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The East Shore Mainstreet

KOOTENAY LAKE BC

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

INSIDE:
News, Views,
Reviews,
Hot Topics,
Current Events,
Letters & Ideas

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The 104th Kootenay Lake Fall Fair was a wonderful success with fun, games, exhibits, food and entertainment for the whole family. See inside for more information on this year's fair and plans for next year. Photos courtesy of Lorna Robin (goat, singer and scarecrow, goat race and dunk tank) and Dena Kubota (quilts and 3-legged race photos).

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Editor's Word on the Mainstreet

by Ingrid Baetzel

The subject of our local internet has been a hot topic for a long time now. There is no doubt that this is an invaluable and key asset in our region and around the world. We have the privilege of having a small, community-level, contractor-run Internet Service Provider (ISP). We have a voice in how it is run and at an information meeting held on September 21 at the Crawford Bay Hall, residents used their voices.

Over 85 people were in attendance at the meeting and there was a strong sense of a community that wanted to be heard. People came with plans, agendas, letters, surveys, critical AND supportive words and, in the words of a few people present at the meeting, a desire for harmony and resolution.

The current board of the East Shore Internet Society (ESIS) is, at the time of writing, comprised of two members – Gail Conrad and Roswitha Strom. At the time of printing in early September, there were five board members. Due to internal reasons three of the previous board members elected at the June AGM have since resigned and the board is continuing to the best of its capabilities until a new board has been developed.

Several residents expressed concerns with how the filling of the spots on the board was going to be done. Conrad read legal opinion and documents stating that it was satisfactory for the existing board to internally fill the spots of the members who have resigned and that they intend to have those spots

filled within a week or two of the September 21 meeting. They said they would take interested parties' expressions of interest and have an interview process to select new members. They asked people to sign up at the meeting or to contact them to show interest. Some residents expressed that they thought this process was not an acceptable method and that the members should have the right to an electoral process for the new board. As it stands at the time of writing, the appointment process remains the same.

At the information meeting, the community was introduced to Paul Daniel, a consultant hired by Columbia Basin Trust. CBT's subsidiary company, the Columbia Basin Broadband Corporation (CBBC), has been working and coordinating this multi-million dollar project that will see improvements brought to twelve ISP's in the Kootenays, including ESIS. This is called the Connecting Canadians program, and through it, the Columbia Basin Trust has received \$3.34 million from the Canadian government to connect approximately 11,000 households in the Kootenay region, including on the East Shore.

Mr. Daniel assured the members present that CBT would be staying with the process for a minimum of three years to a maximum of five, and ensuring that our region receives the funding to improve wireless connectivity, despite what he said appears to be a divided community facing substantial governance issues. He said that despite operational and technical issues, CBT is committed to seeing the implementation through and resolving issues. He has been working with the current board and intends to remain in his position reporting to both the ESIS board and CBT.

Attendees expressed concerns about several key issues, including: communication from the board to the members, infrastructure on private land, quality of service in relation to cost (including billing issues in relation to usage), concerns about board harmony and contract development with the operations manager,

and financial details not being provided as promised. There were also people speaking to the merit and good work of the board considering the immense amount of community mindedness and dedication it takes to sit on a board like ESIS as it is so time-consuming and evolving. Some expressed that the emailing, surveys, letters and negative language are what is slowing the process and creating division, while others argued that this is exactly what it needed in order to solve problems proactively.

It was noted that several people at the meeting did step forward to offer to serve on the ESIS board with Conrad and Strom and we surely must tip our hats to the two women on the board and those willing to give of their time and energy (past, current and future board members) to ensure that this hugely valuable and precious commodity finds its way to solid footing.



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MOVING THE FERRY LANDING CONT'D LETTER TO THE EDITOR

In reply to Russ Trenaman's letter in the last *Mainstreet* about the possibility of BC Hydro dredging both the Procter and Grohman Narrows to obtain more water by lowering our Lake level – I consider this another one of Hydro's threats – as was their proposal to divert the Kootenay River into the Columbia at Canal Flats.

The narrows will still be necessary for the Balfour to access the Sunshine Bay Drydock. What will Fisheries have to say about the possibility of such a drastic change to the West Arm? And how would Nelson feel about being downgraded from a lakefront to a riverfront?

The Queens Bay terminus for the Kootenay Lake Ferry service is an essential change for our arterial highway. Hourly service with faster crossing times will benefit everyone but most essentially the commercial truckers, from loggers to the bulk fertilizer trucks hauling from Trail to the prairies. The most important of all are the winter days when all of the Trans Canada traffic has to cross our Lake because of winter closures of the Rogers Pass and the Creston – Salmo.

Tom Lybery, Gray Creek

BADEV THANKS

Dear Editor:

On behalf of the Boswell and District Emergency Volunteers we would like to extend our sincere appreciation to everyone that supported our annual fundraiser on Saturday, September 5, 2015.

Once again we had a large turnout. The weather was not good so the final decision was made to move from our normal set up to the Boswell Hall. The food was great, and most of all good friendship.

Your generous support will help us offset future capital and operating costs. We would also like to extend a special thank you to Overwaitea for their generous food donation.

Rod Stewart, President

HALLOWEEN IN RIONDEL

To the Editor:

To the residents of the East Shore, Riondel is once again opening its doors to all of the trick or treaters of the East Shore. There will be a Halloween party located at the Riondel Fire Hall on Fowler St from 5-8.

The fire fighters will generously help host this event and set off the fireworks. There will be candy, snacks, homemade treats, drinks and hopefully entertainment.

The Riondel Market will be accepting donations to help make this yearly event spectacular. Thanks in advance to the Riondel Market, all of the Riondel residents that generously donate or open their doors to the masses, Bobs Bar and Grill, the Riondel Fire Fighters, and Rec 9 for making Halloween a memorable positive experience for all participants.

Sincerely, Danielle Linn, Riondel BC

EASEY WINE DRAW RESULTS

Letter to the Editor,

Over the past five weeks parent volunteers from EASEY (East Shore Alliance Supporting the Early Years) have been informally selling raffle tickets among friends and acquaintances and community members at large, with the grand prize being 20 bottles of donated wine.

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The winner was drawn and announced at the Fall Fair last week. Congratulations to Lori Anderson, a summer guest from Calgary who bought a generous number of tickets that worked in her favour. When she comes back for a visit next week she'll have a nice instant wine cellar to bring home. All the bottles of wine were donated, mainly by parents, but also from other generous souls. Thanks to everyone who donated wine, sold and bought tickets. We managed to raise over \$1000 for the new Natural Playground at the Crawford Bay Park. Special thanks to Janaki, Kristy and Melina for being such charming sales-parents.

Our fund has now grown to over \$11,000 and we're continuing with grant applications and fundraising for the playground. Thanks also to the Crawford Bay Church for their recent generous donation. Any other individuals, societies or groups who would like to help us reach our fundraising goal and allow us to build a beautiful new play space at the park can drop off donations at the Credit Union, made to Community Connections (or South Kootenay Lake Community Services Society).

And to those of you who bought tickets, you may not have won the raffle, but when we have a functional and beautiful playground our community can be proud of, we all win, and you helped!

Ellie Reynolds, EASEY Coordinator

DON'T WASTE YOUR VOTE

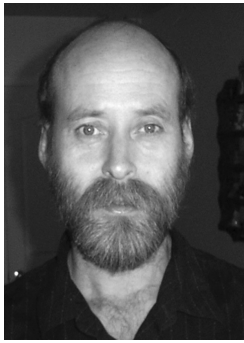
Dear East Shore residents:

If you are interested in defeating Harper this election, recent polling is saying it is very close between NDP candidate Wayne Stetski and Conservative candidate David Wilks with the Liberal candidate far behind.

If you are thinking of voting Liberal, it will be a wasted vote. If you wish to defeat the Conservatives, it would be in your best interest to vote NDP.

Thank you,

Kevin McBride, Gray Creek BC



RDCK Area "A" Update

by Garry Jackman,
Director - Area "A"

HEALTH INITIATIVES:

Throughout 2014 the Ministry of Health was completing new policy papers on health care delivery, in part to address our aging demographics and in part to try to stem the rising costs of acute care which is more heavily relied upon by our senior population than some other age groups. Several policy papers were released in spring 2015 which looked at governance changes (some of which I simplistically see as leading to more careful follow through on direction from physicians and other health professionals as opposed to following through as far as the system of the day permits) and shifting greater emphasis to community care.

The importance of community care is not lost on us, and in fact the new policy direction is sadly ironic given we lost our dedicated nursing position in recent years. Still, the ministry is now encouraging health authorities to look at providing service closer to home. Interior Health has been working towards this shift in principal but as I understand it the incremental funding for added community care is not available (yet). I have done my share of lobbying, including my meeting on September 21 with outgoing Interior Health CEO Dr. Bob Halpenny and new IH Board chair Irwin Malzer where I emphasized again the long term acute care savings will be realized more quickly if there is a shorter term injection of funding into the community care programs.

I have enjoyed working with Dr Halpenny over the past six years or so and believe he has done well at streamlining efficiencies within our acute care facilities. I also believe he understands our community needs and has left senior administrators in a good position to concentrate on our community members with chronic health conditions plus our more frail and elderly community members. We also need to keep pushing the envelope for greater awareness around our own responsibilities for maintaining healthy lifestyles and supporting our community members who need help. I am optimistic that the shift to community care will be real and significant.

On the same topic, some of my work on the executive of the Association of Kootenay Boundary Local Government plus as a member of the Rural Development Institute (at Selkirk College) advisory group has been to highlight the very significant demographic situation which we face in our communities. We have rapidly growing senior populations and for the most part steady or shrinking youth populations. Through AKBLG and RDI we are sponsoring a day long workshop on October 7th in Warfield on Aging in the Kootenays which will educate my political peers and community members in general about the changes and challenges we face locally. Many representatives from seniors support groups will be attending. Find out more at <http://www.cbrdi.ca/news/rdi-partners-with-akblg-to-host-aging-in-the-kootenays-learning-event/>. Interior health reps will be presenting on their proposed changes for community care along with a number of other speakers on a variety of related topics.

Prior to helping pull the workshop together I started a research project through Selkirk College to examine our demographic trends, the locations of our health service facilities and some issues around emergency transportation as a catalyst for discussion. I invited two other rural directors to participate as my initial grant allocation wore thin and together I believe we have a significant first document. I am proposing to carry on some of the work as a partnered, major research

topic through RDI with IH as one of the partners. My next RDI advisory meeting is October 8th in Castlegar where we will see how this idea is received. My colleagues and I may also fund some more targeted studies in the coming months.

Another new while not so new initiative is around para-medicine. About five years ago BC Ambulance established some High Acuity Response Teams (HART) around various cities including Trail and Cranbrook. Without going into too much detail, it has had its benefits, successes and friction points. Now there is a program to establish 80 para-medicine positions who will be BC Ambulance paramedics with expanded duties and more guaranteed work as they team up to assist IH with community care needs. Creston and Princeton are test sites within IH. I believe such positions are worth looking at in small Kootenay communities away from 'big' communities such as Creston, but we should consider ways to best support our existing paramedics, perhaps by asking them first if they would welcome a full time position, or perhaps 0.4 or 0.6 or what ever makes sense for local needs. The conversation could be local first in conjunction with the members of the advisory committee for creating new positions.

Area A has seen some good initiatives unfold, ranging from the Riondel push to be an Age Friendly Community to having us linked to the Better at Home program which was set up to primarily serve Creston. Both programs are benefiting from a tremendous response by community volunteers. I am being asked to put some additional funding into the Better at Home program for the paid workers in the program since the funding stream through United Way can support the coordination over our area but not some of the assistance such as helping with modifications for wheelchairs and the like. I see value in supporting the development of some of these aspects of the program through use of grants while working with the administrators of the programs to see longer term funding from the base program provided for our communities.

LKB INCREMENTAL TREATY VOTE:


As I have outlined in past submissions, the Lower Kootenay Band (LKB) members have been considering the incremental treaty agreement which involves land around the Creston landfill site, lakefront across from a point known traditionally as gambling otter (Burden's Cut) and proposed treaty lands up Crown Creek forest service road. The first referendum for band members had a large majority of members in favour but did not meet the mandatory minimum of 2/3 eligible voter turnout as set by the feds. A follow up vote, which does not have the minimum voter requirement was held on September 24. The result as reported at submission time did not give exact figures but indicate a decisive yes to agree to the land transfer. This will once again give LKB ownership of land along the lake and provides the most sensible solution for meeting the federal criteria for operating a landfill site with buffer zones. If you want to be reminded of the details please give me a call.

MULTI MATERIALS BC (MMBC):

A few of us representing the RDCK met with Environment Minister Mary Polak at UBCM to once again express our concern about the 'double taxation' which our rural residents are paying towards the new product stewardship program for packaging and paper. We had a briefing from Multi Materials BC (MMBC) on September 17th where they again indicated we would not have access to the program until the last major producer group, that being newspapers, signs on to the program and begins to fund their share. In the mean time we taxed our RDCK residents an estimated \$425,000 in 2014 which should have been covered by the product stewardship consortium (MMBC) if they had fully implemented their programs in the more remote areas such as our rural communities.

The conversation is larger than obtaining MMBC service, since the proposed MMBC service levels are lower than RDCK service so we would either all have to drive further to depots with restricted hours of access or we will need to augment the MMBC service if or when it is available, at an added cost. This topic is too large to complete the discussion here, but we all need to begin to think more seriously about what our minimum versus more reasonable service levels should be.

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.



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Kootenay Lake Ferry Office

OSPREY 2000 FERRY
OUT OF SERVICE
Oct 13 - Oct 26, 2015

Western Pacific Marine Ltd. advises travelers that the Osprey 2000 will be out of service October 13 through October 26, 2015, inclusive for maintenance. **The M.V. Balfour will be in service during this time - expect sailing delays.**

Western Pacific Marine Ltd. would like to thank you for your patience and apologizes for any inconvenience.



October Horoscope

by Michael O'Connor

Tip of the Month:

October is ever an important month from the perspective of Numerology. Astrology shares a very close relationship with Numerology, call them siblings. October is the 10th month of the year and there are 10 numbers, 0 to 9. Zero was not always recognized but it was always there. It can be described as both a number of spirit, as with a perfect circle, there is no beginning or end, and therefore a number of power. Woven into the implications of the notion of spirit is power, yet of an otherworldly, transcendental, divine, immortal... kind. Where all other numbers can quantify, 0 specifically qualifies whatever it is 'added' to. In simple terms, like spirit, it is also very illusive.

Zero in Numerology translates to Pluto in Astrology. Technically, according to modern Astronomy, Pluto is no longer called or labeled a planet. A rose by any other name, it may not be strictly deemed a planet and has been given its own special status. Whatever it's phenomenal designation, Pluto most certainly produces results in Astrology and can be proven to exert an inexorable 'influence' (the influence of planets cannot be approached from the perspective of classical physics. Quantum Physics and its fraternal twin, metaphysics is required to more fully understand the usage of this term).

October from the standpoint of Numerology presents something of a sneak preview of what can be more broadly expected in the new calendar year starting on January 1. Astrologically, the Libra New Moon occurs on October 12. Mercury 'stations' (appears to stop) on October 9 and begins its regular forward motion again, though the 'shadow period' (the 3-week time period which matches the duration of its apparent backward motion) begins at that moment as well. Venus enters Virgo on October 8 joining forces with Mars and Jupiter and last, but certainly not least (most, in fact) the Sun enters Scorpio on October 23.

(Read more in my Newsletter. Sign-up is free on my website.)

NOTE: Michael will be Visiting the East Shore in Mid-October and is offering in-person readings by appointment: sunstarastrology@gmail.com (250) 352-6871

Aries (Mar 21 – Apr 20)

A whole new chapter in your relationship life is dawning. It comes during a busy time. An important aspect of your efforts now will be in the diplomacy department. Deciphering what to say and when, where to hold back and where to be frank are woven into this plot. Politics aside, focus to speak from the heart and even if you make mistakes you will achieve the harmony you seek.

Taurus (Apr 20 – May 21)

An important and prolonged cycle has begun. In the deeper reaches it speaks of creative metamorphosis. Whether or not you will choose to consciously engage is up to you. Yet, it will probably happen in any case. Begin by getting centered and establishing a fresh stance in the world. This may take a couple of months. Prepare to color your world with hues that match your original style.

Gemini (May 21 – Jun 21)

A new quality of commitment is getting underway. It comes with a growing wave of confidence. All being well, you have tied up many loose ends and brought closure where it was needed. Now you are invited

to bring your imagination to the focus on talents and expressions that have been waiting for their time. Expect to dive deep into new projects.

