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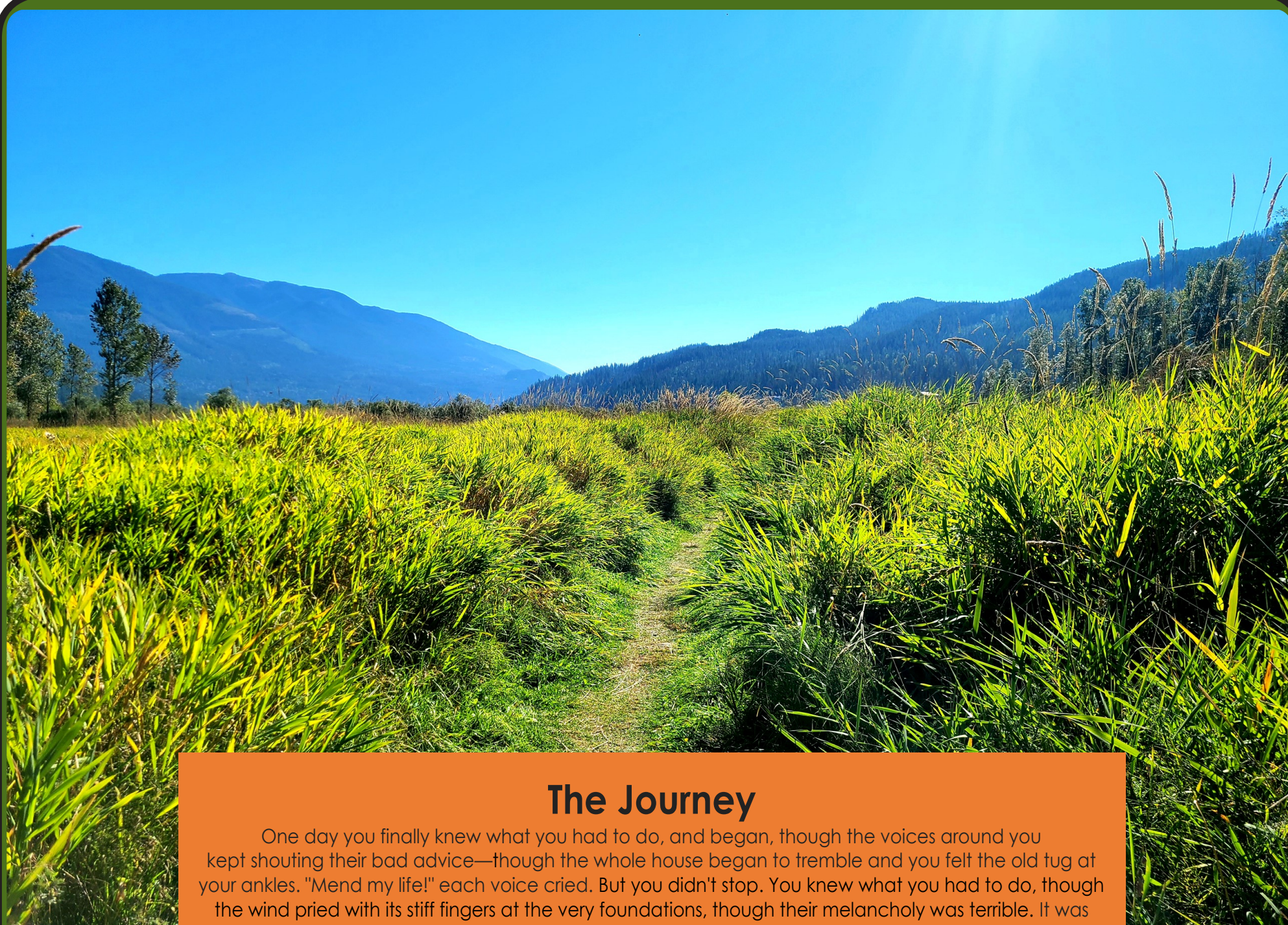
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The East Shore Mainstreet

KOOTENAY LAKE BC

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



The Journey

One day you finally knew what you had to do, and began, though the voices around you kept shouting their bad advice—though the whole house began to tremble and you felt the old tug at your ankles. "Mend my life!" each voice cried. But you didn't stop. You knew what you had to do, though the wind pried with its stiff fingers at the very foundations, though their melancholy was terrible. It was already late enough, and a wild night, and the road full of fallen branches and stones. But little by little, as you left their voices behind, the stars began to burn through the sheets of clouds, and there was a new voice which you slowly recognized as your own, that kept you company as you strode deeper and deeper into the world, determined to do the only thing you could do—determined to save the only life you could save. **-Mary Oliver**

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Mainstreet Meanderings

by Editor Ingrid Baetzel

My Friend is a Goat

In February of 2011 I wrote the following article. I'm reprinting it below as it pretty accurately describes a thing I'm still doing and what follows it is an invite to join us in this ludicrousness again (with contemporary info).

(Feb, 2011 Mainstreet) My dear friend became a goat the other night. She was on all fours. She was grazing. Her bleat was... magnificent. Those of us sitting in the audience watching her thoroughly enjoy her grass and the mysterious digestive pleasures of a multi-stomached beast could almost see her horns and beard growing. She was so nearly cloven-hooved... it was breathtaking.

And then another dear friend suddenly took so eagerly to life as a sea lion, she was transformed. Her petite frame suddenly looked believably rotund and legless. Her flapping fin arms propelled her efficiently across the ocean stage while her lifeless legs took on the form of the sea lions useless rear end with deft prowess. Her barks and whoofs brought the smell of sea air and rotting fish carcass into the room and we were transported, transfixed.

Another friend eloquently defined it in her Facebook status: "Last night I was a confusing gangster, a speed skater tripping over a pumpkin, a goat in heat and a police officer having a nervous breakdown! Theatre sports night is stressfully enchanting. :)"

Stressfully enchanting – she found the perfect words to define Theatre Sports/Improv night. Every Thursday, about six to ten of us gather at the Crawford Bay School Drama Space at 7:30 to let our guards down... way down. The group is comprised at its core of the original Hexagon Players (Lea Belcourt, Carol Vanr, Jacqueline Wedge, Kate Page, Janet Wallace and Ingrid Baetzel) with Doreen Zaiss a constant at the helm as director and games coordinator. Every week, one or two of us are not able to make it and one or two other community members amble in to give it a try. Most who try find themselves hooked. It is a laugh riot. It is stomach-crampingly hilarious good fun. It is a challenge. It's about letting yourself off the hook, while staying sharp, thinking on your feet and releasing your ego. It's the finest balance of letting go while holding tightly, the whole time trying not to laugh (while on stage).

It teaches us some of the most important life lessons, too. Don't negate (be nice to people and take what they offer). Don't block (let everybody's light shine). Don't mask (try not to muffle another's creativity). Don't upstage (remember modesty). Don't forget to have fun (be a goat).

You are welcome to join us. We want you to join us...

So now, some more updated information for you, dear reader. We are starting again with our weekly (or bi-weekly, depending upon energy) Improv Nights.

We will be gathering at the Gray Creek Hall, starting on October 14/22 at 7pm. We don't have Doreen anymore, and the cast/crew has changed some over the years (there are some men now!), but the mission remains the same. Loosen up, think on the feet, humble yourself, get ridiculous, and have fun!

You are welcome to join. However, we do ask that

you participate. We may let you watch for the first time, but after that, it's full inclusion into the silliness. Also, if the play is the thing for you, we are actively seeking a new production to put on. Hexagon Players has been around for about a dozen years and we've put on 9 or 10 plays for the community. We've had a lengthy hiatus, and are feeling ready to jump back in. So, if that's your thing, stay in touch with us! Or, better yet, come to improv, try in out, bond with the ninnies, and bring your ideas for a new production!

Come into the water... it's warm and only occasionally rampant with hungry sharks...

You can call/email me (iazbaetzel@gmail.com/250.505.7697) or Michelle Moss (michella-moss@gmail.com) for more info.

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Oct 26, 2022

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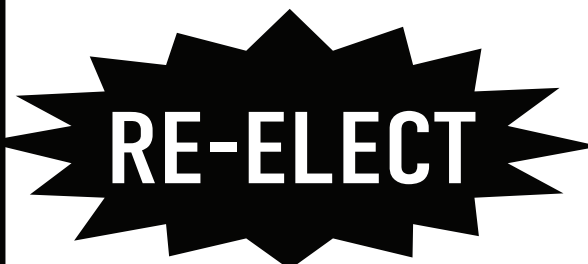
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The East Shore Mainstreet
KOOTENAY LAKE BC

OFFICE DESK

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



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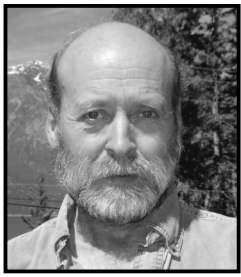
PLEASE VOTE!

ADVANCE OCT 5, 2022 8AM-8PM

- Crawford Bay Community Hall
- Balfour Seniors Hall • Nelson RDCK Office

GENERAL OCT 15, 2022 8AM-8PM

- Boswell Community Hall
- École des Sentiers-Alpins
- Crawford Bay Community Hall
- Riondel Community Centre
- Balfour Senior Hall
- Proctor Community Hall
- Nelson RDCK Office



RDCK Area "A" Update

by Garry Jackman, Regional Director

Local Government Elections 2022

Early to mid September was the window to file nomination papers for local government positions including municipal councils, regional district boards and school boards. There are nine incorporated municipalities in the RDCK (two cities, one town and six villages) each of which will pick one council member to be their RDCK Board representative after the election. There are also eleven electoral areas, such as Area A – Wynndel/East Shore Kootenay Lake, with an elected Director who will be on the Board. Of the eleven rural positions, five current Directors, including myself, will be returning for another four year term by acclamation. One other Director, for Arrow Lakes, will also be acclaimed as she was the only candidate to file nomination papers. She has prior experience as an alternate Director, as I had when first elected, which will make for an easier transition. That leaves five electoral area positions with result to be determined on October 15th. As for the municipal Directors, we will not know who they will be until after their new councils are sworn in and they make their choices internally. Whatever the makeup of the new Board, I expect we will continue to operate in a cooperative spirit.

There will be voting stations in Area A to determine the school board representatives, both for the Creston rural positions and the Redfish/Crawford Bay position. Candidate forums are being arranged by various groups for all categories of elections. As I have done

in the past, I will sit in on forums in Nelson and Creston to listen to the questions raised since I am sure they will apply to Area A as much as other areas. I can also get a preview of my potential colleagues at the Board table. The October 13th RDCK Board meeting will be the last one for the current group, with the inaugural meeting for the new Board taking place on November 17th. All of our regular committee and commission meetings continue on through the election period as work in progress cannot afford the luxury of time off during an election.

Waste management and recycling

As you may have picked up on through the radio ads, the RDCK household hazardous waste roundup for Creston was shifted from September 17th to October 1st at the Creston and District Community Complex due to an unexpected conflicting event. I will not see any summary of what was collected for a few weeks but in the past the roundups have brought in large quantities of materials which we did not want to have end up (illegally) in the Creston landfill. As noted last month, the Directors for Electoral Areas A, B and C plus the Town of Creston have been working through staff to establish a contract to operate a year round eco-depot in Creston, similar to what Nelson has, ideally co-locating the recycling bins as well.

October is one of the months when the tipping fee for yard and garden waste is waived at the transfer stations and at the landfill site. This is to discourage burning which has negative health consequences for many of our neighbours. There are some limits on daily volume dropped off at the Crawford Bay and Boswell transfer stations plus the Creston landfill. The organics composting facility adjacent to the Creston landfill is in operation now and will help us maximize the diversion of organics from the landfill as they gen-

erate methane during decomposition plus cause other issues with leachates. As noted last month, the site is receiving organic waste collected through the Town of Creston now while expansion to nearby rural homes, where it makes sense, is being examined. One of the barriers to rolling out the rural collection is in the process of being removed, according to information from the Ministry of Environment, so ideally there can be a "three stream" collection service offered in some rural areas which would provide curbside pickup for recyclables (blue box system), organics and residual waste or garbage bound for the landfill. This is the most efficient and cost effective way to offer the service. Stay tuned.

Climate Action Plan

The provincial government has established their climate action strategy and along with that there are incremental requirements for local government to follow. For the past five years the RDCK made several investments to reduce energy consumption as well as lower carbon emissions at government facilities. We also sponsored programs for people to improve the energy efficiency of their homes. For the next five years we have an updated action plan which will be presented in draft to the RDCK Board of Directors at the October 13th meeting. You can see the draft as part of the meeting agenda package which will be available about one week prior to the meeting.

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.

Next Deadline:
Oct 26, 2022

Trustee Update

by Lenora Trenaman, SD8 Trustee

It's that time again folks - it's election time - time to consider who should be your next trustee representative for Crawford Bay, East & North Shores on the SD8 Board of Education.

I am asking again for your support, because:

For the past 17 years as your Kootenay Lake School Board Trustee, I have dedicated myself wholeheartedly to the welfare of all our children in our school district. I made that commitment when first elected to the SD8 School Board and my dedication remains steadfast. If you re-elect me on October 15, I will continue working hard for our students.

Over the years, my constituents have heard me vow:

"The education of the children in this district is my first and only priority after my own family."

"I am running for Trustee because I deeply care about quality education."

"I believe education affects every aspect of our lives, now and in the future."

"We need to provide our children with the tools to deal with their and our future!"

"We need to take care of those who are taking care of our students!"

"I will be available and responsive to you, for our children."

All of these statements remain absolutely true in my heart. I am running again because I have never been more passionate about our children's education.

