few seats, and the NDP and the Bloc gained a few seats. The Liberals stayed almost the same.

In our own little corner of Canada, the incumbent Conservative was reelected by a fair margin. The spoiler in our riding was the emergence of the People's Party of Canada, positioned far right on the political

spectrum. It is worth noting that the NDP would have carried the riding if the PPC and the Greens had not run candidates and most of those votes had gone to the New Democratic Party.

But such is politics. We again have the opportunities which exist in a minority government to achieve better outcomes than would have been available if a majority government had emerged from this unnecessary federal election.

Next Deadline:

Oct 27, 2021

www.eshore.ca



**Western Pacific Marine Ltd
Kootenay Lake Ferries
Osprey 2000 Ferry**

OUT OF SERVICE

**October 12th 2021 – October 26th 2021
for semi-annual maintenance**

The smaller capacity MV Balfour ferry will be in service operating on the regular winter schedule. Potential for increased wait times during busy sailings. Please refer to DriveBC.ca for updates.

**MV Balfour weight restriction:
Only one 6-8 axle semi-trailer per sailing**
Western Pacific Marine Ltd would like to thank you for your patience.

Riondel Fire and Rescue Blotter

by Fire Chief Cory Medhurst

This month brings Fire Prevention week from October the 3rd – 9th with this year’s theme of “Learn the Sounds of Fire Safety”. The following is a recent media release from our Regional Fire Prevention Officer, Chief Gord Ihlen. The Regional District of Central Kootenay (RDCK) Fire Departments are teaming up with the National Fire Protection Association (NFPA) - the official sponsor of Fire Prevention Week for more than 90 years – to promote this year’s Fire Prevention Week campaign, “Learn the Sounds of Fire Safety”. This year’s campaign, October 3-9th, works to educate everyone about simple, but important actions they can take to keep themselves and those around them safe. “It’s important to learn the different sounds of smoke and carbon monoxide alarms,” said Gord Ihlen, RDCK Fire Prevention Officer. “Make sure everyone in your home understands the different sounds of the alarms and how to respond. To learn the sounds of your specific smoke and carbon monoxide alarms, check the manufacturer’s instructions that came in the box, or search the brand and model online.” RDCK Fire Departments encourage all residents to embrace the 2021 Fire Prevention Week theme and to follow these safety tips to “Learn the Sounds of Fire Safety”:

- A continuous set of three loud beeps - beep, beep, beep means smoke or fire. Get out, call 9-1-1, and stay out.
- A single chirp every 30 or 60 seconds means the battery is low and must be changed.
- All smoke alarms must be replaced after 10 years.
- Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced.

- Make sure your smoke and carbon monoxide alarms meet the needs of all your family members, including those with sensory or physical disabilities.

To find out more about Fire Prevention Week programs and activities in the RDCK, please contact your local Fire Department at <https://www.rdck.ca/EN/main/services/fire-services/fire-departments.html>. For more general information about Fire Prevention Week and fire prevention in general, visit www.fpw.org.

Fire Prevention Week is also a great time of year to review or develop your family’s emergency escape plan in the event of a fire in your home. Have escape routes from each bedroom and living area in the house, decide on a muster point outside and away from other structures or combustibles. Is there a safe way down from second or third stories, or to escape a basement? It’s also a good time to check your fire extinguisher (or a great time to buy one) and your smoke/CO monitors (or a great time to call and get one from us).

September had a usual number of calls to service and were as follows:

September 4 – At approximately 11:00 AM, four members responded to an MVI in Boswell. When the crew arrived at the address given there was no signs of a motor vehicle incident. The crew searched the area for five minutes until proceeding further south. When they arrived at the actual address the scene had been cleared and the patient had been transported by the Creston ambulance. The crew returned to their regular activities.

September 4 – At 4pm on the same day, a different crew of 4 members responded to another MVI involving a single motorcycle on the Crawford Bay summit. The driver was traveling towards the ferry when the bike hit gravel and lost control, landing the motorcycle on top of the driver a few feet into the ditch. The crew assisted with patient care, traffic control, and patient movement to the ambulance.

September 7 – A call came in for a powerline or

cable down across Eastman Avenue in Riondel, blocking the road. When a crew of two arrived, they were informed by a motorist that a wire had disconnected from the anchor point, striking the car passing underneath. The cable remained suspended in the air approximately three feet above the road making it dangerously hard to see, and only passable with an expensive, low riding sports car. One member retrieved traffic cones and signs and blocked the road, remaining on scene to divert traffic for almost three hours until utilities and road crews arrived.

September 8 – A medical First Responder call in Riondel had four members respond to assist paramedics. When the crew arrived, the patient was being attended to by our local, handsome Community Paramedic and was walked to the ambulance for transport to hospital.

September 10 – A call for an emergency lift assist in Crawford Bay had two members respond to scene while two members remained at the hall on standby. The crew that responded to Crawford Bay assessed the patient until the ambulance arrived, and then assisted paramedics with patient movement from the home to the ambulance.

With fall arriving and winter around the corner, now is the time to plan your activities for those cold, snowy days. We have a suggestion – come join the fire department and warm up in your very own turn out gear; get regular weekly exercise during practice on Thursdays; and meet new people and socialize with the community. I keep promising shiny firetrucks, and one day you too could ride in one. For those of you who have wanted to join but haven’t yet, now is the perfect time. We have recently onboarded seven new members who are just starting the training. It’s not too late to join them in this exciting round of beginner training! Come to the fire hall on Thursday’s from 7PM – 9PM, call us at 250-551-1352, or fill out an application on line at www.rdck.bc.ca under Fire Services.

Yarns From the Back Alley Shepherdess

by Barb Kuhn



I call myself the “Back Alley Shepherdess” because I like to sit in the back alley behind my

daughter’s house in Riondel, spinning my fleeces, while I watch my grandchildren ride

their bikes. It’s amazing the number of people that walk by and stop to talk. I still have my shepherd’s crook and scrapie tags from my ranch in Montana. I raised sheep, goats, pigs, chickens, honeybees, fruit, veggies, herbs, a horse and a llama on a wild patch of ground at the base of the Mission Mountains.

I came to live here on the East Shore 5 years ago. Some people have never seen a spinning wheel before, so they ask me what I am doing. As the spinning wheel is a conversation starter, many people end up sharing their stories with me. I like to say that I am “spinning lives together—yours and mine!”.

As I said in my last article, I have experience in the field of healthcare. I have quantified whatever can be weighed or calibrated in the care of people—lots of measurements that are taken to indicate the effec-

tiveness of treatments needed and given. Sometimes we are so engrossed in documenting that we forget to focus on what is most important—does the patient feel cared for?

This is a question that bothered me, especially working in long term care. I had many patients that just wanted someone to hold their hand, or talk to them. Those who were dying only saw a nurse or care aid briefly on an intermittent basis. Staffing issues kept these timelines tight; staff was at a minimum for the workload, as nurses or care aids were sent home if the census was low. (This happens in hospitals, too). Those that were working had little time to sit with those who were actively dying.

This is the part that broke my heart. I had become a nurse to care for people, not dispense 400 pills in an eight hour shift. Surely I could do something that would make a difference to myself and my patients?

I started taking time to sing to patients who were actively dying. I talked to them even when they could not respond. The comfort I gave was a balm for myself, as well. I found myself feeling much more satisfied in my nursing practice.

I was stunned when I was told that being an End of Life Doula was an actual profession. I didn’t know that there was a name for it, all I knew was that caring for someone in the last stages of their physical life was what I wanted to do. I wanted to provide what I found was nearly impossible in nursing: comfort for

those approaching their physical death. Caring for the patient and their family’s needs at this very special time became my focus.

If you have questions or comments related to this article, feel free to contact me.

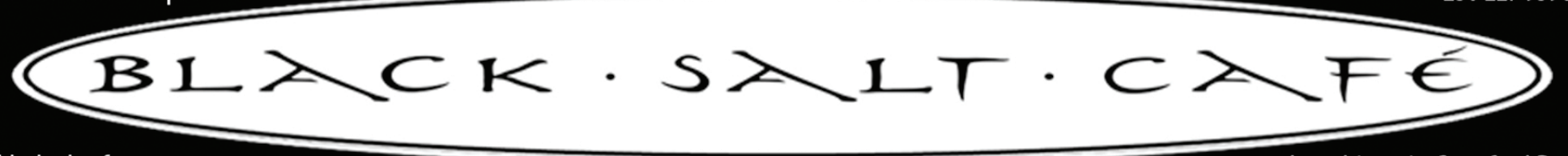
Barbara Kuhn
PO Box 300
Crawford Bay, BC
V0B 1E0

OCTOBER 8/9: JOIN US FOR THE HUB’S 1ST BIRTHDAY BASH!
www.hubeatery.ca for details

Last day of 2021 Season - Oct 10th. Thank you for all your support!

lunch-dinner-esspresso

250-227-9596



blacksaltcafe.net

your eastshore bistro in Crawford Bay



Hacker's Desk
by Gef Tremblay

Devil's Dream

There is this part on the violin, called 'mentoniere' in French. It probably translates as a 'chin rest' or some less poetic naming. It's a rounded, sensual, comfortable piece where you rest the side of your chin on to hold your violin. You squeeze the instrument between your jaw and your heart to keep it stable. In this position, the chin rest would also double as a tear funnel. When the tears flowed on my cheeks from both sides, they would pool down in the chin rest, end up drifting in the center of my chest, avoiding and protecting the violin.

As a kid, I spent a lot of time crying while playing my violin. I wish I could say that the tears came from how emotional the resonance of my instrument made me. But no, I was crying because I didn't want to play. It is such a complex instrument, and I wasn't very good at playing the violin. As a kid, I wasn't terribly good at anything really. Everything came quite effortlessly to me. It was easy for me to pick up something new and learn enough to be decent with it, but there wasn't any drive behind it to improve. I realized everything was easy for me, and I really had to choose what I wanted to become good at. But that took me a while; I preferred experimenting with a new thing. I never got that good at playing violin, but it made quite a deep impression on me. Something wasn't finished; my relationship with the violin couldn't end there.

So I went about my life. I lost my early child violin, but I always stayed attached to the idea of playing the violin. A few years back, my dad offered me his violin. He found the instrument in the house we moved into when I started school and lived most of my childhood. So, in a sense, the violin was destined to be mine at

some point, he said. I was glad to have a violin again, but would I play, or would this only re-enforce my self-judgment about not playing it? I slowly fixed up the violin, got new strings, got a new bow and fixed the other one. Got a mic for it, got a stand and some other parts that were missing. I played a bit, sampled a few notes here and there to remix into my electronic music. But the sound I was creating wasn't great. I wanted to get better, so I needed someone to get me there.

In September we went to Kaslo and enjoyed an outside show where a band was playing. A violin and a keyboardist, playing and singing. They had so much fun, and then I realized I had found my teacher. I went to meet her after the show. Yes, she was teaching, and she handed me her card.

When I started the class, I wasn't sure what to expect. I was tense; I hadn't played much in the last year. A lot of emotions were swirling around me, then she started. "What can you play?" I was shocked by the abrupt start and didn't know what to do. Couldn't we start by talking about our feelings, sit and sing kumbaya for a bit? This is one thing I love about taking classes with strangers; they just get to the point. They are paid to be efficient so we can skip all the emotional trauma associated with music. In short, they do their job, and I can write an article about my healing process.

In fifth grade, I participated in a concert. All the musicians went into a room to tune and warm-up. Everyone had a piece to show, one after the other. In the tuning room, I heard a mesmerizing melody. You see, I was a Suzuki child. Learning the Suzuki method of classical pieces, one at a time, gaining on complexity yet not really an exciting process. When I heard that melody, I couldn't help but copy it.

The girl who was playing it as a warm-up heard me playing and slowed down a bit so I could catch up, grinned and then we were both playing it simultaneously. That melody has stayed with me ever since.

I've never seen the score, and I wasn't even sure I had the correct name, but my teacher corrected me; it's called the "Devil's Dream". This is the song that I knew I could play for my teacher. And it all started.

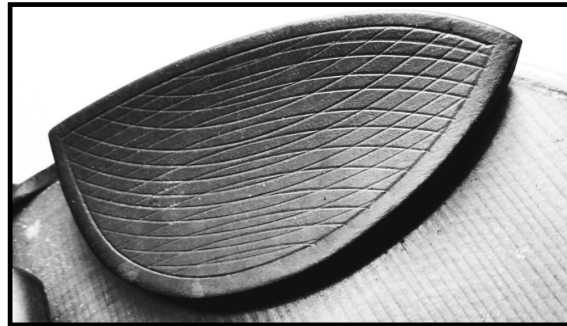
Corrections on how I hold my bow, how the sound could be better, then moving right away to how I could improvise on that song, how I could play chords on a backing track, and here is the link to play on this. It was so great, simple and to the point, best of all I didn't cry! Nothing emotional, nothing about healing but everything about it at the same time.

She continued the lesson by mentioning a book, *The Music Lesson*, a book that I would probably enjoy reading. We finalized by reviewing what I could practice, and that was that. It was a great first practice, and I felt there was a lot there for me, on the musical side of things and personal growth. It feels like practicing the violin has already a healing effect, and

I am looking forward to seeing how far that will take me.

I know there is some emotional gunk attached to playing the violin, but I don't how much there is. It's hard to know until I jump headfirst into a new activity. Shaking these old patterns has a very liberating effect. At this point, I don't know if I'll ever get better at playing the violin, but the positive impact it has on me is enough to keep me going for a while.

After the lesson, I went online to see what book she referred to; I found it and downloaded it. Opening the book, the cover appeared with the full title: *The Music Lesson, A Spiritual Search to Grow Through Music*.



Hall Board News
October 2021

submitted by Susan Hulland

Our 2021 AGM will be held in the Fraser Pavilion of the Crawford Bay Community Park at 4:30 pm on Tuesday, October 5. Current Covid-19 protocols and policies will be in place.

We are pleased to announce that the hall's new furnace is operating. According to the staff running the election polling station it works well. Hopefully other renters will get to experience this improvement to the building as it gets colder.