Cancer (Jun 21 – Jul 22)

Some fresh starts close to home should be keeping you busy now. You may also notice that you are busier, at least in your mind. Circumstances close at hand and abroad are stirring your imagination. Either way, you want more information, answers, instruction and perhaps training and skill development. The time has come to make a few improvements to increase your sense of security.

Leo (Jul 22 – Aug 23)

You have begun to fortify existing foundations and to perhaps build upon new ones. Tending to unfinished business is featured. This cycle stands to continue into mid-October. Breaking new ground has been likely. Now the outreach process begins. Key communications and negotiations are implied. Mercury retrograde is actually presenting opportunities, but involving others is required.

Virgo (Aug 23 – Sep 22)

The time has come to take some new initiatives. These include recognizing and overcoming limiting patterns that have developed over the months and perhaps years. These are natural hazards of life and it takes humility and effort to clear them. Compare this process to cleaning the house; it is not usually that fun but the results feel great, inspiring and empowering too.

Libra (Sep 22 – Oct 22)

The Sun now in your sign should be igniting your pioneering spirit. Your focus has been and remains sharp. Circumstances are contributing by compelling you to action. Inner work may be at least as important as outer. It is extra important right now to be your own best friend. This may even require an exercise of unconditional love now and over the coming weeks.

Scorpio (Oct 22 – Nov 21)

You have been summoned within to receive important guidance. Obtaining new tools or at least inspirational visions of possibility is indicated. Contributing to this is a rebellious and perhaps feisty mood. Extra efforts may be required to not displace any anger and frustration on to others. Assume full responsibility for everything in your life to gain full access to your personal power.

Sagittarius (Nov 21 – Dec 21)

The time has come to express a fuller measure of your individuality. This includes others and increasing your exposure to a wider array of cultural stimulations. Gaining inspiration and stimulating your imagination is featured. This will in turn activate innovation and invention within you. Sometimes the best ideas come from within while at other times they come from interaction.

Capricorn (Dec 21 – Jan 19)

Some fresh starts in your public and professional sphere have begun. These will require extra effort on your part. Contending with a wavering sense of confidence in yourself, and/or in others may be at issue. Restoring this somehow is extra important and ideally without delay. Sincere efforts over the coming weeks could go a long way but lack thereof could set things back doubly.

Aquarius (Jan 19 – Feb 19)

Reaching out to key social and cultural activities is a source of inspiration now. These are a feature of a soul searching process that is underway. Yet in this case, it is the spirit of the community that you yearn to access more fully. As well, you want to make your presence known and perhaps also produce opportunities to share your wares, gifts and offerings.

Pisces (Feb 19 – Mar 20)

You have entered a mini cycle of regeneration which will last about a month. Yet this one will have a few chapters to it extending to the end of the year. This is an opportunity to clear away anything unwanted. On the flip side, this could include coming clean with people with whom unresolved issues linger. Either way, by accepting this challenge you will emerge stronger than ever.

Michael O'Connor
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What Astrology Can Do for You

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The workshop is open to everyone who manages a WordPress site. We won't be installing new site during the workshop. For more information contact: gef@ponnuki.net



JOB POSTING YOUTH PROGRAM COORDINATOR AND FACILITATOR

The East Shore Youth Council (in partnership with Community Connections) is seeking a Program Coordinator to be responsible for the development, implementation, evaluation and supervision of recreational, cultural and social programming, as well as front line facilitation for youth.

The Duties:

- Develop, promote, implement and evaluate recreational, cultural and social programs and special events for youth aged 12-19.
- Administrative/operational duties, fundraising & risk management, supervision of staff & volunteers.
- Design/implement events in collaboration w/ youth
- Work with council on furthering their goals and attend council meetings.

The Candidate:

- Characteristics: flexible, fun, responsible, good listener & communicator, respectful, strong leader, able to collaborate, self-directed, team player
- Required: Level 1 First Aid, BC Driver's License, Criminal Record Check, Technology and Social Networking skills.
- Experience w/ Youth & Program Development assets

The Position:

- Oct/15 - June /16 (possible extension if funding continues)
- Salary \$1000/month
- See full ad at mainstreet.eshore.ca for details

Please submit a cover letter and resume by mail to East Shore Youth Council, Box 275, Crawford Bay, BC V0B1E0 or in .doc or .pdf format to carolynvan@yahoo.ca

Application deadline is Friday, October 9 with interviews scheduled for October 13. Questions may be directed to Carol at 250-505-3760.

Mainstreet Interviews Kootenay/Columbia MP Candidates

Mainstreet contacted the four candidates for MP for Kootenay-Columbia and asked them the same three questions. Those questions follow and after that are the candidate responses...

1. What are the key issues facing residents of the Central Kootenays and how would you prioritize addressing them?

2. What are your thoughts on strategic voting given that it has been suggested that polls are indicating a close run between the NDP and the Conservatives in our riding?

3. What is the best thing that our current federal government has done for Canada? What is the worst?

Wayne Steski – NDP



1. From a democratic standpoint, the biggest issue in Kootenay Columbia is electing a Member of Parliament who will be a strong voice for the people of this area, who will deal with your issues in a respectful and timely way, and to have

a government that shares your values.

I have spent my entire working life in public service. I understand your values, your daily challenges, and how government choices can have a significant impact on your lives.

My priorities are to help create jobs and to support families with a \$15 a day per child childcare program. I am committed to ensuring that universal health care continues, improving income for seniors, and treating our veterans with respect.

In order to accomplish this we need to elect a new government; a government committed to putting you first. In this riding, the NDP is the only choice to stop Stephen Harper and his reckless agenda for Canada.

2. There is no doubt in my mind that people in this riding want a change in government. And the polls show that more than 60% intend to vote for change. But the trouble with the First-Past-the-Post electoral system is that with that 60% of voters choosing a range of different parties, the outcome of the election in Kootenay Columbia will likely be more of the same. If we continue to split the 'change vote', David Wilks will be re-elected on October 19.

I completely, whole-heartedly support a shift to Proportional Representation. If we have any hope of a fully representative and responsive government in this country, this is the only way we will get it. But I know that if we don't elect an NDP government on October 19th, the next election will again be fought using the First-Past-the-Post system.

So I am not shy when I talk to voters who want change but are considering voting for the Liberals or the Greens. I say this, without any hesitation. Be proud to be Green. Be proud to be Liberal. But if you truly want change on October 19, in this riding, we all have to vote together. The NDP is the only party that can beat the Conservatives in this riding.

3. In most elections in Canadian history, I think any candidate could look back on the record of the previous government and list a few things that the government had done that were good for Canada. But when I speak to people across this riding, and I've knocked on more than 1000 doors, what I hear is that Stephen Harper is fundamentally changing this country in a way that people absolutely do not support.

In fact, this monumental shift in the direction our country is headed is the reason why I decided to run for Member of Parliament. When I was first asked to run, I said to myself, why would I want to do this?

The answer came back loud and clear. Because I want my Canada back.

I've never been the kind of person who stands by while bad things happen to good people. I've always been the kind of person who does what I can to make things better.

That is why I'm running to be your Member of Parliament. That's why I have committed to be a strong voice for you in Ottawa.

David Wilks – Conservative Party



1. Regional Infrastructure is key for rural residents. If those key components fail, it is a significant issue for residents. Access to reliable internet. Our government recently made a 3.6 million dollar investment with the CBT, Ktunaxa 1st Nations, Regional Districts and 12 ISP providers to improve the capacity broadband. Area "A" was included within this announcement. I encourage anyone to speak with your Area Director about this.

2. We live in a free and democratic society. Every person has the right to vote for the party of their choice and encouraging otherwise is, in my view, undemocratic and insulting to candidates running in this election.

3. The Conservative government has dropped the GST from 7% to 5%. We have dropped the Corporation tax rate from 21% to 15%. We are dropping the Small Business tax from 11% to 9%. We have lowered the personal income tax rate for those in the lowest bracket to 15%. We continue to grow the economy and create jobs. We have created the single largest infrastructure program in Canadian history. All of this with a balanced budget and a surplus in 2015.

Don Johnston – Liberal Party



1. We're in a new riding now and the Central Kootenays have been split up but on both sides of the Purcells people are really concerned about economic stability, and the ability to live in this paradise we're all lucky enough to call home. In the Kootenays the environment

is our economy and Liberal policies reflect the need to enhance that understanding. Canada has become an increasingly urban country with over 80% of people living in city environments. That trend is escalating. We face serious issues around diversifying our economies and protecting our way of life. My Canada is a place where MP's stand up for their regions and use the power of their office to advocate for policies that make sense far from the big city. It is a place where MPs use the power of their office to convene, educate, support and celebrate possibilities. So a key issue here is representation.

Unlike a government that expects MP's to be the voice of the Party to the riding I chose to represent the Liberal party because they expect me to speak up for local needs and to help choose the infrastructure, green industry investment, and youth employment initiatives we need to improve our communities. Our RealChange.ca site gives voters a chance to see that.

The stagnant economy itself is a symptom of a larger issue. When young people are stuck accepting temporary jobs with no benefits, and the next generation needs real support for growing families, or seniors are told they'll have to wait until they're 67 now to receive their Old Age Security it's a symptom of a government that doesn't understand Canada's needs. These concerns all get magnified in a rural area like the Kootenays. So the major issue is in how we govern and make decisions. The major issue is Change.

We need a government that can work with the Provinces, with First Nations, with the international community, with the middle class and with those who are trying to get there. MY entire career focused on community and social development at all levels and I will hold annual accountability meetings in every community in the riding and I will facilitate with all parties to find common solutions that respect regional needs and values.

2. We understand the passion of voters to see a change in government but the Liberal party is running on certain principals that are embodied in our promise of Real Change and strategic voting is negative voting. Accountability, fairness, and inclusiveness are at the core of our policies and the core of what I want to bring to the riding but these strategies ask voters to ignore honest reviews of their current party, platforms, or candidate. That's Plan C for getting elected. We'll take Plan A. We plan to consolidate the vote rather than split it.

The big problem with those campaigns is they backfire and that's happening in the Kootenay-Columbia. The Liberal candidate in the last two elections was a wonderful woman who is now 87. She did not make it to many debates and the voting reflected that. This year we've joined with a dozen unique communities in the East Kootenay and those voters do not want to feel they have to vote one direction or the other. Many people get emails from a group called Leadnow that publishes polls and urges voters to choose any progressive party they feel can win. Unfortunately for those other two parties their latest Kootenay Columbia poll shows that many disenfranchised conservatives have moved away from their candidate and the NDP now sits below their 2011 results. They're both dropping. The Liberals on the other hand have more than tripled their support from last election. We hope it's based on questions they've read in media. Within 2 weeks, as our support grows, a party that argues against splitting the vote will have to start asking you to actually look at their policies and candidates and that's all we're asking right now. Conservative and NDP voters welcome a choice.

3. That's a great question and I hate to sound too evangelical but the first part is really hard to answer. Stephen Harper told us that when he was done we wouldn't recognize Canada anymore and that has led to a dismantling on so many levels – democratic institutions, taxation policy, international affairs, environmental stewardship, First Nations dialogue, and even the fact we used to have First Ministers forums to work on national issues. If that overall direction is the best thing then the answer is 'everything'. But you won't hear that from me.

My Canada engages with the rest of the world and is ready to play the active role it has historically played. It's a country that respects democracy and that encourages political dialogue and active citizen engagement. A place where citizens understand that despite the new reality where we need to think about security in a very different way, that there are no military solutions to the dilemmas facing the world. It's also a country that respects the bravery and service from a military that has suffered significant cuts in recent budgets.

Continued next page...

Continued from Pg 5...

My Canada also regards the institutions of our democracy with respect and ensures the Charter of Rights and Freedoms adhered to in all areas of legislation and government functions. It is not a Canada where all government members are forced to support entire omnibus bills whether they agree with all the elements or not.

In my work as CEO of Columbia Basin Trust and then Canada World Youth and Canadian Executive Services Overseas, as well as other opportunities over the years I was able to travel and see the changes in the way the world looked at Canada over the last 10 years. The loss of pride I've seen and the belief that things can be better is the worst thing the policies of the last 10 years have left us. My work experience also taught me that people working together can make a difference so I'm hoping to be a part of that.

Bill Green – Green Party



1. As I visit communities in Central Kootenay, these are the key issues I am hearing on the doorstep...

The economy and need for family-supporting jobs is number one in Central Kootenay and throughout the riding. Green Party policy is aimed at creating more

local jobs that provide living wages. We will support community economic development through taxation and incentive programs. We will foster small business and renewable energy, strengthen our agricultural and tourism sectors, support sustainable forestry and responsible mining. A thriving economy in a healthy environment is essential for our long-term prosperity.

Inadequate pensions for seniors. Reports show that 600,000 Canadian seniors were living in poverty in 2014. The Green Party's National Seniors Strategy provides a Guaranteed Livable Income to supplement pensions, a national pharmacare program, affordable home care, and improved Canada Pension Plan benefits.

Accessible affordable housing. Housing is of critical importance in addressing labour shortages in the service and tourism sectors. The Green Party will develop Canada's first national housing strategy to provide affordable market housing, and more co-op and social housing.

Accessible affordable childcare. Green MPs will work for a federally funded, high quality child care program available to any family that wants to access it.

Accessible health care. The Green Party stands solidly behind universal not-for-profit health care. Our policies include: shifting the focus from hospital-based care to community-based primary care delivered by teams, and increasing the role of nurse practitioners.

2. Polling experts say individual riding polls are notoriously inaccurate unless a great deal of money is spent in planning and conducting them. Statisticians say strategic voting works only if every strategic voter votes for exactly the same party. So strategic voters who rely on polls and past election results will likely be disappointed on October 19.

Bear in mind that Canada has four Green MPs and MLAs who went from 10% or less of the popular vote to winning their ridings with 40% or more of the vote.

Recent polling numbers for Kootenay-Columbia differ greatly from the results of our own door-to-door canvassing. We find that many people remain undecided and are doing the careful and thoughtful thing – they are considering each of the party platforms before making a decision. In short, the election in Kootenay-Columbia has not yet been decided.

Elections are the polls that count, and this is indeed an historic election. We have to take action within the next term of government on climate change, poverty, reconciliation with First Nations, and fixing our democracy. We will get to the future we need to create only if we vote positively for the policies, values and principles we want.

3. Federal grants for municipal infrastructure have been welcome, but are inadequate for the huge infrastructure deficit facing virtually every local government in Kootenay-Columbia. The Green Party will invest \$6.4 billion per year in green municipal infrastructure across Canada.

Canada's failure to show global leadership by developing an effective national climate action plan is deeply disturbing. The Green Party's bold plan will reduce carbon emissions dramatically, starting now. Our targets are informed by science, and our plan for carbon pricing is highly rated by economists.



Hidden Taxes

Jabberwocky

'Twas brillig, and the slithy toves/Did gyre and gimble in the wabe;/All mimsy were the borogoves,/And the

mome raths outgrabe.

This month there's a lot of jabberwocky about. We've had lots of it ever since this longest election in many years was called. Twice as much political hot air as usual will have been emitted by the time these 78 days are done. Multitudinous and expensive campaign promises will have been made, none of them carrying a warranty beyond October 19 of this year.

How much will this latest example of political posturing and jabberwocky cost? Because the campaign lasts more than the minimum 37 days, the current Canada Elections Act permits each registered party to spend 78/37 times the current allowable \$1.01 per registered voter. There are about 25 million registered voters; therefore Elections Canada says each registered party may spend \$54,475,840 during this 2015 campaign if they field a full slate of 338 candidates.

Determining how much each candidate may spend is a lot more complicated. I cannot explain it here. Elections Canada says each party may spend a total of \$73,611,590 if they have a full slate of 338, or an average per candidate of \$217,786. As far as I know, the Conservatives, Liberals, and New Democrats are running full slates across Canada.

In our own recently expanded riding of Kootenay-Columbia there are, according to the 2011 census, about 88,000 people. Probably more than 70,000 will be eligible to vote in this election. If you are eligible, and care about what happens to our country, then get out and vote!

According to Elections Canada the preliminary maximum spending limit for each candidate in this riding is \$275,709.19 for candidates of a party with a full slate---highest in the province, and apparently second only in Canada to the Quebec riding of Lac St Jean. That figure is about triple that for the last federal election due to the great length of the present campaign.

The Green party does not quite have a full slate in this election: about 295 candidates. In descending order of candidates for some of the other parties we find, according to latest figures:

- Libertarian---90
- Bloc Québécois---78
- Marxist-Leninist---67
- Communist---28
- Christian Heritage---26
- Rhinoceros---24
- Very few for Pirate and Marijuana parties, and Non-party Independents---47
- Reviewing the candidates in Kootenay-Columbia

we find there are only five this time, a far cry from the nine which I mentioned in last month's column. **(ED: At time of printing, Christina Yahn has removed herself from the running due to conflicting personal issues).**

- Listing in reverse alphabetical order by surname:
- Yahn, Christina - Libertarian Party
- Wilks, David - Conservative Party
- Stetski, Wayne - New Democratic Party
- Johnston, Don - Liberal Party
- Green, William - Green Party.

