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YEAR 26, NUMBER 9

SEPTEMBER 2016

# The East Shore Mainstreet

## KOOTENAY LAKE BC

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



Photos (and chickens) by Jacqueline Wedge

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# Mainstreet Meanderings

by Editor Ingrid Baetzel

Earlier in August, I did something that I wasn't sure I could do. I quit the school's Parent Advisory Council executive. Whoopdeedoo, right? What's the big deal? I dunno. There is no big deal, I suppose.

But somehow, it sits there, full of heavy weight and also a bit of possibility... like a lump of clay as hands reach to lift it up. Like mild heartburn slowly easing. Like a bird about to take flight, but changing its mind and then disappearing when you look away.

Releasing obligation is a beast of a task. Realizing that this sense of obligation is strictly self-imposed and largely unjustified is a feather dropped from a tall building, catching updrafts and settling quietly on a busy city street. It's all bigimportantmeaningfulscary and then it's just there. And it's okay.

I've been on the PAC executive and very active with PAC for about a decade now. I started the day my oldest child entered kindergarten. I've worked to keep it meaningful and been part of some pretty awesome programming and developments at the school. I've worked alongside some rather spectacular women and men and felt deeply and resonatingly rewarded and gratified. I've also felt deeply bitter and resentful, and no one, least of all myself, deserved the edge that bitterness brought. Time to release... whoooooohhhh!

There are some great people working on the home/school liaison front and fundraising for invaluable programming (hot lunch, student travel, academic scholarships, music and art, extracurricular programming (like sports teams and band practices, spelling bees

and science fairs). These people are focussed on meeting monthly and staying in regular contact with the school to ensure that link between families and school stays strong, that our voices are heard and relationships with staff and administration stay viable. PAC is front line when it comes to information about curriculum changes, school planning days and changes to staffing and school format or policies. PAC is a place for parents to go if they have questions or concerns about their children's education and social interactions at the school. PAC advocates for parents and is a safe place.

As I step away from the role I've had on the executive, I remain a parent of kids at CBESS and I remain involved - just not in an official capacity. There are great things happening - please feel free to come to our next meeting to see if PAC is for you. Join us on September 12 at 7pm at the school library. Come to the PAC side - we have cookies... (Now someone needs to remember to bring cookies.)

In the meantime - I have taken a position as the coordinator for the Fitness Place. As summer winds down and autumn energy ramps up, we expect to see more people coming to the gym and using the facilities.

Do you have interest in becoming a regular volunteer at the East Shore Fitness Place? Volunteering for two hours, one day per week gets you a free membership and a nice excuse to get your butt into the gym at least once every week.

There are shifts available, so if you're interested, please contact me at 250.505.7697 or via email (mainstreet@eshore.ca or iazbaetzel@gmail.com) and we'll work something out.

Monthly membership costs \$30, drop in is \$5 (first time free), and in November, watch for our three for the price of two special.

## LETTERS TO THE EDITOR

### BALFOUR BAY PROPOSED MOVE

Dear Editor:

After getting onto "friendsofkootenaylake.com", filling out the questionnaire, and reading some of the commentaries others had entered, I thought I may be better off taking a look for myself.

I had taken the ferry a couple of times in the last two weeks, and tried to size up the newly proposed ferry route, both in terms of a better docking site and as well the shorter route across the lake, (by a supposed 15 minute margin). With this ferry being the longest free ferry in North America, the costs of operation must be quite substantial, to say nothing of the repairs to damage done by having the drive propellers hitting the bottom of the Kootenay River channel as the Osprey tries to manoeuvre into it's docking area. Aside from the huge costs of dredging the river channel, (possibly every three years), fuel, staffing, infrastructure costs of operating two ferries from the old Balfour terminal-these must all be astronomical.