Fundraising: Online Silent Auction

From November 5 to 9 our association will be hosting an online silent auction on Facebook to bolster our Hall Reno Fund which is so necessary in supporting grant applications. Our 2021 volunteer canvassers Sharon McDonald, Sheena Sobkiw, Janaki Pogreba, Amy Hotchkiss and Amanda Hulland have been busy collecting donations here on the East Shore and in Creston, Nelson, Balfour and beyond. (Lorna Robin, Mary Livingstone and Catherine White also canvassed for this auction back in 2020 when Covid cancelled plans the 50 Plus group had to sponsor an auction for us.)

Donors have been generous and there should be something to interest everyone. To date we have received 70 donations valued at approximately \$8000. Participating in this fun event could help a lot with remote, Covid safe shopping for some of the people on your Christmas list. (See our display ad on page...?.. for a sneak preview of some of the bid lots.)

Thanks to Paul Hindson of Kokanee Chalets for donating the equivalent of what his July and August mowing bill at the park would have cost us.

Thanks also to the Gallinger & Rude families for their generous donation to our Hall Rejuvenation & Preservation Project.

Thanks:

As always there are many people to thank for helping us this past month:

Paul Winfield of Digital Direct Printing for creating a poster for the upcoming online auction and to our school's secretary, Shelby, for printing the posters.

Thanks to Dave Hough for cutting the grounds at the hall for the second time this year to keep the cottonwoods and acacias from taking over that space.

Thanks to Will Hulland for dropping everything on his agenda to open up and later close a section of the hall wall for structural engineer, Alison Macleod, to get more critical information about the building.

Thanks to Brenda Panio and Cameron Stokes for help with demystifying the new thermostat in the hall during the election.



"The way to get started is to quit talking and begin doing." - Walt Disney

Have you ever thought about turning your passion into a business? Do you think you have what it takes to be an entrepreneur? Contact Community Futures for more information on Programs & Workshops available to you!

Call Amanda Murray at 403-678-7044 or amurray@futures.bc.ca to book a free appointment in Creston.
www.futures.bc.ca

Growing communities one idea at a time.

Next Deadline:
Oct 27, 2021
www.eshore.ca

Green Bubble Co
(SUNNY WOODS)

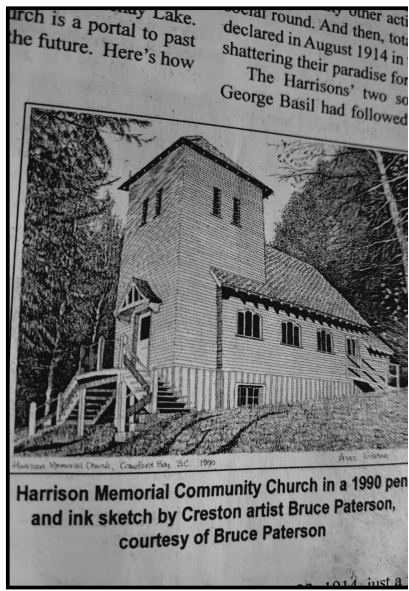
October 2021 HOURS:
Mon/Weds/Thurs/Fri: 9AM TO 5PM
(closed Tuesdays)
Sat/Sun: 10AM to 5PM

Pet Supplies, Farm Feed, Giftware, Garden Décor & Supplies, Fresh Eggs, Wildly Delicious Condiments, and Kootenay River Beef/Chicken/Fish.

CALL (250) 505-0847
WE ARE OPEN ALL YEAR!

Harrison Memorial Church Update by ArtConnect

submitted by Zora Doval



The board of the South Kootenay Lake ArtConnect Society had a very busy month of September. In a highly competitive atmosphere of the open market, we worked hard amidst the daily worries that our beloved community asset may slip away and be gone forever. We are happy to announce that our offer to purchase has been accepted by the

Diocese and we have been busy assessing the building for its merits and problems. We have done all due diligence, including building inspection, pest control, safety/health concerns, septic, electrical, water utility. We have been assured that the building has a lot of life left in its bones. The problems can and will need to be remedied. We intend to give more detailed information to our growing membership about what lies ahead if the purchase is completed.

Thank you so much to all our well wishers and supporters; we could not do anything without your kind support. Our membership has grown to 95 people who are expressing their wish to see this heritage building transition into a venue for arts, music, sacred space for contemplation, youth summer camps, cinema nights etc. The support has been overwhelming and coming from many different places. There is interest from local groups (drama group, book club, art groups) to use the building on a regular basis. We will also be able to enjoy classical/jazz concerts in a acoustically perfect venue.

We are still in negotiations regarding the price and structuring the financial aspects of the purchase. We have applied for financial support to the RDCK and Credit Union. We have deep gratitude to our generous sponsors and donors. You can still become part of this exciting community project and show your support by becoming a member of the ArtConnect Society. Larger donations of \$500 and above are transferred directly into the society's saving account and will be returned to donors (less 10% for administration) in case the project does not proceed. Your membership is part of our operating budget and covers the expenses connected with fees for inspection, estimates and legal fees. Larger donations will be used solely towards the purchase and upgrades/repairs.

You can e-transfer your membership fee and donations to: esartconnect@gmail.com.

We are planning to hold a public meeting with our membership and larger community in near future. Please stay posted online or find us on Facebook. Give us a call if you like to get involved, want to help out and volunteer. We need all the help we can get.

For more info: Zora Doval – 250.777.1856/esartconnect@gmail.com

East Shore Youth Network: What's New?

by Vienna Doenni, Coordinator

This year the East Shore Youth Network had to try programming a little bit differently. Within the parameters of the COVID guidelines we had to reinvent ourselves and try lots of new things. We have founded a new Hiking Group that has walked close to 600 kilometers in the forests and mountains of the Basin since February, we implemented a Mental Health check-in and wellness week and we ran full summer programming for the first time ever, featuring movies on the beach, volleyball, kayaking and tennis.

Additionally, we were able to expand our programming to improve physical literacy in young women, through a Canada Parks and Recreation grant as well as support from Basin Plays. The young ladies got to learn how to skateboard, golf and shoot arrows of horses. The program will continue through May 2022 with hope of extension of this valuable program.

While focusing on health, we hosted a Remote Wilderness First Aid course for 11 local youth, ran boat and paddle smart courses and sent two youth group members through the pathway to become National Lifeguards, making our lake a safer space for the whole community. Youth also worked on their leadership and presentation skills through the Columbia Basin Trust Leadership Program.

While many things changed a few stayed the same. We are happy to announce that we will be able to host yet another Haunted Hall in Crawford Bay in collaboration with EASEY this October (29-31) and are excited to be partnering with Better at Home yet again to help out vulnerable members of our community during Helping Hands Day (October 9).

Do you need help at your property getting things ready for the winter or do you want to reward our hard working youth in their quest to replace our outdated vehicle? The Youth Network will be accepting donations through e-transfer (re: Suburban "Bert", skootenaylakecss@gmail.com), by cheque to Community Connections or through bottle donations (drop off at the Norse Art).

Do you know a youth aged 12-18 who would like to join the youth Network? Email: eastshoreyouth-network@gmail.com or check out our website: www.eastshoreyn.ca. Instagram: [eastshoreyouth](https://www.instagram.com/eastshoreyouth) or Facebook: [EastShoreYouthNetwork](https://www.facebook.com/EastShoreYouthNetwork)



Helping Hands Day 2021

by Rebecca Fuzzen

Snow was lying on the ground early in the year of 2019, when the birth of the idea for Helping Hands Day came from the brain of Dave Agnew (former Crawford Bay resident). Dave's idea was that one or two days in the year, preferably spring and fall, able-bodied volunteer community members would help at the homes and residences of not so able-bodied seniors. Help would be with tasks the seniors would not manage on their own. And so we began. Starting with the first Helping Hands Day on Saturday, May 4th, 2019. Chores that were completed for our East Shore seniors that day included: stacking firewood, moving or removing yard debris, raking yards and window cleaning.

Unfortunately, not all jobs that our seniors have asked for help with are Helping Hands Day jobs. Gutter cleaning, chainsaw work, and second or third storey window cleaning are things I will not ask volunteers to do. However, we do the best to help where we can.

Early Helping Hands Days saw all participants, young and old alike, gather at the Crawford Bay Hall for a free feast at the end of the day. Now of course, due to the current Covid situation and the health care crisis, gathering at the Crawford Bay Hall "in the flesh" is not advisable. However, please note that gathering in spirit remains acceptable. Fall Helping Hands Day 2020 was successful in readjusting the end of day meal to a take-home turkey dinner courtesy of the Lady Bug Café.

Another contributing factor to the success of past Helping Hands Days has been the support of Columbia Basin Trust, Community Connections (ESKLCSS), Susan Dill of the East Shore Hospice Society, Better at Home, and especially the incredible muscle of our awesome East Shore Youth Network. Hats off to Vienna and Matt for all their excellent work with the Youth. This year again we are blessed to have the muscle of the Youth Network behind Helping Hands Day. Unfortunately, this year Helping Hands Day is short on funds and the Youth Network desperately needs a new vehicle; as their cranky, old, Chevy suburban is on its last legs.

Tides have turned and this coming Fall Helping Hands Day on Saturday October 9th, 2021 will be slightly different. There will likely be no free meal at the end of the day, but there will however be a feeling of accomplishment for jobs well done, and seniors helped. Hopefully there will also be a plethora of donations to support the Youth in getting the new vehicle they need.

Donations can be made in the form of bottles, cash or cheque to the East Shore Youth Network. Another way to donate is by E-transfer to Community Connections skootenaylakecss@gmail.com. Please earmark the funds to the Youth Network. Cheers!

**OCTOBER 8/9: JOIN US FOR
THE HUB'S 1ST BIRTHDAY BASH!**

www.hubeatery.ca for details



Thoughts from the Frog Pot

by John Rayson

VACCINATIONS CONTINUED

Those who have followed this column will be familiar with the fact that I am in favour of vaccination and a proponent of same; based on 27 years in the practise of medicine. We do have to keep in mind that vaccines are not perfect and even vaccinated individuals can contract the virus. To date; 4.8 billion doses have been given world wide with no documented significant negative effects.

I do think that it is necessary to address the issues of vaccine hesitancy and anti-vaxxers in spite of what appears to be overwhelmingly positive results for vaccination. It is my intention in this column to attempt to address these issues.

To begin, I will update a few Canadian statistics. According to a national poll done by Ipsos Reid [a respected pollster company], 80% of Canadians are in favour of vaccination. This figure combines results from all provinces, including Quebec and Atlantic Canada. In addition, 80% are in favour of mandatory vaccination for travellers, plus mandatory vaccination for specific industries, including health care, teachers and public servants. In the past few days the Registered Nursing Assoc. of B.C. has indicated opposition to mandatory vaccination; 1000 nurses have supported this decision (that is 2% of 49,000 nurses) at the same time 35% (18,000 nurses) have stated that they are

considering leaving the profession due to harassment, discouragement, frustration and burnout associated with caring for Covid 19 patients.

Within B.C., 83.7% have received at least one vaccination and 79% are fully vaccinated. It is estimated that your chance of hospitalization with Covid 19 is increased eleven times in B.C. if you are unvaccinated: the figure Canada wide is seventeen times.

We often hear the term “Herd Immunity” which is equal to population immunity and can be achieved by either exposure to the disease or vaccination. The World Health Organization recommends vaccination as do we in Canada. In addition, we are exposed to the R number. An R0 means that if we have the disease we will not infect others. The R number for Covid 19 is R2-3 the same as polio (we vaccinate infants for polio). By contrast, the R number for measles is 16-18; a highly contagious disease requiring 95% vaccination to achieve “Herd Immunity”. All children in B.C. receive vaccination for measles as infants (approximately 99% are immunized). The Provincial Health Officer for B.C. (Bonnie Henry) has recently stated that the Delta variant of Covid 19 is much more contagious and B.C. will require 95% vaccination to achieve “Herd Immunity” for Covid 19.

Vaccine hesitancy is a significant issue, even with today's opportunities for communication. Vaccine hesitancy can be considered with a 5C model: confidence, convenience, complacency, calculation and collective responsibility.

Confidence comes with knowledge and time. There are now 4.8 billion doses given and mRNA vaccines have been under development for 30 years. They are safe. We must ensure that this information is well disseminated. Not all Canadians are in a position that convenience is a given. Many live in remote and isolated communities and will have difficulty in accessing the vaccine. Individuals from the inner city and specific

groups may have the same issues. As for complacency and calculation, these issues may go together as individuals feel that they are not likely to be exposed to the disease and calculate that their risk is small. Again, we must ensure that individuals receive accurate information. It is difficult to deal with the issue of collective responsibility as we all have rules that we don't like but still have to follow for the benefit of our society.

Anti-vaxxers believe that vaccines are unsafe and infringe on their human rights. In addition, they deny the existence or validity of the science supporting their use in the general population. This group has 31 million followers on Facebook from which they glean much of their information. The Office of Science and Society (OSS) of McGill University (a respected Canadian institution) has found that 65% of the anti-vaxxer information comes from twelve sites on the internet. The sites in question are noted for misinformation and inaccuracy.

Recently, the anti-vaxxers figure prominently in the news. The best estimate of the numbers of anti-vaxxers in Canada is approximately 5% (1.9M individuals) of the population with an estimated 7.8 million in the U.S. One would have to conclude that they are receiving more than their fair share of publicity. These individuals have the right to their views in our society but not the right to interfere with others and to disrupt health care and education. Nor do they have the right to ignore rules and regulations with which they disagree. We all have rules in our society with which we may not agree but must follow.

Next Deadline:
Oct 27, 2021

Your Microbiome: Why it is so important and how to keep it healthy



by Maya Skalinska M.H., R.H.T.
Master Herbalist,
Registered Herbal
Therapist

A microbiome is a community of different kinds of micro organisms such as bacteria, fungi or viruses living, together in a symbiotic relationship. Our bodies are homes to 10-100 trillion microbes, living on our skin, nose, ears, but mostly in our guts. Interesting fact, our bodies only contain around 38% actual human cells, the rest is a huge variety of bacterial species and other microbes, weighing around 2.5 lbs or equivalent to 3 pints by volume. Most of the microbes are beneficial, but some are potentially harmful.