Here follow some comments about each candidate or party in general:

Libertarians - Don't much like a lot of government and seem pretty far right on economics.

Conservatives - Formed the last government with a majority, but have moved Canada rather far to the right, considering their recent origins as Reform.

New Democrats - The official opposition in the last parliament; may have best chance to win this election, but why was local candidate not re-elected mayor of Cranbrook?

Liberals - Still there in large numbers, but with an inexperienced leader, likely a disadvantage.

Greens - Candidate will have spoken here on the East Shore twice this year. Ran in last election.

Polls are showing almost identical percentages for Conservatives, Liberals, and New Democrats as of late September.

If you think we will have had a very long election campaign, think again, and pity our poor benighted neighbours to the south who may well outgrabe in despair. Their presidential campaign will have lasted at least 37 months before they get to vote, and no one could possibly be elected who could only spend 55 million dollars on their campaign.

Jabberwocky is of course a nonsense poem found in *Through the Looking Glass* (1871) although an explanation of sorts is given later in the book by Humpty Dumpty. It is also the title of a 1977 film directed by Monty Python veteran Terry Gilliam, as well as the name of a French electro-pop band. For many more references to Jabberwocky, see the entry in Wikipedia under Jabberwocky (disambiguation).

Finally, how much will this election this cost us taxpayers? After the election it gets interesting. We will look at how much public funds each party receives after an election in next month's edition of *Hidden Taxes*.



**AREA "A" EDC
Economic Development
Commission**

**next application deadline:
Oct 31st, 2015**

Projects for Area A (East Shore, Riondel to Wynndel) for the promotion of economic development may be eligible for a grant from the Regional District of Central Kootenay.

Potential applicants are invited to tell us about your idea... we will help round out your plan and connect you with an appropriate umbrella organization.

For information please contact:
Lorna Robin, EDC Chair 250-225-3333
lornarobin@bluebell.ca

Community Connections (aka South Kootenay Lake Community Services Society, SKLCCS) is a registered society that may be able to sponsor your application.
email skootenaylakecss@gmail.com

Why not visit www.InvestKootenay.com ...? over 1000 investors are registered!!... list your business opportunity FREE compliments of Area A EDC.

KES - Kootenay Employment Services

A More Thorough Introduction

a Mainstreet Interview

Kootenay Employment Services has been around since 1990, correct? Who started it?

KES was created in 1990 under the Kootenay Society for Community Living (KSCL), to address needs of persons with severe employment disadvantages. KES was at that time a regional organization, with services in Cranbrook, Kimberley, Fernie and Creston. In 1994, KES became an independent community organization and one year later, we began to deliver employment services to mainstream job-seekers. The organization grew and changed significantly in 1997 with the closing of the local Canada Employment Centre. KES took over full responsibility for employment service delivery in the Creston Valley. In 1998 the organization registered as an independent non-profit with its own board of directors and in 2000 became a registered charity. That same year the building out of which operations took place was purchased and in 2003 a full renovation was done.

Community development has always been an important part of KES' ability to positively affect the local labour market. The organization recognizes how important a healthy non-profit sector is to a thriving community. In 2010, KES formalized that role by adding "community development" to its mission statement. 2010 also saw KES expand into regional program delivery with the eventual opening of KES Invermere in 2012. That same year the Employment Program of BC was implemented in the province and KES became a WorkBC Centre. The one-stop-shop model was not unlike the way KES was already operating and serving the employment needs of the Creston Valley.

In 2013, KES doubled the Creston facility by renovating the building next door and adjoining the two. We are now in a position to move further into community development and are actively pursuing opportunities to better our community.

Mission Statement

"To contribute to the on-going growth and integrity of our community by providing dynamic employment and community development services."

Philosophy

"We believe that everyone has the right to meaningful employment and that employed citizens build healthy communities. We further believe that locally driven community development produces economic and social benefits that are relevant and sustainable."

How many employees does KES have?

We currently have 24 employees. 22 work at our main office in Creston which is a WorkBC centre serving the population from Yahk to Riondel. We also host a number of other employment programs from our Creston office. Our Invermere office has two staff and is a coordination centre for KES' regional programming. Both locations have staff dedicated to community and economic development initiatives.

What was the incentive behind the outreach program with sending representatives to Crawford Bay? When did that start exactly?

We became aware in 2013 that Crawford Bay residents found it difficult to come to Creston for services and started looking for a solution. While we could

offer financial supports to come to Creston, we knew there were people who did not drive or own cars so there would still be CB residents who were unable to easily access our services.

In October 2014, Laverne Booth from Selkirk College HUB contacted KES to see if we could participate in the SIRI (Safety in Resource Industry) Program which was held in November 2014. As a result, KES offered the life skills, interview skills and resume building portion of the SIRI program in November 2014. Twelve local students began the SIRI training which was a Project Based Training Program funded by the Canada—British Columbia Job Fund and managed by the Community Education and Work Place Training program of Selkirk College.

After the success of this first initiative, KES made the commitment to run a year-long pilot project and send employment counsellors to CB for two days every month.

Have you seen an increase in clientele since doing this outreach?

Yes, our list of clients from the East Shore has increased dramatically since the pilot project began. We are very excited to be able to meet the employment needs of East Shore residents. We have been able to assist East Shore residents obtain short-term courses, such as First Aid and Food Safe, as well as access longer term training. We have also been able to engage them in employment readiness and self-employment programs at KES.

What are some favourite success stories?

Due to confidentiality, we cannot provide specific success stories, but we have over 30 clients from the East Shore, many of whom are now pursuing training or have found employment.

What is a concrete example of services you offer?

When we first meet with a client, we review their employment history and education/skills background and try to get a feel for what type of employment they would like to pursue. We can offer career and general skills assessments.

If clients have disabilities, we would take a look at how their disability may impact their ability to find or maintain employment. Once we have a clear picture of the client's needs, we look at their eligibility for programs and services. All our clients are eligible for workshops that cover a large range of topics, from resumé building, practicing interviewing skills, learning how to network, or life skills such as time management and building self-esteem.

Most of our clients are eligible for some form of financial support to pursue training, whether it is short courses or longer term training, both in-class and online. Several of our East Shore clients are taking advantage of online training.

We have over 12 different programs we can access to provide financial support, including

access to wage subsidies, training and self-employment. Clients who are EI-attached (have an active claim or had a claim within the last few years) are eligible for training, wage subsidies, self-employment programs and JCP projects such as the trail building project currently going on in CB.

If you are interested in looking into shifting careers, are underemployed, disabled or just looking for some information about jobs in the region, please call KES at 250.428.5655 - see the ad in this issue on page 12.

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL HALL

Booking/info: Judy @ 250-223-8664

Starbelly Jam AGM

Starbelly Jam invites you to join us for our AGM...

Tuesday, October 26, 7pm

Crawford Bay Community Corner

We are looking for some new energy to support the board, and also have some other management positions to fill. If you love this festival, and/or appreciate bringing music, culture, and economic stimulation to our community, please consider offering some time and support to our vibrant organization. We will also have a vacancy available for someone with accounting/bookkeeping skills (potential part time work).

The Nobody's Perfect Parenting Program for Parents

This program recognizes that every child and parent is unique and what works for one does not necessarily work for another. Feel empowered to choose what works for you and your family in a fun and supportive atmosphere

Nobody's Perfect is a program for parents of children 0-5 years of age.

It's FREE.

- MEET with other parents of young children
- SHARE your questions, concerns, and ideas about parenting and children
- LEARN about the latest research and strategies for parenting young children
- DISCOVER positive ways of parenting



Real Benefits.

We make Nobody's Perfect easy for you attend.

Childcare is provided
Dinner is offered
Transportation assistance is available

To register call Ellie
250 227 6944 or Tracey
505 3702

Next Session: Six Thursdays
Date: Oct 15 - Nov 19
Time: 4 - 6:30
Place: EastShore Family Place

Fire Prevention Week 2015

by Cory Medhurst,
Riondel VFD Fire Chief

This year, Fire Prevention Week will be observed from October 4 – 10 and the theme is: **Hear the beep where you sleep. Every bedroom needs a working smoke alarm!**

Having a working smoke alarm near your bedroom area(s) and at each level of a residence is required by law in most areas. There are now new types of smoke alarms that can be electronically interconnected wirelessly. For example, if smoke activates a smoke alarm in the basement of a house, all the home's smoke alarms will sound simultaneously regardless of how far away they are from the smoke's source. Therefore if additional smoke alarms are installed voluntarily in each bedroom, you are immediately alerted and gain precious seconds to deal with the situation and safely escape from a house fire. Accordingly, it is recommended that smoke alarms be installed in each bedroom.

As the months get colder, the risk of house fires increases. We would also like to remind everyone to have their chimneys cleaned before use this season; clear items away from baseboard heaters; have your furnaces serviced; replace the batteries in your smoke alarms; and check or replace/refill your fire extinguishers (October 12 at Gray Creek Store, 11:00 am).

We would also like to remind those interested that we are currently recruiting new members to join our dynamic team. Please contact Cory Medhurst @ 250-551-1352, Dan Seguin @ 778-962-0269, or drop by the Fire Hall in Riondel on Thursday nights, 6:30 PM. We wish all an amazing fall/winter season.

October is Fire Prevention Month

submitted by Gina Medhurst

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

On Monday October 12, The Kootenay Lake Chamber of Commerce has invited Daniel Piderman, VFSS Technician, from Levitt-Safety with his **Mobile Service Unit**. Starting at 11am onwards we invite East Shore residents to the Gray Creek Store to take advantage of having your Fire Extinguisher **inspected** (FREE of charge), **recharged** or to even purchase a **replacement fire extinguisher** to ensure the safety of your family, home and business.

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

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

- 1) **You do not have to buy one every month or every year.** The device is long lasting. You only have to ensure that you observe proper maintenance.
- 2) **It occupies a small portion of your home/business.** You do not have to worry about its storage. You do not have to hide it and you can hang it on a wall. It is all right if the guest can see your fire extinguishers.
- 3) **It is easy to use.** Once you know how it works, it is easy to use them when you need to. You only need to remember these four steps (PASS):
 - a. Pull the pin out of the top of the device.
 - b. Aim the nozzle at the fuel source.
 - c. Squeeze the lever to release the contents of the device.
 - d. Sweep side to side as you squeeze the lever.

Sponsored in part by the Kootenay Lake Cham-



OCTOBER IS FIRE PREVENTION MONTH!
FREE Fire Extinguisher Inspection!
Recharging & Replacements available on location!
MONDAY OCTOBER 12TH STARTING AT 11 AM AT THE GRAY CREEK STORE

Sponsored in part by Kootenay Lake Chamber Of Commerce & Levitt-Safety

ber Of Commerce, Daniel Piderman & Levitt-Safety we are offering **FREE Inspections** to the members of the East Shore. Recharging, Hydro Static Testing (required every 12 years) pricing will vary depending on the size, age and type of your fire extinguisher. If you need to replace, purchase, or add a fire extinguisher they will be available on location. Thank you to Gray Creek Store for providing their business to be the central meeting place for ALL residents from Boswell to Riondel.

This will take place at **Gray Creek Store on Monday October 12 starting at 11am.** For more information please contact the Kootenay Lake Chamber of Commerce by email at info@kootenaylake.bc.ca

**Next Deadline:
October 28/15**

Tara Shanti Yoga

w/ Maggie Kavanagh

134 Riondel Road, Kootenay Bay, BC

250.777.4868 (webpage under construction)

Drop-in Classes (Oct through Dec 2015)

Tues: 9-10:30am - Level 1
 7:30-9pm - Multi Level

&

Thurs: 9-10:30am - Multi Level
 7:30-9pm - Level 1

\$10/class (first class complimentary)

Props used in all classes to assist students of all levels. Please park at the bottom of the driveway and walk up.



NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

**Next Deadline:
October 28/15**

Happy Thanksgiving!

- Oct 10 - Mike Stenhouse in the house
- Oct 11 - Fantastic Homemade Turkey Dinner with all the trimmings
- Oct 31 - Halloween Bash! Watch for details.
- Nov 14 - Annual BETTER TO GIVE THAN TO RECEIVE event. All proceeds to the East Shore Food Hampers.



New Key's Place
 250.227.6911

RV PARK AND CAMPING AVAILABLE

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

URGENT: Looking for a full time cook!

Please drop off a resume or call Pam or Gerry: 250.227.6911. Position available



East Shore
Fitness Place

Located above Crawford Bay School gym - second right on Walkley Road. Elevator available if steps are a problem.

Our Hours

8-10 am Monday - Saturday

6-8 pm Monday - Friday

Call during open hours: 250.227.9218, ext: 5542

November Special

3 months for the price of 2!

Throughout November, come in and buy three months of access to the Fitness Place for only \$60.

LOCAL INTEREST

Goats Were Stars of the 2015 Fall Fair

by the Fall Fair Committee

The 104th Fall Fair was a great day. The weather was perfect, Shingaling's music captured the mood, the Lions' burgers hit the spot, and the games were a blast. The goat races may have been the highlight of the year, closely followed by the Chicken Bingo. The entries were terrific – beautiful quilts, fantastic photos, yummy baked goods and preserves. The kids outdid themselves in their arts & crafts, and James Green's produce was mind boggling.

We hope to have more of you enter your produce, canning, baking arts and crafts next year. We'll be reminding you throughout the winter and spring, so you won't be caught unawares. Next year's fair will be on the third weekend of September, rather than the second, so you'll have one more week to get ready.

But for now, we are basking in the glow of a really fun fair. Its success was due to the many fantastic volunteers who gave so freely of their time and talents, and we'd like to thank them here.

Our incredible set-up/take-down crew: **Ken Meaton, Gerald Panio, Ross Shears, Dave Rokeby-Thomas and James Wood.** Thank you, gentlemen, for a super job, both inside and out! Special thanks to Ken who did a wonderful job making that bit of waste ground presentable prior to the day, and to Gerald for providing the institutional memory for the set-up (as well as brawn).

Our wonderful intake person, **Alexis Philips**, who is an island of smiling calm in the midst of the frenzy.

The conveners, who ensure that all the entries are in the right places and attractively arranged, then assist the judges: **Anna Rose, Kalibri Anne, Anne Rokeby-Thomas, Kathy Turner, Lorna Robin, Dena Kubota, John Smith, Nancy Galloway, Jacqueline Wedge and Ingrid Baetzel.**

Our dedicated judges, who make the hard and informed choices: **Reinhild Schmidt, Florence Terriff, Mauz Kroker, Doreen Nault, Diane Trudel, Merylyn Arms, Shirley Wyngaard, Will Chapman and Galadriel Rael.**

Special thanks to **Kathy and Liz Donnison** who organized the tea and bake sale so wonderfully – it was lovely - and to the **Lions** for the marvellous burgers & oh-so-delicious fries. To **Brenda Panio** for her invaluable assistance to our two new treasurers, **Pam Spiers and Cindy Anger.** To **Brian Anger** for so generously delivering his dunk tank, and to the fire fighters for filling it – it was a wonderful thing to have on a hot day. To **Paul Hindson** for the loan of his display unit and stage – both really added to the success of the event. To **Cassia Welldon** for the loan of her goats, and to **Jacqueline Wedge** for the assistance of **Bubbles** the goat and chickens. And to **Ries Fowler** for emceeing.

And we can't go without a huge hug and huzzah to all the teens who made the day run so smoothly: **Olivia and Felix Wedge-Darchen, Annabelle McPherson, Joli Mwinyi, Zoe Zaiss-Baetzel, Hailey Middlebrook, Morgana Page-Deal, Madison Ashton and Jessica Rideout.**

Our phenomenal Fall Fair Committee did such a great job! Many thanks to **Ingrid Baetzel** and her crew **Diana and Doug Stokes and Jennifer Irving** (gate and raffles), **Carol van Ruymbeke** and her crew including **Barbara Simpson** (games), **Jacqueline Wedge** (President, general enthusiasm), **Leah Wilson** (publicity), **Kathy Donnison** (tea and bake sale), **Pam Spiers and Cindy Anger** (treasurers) and **Nancy Galoway** (grand pub-ah and overseer extraordinaire).

We've already begun planning for the 105th Fall Fair. If you'd like to volunteer, contact any of these ladies (although Nancy will have said goodbye – this was her last Fall Fair. **Huge thank you's to Nancy for all of her spirited and endless energy.** If you're

interested in entering items to be judged, keep track of us on Facebook, under Kootenay Lake Fall Fair, or on our web page: kootenaylakefallfair.wordpress.com

We welcome your suggestions for improving the Fall Fair. You can give any of the committee members a call, or email us at kootenaylakefallfair@gmail.com

Just a note on the missing quilt: it had accidentally been picked up by another quilter picking up entries, and has been returned.