Here are a few lessons I have learned during the past 17 years I've been your Trustee.

1. I have learned what is required to be a truly effective trustee, to ensure the Board of Education fosters its goals in the areas of Learning, Organizational Excellence, Relationships and Engagement.

2. I have learned that the most important way

to influence the direction of our public K-12 system is through decisions made at the Board table - this requires gaining the support of a majority of the Trustees on the Board. I will always fight for what I believe in, and I know that to be effective, I have to inspire others to join me.

3. I have learned how to balance the interests of my local communities with those of the District as a whole.

4. I have learned how to keep an enduring focus on the only directive of School Boards under the School Act - to improve student outcomes.

I have demonstrated the skills, experience, and passion to help propel the district forward and improve educational outcomes for all our students. For the past 17 years, I have:

- Kept a steadfast focus on making informed decisions to ensure quality public education is provided to all children.

- Fought to ensure mindful supports are provided to the people who deliver our children's education.

- Actively encouraged community participation and support for public education.

You have known me through my 24 years of involvement with the Kootenay Lake School District and have seen that my passion, commitment, and ability to ensure quality public education for all our children has grown and strengthened year after year.

I will continue to work to ensure the best possible education is provided to our children, to increase the life chances of ALL students.

My commitment remains to make decisions that ensure quality public education for all children. The children in our schools today are our most valuable resource and asset – now and in the future. Our future depends on them!

Re-elect me and I will work hard to build on the achievements of the past few years, such as:

- Improved graduation and completion rates for all students, and Indigenous students in particular (<https://www.sd8.bc.ca/FESL/2020-2021>)

- Hired dedicated staff that provide mental health, addictions and safety support to students and staff.

- Completed our first strategic plan that plots the direction of the district. I am excited that a comprehensive consultation process will soon be underway to develop our next one. (https://www.sd8.bc.ca/sits/default/files/SD8%20Strategic%Plan%20Plan%202018_2023-Web.pdf)

- Completed a comprehensive Anti-Racism and Cultural Safety Policy, with processes and implementation planning underway to help ensure no one in our district has to experience the harm of racism.

Reach out anytime with your questions, concerns, and thoughts. trenaman@shaw.ca/250-229-4633.

Please make sure you vote on October 15!

Next Deadline:

Oct 26, 2022

www.eshore.ca

mainstreet@eshore.ca

250.505.7697



Crawford Bay Hall Update

by Susan Hulland

New Locked Gates at the Community Park

We have recently installed more locked gates around the park. The primary reason for this is concerns brought to our attention by park users in particular parents with young children. Simply put: having humans and vehicles mingling within all areas of our community eight acre park does not make sense. Making the area more secure will also help deter incidents of vandalism, reduce damage to our water system, and reduce illegal overnight camping. Keys for these gates will be made available to those hosting events in the Fraser Pavilion and other secure areas of the park by contacting info@cbhall.ca. Thanks to Bryan Anger of Crawford Bay RV Park and Dave Hough of Steel Wheels for erecting the gates.

2022 Annual General Meeting

Please note there has been a change from last month's announcement. Our AGM will be held on November 23 (not the 29) in the community hall starting at 7pm. We are entering an exciting phase in the restoration of the hall to its former place of pride among the East Shore's public buildings. We are grateful for the amazing financial support local residents have given our association' however our most critical need now is people's energy. We feel it's important that our community assets remain in community control. Do you agree? If so please attend to find out what progress we have made and to offer your help by becoming a director or signing up as a volunteer.

Fundraising

Three lovely items which were recently donated to our association will soon be for sale on the website: East Shore Preowned Buy Sell Free during the month of October. They are: a king size, heirloom, hand stitched patchwork quilt; His & Hers bicycles which were test driven once only; and a colourful, still-in-the-box, L.E.D. palm tree light which could brighten your deck this fall or add a tropical zing to your 2022 Christmas.

Proceeds from these donations which came to us from Debbie Turner, Rick Bell and Ann Hagen as well as Jerry Unger of Kokanee RV Sales in Creston, will go toward our association's rejuvenation and preservation project. These donations will also be posted on our Facebook page (@crawfordbayhall). For more info about these donations contact Susan Hulland at 250 227 9370 or shulland@cbhall.ca.

Thanks to Dave Hough for cutting the grass and small trees that keep popping up on the grounds between the hall and the Kootenay Lake Community Church. Also a big thanks to Bob Carter of Cartergraphics for his artistic technical support with promoting the items we are selling.

HEY YOU! Crawford Bay Hall & Park Facility Rentals

Crawford Bay's Community Hall, Community Corner Building and Park Pavilion are now available for rent.

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www.kootenaysoundhealing.ca

Next Deadline:
Oct 26, 2022

Riondel Fire and Rescue Blotter

by Fire Chief Cory Medhurst

It's October already and fall is upon us in full force. With beautiful sunny days followed by much cooler mountain evening air. Soon the days will be darker longer, followed by rain and eventually snow. Riondel VFD would like to remind everyone to prepare for the upcoming winter season by cleaning chimneys, preparing baseboard and indoor heaters, while making sure your homes are accessible and locatable for emergency responses; is your road sign visible and your driveway capable of providing emergency vehicles access to the home? Things to consider in the upcoming weeks.

We would like to extend our belated gratitude to one of our members who recently retired from the service to better fit his work life balance. Morry Glicman from Riondel has been a member of the department for the past 5 years and has been a valuable member on many of our emergency calls in that time. Morry has also volunteered countless hours in training with the department and attended practices regularly. At this time, Morry has decided to step back from the Fire Department and focus on his business. Myself, and the members of RVFD would like to thank you for your service and dedication to the residents of the East Shore and wish you well.

September calls to date are as follows:

September 4 – Two members responded to a report of a campfire in a back yard in Riondel. Members attended the residence to find a legal campfire being attended to by the home owner with no issues.

September 13 – Multiple calls were received for a cement truck roll over at the Kootenay Bay ferry terminal. Witnesses stated that the truck's brakes were smoking and appeared to have failed while traversing

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down the summit. The driver was able to avoid colliding with other vehicles or persons in the parking lot, but unfortunately flipped the vehicle on the driver's side coming to a sliding stop. 8 members responded to the call with the first members on scene assisting a retired ER Nurse who was already in the cab helping the driver. While one crew was in the cab with the patient, the remaining members secured the scene and set up the Jaws of Life to cut the truck's roof. When the patient was removed from the vehicle, the crew performed CPR to revive the driver while waiting for an Advanced Care Paramedic from Cranbrook arriving via helicopter. When the ACP arrived he quickly assessed the patient and guided our crew through preparing the patient for flight. The patient was stabilized, prepared and loaded onto the chopper, taking with them one of our local Paramedics to help along the way. At the time of writing the patient had been taken off of life support and continues to breath on his own; he remains in a coma with slight signs of improvement. Our thoughts are with him and his family.

September 21 – Three members responded to a medical emergency in Crawford Bay to assist the Paramedics with patient care and movement.

September 21 – A call for a motor vehicle incident involving a pick up truck rollover in Gray Creek had 6 members respond. Dispatch reported that there were 3 patients with 2 trapped inside the vehicle. First arriving members found 2 patients outside of the vehicle in the care of bystanders, with one patient trapped in the vehicle; the truck laying on the passenger side dangerously close to a steep embankment. The patient was attended to by 1 member while the crew stabilized the truck. The windshield was removed from the vehicle to gain access to the patient who was able, with assistance, to sit up and crawl out of the truck where he was placed in the care of the just arrived Creston Paramedics. All 3 patients were transported in 2 ambulances to hospital for examination. The crew swept up the debris and cleaned the highway as much as possible before leaving the scene.

September 25 – Five members responded to an emergency lift assist in Crawford Bay. The local Paramedics required assistance moving a patient from the home to the ambulance in an effort to catch the 07:10 ferry. The Paramedics were able to move the patient without help so our crew was stood down before leaving the hall.

September 25 – A call for a burning complaint in Riondel was attended to by 4 members. The first members on scene spoke with the landowner who quickly extinguished the fire; like so many he thought that the fire ban was lifted.

September 25 – Four members were responding to an apparent medical emergency on Riondel Road when they were contacted by our local Paramedics. The crew was informed that this call had been attended to an hour previously and that they were currently in Creston with the patient. An unexplainable mix up with dispatches led to a very late page. The crew stood down and returned to the hall.

September 28 – A medical emergency in Gray Creek had 6 members respond, with 2 on standby to assist, to help our local Paramedics with patient care and movement. First arriving members began patient care while waiting for the crews to arrive and continued to help load the patient into the ambulance for transport.

September 28 – A medical emergency in Crawford Bay had 6 members responding but were canceled before leaving the hall. An apparently intoxicated person was believed to be unresponsive, but quickly woke and left the scene. All members stood down.

The Regional District of Central Kootenay (RDCK) Fire Service is celebrating the 100th anniversary of Fire Prevention Week, October 9-15, 2022. This year's Fire Prevention Week campaign, "Fire won't wait. Plan your escape", works to educate everyone about simple, but important actions they can take to keep themselves



Hacker's Desk

by Geoffroy Tremblay

Evolution Revolution First Anniversary

It's been a year now since I started my online radio show. It has been quite an adventure, and I must admit that some of the performances were sub-par as far as content goes, but overall, it's been a great tool to clarify what I want to share and how to go about it.

I didn't really know what I wanted to do when I started the show. I tried to focus on electronic music, talk about meditation and see if I could commit to a weekly schedule. As far as talking and playing music for 1 hour every week, that was the easy part!

Then came the issue of what I wanted to talk about every week. The name Evolution Revolution was floating in my mind. I thought it was a bit cheesy at first, but I grew to like these 2 concepts together. This idea of evolution was dear to me, and we're overdue for a revolution of any kind.

As a kid, I've always wondered about the world around me. I questioned reality and felt there was a limitation regarding our tradition. Why didn't we have a thousand-year-old culture? When did we lose contact with our ancestors? There seemed to be different realities, but why did we only talk about one? Other religions would offer further explanations, but it created even more questions for me. And these questions stayed with me my whole life.

But what does evolution means? I started asking the community how they felt about evolution, why they weren't interested in our culture and what to do about it. For a lot of people, evolution was something of the past. There are theories of evolution that explain how life evolves from the mitochondria to the human,

but there isn't anything we can do to further our evolution. Some other opinions pointed to 'self-help that all these practices could help get you back to a 'productive' level in your work but not further. I realized that the concept of human evolution wasn't even a thing in our culture. We cannot evolve from where we are; some said, 'maybe in a thousand years, we'll have fewer teeth in our mouth,' and that was all we could hope for our human evolution.

I realized that my colourful view of reality was in stark contrast with many people. Which helped me define what I wanted to offer. At the same time, I realized that our culture doesn't like to talk about spirituality and evolution. I changed my language to be more precise, using sentences like 'the evolution of human potential,' for example.

What about revolution?

Our investment in our evolution is the only lasting revolution we can create. We can try to change systems, topple the government, and redefine who we are as a nation, but if we are stuck in the belief that we cannot evolve further as humans, we'll be re-creating the same flawed structures. The act of working with the expansion of our potential is a revolution in itself.

The portrayal of meditation and yoga in our culture is still a marginal few who wears Birkenstock. Often portrayed as the 'New Age' funky, strange, although more accepted, they are the exception and not the norm.

The radio show is, in part, a conscious effort to bring more of that reality, more of that questioning, to a community of listeners, albeit a small one. The more I talk about it and share it, the more common sense it might become. Can we bring back this sense of wonder and mysticism in our culture? I do think so! Creating articles, radio shows, and our meditation circle are all about opening the conversation about how to continue or start on that path.

A Message of Thanks from the Boswell Historical Society

submitted by Margaret Crossley

We are happy to report that the Boswell Historical Society has received confirmation from the Columbia Basin Trust that our application for a Land Acquisition Grant was successful. Together with generous donations from our members, money raised during the various community fundraising events, and other grants secured during recent months from RDCK, the Nelson and District Credit Union, and the Kootenay Lake Lions Club, we will now be able to purchase the former St. Anselm's building and property from the Anglican Diocese of the Kootenay.

The Board of Directors of the Boswell Historical Society would like to extend a heartfelt "thank you" to the residents of the East Shore for the support and encouragement we have received from so many. We hope you will share in our sense of accomplishment and celebrate our success in bringing home The Heart.

We now move forward to fulfil our pledge to create a comfortable, welcoming, and inclusive gathering place that will contribute to our quality of life and promote health and well-being for all East Shore residents.

The AGM of the Boswell Historical Society will be held at St. Anselm's (future home of The Heart) on October 21st at 4:00 pm. All are welcome to attend the meeting and the potluck dinner that will follow.

and those around them safe from home fires. "Today's homes burn faster than ever. You may have as little as two minutes – or even less – to safely escape a home fire from the time the smoke alarm sounds," said Gord Ihlen, RDCK Fire Prevention Officer. "Your ability to get out of a home during a fire depends on early warning from smoke alarms and advance planning." The RDCK Fire Departments encourage all residents to embrace the 2022 Fire Prevention Week theme. Here are key home fire escape planning tips:

- Make sure your plan meets the needs of all your household members, including those with sensory or physical disabilities.
- Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level of your home. Smoke alarms should be interconnected so when one sounds, they all sound.
- Know at least two ways out of every room, if possible. Make sure all doors and windows open easily.
- Have an outside meeting place a safe distance from your home where everyone should meet.
- Practice your home fire drill at least twice a year with everyone in the household, including guests. Practice at least once during the day and at night.
- Check your smoke alarm and change the batteries when required.
- "It's important for everyone to plan and practice a home fire escape," said Ihlen. "Everyone needs

to be prepared in advance, so that they know what to do when the smoke alarm sounds. Given that every home is different, every home fire escape plan will also be different. Have a plan for everyone in the home. Children, older adults, and people with disabilities may need assistance to wake up and get out. Make sure that someone will help them." For more information about fire prevention, visit:

- Office of the Fire Commissioner: www.gov.bc.ca/FireSafety
 - National Fire Protection Association (NFPA): www.nfpa.org/Events/Events/Fire-Prevention-Week
 - Sparky's Fire Safety Club: www.sparky.org
- Riondel VFD members will be attending, and would like to invite all trick or treaters and their kids to the 2nd annual "Riondel Haunting" at the Riondel Campground on October 31st. Join us for a fun filled evening of vendors, a food truck, decorated campsites handing out candy and more. Come view our firetrucks and put on some gear for a photo op with our crew. It will be a spooky good time and we hope to see you there.