For the longest time it was believed that the microbiome mainly helped digestion, but in the last two decades, scientific discoveries have brought us a more precise understanding of its true function. Focusing on our gut microbes, they play a huge role in metabolism, helping extract energy and nutrients from our food, and playing a fundamental role in the function of our immune system.

Our little gut bugs inhibit pathogens (foreign invaders) by “colonization resistance”, which is competing for space and nutrients in our gut. They release toxic molecules to counteract pathogenic microbes, and stimulate our immune system to eliminate the invaders. On top of that, they balance the immune response, making sure it doesn't get out of control by suppressing immune inflammatory response, essentially regulating

immune homeostasis. And that's not all! Our microbes provide signals to stimulate normal development of specific immune cells and their maturation process. 70-80% of our immune cells are present in our guts.

Obviously, our gut microbiome is an essential part of our immune system. Dysbiosis (reduction in microbial diversity) results in reduced ability to induce immune response. Therefore it is linked to all inflammatory bowel diseases (IBS, colitis, Crohn's), all immune related diseases such as all inflammatory conditions, auto immune diseases, allergies, cancer (specifically oral, gastric and colorectal), as well as neurological diseases, and anxiety.

Proper function of the microbiome and immune system depends on proper nutrition. Biodiversity is key, which means a variety of gut health promoting foods: Prebiotic and probiotic foods.

Prebiotic foods stimulate growth and activity of bacteria, predominantly in the colon. These are foods high in inulin fiber, fructo-oligosaccharides and galacto-oligosaccharides: onions, garlic, leeks, oats (quick oats do not count), Jerusalem artichokes, chicory root, bananas, tomatoes, lentils, chickpeas, green peas and beans (lima & kidney). There are also dietary fibers that are not prebiotics but have prebiotic properties such as beta glucans, pectin, arabinosylans and resistant starches which promote growth of beneficial bacteria: Medicinal mushrooms, oats, seaweeds, whole grains such as barley, millet and rice, flax seeds, apples, beets, carrots and citrus fruits are all important.

Probiotic foods are foods that contain live bacteria. I recommend having some kind of the following foods at least once daily: lacto-fermented vegetables such as pickles (fermented with salt, not vinegar), milk or water kefir, organic yogurt, apple cider vinegar, miso (never heat miso higher than 115F), sauerkraut or kimchi, and homemade kombucha are my favorites.

Remember that variety is key. Taking probiotic supplements are beneficial after antibiotics, but they

will never give you a biodiversity that a healthy microbiome requires. This can only be obtained by proper nutrition. A diet high in fat, sugar, simple carbs and processed foods has been proven to destroy your microbiome.

Take care of your gut and enjoy the health giving foods your microbiome and immune system need to protect you against all kinds of disease.

References:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4991899/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3337124/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4056765/>

<https://www.frontiersin.org/articles/10.3389/fimmu.2018.01830/full/>

Maya is a Registered Herbal Therapist with BCHA. She offers Iridology, Herbal Medicine and Nutritional Consultations in Crawford Bay, Nelson and Creston. For more information please email: mayaskalinska@yahoo.com

Massage Therapy
Harreson Tanner, RMT
Over 40 years clinical experience



* Knowledgeable * Skilled * Experienced
For appointments, call 250-505-6166

Kootenay Regional Transportation Opportunities

by Herve Blezy

In Sept 2021, the BC Chamber advised that 18 out of 170 submitted policy papers will be discussed with the BC Provincial Ministries. Our policy paper was one of the 18 policy papers chosen for discussion and an opportunity to meet with our provincial officials will occur in October and November.

I am sure many residents and members of the Kootenay Lake Chamber of Commerce wonder what the president, executive director and board directors work on during the year. Here is small example and it is all volunteer work.

In November 2020, the Nelson Chamber of Commerce forwarded an economic impact study from 2011 that was conducted by the Ministry of Transportation and Infrastructure (MOTI) to the Kootenay Lake Chamber of Commerce. The economic study was focussed on Hwy 3 from the Alberta border to Hope. The study made several highway improvement recommendations that would reduce travel time for businesses and tourists. By duplicating the MOTI approved methodology, the travel time benefits for relocating the ferry terminal from Balfour to Queen's Bay were also established by the Kootenay Lake Chamber. The relocation economic impact of increased tourism was not established and should be determined by industry consultants.

Based on this information the Castlegar, Nelson and Kootenay Lake Chambers submitted a policy paper in May 2021 and the policy was subsequently approved for submission to the provincial government. The policy paper was also supported by the Cranbrook, Fernie and Creston Chambers of Commerce. A full copy of the policy submission is available and part of the policy is provided below.....

The challenges faced by rural town communities can be significant with traffic delays due to avalanches and long ferry lineups and flights being cancelled into Trail and the West Kootenay Regional Airport throughout the winter months. In addition, with the Covid pandemic, the airline industry has incurred significant losses resulting in fewer flights in and out of the region. In 2021, the provincial government will be distributing \$16 M to local airports to help cover operating costs for regional airport.

In 2017, a Regional Shipping and Logistics Analysis was undertaken for the Columbia Basin Trust. The scope of the project included the analysis of the shipping and logistics infrastructure in the Basin; identified constraints and challenges to efficient operations; and provided an assessment of impacts. The study provided recommendations on potential actions for improving regional logistics to enhance business growth and investment in the region.

In 2018, Greyhound Canada announced that all passenger and freight service would be discontinued in British Columbia. This has had a large impact on the rural travelling public and reduced their access to regional hospitals in Kelowna, Cranbrook, and hospitals in major cities both in Calgary and Vancouver.

In 2021, the BC Minister of Agriculture, Food and Fisheries announced that the BC government is investing up to \$500,000 to purchase food-processing equipment and cover other start-up costs in partnership with the Regional District of Central Kootenay for a "Food Hub". The food hub will help small- and medium-scaled businesses access shared food and beverage processing space and equipment to increase their production and sales in and out of the region.

Kootenay region residents have appreciated the progress that has been made along Highway 3 including passing lane upgrades, avalanche management in the Kootenay Pass and with the ongoing building of a new ferry. Local residents have experienced travel time savings from Creston to the Alberta border. The additional upgrades over the years to the Creston airport have facilitated 100 medivac trips, in 2020 to Kelowna and other major health centers.

The Kootenay Regional Transportation opportunities that were identified:

8 Mainstreet October 2021

- Ensure that the regional airports and city airports remain equipped with modern technology and that their infrastructure be maintained in order to serve the general population and businesses in the region.

- Ensure that there is a viable transportation network for the residents, tourists, trucking and courier companies within the supply change network; to travel in and out of the region along Highway 3, 3A, 3B corridor. Ensure the enhancements of the transportation links facilitate cold chain logistics to allow food produce sales in and out of the region.

- Ensure that the region residents understand the financial impacts based on reduced travel time and the financial impacts based on the additional tourism that would occur along Highway 3 corridor which includes all section of 3A,3B and the financial impacts (positive/negative) on affected communities.

- Ensure that the region residents understand the energy savings for the reduction in travel time and the reduction in the number of cars using the using the Kootenay Pass.

Next month we will provide the policy recommendations.

This is one of many examples of the work that the Kootenay Lake Chamber does on behalf of its members along the East Shore. By working with the regional Chambers it was possible to have an effective voice for the region.

TOM SEZ

by Tom Lybery

Pumpkin pie time again. To easily use a pumpkin from your garden, put the whole pumpkin in your oven on high heat for 30 minutes. When it has cooled the skin comes off so easily and the core scoops out, leaving you with the rest, easy to make pie with.

The Balfour ferry parking area has finally been repaved. This has always been a mess of potholes and uneven surface – have they fixed it this time?

A persistent spelling mistake is using *lightening* for the electrical discharge from the clouds. It's correctly spelled *lightning* – putting an e into the spelling changes the meaning entirely to baking recipies by adding baking powder or yeast to make the product fluffier.

The new international President of Lions clubs is Douglas X Alexander who joined Lions in 1984 in New York City – our first African American President.

Acorns from oak trees are everywhere this time of year and very edible if you soak them in water to remove the insidious tannin – can be made into flour for bread and virtually everything cereals can do.

The Penthouse Nightclub in Vancouver which has strippers posted "No Vaccine Pass – no Ass"

Chatanooga, Tennessee has a Towing Museum – dedicated to vehicle towing operators and also supports those who died during towing operations.

Kootenay Lake Lions sponsored a Donkey Baseball event at Crawford Bay Park in August 1980. We paid \$10 to play and when you were a base runner you had to ride a donkey, who had been trained to go every which way – it was hilarious. One of the fund raising events that the founder of our club, Ellard Eglund came up with.

What does SUV actually mean – even Google cant explain – Somewhat Useful Vehicle?

Sharon's sister Adele and husband Rob from Skitamaat have been visiting Helen next door in Gray Creek so we have seen many relatives who came to see Adele. Since Kitamaat is so far away it was great that Adele and Rob could drive so far.



Tales From Shprie-land

by Heath Carra

As we all know, Kootenay Lake is home to some incredible wonders, but I think we can all agree that none are quite as wondrous as the western conifer seed bug. This creature is a true wonder of the natural world, and I'm sure that as scientists continue to study them, humanity will begin to realize its dreams of travelling across the stars. You see, I believe that the unique attributes of these smelly little bugs will help us to unlock the mystery of teleportation.

No, I'm serious. Think about it for a second.

There you are with a cup of tea in your easy chair, reading the paper. You glance up at the window, and on the other side of the glass, one of these little critters creeps with an almost prehistoric slowness. You return to your paper, read another sentence, then glance back up.

"Well, I'll be jiggered!" You exclaim. The little bugger is now on the INSIDE of the glass!

How could this happen? Teleportation is the obvious answer.

For decades scientists have been studying things like quantum entanglement. They've funnelled massive resources into developing fusion power and working out concepts like solar sails and ramjets and examining the science fiction idea of faster than light travel. But I believe that within the next decade, we'll discover that the most efficient way to fold spacetime is with the overlooked marvel of smell power.

Here on the East Shore, we are at the forefront of a revolution. Fossil fuels are out. Seed bugs are in. And the great thing is that we don't have to extract their sickly sweet essence to fuel our spacecraft because they ARE the spacecraft. Their apple cider smelling pheromone is space gasoline. It's intergalactic flatulence. And it's the smell of the future.

That's right. I'm talking about seed bug husbandry. No, no. Hear me out. If one seed bug can teleport through a half-inch of double pane glass, how far could a whole wagon team of them go if they were all lashed together? The western conifer seed bug may just be the draft animal that will take us to the stars. Hitch up six million of them to your La-Z-Boy and visit Kepler-34 for the weekend - a cool 4892 light-years away.

And I don't know about you, but around our place here in Boswell, we have at least six million in the woodpile alone.

But as with all cutting-edge technology, intergalactic seed bug transportation may have its hazards. For example, seed bugs manage to slip through solid glass and into our homes with no effort at all. But they're not the best at getting themselves back outside. Before you rig up your six million head of seed bug and head hell-bent for Proxima Centauri, recognize the fact that you might end up carrying your seed bugs all the way back home yourself. I'll admit, there might be some bugs that need to be worked out of the system.

But before you step on the next one, or flush her friend down the toilet, why not consider preserving this valuable resource as we face a brave new future. Let the billionaires play at getting into orbit with their little toy rockets. With the development of an East Shore seed bug ranch, we can open up the entire galaxy!

Next Deadline:

Oct 27, 2021

Kootenay Lake Chamber of Commerce

Kootenay Lake Chamber of Commerce/Eastshore.life/The East Shore Mainstreet

Partnering to strengthen the vitality of East Shore businesses and services.

October 2021 Feature Business!

Are you a Chamber member? If you join the Kootenay Lake Chamber of Commerce, you could be featured here for free! You would also get your business listed on eastshore.life. For more information contact executive-dir@kootenaylake.bc.ca or for eastshore.life contact enjoy@eastshore.life.

EastShore.life

Find everything from Wynndel to Riondel

EAST SHORE.LIFE Website

by Farley Cursons

With the goal of building a community web listing for the East Shore, the eastshore.life directory is a fantastic

venue to feature your organization, service or business on an accessible web platform. Whether you're just starting out or are well established, this collaborative website offers a web presence that appears prominently in search algorithms.

This community coordinated initiative has been funded by the RDCK Economic Development Commission (EDC), The Columbia Basin Trust's Community Initiatives Program (CIP), sponsored by South Kootenay Lake Community Services Society and now the Kootenay Lake Chamber of Commerce. Additionally the creation and development of the web listing has been led by Geoffroy Tremblay at Studio Ponnuki with a core team of managers who help keep the site updated.

Do you operate an organization, business or service on the East Shore and want to be listed on eastshore.life? Are you already listed but it's been a while since you checked it out? Please get in touch with us and we will add or update your listing - enjoy@eastshore.life



KOOTENAY SOUND HEALING CENTRE



theresa@kshc.ca / kootenaysoundhealing.ca / 250.225.3518



Kootenay Lake Chamber of Commerce

by Farley Cursons, Executive Director

If you want to go fast, go alone. If you want to go far, go together" - African proverb

Welcome to the first in a series of articles from the Kootenay Lake Chamber of Commerce. My contract as Executive Director began in the spring and It's been my privilege to be a part of such a unique business community and be able to work with such a talented group of skilled board members. As I've navigated my way through the initial external and internal process of our local Chamber, I have found it helpful to look into the history and purpose of Chambers of Commerce world wide.

The first Chamber of Commerce was founded in 1599 in Marseille, France as the "Chambre de Commerce". The world's oldest English-speaking Chamber of Commerce and oldest chamber of commerce in North America is the Halifax Chamber of Commerce, founded in 1750 which I think is a fantastic bit of Canadian history we can be proud of.

These Chambers were formed by members who were looking beyond their individual interests to that of a collective group. The establishment of chambers has historically provided merchants, traders, craftsmen and industrialists a public forum to discuss issues facing them as a business community. This representation of common interests became, and remains, the foundation of Chambers of Commerce worldwide.