THINKING OF SELLING YOUR PROPERTY?

CHECK OUT WHAT TEAM CRESTON CAN DO FOR YOU!

- Provide you with a prelisting info package, outlining what we will do to help sell your home. **NO OBLIGATION**
- Provide information on how to prepare your home for sale.
- Show you how a **VIDEO TOUR** is an open house that is available all day every day.



Shelley Voight
Managing Broker/Owner
250.254.9599
svoight@telus.net



www.teamcreston.ca
250.428.9040



Wayne Dunbar
Personal Real Estate Corporation
250.428.1400
waynedunbar@gmail.com

**Next Deadline:
October 28/15**

Fall Fair Thank You's

The Fall Fair Committee would like to warmly thank all those who made the 2015 Kootenay Lake Fall Fair such a wonderful success. Particularly, we'd like to thank all the volunteers who helped make it run so smoothly & the businesses who donated to the artisan raffle fundraiser.

Please support the following businesses:


- ~ Barefoot Handweaving ~ Dogpatch Pottery, ~
- ~ La Gala Jewellery ~ Moonrakings Clay Art ~
- ~ Kootenay Forge ~ Shprixieland Studios ~
- ~ Sacred Journey, Gray Creek Clay ~
- ~ Crawford Bay Market ~ Black Salt Café ~
- ~ Wedgwood Manor ~ The Mainstreet ~

Also, Please Note:


Kootenay Lake Fall Fair AGM

Monday, November 2 at 7pm

Crawford Bay Hall - All are welcome!



protect yourself and those around you
get your flu shot
Interior Health



Interior Health

2015 FREE FLU CLINIC

Bring your care card with you!
FLU SHOTS ARE SAFE, EFFECTIVE AND FREE FOR THE FOLLOWING:

- People 65 years and older and their caregivers/household contacts
- People of any age in residential care facilities
- Children and adults with chronic health conditions and their household contacts
- Children & adolescents (6 months to 18 years) with conditions treated for long periods of time with Acetylsalicylic acid and their household contacts
- Children and adults who are very obese
- Aboriginal people
- All children 6 to 59 months of age
- Household contacts and caregivers of infants 0 to 59 months of age
- Pregnant women at any stage of pregnancy during the influenza season and their household contacts
- People who work with live poultry
- Health care and other care providers in facilities and community settings who are capable of transmitting influenza disease to those at high risk of influenza complications
- Individuals who provide care of service in potential outbreak settings housing high risk persons (e.g., crew on ships)
- People who provide essential community services (First Responders, Corrections Workers)
- Inmates of provincial correctional institutions

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

CRESTON: Tues, November 3/Weds, November 4
HOLY CROSS CATHOLIC CHURCH HALL, 9:00 AM TO 4:00 PM

CRAWFORD BAY: Fri, November 6
CRAWFORD BAY SCHOOL, 10 AM TO 11 AM

RIONDEL: Fri, November 6
RIONDEL COMMUNITY CENTRE, 1:00 PM TO 2:00PM

CRESTON Health Unit - Catch-Up Clinics: November 13,20,27
CRESTON HEALTH UNIT, 9:00 AM TO 4:00 PM

**For more information contact the local Public Health Office at 250-428-3873
Or visit: www.interiorhealth.ca**



Tom's Corner

by Tom Lymbery
Burlesque in Vancouver

Gerald Panio's article in the September *Mainstreet* on Vancouver's Orpheum Theatre triggers memories of the many movie palaces when I was at boarding school in Vancouver in the 1940s. The write-up on the Orpheum that Gerald loaned me explains that the exotic building was built for Burlesque as part of the Burlesque circuit and that once it converted entirely to movies, that was the end of burlesque in Vancouver. However, the Pantages / Beacon continued with burlesque for quite a few years. The three newspapers, Sun, Province and News Herald each had at least a page of theatre ads with each house having its own ad showing that weeks shows and the coming attractions. We always looked at all of these but especially at the Beacon's program – what Fan Dancer was coming next? Gypsy Rose Lee and many others would appear at intervals of at least a month (the term stripper was years in the future). There were two double features as well as news programs and trailers between the three live performances each day.

Alexander Pantages had made his way to Dawson City in the Gold Rush years and persuaded Diamond Tooth Gertie to finance his theatre scheme there. When he left the Yukon he built theatres especially for burlesque all over the US and Canada. In 1908 he opened his first Vancouver Pantages Theatre at 120 East Hastings, a 650 seat venue featuring comedians, magicians, dancers and acts of every kind. In 1917 the large and opulent Pantages was opened at 20 West Hastings with 1800 seats and excellent acoustics. As this was before the days of microphones the performers spoke well and you could hear every word even in the back row of the balcony.

The one at 120 East Hastings had become a third rate movie theatre by 1942 and I remember paying 10 cents to see an old Sonia Heinie show, some of the rows of seats in the balcony were unstable so you needed to pick your seat carefully. A year or so later this became the State Burlesque in competition with the Beacon / Pantages only a block or so away. Hymie Singer the owner, landed in jail charged with obscenity when he booked Eye-ful Eiffel, a six foot four inch dancer in 1948. In the 1950s this was renamed the Avon showing live theatre. For its final years it was the Sun Sing with Chinese movies. An effort to preserve this, as the last of the US and Canada's purpose built burlesque theatres in 2007 was unsuccessful and it was torn down in 2009. However the preservation effort helped the survival of the Orpheum.

I think Faith Bacon was the first star fan dancer that I went to see at the Pantages / Beacon in 1942 but 14 year olds were just another customer if you had 25 cents. After about three hours of older B movies and shorts the stage show started with a chorus line of four girls dancing to the house orchestra, followed by a comedian, a juggler, a singer and others. Then the stage lights dimmed to blue and the star came on with her long ostrich plumes. As she gradually divested clothing a hand would reach out and rake the

blouse or skirt backstage (or were you too engrossed to notice this?) The fans permitted tantalizing glimpses of breasts and more – was she wearing a body stocking? – the motion of the breasts was realistic so no stocking there. Would you sit through those cut 'em off at the gulch westerns to see her act again? The program was continuous, no intermission or clearing the theatre – your 25 cents allowed you to stay as long as you wanted.

Sally Rand appeared at the 1933 Chicago World's Fair as a fan dancer and after being jailed for indecency, the Fair had to get her out and back on stage because fair revenues had dropped so drastically without her. She appeared at the Beacon as well as many others - Lili St Cyr, Gypsy Rose Lee and more. I can't find any reference on line to the girls who used trained pigeons and other birds to hover in front of their breasts, but I can remember seeing at least two different acts and

wondered how they trained the birds – wouldn't a bird that got too close and clawed a breast been an occupational hazard?

Popcorn and pop wasn't sold in theatres in those days so perhaps we would buy a 12-cent package of yesterday's cinnamon buns for lunch. Second run theatres showed double features and were priced at 18 cents before 1 pm (wartime tax added 3 cents to a 15 cent movie). The shows were continuous so you often came in mid way through the program and it might be a couple of hours before you got to the beginning of the show you had seen the latter part of. There was always a visible clock so you could keep track of time. If the Catholic Legion of Decency banned a movie then it became a sure money maker.

Blue laws were still in effect – no stores open on Sundays and no movies allowed. This was intended to keep the churches as the only Sunday occupation. This led to theatres opening at 12.01 am – after Sunday midnight. A friend and I snuck out of St. Georges one holiday weekend and took the streetcar (6 cent fare) downtown to catch a special Sunday midnight show at the Orpheum, which included a stage show as well as a movie. We had to wait outside as the lineup went around the block. There was some excitement as rumors predicted some confrontation between the Zoot Suiters and the Merchant Seamen but it was only rumor. When we did get our tickets we found that we were up front and off to one side so that the movie was distorted, but at least we were closer to the stage event. Late night streetcars were intermittent so we got back to our dormitory (up the fire escape) about 4.30 am.

Photo credit: The Beacon, from the Jewish Museum and Archives of BC - jewishmuseum.ca



Tom Sez

by Tom Lymbery

Confusing new terminology - is it Crowdfunding or Ravenfunding?

Making pumpkin pie using your own pumpkins is so much easier when you put the whole pumpkin in the oven for about an hour, depending on the size of pumpkin. The skin then peels off like magic, you spoon out the pulp and the balance is easy to handle. What an advantage over tough peeling and cutting.

Please bring in your old chain when you need a new one. We stock so many different sizes. Make sure you have a new file and a handy vise for filing on the job.

The birch bug seems to have a lesser impact this year with most trees showing green leaves. Since this also hits maples, apples and cherries lets hope the worms are waning.

Green Party signs are the best colour (less obnoxious) and you should be cycling to read the smaller print.

Visitors often ask why there are so many homes for sale on the lake. The answer is that this is a resort and retirement area where as people age they move on, but also it gives prospective purchasers much choice.

Many are concerned about apparently stressed cedar trees with dead tops. Cedars need much water and some hillside trees do not have enough to sustain vigorous growth. Because of this need of water we have the term Cedar Swamp.

This fall I see the largest ever crop of acorns on our oak trees. The ravens don't seem to have discovered them as yet, though the bluejays and squirrels often argue over their shares.

If a postal code ends with a 0 then the address needs a box number. If it ends with a letter then the address must have a street address. Please keep a sharp eye out for changing postal codes as Canada Post reduces letter carrier delivery with group boxes.


Anytime seems to be the right time to cut the lower branches off white pines. Do it on young trees so you can use clippers. This reduces the chance of blister rust which is established in the moist lower branches. I leave an inch of branch and this stops the deer rubbing their horns.

Why is Kalesnikoff Lumber Company taking over Wynnwood's (Wynndel Box & Lumber) timber licenses on Kootenay Lake? It appears this will make them the largest logging operation with Kootenay and Arrow Forest Stewardship Plans. Meetings are scheduled in Riondel and Boswell but nothing in Gray Creek.

If you are parking a vehicle for a few months, please disconnect the neutral battery terminal and duct tape it so that it can't possibly contact anything. Surprisingly this is all you need to do (provided the battery is fully charged) and when you re-connect in perhaps six months the engine will start right away.

If you are visiting Surrey, can you rent a bullet proof vest?

Please check out our used book bin. We have unusual hard covers, late paperbacks at under a dollar, a set of 8 books about Princess Diana all for \$8.95 and much more.



Western Pacific Marine Ltd
Kootenay Lake Ferry Office

OSPREY 2000 FERRY
OUT OF SERVICE
Oct 13 - Oct 26, 2015

Western Pacific Marine Ltd. advises travelers that the Osprey 2000 will be out of service October 13 through October 26, 2015, inclusive for maintenance. **The M.V. Balfour will be in service during this time - expect sailing delays.**

Western Pacific Marine Ltd. would like to thank you for your patience and apologizes for any inconvenience.

LOCAL INTEREST

Shoreline Clean-Up Event at Crawford Bay Beach

submitted by Claire de la Salle

The Eastshore Freshwater Habitat Society and Friends of Kootenay Lake are teaming up to organize a community shoreline clean-up event at Crawford Bay Beach. Take action against shoreline garbage by joining us on October 3 for the Crawford Bay Shoreline Clean-Up event. This will be a great opportunity for community members to have fun, help the lake, and socialize. The plan is to meet at Crawford Bay Beach at 1pm and start cleaning up garbage along the shoreline. After the clean-up there will be campfire with free hotdogs and refreshments. Bring your boots and work gloves!

When: Saturday October 3, 1:00pm-4:00pm
Where: Rendezvous at Crawford Bay Beach

This event is part of the Great Canadian Shoreline Clean-Up, a nation-wide initiative to clean-up Canada's shorelines. In 2014, nearly 140,000 kg of litter was removed from 2,500 km of shorelines from across Canada. For our local shorelines, waterways and oceans around the world, shoreline litter is a global environmental problem that can have long-term impacts on ecosystems, wildlife and people. Removing it helps make our aquatic ecosystems cleaner, healthier and safer for all living things.

For further information please contact: Claire de la Salle – Friends of Kootenay Lake Program Manager Email: info@friendsofkootenaylake.ca Phone: (250)777-2955

Lions Update

submitted by Ivy Jeffery

We want to send out a HUGE Thank You to all the communities from Riondel through to Boswell for placing your recyclables into the LIONS bins or calling for large quantity pick ups.

The LIONS (and helpers) have worked hard with sorting and counting over 100,00 bottles and cans, then taking them by the truckload into town!

One of the ways we give back to our communities is by providing lunch at Canada Day serving 300 burgers and fries and scooping over 55 Litres ice cream! We also provide burgers and Famous Fries at the Fall Fair in Crawford Bay. Profit is not our goal at these community events, which is why we are able to offer such great food at a reasonable price.

This year the Kootenay Lake Lions Club will give back to our communities over \$5,000. Locally we sponsor scholarships for grade 12 students; Sponsor local children to attend Tipi Camp; financial donations to the School for field trips; Cops for Kids, as well as supporting LIONS international in reaching their goals worldwide. Some examples are: Assisting the Blind in education, screening, and equipment; Service dogs; Cancer research; Medical equipment; and meeting humanitarian needs with financial aid to disaster areas all over the world just to name a few.

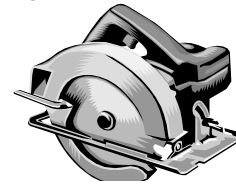
LIONS also collects used eyeglasses; cell phones and hearing aids, boxes are located at various stores in our area.

LIONS have over 1.4 million members in 45,000 clubs in over 200 countries.

Our motto is "We Care, We Serve, We Accomplish." If you would like to learn more about Kootenay Lake Lions club we encourage you to call Mike Jeffery 250-227-6807 or Fraser and Meridy Robb 250-227-9636.

kis Kootenay Insurance Services Ltd.

Thinking of Renovating?



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

Office Hours:

Tues - Fri: 9-5 (closed from 1-2)
Saturday: 8:30 - 12:30

#16030 Hwy 3A, Crawford Bay
Phone: 250.227.9698



RDCK Resource Recovery Facilities

THANKSGIVING DAY
HOURS OF OPERATION



All Waste Facilities will be CLOSED on
Monday, October 12, 2015

For details see our website:

www.rdck.ca or contact the

Recycling Council of BC Hotline at 1-800-667-4321
or the RDCK at 1-800-268-7325 or 250-352-8161



RDCK
Recreation
Commission No. 9

Call for Grant Applications

Non-profit groups can submit Recreation grant-in-aid applications to the Rec 9 commission by **Thursday, October 29, 2015.**

Applications can be downloaded from the RDCK website or picked up at the Credit Union East Shore branch. Please refer to the website for evaluation criteria.

The Rec 9 meeting to review the applications is scheduled for Thursday, November 5 at the Gray Creek Hall at 7pm.

This meeting is open to the public and applicants are encouraged to attend.

Gray Creek Pass Report

Regular pass travellers report heavier traffic this year and that the road is in better shape than usual with only some logging trucks seen on the St Mary's River road. The only potential forest fire was a structure fire near St Mary's Lake road, not far from Marysville. I had some time to discuss the pass and our district with two motorcyclists from the Vancouver area while waiting at Balfour. They were on their way to Kimberley, planning to eat dinner at the German restaurant - they highly recommend it.

With a warm fall forecast we don't expect snow on the route until November. I have driven from Kimberley on Halloween without seeing a trace of snow, either on the road or on the mountain tops.



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High-Speed Internet

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esis.theeastshore.ca

Central Kootenay Lake's community non-profit ISP



Buying? Selling?
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Oct 28, 2015**



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Hours Starting Tues, October 13:
Mon-Sat: 9-6:30 / Sun: 10-5

Bottle Depot: Sundays only, 10-3

**Stop in for details of our
Halloween Draw!**

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Fax: (250) 227-9417
Email: cbm_manager@theeastshore.net



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~ Kristen Scholfield-Sweet ~
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**Sunday Oct 18, 10 - 3
Gray Creek Hall**

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Gloves/Rubber Boots/Flip Flops	Fishing Gear/Tackle
Groceries	Propane & Acetylene
Wide Selection of Axes/Handles	Kootenay Lake Nautical Charts
BC History Books	A Friendly Smile and a Great Cup of Coffee!
Rope and Chain	

- RV Antifreeze now in stock - \$5.95/gallon or 10% off if you buy a case of 4! ←
- Check with Ryan and get your fall projects done before the rain/snow come. ←
- New shipment of gloves has arrived! ←

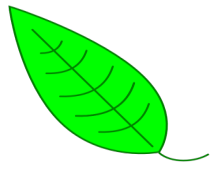

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<p><u>MATERIALS ACCEPTED AS YARD & GARDEN WASTE INCLUDE:</u></p> <p>Hedge clippings, weeds, shrubs, and shrub and tree branches (<i>less than 15cm in diameter</i>)</p>	<p><u>MATERIALS NOT ACCEPTED AS YARD & GARDEN WASTE INCLUDE:</u></p> <p>Tree Stumps, Noxious Weeds*, Soil, Fruit & Vegetable Material</p>
---	---

For more information call the RCBC Hotline at 1-800-667-4321 or the RDCK at 1-800-263-7325 or 250-352-8161 or visit the RDCK website at www.rdck.ca



*noxious weeds are accepted free all year!