As I looked over the Queen's Bay area, I thought to myself, why should these people have the absolute right to commandeer this stretch of waterfront which would better serve the public good, rather than just that of a select few? I feel bad for the merchants who may be put out by a change in location of the ferry docking, but, I'm sure it won't be long, before it is business as usual in the new venue. Yes we are hearing those against the move, whining like a 2 year old after his teddy was taken away, but again, review the article by the owner of the Gray Creek Store, to get an insight into the broader picture, and ramifications of the proposed move. Any savvy business owner might consider moving to the new location, and offering their services in a smaller or mobile venue.

As usual I find it sickening when a few people feel they are being cheated out of what they figure is theirs-the newly proposed location IS NOT THEIRS, and furthermore the government should expropriate any private land as needed for the public good.

Doubtless this controversy will boil over a few  
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times, but the bottom line is, the problem has to be dealt with in a manner that is cost/time efficient, and in spite of all the "support us" signs at the road side as one leaves the ferry to go to Nelson, we have to look at the bigger picture-always.

Duncan Simpson, Lister

### AND ON THE FLIP SIDE...

Dear Kootenay Lake Neighbors,


I am a resident of Queen's Bay and working with my local community association. We are trying to sort out the issues around MOTI's (Ministry of Transportation and Infrastructure) need to "address challenges around the Balfour Ferry terminal." One of their solutions is to move the ferry landing to Queen's Bay. Complex business to be sure, so many factors, so many opinions, lots of challenges.

A big challenge is communication. MOTI is unable to engage with the public, with any depth. They have, to their credit, extended the consultation period to Oct 6. They are accepting input until then. In this critical information gathering period, they are not engaging in any meaningful discussions, or problem solving involving expertise of the community.

It is unfortunate that our government does not have the will or resources to look more broadly at the problems they face. The statement of a MOTI official that "The only thing I can't do is nothing" is not likely to get us to the best outcome.

The engineering company, SNC Lavalin, who was commissioned by government to find a new ferry landing could stand to win if the contracts were awarded for a new terminal. The layers and complexity continue like ripples, from a stone cast in the lake.

What are the socioeconomic and environmental impacts? What about the issue of lake levels and dams and treaties? How are fish stocks affected either way? What about dredging, traffic patterns, the need



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for a new ferry, huge technical issues, wise use of public space? ETC.

I am in favor of improving the access to the West Arm and upgrading the infrastructure in Balfour, rather than destroying a beautiful beach. Yes I happen to live close to that beach. When the plan for destruction comes to your back yard, it is time to stand up and pay attention. I appreciate the wakeup call!

I also see maintaining the Balfour site as the best outcome. I believe fair economic and environmental studies would show this. We have to assume the SNC Lavalin study is only preliminary.

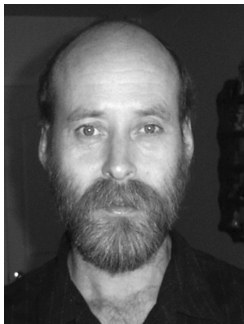
It is time that the concerns of the East shore residents are addressed. They have been dealt some rough blows by government reducing services, in healthcare, ferry service etc. The fallout in a rural community when access to services is limited is greater than it is for an urban area. I doubt, however, that ferry service would be improved by moving the ferry to Queens Bay. Improving service is not the mandate of MOTI. Improving, or being seen to cut, their costs, is a chief motivation. It drives the deal whether those numbers make sense or not. East shore residents need to have their concerns addressed by MOTI. They use the ferry more than anyone.

So in the midst of all these vested interests: political, personal, business and corporate, let's keep respectfully engaging with each other. That includes the government agencies. There are lots of good people in tough places, others inept and shortsighted, responding narrowly to the pressures they are facing. Don't let anyone get away with dividing us, or pushing through a project that is not well researched and thought through.

Rather, we can dialogue and work together, to preserve our precious public space in Queens Bay and design a good outcome for improving the infrastructure, public space, and economy already in place in Balfour Thanks for listening. Keep sharing.