Diversity

These days, Chambers of Commerce are as diverse in name as the business communities they represent. The word "chamber" is still used in most countries. No longer just chambers of "commerce" and "industry", chambers also describe themselves as represent-

ing "manufacturers", "entrepreneurship", "training", "shipping", "commodity exchanges", "agriculture", "well-being practitioners", "non profits" etc, to help reflect the communities they serve.

However, as diverse as Chambers have become, representing a wide cross-section of interests and methods, their common goal remains to support business enterprises. Chambers are still the most important type of multi-sectoral business organizations in the world.

While actively promoting members, chambers also endorse their local and broader communities. By facilitating relationships, Chambers of Commerce ensure that businesses are able to collaborate in creating opportunities for themselves, their partners, and their clients. Their mandates might be Local, Regional, National or International or a combination of all.

The benefits of joining a Chamber of Commerce can be immeasurable. However, no two Chambers of Commerce are identical, with benefits varying depending on the specific Chamber and the business involved.

You'll often find that even within a single chamber, benefits will depend on the individual member and what they're trying to achieve.

Primary Chamber membership benefits are as follows:

Networking: This is a given. One of the major benefits of joining a Chamber of Commerce is the opportunity to cultivate business through networking, as well as to create lasting relationships with fellow business members. By attending events, participating in fundraisers and engaging with people in the wider business community, chamber of commerce members are able to make strategic connections.

Advocacy: Having access to, and being represented through, advocacy is another benefit of joining a chamber of commerce. Many chambers and business councils have their foot in the door when it comes to discussing policy. By joining an organisation that reflects your interests, your needs will be asserted when it comes to any form of lobbying and have an influence in key business decisions that will affect you. Please see KLCC Director Herve Blezy's article on Kootenay Regional transportation opportunities in this month's Mainstreet.

Exposure: Being active in a chamber of commerce can also raise the profile of an individual business. Members are able to leverage the activities of the Chamber to increase their visibility. By simply becoming an active member, companies are able to "have their brand associated with some of the biggest names or issues". Businesses can do this through sponsorship or representation on specific committees. Through web and social media advertising there are plenty of options for members to increase their visibility in the local market through exposures on websites, social media, e-newsletters, newspaper features and event sponsorship.

Information & Advice: Chambers of commerce are treasure troves of valuable information and advice for companies and individuals. Usually published online and in local papers, news updates and publications are given to members as well as the general public.

Some organisations go a step further, creating valuable content and making available business planning resources that are exclusive to members.

Your Local Chamber: The Kootenay Lake Chamber of Commerce is a diverse group of area businesses connected for the common goal of promotion, vitality and economic prosperity. of Kootenay lake's East Shore. Sharing ideas, problem solving, developing friendships and belonging is really about working together to build a thriving community. We actively participate in a multitude of projects and initiatives on the East Shore. The Chamber has supported many community building programs, like high speed internet, multi use trails, recreation facilities, environmental projects, and cultural celebrations.

The Kootenay Lake Chamber of Commerce, along with the majority of provincial chambers, is a member of the British Columbia Chamber of Commerce (BCCC). The BC Chamber of Commerce is the largest and most broadly-based business association in British Columbia—representing more than 120 Chambers of Commerce and Boards of Trade, and 36,000 businesses of every size, and from every sector and region.

When you join the Kootenay Lake Chamber of Commerce you also become a member of the BCCC and qualify for a number of benefit opportunities for

October 2021 Mainstreet 9

KCP Kootenay Lake Local Conservation Fund

Request for Proposals

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

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

Projects that are technically sound and effective, and provide value for money through partnerships with other funders will be given priority. Proponents must be a registered not-for-profit organization, First Nation 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 <https://kootenayconservation.ca/kootenay-lake-local-conservation-fund/>

Review the Terms of Reference (paying particular attention to Section 8 – Fund Design) and KLLCF Application Guide, and then apply using the application form provided.

The closing date for project submissions is **4:30 pm PDT, October 29, 2021**

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



the MARKET

*Groceries *Fresh Meat & Produce
*Deli Meat/Cheese *Natural Foods
*Liquor Agency *Gas *Fishing Tackle

Store Hours
Mon-Sat: 9-6:30 and Sundays: 9-5:30
Bottle Depot: Sundays only, 10-3

Don't forget to check out our weekly specials!

Phone: (250) 227-9322
Fax: (250) 227-9417
cbm@crawfordbaymarket.ca

EXCAVATION AND ROCK SALES
Crawford Bay, BC

LOU JOHNSON:
250.505.3089
DARRELL JOHNSON:
403.671.9359
(djc1997k@gmail.com)

Treatment for pain, digestive issues, anxiety & much more.

LISA SKOREYKO
registered acupuncturist

250.777.2855 <http://lisaskoreykoacupuncture.ca>

GRS CONTRACTING SINCE 1980

Glenn Strom
Aaron Strom
Box 101, Crawford Bay BC V0B 1E0
Phone/Fax 250-227-9679

- Excavating •Logging
- Road Building •Gravel
- Rock Hammer

grscontracting@gmail.com
Cell: (250) 505-3075 or 505-3117

All specs of gravel & drain rock
Discounts for entire job.
WE HAVE A MICRO EXCAVATOR AND AN 8-TON MINI AS WELL!

LADYBUG COFFEE

OPEN EVERY DAY
6:30AM - 3PM

Falling back in with the season, soup and hot lunch specials are on at the Ladybug. And rolling on in with the weather, Ladybug on Wheels is back!

Scrumptious frozen dinners and soups delivered if you need it. Or stop by, we're trying to keep our freezer stocked!
We're still keeping our take-out window open and our hours are 6:3-3, 7 days a week.

Can we help you with an Insurance Quote?

Auto, Property, Business, Recreational & Travel
Property, Liability, Business Interruption Coverage

CRAWFORD BAY
kootenayinsurance.ca
16030 Hwy 3A, P.O. Box 98
Crawford Bay, BC V0B 1E0

CONTACT:
T: 250 227 9698
TOLL FREE: 1 844 467 8748

HOURS:
Mon to Fri: 9am to 1pm,
2pm to 5pm
Sat: Closed
Sun: Closed

kis Kootenay Insurance Services Ltd.
Owned by you and your Credit Union

KIS | Kootenay Insurance Services Ltd.
A strategic partnership leveraging the strengths of East Kootenay Community, Kootenay Savings, Nelson District & Summerland District Credit Unions

RESOURCE RECOVERY FACILITIES HOURS OF OPERATION

Crawford Bay Transfer Station
May 1, 2021 to November 6, 2021
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

Next Deadline:
Oct 27, 2021

Open with Fall Hours!
Weds - Sun, 7-3
250-777-2537

Hot drinks and freshly baked pastries!

Turlock Electrical Contracting Ltd.
 Your Local Electricians
 Commercial, Residential
 Over 20 Years Local Experience

- New Construction
- Service Panel Upgrades
- Money-Saving LED Lighting
- Additions & Renovations
- Electric Heating Systems
- Service Calls

Ph: 250.2279688 Cell: (250) 551-4671
 brandon@turlockelectric.ca

CUSTOM HOMEBUILDING
 DESIGN SERVICES
 REMODELING



HULLAND & LARSEN
 CONSTRUCTION LTD
 www.hullandandlarsenconstruction.com
 (250) 551-2915 or (250) 505-3570
 contact@hullandandlarsen.com Licensed and Insured
 Serving the communities of Kootenay Lake.



ESIS
 EAST SHORE INTERNET SOCIETY

HIGH-SPEED INTERNET
 1 (844) 776-3747
 www.eastshoreinternet.ca

Central Kootenay Lake's community non-profit ISP.

HELPING HANDS DAY
 SATURDAY, OCTOBER 9TH, 2021

From Boswell to Riondel
 Youth and Volunteers will be helping seniors with...

MINOR HOME REPAIRS
WINDOW CLEANING
YARD WORK
FIREWOOD



VOLUNTEERS NEEDED
To participate please call...
 Rebecca Fuzzen 250-505-6717
 or
 Susan Dill 250-227-9350

WOULD YOU LIKE TO SUPPORT OUR YOUTH VOLUNTEERS?
 Donate money or empty bottles
 to support the Youth Network
 in replacing their outdated suburban.



Gray Creek Store
 Building Community Since 1913
 Mon-Sat, 9 to 5:30 Sun, 10 to 5

We have what you need to winterize your RV:
Dry-Z-Air, Plumbing Antifreeze and Tarps!



Jotul Days Happening
Oct 22-24th!



Free Delivery Mondays, Wednesdays & Fridays!

250-227-9315
 orders@graycreekstore.com

www.graycreekstore.com




Embrace Local



NDCU strives to preserve the prosperity and spirit of local businesses to maintain the Kootenay identity and help foster a culture of economic resilience and passion.



ONLINE **Nov 5-9**

Silent Auction @Crawfordbayhall
 on FACEBOOK

Crawford Bay & District Hall & Parks Association

Help 'Raise The Roof' for the Crawford Bay Hall Rejuvenation Project, and find the perfect gift, too!

Bid on: * Paintings by Shirley Wyngaard * Kokanee Springs Golf Package for two * Private family movie showing at Nelson's Civic Theatre with popcorn * Certificates to swim, ski and golf at 5 regional courses * Yakima vehicle roof racks with kayak carriers * Pack & outdoor clothing from Fairmont Resort Ski Shop * Health & Wellness Certificates for Sound Healing, Bowen Therapy, Breath Work & Yoga * Handmade quilts & bedding * Ornamental Rock from Johnson Excavation & Rock Sales * Gift Certificates from restaurants including Black Salt * Heavy duty truck Headache Rack/Back Bar * Gift Baskets * Online Music Lesson with Greg Lostraco * Furniture & household furnishings * Oodles of wonderful art from Kootenay artisans and LOTS MORE!

Opinion Piece**The Other Side of the Coin**

by Susan Snead

Speaking-out is something people need to do right now. Many folks reading this may already be aware of some of the information in this paper. However I'm writing to inform and share it with those who might not. I hope this opinion piece will act as a bridge for healing and awareness. Only then can we begin to understand the two sides of the coin that make up the *whole* of this "Pandemic" story. Links are included at the end of this paper to verify my statements.

Thousands of souls around the planet are speaking a different message from what's reported on mainstream news. Vital material has and is being withheld from the public via censorship. Information that differs from the one-sided scenario we have listened to for 1½ years has been deleted, censored or falsified for public ears. 25-30 % (or more) of the population are refusing to get the "vaccine" because they have learned that the information or propaganda we are hearing via our governments and health authorities is questionable. This is happening world-wide but certain countries like Canada are more involved in the equation.

Billions of people are protesting. They're standing up for Human and Constitutional Rights; the right to choose what we put into our bodies, the right not to mask our faces, the right to enter buildings and shops without showing a vaccine passport, the right to grow their own food. On Sept 1, 2021 a rally was organized by nurses all over the world protesting vaccination passports and mandatory vaccines. In Nelson B.C. approx 1500 people joined in support of the rallying health care professionals, yet media coverage reported 200 at the rally and neglected to mention it was organized by nurses! World news is being selectively omitted, covered-up or defamed.

There's an agenda going on. This pandemic was predicted in 2017. The one who predicted it has huge shares in four of the biggest pharmaceutical companies. Before the virus began he was involved in securing contracts from certain government agencies to promote "vaccines" *if* a pandemic happened. I didn't learn that from mainstream media. I learned it from a courageous professional working for the World Health Organization speaking to a panel of German investigators. She is one of over 100 professionals who spoke to this panel. All last year in 2020-21 brave souls from Government agencies, scientists and health professionals were coming forth as "whistle blowers" to leak critical information to this German panel spearheaded by lawyer Reiner Feullmich. The panel has gathered conclusive evidence that what we are experiencing via the Covid pandemic is a "crime against humanity". Note: Reiner Feullmich just posted their "Summary of Findings of Corona Investigative Committee Status 09/15/21 found below. (1)

Constitutional lawyer Rocco Galati in Canada is taking the BC and Canadian Governments to court for measures which he states are unscientific, illegal, non-medical, criminal, and unconstitutional. Reiner Feullmich and other lawyers in Europe are conducting similar court cases against those who have promoted these illegal and unconstitutional "crimes." This isn't big headline news. Information we do hear in Canada is what P.M. Trudeau, health authorities, the Center for Disease Control & W.H.O. (private organizations) have been promoting via our broadcasting corporations.

If this were a serious pandemic it would be wiping out the world right now. According to the CDC and Statistics Canada the annual deaths since 2016 through 2020 were relatively the same. Yet according to the news, millions have died from the virus! While people *have* died most who were in contact said the virus felt like a mild or a very bad flu. The flu and pneumonia

were the main causes of death in the elderly each year before 2020. Now we hear nothing of that. The death toll from drug overdoses, suicides, heart disease and other violent occurrences are still rampant. Now 1½ years later the news continues to frighten us, with cases cases cases, but hardly any deaths. Cases are not deaths. Cases are designated when there's a positive test result from a PCR test. It was implemented to give unclear results. This test can give false positive and false negative reports. A person considered a case may have no symptoms at all! Next time you listen to the news take note of how many new cases are reported and how many actual deaths.

It's been proven that masks will not prevent a virus from entering the body. Our B.C Health authority, Bonnie Henry stated this early in the pandemic, as she also stated there would be no vaccine passports. Then one day the story changed and the whole world was advised to wear masks. I call it the "great cover-up." It's been proven masks are harmful when worn for long periods, as we breathe in our own bacteria and restrict oxygen levels. I question how humanitarian it is for workers or children to wear masks 6-8 hours a day. When the slogan "wearing is caring" was introduced it tugged on the heart strings of those who thought wearing a mask prevented the virus from spreading. People who didn't comply soon became the "other." They were the ones supposedly spreading the disease. Blame and finger pointing began. In the beginning we were told *asymptomatic* people *may* be carrying the virus. Many became suspicious of *anyone* who could pass it on. Yet Anthony Fauci the chief medical adviser in the States is quoted on Jan 28, 2020 as saying "In all the History of respiratory viruses of any type, asymptomatic transmission has never been the driver of outbreaks. The driver of outbreaks is always a symptomatic person." Why create fear towards those who are *not* sick?