Learn, Unlearn and Relearn at the Learning Hub

submitted by Laverne Booth

It was futurist Alvin Toffler who said the new illiteracy is not if you can read and write, but rather the ability to learn, unlearn and relearn. The Community Learning Hub is offering many opportunities in life-long learning this fall. See the list in this edition of the Mainstreet.

Registering is easy, just email to eslearningplace@selkirk.ca with the course you are interested in, your name and phone number or call and leave a message at 250-227-9218- ext 5518. You can also drop by the Selkirk office at the school corner office, fill out a registration form and leave a cheque in the mailbox. The coordinator Laverne Booth will get back to you with the details. Courses do not run if we don't hear from you- so please let us know if you are interested in a course!

How do these courses get going? I have been hearing from several women that they want to learn basic hands-on skills, and then one day Don Horvath of Plumbco in Riondel came to the office and said

he hears the same thing and he wants to teach people about basic plumbing so they can do things themselves and know what needs done if they do need to call in a plumber. You can join Don at the Learning Place on Saturday October 17 from 9 am to noon. There is a cost of \$31 plus gst. which could save you more in the future. Jonas Plaumann is going to offer a session on switching to Linux operating system on October 24, Michael Jukes is going to share electrical tricks and take us through the BC electrical code on October 31, and Neils Elhris will share welding basic skills useful to home owners and artists. We could extend these sessions if others would like to share skills- carpentry, mechanics, for example. Call now to sign up, I appreciate these local people offering to share their skills.

Business owners can improve their public speaking skills in hands-on sessions that start September 29 and October 6 from 6:30 to 8:30 at the Learning Place. As Tom Lymbery brought up at the chamber meeting, many of us need some practise. If this group gets started, it can continue to get together after the course is completed.

Other aspects to improve business include Impactful Marketing Writing for Online and Print with Deborah Hamilton on October 19 (election day) at Crawford Bay School. Deborah is a dynamic instructor from Wing Resort in Kaslo.

If you make hand-made items for sale you might want to learn about Etsy.com, a fabulous marketing site. Prezi is a new, interactive way to do power point presentation. These two classes are on the weekend of October 17 and 18th with a fantastic instructor from

Nakusp Marilyn Rivers.

Non-profit board members will want to take in the free grant writing workshops with Lynda LaFleur of the Columbia Basin Trust. In the morning of October 10, the Grant-writing workshop will be from 10 am to noon at Bob's Bar and Grill in Riondel and the How to Prepare a Budget will be at the Learning Place at Crawford Bay School from 1 to 4 pm. Bring all your questions and sample budgets to get the goods on how to write successful grant proposals. There are some CBT deadlines coming up soon- check out their website.

On the weekend of October 23, all those organizations and individuals with existing Word Press Websites will want to join instructor Geoffroy Temblay to learn about maintaining and improving existing sites. This course is one that you might be able to get funded through the CBT training funds administered by Kootenay Employment Services. Call 250-428-5655 to make an appointment with Paullette or Rene in Crawford Bay the first Wednesday and Thursday of each month. Food Safe (October 17), Child Care Emergency First Aid (October 3) and CPR-C and AED (November 14) are certificate courses that can

also be considered for these training funds. If you need training for you or your business, please let us know as contracts can be arranged and you may have access to Canada Job training funds. Note: it takes at least a week before the course begins to get training funds- so call KES now!

You can join a group at Yasodhara Ashram on Thanksgiving Day on October 12 by donation to learn how to put the garden to rest and build soil. Bring your lunch or call ahead to arrange lunch at the Ashram.

Ever wanted to check out the Fitness Gym in Crawford Bay? If you are getting on in age, you might want to come on Tuesday mornings from 11 to 12 am, starting October 6 to check it out. There is an elevator for those with mobility issues, and if you would like to stay for hotlunch, please call ahead to the Learning Hub. Volunteers Sandi and Russell will be on hand to get you going, help on the machines and such.

You might want to improve your Spanish conversation, or check out family activities on Pro-d days, join the mushroom talk and walk with Rob McCrae, a wonderfully knowledgeable instructor from Selkirk College.

Now that the performance area at the school has wonderful new blinds, we can get together to watch movies on Friday nights. On October the 9th storyteller Barry Gray and photographer Ursulla Heller will be present to share their movie "Villages Then and

Now" that takes us through villages across Canada that they visited in the seventies and then again a few years ago, with music by their son. Bring the family. If your non-profit group would like to arrange popcorn or other treats, please let us know. the "Healing of Heather Gardener", a National Filmboard production by Heather Morrow (friend of Susan Snead) is on October 16 at 7 pm, Photographer Jim Lawrence is featured in a film "Eyes in the Forest" by local filmmaker Miriam Needoba. Meet Jim and Miriam on Friday October 23 at 7 pm at the performance area. Cost is \$10 plus gst, and the funds go to the film-makers. If you would like to share a movie with meaning for you and your family, shorts are welcome- please let us know...



Teach * Learn * Connect
Fall Courses at the Learning Hub
#1 - FIT FAMILY FUN

Movies w/ Meaning Series

1. "Village Portraits Then and Now" by Ursulla Heller & Barry Gray on Oct 9 at 7pm, CB School Performance Area. \$10* (* GST)
2. "The Healing of Heather Gardener" Oct 16, 7pm
3. "Eyes in the Forest" Oct 23, 7 pm

Pro-D Day Fun for school-age youth.
Biking, hiking, outdoors. Oct 23, Nov 10

Put the Garden to Rest & Build Soil
Ashram, Oct 12, 10 -4 pm, by donation

Mushrooms Talk and Walk w/ Rob McCrae
Oct 24, 10am to 3pm \$38*

Situaciones: Spanish conversation
w/ Laverne Booth, Thurs, Oct 8-29, 7pm \$60*



Teach * Learn * Connect
Fall Courses at the Learning Hub
#3 - SELF-RELIANCE

Saturday Self-Reliance Series
(\$31* each session):

- **Oct 17 - Don Horvath on Plumbing**
- **Oct 24 - Jonas Plaumann on Linux**
- **Oct 31 - Michael Jukes on Electricity**
- **Nov 7 - Neils Elris on Welding**

There is a special Sunday Wellness Series this fall with several of our local and regional healing practitioners. We will start on October 11 with Zora Doval talking about her work with Ayurveda, regeneration and the fall healing cleanse. Dates to be announced for other interesting work such as Focussing with Alexis Phillips, natural alignment with Sana Shanti and nourishment with Robin Flynn. Theresa Lee, Blanche Tanner, and Susan Snead will also share their healing modalities. We will meet at the school library from 2 to 5pm or so, with tea and treats. All humans are welcome. If you would like to offer to present your healing work, please contact the learning hub. No one should feel left out- step into the circle and share what you know!

We are so fortunate to have so many knowledgeable individuals and trainers in our community who are willing to share their skills and knowledge. Do we have people wanting to learn, unlearn and relearn?

If there are courses you would like to see offered, please give a call- 250-551-5827.



Teach * Learn * Connect
Fall Courses at the Learning Hub
#2 - BUSINESS & NON-PROFITS

Public Speaking from the Inside Out
w/ Vema Mayers & friends, Sept 29/Oct 4
6:30-8:30 \$30*

Grant Writing w/ Lynda LaFleur, CBT Oct 10,
10am-noon, Riondel at Bob's Bar, FREE, regat door

How to Prepare a Budget for your Grant Proposal
w/ Lynda LaFleur, Oct 10, 1-4pm, Learning Place at CB School, FREE, register at door.

Impactful Marketing Writing: on-line & print w/
Deborah Hamilton, Oct 19, 6-9pm \$39*

Weekend Word Press with Geoffroy Tremblay-
Oct 23,24,25. 6-9, 9-4pm. \$155* (maybe covered by CBT training grant, call KES 250-428-5655)

Etsy.com w/ Marilyn Rivers (terrific coach from
Nakusp), Oct 18, 9-4, \$72*

Prezi for Business with Marilyn Rives, Oct 17,
1-4pm \$36*

Work as a Spiritual Practice w/ Duncan Grady,
TBA \$19*



Teach * Learn * Connect
Fall Courses at the Learning Hub
#4 - WELL-BEING

Gym Time for Seniors - East Shore Fitness Place,
CB School, w/ Russell Agar & Sandi Skrypnik,
starts Tues Oct 6, 11am-noon, Drop in \$5. Call
ahead to stay for lunch 250-227-9218 ext 5518

Wellness for Human Beings- Practitioners
Robin Flynn, Blanche Tanner, Zora Doval,
Susan Snead, Theresa Lee & Sana Shanti.
Sundays, 2-5pm, Oct 4-Nov 8 \$20/session*

Child Care Emergency First Aid w/ Lyndsey
Eastwood, Oct 3, 9-5:30 pm \$119, CB School
performance area. Manual incl, call to pre-
register & pick up manual before class.

CPR-C & AED Recert w/ Darlene Knudson,
Nov 14, 9-3pm \$80 or. \$57 recertification

Food Safe (level 1) with Lee Reidl October 17,
CB School Performance area, 9-5pm \$89

Chainsaw Safety with Glenn Erickson.
Times TBA, \$40.



On September 28, eight Crawford Bay School high school students went for a two night trek to Kokanee Glacier with teacher chaperone Lori O'Neil and youth councillor chaperone Sandra Bernier. Pictured from left are Sandra Bernier, Iyra Cristofoli-Couling, Oliver McPherson, Sidney Kozelenko, Madison Ashton, Arlo Linn, Daniel and Sarah Wensink, Zoe Zaiss-Baetzel and Lori O'Neil.

Pizza Days with Abraham

With the generous donation of time by local pizza maker and all-around-good-guy, Abraham, and the volunteer energy of a couple of local parents (Heidi McBride and Janaki Pogreba and their helpers, Evie and Precia), CBESS students are now enjoying hand-made, thin crust pizza every Friday at lunchtime. A slice costs \$2.50 and is served on a cash basis. CBESS administration and PAC are very grateful for the time and effort being donated by these good people!



Next Deadline: Oct 28/15

Creativity, Community, Conscience



What I Have Seen

a message from
**CBESS Principal,
Laury McPherson**

Coming into a new school (May 29) has been an exciting and profoundly interesting challenge. Upon reflection, I think that it is actually the best possible time for a new principal to enter a school: it gives a month of intense immersion, followed by a summer to reflect, learn, and then begin a new school year with both feet firmly on the ground and all engines ready to go.

I was drawn to Crawford Bay School for a number of reasons. The innovative learning programs that honour individual interests and increase student engagement was one. The focus on sustainability, healthy food, fresh air, and the use of our beautiful surroundings and energy efficient building was another. The ability to be flexible, creative, and truly follow the "fall forward" mentality is alive and well, particularly because of our smallness. In the words of Mr Dan Rude, "Because we are small, we can!" I could tell from everything I had seen that the community was particularly special, and was interwoven into the school in a way that made Crawford Bay School a unique place of learning. This was where I was meant to be.

These were all the reasons I came to Crawford Bay. Since I have arrived, everything I anticipated has been confirmed, and I have witnessed many other things that tell me we have a very special school indeed. It embodies the culture of education in British Columbia, and this is the culture I was missing when I was overseas. Since I have been back, the values of this educational culture have been made very clear: there is nothing like being absent for twelve years to make things stand out with enormous clarity. What I have seen most valued

in discussion and practice are equity, inquiry, support, respect, and engagement. These are not things that are valued in a vast number of educational cultures around the world. These values are aligned in the actions and conversations I have seen every day since I have been here. I have also seen that the many different pathways that students may take in the world are truly esteemed and supported, and this is again not something seen in many, many school cultures around the world. One of the keys to a supportive school system is "Parity of esteem that values all learning pathways and objectives"-Adamoski@sfusi2015 retweet. This value is reflected at Crawford Bay School.

On our first day back to school, all of the secondary students had the opportunity to discuss what they wanted their school to be like, and what they wanted to see happen at school. They recorded their ideas on paper and returned them to me, and I collated the data. The wishes that came through over and over again were the following: students want a safe place where they can learn without disruptions by others, and where everyone is treated with respect and kindness. They also wanted to continue to have opportunities for trips, sports, and mentorships. We updated our school Code of Conduct based on the feedback from students, and began the year with four basic expectations for all students at school.

1. Arrive to class on time (so that you respect your own learning and don't disrupt the learning of others by arriving late).
2. Be prepared with your pen and your binder.
3. Ask permission from a teacher before you leave a class.
4. Don't speak while others - students, teachers, anyone- are speaking. (Again, respect for the ideas of others, the learning of others, and the learning of oneself).

These basic expectations are all about respecting the rights of others to learn without disruption. The majority of the students are now finding it easier to

engage in the many innovative learning opportunities that our school offers. With increased innovation comes increased responsibility for everyone to do their part to allow programs to run smoothly. An understanding of citizenship is knowing that you are part of a whole: you are part of a larger system and you need to think of others. This awareness is crucial to becoming a productive member of a community and the world, and is something the world needs.

I very much look forward to continuing to meet community members, so please do feel free to drop by to say hello or ask questions. We also welcome volunteers who can help with our hot lunch or gardening programs, so please get in touch. Our doors are always open to you.

Kindermusik Summer Program

by Ellie Reynolds

The month of August contained the 2nd annual Kindermusik Summer Program at the Gray Creek Hall. Thanks to generous grants awarded by Rec #9 and CBT, all local families with children 0-6 were invited for music making, stories, dances, play time and lunch for five weekly classes of Kindermusik-the world's leading provider of music and movement curricula for young children.



For many of the families who attended, this was their second summer, and all the kids remembered it from the previous year. You could feel the excitement as children entered the hall-this was a space where they turned from kids into caterpillars into butterflies and flew around the hall waving brightly coloured scarves, tiptoeing gracefully, stomping like an elephant, crowing and cooing like birds, tapping sticks like a woodpecker, dancing with their friends, shaking shakers and coming up with a hundred ways to play the sand blocks. We planted seeds with our noses, swished the Parachute up and down, listened to all kinds of bird-song, rolled balls, beat on drums and cuddled up to lullabies.

Over 16 children attended in total, ranging in age from 6 months to 7 years and all had something to offer and lots to take away. Whether the children were actively and verbally offering ideas and suggestions, or absorbing it all from the safety of mom's lap-all were learning in their own style, and a Kindermusik Family Class in some way resembles the one room school house of yesteryear where all ages can effectively learn together, because music touches all of us, from the newborn to the geriatric, it is a universal language of sound, rhythm, sensation and patterns.



Research strongly shows that children who receive age appropriate musical instruction do better as readers, mathematicians and language learners because active engagement in music making and movement strengthens pathways in the brain, improves physical coordination, builds confidence and social skills, to name but a few benefits.

As an educator, I am consistently humbled by how much young children bring to the classes that you can never plan for. Their originality, playfulness, their JOY in moving to music, using their imaginations and sharing their ideas. They make me laugh. Watching progress from week to week as they gain confidence and competence is a true privilege.

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The inclusion of lunch as part of this program offering is a huge part of what has made it so memorable and special for the families attending. If you are the parent of one or more young children, outings have to be easy to feel worth the effort of getting ready, out the door, in the car seat and all the rest of it. The fact that they can engage with their child in a great educational experience AND enjoy a healthy and free lunch with other families makes this program unique. Parents can wind down and socialize with one another, children can try new foods they might turn their nose up at home. Sharing food in community is as old as sharing music making in community. Here are the words of some of the parents on their evaluations 'I got to hear my child sing for the first time.' 'The program is an essential way for families and children to come together and make music in this area.' 'My baby loves music and being around other children - so valuable!'

Thanks again to Rec #9, CBT, for funding this, and to Faeries' Landing and Abraham for providing the wonderful lunches. Thanks to the Gray Creek Hall Society for having us again. See you all next summer.