Maureen Jansma, Queen's Bay





## RDCK Area "A" Update

by Garry Jackman,  
Director - Area "A"

### FALL CLEANING - DO YOU HAVE UNDERUTILIZED RECREATION EQUIPMENT?

Each year the Recreation 9 Commission, which was established through an RDCK bylaw, makes recommendations to the RDCK board on allocating grants to community groups to support local recreational activities. At times a grant will include funds to purchase minor equipment. Four of the five community halls within Area A are eligible for Rec 9 grants as are the school plus many other societies. Over the years various groups have requested grants for equipment while others rely on independent fundraising. Some equipment may be used for a period of time and then set aside or into storage once local interests shift to another activity. Some groups dissolve, such as the Boswell Mothers' Club, as demographics shift.

I recall years ago the Boswell Mothers' Club acquired a Santa suit. I am not sure if grant money was involved or if it was donated. To our surprise we discovered a Santa suit in our attic and the only plausible source we can think of is the Boswell Mothers' Club. Not having any particular idea as to what to do with it, the suit remains in our attic. This is my opportunity (with Tina's permission) to ask if any of the previous members of that club have a need for the suit or, if not, does any other community group need it? Perhaps the Hexagon Players would be the best community steward for such a costume.

If members of each community group looked in their storage areas they may find similar treasures which have dropped off our collective radar. Perhaps we need to set up a community equipment listing so we can get equipment back into the hands of those who can use it today. If you have something to offer, contact me and I will pass the information along to the rest of the Rec 9 commission so we can minimize unnecessary duplication and get equipment into use.

### WASTE COSTS US MORE THAN MOST SERVICES

The issues I raised last month over how our recycling facilities are used come with a real cost. The value of commodities recovered through the recycle streams helps offset the total cost of collection, transportation, sorting and processing prior to putting material back into the manufacturing stream, but it is not enough. Even in times of economic boom the costs are not covered if you look at the simple transactions from collection to marketing the recovered material. It is only when you pull back and look at the total or life cycle cost of NOT recycling that you see why we make the effort. Avoiding pollution, with related impacts on our health plus the health of the planet, results in savings to us.

Consider the impact of burning waste which was totally acceptable and common place when I was a child. Our house had a burning barrel tucked against the back fence, as did most of our neighbours. Think about the rising rate of asthma and other lung disease in all demographics from our children through to seniors. Just alleviating the discomfort and impacts on enjoyment of life is enough incentive to recognize burning randomly in our yards is not a good practice, let alone the costs to our health system. For a number of years we thought we were doing a better job as we sepa-

rated the plastic from most of the material we burned. Unfortunately some of these plastics were shipped to other jurisdictions to be burned, poisoning the children in their communities.

So now we do not burn as much. The consortiums which collect plastics follow up on the end use and avoid as much as possible burning as the end result. We sort and create relatively clean products with reasonably consistent properties so as to increase their market value. Not many years ago as part of my personal research into better understanding how well we are spending your tax dollars I read various papers on how different jurisdictions handled their plastics. One had resolved it was enough to sort the plastics from other materials but not worth sorting the grades of plastics. That jurisdiction was successful in blending the grades of plastic and forming railway ties. I have not seen follow up reports on how these high density, mixed grade plastic ties performed but most recycling firms are now putting more attention onto sorting. If you go to the Multi Material BC (MMBC) website and look up their 2015 annual report you will find links to information on how new facilities in BC are optimizing the reuse of our plastics and retaining most of the material in this province rather than sending the residual off to be quietly burned in a jurisdiction where they may not be adding up the downstream costs of pollution and health impacts.

You may have noticed I have used the word "sort" fairly often in the paragraphs above. That is the key. When we learn about how and what to sort we move our "waste" stream into the commodity stream. The sorting begins with us. The efforts of hundreds can be hindered by the actions of one who introduces a hazardous waste (such as fluorescent tubes and paint) into the recycle bin. The resource becomes residual waste (with a contaminated bin surcharge going against

*Continued on page 4*

## LETTERS TO THE EDITOR

### SINCE YOU ASKED

Dear Wendy,

Since you asked what more one could ask for in relation to Cichorium Intybus, the wild chicory, I suppose I must tell you.