Viruses can be treated by upping our intake of vitamins C, D, Zinc, Quercetin, elder berries and other immune boosting herbs. Our bodies are designed to fight viruses. Our government and public media have neglected to educate the lay person on this important issue. Ivermectin, one of the safest and most effective of drugs was taken off the market in the U.S. shortly after Americas front-line-doctors starting promoting it? It's proven to prevent and treat the Coronavirus and can stop the spread of the variant! Countries around the world using this prescription drug have few Covid cases. I understand it's hard to get in Canada now. A video made by Canadian doctors states that the virus isn't as bad as originally thought and taking these supplements will be substantial. (2) This video was not shown on public TV. Also, please find the link for the letter written to Dr. Bonnie Henry, Adrian Dix and John Horgan from B.C. Okanagan Valley Health Professionals addressing many similar issues including the ignoring of a growing number of deaths and injuries from these experimental vaccines. (3)

The mainstream media via our Prime Minister and health authorities continues to promote the "vaccine" as the only solution to stop the virus from spreading. The push for mandatory vaccinations with passports is proof of another agenda. What we don't hear are the stories about the people suffering from health complications after receiving the "vaccine" which isn't a vaccination but an mRNA technology that didn't leave the trial stage of testing. (4) A great division is happening because of the "vaccine" mandate. I hear stories of good folk threatening to break away from family members who won't get vaccinated. People don't threaten friends and family if they don't get the flu shot! Folks are putting great faith in what they are being told via our broadcasting corporations and governing bodies. The biggest fallacy is that the unvaccinated are the ones spreading the "variant." People are being shamed, blamed, bullied, threatened and forced by others against their better judgment to get the jab. Why? Because the Government is trying hard to push it through by manipulating our emotions. The

isolation folks are feeling when friends and family members refuse to see them is heartbreaking! Why are the authorities so intent on promoting fear, separation and control? What is the agenda? As one doctor in the video said, it's time to turn off the TV and find the truth inside.

Fear is created in the mind and putting faith in the words of the media is only raising our panic buttons. We humans are more powerful than we know. We're capable of great compassion and love especially when we are able to forgive ourselves and others and let trust in our own intuitive knowing and faith guide the way. "Be still an instant and go home." (5)

There's a world tyranny that continues to promote the break-down and polarization within democratic societies. Discrimination is currently broadcast by our leaders towards those who, by their constitutional rights, are not following the "illegal" dictates currently weighing us down. If Canada is still a democracy, why are those who are choosing to exercise their human rights being punished, demonized and discriminated upon by our current Government and it's citizens? A Democratic country offers the protection of human rights to all citizens, giving them the ability to exercise freedom of choice; especially over what they want to put into their bodies. A democracy discriminates against no one. The messages we are receiving via the media that continue to bore a hole in the fabric of our society is not the truth! This was a ploy used in the early days of Nazi Germany. It's called divide and conquer. Many of my East European friends also lived through this type of tyranny. It's why they came to Canada. If we *really look* we'll see undeniable evidence that our basic freedoms and human rights are being taken away one *big* regulation after another. Many businesses are closing because they can't find people to work! That is because our current Government is paying them more money to stay at home! Meanwhile the large corporations are thriving and small businesses are going under. Who is profiting and making the most money from this pandemic?

The good news is that people are standing up! People are waking up to the fact that what's happening in Canada and other countries isn't about public health or the well being of society. The rules and regulations are spearheaded, we are told, by only one thing, the spread of the Corona virus. Evidence shows this virus and all it's variants is manageable without these questionable vaccines. The implications of this is monumental! By upping our intake of supplements especially around flu season and using common sense when we do have symptoms, people can take their personal health back. There will be no need for mandatory vaccines or vaccine passports. Businesses can operate as usual and life can go on as if this were only a bad dream that we've learned a big lesson from. Freedom of Choice is what we are born with. When anyone tells you differently, it's not the truth. Thanks for listening.

1. Summary of Findings of Corona Investigative Committee Status 09/15/21 <https://www.bitchute.com/video/0fh7b2YhsZnv/>

2. Canadian Doctors speak out: <https://www.youtube.com/watch?v=H-Rinc9Ebok>

3. Letter from Okanagan Valley health professionals to Bonnie Henry, Adrian Dix and John Horgan <https://www.eastonspectator.com/2021/09/17/open-letter-to-dr-bonnie-henry-adrian-dix-and-premier-john-horgan>.

4. Vaccine injuries: <https://www.youtube.com/watch?v=vIydr2ZqZto>

5. A Course in Miracles: <https://www.global-research.ca/650000-injuries-reported-after-covid-vaccines-biden-fda-spar-over-boosters/5755249/>



Tom's Corner

by Tom Lymbery
Highway to the Sternwheelers Part 2

Part 2: In 1930, the road reached Gray Creek, creating the critical lake link for the first highway ever built across BC. It would turn our community into Hub Central for travelling public and freight alike.

Early in 1920, young Colin Haddon of Gray Creek wrote letters to the *Nelson Daily News* arguing for a trans-provincial trunk road (highway) and its vital importance in connecting local communities. Back in WWI, Colin had been a pick-and-shovel road worker in Gray Creek and Crawford Bay. Colin died soon after and never saw his dream realized. If he had lived, we know he would have been a great influence in the future of our community.

We have no details on the road construction between Ginol's in Boswell and Gray Creek, connecting with three miles of existing road here. The work was done by day labour under the direction of W. H. Foster, a diligent engineer. A road camp was set up close to the job site, as everyone had to walk to work. No one had a car, and besides, the road wasn't built yet. As each two or three miles of road were completed, the tent cabins and cookhouse were dismantled, moved ahead, and reassembled for the crew. Unlike later relief camps which paid unemployed single men 20 cents per day, these were better camps with a good cook, and the men were paid four dollars daily, at the same rate as in the government road contract with General Construction (see Part 1 in the September issue).

The first of these camps was at Lockhart beach where Boswell had a community park, so some of those buildings were used. Then the entire camp moved north to 13924 Highway 3A where the toughest job of all awaited them - "Burden's Rock", a 40-foot-granite bluff. Road worker Don Broster later recalled: "... they had us up against a rock bluff that would take 1000 years to get through with the tools that we had." But by the end of the winter of 1929-30 the crew had blasted through it, turning Burden's Rock into Burden's Cut. Much of the rock drilling was done by double-jacking - one man turning the drill, the other striking it with a sledgehammer. Freshly blasted rock was loaded onto a hand-pushed cart on rails and hauled away. Engineer Foster captured their milestone moment for posterity with photos of the crew, horses and road machinery, and dedicated them to the Gray Creek community.

The entire camp then moved north to Gents Beach, where we believe photos of the road camp were taken. I later saw the site of the former camp after acquiring my first bicycle. The last road camp was set up at McFarlane Creek, site of today's Lakeview store and resort.

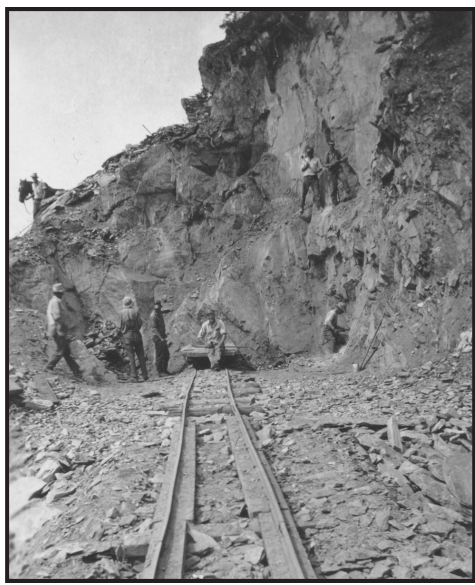
When the road builders reached Leonard Clark's (now Sacred Journeys) and prepared to build the road through his cow pasture, it became clear Public Works hadn't negotiated with property owners in advance. Len refused them any access by dropping a tree across the route and sitting on it with rifle in hand. Officials from Nelson were called in. A settlement was finally

reached by building a tunnel next to Wolverton Creek to allow Len's cows safe access to his fields above. The tunnel was finally filled in in 1952 when Oscar and Freda Wirsig owned the property.

At the Clarks the new road connected with road-work dating to Colin Haddon's day back in 1915. A single lane crossed Gray Creek on the upper bridge, before dropping down to the store and ferry landing.

The road crew was the first to drive the barely passable road through to Gray Creek. To mark the occasion, they left this pencilled inscription on the Post Office sign at the Gray Creek Store, "La France Creek crew drove down to the Post Office July 22nd 1930".

Government funds were short in the Depression. But as it happened, the CPR sternwheelers were tied up at Procter and the crews were laid off. That made it affordable for the BC government to begin a new Kootenay Lake ferry service in May 1931 between Gray Creek and Fraser's Landing near Balfour. They chartered the large *SS Nasookin* sternwheeler from the CPR at about \$90 monthly, including crew and coal, and supplied a purser. Ferry tolls covered every kind of transport from bicycles (25 cents) to horse-drawn rigs (30 cents) to vehicles (up to \$3), even horses, cows, pigs, and sheep (10 to 30 cents.) The tolls would remain



Eight-man road crew at work on Burden's Rock, south Gray Creek, in 1929 - 1930. Photo courtesy of Margaret Jacobson

unchanged for 32 years, until October 1963.

Three daily trips were scheduled for the hour-long 12-mile route, leaving Gray Creek at 10.30 am, 1.30 and 4.30 pm. But when Rolf Bruhn, BC Minister of Public Works (now Highways) paid a visit to Gray Creek he found the road far too rough for ferry traffic. So for three months, Balfour substituted as the ferry terminal while the road beyond was upgraded. By July 1931 the *Nasookin* returned to three trips daily from our wharf.

Canadian Greyhound Coaches had formed in Nelson just two years earlier in 1929. They seized the opportunity to begin daily passenger service between Nelson and Calgary via the new East Shore road and



One of the road camp tent cabins in 1930, likely at Gents Beach in south Gray Creek. Photo: GCHS, courtesy of Margaret Jacobson

ferry. And thanks to Greyhound's new mail contract, Gray Creek, Boswell and Sanca now had daily mail service for the first time.

Latecomers who missed the last ferry of the day rented our Green Shutters cabin for the night. Soon we had to consider more accommodation as well as meal service. As it happened Charlie Bebbington had been serving meals and snacks in a tent at the Boswell wharf, and asked Dad if he could bring his tent and do the same in Gray Creek. Dad supplied the lumber for a tent floor, and Bebbington built a small frame kitchen behind with a brick chimney for a woodstove. That was the beginning of the Gray Creek Auto Camp.

Realizing this important opportunity, in 1932 Dad gave a \$100 contract to Louis Johnson and Alfred Nelson in Crawford Bay to supply a log frame around

the tent floor. They floated cedar logs here, and notched and assembled the log building. Bebbington, who was an excellent carpenter, added two bedrooms above a new dining room, roofed with cedar shakes. The log dining room would be operated by Hilary May (Harper) and many others. In the winters during the war Mother

fed people in our kitchen below the store. In later years the log lodge became the Gray Creek Auto Camp office, Gladys Todd's gift shop, and at times, family residence. It is now preserved by Marv Syfchuck on his uphill Gray Creek property.

In Part 3 in the November issue, the postwar years will bring more profound changes to the East Shore road story.



The SS Nasookin, now turned ferry, loads teams of horses at the Gray Creek wharf in June 1932. Postcard courtesy of Michael Cone, Arthur Lymbery photo

RIONDEL COMMUNITY LIBRARY

Books • DVDs • Periodicals

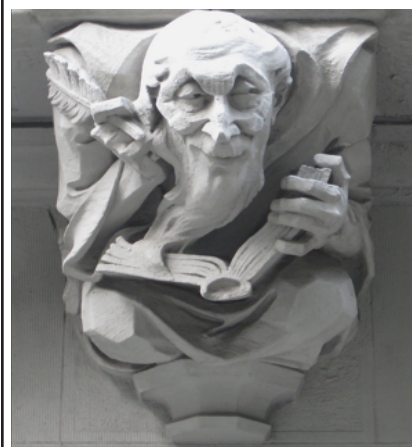
Hours: 10:00 Am to Noon
 Monday, Wednesday & Saturday

Find us at:
 1511 Eastman Avenue, Riondel
 250-225-3242

Email: the_librarian@bluebell.ca
www.library.riondel.ca

We're open for up to 5 patrons at a time.
 Please respect the mask mandate to protect our patrons and staff.

Proudly volunteer run.



Smarter Than Jack or Jill

by Sharman Horwood

Animals are smart, amazing creatures. If you have an animal story you'd like to share, please contact me at shhorwood@gmail.com.

Bat Reality, and It's Not Vampires

October is the month for hauntings. Bats flitting across a dark, moonlit sky are the essence of a spirit world with their iconic shape, their connection to strange beliefs, to vampire stealth, as well as many other goblins. However, in reality, bats are amazing little mammals.

According to "Bat Superpowers," an episode on PBS's NOVA, there are more than 1,400 bat species around the world. Bats are the only mammals capable of real flight. Of these, many are insectivores, but most are frugivores (fruit-eaters) or nectarivores (nectar-eaters). Some tropical plants rely entirely on bats for pollination and seed dispersal. Only vampire bats feed on blood, and only occasionally on human blood (Wikipedia). Thankfully there are no vampire bats in Canada, just insectivores. These bats feed on mosquitos as well as other insects, reducing the need for pesticides in many areas of the world. Their presence is thus important to many ecosystems, including our own.

Bats have remarkable skills. They have an echolocation ability that rivals dolphins'. This enables them to see in total darkness. Bats also have a flight speed that is faster than most birds, as well as an extraordinary agility while flying. The greater mouse-eared bat hunts between 12 and 24 inches above the ground, soaring along in the dark, listening for the rustle of beetles treading through the underbrush. Bats also have a metabolism that makes them almost impervious to most viruses. They have a marvelous immune system that prevents them from suffering the diseases that they carry, such as rabies. These creatures are also resistant

to normal ageing. According to some scientists, bats may hold the secret to living a longer, healthier life.