Riondel Men's Golf

by Glen Kinder



Arny Ames presents the trophy to this year's Riondel Men's Club Champion, Brian 'Bubba' Bishop

Riondel Men's Club Championship Winners 2015

Overall low gross (club champion) - Brian Bishop (70)
Overall low net champion - Richard Gomola (net 52)
1st flight low gross - Glen Kinder (73)
2nd flight low gross - Don Sian (78)

3rd flight low gross - Jim Gilbert (81)
1st flight low net - Grant Crosby (net 60)
2nd flight low net - Spud Myer (net 58)
3rd flight low net - Ralph Sigurdson (net 59)
1st flight - 2nd low gross - Don Howie (74)
2nd flight - 2nd low gross - Tom Lang (81)
3rd flight - 2nd low gross - Dave Rokeby-Thomas (89)
1st flight - 2nd low net - Andy Dejonghe (net 60)
2nd flight - 2nd low net - Mike Jeffrey (net 62)
3rd flight - 2nd low net - Peter Shinn (net 59)
1st flight - 3rd low gross - Mark Easton (76)
2nd flight - 3rd low gross - Arny Ames (84)
3rd flight - 3rd low gross - Brent Leibel (89)
1st flight - 3rd low net - Bob Miller (net 65)
2nd flight - 3rd low net - Lee Martin (net 67)
3rd flight - 3rd low net - Brian Zytaruk (net 58)
Most Improved golfer this year - Spud Myer
KP - 1st flight - Brian Bishop
KP - 2nd flight - Richard Gomola
KP - 3rd flight - Sam Lawrenow
KP - All flights - Bill Nicolson
Longest Putt - Glen Kinder
Closest to target - Sam Lawrenow
Longest drive - Greg Place

Many thanks to Bob's Bar and Grill for all they do to make our Men's Day golf such a pleasure.

Gray Creek Hall Rentals

by Tom Lymbery

Our hall has been booked solidly this season for weddings and reunions. Many of these are for people from elsewhere so they often request information on caterers, accommodation and much more.

We are preparing a list to hand out to renters of who can supply or arrange flowers, tents to rent, cleaners, DJs, shuttle service and much more.

If you provide this type of service or can volunteer any information please email lymbery@netidea.com or schwigg@theeatshore.net.

Please check out our hall website - www.gray-creekhall.com

Corrections to the Welcome In Story in Last Edition

by Tom Lymbery

The china donated to the Boswell Hall with the same great picture of the motel as the postcard, is actually a bone china cup and saucer, made in England. At that time these were very popular as wedding presents.

There is one full service restaurant that looks over our lake - the Bayshore Resort.

Please email Tom if you have memories of this motel - lymbery@netidea.com

Tara Shanti Yoga

w/ Maggie Kavanagh

134 Riondel Road, Kootenay Bay, BC

250.777.4868 (webpage under construction)

Drop-in Classes (Oct through Dec 2015)

Tues: 9-10:30am - Level 1
7:30-9pm - Multi Level
&
Thurs: 9-10:30am - Multi Level
7:30-9pm - Level 1
\$10/class (first class complimentary)

Props used in all classes to assist students of all levels. Please park at the bottom of the driveway and walk up.

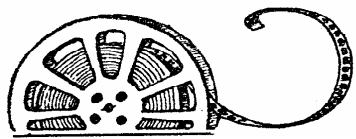
The PAC Box

Your Parent Advisory Council is working hard as a liaison between school and families and would like to take a moment to let you know about what's going on...

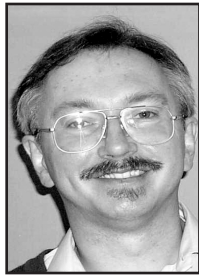
PAC MEETING: The next PAC meeting is October 19, at 7pm in the school library. All parents and guardians welcome. If you have an item to discuss, please contact Ingrid at 250.227.9246 or mainstreet@eshore.ca

HOT LUNCH: The Hot Lunch program is back and running at full steam! Chef Tyler welcomes input and help. Pizza is now being served on Fridays on a cash basis - \$2.50/slice. Thank you to Abraham, Heidi and Janaki for volunteering to make this work. We are always looking for volunteers for the hot lunch program.

NOTES: Don't forget that there is now a cap of 10 meals put on the number of lunches that a student can have on credit. We appreciate your cooperation!



Seldom Scene



"Giamatti's Barney is not especially smart or talented or good-looking, but he is especially there—a presence with a great depth of need that apparently appeals to the lovely Miriam. She's one of those women who seems unaware that everyone must be constantly asking, 'What does she see in him?' That women persist in seeing things in us, as men we must be grateful."

--from Roger Ebert's review of *Barney's Version*

Things fall apart. They come undone.

One's body. One's mind. Memories. Marriages. Careers. Friendships.

It can be a long, sad list. The protagonist of Mordecai Richler's *Barney's Version*, and of Richard J. Lewis' successful film adaptation of the novel, can speak to every item on it.

The last thing to go, as one might expect from the author of *The Apprenticeship of Duddy Kravitz* and *Cocksure*, is ego. Barney may be a cynic, a profligate, a curmudgeon and a pain-in-the-ass, but there are illusions he'll never let go until everything else is gone.

Screenwriter Michael Konyves does a fine job of condensing Richler's novel down to the film's 134-minute running time, but two things I miss are the book's first-person narrative and its strong vein of mordant humour. Barney Panofsky is one of Richler's most memorable creations, and listening to his voice in the novel is like sitting down in a bar or café with a guy who tells you his life story in a way keeps you there until the place closes down and the lights go out.

I also miss the novel's Parisian flashbacks. For reasons unknown to me (filming costs?), Rome is substituted for Paris. Not the same thing, but maybe I'm just being nostalgic.

Those minor caveats aside, *Barney's Version* (2010) is proof that English Canadian-made films can hold their own in the international marketplace. As Barney, Paul Giamatti turns in an award-winning performance as both an embarrassing putz and an endearing romantic. A brilliant make-up team ages him (and other characters) over the 30-year narrative span of the story—from the early 50s to the mid-70s. (In fact, Adrien Morot garnered the film's only Academy Award nomination, for Best Achievement in Makeup.)

Like the careers of the artists he hangs out with in Paris/Rome, Barney's life goes through several periods. The first is his shambolic, bohemian one, where his fate becomes inextricably interwoven with that of Boogie Moscovitch, a drug-addicted womanizing novelist manqué, and Clara, the suicidal and promiscuous free spirit whom he marries in a disastrous moment of panicked guilt.

Barney may be able to hold his own when it comes to boozing and wenching and hanging out in artists' cafes, but his day job as an olive oil exporter doesn't exactly make him an avant-garde role model. His marriage is an ugly debacle on multiple levels. In the end, he winds up back on his home turf in Montreal, directing cheezy, double-entendre laden TV shows (*O'Malley of the North*) at his own aptly-named Totally Unnecessary Productions studios.

(I'd like to digress for a moment, and mention an incident with a misplaced life-or-death note in this early section of the film that shows how a screenwriter can sometimes tweak a storyline in a way that actually enriches the source material. In Richler's novel, it's Barney's concierge that misplaces the note; in Konyves' screenplay, it's Boogie. Given the two men's fraught relationship, this change gives another harsh turn to the narrative screws.)

Barney has no illusions about the artistic merit of his studio's productions, so he's very successful. He keeps himself entertained by doing things like fooling his lead actress into thinking that she's massively popular in Hungary. The boozing continues, just in posher surroundings. A second catastrophic marriage takes place. Barney definitely marries up (the Jewish wedding scene is a spectacular set-piece), but the second Mrs. Panofsky (Minnie Driver) is, as Raymond Chandler would say, as deep as a puddle. Her father despises his new son-in-law. A meet-the-family supper goes as badly as could be expected, with the added fillip of Barney's proletarian cop dad (Dustin Hoffman) helping to keep the class struggle alive. Hoffman is a wonderful actor; I loved his blunt-spoken, permanently priapic character in this film. His fatherly advice to his son is not likely to appear in parenting textbooks anytime soon.

Not surprisingly, pretty soon Barney is as contemptuous of his new trophy wife and her family and friends as he is of *O'Malley of the North*. It doesn't help that the very night of his wedding he discovers true love. And it's not

inspired by the woman he's marrying.

Rosamund Pike, as Miriam, the future (and final) third Mrs. Panofsky, is the film's beating heart. I can think of very few female roles in recent films that I've admired more. Without Rosamund Pike's Miriam to play against, Paul Giamatti's Barney would just be another schmuck. Pike plays her character with an all-to-rare combination of strength and restraint. She has no big "scenes" of weeping or raging. When she tells Barney she's never going to let herself be the victim of the kind of marital infidelity that wrecked her own mother's life, her tone of voice is calm—with steel underneath it. We understand immediately that this is a woman who means what she says. If certain bridges are crossed, there will be no going back. In the two most moving love scenes, one in which she pledges her love to Barney and another in which their marriage ends, the words spoken are quiet ones, almost whispers. Barney's world will ultimately collapse with the simple, irrevocable change of a single word:

Barney: We have a life!

Miriam: We *had* a life.

To make that simple tense change bear the full weight of tragedy takes extraordinary skill. Rosamund Pike is admirable in all her incarnations: the young, bemused object of Barney's love-at-first-sight, his lover, the devoted mother to his two children, the mature woman who wants to restart her career when those children are grown, the wife who's betrayed and bereaved and remakes her life.

Nobility is the word that comes to mind here. Not one I get to use that often. In a perfect world, a director will soon see fit to cast Ms. Pike as Queen Guinevere in a film version of Marion Zimmer Bradley's *The Mists of Avalon*. Small wonder that Peter Travers, in his *Rolling Stone* review of *Barney's Version*, called it "acting heaven." The large cast also includes entertaining cameos by Saul Rubinek, Paul Gross, Denys Arcand, Atom Egoyan, and David Cronenberg.

There's one final thread that runs through both the novel and the film. In the book, it begins with Barney

being unable to remember the name of the kitchen utensil used to strain spaghetti. In the film, it climaxes with him flying into a rage over the death of a friend he thought he'd just lost, when his friend had actually died the year before and he'd been a pallbearer at the funeral. Mordecai Richler's empathetic treatment of Alzheimer's was one of the first I know in recent fiction. It even predates Alice Munroe's poignant short story, "The Bear Came Over the Mountain," which became the basis of Sarah Polley's *Away From Her*. Richler managed to capture the subtle, initially very undramatic, ways Alzheimer's insinuates itself into people's lives.

Barney's Version even manages to be a murder mystery whose ultimate solution is distinctly Canadian and utterly unpredictable.

And while we're talking about things distinctly Canadian, let's not forget the film's soundtrack, which features *three* Leonard Cohen songs. That's not overkill, it's just incredibly good taste.

(*Barney's Version* is available for rent or purchase through iTunes. Prices are \$14.99 for the HD version, \$4.99 for rental. For the SD version, which was the one I watched, purchase price was \$9.99 and rental \$3.99. For the average viewer, myself included, SD quality is likely all that's needed.)

COMMUNITY HEROES

a Mainstreet Feature

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

Fran Kinder for picking up garbage off the shoreline at Crawford Bay beach on her daily walks. She's picked up everything from little bits of styrofoam from boat docks to huge heavy chunks of styrofoam and tires from broken boat docks. She always walks the beach carrying a bag so she can collect garbage. She has even driven her truck down to pick up the heavy garbage and taken it to the dump at her own expense. Not only is she MY hero but she is a community hero.

Mikey Needham... the hippie you call "Sir."

Pam Newcomen from Newkeys Place because when my kids and I lived across the way and I worked at the pub it was a long dead winter and Pam knowing that I needed help quietly snuck up my stairs and dropped off groceries for my kids and me. That woman has an amazing heart. She didn't even knock because she knew I would have been embarrassed but I knew it was her. Thanks Pam for your extraordinary heart!

Abraham - My current community hero is Abraham. He has generously offered his time to come into the school this year make pizza for the kids. And also Heidi and Janaki for being the parents coordinating this.

Al Franklin for his unstinting and skill in helping keep Crawford Bay Hall and Parks systems operating and **Ben Lahemann** for his tremendous dedication in keeping the Kootenay Bay Boat Launch and wharf in great condition and available to all. Both of these guys just quietly volunteer a great deal of time for our community's betterment, not expecting any return. They exemplify Community Heroes to me.

Roswitha Strom and Gail Conrad of the ESIS board, for hanging in there when the going got rough and knowing when to ask for help.

Ken Meeton for faithfully picking up cans and garbage along the highway,

Book Reviews

by Tom Lymbery

THAT WENT BY FAST – My First Hundred Years, by Frank White, author of *Milk Spills & One-log Loads*, Harbour Publishing, 317 pages, \$32.95.

Here's another very readable book by the father of Howard White who has established the most successful publishing house in BC. His dad writes of his growing up on isolated logging operations and takes credit for his son's success, as kids were expected to help with the logging at times. Frank worked on old time logging operations where a spar tree set up with a steam driven donkey engine gathered logs. He gives more detail to his trucking adventures than his previous book *Milk Spills and One Log Loads*. This chronicles the change to log trucking from bringing the logs from the bush by rail.

He is fortunate to have a wife and family that are willing to move to isolated places and live in older buildings left by previous loggers. He builds, but never quite finishes a boat which gives them access to the small communities on the sunshine coast which does not grow until ferry and roads bring connection to Vancouver.

After his wife Kay passes on, he eventually becomes close to Edith Iglauer – a New York journalist and author of *Dennison's Ice Road* and *Fishing With John*. I'm surprised that she didn't write a book about Frank White.

Mushrooms to Look For in the Kootenays - second edition 2015, by Doug McBride and Tyson Ehlers, self published, 123 pages, \$24.95.

A real Kootenay mushroom book with excellent colour photos improves your chances of correct identification enormously. This is the BEST BOOK ON MUSHROOMS for it starts right in with the two easiest and safest - the springtime Morel and the fall Shaggy Mane - then progresses through the most popular and tastiest species leaving the poisonous ones to the last. No more getting mixed up in obscure (to you) species trying to find the info that is important to you.

Please consider registering for the Edible Mushroom Walk and Talk October 24 from the Eastshore Learning Hub with Rob Macrae. To register: eastshorelearningplace@selkirk.ca or 250-227-9218 extension 5518.

**Next Deadline:
October 28/15**

Riondel Reading Centre

by Muriel Crowe

Late, late late. That has been a description of me for the past few days. Here it is an apt description once again as I hope to sneak in under Ingrid's deadline. My only excuse is that I have been enjoying these sunny days and am most reluctant to let summer disappear.

Fall does hold some promises though. Publishers are tempting us with many new titles as is BBC with new videos. We have lots of requests but always have room for more, in particular we need recommendations for children's and teen's books. Another treat that fall has for us is the annual authors readings at Dutch Harbour. We are in the process approaching authors and will hold the readings at Dutch Harbour on November 21..

Now I am going to quietly sneak away and hope that Ingrid doesn't notice the time.

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pebbles by Wendy Scott Shalalth

David stood on the edge of a dusty gravel parking lot. The bank in front of him sloped down to a railway station with a waiting room not much bigger than a bus shelter. He was watching the arrival of two passenger cars, but there was no engine in sight. Mail bags thumped onto the platform and about a dozen people boarded. As the neat looking train cars departed, people looked up from the windows and waved. He laughed and waved back. It made him feel as if these were acquaintances that he had somehow misplaced.

He wanted to cross the tracks and run down to the lake. It was green – a pale, muted green. He could see children playing under a big willow tree. Some of them were building a raft; others dove from logs and wobbly inner tubes. By next year, he would know them – all of them.

His dad was in the store, asking directions. He turned to look at the mountain behind him: Mission Mountain. Dense trees hid the road but he knew it twisted and turned all the way to the top and down the other side. They had just come that way, by themselves, him and his dad. It was July of 1972. David was ten years old. They had left his mom and little brother at his sister's birthday party. His dad had said, "Come on David. We are going to find Shalalth."

That was four hours ago. Since then, they had driven from Vancouver through the Valley to the Fraser Canyon, into the funny little town of Lytton and out the other side. And that is when David's day took on the excitement of a real adventure. The road narrowed in places to a single lane with cliffs overhanging one side and a sheer drop on the other to the turbulence of the Fraser River. A sharp left turn took them over railway tracks and across the river on a one lane bridge. They drove slowly and David was puzzled to see blue water swirling and spinning into the muddy, yellow Fraser. His dad said it was the tail end of the Thompson River. It had come nearly 500 kilometres from the Columbia Mountains north east of Lytton.

David would not really see any more straight roads until they reached Lillooet with its ridiculously wide Main Street – a hold-over from gold-mining days when ten oxen, yoked side by side, had to be able to turn their freight wagons around.

They closed the car windows against the hot wind and blowing dust and continued on through forests, above rivers and creeks, past lakes and, finally, over the top of Mission Mountain. In a few years time, David would know this road well enough to drive it many times himself.

His dad was outside now with the store-keeper, "About three hundred feet down the tracks, Mr. Scott. You'll see the path. You can't miss it." David couldn't see any houses, but they crossed the tracks, took the first path and – there it was, tucked into the side of the hill and so close to the lake that when he stood at the big front window, David could hear water lapping under the floor.