I could ask that it does not continue to flower and seed no matter how often or how low I cut it to the ground. I could ask that the horrendous tap root of the mature plant was not so strong and so deep that it takes a rabbiting shovel to dig it out.

I could ask that if this plant is truly "sensible", as you state, that it would stand in its "pretty" and "coy" fashion demurely by the roadside, instead of invading garden and pasture until I have black dreams of chemical warfare.

I could also ask that people have a little more respect for the natural environment that they adopt as their own, and think twice and carefully before introducing invasive species that negatively impact the environment for the native plants and animals, and happily co-existing imports.

*Sincerely, Linda D. Morris*

### SUGGESTION FOR OLD CAR BLUES

To the Volvo owner with the old car blues;

You ask what to do when your local mechanic refuses to work on your car. The answer is get a newer car that isn't a rust bucket.

Being a professional mechanic myself, I can sympathize with our local mechanic having to work on older rusty vehicles. Maybe he is politely telling you to get something else.

Our local mechanic is very good at what he does but he can't make honey out of dogs\*\*t.

*J Sandy Oates, Crawford Bay*

### SUPPORT FOR MECHANICS

Dear Editor,

I am writing to express my high level of satisfaction with Paul Kernohan and East Shore Automotive over a 13-year period.

The reason for this letter is that in the August *Mainstreet*, a regular submitter expressed criticism of who I could only assume was Paul and his operation.

In operating Kokanee Chalets, my current ensemble of mechanical equipment includes three trucks, a car, a cleaning van, two golf carts, an ATV, various lawn equipment, and three motorbikes. (Yes I do suffer from TMV-too many vehicles!)

In my countless dealings with Paul over the years, I have found him in all cases to be very courteous, helpful, and highly competent. People, including myself, constantly phone or enter his shop while he is working to ask questions. Despite these constant work interruptions, I have never seen him get short or impatient with anyone.

Paul's current rate of \$95/hr for his expertise and repertoire of speedy tools is a bargain compared to \$120+ per hr in most urban centres. People who think these rates are expensive need to understand the cost and value of specialised equipment and the amount of work that can be done in a given time.

Because of this Paul is often booked three weeks ahead. I have a certain amount of tools and mechanical knowledge, so Paul often supplies me parts and coaches me through problems. However, to avoid bothering Paul I often go online to access the wonderful array of info on solving problems for almost any machine, and I suggest others like me do the same.

Knowing Paul, he would not refuse to deal with someone without good reason, and there was, details of which I won't discuss here. In August *Mainstreet*, Paul was also named as a local hero, a title he richly deserves. Keep up the good work Paul.

*Paul Hindson, Kokanee Chalets*

### MEDLEY SUCCESS & LORNA MOVING ON

Dear Editor,

The fourth Medley Arts Camp took place in July. We had 48 children and 19 adults taking courses, many of them visitors from Rossland, Nelson, Creston, other parts of BC beyond the Kootenays, and Alberta. We

even had one mother from California who researched summer camps online and chose to bring her son to Kootenay Lake's east shore. Once here, she found some courses that she could join in as well, and now she wants to move here – the beautiful school, the friendly community, and the surrounding natural beauty are a potent combination. Our five days at Medley were a lot of fun and the Friday performance was such a treat.

I want to thank everyone who helped with our success this year: The Nelson & District Credit Union, East Shore Branch; Area A Economic Development Commission; and Rec 9, Area A - your support has been crucial.