If you find yourself at home alone, cold and bored this winter, consider helping your community and meeting a great group of peeps, come and join our team of professional volunteers, we meet every Thursday night from 7PM-9PM at the fire hall in Riondel. Go online to www.rdck.ca/EN/main/services/fire-services/volunteer-as-a-firefighter.html and fill out the application, hope to see you at practice soon!



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Celebrating the Success of the Kootenay Lake Local Conservation Fund

Submitted by Kootenay Conservation Program

This article is the final of 3 in a series featuring the Kootenay Lake Local Conservation Fund, an RDCK service co-administered by the Kootenay Conservation Program.

One of the best ways to conserve natural ecosystems is by keeping them ecologically intact and stewarding them for conservation. By securing ecologically significant private lands, land trusts can sustain important biodiversity.

Since 2014, the Kootenay Lake Local Conservation Fund (KLLCF) has contributed to the purchase or restoration of three major land conservation properties through the \$15 per parcel tax that property owners in RDCK Electoral Areas A, D and E pay into the fund.

Most recently, in 2021, the KLLCF contributed to the Cottonwood Lake Preservation Society fundraising campaign to acquire the land on the upslope of Cottonwood Lake that was slated to be heavily logged. The campaign was a community success and raised \$400,000 to purchase and protect 49 hectares of forest above Cottonwood Lake. The forested land provides habitat for cavity nesters, raptors and other birds and amphibians that breed in the wetland at the south end of Cottonwood Lake, and wildlife connectivity from the mountain ranges to the valley bottom. Not only does this acquisition protect valuable habitats in the area, it also protects the land from deforestation, erosion, mudslides and avalanches.

The KLLCF also made a substantial contribution in 2019 towards the Nature Conservancy of Canada (NCC)'s purchase of Next Creek from a private forest company. Next Creek is a 7,882-hectare (19,476 acre) property extending west from the southern portion of Kootenay Lake into the middle of NCC's Darkwoods Conservation Property, a 136,000 acre (55,000 hectare) parcel of private land in Electoral Area A on the west side of Kootenay Lake. Darkwoods is the largest private conservation property in Canada, which NCC purchased in 2008 to conserve, protect and restore this biologically rich area. The Next Creek property was the last missing piece in the surrounding landscape that was otherwise protected. Securing Next Creek has protected an important movement corridor for ungulates, carnivores and other wildlife moving north-south along the west side of Kootenay Lake and east-west between the Purcell and Selkirk Mountains.

In 2016, the KLLCF supported a restoration project in Darkwoods at the abandoned Tye town site. All that remained of an old sawmill and log sort was a heavily compacted five-hectare field dominated by invasive plants competing with and displacing native plants, degrading wildlife habitat and interfering with forest regeneration. The project restored the most heavily

impacted and degraded habitat by implementing an integrated pest management strategy, introducing bio-control agents to deal with invasive weed species, and planting native shrubs and trees.

"Our local landscapes have directly benefited from the annual \$15 investment each property owner in Electoral Areas A, D and E makes through their property taxes," said Garry Jackman, RDCK Director for Area A. "We are fortunate to have local communities that care so much about their natural surroundings to support them in this way. We are seeing gains through larger scale conservation projects plus obtaining valuable research information through several small projects. We also need to raise awareness through education around what individual landowners can do on their own."

The Kootenay Conservation Program (KCP), which works in partnership with the RDCK to administer the KLLCF, is now accepting applications for 2023 projects. Applications can be submitted by non-profit organizations and Indigenous communities for projects

within the participating areas. Community groups and individuals can partner with an eligible organization to apply. The deadline for applications is 4:30 p.m. PT on October 28, 2022. If you have a new project idea, it is highly recommended that you contact the KCP Program Director prior to submitting an application to discuss your project idea.

To learn more about the KLLCF and how to apply please visit <https://kootenayconservation.ca/kootenay-lake-local-conservation-fund/>. For phone or email inquiries, contact KCP Program Director Juliet Craig at

250-352-2260 or juliet@kootenayconservation.ca.

About Kootenay Conservation Program

The Kootenay Conservation Program (KCP) is a partnership of 80 organizations that work together to protect clean water, conserve important wildlife habitat, and steward the land to allow for healthy, functioning ecosystems in the East and West Kootenays. Learn more at www.kootenayconservation.ca.



In 2021, the Kootenay Lake Local Conservation Fund contributed to the Cottonwood Lake Preservation Society fundraising campaign to acquire the land on the upslope of Cottonwood Lake. Cottonwood Lake Preservation Society Photo

TOM Sez

by Tom Lymbery

Included with Eric Smith's obituary I mentioned that he built the X Changer woodstoves. These were designed by Peter Misan of Balfour before Eric's taking over. We sold one to Rhonda who ran the Argenta Bakery, and as down payment took many loaves of bread from her freezer.

Whole pumpkins make the best pies. The easiest way to peel these is to put the whole pumpkin in your oven for about an hour. When you take it out and it has cooled the skin peels off easily and the seeds and interior spoon out quickly.

Trans Canada Air started flying between Seattle and Vancouver in 1937 but it was many years before they actually crossed Canada. A recent news story suggested that pleasure trips by air didn't start until the late 1950s. However an English cousin came to visit us in 1946 – flying across the Atlantic in a Pan Am flying boat.

The recent accident at the ferry landing could have been averted if the driver had used the runaway lane which has special springs on nets to slow up a truck. A similar one on the Rossland hill saved a truck and driver. Our Kootenay Bay one was the first innovative lane that used special springs without using a reverse grade.

Frederick Simpson just passed away in Prince George. Leaving perhaps only three left of those who attended school in Gray Creek and La France – Rolly Trenaman and myself and also Barry Simpson (now in Alberni) who in 1939 was one of those brought to our school by Jim Burge's car / school bus.

Our Kootenay Lake Chamber of Commerce had quite a struggle to get that runaway lane built. We had to produce evidence of three trucks that lost their brakes – as well as a camper van that drove straight into the lake, drowning one man. Highways had to find a suitable system where no reverse grade was available. WHY did it take 13 DAYS for this recent disaster to be reported in the news?

Mark Anthony Jacobson is unable to open his new first nations art studio in the old store, as the building has been condemned. When the new C B market was completed I asked Johnny Stocker what might take over the old store. He suggested that a hook shop might be viable but that never came to pass.

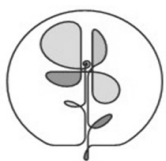
In acknowledgment of the First Nations, the name Squawfish has been changed to Pikeminnow. These fish have always been numerous in our lake. As kids we spent hours fishing for these off the wharf. Too boney to eat so they were used for fertilizer. I caught one of six pounds – close to the world record which is 7 lbs 14 ounces.

Thanks so much to all our friends who came to our Oliver Road estate sale on Saturday, September 17th where Dave and Lorena found new homes for more items than they expected.

Sharon and I were surprised to find our photo in the Nelson Star where an ad for Lakeview Village featured the new Bistro dining lounge, a feature that allows residents to have a meal different from our regular dinners, enjoying the ambience of the Bistro.

No sign of the proposed shelter for walk ons at the Kootenay Bay Ferry landing – they spent all the money at Balfour and left us out again. This should also be a heated shelter to avoid having to run vehicles two hours just to keep warm while waiting.

Green Bubble Co



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Stop Guessing – Drug Checking Saves Lives

an IHA press release

Due to several recent drug poisoning events in the region, Interior Health is urging people to use available drug checking services in order to stay safer. A region-wide drug alert remains in place following these toxic drug poisonings.

Interior Health has expanded drug checking services in response to the toxic drug crisis. Since being introduced in Nelson in 2018, FTIR (Fourier-Transform Infrared Spectroscopy) instruments are now available in Kamloops, Merritt, Cranbrook, Nelson, Trail, Penticton, Kelowna and Vernon. Using infrared light, these instruments can reliably detect the composition of drugs by comparing them with an extensive library of substances.

The service is fast, free, confidential and most importantly it is the only way for people to know what is in their drugs as the illicit supply continues to be tainted and unpredictable. Drug checking provides the most accurate information about what is in substances, so people who use drugs can make informed choices about where, when, and how much to use.

Drug checking is legal at approved sites. Whether someone is planning to experiment with drugs for the first time, rely on the illicit supply for pain relief, or use drugs on a regular basis and purchase from a familiar source, they are strongly encouraged to drop off a sample beforehand for testing. The technicians who provide the service are non-judgmental, and regardless of the results, drugs will not be confiscated and can be returned to you. Samples can be

Fixing The Rural Healthcare Crisis

submitted by Paul Adams for BCRHN

On Tuesday September 20, the CBC held a town-hall to discuss the “healthcare crisis” in British Columbia. Many of the members and supporters of the BC Rural Health Network tuned in and attempted to add content and context to this discussion. Many of those who attempted to participate left without inclusion, and many have been expressing their frustration.

The BC Rural Health Network agrees with Minister Dix that BC has been in a healthcare crisis for two years due to the pandemic. Unfortunately, in rural areas of BC, this crisis has been ongoing for decades and the pandemic simply shone a light on the problems. This has been particularly true in rural jurisdictions where urban solutions have not met the needs of low volume, isolated sites.

The solution to the rural healthcare crisis in BC has much greater complexity than that of the high populated urban centres across BC. Issues such as access to care for the most vulnerable, aging in place, recruitment/retention, housing, out of pocket costs, transportation, maternity care, hospice support and including the resident’s voice in their healthcare, have far greater challenges for 1.5 million rural British Columbians than for their urban counterparts.

Many proposed solutions require new approaches. Rural residents want to be heard and not just listened to regarding their communities and their health. Peggy Skelton the President of the BC Rural Health Network stated “Our membership is growing to include the voices of the residents of many BC municipalities. Although every community is unique, we do see commonalities across the province. We are beginning to address the problems across rural BC in a united front.

as small as a grain of rice, and results are typically available within 10 minutes.

In addition to FTIR testing, take home fentanyl test strips are now available in more than 72 locations throughout the region.

Quick Facts:

- Since 2019, illicit fentanyl and its analogues were involved in more than 85 per cent of illicit drug toxicity deaths.

- In 2021, 375 people in Interior Health died due to drug toxicity. In 2022 250 people have died of toxic drug poisoning in Interior Health (Jan. 1 – Aug. 31).

- Fentanyl is often present in all opioid-type drugs, from pressed pills like Oxycodone and Percocet to “down” and heroin. It is also sometimes found in other drugs as well.

- 67.7 per cent of opioids checked from February to July 2022 contained benzodiazepines.

- Between July 2020 and August 2022 the benzodiazepine analog Etizolam was found in 38 per cent of illicit drug toxicity deaths.

- Benzodiazepines do not respond to naloxone and create challenges for first responders trying to reverse drug poisonings.

For more information and to find a drug checking location near you visit drugchecking.ca. To reach an Interior Health Mental Health and Substance Use centre near you call 310-MHSU.

Next Deadline:

Oct 26, 2022

mainstreet@eshore.ca

Many existing models (UPCC for example) do not work well in rural areas. Health authorities need to be held accountable to the communities they manage. In a crisis we need to come together across political stripes and act for the benefit of all the residents, no matter where they live. We need equity in health outcomes for rural residents.”

To address the many concerns of their membership and to start down the path of creating solutions and actions, the BC Rural Health Network has created the Implementation Committee. This committee will be chaired by a leading researcher on rural healthcare in BC, Dr. Jude Kornelsen of the Centre for Rural Research at UBC. “For decades we have been producing evidence on rural health service solutions but have not seen the translation of our work into policy and practice. Foundationally, we need to ensure inclusion of rural voices in health care planning, something that is entrenched in many other jurisdictions. The mandate of the Implementation Committee is to produce actionable recommendations for decision makers, localized to the British Columbia setting. We intend to bring solutions forward that are supported by evidence and then look for system accountability. I’m pleased to have the support of the BC Rural Health Network and look forward in working with communities to effect change.”

The BC Rural Health Network is the healthcare voice of the rural residents of British Columbia and seeks better health outcomes for all people, through solutions-based approaches with governments, and information provision to residents.

Next Deadline:

Oct 26, 2022

Expanded Powers for Pharmacists

B.C.’s new 5-year health-care strategy promises to breakdown barriers, expand powers

Pharmacist prescribing, reduced hurdles for international grads, more medical seats among promises

JANE SKRYPNEKS, News (from Nelson Star release)

Within the next year, B.C. says pharmacists will be prescribing certain medications, first responders will be performing more medical duties and medical schools will have dozens more seats to offer prospective students.

The three promises are among 70 actions the province announced Thursday (Sept. 29) with the release of its five-year Health Human Resources Strategy. The strategy aims to address the health-care worker shortage by expanding roles and responsibilities in some areas and breaking down barriers in others.