In a couple of weeks, the house would be theirs. David and his brother and sister would spend the rest of the hot summer enjoying the Cariboo sunshine. They would explore the lake; find sandy spots on the rocky beach and build their own rafts. They would touch frogs, watch beavers and meet bats. The following year, to his astonishment, his mom and dad would buy Shalalth General Store and for twelve more years their home would be beside that cool green lake.

For all of those years, life would be governed by



BC Rail. Supplies were shipped Thursdays on the Way Freight and when their first grocery order was stacked on the platform, David was introduced to the world of the General Store. He had never seen so many cases of Campbell's soup and tins of beef stew and he had never imagined being "in charge" of such an abundance of chocolate bars or such big bundles of comic books.

The Budd Car – a self-propelled passenger train – arrived daily at noon with mail and visitors, picked up locals heading to Lillooet and brought them back in the afternoon. Many stopped at the store to get their mail then dispersed with deliberate leisure up the dusty hill to the Seton Lake Reserve at Shalalth (Tsal'álh) accumulating children and dogs along the way.

By 1975, David was in grade eight and going to school with all those kids he had seen on the beach – First Nations children – and more from the BC Hydro townsite near the west end of the lake. His little brother was learning how to handle grade one and his sister, attending high school in Lillooet, had discovered dormitory life. Her fears about leaving "all the friends she would ever have" in Vancouver, had been dispelled – for the most part.

Summers rushed in from the Cariboo, hot and dry, taking the chill off the glacier-fed water but also posing the danger of forest fire. When he was old enough, David worked with slashing crews on the mountain-side across Seton Lake. One year, when fire did break out, he rode in the helicopter that scooped water from the lake. It was like a noisy, fast-moving, perfectly clear balloon. The pilot pointed out streams and canyons on the mountain-side that were not visible from the ground. The following spring, he would climb that mountain with his dad and discover them again.

Winter crept up gently from the south to settle in the valley. The first year, there was not much snow to shovel and by the second,

his dad had brought a small tractor which made it easy - and fun - to clear the parking lot and the road down to the station. Snow turned the pathway to the house into a magical tunnel. But without snow or moon, winter nights could pull their darkness down until, except for a faint gleam from the railway tracks, he might as well have been walking with his eyes closed. His little brother, however, seemed to be able to see in the dark just as well as their dog, Percy and Percy's tail could wave like a white flag to lead the way home.

He's married now, David is, and one day when his summer is hot and the morning comes early, he might say to his wife, Pennie, "Come on, we're going to find Shalalth." They will catch the train, these two, and climb the North Shore Mountains past waterfalls and rivers, white water and creeks. They will pass Squamish and the summertime village of Whistler, Pemberton's potato fields and the town of D'Arcy. The track will follow the cliffs above Anderson Lake and David will say, "Can you see the other lake?" And for a brief moment, Pennie will be able to see both lakes; Anderson, deep blue below her and, in the distance, past the little village of Seton Portage, the soft green of Seton Lake.

When they come to this place called Shalalth and walk down the hill to the beach they will not run because David must remember now where to put his feet. They might swim in the cool water and take a walk along the shore. What David really wants to share with Pennie is the stillness of the evening after the sun has slipped behind the mountains and before the moon rises to follow those same peaks and casts its path directly to their feet. When the crickets and tree toads waken to play, they will watch dusk fill the dome above them as their own quiet settles into the solitude of nighttime.

Shalalth; old friends; new images can be refreshed now as another story is recalled and retold again and again. Somewhat like this one.

Open Writing Group Samples

submitted by Jayanti Holman

These are fictional writings. We simply sat for ten minutes to compose a 'travel letter' for this particular exercise. We share in the spirit of fun, unedited writing and story telling pleasure.

Please feel free to join us for Open Writing Group meets, the last Monday of every month, Crawford Bay School Library, 4-6pm, \$3 drop in fee.

For more information or to join up for the email reminders, contact Jai at jayapie@icloud.com.

1 - The place from where I write

The place from where I write is, perhaps, a memory or, perhaps, a fantasy. It is not a place where sun glimmers against the mellow of harvest wheat nor a land of fields of flowers. Not a place with a silver chalice of sweet wine ever-flowing, a cup never empty. Lips that do not thirst. This is not a place where each child, each person, each of us are without want, without need.

The place from where I write is a distance away, a place where many scratch unfertile ground, hardened by drought. A place, imagine where the weary with empty face scrounge daily for bread for fresh water. Imagine a shrunken child with a swollen belly, a mother in labour receives no care in life-threatening distress, an elderly man with disease – skin rotting from his bones.

I write from a place that is, perhaps a memory or fantasy, but it is my reality. I write from a refugee camp in a far-off place. I write to you – to you in the land of plenty of pristine lakes of towering mountains of land flowing with milk & honey.

I stand in my camp, a camp enclosed in razor wire. Press my hand to the hardened earth. I imagine your land n spring, in fall. After all a dream is all I have to claim. Dear Crawford Bay, the sun that shines on Main Street is the same sun that shines over my home with its nest of ramshackle tents and hand-dug privies. In my mind we share the stars & the moon. Is that enough?

Diana Stokes

2 - Travel post card to a friend

I can't wait to get back to the East Shore. Here I practice patience in a different way – not like waiting for the sun to come up when I wake up too early and just want to see the view of the mountains and lake unfold. I practice patience by noting the ebb and flow of the cars on the freeway as I sit in rush hour.

Here I marvel at how I trust complete strangers to give me the 'time of day' by containing themselves while still weaving in/out on the sidewalk. I marvel at how I trust so many, many complete strangers to be civil on the roads as they try to get home after a hard day's work.

And I don't once 'wish you were here', for I know you'll too much miss the quiet and the weaving in/out of the humming birds on your deck. I feel you might be uneasy of strangers in this busy, foreign land, you having lived so long in your peaceful space.

And I think of how I've come to rely on nature to envelope me so that I can give up a need to trust ...and can just be.

L. Wakelin

3 - Dear Editor and Mainstreet readers,

I am writing to you from the back seat of a four-wheeled, desert driving, 10 mile per hour maximum, disco-rave music crooning, dressed-up-as-a-choo-choo-train mobile. I am dressed in knee-high, black suede boots, booty shorts, goggles, dust storm breath-

reach it. But he knows there's food in it. Running nearby is a washing line, one end of which is attached to a tree. He climbs the tree, then levers himself out onto the line. He's not the biggest of bears, but he is heavy, yet the line surprisingly holds his weight. He grasps the upper clothesline with his two front paws, and places his two hind feet on the bottom line. It bends precariously low but still holds him. He shuffles along, an inch at a time. Eventually—after a couple of anxious moments where he sways back and forth, back and forth, but miraculously doesn't fall—he reaches the birdfeeder. He wraps one paw around it, to anchor himself, pulls it towards him a bit and licks all the seeds out of it. Then he makes his way back to the tree the same way he came. For him a full tummy of high calorie seeds is well worth the risk of a fall. After all, he is going to need 30,000 calories a day to fatten up for hibernation. That kind of hunger is a huge motivation to take chances near humans.

Bears also like to be comfortable, and just for pleasure they'll take the opportunity for a long, hot soak, particularly in a hot tub that's ready and waiting.

With cold winter just around the corner, a neighbour of mine thought a hot tub would really hit the spot. She could sit in it while the snow drifts down all around her and the trees rustle in the faint breeze. Her yard is thick with trees, and in chilly air, the warm water would be delightful. She bought a hot tub. That Friday night it was delivered, set up and filled. It would take 48 hours for the water to heat to the right temperature, not too warm and not too cold. It would be just right. She was really looking forward to it. But on Saturday, she looked out the kitchen window and there was a big black bear firmly ensconced in the warming water. He'd shoved the lid aside and climbed right in. He was quite happy with the less than perfect temperature; it was warm enough for him. I don't think she even

ing mask, steam-punk vest, top-hat, water bottle holster and wrist cuffs. Oh, I am on the 'Playa' as locals call it.... in Blackrock City, Burning Man, Nevada, USA.

The theme for this years 'Burning Man', 2008, is 'The American Dream', and the method is this...

Pay your ticket, get your gear- all that is needed for survival at high desert elevation for a week, pack out what you pack in (this includes all waste water-dried up through evaporation, preferably) *Except for toilets, no garbage, spit, glitter etc is left on site. You come to PARTICIPATE- no voyeurism allowed- we all share and express, create, and collaborate until we go home.

The rules are; consensual participation, you are still on American soil, so respect federal laws (or don't at your own risk), participate- DO NOT expect to just watch – OR you will be engaged!! Please don't die.... have fun!

So, here I am, at a huge art, participation, interactive, no rules (except those above), even in the middle of a dried up lake bed, of white sand/clay, with more than fifty thousand people, in a city called Blackrock, for seven days and nights.

The pirate ship/art car that drives around is my favourite so far. It is a three story mobile, inside out party, art, vehicle that one can jump on and off of at will.... Oh the art car's.... too many to list.... Giant statues, huge teeter-totters, free grilled cheese trailer, mass zombie crawl, public (by consensual choice) floggings before coffee, hari krishna wagons....

Until next time...

Signing off....
Jai English-Holman

**Next Deadline:
October 28/15**

Smarter than Jack or Jill

by Sharman Horwood

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


Creature Comforts

Wild animals have quickly learned how to take advantage of human habitats. Coyotes like to hunt rodents on golf courses... there are fewer places for them to hide. Raccoons and squirrels much prefer city attics than any nest they can build; houses provide lots of opportunity for cozy, warm spots. They don't have to pay rent or heating costs, either - the space is there for the taking. There was one online video where a raccoon used a cat door to reach in and steal the indoor welcome mat to take home to his den. Much better than leaves and dead grass for a warm lining. And most recently, a raccoon in Florida has learned to rattle a rock against a woman's window when the outdoor cat food has run out, literally knocking on the patio door of a cooperative human. Animals in the wild have to be opportunists to survive, and that translates into using us the best way they can.

Bears in particular use every advantage they can. One of my favourite videos online is of a bear rather ingeniously making its way to a bird feeder. The feeder stands alone on a pole, well over his head and he can't

considered chasing him off. He was obviously enjoying himself too much and unlikely to be scared away. She waited, and he eventually got out of the tub on his own. He'd thoroughly enjoyed it.

Which brings me to what may be a bit of local legend in this area. An uncle of a friend—many years ago—stumbled on a hot spring up the mountainside. He didn't know it was there. And he didn't stay long. The pool had a bear in it. In fact, the worn stone around the spring suggested that many bears had sat there time and again over the years, wearing away the surface with their ample rumps until it was just right. Uncle Richard quietly left, chuckling to himself. Bears know a comfortable spot when they find it. They, too, like to relax in warm water, perhaps when there's an early snow drifting down around them, before they curl up and fall into the long sleep of winter in their dens.



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Call for more info: 250.227.9224
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The Healing Arts

by Susan Snead

A growing number of healing modalities are showing up on the East Shore these days.

People are looking at alternative ways to prevent illness and are addressing their health concerns from a different perspective, thus turning a potential health crisis into a healing. Good health is not just about going to the doctor for the annual checkup or when something is wrong. It has to do with awareness of the body, mind and emotions at all times.

As well as monitoring what we put into our bodies in the form of food, drink and other substances, it's necessary to watch how the "mind" also feeds the body. Negative thinking about anything will affect our health no matter how many vitamins we take. There is a saying "Give the body what it needs and it will heal itself." There is another saying, "Thought creates". Watching our thoughts is a form of meditation and awareness. Turning a worried, anxious or bitter thought into something more positive and trusting can shift a potential health concern within seconds. What we focus on grows, be it positive or negative.

Below is a short summary of some of the healing arts offered in our own little community. Most of these are listed in the Service Directory at the back of this paper or in the online community services directory at www.eshore.ca.

Herbalism: Herbs are grown everywhere in nature and sit right outside our back door. Medicinal herbs have been used in healing since the beginning of time. Some act as expectorants to clear mucus from and heal the lining of the lungs. Infections can be halted almost immediately with a variety of herbs from goldenseal to myrrh gum to echinacea. The immune system responds very well to immune enhancing herbs. The East Shore has its own professional Herbalist and many others educated in that field live right on this shore. A visit to an Herbalist can be a timely and wise choice when something is amiss.

Massage: What better way to de-stress, get the blood moving and the muscles relaxed than a good massage. One of the best ways to bring the body back into balance is to work out those knots and move the energy from a stuck holding place to an enlivened system. The East Shore offers various types of massage from deep tissue, to gentle adjustments, to warm penetrating oil massages. Other forms are available yet not advertised. We have some excellent practitioners here.

Reflexology: This healing art originated in Asia and works with the acupressure and reflex points of the body. Mildred Carter in her book "Body Reflexology" says "if it hurts press it". She is talking about little buttons of pain the size of a quarter or smaller that lie beneath the surface of the skin. Foot reflexology is an example of this. The foot is like a map of the body. The toes and upper third of the foot corresponds to the chest, neck and head while the middle of the foot relate to the organs in the middle of the body. The heel and sides of the foot relate to the small intestines, bladder and sexual organs. Pressing these buttons send healing into the rest of the body and bring awareness to the areas that need more attention.

Integrated Breath Therapy: By using the breath to unlock deeply held emotions one can feel so much lighter and freer. Breath integration therapy does just that. A session will move stuck energy and release held-in "stuff" that we may have been carrying for years. Clearing emotions from the body helps rid one of dis-ease. The breath also releases toxins from the body. The care and support one receives within a session is very valuable too. The breath is our connection to ourselves and our source.

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Hatha Yoga: As we age, the body becomes less flexible and we may lose strength as muscles weaken and tendons shorten. Often the joints suffer because of the pull from the tendons and we get knee or hip problems. Hatha Yoga is a form of stretching that engages all the muscles of the body. It opens, strengthens, and offers balance and flexibility. It also engages the breath and brings one into a state of awareness. The East Shore has many excellent yoga teachers although not all are offering classes at the same time.

Acupuncture: This healing system originated in China and works with the points and meridians of the body. Meridians run throughout the body and are connected to each of the organs. Working also with the five element theory and questioning the client, an acupuncturist can discover the cause of disease. With the use of very thin needles which are placed into certain points along the meridians, the energy can be adjusted and brought into balance again. Often acupuncturists suggest the use of Chinese medicinal herbs with clients.

Acutonics: Also called "sound healing", Acutonics is a leading edge healing art that uses sound in the form of tuning forks, planetary chimes, singing bowls and gongs to awaken and restore the body/mind. By using tuning forks on the Acupuncture points and meridians as well as other energetic openings, the Acutonics practitioner offers a relaxing bliss that enlivens the client with healing sound vibrations. Animals also benefit from sound therapy. The East Shore is fortunate to have a certified Acutonics teacher in our midst who is currently training a growing number of enthusiastic students. Some of our local practitioners are also using the tuning forks in their treatments.

Ayurveda: This is one of the oldest healing arts coming out of India. Ayurveda is a way of life and looks at the person from a holistic view and by working with body type. We all have a combination of Vata, Pita or Kapha constitutions. Where as one person has an over active mind and often feels cold, another might be hot and have an overly excitable nervous system. With the use of Eastern herbs, massage techniques and diet for the right constitution the Ayurvedic practitioner can help bring the client back into a healthy and happy balance.

Astrology: One might not think of Astrology as a healing art but the earliest of Medical doctors consulted the Astrology chart whenever a patient would come for healing. It's amazing what a chart can tell about the person in general. For example, Taurus rules the throat and larynx, Virgo the intestines, Scorpio the reproductive organs and Leo the heart. A bit of insight can go a long way when dealing with a health concern and an astrological reading often clarifies what is happening and how long it might last.

The East Shore offers much in terms of health and wellness. From our wonderful medical clinic in Crawford Bay with dedicated doctors traveling from the other side of the lake, to our physiotherapist, community counselor and massage therapist who all work at the clinic, we also have an abundance of other practitioners ready and willing to be of service. It's amazing to see how rich in resources the East Shore really is. There is so much here! Wishing you a happy healing fall season.

The Mainstreet
Creativity, Community,
Conscience

Wilfred & Maria Prest

... that bright star...

by Wendy Scott

He said to me, 'Mary...' he always called me Mary, he said, 'Mary, see that bright star? That's where I'm going.' Oh, you're not going anywhere, I told him. 'Yes, I am Mary. I'm going to that world and I'm going pretty soon. And, I'll tell you this, Mary. If there's any liquor up there, I won't have any.' Then his voice got soft and quiet and he said, 'I'll wait for you, Mary.' It was springtime. We were sitting out there, in front of the window; there were no lights on; the stars were bright. He was right. He died in the summer, in August.