Bats are known to carry viruses. In Canada, they can carry rabies. Many experts think that "humans picked up the coronavirus from animals, possibly bats" (NOVA). Fortunately, bats don't come into contact with humans very often. According to Supaporn Wacharapluesadee, from King Chulanlongkorn Memorial Hospital in Thailand, "there are more than 60 viruses in bats that could eventually be transmitted to human beings" (NOVA). Amazingly the animals don't get sick from them. Some biologists study disease in bats to see why "viruses circulate so well within bat colonies and how they might transmit them to other animal species that, in turn, could pass them on to humans" (NOVA). However, these scientists think bats may be saviors more than a source of disease. Because they don't suffer from the viruses they carry, scientists think they may be able to discover the cure for some viruses from bats, including the coronavirus. According to Linfa Wang from Duke-NUS Medical School, bats could teach us how to avoid autoimmune disease, as well as diabetes and arthritis. But scientists first need to understand how bats counter these diseases themselves.

The answer may begin with the bats' extreme energy use while they hunt. This would, according to NOVA, raise their body temperature, and that might protect the bats. Viruses don't like heat. In fact, fever might be a way our bodies try to drive away virus infections, not just a side effect of the illness. In certain bats, their heartbeat increases to 1,066 beats per minute. This ability, along with their ability to keep their body temperatures close to normal, may have an effect on their resistance to viruses. "Bats are really effective at dumping heat, even if they're generating a lot" (NOVA). Some scientists believe bat flight consequently contributes a great deal to the development of their remarkable immune system.

Another side effect of a high metabolism is inflammation. "When animal muscles work really hard, the intense physical activity creates toxic byproducts, and these usually trigger inflammation" (NOVA). Viruses

also cause inflammation, and in humans it is destructive. Coordination breaks down, for example, causing a loss in balance and mobility. Bat cells, on the other hand, tolerate "the attack of the added toxins, without any immune reaction" (NOVA). In other words, bats have an "anti-inflammatory chemistry." Some scientists believe bats could thus be models for healthy lifestyles. According to NOVA, "could the bat, maligned and misunderstood as it is, also teach us the secret to growing old healthier?"

In general, smaller animals don't live long. Mice, for example, live just a couple of years. Elephants live several decades. The longest living mammals on the planet are whales, particularly the bowhead whale. The oldest known bowhead lived to be 211. One of the smallest bats, the Brandt's bat, which weighs less than a quarter of an ounce, can live as long as 41 years, "10 times longer than theoretically expected" (NOVA). Their longevity seems to contradict nature's usual age and size limitations.

Bat cell qualities might provide insight into combating old age as well. Telomeres are end caps that protect a chromosome's outside cell wall. Over time, as the cell ages, the telomeres shorten. With young cells, the telomeres are long, but become shorter with age, providing less protection to the cell. That is part of the aging process. According to Sebastien Puechmaile, a scientist who studies ageing at the Institute of Evolutionary Science in Montpellier, France, bat telomeres are much more resilient than most mammals'. He and his colleague, Emma Teeling, found that bats have an "alternative telomere lengthening" process. Bats have a different biological mechanism that will maintain their telomeres' length as the animal ages. As a result, bats don't show their age, and they live longer than other mammals their size.

Although bats are associated with death, with witchcraft, vampires, and all the darkest hauntings that October might produce, because of their metabolism and unique physical abilities, they might instead hold the knowledge of cures to some diseases, and perhaps even an answer to ageing. They are surprising creatures, with a lot of potential good in their odd little bodies.

For the Love of Genre

by Sharman Horwood

A Little Bit of Tudor Murder

The historical mystery is essentially a subgenre stemming from a blend of historical fiction and mystery fiction. Some authors are masters in this story form, which requires a great deal of research as well as exemplary plots to make the story believable, even palatable to a modern reader. Ellis Peters' *Cadfael Chronicles* are generally credited with popularizing historical mysteries, though others have done some very good books, too, such as Elizabeth Peters' *Amelia Peabody* series, beginning with *Crocodile on the Sandbank* (1975). Amelia is a Victorian woman pursuing archaeology in Egypt at a time when women were not allowed to become archaeologists. Other authors have created novels that rival *Cadfael* in quality. *The Name of the Rose*, by Umberto Eco (1980), is exceptionally well written, and many readers wish he'd done more.

In 2010, *Publishers Weekly* claimed that the genre "has seen an explosion in both quantity and quality. Never before have so many historical mysteries been published, by so many gifted writers, and covering such a wide range of times and places." Historical mysteries are here to stay. According to editor Keith Kahla, "from a small group of writers with a very specialized audience, the historical mystery has become a critically acclaimed, award-winning genre with a toe-hold on the *New York Times* bestseller list." For die-hard readers like myself, they can be very satisfying.

There have been notable variations to the whodunit theme as well, including Josephine Tey's *The Daughter of Time* (1951) in which a modern police detective, recovering in hospital, amuses himself by investigating the 15th century case of Richard III and the prob-

able deaths of the two princes who vanished from the Tower of London. Tey's novel is now regarded as a classic of the genre.

C. J. Sansom writes a series of mysteries set in Tudor England. They start with Henry VIII's court, in the midst of its intrigue and violence, and continue with the reform controversies of the time. The main character in the series' first two novels (*Dissolution*, 2003, and *Dark Fire*, 2004) is a hunchback lawyer in the pay of Thomas Cromwell, from the year 1537 to 1540. He is Matthew Shardlake and in the first novel, Cromwell has him investigate a murder that occurred as a monastery in southern England undergoing the dissolution process.

With dissolution, a monastery is closed, the land is seized, and the buildings are stripped of their valuable contents. In some, the library contents are destroyed, too, because of their Catholic teachings. Cromwell was in charge of dissolving the Catholic monasteries and churches throughout England, as Henry VIII enacted his separation from Roman Catholic Europe and its Pope. Henry's actions had a dual purpose: first, they would enable him to divorce his first wife, Catherine of Aragon, and secondly, enrich his treasury with the sale of the monastery's land and properties.

At this monastery, Cromwell's commissioner has been murdered. Cromwell sends Shardlake to investigate. Though it is winter, with rough roads and little protection except his assistant, Mark Poer, Shardlake immediately leaves London for Scarnsea on England's south coast. The area is known for the smugglers that use the shores' marshes. Because of the dissolution, people have been displaced, and their poverty increased. The monastery previously helped them, by giving them work, and failing that, food.

When Shardlake arrives, he learns that there may have been other unexplained deaths as well. He is the only one now who will look into them.

In the second novel, *Dark Fire*, Shardlake is back in London practicing law. He is still Cromwell's agent,

when needed, but otherwise pursues his legal profession. He is presented with a case in which a young woman of 18 is charged with the murder of her young cousin, Ralph, who has fallen down a well on their property. Elizabeth won't speak. She is arrested and confined to the Hole, a particularly nasty cell in Newgate Prison. Her uncle wants Shardlake to defend the girl. Thomas Cromwell has another urgent job for the lawyer, however. Cromwell needs Matthew to investigate the existence of *Dark Fire*, more commonly known as Greek fire. The formula for it has been lost for centuries. The Byzantines destroyed the Arab navies with it, and Henry VIII is eager to get it as both France and Spain seem to be uniting against him in his fight with Rome. The king fears a war he could not win. During this very hot summer, the hottest of the 16th century, Cromwell promises the king that he will find the formula and recreate *Dark Fire*.

Byzantine Greek fire was real. It could be shot from a distance, instantly enveloping enemy ships. It even seemed to burn water itself. However, some of the formula's ingredients are unclear. Alchemy may be the origin of natural science, but its formulae were couched in strange methods involving exotic substances. In the novel, Cromwell hears the rumour that the substance has been found, along with a way to manufacture it, in one of the churches that is being taken down. Cromwell orders Shardlake to find the formula, even perhaps *Dark Fire* itself, at the same time as the lawyer attempts to defend the young woman he is certain is innocent.

C.J. Sansom is very knowledgeable; he has a PhD in history, and after completing his education he retrained as a lawyer and practiced law for several years before becoming a full-time writer. *Dark Fire* won the 2005 Ellis Peters Historical Dagger, awarded by the Crime Writers' Association. *Dissolution* was nominated for several awards as well. Of the two novels, *Dissolution* has fewer digressions intended to slow the pace down, and yet had all the necessary details of a good mystery in a very different age and culture. Nonetheless, either novel is a good read for a chilly October night.

East Shore Library

by Taryn Stokes, Librarian

I hope the first bit of fall has treated everyone well. A good book is a great companion on those cool fall mornings when you are not too busy getting firewood ready for winter. The East Shore Community Reading Centre is open Tuesdays and Saturdays between noon and 3PM. I'm happy to announce that we now have voicemail and a personalized greeting with our updated library hours. We can be reached at 250-777-1492 but messages will only be checked during our operating hours.

The East Shore Community Reading Centre can also be reached via email at escomlib@gmail.com and our contact information is always available on eastshore.life. Did you know we also have a facebook page? See <https://www.facebook.com/escomlib> where pictures of new books are added regularly. We had 209 items checked out in September so far, served 38 patrons and added 31 new items to the catalog. We received a large donation of good quality books and twelve of those are included in the new items count this month. Thank you for these books - several of them have already been checked out! Other new books include *The Rose Code* (Kate Quinn), *Slow Burning Fire* (Paula Hawkins), *The Paris Apartment* (Kelly Bowen), *Forgotten in Death* (J.D. Robb), *The Heron's Cry* (Ann Cleeves) and *Denial* (Beverly McLachlin).

In the mail as I type (and will be on the shelves soon) include new books from James Patterson, Robert Dugoni and Jody Wilson-Raybould. I have been searching hard for a book to rival my favorite read this summer (*Project Hail Mary* by Andy Weir). Currently I am enjoying a book released before this pandemic, *An Ocean of Minutes* (Thea Lim), which was shortlisted for the 2018 Scotiabank Giller Prize. The story takes place during a flu pandemic that decimated America and is about the journey of a couple trying to reconnect after they have been separated by location as well as time.

We are located just across from the Crawford Bay Hall at 16234 King Road (open Tues/Sat 12-3PM). Take care and happy reading!

Nature

by Gord MacMahon

East Shore Writers Group

I recently heard a CBC radio program that addressed the healing power of nature. Examples and statistics were shared including how patients in hospitals recover more quickly when they have a view of nature from their hospital room. They went on to discuss how the impact of nature is being more broadly accepted within the medical profession and even quipped 'take two hikes and call me next week'. Many of us know this as true, living where we do, but hearing this caused me to think about nature and how the hidden force of nature can lift our spirit.

I have always been drawn into nature even as a child spending as much time as possible, immersed in the natural world surrounding the small town where I grew up. As a parent, I took efforts to expose our children to this wonderful world and remember one hike where we did a muscle testing experiment. The kids first held a live branch and then a dead one, while pressure was applied to their extended arm. I still remember the expression on their faces when they experienced the power of life and natural energy for themselves. I think this natural occurring life force may partly explain why we feel better when we spend time in nature. The rejuvenating influence of life surrounds us and fills us with something special.

I wonder though, exactly what is this 'something special', and how does it influence us the way it does?

I remember reading a book many years ago, written by a physicist, I believe. He looked at indications of energy in nature and how energy flow influenced form. He examined energy vortices large and small and pointed to how this vortex was manifested in form. He showed how many plants have spirals in their growth patterns either as stems, stalks or leaves. The spiral is also seen in a snail or nautilus shell and even in the horns of animals.

About 20 years ago we travelled to the coast to participate in an Earth Energy workshop. There we learned to dowse and to detect subtle earth energies and the patterns they form. I still recall the little experiment where we marked off the ground where a regular pattern of energy lines formed a tight grid. Then we sat in the middle of the pattern and brought to mind all sorts of dark and hateful thoughts. We then re-measured the resultant energy patterns, only to find the lines were now deflected around and away from the place where we sat. Returning to that same place we now thought loving, kind and compassionate thoughts before re-dowsing the area. Perhaps, to no surprise, the energy patterns had returned to their 'normal' pattern. All very intriguing, however it is really just more evidence of the presence of energy flow in nature, but it doesn't explain where it originates.

Many indigenous cultures are steeped in the belief that the Creator is all around us and His or Her Divine influence is even more evident when we are in nature. South American's cultures believe in Pachamama or Earth Mother who is manifest in the trees, plants and even the mountains. She presides over planting and the harvest and plays a big role in the well-being of their people. Indigenous people, generally believe in a sacredness of nature, where it is always treated with deep respect and reverence - something the earth could use right now.

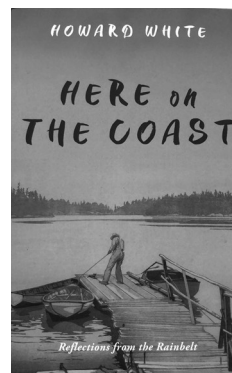
As I get out of my head and stop trying to explain or rationalize the mystery of nature, I have come to believe that when we are in nature we can connect with our own nature or our soul. Being in nature is like being in the presence of God or the Creator, surrounded by His or Her boundless energy. Sitting and meditating in nature can be very profound; as we still the mind and allow the Divine essence, to flow into our souls. The

wisdom of our own souls can then percolate to the surface of our consciousness as we embrace the life and the love of the Divine held within our Natural world.

Take an early morning walk through an old forest after a rain. Open your senses and experience the natural world in all its beauty Feast on the rich verdant textures and forms that surround you. Inhale the earthly fragrances wafting up from beneath your bare feet. Witness the array of tiny water droplets poised upon a tender, young leaf. Feel the warming rays of sun that penetrate to the misty forest floor. Watch as tiny birds flutter in groups from tree to tree, twittering with joy. Open your heart and awaken your sleeping soul. Experience the awe of nature, as you are embraced by the Divine.