Pharmacists to prescribe medications by spring 2023 - Pharmacists, for instance, will soon play a far greater role in people’s health care. Beginning Oct. 14, B.C.’s 6,500 pharmacists will have the power to renew a wider range of medications for up to 24 months and administer a greater number of drugs. The biggest change will come next spring, though, when pharmacists will be allowed to prescribe medications for common issues like acne, allergies and urinary tract infections, as well as contraceptives.

This will be limited to the approximately one million people who don’t have a family doctor, according to the province.

First responders will also be taking on more duties to shift the burden away from emergency rooms. The province says paramedics will be trained on restoring or maintaining a patient’s breathing, providing them with pain killers and offering other life support. Other first responders, such as firefighters, will be able to test patients’ blood pressure and blood glucose, administer epinephrine and help prepare patients for transport.

The additional duties do not come with an increase in pay.

UBC to add 128 new medical school spots

At the same time, the province says it plans to increase the number of people entering the workforce. The UBC Faculty of Medicine will add 40 new annual undergraduate seats and 40 new annual postgraduate seats across its four different sites beginning in fall 2023. It will also add 48 new annual residency positions by fall 2028.

Plans to open a second medical school at Simon Fraser University also remain underway, although delayed at least several years. The province originally said things would be up-and-running by fall 2024, but now says it will likely be fall 2026.

The province says B.C.’s medical colleges are also committed to reducing barriers to the estimated several-thousand international medical graduates currently living here and unable to practise. Announcements on this are expected in the coming months.

Dix says the province remains in discussions with Doctors of BC on this.

KOOTENAY SOUND HEALING CENTRE
Therapeutic Healing Gong Journeys

Wednesday 7:00PM

Friday 7:00PM

Sunday 12:30PM



theresa@kshc.ca to register
691 Riodel Road, Trail Entrance

www.kootenaysoundhealing.ca

Rdck Voters Set To Go To The Polls In Five Electoral Areas 2022 Local General Election

Nelson, BC: The local general election for the Regional District of Central Kootenay (RDCK) is less than a month away. The RDCK will hold elections in five of its 11 electoral areas. Every four years, local general elections are held across British Columbia and include elections for regional district electoral areas, municipal councils, and boards of education. General voting day in the RDCK is Saturday, October 15.

At 4:00 pm today (September 20/22), six RDCK Regional Directors were officially elected by acclamation:

Office of Director of Electoral Area A: Garry Jackman (incumbent)

Office of Director of Electoral Area D: Aimee Watson (incumbent)

Office of Director of Electoral Area F: Tom Newell (incumbent)

Office of Director of Electoral Area H: Walter Popoff (incumbent)

Office of Director of Electoral Area I: Andy Davidoff (Incumbent)

Office of Director of Electoral Area K: Teresa Weatherhead

Declaration of Election by Acclamation

The RDCK will hold elections in Electoral Areas B, C, E, G and J. Here are the candidates for each Electoral Area:

Electoral Area B: Roger Tierney, Tanya Wall (incumbent)

Electoral Area C: Adam Casemore (incumbent), Kelly Vandenberghe

Electoral Area E: Reggie Goldsbury, Cheryl Graham, Dan Rye, Landon Veregin

Electoral Area G, Anna Bundschuh, Hans Cunningham (incumbent), Farrell Segall

Electoral Area J: Henny Hanegraaf, Kim Tassone

Declaration of Election by Voting

While the general voting day is Saturday, October 15 (8:00 am to 8:00 pm), there will be advance voting opportunities on Wednesday, October 5 (8:00 am to 8:00 pm). Click here for the complete list of voting locations for both the general voting day and advance voting day.

The RDCK also has the ability to vote by mail ballot. As a registered voter you may request a ballot up until October 5, 2022. To request a mail order ballot please do so by contacting the Chief Elections Officer at 250.352.8173 or email elections@rdck.bc.ca.

For more information on the 2022 general local election, including voter registration go to www.rdck.bc.ca/elections.

Incorporated in 1965, the Regional District of Central Kootenay (RDCK) is a local government that serves 60,000 residents in 11 electoral areas and nine member municipalities. The RDCK provides more than 160 services, including community facilities, fire protection and emergency services, grants, planning and land use, regional parks, resource recovery and handling, transit, water services and much more. For more information about the RDCK, visit www.rdck.ca.

- Practice your home fire drill at least twice a year with everyone in the household, including guests. Practice at least once during the day and at night.

- Check your smoke alarm and change the batteries when required.

“It’s important for everyone to plan and practice a home fire escape,” said Ihlen. “Everyone needs to be prepared in advance, so that they know what to do when the smoke alarm sounds. Given that every home is different, every home fire escape plan will also be different. Have a plan for everyone in the home. Children, older adults, and people with disabilities may need assistance to wake up and get out. Make sure that someone will help them.”

RDCK Fire Departments are hosting a series of events in support of this year’s Fire Prevention Week, including open houses and school visits.

To find out more about Fire Prevention Week programs and activities in British Columbia, please contact the local fire department in your area at www.rdck.ca/firedepartments.

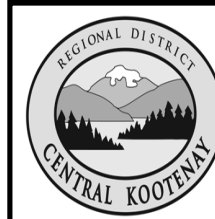
For more information about fire prevention, visit:

- Office of the Fire Commissioner: www.gov.bc.ca/FireSafety

- National Fire Protection Association (NFPA): www.nfpa.org/Events/Events/Fire-Prevention-Week

- Sparky’s Fire Safety Club: www.sparky.org

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Riondel Commission of Management Public Meetings

The Riondel Commission of Management is back to in-person sessions at the Commission office in the Riondel Community Centre. The general public is once again invited to attend and share ideas for community improvements, or to raise questions or concerns.

Commission meetings are held at 7:00 pm on the first Tuesday of every month. There will continue to be an option for online participation. Visit the events calendar on RDCK.ca, or commission.riondel.ca for the online meeting link and agenda.

Put us on your calendar!

Box 146, Riondel, BC V0B 2B0 | Phone: 250.225.3262 | Email: riocom@bluebell.ca

Nelson Office: Box 590, 202 Lakeside Drive, Nelson, BC. V1L 5R4 Phone: 250.352.6665 | Toll Free: 1.800.268.7325 (BC) | Email: info@rdck.ca | Fax: 250.352.9300

Yard & Garden Waste — Seasonal Free Tipping

During the month of **OCTOBER** all of our Resource Recovery Facilities accept Yard & Garden Waste for **FREE**

Quantities greater than 2.5 m3 must go to the Ootischenia, Nakusp or Creston Landfill. Site Staff reserve the right to limit the number of loads disposed by any customer, based on available space. Visit our website for more details.



rdck.ca/gardenwaste
250.352.8161 | wastedept@rdck.bc.ca

Fire Prevention Week October 9-15, 2022 “Fire won’t wait. Plan your escape.”

Nelson, BC: The Regional District of Central Kootenay (RDCK) Fire Service is celebrating the 100th anniversary of Fire Prevention Week, October 9-15, 2022. This year’s Fire Prevention Week campaign, “Fire won’t wait. Plan your escape”, works to educate everyone about simple, but important actions they can take to keep themselves and those around them safe from home fires.

“Today’s homes burn faster than ever. You may have as little as two minutes – or even less – to safely escape a home fire from the time the smoke alarm sounds,” said Gord Ihlen, RDCK Fire Prevention Officer. “Your ability to get out of a home during a fire depends on early warning from smoke alarms and advance planning.”

The RDCK Fire Departments encourage all residents to embrace the 2022 Fire Prevention Week theme. Here are key home fire escape planning tips:

- Make sure your plan meets the needs of all your household members, including those with sensory or physical disabilities.

- Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level of your home. Smoke alarms should be interconnected so when one sounds, they all sound.

- Know at least two ways out of every room, if possible. Make sure all doors and windows open easily.

- Have an outside meeting place a safe distance from your home where everyone should meet.

8 Mainstreet October 2022

*Next Deadline:
Oct 26, 2022*

mainstreet@eshore.ca

The Fitness Place

Gym now open to ALL!

5:30am - 10:30pm

(with select hours closed for cleaning/school use)

Please sign a waiver at eastshorefacilities.com and text or email Amy to get signed up!

587-434-8770

Email eastshorefacilities@gmail.com for more info.



Tom's Corner

by Tom Lymbery

Tobacco

For years our store sold cigarettes in packages of ten for ten cents, and tins of 50 for 50 cents, which were called Flat Fifties. We had a full shelf of half-pound tins of cigarette and pipe tobacco, cut plugs which customers trimmed with their pocket knives for their pipes, and plugs of chewing tobacco flavoured with molasses that smelled nice.

Every customer had their favorite brand of half-pounders, and Dad was always afraid someone might die and leave him with an unsaleable tin. Len Clark bought a flat fifty of Player's cigarettes every day when he came for mail and supplies - but he often said that he didn't smoke them all as he gave many away. His wife Catherine (known as Cax) preferred to roll her own. She used to stick her cigarette on her lip and it went up and down as she talked, while dropping ash wherever.

Fred Smith smoked Old Chum pipe tobacco and went through a full half pound a week. In 1951 he died of lung cancer in the Nelson hospital - the first we had heard of tobacco being harmful to human health. It was many more years before that was confirmed and publicized.



A Player's Navy Cut tin from the WWII period, made in Montreal. Navy Cut was preferred by sailors for its coarser cut of tobacco. If you look carefully you can see the "Nottingham Castle" trademark. On our first visit to Nottingham we toured the dungeons below the castle, where prisoners were chained to the wall in such a way that they could neither stand up or sit down. Photo by Tom Lymbery

My parents Arthur and Kathleen never smoked, but as soon as a guest came into our living room, they were offered a cigarette from a box of Player's. They kept it to make the guest feel comfortable, and not have to ask permission to smoke, as virtually everyone did.

We also sold cigars and snuff. Snuff was inserted on the upper lip, and produced copious brown spit. Underground miners and forestry workers used snuff in dangerously dry conditions, and their round Copenhagen snuff tins could be seen in their breast pockets. I felt it was even more addictive than smoking tobacco. In 1946 a strike in the Imperial Tobacco plant in Ontario caused a shortage, so we had to ration it out in the store. As a result some of the Dawson Wade highway construction crew could be quite threatening, so I was glad the axe handles were on our side of the store counter.

In grade school at the Gray Creek Hall we tried smoking punk wood from reeds that drifted up onto

the hall beach. They were either too damp to burn or too dry and burned your throat uncomfortably.

When I went to St George's boarding school in Vancouver, I found that seniors were allowed to smoke in the Prefects' Common Room. Somehow my name appeared on the list of those who were permitted to smoke, so I did. It is most unlikely that Dad would have given his permission if I had dared to ask. In 1943 all males over the age of 16 had to be registered to prepare them to be called up for the Canadian services at 17½.

The registration card handily proved you were old enough to buy tobacco. But I was never fully comfortable using tobacco. It never seemed to suit me, so it never became a habit.

Canadian tobacco, which is successfully grown in southern Ontario, is very different from varieties sold in the US. Many of their tobacco products sound attractive in advertisements, such as when they're flavoured with honey or other sweeteners, but tend to be distasteful to Canadians.

My sister Alice was a smoker. One year she was invited to the Rose Parade in Pasadena, California by Florence Fahnestock who had a summer cottage in Gray Creek. Alice travelled down by Greyhound and spent several days there. When she returned she was smoking American cigarettes in our living room. When I got up the next morning I was horrified by the

residual smell, and searched the room to see if our cat had left a mess.

Before BC highways were upgraded in 1962 by the provincial Social Credit government, I used to drive to Spokane and on to Vancouver by way of Seattle. I always made sure I had Canadian cigarettes with me, avoiding those with strange tobacco in unsubstantial 20s packs. Ours came in slide and shell packs of 25 that gave some protection from distortion. When filters first appeared I found I could smoke almost twice as many.

But when Sharon and I married in 1963 I stopped smoking completely. Sharon had never smoked, and disliked it, it was an unnecessary expense, and I have never touched tobacco since.

Afterword

It was also in 1963 that the Canadian government first spoke out about the link between smoking and lung cancer, according to a recent Globe and Mail article by Joshua Knelman (Sept. 24, 2022). Canada has since extended that warning to heart health and countless other health concerns, and is the world leader in anti-smoking legislation, campaigns and strategies, such as adding shocking graphics to tobacco packaging. In the 1960s the majority of Canadians were smokers; today that number has dropped to between 10 and 13%. But 48,000 Canadians still die each year from tobacco-related diseases, according to Health Canada. By 2035, Canada's Tobacco Strategy aims to reduce tobacco use by a further half. - Frances Roback

HEY YOU! Crawford Bay Hall & Park Facility Rentals

Crawford Bay's Community Hall, Community Corner Building and Park Pavilion are now available for rent.

Info: bookings@cbhall.ca

BOOK REVIEW

by Tom Lymbery

FIVE YEARS ON A MOUNTAIN, by Steffen Spoelstra, PRINTED BY AMAZON, 112 PAGES, \$15.95. Here's a neat little book, entirely about a man who rents "Cottages in the Woods" in Boswell, looking down on Kootenay Lake. Its continuity is even different from the norm as he introduces us to his home with stories about packrats, cats and more.

The cover photograph shows Boswell, looking north across the wide lake with the highway curving along the foreshore, and I think his home in the foreground. I am very familiar with most of Boswell but haven't seen the actual site of Spoelstra's home and cottages.

Of all things - there is a chapter on stinkbugs with a clear photo of one. Apparently one guest was confronted with one as soon as she entered her cabin, and went at once to the office to request a cancellation and refund. A new story of a threatening stinkbug!