"His funeral was beautiful. I arranged it myself, and I had a Wake! It went from six o'clock in the evening until midnight. I served lots of food—turkey, ham, pies, wine, beer. All our friends and neighbours came, and they still tell me, Maria, that was a good party!

"I was born on a homestead in Regina. You don't want to know when. It was a long time ago. When the drought came, we went without so many things. My mother dyed flour sacks and made me dresses. I remember being dressed up and taken to church at Easter, and when the priest saw me, he said, 'Oh that's a pretty girl,' (I was pretty then.) He wore a big cross and something on his head. I didn't know what that religion was until many years later when I visited my sister-in-law in Vancouver. That was Easter too, and we went to her church. When we came out, I saw a big church across the street. I said, 'What is that church where all those women are wearing nice hats?' She told me, 'It's Greek Orthodox, Maria. You should know that.'

"People tell me I'm uneducated, so I don't know how to do things. Well, you'd be surprised what some uneducated people can do, and what some educated people don't know. See all those plaques on the wall? Those were all presented to Wilfred. He was a miner in Alberta, and he became Assistant Manager. He did well too—for an uneducated man!

"I always remember that bright star—especially in the springtime."

The sky is clear tonight, Maria. It's the end of another summer and Wilfred's star is extra bright. I think you're up there polishing. Take a few moments to linger and remember this place that was your home. Your friends are star-gazing, remembering you, and wondering which hat you're wearing. We all know that whichever one it is, it will match your coat and your heavenly shoes. Think of us briefly and then go ahead, enjoy the company of dear friends – and Wilfred, of course.

We shared laughter, we shed tears and now we have memories. Thanks Maria.

Wilfred Prest 1917-1994

Maria Prest 1918 (perhaps) – 2015

EAST SHORE PHYSIOTHERAPY



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Health Center, Crawford Bay

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Better At Home – Coming Soon

submitted by Fran O'Rourke

In October, the Riondel Seniors will be mailing out Better at Home surveys to all the mail boxes in the Riondel and Crawford Bay area – including Pilot Bay, Gray Creek, and Kootenay Bay. Better at Home is a program funded by the provincial government and administered through United Way designed to provide services to seniors (55+) that will allow them to remain in their own homes longer. These could be services such as snow removal, transportation, food services, housekeeping, yard work or minor home repairs. It will not include any services that are provided by IHA.

The program begins by finding, through the surveys, what services are required in a particular area and who requires them. The organizers, in our case Valley Services, collate the information, find certified contractors and connect them with seniors in need. The contractors receive a decent wage for their services and the seniors pay a rate subsidized according to income. I know we are communities where we help each other out, but there are gaps. Some people don't get a consistent level of assistance and people who are too shy, too proud, or too isolated may not get any. And we all get older. If you don't need services now, can you envision your needs changing in the coming years? The survey is the key to accessing the funds.

If you are a senior or if you are caring for a senior, please fill out a survey. If you are two seniors in the same house, fill out two. Tell your friends to fill them out. Information where to pick up extras and where to drop them off will be on the surveys, posters, and community websites. It will cost you nothing but a few moments of your time. Your ideas are important and could help open new doors for our communities. New jobs could be available for young families. Seniors could remain more comfortably in homes and neighbourhoods they love. The structures are in place; all that is wanting is your input.

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Health & Happiness Your Help for Their Depression

by Dr. Sid Kettner

Your friend has just suffered a major loss. Their life has taken a plunge and so have their emotions. They are in the pits. You sense it in their voice on the phone or by the expression on their face when they slowly, far too slowly, open their door as you drop by. As a friend you want to help but you feel so awkward, so inadequate, so helpless. What can you do to guide him or her to joy again? You realize that you are not a professional. But you also need to know that you are still a friend. That in itself is priceless. So—what can you do and what should you not do to comfort and be a genuine help?

Firstly, be available but without added pressure. People need time and space to process their loss and their grief alone. But they also need to know that you are available to come aside them and bolster them up. Assure them that you are just a phone call away. Reassure them that you are thinking of them and standing in the background, ready to help at any time and will check in on them regularly and as the situation warrants. Just knowing that they are never really alone is extremely comforting to them.

Secondly, ask but don't tell. Often the best way to minister to someone who is hurting is to listen to them talk about their pain, their emotions and their struggles. Asking the depressed person to share what they are going through takes the pressure off of them and you, since they won't feel the need to maintain a facade and you won't feel pressure to grasp for perfect words of wisdom. Merely be ready to offer positive encouragement when you sense that they are ready for it.

And thirdly, say something, even if you don't know what. You don't need to have the perfect thing to say to be able to comfort. Anything you offer will be so valuable if you are just present in that person's life and if you are willing to help. It may be simple words of reassurance like "I'm not sure what to say, but please know that I hate that you are having to go through this." Be honest. It will let the person know you know how sensitive the situation is and how fragile their heart is because of the pain.

So continue to reach out to friends and family in need using the three A words above. You don't have to have a Ph.D in counseling. You just have to care and to be available.

YOUR HALL IS AVAILABLE!

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

CRAWFORD BAY HALL

Your community hall

A non-smoking facility

Remembrance Garden

by Wendy Scott

Activity! Old, dead trees coming down -- as gently as possible. Thanks so much to James Lin for his expertise and to the spotters and clean-uppers for their energy!

Three more plaques ready to be installed as soon as our kid installer finds time to do so.

So keep your eye on the garden. There's wood to be had and when all is cleaned up it will be a ready for fall and the colours to come.

Come sit for a while -- it's a lovely place to be.

Wendy -- 250-225-3381 -- wmescott@gmail.com

Muriel -- 250-225-3570 -- mcrowe@bluebell.ca

*Next Deadline:
October 28, 2015*



Notice of Passing

Alice Ruby Pratte (nee Johnson)

May 9, 1921 – Sept. 7, 2015

Alice Ruby Johnson was born May 9, 1921 to Thora and Lars Johnson, in Chinook, Alberta. She was the oldest of seven siblings, (four brothers, Lloyd, Johnny, Teddy and Reuben and two sisters, Hazel and Helen). The Johnson family lived in Crawford Bay.

Alice married Jean Lucien Amedie Pratte (also known as Frenchy) and they ran the Crawford Bay Store for many years. When Lucien had a stroke, they sold the store to Sonny and Joanne McGregor and moved to Tsawwassen. Never ones to sit still, Alice and Lucien worked for a house cleaning service and Alice also did catering and housekeeping. They also sponsored many Japanese students as a host family and many grandchildren stayed with Alice and Lucien after graduating from high school. When Lucien died in 1992, Alice moved to Penticton to be closer to family. Alice enjoyed family, friends, and was an avid sports fan. Her sense of humour and excellent cooking made family dinners treasured memories.

Alice, affectionately known as Nana, is survived by her daughter and son-in-law, Marilyn Dolores and Peter Donald Stewart, of Kaleden. Nana also has six grandchildren, fifteen great grandchildren and eleven great-great grandchildren. Her legacy of 94 years is one of admiration and love.

Nana passed away quietly in the company of her family at the Penticton General Hospital on Mon., Sept. 7, 2015. She will be greatly missed by any and all who knew her.

Next Deadline: October 28, 2015
mainstreet@eshore.ca eshore.ca

SERVICES DIRECTORY

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

NORTHSTAR CRESTON - 1-800-551-9351. Full service 8-bay shop featuring Goodwrench Service - \$41.95, genuine GM & AC Delco parts. Full line of major tire brands featuring: BFGoodrich, Michelin, Uniroyal, Hankook, Goodyear and Firestone brands.

BUSINESS SERVICES

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

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

STEEL WHEELS - Septic systems planned & installed. We dig too, mini hoes for you. Dave/Donovan. 250-227-9646.

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

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

PERSONAL CARE/HEALTH

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

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

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

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

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

MASSAGES & WELLNESS FOR WOMEN - Reflexology according to the clock of Chinese medicine, Reboundology: European method for deep tissue, Breuss spine massage with St. John's Wort oil, relaxing massage, Reiki, hot and cold stone therapeutic massage. Call Geraldine, certified therapist in Europe, over 15 years of practice, 250-227-9890

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

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

SUSAN SNEAD - MASSAGE PRACTITIONER: Certificates/training in Ayurvedic massages, Reflexology, Polarity Therapy, Acutonics Level 1, Fibonacci tuning fork alignment, Astrological Counselling. 250- 225-3520

RESTAURANTS

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

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

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Western Pacific Marine Ltd
Kootenay Lake Ferry Office

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OUT OF SERVICE

Oct 13 - Oct 26, 2015

Western Pacific Marine Ltd. advises travelers that the Osprey 2000 will be out of service October 13 through October 26, 2015, inclusive for maintenance. **The M.V. Balfour will be in service during this time - expect sailing delays.**

Western Pacific Marine Ltd. would like to thank you for your patience and apologizes for any inconvenience.

CLASSIFIED SECTION

BIZ ANNOUNCEMENTS

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

BUSINESS SERVICES

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

EVENTS/NOTICES

SURVEY COMING OUT - Watch for the Better at Home Survey for seniors, potential contractors and volunteer drivers- check your mailbox the week of October 5 to 9th! East Shore Kootenay Lake Health Society.

OPEN WRITING GROUP at the Crawford Bay School Library, 4-6pm - cookies & tea provided. \$3 drop-in. Last Monday of every month. Contact Jai for more info: jayapie@icloud.com

HELP WANTED

CHEF WANTED: Looking for a full time cook. Newkey's Pub. Please drop off a resume or contact Pam or Gerry at 250 227 6911. Postion available ASAP.

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Real Benefits.

We make Nobody's Perfect easy for you attend.
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Dinner is offered
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To register call Ellie 250 227 6944 or Tracey 505 3702



Next Session: Six Thursdays
Date: Oct 15 - Nov 19
Time: 4 - 6:30
Place: EastShore Family Place

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

Community Futures is your small business expert.

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



Call Alison Bjorkman at 250-428-6356 to book a free appointment in Crawford Bay... www.futures.bc.ca

Growing communities one idea at a time.

Tara Shanti Yoga

w/ Maggie Kavanagh

134 Riondel Road, Kootenay Bay, BC
250.777.4868 (webpage under construction)

Drop-in Classes (Oct through Dec 2015)

Tues: 9-10:30am - Level 1
7:30-9pm - Multi Level
&
Thurs: 9-10:30am - Multi Level
7:30-9pm - Level 1

\$10/class (first class complimentary)

Props used in all classes to assist students of all levels. Please park at the bottom of the driveway and walk up.

October 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Every Tuesday: Tara Shanti Yoga, 9am /7:30pm Gym for Seniors, 11-12		1 Every Thurs: Tara Shanti Yoga, 9am /7:30pm Yoga w/ Melina Bos Hall, 9:30-11 Dr. Lee	2 Jotul Days, GC Store	3 Childcare 1st Aid, CBESS 9am CB Shoreline Cleanup, 1pm
4 Public Speaking, 6:30pm Wellness Class Jotul Days, GC Store	5 TOPS, KLCC, 8:30am	6 Vet Clinic, CB Motel Yoga w/ Melina, GC Hall, 9:30-11 am Dr. Lee	7 Volleyball, 7pm, CBESS Bingo, Rio CC, 6:30pm Dr. Moulson	8 Spanish Convo, 7pm Yoga w/ Melina Bos Hall, 9:30-11 Dr. Grymonpre	9 Movie: Village Portraits, 7pm, CBESS	10 Grant Writing, Bob's Bar, 10am Grant Budget Prep, 1pm, CBESS
11 Wellness Class	12 Garden to Rest, 10am Fire Extinguisher Inspection, Recharge, GC Store 11am	13 TOPS, KLCC, 8:30am 9:30-11 am Creston Vet Clinic, CB Motel Lions Mtng, 7 pm Dr. Grymonpre	14 Volleyball, 7pm, CBESS Bingo, Rio CC, 6:30pm Dr. Moulson	15 Spanish Convo, 7pm Nobody's Perfect Wrkshp, ES Lrning Place, 4pm Yoga w/ Melina Bos Hall, 9:30-11 Dr. Lee	16 Movie: Healing of Heather Gardener, 7,m, CBESS	17 Food Safe, 9am Prezi for Business, 1pm Plumbing with Don Horvath
18 Etsy.com, 9am Wellness Class Meet the Oracle, GC Hall, 10am	19 Election Day - VOTE! TOPS, KLCC, 8:30am PAC Meeting, 7pm CBESS	20 Yoga w/ Melina, GC Hall, 9:30-11 am Dr. Grymonpre	21 Volleyball, 7pm, CBESS Bingo, Rio CC, 6:30pm Dr. Moulson	22 Spanish Convo, 7pm Nobody's Perfect Wrkshp, ES Lrning Place, 4pm Yoga w/ Melina Bos Hall, 9:30-11 Dr. Grymonpre	23 ProDFun, CBESS Movie: Eyes the Forest, 7pm, CBESS WordPress Weekend	24 Linux with Jonas Plaumann Mushroom Walk/Talk, 10am WordPress Weekend
25 Wellness Class WordPress Weekend	26 Starbelly AGM, Comm. Corner, 7pm TOPS, KLCC, 8:30am	27 Full Moon Lions Mtng, 7 pm Dr. Grymonpre	28 Mainstreet Deadline Volleyball, 7pm, CBESS Bingo, Rio CC, 6:30pm Dr. Moulson	29 Spanish Convo, 7pm Nobody's Perfect Wrkshp, ES Lrning Place, 4pm Yoga w/ Melina Bos Hall, 9:30-11 Dr. Lee	30	31 Electrical w/ Michael Jukes EDC Deadline Halloween Bash, Newkeys Halloween in Riondel

THE HISTORIC
GRAY CREEK STORE
EST. 1913

250-227-9315
graycreekstore.com

Mon-Sat 9-6 & Sun 10-5

Coming This Month: Jotul Days October 2-4
15% off all

Jotul Wood & Gas Stoves!



General Store

Woodstoves & Fireplaces	Housewares
Lumber & Building Materials	Paint & Supplies
Chimney & Stove Pipe	Electrical
Plumbing	Key Cutting
Work Clothing & Safety Gear	Marine
Nickel Candy & Fireworks	Tools & Hardware
Fishing & Hunting Licenses	Camping Gear/Tarps
Gardening Tools & Supplies	Bear Bangers/Spray
Gloves/Rubber Boots/Flip Flops	Fishing Gear/Tackle
Groceries	Propane & Acetylene
Wide Selection of Axes/Handles	Kootenay Lake Nautical Charts
BC History Books	A Friendly Smile and a Great Cup of Coffee!
Rope and Chain	

→ RV Antifreeze now in stock - \$5.95/gallon or 10% off if you buy a case of 4! ←

→ Check with Ryan and get your fall projects done before the rain/snow come. ←

→ New shipment of gloves has arrived! ←

PLUS: WETT inspections & Free In Home Consults

ADVERTISER	PAGE		
Riondel Market	12		
Black Salt	1	RDCK Rec 9	11
Boswell Hall	7	RDCK Tksiving Day Hrs	11
Chamber Fire Ext	8	RDCK Yard/Garden	13
Classified Ads	22	RVFD	8
Community Futures	22	Sapphire Hair Salon	12
Crawford Bay Hall & Parks	21	Starbelly AGM	7
Crawford Bay Market	12	Studio Ponnuki	4
Credit Union	12	Sunset Seed	21
Creston Valley Realty	9	Tara Shanti Yogo	8
Creston Vet Clinic	3	Turlock Electrical	12
EDC	6	Western Pacific Marine	3
ESIS	12		
Eastshore Physiotherapy	20		
Eastshore Youth Council	4		
Fall Fair	9		
Fitness Place	8		
Gray Creek Store	13		
Handy Mandy	11		
Harreson Tanner	21		
Hulland and Larsen	12		
IHA Flu Clinics	9		
Invest Kootenay	12		
KES	12		
Kokanee Springs Resort	13		
Kootenay Insurance Services	11		
Learning Hub Classes	14		
Meet the Oracle	12		
Newkey's	8		
Nobody's Perfect	7		
PAC	16		

Library Hours:

East Shore Reading Ctr:
Tues & Sat: 12-3
Thurs: 7-9 pm

Riondel Library:
Mon: 2-4 pm,
Weds:
6-8 pm

Tues, Thurs, Sat:
10am-12:30pm

Transfer Station Hours

CRAWFORD BAY:
Sun, Tues & Thurs
9am - 3pm

BOSWELL:
Weds/Sat 11am-3pm



ES Health Centre ~227-9006~

Drug & Alcohol: 353-7691 Child & Youth: 353-7691

Public Health Dental Screening/Counseling: 428-3876

Community Nursing: 352-1433 Hospice: 227-9006

Mammography Screening: 354-6721 Baby Clinics: 428-3873

Physiotherapy: 227-9155 Massage Therapy: 227-6877

For more on facility, call Kathy Smith, 227-9006