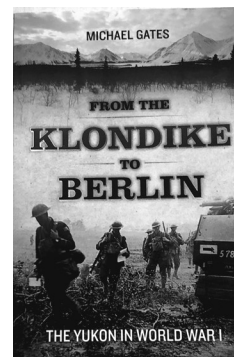
BOOK REVIEWS

by Tom Lymbery



HERE ON THE COAST, Reflections from the Rainbelt, by Howard White, Harbour Publishing, 205 pages. \$24.95. Howard has written several best sellers, starting with the Raincoast Chronicles that began his most successful Harbour Publishing operation. Since he lives on the so called Sunshine Coast he ridicules that promotional name. Here are 50 of his musings – suppose I expanded

50 Tom Sez memos into a book? – with a three page chapter for each – Howards stories are a mixture of everything he has thought of over the past 40 years. This makes a book that you can pick up and delve into at any time – enjoying whichever story that you happen to open.



FROM THE KLONDIKE TO BERLIN, the Yukon and World War One, by Michael Gates, 268 pages, \$24.95. When Canada declared war in August 1914, immediately all supportive miners in the Yukon wanted to join up and were gathered together by Commissioner George Black to form an entirely Yukon contingent of machine gunners.

They were eager to get to France as many expected the war would be over by Christmas. A forgone hope as it carried on for four years, full of the untold horrors of trench warfare. My father was in those trenches and never only mentioned the amusing events that occurred when they were relieved. Denny Davis's father never, ever spoke of his overseas service. Neither were drinkers but we are sure they never missed their daily rum ration – the only respite.

Yukon poet Robert Service who wrote *The Cremation of Sam McGee*, served as a war correspondent, finding that all reporters were very restricted as to what they could see. However he used his Yukon ingenuity to get right into the front lines to write stories for the Dawson City and Whitehorse dailies. He gave this up and became an ambulance driver instead, rescuing badly wounded soldiers to take them to tent hospitals.

Another famous Yukoner, Joe Boyle pursued a most unusual project – trying to reorganize the Russian railways which were in disaster mode. The Yukon machine gun troops eventually got to France, serving with distinction at Vimy and Passchendaele, using their northern experiences to fighting advantage.

Next Deadline:

Oct 27, 2021

The East Shore Mainstreet
KOOTENAY LAKE BC

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

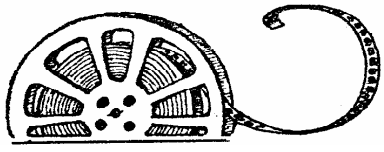
Contact: Ingrid Baetzel, Editor
Phone: 250.505.7697
Box 140, Crawford Bay, B.C. V0B 1E0
Email: mainstreet@eshore.ca
Web: www.eshore.ca

ADVERTISING RATES

\$40 - 3.25 wide X 1.75 tall (inches)
\$45 - 3.25w X 2.5t
\$50 - 3.25w X 3t
\$55 - 3.25w X 4t
\$60 - 3.25w X 4.5t OR 6.75w X 2.25t
\$70 - 3.25 X 6t OR 6.75w X 3t
\$95 - 3.25w X 9t OR 6.75w X 4.5t
\$115 - 3.25w X 10.25t
\$150 - (1/4 page) 5w X 7t
\$175 (1/3 page) - 6.75w X 7t
OR 3.25 w X 14.5t OR 10.25w X 4.5t
\$250 (1/2 page) - 10.25w X 7t
\$450 (full page) - 10.25w X 14t

Sample Sizes - more sizes available.
Column Width: 3.25 inches - double width: 6.75 inches - full width: 10.25 inches
Services Directory: \$5/month, up to 3 lines.
Classified Ads: \$5/first 30 words, 10¢/word additional

****THESE RATES ARE FOR B/W ADS ONLY****
FOR FULL COLOUR, ADD 30%



Seldom Scene

by Gerald Panio



Born and raised in Mexico City, director Alfonso Cuarón has an impressive track record. And an unpredictable one. His first feature film, *Sólo con tu pareja* (1991), was a big hit in Mexico. His next two films, *A Little Princess* and *Great Expectations*, were based on English classics. His fourth, *Y tu mamá también* (2001), was one of the most globally successful Spanish-language films ever. Then came *Harry Potter and the Prisoner of Azkaban* (2004) and *Children of Men* (2006), the latter based on a P.D. James novel. *Gravity* (2013) won him his first two Oscars, for Best Director and Best Achievement in Film Editing. He was the first Hispanic and Mexican to win the Academy Award for Best Director.

Then came his most recent film, *Roma* (2018), and an international tidal wave of awards & nominations. *Roma* was nominated for 10 Academy Awards, and delivered two more (Best Director, Best Achievement in Cinematography) for Cuarón. I'm not sure why it has taken me this long to include *Roma* here in Seldom Scene. It's a landmark film in cinema history, and a sublime homage to some of the great filmmakers who have been Cuarón's inspirations. I think that initially I was waiting for the film to be released on DVD, but that didn't happen until the Criterion release in 2020. By then, I was on to other things.

So here I am making up for lost time.

One of the reasons *Roma* took a while to make it onto DVD is because Cuarón made the unusual choice of distributing the film through Netflix rather than through a wide theatrical release. It turned out to be a wise choice in retrospect, yet the film itself cries out to be seen on a large screen. Filmed in flawless black & white with a large-format digital Alexa 65 mm camera, Cuarón's cinematography reminded everyone why black & white will always remain a wonder in the hands of a gifted filmmaker. In the case of *Roma*, there are echoes of the Italian neo-realism of Vittorio De Sica and Roberto Rossellini, of Luis Buñuel's Mexican films, and of early Federico Fellini. I remember reading how some cinephiles, spurning Netflix, drove hundreds of miles to catch *Roma*'s rare theatre showings in cities such as Seattle.

Most of *Roma* takes inside an upper-middle-class home located in the district of Mexico City that gives the film its name. It's essentially the family home Cuarón himself was raised in, recreated as a dramatic stage by production designer Eugenio Caballero (himself an Oscar winner for *Pan's Labyrinth*). As much as 90% of *Roma*'s story is loosely autobiographical. The story plays out over a year, at the beginning of the 70s. Cuarón dedicated his film to Liboria Rodríguez, the live-in maid who raised him, and with whom he consulted as he worked on *Roma*. He has said that he meant the film to be a tribute to the women in his life.

Roma's central character is Cleo, the Mixtec maid who is both housekeeper and surrogate parent to the household's four young children. The Mixtec are the third largest group of native Mexican peoples; their homeland is the Mixteca, in the western half of the state of Oaxaca and parts of Guerrero and Puelba. (Those interested in learning more about Mixtec culture & history can check out the website Mixtec.org.)

Cleo is a stoic figure whose inner strength allows her to navigate household chaos, the fickle whims of her employers, political storms, and personal trag-

edy. In classic neo-realist tradition, Cleo is played by Yalitza Aparicio in her first-ever dramatic role. Ms. Aparicio had just graduated with a teaching degree in early childhood education when she was asked to audition for *Roma*. Her debut here reminds me of that of Maria Falconetti in Carl Dreyer's *The Passion of Joan of Arc* (1928).

The essence of Cleo's role in the household is captured in the film's beautiful opening shot, where water splashes across the large, pristine tiles of the house's enclosed courtyard/parking area. Her employers are absolutely dependent on her to perform all of the daily rituals—from cleaning up dog droppings in the courtyard, to doing all of the household cooking and laundry, to tucking the children in at night—that keep this version of the Mexican dream as shiny as the outsized Ford Galaxie that Sr. Antonio drives and can barely squeeze into his parking space.



The dream starts to fray when it becomes clear that the father is no longer satisfied with his perfect bourgeois home and family. His "business" trips get longer, while his wife, Sra. Sofia (Marina de Tavira), tries to keep up the pretense that all is normal. Appropriately enough, Sr. Antonio only gets about 10 minutes of screen time, much of that in his car.

At this point in the story, a more didactic, more Marxist filmmaker might have been tempted to ride the theme of abuse of employees by heartless capitalists to its relentless conclusion in physical and verbal violence, followed by brutal dismissal. Something that was brilliantly done in Bong Joon Ho's *Parasite* (2019). Not Cuarón. Instead, when her husband succumbs to the 40-year itch, and coincidentally when Cleo is at her most vulnerable, Sra. Sofia doubles down on her inclusion of Cleo as essential to her family's health and survival. (She also takes some anger out by doing a number on the Ford, a good example of Cuarón's very dry, understated sense of humor.)

Cleo's calmness under fire and her rock-solid competence as a housekeeper are in sharp contrast to her personal life outside of the family home. Outside, she must cope with the utterly toxic machismo of her wacked-out Bruce-Lee-wanna-be boyfriend, Fermín (Jorge Antonio Guerrero), a traumatic pregnancy, and a brush with Mexican fascism in the form of the June 10, 1971, Corpus Christi massacre of student protesters by the army and paramilitary thugs. She is not broken by these experiences, but there is one scene in particular—done in a single extended deep focus shot—that's as heartbreaking as anything I've ever seen onscreen.

Like Ms. Aparicio, most of the other actors in

Roma were non-professionals. Cuarón even cast her best friend, Nancy García, as Adela, the second maid who works in the household. Their real-life friendship makes for a strong rapport in the film.

Another key figure in the household is the grandmother, played by Verónica García. Sra. Teresa is an anchor for her family and for Cleo. She has seen enough in her life to know how to help hold things together during hard times.

Looking at the film from a technical point of view, one of the most notable elements of *Roma*'s cinematography is the way the director tends to pull back the camera and hold it, so that one winds up looking at scenes from a distance for a longer length of time than usual. It's a technique that makes the audience more complicit, as if we're standing right there as certain events play out. Yet we're helpless to intervene. Fate will play its hand, for tragedy or release.

Alfonso Cuarón also makes one of the most graceful uses of symbolism one will find in the movies. At three or four points in the film, we see a jet passing in the distant sky. Once, near the beginning, it's reflected in a puddle of water. Near the end, we see it in the sky as Cleo climbs the long metal stairway to the laundry room at the top of the house. It's like a magician's trick. As is true for all potent symbols, it's impossible to say exactly what the plane represents. A better future? An impossible dream of escape? Concrete evidence of another way of life? The family's dog, Borrás, also does double duty as an ambiguous symbol. Although the house's courtyard is his entire world—his cage, in essence—the kids and servants genuinely love him, and his enthusiasm seems boundless.

Another scene that sticks in my memory is the one inside the Metropolitan movie theatre. That interior looks like something designed by Cecil B. DeMille for one of his historical epics. It's a reminder of the era when movie palaces were exactly that, the stuff of dreams. I'm really, really grateful for Netflix for massive access but, if I ever find a genie in a bottle, I'm going to wish myself a permanent seat inside a Metropolitan-style theatre. Just like those illustrated in Ben Hall's mind-blowing *The Best Remaining Seats: The Story of the Golden Age of the Movie Palace*. But I digress.

What the heck, let me digress some more. My mother worked as a live-in maid in Ontario when, as a teenager, she struck out on her own from her small family farm in central Saskatchewan. She didn't want to be a farmer's wife. I remember her telling me how the first family she worked for had a washing machine. She'd never seen one, but never let on. She figured it out. As she did many other things in her strange new world. I imagine Cleo in much the same situation when she trades rural Oaxaca for Mexico City. She, too, is capable of making a new life for herself.

The Fitness Place

TEMPORARILY CLOSED

PLEASE WATCH

FOR UPDATES...

The regulations will be the same as before, with a MAXIMUM of six people at once, socially distanced.

We will not have supervisors at this time. Please pre-book your gym time by texting Amy at:

587-434-8770

Email eastshorefacilities@gmail.com for more info.

Hospice Article In The Moment

by Maggie Kavanagh

MAiD and Saying Goodbye

Recently, a terminally ill friend of mine, made a decision to go with the Medical Assistance in Death/Dying (MAiD) procedure. This is a major decision that the individual makes with support of a Physician and family.

I only saw her a couple of times in hospital/hospice care and was not aware of the date she and her family had scheduled for this procedure.

During my first visit with her I tried to make her as comfortable as possible. It was just the two of us. We talked a bit, but not too much and then meditated together. When it was time for me to say good-bye I without thinking told her how special and beautiful she was and I also told her I loved her.

Days later when I returned for a second visit, her partner and a very close friend were there, trying to make her comfortable. The feeling in the room was that of love, support and acceptance mixed in with some sadness. We all talked for a while, and then I found my way to her bedside. I cupped my hands around her face and once again told her, how beautiful she was and that I loved her. At the time I didn't know for sure that it would be the last time I would see her, but it was.

Reflecting on my last visits with her I cherish the special moments we shared as we said good-bye and how the feeling of love carried me through.

East Shore Hospice volunteer care is free of charge and is available in your home. Hospice care does not replace nursing care, home support or any other professional service. A hospice volunteer can be a caring

listener with an open heart and mind, who is also comfortable sitting in silence with a terminally ill person. This support can also give the caregiver(s) some respite to care for themselves. This means that the caregiver can have time away from the caretaking role.

If you or someone you know is in need of Hospice Care or you would like more information, please contact Susan Dill East Shore Hospice Coordinator at the East Shore Community Health Center Hospice Office at 250 227-9006. In addition there is a free Library with hospice related books and some DVD's on care, grief and mourning. The Library is best accessed at the Hospice Office on Tuesdays between 10am-2pm.

Watch for articles and information on Hospice care that will be posted regularly in *The East Shore Mainstreet* by Maggie Kavanagh and/or Barb Kuhn or any one of our other volunteers.

Notice of Passing

Leo Perk, 1944-2021



Leo Perk passed away peacefully in his sleep at Hawthorne Care Centre in Port Coquitlam, B.C. on August 10, 2021 at 94 years of age.

Leo was born in East Prussia in 1927 and was one of 10 siblings, growing up on a large farm of about 400 acres. During WWII, he was drafted into the army in 1944 at the age of 17. Shortly thereafter, his division was captured and he spent almost a year in an

American P.O.W. camp. After being released, Leo reunited with other family members with help from the Red Cross. While he worked for a few years in Germany after the war doing various jobs, he wanted something different and decided to emigrate to Canada.