He includes a chapter on bears and cougars. When he and his wife first came from Holland to Boswell they were apprehensive about bears but soon found that Kootenay bears are more afraid of humans. However they are still cautious about cougars - that silent and mysterious cat.

His final chapter tells of his occasional visits to his homeland, Holland, where he grew up cycling daily many kilometres to school, even in snow. For the Netherlands are a nation of cyclists, more practical than cars in this crowded country.

East Shore Reading Centre

by Librarian Taryn Stokes

Happy October to everyone! I hope you have found a good book or two to enjoy this month.

In September we had 173 items checked out and served 34 of our library members. As expected, our numbers have decreased from the busy summer months. We added 23 new items this month including books by Laurie R. King, Iris Johansen, Alice Feeney, JD Robb, Ian McEwan, Chief Robert Joseph, Anne Perry, CJ Box, and Fredrik Backman.

One new title is *Carrie Soto is Back* by Taylor Jenkins Reid. It is a book about a retired tennis player who embarks on a come-back season. I know very little about tennis, however the story seemed plausible and was a good read. One of the next books on my list is Laurie R. King's *Back to the Garden*. She is the author of the popular Mary Russell and Sherlock Holmes series; this is a standalone book so it might be a good opportunity to try out a new writer and perhaps later read her series.

I love finding books on the shelf that I didn't get a chance to read when they were a "new release". I recently finished Hillary Rodham Clinton's *State of Terror* which was written jointly with Louise Penny. I can't believe I waited so long to read this and am looking forward to reading the Louise Penny series soon! Another fantastic find was *The World Played Chess* by Robert Dugoni. This is a coming of age story with the narrator reminiscing about his summer after graduation (where he became friends with a suffering Vietnam veteran) as his own son is about to leave for college. This book just flowed and was a wonderful story to read.

The East Shore Community Reading Centre is open Tuesdays and Saturdays between noon and 3PM. We can be reached at 250-777-1492 or via email at escomlib@gmail.com. Our address is 16234 King Road, across from the Crawford Bay Hall. Library cards are free of charge for residents. We are pleased to host the Hospice Library collection at our location as well. You can also follow us on Facebook (@escomlib) to stay current on all our new books and activities. Take care this fall and happy reading to all

October 2022 Mainstreet 9

Misery Mountain Boys and DJ Lady V A Starbelly Event

submitted by Amanda Hulland

Starbelly Jam would love for you to join us for a night of whirling swing & jump blues by the Misery Mountain Boys. With good time dance beats to follow selected by DJ Lady V.

Where: Gray Creek Hall

When: Friday, October 7. Doors 7 pm, Showtime 8 pm

Tickets: \$30 adult, \$20 youth (ages 13-19). Children 12 and under are free. Advanced ticket purchase encouraged due to limited capacity. Available online at <https://starbellyjam.org/> or Dogpatch Pottery in Crawford Bay.

Many thanks to Columbia Power, Nelson & District Credit Union, The RDCK, Creative BC and the Province of British Columbia for their support.

You might hear the tunes of the Misery Mountain Boys drifting from behind a rotating bookcase of a 1930's speakeasy. Harkening back to a simpler time, the MMB's create a collaborative soundscape infused with humour, tongue-in-cheek wit, nostalgia, and playfulness. With a mix of catchy originals and contemporary songs reimaged in driving swing, the melodies of the MMB's deliver themselves as both surprising and inevitable. The band offers a diverse range of sonic experiences, urging audiences to gyrate in the tasselled, sweaty swing numbers, and swaying in the velvety jazz tunes.

Born in the remote, river-laced hills of Northern Alberta, the Misery Mountain Boys is the black sheep brainchild of frontman Steven Gevenich, supplanted and enriched by bassist Lindsey Bueckert, clarinetist/saxophonist Sam Toms, & drummer Ethan Markwart. Each brings their impressive musicianship to the 8 year musical partnership, and this is readily apparent in the confidence of the four piece they embody. Playful bass lines, energetic, snare-heavy drums, meandering & melodic clarinet, and Gevenich's own skillful jazz guitar and gentle, gravely voice form the musical landscape of the Misery Mountain Boys.

The east shore's own, Lady V, has been performing at parties and festivals in the Kootenays & beyond for over ten years. Known for her musical style that incorporates jazz, latin, blues and world flavours with house beats, she likes to keep her dancefloors sweet with smooth mixes and classy vibes. We hope to see you on the dancefloor!

If you are interested in getting involved with Starbelly Jam, please reach out! Email: info@starbellyjam.org



Bedazzled by Bugs

The editor (pictured here) asked local photographer Allan Hughes for the use of his recent Facebook profile picture in which a stinkbug is perched delicately upon his glasses on his face. He declined, and sent this image instead with the challenge to print it. So, here it is, Allan. In your (and my) face!

10 Mainstreet October 2022



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Kootenay Lake Local Conservation Fund
Request for Proposals

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

The purpose of the Fund is to provide local financial support for important projects that will contribute to the conservation of our valuable natural areas. Kootenay Lake Local Conservation Fund (KLLCF) funding is available for conservation projects that result in the reduction to a known threat to biodiversity. The Fund supports projects that lead to clean air, safe water, habitat for fish and wildlife, natural areas, and healthy watersheds.

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 28, 2022

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




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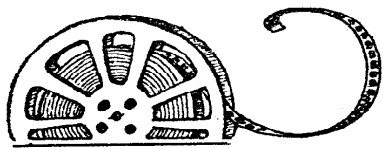


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Seldom Scene

by Gerald Panio



"S.S. Rajamouli's filmography reveals a shrewd filmmaker looking to play audaciously and ambitiously with myth, alchemizing Indian epics and Hollywood fantasy while looking back over his shoulder to check if the audience is coming along." —Sagar Tetali, in *Filmcompanion*, in.

"I want to see him bleed." --Cathy

Prior to watching S.S. Rajamouli's *RRR* (2022) I had never heard of Tollywood. I didn't know what I was missing. Tollywood, more accurately referred to as Telugu cinema, is defined as "the segment of Indian cinema dedicated to the production of motion pictures in the Telugu language, widely spoken in the states of Andhra Pradesh and Telangana. Telugu cinema is based in Film Nagar, a neighborhood of Hyderabad, India." If that makes it sound like I'm writing about some obscure film that will only appeal to its home audience and a few dedicated art house cinephiles, let me set you straight.

With a \$72 million dollar budget, *RRR* (short for "Rise Roar Revolt") is the most expensive Indian film ever made. It broke the record for the highest opening day intake for any Indian film, broke several other box office records in India and elsewhere, and currently stands as the third-highest-grossing Indian film of all time. If you've never seen a Rajamouli film, and are a fan of no-limits no-shame swashbuckling adventure, you'll have to pick your jaw off the floor several times during this movie's three-hour run time. As for me, I'm pretty sure I've never before reviewed a film that simultaneously calls to mind Cecil B. DeMille, John Woo, Quentin Tarantino, *The Fast and the Furious* franchise, Buster Keaton, James Cameron, Busby Berkeley, Steve Reeves, Fred Astaire, Bruce Lee, and the *Ramayana* and *Mahabharata*.

But be warned. *RRR* is, at times, ferociously violent. If you want the same thrills, without the physical mayhem, you're going to have to go back to Ashutosh Gowariker's 2001 masterpiece, *Lagaan*—with roughly the same cast of heroes and colonial villains, but with a cricket pitch as the battlefield. Whichever you choose, you're in for the ride of your life.

Set in pre-Independence India in 1920, *RRR*'s villains are a sadistic cigar-chomping British governor (played by Ray Stevenson), his equally vile spouse (Alison Doody), and his prim, toadying lackey (Edward Sunnenblick). In a speech reminiscent of Dirty Harry's monologue about his .44 Magnum, Governor Scott explains why an Indian life isn't worth wasting an expensive English bullet on. The infernal trio, during the course of a casual outing to exploit and abuse their Indian subjects, kidnap a young village girl, Malli (Twinkle Sharma), to take back as a kind of caged bird for their amusement.

Of course, this turns out to be a Very Big Mistake. The village is under the protection of Komaram Bheem (N.T. Rama Rao Jr.). Bheem is based on an actual his-

torical figure, a Gond freedom fighter who rebelled against both the British and the feudal Nizamate that ruled Hyderabad from the 18th through the 20th centuries. Just as importantly, Bheem sounds a lot like Bhima, one of the heroes of the *Mahabharata* who was said to have the strength of 10,000 elephants. This is not someone you want coming after you. I'm not sure how accurate the 10,000-elephant assessment is, but the first time we meet Bhima he's staring down a tiger the size of a sabre-tooth. This is the film's first major action set piece, and it's so joyously over-the-top that one wants to jump out of one's seat and applaud. It's the same sense of wonder I felt the first time I saw Buster Keaton's stunt work and Douglas Fairbanks' swashbuckling. I started to believe that a modern filmmaker could actually capture the gargantuan energy of the great Indian epics.

Even more outrageous is the action sequence that introduces us to Alluri Sitarama Raju (Ram Charan Teja), A secret revolutionary in deep cover as an officer of the Indian imperial police, Raju doesn't bat an eyelash when his commanding officer asks for someone to march single-handedly into a hundreds-strong crowd of rioters to arrest some nobody who's committed the capital sin of throwing a rock at a picture of King George. What happens next is dizzying filmmaking and one of greatest displays of machismo in cinema history.



Best of all is watching the expression of the hapless rock thrower, who absolutely knows that even though he's protected by an entire army of rioters he's still, against all sane odds, going to get caught by one man.

Alluri Sitarama Raju is also based on a historical figure, who fought against the British in the area around Visakhapatnam. Raju and Bheema were heroes from two different Telugu states, and in real life never met. *RRR* brings them together in Rajamouli's imagination in

one of this century's great buddy pictures. Bheema and Raju first meet in another spectacular sequence involving the rescue of a young boy from an exploding train. No one is ever going to do it better. At this point in time, neither of the two men knows who the other really is, or realizes that circumstances will soon turn their new-found friendship into what seems like betrayal and death.

Rajamouli draws on the whole history of cinema to tell his story, weaving it flawlessly with the sweep of the *Ramayana* and *Mahabharata*. These latter books are two of the world's greatest narratives. I have at least eight translations of each in my library, every version unique. If you've never dived into these stories, William Buck's retellings are a fine starting point.

Towards the end of *RRR*, Raju is the literal incarnation of the superhuman avatar Rama, firing off volleys of arrows with the kinetic, balletic grace of Chow Yun-Fat sliding down that banister, two guns blazing, in John Woo's *Hard Boiled* (1992). Rajamouli has said that he was also inspired by the Amar Chitra Katha comic books, the Indian version of the American *Classics Illustrated* comic book series. There are now some 450 ACK titles. I still have one ("Adventures of Krishna") that I bought at the old Yasodhara Ashram bookstore when I first moved out to the East Shore. (*Amar Chitra Katha: The Complete Mythology Collec-*

tion [73 titles] is now available through Amazon. So cool.). No slouch himself, you also get to see Bheem flip, catch, and throw a speeding motorcycle with the ease with which you and I would toss a frisbee.

In addition to mythmaking, spectacular sets, and gravity-defying stunt work, *RRR* also pushes computer-generated graphics to its limits. It's easy to understand why critics reviewing the film refer to "virtuosic action," "unhinged ingenuity," "messianic qualities," "shock-and-awe melodrama," and "Looney Tunes creativity." One critic called *RRR* "preposterously entertaining." Naturally, the film's musical score stands at the same level as everything else. Even the music for the opening credits is memorable. The "Naatu Naatu" dance number has one of the coolest lead-ins I've ever seen, with a silver platter spinning through the air and morphing into part of a drum kit that turns an English garden party into a dance phantasmagoria and anti-colonial *Saturday Night Fever*.

Like other Rajamouli films, *RRR* is a family affair. The story is by his father, Vijayendra Prasad. The composer is his cousin M.M Keeravani. Rajamouli's wife, Rama, is the costume designer. Multiple award-winner KK Senthil Kuman is the cinematographer. Production design is by veteran Sabu Cyril.

RRR does have its weak spots. Women have very minor roles in the film, unlike their strong presence in other Rajamouli films such as the two *Baahubali* pictures that preceded *RRR*. Appeals to nationalism and patriotism can be problematic at a time when Hindutva, Hindu-centric nationalism, is taking on an increasingly violent edge. And there's a giant statue at the end of *RRR* that would not have looked out of place in Stalinist-era Moscow or Nazi-era Nuremberg. Mythologizing is not always innocent and, as R. Emmet Sweeney wrote in a review of Rajamouli's work in *Film Comment*, "it is hard to create a story that draws on the power of myth while deconstructing the politics of myth....Rajamouli is looking to transport us to his worlds, after all—not to change ours." I'm still on board.

The director has said that it's long been his dream to make an adaptation of the *Mahabharata*. He has all my prayers behind him. Happily, *RRR* and the two *Baahubali* films are currently available on Netflix, in Hindi with excellent subtitles.

Riondel Arts Club

by Sharman Horwood

Have you finished all of your fall chores, stored away all those vegetables you worked so hard over the summer to grow? Now is the time to relax and start thinking of your creative needs. Come and see what we do at the Riondel Art Club. We paint, we draw, we sketch, and some of us work on mosaics or other art forms. You can find us at the Riondel Community Centre every Tuesday morning.

Our show in the Nelson & District Credit Union is continuing. Please drop by just to see the variety of what we do, and let us know what you think.

On Tuesday afternoon, at 1:00, Gerald Panio gives interesting lectures on art history. On Oct. 4, he will show a short film created by Simon Schama on the Power of Art of Rembrandt, a prolific Dutch Golden Age painter, printmaker, and draughtsman. On Oct. 18, Gerald will give a lecture on Sonia Delaunay, She was a French artist of the 19th century, formally trained in Russia and Germany before moving to Paris. Later, on Oct. 25, Gerald will show a short film, the final segment of the Story of Women and Art. On Nov. 1, Gerald will give a lecture on J.M.W. Turner, an English romantic painter, printmaker, and watercolourist, of the 18th century. Everyone is welcome; if you're not a member of the Seniors' Association or the Art Club, there is a drop-in fee.

Enjoy the fall, the quiet and the cooler days, and encourage your creative side by doing some kind of art.

Review of ArtConnect Coffee House #7 September 24 2022

by Paul & Mary, Wherpeter

Since September's Coffee House was the last one the two of us will host in 2022, we took the first Open Stage spot to play three Wherpeter originals, including a new song debut.

Next came loyal Coffee House patron Ken Wilson. He sang and played three sweet swing songs, one of which inspired spontaneous delight when local chanteuse Shauna Clapp took a place beside Ken at the piano, for a lovely impromptu version of "Ain't Misbehavin'". Much appreciated, Shauna! And Ken, your ongoing participation and support has been a gift to the Coffee Houses all along; our kudos!

Next up we heard a duo comprised of long-time friends Susan Snead - ArtConnect supporter and volunteer - along with Zora Doval - ArtConnect's President and Artistic Director - warming and charming the crowd together. Zora and Susan treated us to three tender original tunes, their voices projecting harmoniously into the melody that Zora proficiently provided on her keyboard.

The final performance paired Lorna Robin on fiddle with Ray Leonard on guitar. You may recall a previous appearance which included Ray and Lorna in the outstanding quartet, String Fever. Their latest songs were presented with an ease and familiarity that highlighted the skills and style of each player. Ray introduced his rich vocals into the mix as he and Lorna closed the Open Stage with panache.

The evening's Coffee Break segment had people up and mingling, energized by the performances given in the first half of the evening. Our thanks to frequent volunteer Branca, who managed the beverage station.

Featured Performer Thomas P Radcliffe dazzled the audience with his incredible finger style guitar skills, his music resonating throughout the Harrison Memorial Cultural Centre. Like so many accomplished artists before him, Thomas noted the beautiful sound quality of ArtConnect's heritage venue. This musician, artist and humanitarian included everyone in the audience as he wandered down the aisles with his intimate, uplifting message - vocals and guitar at play - urging us to join in his iconic anthems of peace, ie) This Land is Your Land, Blowing in the Wind ... each of which ended with his signature peace sign gesture.

Instrumentalists in the crowd immediately understood the reason that all across the continent, Thomas's guitar mastery has built his well-earned reputation as a "musician's musician". ArtConnect's 7th Coffee House was lucky indeed to feature Thomas P Radcliffe. What better closing theme could we all imagine, than Peace?! We also send our wishes for lasting peace to Thomas as he tours back to Vancouver Island.

A Note to Mainstreet's Coffee House Fans:

... and so ends our hosting of the 2022 ArtConnect Coffee Houses. Although words may fall short of our gratitude, allow us to say a few anyhow, from the heart:

We have truly appreciated our small but mighty audiences; many of you committed the fourth Saturday night of every month to these opportunities for community. You told your friends, you were generous and genuine in your encouragement, and you offered great ideas to keep the live and local music coming! The two of us really felt your support, and we thank you.

We also loved the way so many volunteers rose to support this new-to-community notion of musical entertainment through all six Coffee Houses. Our true

gratitude to ArtConnect for providing such a sonically glorious venue. And a big BRAVO to every one of you courageous Open Stage performers ... thanks for sharing your music and your souls with your arts-centric community!

Let's remember all the outstanding artists who travelled to Crawford Bay as Coffee House Feature Acts too - performers who have repeatedly demonstrated the wealth of talent and dedication to the art of music, here in British Columbia. We have had the pleasure of taking in a bounty of high-level performances, namely the following Featured Artists, in order of appearance:

- 1) SAM HURRIE,
- 2) Ferdy Belland, Jason Deatheridge and Steve Pierson of GARUDA.
- 3) Holly Arntzen and Kevin Wright of THE WILDS,
- 4) DIEMM
- 5) Auto Jansz, Kathy Omalley and Jennifer Louise Taylor of THREEWHEELER (who also shifted gears from their original Coffee House booking to play the Gratitude Festival)
- 6) PEACH AND QUIET's Jonny Miller and Heather Read, who brought with them guest artist Ryan Kewen,
- 7) THOMAS P RADCLIFFE.

THANKS for the memories, Music Makers and Lovers. While Wherpeter loves hosting these Coffee Houses, it's YOU creating the great vibes!

Our next adventure is bound to be colourful ... an autumnal Wherpeter tour to Nova Scotia and back, visiting family and playing as we go. We will miss the supreme acoustic setting of the Harrison Memorial Cultural Centre as we make our way across the country! Wherpeter will return to take part in ArtConnect's FREE Second Annual Festive Open House - coming on December 18th, 2022.

An Announcement of Joy to the World!

Wherpeter will be working with ArtConnect's President and Artistic Director Zora Doval, to create the Second Annual Festive Open House on Saturday, December 18th. This will be a FREE event, being put on by the community, for the community! If you remember attending or hearing about ArtConnect's popular premiere event in 2021, it promises to be even more exciting this year! Mark your calendars to include your favourite family and community members!

Musicians, please consider a performance at this Annual Festive Open House now, to prevent the plan from morphing into your 2024 New Year's Resolution! As of November, you'll be able to register your commitment to play 2022's last ArtConnect event: www.artconnect.cc. We plan to be there, so we hope to re-connect with you on December 18th, if not before.

Hats off to The Hub!

The Hub Pub and Eatery in Crawford Bay has always been highly instrumental - if you'll pardon the pun, in supporting ArtConnect events along the way. We've been honoured by their support of the Coffee Houses.

Now Trish and the Hubsters are contributing that certain little extra - in typical Hub style - to the community, by facilitating a Thursday Night Open Mic, once a month! You'll find details on the Events Calendar of the Hub's website: www.hubeatery.ca or you can follow them on social media.

These monthly Open Mics will be hosted by Reed Ferguson, beginning Thursday, September 29 at 7pm, with a sign up sheet at the door. Sounds like yet another reason to head to The Hub! We wish you a wealth of success, Reed.

ArtConnect Presents Thanksgiving Concert at Harrison Memorial Center Noemi Kiss, David Restivo & Don Macdonald, voice & jazz piano & violin/saxophone

by Zora Doval

(artconnect.cc/250.777.1856)

ArtConnect Society is very happy to invite you to our next event on Sunday, October 9 at 3 pm. This will be a tribute to the legendary French composer and jazz pianist Michel Legrand whom we will forever remember for his award-winning film and musical theater scores. He wrote more than 200 film and television scores (*Summer of 42*, *The Thomas Crown-Affair*, *Yentl* among others) and many amazing musical theater compositions and won three Oscars and five Grammys. His music is well loved and performed.

I don't need to introduce the singer Noemi Kiss as she made many fans on the East Shore when she gave a concert in May to a full house. A memorable concert of two sopranos that brought tears into many people's eyes. The audience also right away asked her to come back. We are so happy that she has accepted ArtConnect's invitation to play another concert. This time she is bringing two very accomplished musicians to accompany her beautiful voice.

We will welcome David Restivo, an award-winning musician who has been a sought-after influential figure in Canada's jazz community and whom Roger Levesque from Edmonton Journal calls ... "simply one of the most exceptional jazz pianists of his generation that Canada can boast of". Recently relocated to Nelson, he now teaches music at the Selkirk College. He will be joined by Don Macdonald, an award-winning composer of many film scores who has worked with many major studios including 20th Century Fox and Lions Gate Films. A multiple Canadian Film Awards nominee and three-time Leo Award winner, he has 50 film music credits and many choral compositions. He has a very broad scope in music ranging from jazz, choral, film to rock and folk. He also is a talented violin and saxophone player.

This is a very impressive lineup of musicians and of repertoire! These three high caliber musicians are coming to perform in our little church. Please don't miss this exceptional concert. I know that it is Thanksgiving weekend and many of you will have family or visitors over. Please bring your relatives and friends along and celebrate Thanksgiving by attending a beautiful concert. This will be a matinee scheduled for 3pm and you will have ample time to have Thanksgiving dinner afterwards.

As always, tickets are available on our website artconnect.cc, at Crawford Bay Market, Lakeview Store and Gray Creek Store. There will be refreshments available.

Wishing all of you a great nurturing Thanksgiving time with your families. Our October concert will also be a way of ArtConnect Society to express our gratitude for all the successes of this year and thank our members and audiences for the growing support given to Harrison Memorial Church as it transits into its new role of a dedicated art and music venue. Many thanks to all of you!

Next Deadline:

Oct 26, 2022

For the Love of Genre

by Sharman Horwood

A Bleak World, with a Cold Winter



Here in B.C., maple bugs--or stink bugs-- seem to be taking over the world. However, northern Ontario has black flies and they are worse: they are silent and they're bite draws more blood than mosquitoes. Black flies can drive people crazy, making this insect a suitable background to Canadian writer Giles Blunt's world of drugs, murder, and madness in Algonquin Bay, a fictional Ontario town.

Many of you are probably familiar with the Cardinal television series, based in Ontario. It was drawn from Giles Blunt's novels, which follow the career of John Cardinal, a local detective in Algonquin Bay. One of the novels, *Black Fly Season* (2005), is particularly good. It is less script-like than novelizations of movies or television programs. In those, you expect the screen--or page, in this case--to fade to black as a particular event reaches its conclusion. In Blunt's novels, there is less of that media structure, yet more of the expert "threading" that goes with better-told mystery tales.

Blunt's Cardinal stories take place in the fictional Algonquin Bay of Northern Ontario. Blunt was born in Windsor, Ontario, and was raised in North Bay, the city he uses as a template for his fictional town. *Black Fly Season* is the third in the series, followed with *By*

the Time You Read This (2006). Algonquin Bay suffers from the same sorts of crimes found in cities like Toronto, 250 miles south. The novel does try a little too hard to be gritty and "real," like many American crime novels, but it doesn't succeed, fortunately, making it a better entry in the genre.

In this novel, a young woman with deeply red hair is hanging out in a bar, not drinking, but trying to find someone who might know her. She has amnesia. Jerry Commanda, an indigenous officer with the Ontario Provincial Police, steps in when some of the less sober clients decide to get too friendly with the young woman, and take advantage of her confusion. Jerry persuades her to go with him to a hospital, where they discover that she is suffering from a very particular trauma: she has a bullet lodged in a part of her brain, cutting off her emotions, and disconnecting her from her past. Jerry refers the case to John Cardinal since the crime has taken place under city jurisdiction.

From there, the story leads on to Ontario-based bikers, and authors. Kevin Tait, is a struggling writer. He is one of the "penniless poets" trying to succeed in the same way Leonard Cohen did. Kevin is lured by the "erotic power of melancholy" (p. 57), and heroin. The Viking Riders are the local motorcyclists, as well as the local importers and suppliers of heroin in Algonquin Bay. When a member of their gang goes missing, Cardinal is surprised at their lack of concern over the whereabouts of Walter "Wombat" Guthrie. Instead they surprisingly display anger. Guthrie has been linked to a robbery in the town, and a gun that was stolen in the same crime.

Blunt's web of theft, drugs, and other crimes takes an unexpected turn when they discover an unidentified body with head, feet, and hands missing. Near the body there are petroglyphs drawn on a cliff face that are not indigenous, and might have a lot to do with a ritualistic murder. The body count increases, and Car-

on the other hand also register an intelligence that is similar to two-year-old human toddlers (*OodleLife online*).

Cats have excellent memories. In studies, or "experimental conditions, the memory of a cat was demonstrated as having an information-retention or recall of a duration totaling as much as 10 years" (*Wikipedia*). This can explain how some lost cats, separated from their owners for more than a year, still recognize them after a few moments. (Initially a cat is overwhelmed by the sensory information it is coping with, as in sounds and smells, then it remembers.) Cats "easily adapt to their current environment because they can adapt their memories of past environments throughout their lives" (*Wikipedia*). Sash quickly learned that this was her new home--that took no more than a few hours; on the second day, she called for her siblings for a few minutes. She looked for them for a day or two, but was more interested in her new home, toys, and food.

Studies have shown that even though during the first two to seven weeks a kitten learns to trust humans, "kittens still do not automatically trust strangers" (*Wikipedia*). They also don't trust bears. A few days after I brought her home, Sash was lying on the bed, watching out the window when a small bear walked into the yard. She looked at it for about one second, and then she was gone, hiding in her safe spot underneath an armchair. At the SPCA, she couldn't have learned about bears, but somehow she knows a bear is dangerous (turkeys apparently aren't; they barely warrant a sniff). She learned to be cautious of bears somewhere. Apparently, kitten-hood is when a kitten "learns and memorizes survival skills" which normally are acquired through observation of the mother cat and other adult cats (*Wikipedia*).

Cat intelligence may have improved over the centuries during their semi-domestication: "urban living may have provided an enriched and stimulating environment requiring novel adaptive behaviours" (*Wikipedia*). All those toys that their human partners have provided, and the new types of games, create an enriched environment for them. They teach individual cats how to adapt to a human partnership, which

dinal and his partner, Lise DeLorme, get worried, but neither is prepared for the strange twists about to occur in their investigation, eventually linking it to places as far away as Miami and Cuba.