In 1953, Leo landed at a pier in Montreal and was one of the people hired almost immediately to unload boxcars of coal. After shoveling out 2 boxcars, he found work with a French-Canadian family on their farm. Leo next travelled to northern Ontario, finding work in Timmins and Geraldton as a heavy-equipment mechanic, and then to Toronto, working as a pinsetter in a bowling alley. It was in Toronto where he met and fell in love with Doris, so he moved to where she was going-Vancouver-and they were married in 1957.

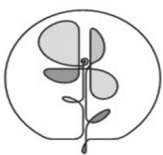
Leo worked at Lawson Oates in Vancouver as a car mechanic and two sons were born to the couple-Eckhard in 1963 and Ron in 1967. He and Doris built their own house there and Leo also realized his dream of owning his own business, opening Perk's Automotive in Kitsilano. Leo was very outgoing and made many friends, including some who had moved to the Kootenays. He went to visit them and came back so enthusiastic about the area that Doris agreed to go out and see it, and when they noticed a large, lakefront farm (Golden Pine) for sale in Gray Creek, they decided to make a move to the country in 1972.

One of the things Leo figured out early on is that it's very hard to earn a living farming, even though they had almost an acre in fruit and vegetables that Doris sold, as well as selling eggs, beef, and even a bit of wool! He decided to build a woodworking shop near the main house and started making cabinets for new construction, as well as custom items like desks. When Doris succumbed to cancer in 1983, he started Black Bear Park—a tourist theme park filled with wood carvings by renowned carver, Pete Ryan, and ran it for a couple of years.

Leo sold Golden Pine in 1989 and returned to the Lower Mainland, where he had the vigor to start building houses in Mission with a business partner. He retired after this building spree, only working part-time for a window company, and settled in Abbotsford. He lived in his home on Bedford Place until the age of 92.

Leo was not a church-going man, but when asked if he trusted Jesus as his saviour, he would answer, "Who else have we got?" Indeed. He is survived by 2 sisters in Germany, his children Eckhard (married to Gisela) and Ron (married to Tanya), and his 4 grandchildren: Lukas, Emily, Hailey, and Brendan. A photo gallery of his life can be viewed at www.dignitymemorial.com (search for Leo Perk)

Green Bubble Co



(SUNNY WOODS)

October 2021 HOURS:

Mon/Weds/Thurs/Fri: 9AM TO 5PM

(closed Tuesdays)

Sat/Sun: 10AM to 5PM

Pet Supplies, Farm Feed,
Giftware, Garden Décor & Supplies,
Fresh Eggs, Wildly Delicious
Condiments, and Kootenay River
Beef/Chicken/Fish.

CALL (250) 505-0847

WE ARE OPEN ALL YEAR!

Common Mistakes in Writing Some General (and Mainstreet-Specific) Rules to Follow

a Mainstreet submission

- Only capitalize proper nouns, titles, the first word in a paragraph and the first word after a period. In other words, capitalize the names of people, specific places, and things. For example: We don't capitalize the word "bridge" unless it starts a sentence, but we must capitalize Big Orange Bridge because it is the name of a specific bridge.

- Exclamation marks are overused and therefore lose emphasis. They are meant to indicate yelling or great excitement/suprise. Less is more.

- Last names should always be included in newspaper submissions.

- Numbers lower than 10 should be written out. "Seven times I wrote the number 17."

- *Mainstreet* prefers the date format as follows: *March 20, 2017* or *March 20/17*. We remove the little date suffixes (22nd, 31st) as a policy, and always change the format of *20th of April, 2017*.

While *Mainstreet* loves, adores, cherishes and is eternally grateful to her submitters and writers, small adjustments to formatting like those stated above make the job much more smooth and efficient. But, don't worry, we'll fix them if you don't.



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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

Email: mainstreet@eshore.ca

Web: www.eshore.ca

ADVERTISING RATES

\$40 - 3.25 wide X 1.75 tall (inches)

\$45 - 3.25w X 2.5t

\$50 - 3.25w X 3t

\$55 - 3.25w X 4t

\$60 - 3.25w X 4.5t OR 6.75w X 2.25t

\$70 - 3.25 X 6t OR 6.75w X 3t

\$95 - 3.25w X 9t OR 6.75w X 4.5t

\$115 - 3.25w X 10.25t

\$150 - (1/4 page) 5w X 7t

\$175 (1/3 page) - 6.75w X 7t

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

\$250 (1/2 page) - 10.25w X 7t

\$450 (full page) - 10.25w X 14t

Sample Sizes - more sizes available.

Column Width: 3.25 inches - double width: 6.75 inches - full width: 10.25 inches

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

Classified Ads: \$5/first 30 words, 10¢/word additional

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

FOR FULL COLOUR, ADD 30%

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** for a handsome brass plaque.

SERVICES DIRECTORY/CLASSIFIEDS

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair
250-227-9370

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

BUS/ORG SERVICES/ANNOUNCEMENT

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. wvharder@shaw.ca

ALCOHOLICS ANONYMOUS: If you drink, and don't want to stop, that's your business. If you drink & find you can't stay stopped, that's ours. 1.250.800.4125

CONSTRUCTION/CONTRACTORS/TRADES

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

NEW BUILD & RENOVATION - Design Consulting Services Westwood Cabinetry - Kitchen, Bath & Custom Closets. Furnish, refresh and update your home or rental property. Book an appointment - jennifer@socialroominteriors.ca. Visit SRI Design - www.socialroominteriors.ca

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

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: alexandraianephillips@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

ELISA ROSE SHAW, QHHT PRACTITIONER: Certified Level 2 in Quantum Healing Hypnosis Technique. Healing and answers through past life regression and connecting with your higher self. Email elisaroseforever@gmail.com, call 250-505-0128.

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

PROVINCIALY REGISTERED HCA - Christian McStravick providing confidential, home based support for individuals, and their family members. Specializing in personalised home health care, respite care, and hospice care. Servicing Boswell to Riondel. Please contact Christian via phone:250.225.1955 or email:christianmcstravick@gmail.com

REGISTERED ACUPUNCTURIST, LISA SKOREYKO R.AC. Treatment for pain, emotional disturbances, gastrointestinal issues and much more. 250.777.2855. http://lisaskoreykoacupuncture.ca/

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

REGISTERED MASSAGE THERAPIST: Harreson Tanner - Over 40 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doctor referral required. 250.505-6166.

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. wmorris33@gmail.com 250-225-3518

RENTALS/ACCOMMODATION

YEAR ROUND SHORT TERM ACCOMMODATION. Bluebell Cottage in Riondel. Can sleep up to 10 people. Newly renovated, warm and cozy. 250-551-7953. Openings still available for the holidays.

RESTAURANTS

CRAWFORD BAY HALL & COMMUNITY CORNER BUILDING - available for community events, wedding receptions, workshops etc. Non-smoking facilities. bookings@cbhall.ca

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

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, 250 551 0423 for Notary Public.

RENTALS/REAL ESTATE

Cabin for rent in Crawford Bay: Available October 1. Suitable for one quiet adult non-smoker. \$900/month plus hudro. Partially furnished, includes wood stove. Call 587.434.6079 after 4pm

Massage Therapy
Harreson Tanner, RMT
Over 40 years clinical experience



* Knowledgeable * Skilled * Experienced
For appointments, call 250-505-6166

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL MEMORIAL HALL

Booking/info: Karen Lee at 250.223.8686

Community Futures Central Kootenay


"The way to get started is to quit talking and begin doing." - Walt Disney

Have you ever thought about turning your passion into a business? Do you think you have what it takes to be an entrepreneur? Contact Community Futures for more information on Programs & Workshops available to you!

Call Amanda Murray at 403-678-7044 or amurray@futures.bc.ca to book a free appointment in Creston.
www.futures.bc.ca

Growing communities one idea at a time.

NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.



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

Next Deadline: October 27, 2021

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 AND ADULT IMMUNIZATIONS,
CRESTON PUBLIC HEALTH UNIT
250-428-3873.

EAST SHORE HEALTH CENTRE
Call 227-9006

See BELOW for doctor and nurse practitioner days

Doctor hours are from 9:30am to 4:30 pm.
Please call 227-9006.
Appointments are required.

For emergency care, call 911
We are not an emergency facility.

HEALTH PHONE NUMBERS

ES Health Centre: 227-9006

Community Nursing:
1.800.707.8550 Ext: 2 then Ext 3

Mammography:
1.800.663.9203

Mental Health & Substance Use
Clinician, Jen Diosy - Appointments only:
250.505.6829

Laboratory Services:
1.877.740.7747 or www.labonlinebooking.ca
for Lab Appointments

PRIMARY CARE PROVIDER

DAYS: OCTOBER 2021

Oct 1, Friday: Jayme Ingram, NP
Oct 4, Monday: Jayme Ingram, NP
Oct 5, Tuesday: Jayme Ingram, NP
Oct 6, Wednesday: Dr Moulson & Jayme Ingram, NP
Oct 8, Friday: Jayme Ingram, NP
Oct 12, Tuesday: Jayme Ingram, NP
Oct 13, Wednesday: Dr Moulson & Jayme Ingram, NP
Oct 15, Friday: Jayme Ingram, NP
Oct 18, Monday: Jayme Ingram, NP
Oct 19, Tuesday: Jayme Ingram, NP
Oct 20, Wednesday: Dr Moulson & Jayme Ingram, NP
Oct 22, Friday: Jayme Ingram, NP
Oct 25, Monday: Jayme Ingram, NP

NO WALK-IN SERVICES
APPOINTMENTS ARE REQUIRED

www.eshore.ca

mainstreet@eshore.ca

250.505.7697

Yard & Garden Waste — Seasonal Free Tipping

Be FireSmart! Prepare your property for future wildfires.

During the month of OCTOBER the following Resource Recovery

Facilities accept Yard & Garden Waste for FREE:

Boswell Transfer Station

Crawford Bay Transfer Station

Creston Landfill



Visit our website for more information and program details.

rdck.ca/gardenwaste

250.352.8161 | wastedept@rdck.bc.ca

NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

URGENT PLEA: WE NEED MEMBERS!
Are you new to the area, or have you lived here a while and are looking for something to do this winter? Join our team of professional volunteers & help us help our community.

Next Deadline:

Oct 27, 2021

www.eshore.ca

The Fitness Place

TEMPORARILY CLOSED

PLEASE WATCH

FOR UPDATES...

The regulations will be the same as before, with a MAXIMUM of six people at once, socially distanced.

We will not have supervisors at this time. Please pre-book your gym time by texting Amy at:

587-434-8770

Email eastshorefacilities@gmail.com for more info.

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

Everyone welcome.

CHRIST CHURCH & EAST SHORE
CONGREGATIONS ST. ANSELM'S CHURCH BO-SWELL (Anglican)

No services at the present time. Contact Christ Church Creston for info - 250.402.3225

HARRISON MEM CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay

No services at this time.

For info, please contact Rev. Leon Rogers: 250.402.3225

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

Satsangs available anytime for inspiration - Online at our website (yasodhara.org/about-yasodhara/satsang/) or YouTube (youtube.com/user/yasodharaashram/).

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Fr. Lawrence Phone: 428-2300

Sun Mass at 2pm.

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church, 8151 Busk Rd, Balfour
Sundays, 9:30 am All welcome! 250.229.5237

MEETING PLACES

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 held at 4:30 pm at the Crawford Bay School on the first Wednesday of the month.
Email cbess.pac@gmail.com for info.

Next Deadline: Oct 27

Kootenay Lake

Ferry Schedule

Fall/Winter Schedule

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

@21 THANKFUL

WISHING YOU AND YOUR LOVED ONES A COZY FALL AND HAPPY THANKSGIVING SEASON!



THANK YOU FOR YOUR BUSINESS & REFERRALS

Lets Connect!

C. 250.254.4580

O. 250.428.9331

e. sheena.sobkiw@century21.ca



Embrace Local



NDCU strives to preserve the prosperity and spirit of local businesses to maintain the Kootenay identity and help foster a culture of economic resilience and passion.

Treatment for pain, digestive issues, anxiety & much more.



LISA SKOREYKO
registered acupuncturist

250.777.2855 <http://lisaskoreykoacupuncture.ca>

EXCAVATION AND ROCK SALES

Crawford Bay, BC

LOU JOHNSON:
250.505.3089

DARRELL JOHNSON:
403.671.9359
(djc1997k@gmail.com)



The Thorn - A Novel by Doreen Zaiss

Long-awaited and now available!

This deeply engaging novel about a family of Norwegian women around the turn of the 20th century is available for purchase by contacting Ingrid Zaiss Baetzel at thethorn2021@gmail.com or 250.505.7697. It is also in stock at the Gray Creek Store and the Crawford Bay Market.

Doreen was a long-standing member of the East Shore community, a teacher and artist who was hugely loved. She passed away in March of 2020. This book is her legacy - please enjoy it!

Cash, e-transfer or credit card accepted.



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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

Email: mainstreet@eshore.ca

Web: www.eshore.ca

ADVERTISING RATES

\$40 - 3.25 wide X 1.75 tall (inches)

\$45 - 3.25w X 2.5t

\$50 - 3.25w X 3t

\$55 - 3.25w X 4t

\$60 - 3.25w X 4.5t OR 6.75w X 2.25t

\$70 - 3.25 X 6t OR 6.75w X 3t

\$95 - 3.25w X 9t OR 6.75w X 4.5t

\$115 - 3.25w X 10.25t

\$150 - (1/4 page) 5w X 7t

\$175 (1/3 page) - 6.75w X 7t

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

\$250 (1/2 page) - 10.25w X 7t

\$450 (full page) - 10.25w X 14t

Sample Sizes - more sizes available.

Column Width: 3.25 inches - double width: 6.75 inches - full width: 10.25 inches

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

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

FOR FULL COLOUR, ADD 30%



STARBELLY JAM MUSIC

SOCIETY AGM

This year's Starbelly Jam AGM will take place at 2pm on

Saturday October 16

Virtual or outdoor at Kokanee Chalets, weather permitting.

Discussion of the future of Starbelly Jam and the election of new Board of Directors.

\$5 membership fee required to vote.

Visit www.starbellyjam.org for payment options, meeting updates and virtual meeting link.