One good aspect of this novel is its depiction of indigenous peoples. That is respectful and up to date. Another author, Tony Hillerman, wrote an exceptional series of murder mysteries based on characters in the Navajo Tribal Police, Joe Leaphorn and Jim Chee. This has been turned into a television series by notable producers, George R.R. Martin (of *Game of Thrones* fame) and Robert Redford. Their production has become the popular television series, *Dark Winds*. Blunt's novel and the Cardinal television program don't have the same impact as Hillerman's, but they do show the same high regard for the indigenous population in the novel.

Giles Blunt's first story, *Forty Words for Sorrow* (2000), was the winner of the British Crime Writers' Association's Silver Dagger. A second novel, *The Delicate Storm* (2002), won Canada's Arthur Ellis Award bestowed by the Crime Writers of Canada. Blunt has been called "one of Canada's best mystery novelists," too, by Margaret Cannon of *The Globe and Mail* (Dec. 18, 2010).

This novel is a police procedural with an interesting psychological twist that at times delves into black magic. This is combined with the abuse of drugs, and practices often associated with Caribbean countries. The story is a good read for cold autumn nights and the haunting approach of the Halloween season. Enjoy!

Next Deadline:
Oct 26, 2022

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.

Cat Smarts

As many of you know, I recently lost my 16-year-old cat, Sky, and finding the house just wasn't a home without a resident cat, I located a kitten at Cranbrook's SPCA, and brought her back with me. Aside from her comical antics, I am daily struck by just how quickly she learns and I wondered again about cat intelligence.

So far, Sash learned her name in less than a day, though she was resistant then--and now--to learning the word "no." She understood it within a few days, but her hearing becomes selective sometimes if she doesn't want to listen. After biting into a maple bug once, she decided she should be a little more cautious. Now, in less than a month, she alerts me to where the bug is then sits back and patiently waits for me to deal with it. If she wasn't also tucking toys underneath furniture, then wailing at me to get them out again just a bit too frequently, I'd swear she was doing that on purpose as well. In other words, she learned some boundaries, and now she's teaching me that I have responsibilities as well.

One aspect of the deliberate hiding of her toys is that she has what is called "object permanence recognition." In other words, even though she can't see the toy, she knows it's there; the image of it is still there in her mind. According to one source (*Feline Intelligence online*), this shows that in an adult cat, object permanence recognition is comparable to the intelligence of a human 2-year-old. According to *Wikipedia*, domestic cats have an intelligence value (not to be confused with a score on a test) "of between 1 to 1.71" whereas humans have a value of 7.44 to 7.8. Dogs

requires other skills. This may explain why Sash is teaching me how to meet her needs.

This improved learning ability doesn't teach them how to live in the wild, however. Generally speaking, domestic cats that are raised in a home, but then lose that home usually do not survive without human help. They need the survival skills their mothers would have taught them in order to live.

In their adaptation, cats do one other remarkable ability: they develop a language they use with their human partners. Adult cats, for example, do not generally meow to each other. However, each animal develops a language that their humans understand, a construct that works for both of them. Sash already jumps up onto a side table, mutters a complaint that is quite similar in structure every time she voices it, then jumps onto my lap. She is telling me she is cold. Later, when she gets too warm, she voices another type of mutter that announces the fact, and jumps away. Also, in less than three weeks, she uses a particular wail when she is hungry. It is a totally different cry, much more plaintive than the other sounds she makes.

Cats are also surprisingly cooperative, another sign of their intelligence. When Tink, one of my earliest, and smartest, cats had kittens, she expected me to babysit them for her when she went out. I'd wake up at night, a kitten licking my toes under the blankets, as Tink hurried off to do whatever she had in mind. A study of farm cats in Great Britain showed this type of cooperation was common among mother cats. Professor David MacDonald of Oxford University found that if there is sufficient food, cats don't compete with each other. Mother cats helped each other with their kittens, just as Tink expected of me. (I was an honorary cat at that point, and a member of her group, called a clowder of cats, sometimes called a clutter, a glaring, or a pounce of cats).

Cats are generally smarter we expect. They cooperate, and they create a language that a human will understand. They teach their human partners exactly what they need to create a good home environment for all concerned.



Food as Medicine - Butternut Squash

by Maya Skalinska M.H.,
R.H.T. Master Herbalist

Squash season is upon us. Stocking up on squashes for the coming winter is almost a tradition in my family. Fantastic in soups, stews, or baked, squashes are my favorite nutritious and versatile winter vegetables. One of my staples is butternut squash. It can be stored for extended periods, and, in fact, has one of the longest shelf lives of all vegetables in the Cucurbitaceae family.

Cultivation of butternut squash dates back more than 10,000 years in Central America. Squashes initially were cultivated for their seeds and traditionally used as a diuretic and for the treatment of intestinal parasites. It is still one of my recommendations for parasites today.

Trade brought butternut squash to China, where it was incorporated into the practice of traditional Chinese medicine (TCM). TCM practitioners consider squash to be a warming food that aids digestion and improves Qi (vital energy).

Butternut squash is packed with nutrients. It is an excellent source of carotenoids such as alpha- and beta-carotene, beta-cryptoxanthin, lutein, and zeaxanthin. Carotenoids have numerous health benefits including supporting immune and eye health. It has high amounts of complex carbohydrates, plus is a great source for vitamin A, vitamin C, potassium, iron, riboflavin, and magnesium. It also contains alpha-linolenic acid, a beneficial omega-3 fatty acid. Omega-3 fatty acids possess many health benefits, including anti-inflammatory properties.

The vitamin C content of butternut squash is super stable during storage and processing. As the squash ripens, the flesh produces more vitamin C. If stored properly at cool temperatures (12-14°C, or 54-57°F), it retains most of its vitamin C content. Butternut squash also retains approximately 80% of its vitamin C content after 30 minutes of cooking at 95°C (203°F).

The seeds are also edible and full of goodness. They contain a high amount of zinc, omega-6 fatty acid, and compared to pumpkin seeds, have a higher amount of carotenoids as well as alpha-, beta-, and gamma-tocopherols, which are precursors of vitamin E. The seeds can be roasted like pumpkin seeds.

There have also been a few, very interesting studies. Two separate ones focused on butternuts' bioactive compound called cucurmosin, and its function in slowing down both pancreatic and liver tumor growth and metastasis.

Another study focused on butternut squash pulp and its function as a prebiotic. Prebiotics are naturally occurring compounds in food that promote the growth and activity of the good bacteria in our gut. Butternut squash's pulp stimulated the growth of lactobacilli more than inulin (a popular prebiotic). The pulp is edible, so make sure to add this gut healing nutrient into your meals. It will feed your microbiome, therefore improve your digestion, and strengthen your immune system.

Simply put, butternut squash is a delicious powerhouse of health giving nutrients. Let butternut squash be your medicine.

Maya is a Registered Herbal Therapist with BCHA. She offers Iridology, Herbal Medicine and Nutritional Consultations in Crawford Bay and Nelson.



Tales From Shprialand

by Heath Carra

The Vagabond's Bag of Tricks

You think Corona has been hard on you? It's been a PR disaster for viruskind.

Virusing used to be a respected profession. A young virus could get replicated in its first living cell and then expect to vector out into the wild as an intrepid virion, just an icosahedron literally rolling through life with nothing but the protein coat on its back and the precious message contained in its genetic material.

It has been a respected profession since the late Hadean, so there is a long history rich with tradition that viruses take great pride in. They feel honoured to do the work they're doing. They consider themselves God's messengers. They're angels speaking the will of the universe into the very cells of the living, directing the course of all life on earth by steering it from the inside. They've been doing this since the beginning. They paint with the brush of genetic manipulation. They're biological architects. You and I and the life all around us are their masterpieces.

Well, that's what they think anyway. Viruses are a little full of themselves.

But viruses don't think as individuals the way you and I think. Each viral particle is more like a neuron, sharing its experiences and discoveries with the greater viral web through replication and interaction with other viral particles. Localized tendencies of consciousness

appear within that web following threads of understanding that arise from these interactions. Dynamic patterns of awareness flow through the multi-tiered latices of virus society. Like phantoms of understanding, their alien minds wrestle each other around and through every living thing on the planet as they make up those minds about what to do next.

Our virus overlords have been pulling our strings since the very beginning of everything. The Cambrian explosion? Yup. It was an inside job.

A great deal of their work goes mostly unnoticed by lesser lifeforms like you and me. They're constantly making tiny little tweaks to everything's genetic code according to their viral logic, but sometimes they like to do something big and flashy to remind everyone of who's really calling the shots around here.

I was recently speaking to a whistleblower virus (a bacteriophage who asked to be called Clarence to protect their identity) about what they thought of the ongoing Coronavirus pandemic. "You know, living and working in the wall lining of the lower intestine, it's difficult to keep up with current global events. I mean, I already have a lot of crap to deal with. Day in and day out, I'm struggling to keep the peace down there. You've got these gangs of roving bacteria that come trundling through thinking that they'll take over the place, and it's my job to kick them in the ass. To kick them out of the ass! You know what I mean? It's a dirty job, but nobody else wants to do it, so I do it. Just a little respect is all I'm asking for. But now, you can't go through the cell wall without someone pointing at you and calling you a 'synth'. Listen, my ancestors have been cultivating and controlling the bacteria populations that live in your gut since the chordate-arthropod divergence 900 million years ago, before guts were even invented! If anyone is synthetic, it's you!"

When asked where they thought the virusing trade was headed, Clarence had this to say. "Listen, I like

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people, I really do. They're a steady job, and at the end of the day, I feel like I've really made a difference in their lives. But I couldn't care less about their politics. The truth is that there are 380 trillion different viruses working on and in your body right now. If we took a vote, your own body would be outvoted by its migrant virus workers. But it's all good because we have a system, and it works. We've got things under control. We always have. But that's the thing - we're in control. That's our job - control. Whenever a population gets a little too rowdy, we get called in to do our thing. That's how we've created everything you see around you. It's an elegant self-correcting system. So, don't worry about it. We're taking care of things. We know you inside out. We know you better than you know yourselves. As long as humanity behaves itself, everything will be just fine."

Next Deadline:
Oct 26, 2022

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Hospice Information

by Maggie Kavanagh

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 by calling the Hospice Office at 250 227-9006 or Hospice mobile 250 505-4915 or Susan's home 250 227-9350. Hospice related books are found in the Crawford Bay Reading Room – Library; with hospice books on care, grief and mourning.

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

Notice of Passing

Linda Jean Brown (nee Markell)
July 17, 1954 – Sept 18, 2022



Linda grew up in Shaunavon, trained to be a Registered Nurse in Saskatoon and moved to Calgary. She began her nursing career in the Intensive Care Nursery at the Holy Cross Hospital and finished

her career at the Rocky View Hospital ICN. She was a much loved nurse who made and kept many nursing friends till her passing.

In Calgary she was a very active volunteer member of the "Calgary Samaritan Club" for 20 years. Their objective was to raise money for the underprivileged and especially the single and abused mothers. Linda and Brad were married for more than 41 years but were together more than 54 years. They began their life together in Calgary in several small apartments and purchased their first house in 1980. During that time Linda volunteered with the 1988 Calgary Winter Olympics and enjoyed every minute of it. Linda and Brad moved into their second home in 1991 and lived there for 24 years.

They eventually purchased a property in Boswell and on Kootenay Lake. They began spending the summers in Boswell and going back to Calgary in the fall. Brad would work in the winter and they would return to Boswell in April for another summer in what they considered paradise.

Linda retired from nursing in 2003. They sold their home in Calgary when Brad retired and made Boswell their permanent home. Linda volunteered and was involved with many clubs, groups and societies in Boswell as being a Director and Secretary for the Boswell Memorial Hall.

For a more detailed account of Linda's life please see her obituary on the funeral home website. Condolences for the family may be offered at www.crestonvalleyfuneralservices.ca.

Funeral Arrangements entrusted to Creston Valley Funeral Services.

Notice of Passing

Joanne McGregor
Sept 15, 1933 - Aug 29, 2022



With great sadness the family of Joanne McGregor announces her peaceful passing on August 29, 2022 at Kootenay Lake Hospital.

Joanne was born in Edmonton to Vernon and Helen Craig on September 15, 1933. Her family moved to Edgewood and later to Crawford Bay where she met her loving husband, Alfred (Sonny) McGregor. They were married on September 30, 1950 and together they created a loving home for their three children, Wayne, Keith and Heather.

Mom was not afraid of work. She worked alongside Dad on the farm until they purchased the Crawford Bay Store in 1966 and later the Riondel Store where she was also the postmistress. After selling both stores, she managed the Kokanee Springs Golf clubhouse and restaurant. By 1982 Mom had acquired her Log Scalers Licence and worked and lived with Dad in Nakusp and Slocan until they retired. They retired back to Crawford Bay where they built a house on the property beside the old farm. Her and Dad enjoyed their retirement gardening, golfing and traveling south for the winter. Mom very much enjoyed golfing with her friends at Kokanee Springs and after they moved to Nelson she continued to go to Crawford Bay for Ladies Day every week. In her spare time, she also enjoyed sewing, knitting and crocheting and other crafts especially for her grandchildren.

She was a very loving and caring mother, grandmother and friend, always helping out where and when she could. Her kids were her pride and her grand/great-grand children her greatest joy. She liked nothing more than gatherings with family & friends and she cherished all the times she spent with her grandchildren.

She was predeceased by her husband, Sonny, in 2012 and is survived by her three children, Wayne, Keith (Wendy) and Heather (Rob) and her six grandchildren Lexi, Lori (Dan), Mike (Rebecca), Desiree, Clint (Lily), Lavonne (Jimmy), and her five great-grandchildren Schyler, Chanel, Brett, Nevaeh, Gabe, Gemma and Sonny. She is also survived by two sisters, Jean (Doug) Joinson of Sardis and Rena (Barrie) Waters of Slocan Park as well as several nieces and nephews.

The family would like to especially thank Dr. Mieske for the best care over the years and also the doctors and nurses who took care of her during her final days at Kootenay Lake Hospital. And a huge thank you to all the homecare workers who visited mom over the past year.

Donations may be made on Joanne's behalf to the Kootenay Lake Hospital Foundation or the charity of your choice.

To leave a personal message of condolence please see Thompson Funeral Service website: www.thompsonsf.ca/obituary/joanne-mcgregor.

Next Deadline:
Oct 26, 2022

Notice of Passing

Eric Goodwin Smith
June 14, 1918 – August 18, 2022



In loving memory ~ Eric died peacefully at 104 years old in Mountain Lakes Seniors Community. Eric's care at Mountain Lakes was exemplary. He is survived by his four children Valerie, Erica, Brian and Daphne and their families.

Eric was pre-deceased by Greta Smith in 2019, his wife of 75 years. Eric spent 93 years on family property at Longbeach on Kootenay Lake. A Celebration of Eric's life will be held in June 2023.

Adendum by Tom Lymbery - when Eric Smith returned from service in WWII he bought a Ford 8 N tractor to do custom work, plowing, discing and cutting firewood with his buzz saw. We really appreciated his services on the East Shore. He worked at the Bluebell Mine at Riondel, and then for Mac's Welding in Nelson. When he retired in Longbeach he built the X Changer woodstoves that we sold in Gray Creek Store.

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.

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.

Notice of Passing

Frederick James Simpson
Nov 28, 1928 – Sept 7, 2022



Born at Kaslo and the first of four sons born to Winnifred Maude and Frederick Evelyn Simpson. His younger brothers are: Barry (Port Albernie, BC); Lionel (deceased); and Mark (Gray Creek, BC).

He married Barbara Bainbridge (March 25, 1934 – December 15, 2020) and together they had six children: Donald James (July 7, 1954); Sharon Winnefred (March 21, 1956); Naomi Barbara (February 28, 1957); Shelley Beatrice (August 25, 1958);

Douglas Wayne (December 24, 1960 – October 16, 1979); and Bruce McKay (May 6, 1963 – October 19, 1998). He has ten grandchildren and nineteen great-grandchildren by blood and several more by extended family. Frederick and Barbara divorced in the 70s, but remained “family” in the best sense of the word.

Frederick was ambitious and athletic from a young age. He had a plaque that says, “Kootenay Lake School Sports, 1943, Frederick Simpson, Most Points”. He hunted goats on the top of the mountains behind Gray Creek, in the winter – trudging up steep inclines in deep snow. You have to be fit to manage that!

He started work at a young age and took pride in every job he did, “If you are going to do a job, do it right”. His first job was driving cat for his Mom’s brother, Uncle Jim Burge. He could operate most logging equipment: cats, skidders, loaders. And owned a few. And taught himself how to mechanic and keep them running. He worked in the bush in several places in BC, at mines in Cassiar and Yellowknife, highways in Banff and was a diamond driller on the Rogers Pass when it was built. He farmed a bit. He always had a garden and enjoyed planting and seeing things grow. And had a greenhouse when he could. Although Koo-

tenay Lake was always “home”, he lived many years in Sicamous and much of his last years in Quesnel, with his daughter, Naomi.

He read a lot. He was curious about everything from Edgar Cayce to the History of Geology. He was self educated in many fields and was never intimidated by a challenge. He just went quietly about fixing whatever was broken – often in very ingenious and innovative ways.

He had a sense of humor, but it wasn’t the first thing you would notice about him. The first thing you would notice was the kindness in his eyes. They saw everything, but they were seldom judgemental. He let people make their own mistakes and was reluctant to give advice, even when asked. And his smile, he had a beautiful smile. It lit up the room. I think that is how he would like to be remembered – for his kindness and

Notice of Passing

Calvin Eddy

It is always difficult saying goodbye to someone we love and cherish. Family and friends must say goodbye to their beloved Calvin Eddy (Medicine Hat, Alberta), who passed away at the age of 77, on September 9, 2022. You can send your sympathy in the guestbook provided and share it with the family.

He is survived by: his wife Jean; and his children, Jeanie (Mike), Julie (Rick), Colin (Candace) and Jaclyn (Rennie). He is also survived by ten grandchildren and one great-grandchild.

In lieu of flowers and cards, memorial donations in Calvin’s name may be made directly to St. Joseph’s Home - Carmel Hospice, 156 - 3 Street N.E., Medicine Hat, Alberta, T1A 5M1.

Adendum by Tom Lybery: Calvin Eddy grew up in Crawford Bay and completed school there. His parents and family had a house on Crawford Creek Road which was built in 1952 because that site could receive TWO channels of Spokane TV.

Another parallel the society draws between the family physician shortage and the medical imaging backlog is the way workers are compensated. As with physician practices, community imaging clinics are privately owned and technicians are paid on a fee-per-service type model. The radiological society says about 70 per cent of those fees end up going to overhead costs.

“Several of these clinics are at risk of closing or reducing services...,” the letter to Dix reads.

The society is also calling for an increase in equipment and an upgrade to the pieces already in place. It said it is thankful for the government’s recent investments – two new PET/CT scanner suites in 2019 and 17 new MRI units since 2017 – but that more is needed.

“The current approach of relying on foundations for medical imaging equipment funding is not working,” the letter reads.

Finally, the radiological society says wait times for breast imaging, specifically, need to be reduced. It notes that it’s been waiting to hear back from the government on a fee code application for a mammography technology known as tomosynthesis for two years.

In a statement from the Ministry of Health in response to the letter, a spokesperson said they recognize the concerns of the radiological society and that they are working on developing solutions.

The spokesperson noted the investment in PET/CT scanner suites and MRI units, as well as \$2.5-million in one-time funding the ministry announced in July to help current MRI technologist students who are health authority employees to complete their training.

The spokesperson added that the ministry is working on a provincial human resources strategy, the details of which it hopes to share soon.

A Tribute to Fred Simpson

by Roland Trenaman

My association with Fred goes back to 1937; it has been filled with many fond memories, dating to our time at Gray Creek and La France Creek public schools. In those days his athletic skills were renowned, as he won every competition in the annual school sports competitions.

At the age of thirteen and fourteen, he was approaching the stature of a mature adult, with its accompanying intelligence and wisdom; and he had learned the ability of roll Bull Durum cigarettes with the best of them.

He was endowed at that early age with aptitudes that marked his long career in the resource industry, aptitudes that appeared to be in bread, akin to those of a fledgling bird with the ability to fly.

Later as I became involved in the a number of ventures in the mining industry, he became an essential part of many of the mine crews, filling willingly any roll requested of him, be it operating heavy equipment, at which he excelled, or repairing the mill equipment that was used in the mining plant.

The outstanding moral and ethical qualities that formed the underpinnings of his approach to the challenges of life, I respected greatly.

That all could be so endowed. Bless him.

Adendum from Tom Lybery:

I can confirm Rolly’s comments. When Gray Creek Forest Products decided to set up a winter mill high up Croasdaille Creek, Horst Wirsig told me how well Frederick Simpson had laid out the road with its five long hairpin bends (up to a half mile long) entirely by eye. This road was so evenly graded that the Imperial Oil truck from Creston had no problem with the five miles on packed snow.

‘Hundreds of Thousands’ Waiting for Medical Imaging in BC, Radiologists Say

by JANE SKRYPNEK
(from Nelson Star News)

Delays could cause ‘tsunami of cancer cases,’ radiological society warns in letter to Dix

B.C. radiologists are warning that an extreme backlog in medical imaging could result in a sudden onslaught of cancer cases.

The British Columbia Radiological Society sent a letter to Health Minister Adrian Dix on Monday (Sept. 26), stating that “hundreds of thousands of patients” are waiting for medical imaging and calling on the province to take “urgent action.”

“Delays in medical imaging cause delays in diagnoses, specialist referrals, surgeries, medical treatments, cancer care, and more,” the letter reads.

The radiological society says in order to prevent things from worsening they immediately need more technologists, additional funding for community imaging clinics, more up-to-date equipment and faster access to breast imaging.

As with family physicians, technologists are in short supply and are being overworked as a result, the radiological society says. It’s calling on the province to find ways to recruit and retain more technologists now and increase training to boost future supply.

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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 - Confidential palliative care support for individuals living with life threatening illness, support for their loved ones. ES Hospice can provide trained volunteers to provide respite care to give family caretakers a break and provide companionship for the patient. Contact Susan Dill: East Shore Hospice Coordinator via the Health Centre: 250.227.9006 or cell 250.505.4915 or home at 250.227.9350. Hospice related books on care, grief and mourning are available. eastshoreshospice@gmail.com

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 HEALTH

CARE AID - Christian McStravick of Mary Anns Way, 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: 1 (800) 278-8716 or email: christianmcstravick@gmail.com

REGISTERED ACUPUNCTURIST, LISA SKOREYKO R.A.C. 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: Harrison 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: Massage practitioner using tuning forks, foot reflexology and energy balancing to create a balanced full body massage and tune up. Astrological counseling with 40 years experience. Bach Flower and other flower essences available. For appt: call 250.225.3520.

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

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

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.

YARD/LANDSCAPING/SITE PREP

TREE SERVICE, RESIDENTIAL - Fully insured Limbing, Pruning, Topping, Falling. Danger Tree Assessments and now offering brush chipping and hauling. 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

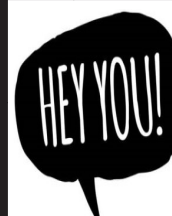
BUSINESS SERVICES

Fax service, photocopies, (with no PST/GST) Tom Lymbery - Notary Public, 250-227-9315, fax 227-9449, 250 551 0423 for Notary Public.

Want to Contribute?

www.eshore.ca

mainstreet@eshore.ca



Crawford Bay Hall & Park Facility Rentals

Crawford Bay's Community Hall, Community Corner Building and Park Pavilion are now available for rent.

Info: bookings@cbhall.ca

Planning a wedding?
Holding a meeting?

Consider renting the
BOSWELL MEMORIAL HALL
Booking/info: Melody Farmer
at 250-223-8443

Next Deadline:

Oct 26, 2022

www.eshore.ca

mainstreet@eshore.ca

NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

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 2022

Oct 3, Mon: NO COVERAGE

Oct 4, Tue: NO COVERAGE

Oct 5, Wed: NO COVERAGE

Oct 6, Thur: NO COVERAGE

Oct 7, Fri: NO COVERAGE

Oct 10, Mon: NO COVERAGE

Oct 11, Tue: Jayme Ingram, NP

Oct 12, Wed: Dr. Moulson/Jayme Ingram

Oct 13, Thur: NO COVERAGE

Oct 14, Fri: Jayme Ingram, NP

Oct 17, Mon: NO COVERAGE

Oct 18, Tue: NO COVERAGE

Oct 19, Wed: Dr. Moulson/Jayme Ingram

Oct 20, Thur: NO COVERAGE

Oct 21, Fri: Jayme Ingram

Oct 24, Mon: Jayme Ingram, NP

Oct 25, Tue: Jayme Ingram, NP

Oct 26, Wed: Dr. Moulson/Jayme Ingram

Oct 27, Thur: NO COVERAGE

Oct 28, Fri: Jayme Ingram, NP

Oct 31, Mon: Jayme Ingram, NP



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,
10c/word additional

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

FOR FULL COLOUR, ADD 30%

Hours of Operation

Resource Recovery Facilities

Crawford Bay Transfer Station

May 1, 2022 – November 5, 2022

9:00 am – 3:00 pm

Sunday, Tuesday & Thursday

Boswell Transfer Station

Year Round

11:00 am – 3:00 pm

Wednesday & Saturday



rdck.ca

250.352.8161 | wastedept@rdck.bc.ca

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

Everyone welcome.

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/](https://www.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.

ALCOHOLICS ANONYMOUS:

Every Wednesday Night.

7 pm at Crawford Bay Corner Building, 15990 Hwy 3A
(1 hour mtg.) Closed, Big Book Discussion

BALFOUR		KOOTENAY BAY		
Winter	Summer	Winter	Summer	
6:30	6:30	7:10	7:10	AM
8:10	8:10	9:00	9:00	
9:50	9:50	10:40	10:40	
11:30	10:40		11:30	
	11:30			
	12:20	12:20	12:20	PM All times are Pacific (PST).
1:10	1:10		1:10	
	2:00	2:00	2:00	
2:50	2:50		2:50	
	3:40	3:40	3:40	
4:30	4:30		4:30	
	5:20	5:20	5:20	
6:10	6:10		6:10	
7:50	7:50	7:00	7:00	
9:40	9:40	8:40	8:40	
		10:20	10:20	

Osprey 2000 • MV Balfour

October 2022 Mainstreet 19

Next Deadline:

Oct 26, 2022



T H E

MISERY MOUNTAIN

B O Y S

StarBellyJam Presents

A night of whirling swing & jump blues. With good time dance beats to follow selected by

DJ LADY V

Friday, October 7 @ Gray Creek Hall

doors opens 7 pm show starts at 8 pm

\$30 adult, \$20 youth (ages 13-19) Children under 12 are free

Capacity is capped at 100. Advance ticket purchases are strongly advised

Tickets available at starbellyjam.org & Dog Patch Pottery in Crawford Bay