I would also like to thank volunteers Rowan Medhurst, Olivia Wedge-Darchen, Gina and Cory Medhurst, and a special thank you to Laverne Booth and John Smith.... couldn't manage without you! Thank you Greg Blackwell and Shirley Wyngaard for your expertise and advice, and to Community Connections (SKLCSS) for your sponsorship. Thanks to our wonderful instructors, who bring so much delight and professionalism, and to Tyler Wedman for the great lunches. Dena Kubota, thanks so much for your extra effort in bringing gymnastics to Medley this year; it took many extra hours moving and setting up equipment. Thank you to Fireworks Copper Enamel for supporting Medley over the past four years with donations, to Jacqueline Wedge for your delightful art and generous support, Diana and Doug Stokes for your support, Gef for being the web guy and troubleshooter, and Nicole Plouffe for being such a great asset. And thanks so much to the many parents, grandparents, and children who have joined in and learned something special and different, and had such a great time.

This is my last year with Medley Arts Camp, as it is time for me to focus on other things. If there are people out there who can envision taking what has begun and building upon it, I will be glad to pass along what I have learned.

*Sincerely, Lorna Robin*





# SEPTEMBER Horoscope

by Michael O'Connor

**Tip of the Month:** This New Moon on September 1 is a Solar Eclipse. Its position is 9 Virgo 31 in the Tropical Zodiac. If you have planets, angles and/or sensitive points anywhere between 6 and 12 degrees of any sign, but especially of the Mutable Signs: Virgo, Pisces, Gemini and Sagittarius get ready for an activation impulse that will push you into new directions or to undertake new efforts especially in regard to your lifestyle in general, your health and your work.

Mercury is retrograde in this chart and the 3-week cycle began on August 31. Fortunately, it is retrograde in Virgo which is one of its better placements, even when retrograde. Still, it helps to be aware of the potentiality of miscommunication and other confusions that often occur when Mercury is retrograde. On the high side, it will lend to an increased ability to concentrate and actually be more productive than usual. Mars meanwhile is 'out of bounds' in Sagittarius still in close alignment with Saturn and at the apex point of a T-Square. In English and in light of the chart as a whole, it too stands to have some very positive effects supporting a stronger ability to focus and persevere.

If asked to describe the overall effects of this eclipse in a single word, I would say faith. If permitted a phrase to describe it, I might say humility, acceptance, surrender and service are cornerstones of genuine power. If asked, what advice might I offer? I would focus to find another way of coining the wise cliché which advocates the exercise of grace under pressure.

(Read more in my Newsletter. Sign-up is free on my website + links to previous issues.)

**Aries (Mar 21 – Apr 20)** This Solar Eclipse will serve to activate you to establish a healthier and more productive daily rhythm. Your lifestyle in general and the quality of it or lack thereof will come under the microscope and you will be the one looking. Exercising a constructively critical approach includes creating clear outlines of your goals.

**Taurus (Apr 20 – May 21)** If you have been waiting and hoping and praying for an added boost of inspiration to get going with your creative goals, this is it. The key now is self-acknowledgement. In addition to making certain improvements, deciphering how to create more beauty in your environment is featured. Beautiful surroundings will support beautiful expressions.

**Gemini (May 21 – Jun 21)** Turning your attention to your home front will become extra evident this week and this trend will continue for a while. Making efforts to increase a sense of security and confidence is highlighted. Considering that home is where your heart is, literally, as in your bodily health, the main emphasis is on it.

**Cancer (Jun 21 – Jul 22)** A busy flow has become the new norm. By now it may be a matter of consistent and deliberate follow through on a steady and continual demand on your energies. A main area of focus is on your perceptions, interpretations and attitudes in general. Your overall philosophy is increasing about where and how can I give more next?

**Leo (Jul 22 – Aug 23)** Making key investments has been on your mind and the focus will now increase. It is not necessarily all about money; it may be equally

about invested energy, time, focus and effort. Getting clear on what you don't need is also a possibility. Sometimes, often even, less is more. Want less and give more where it really counts.

**Virgo (Aug 23 – Sep 22)** The Solar Eclipse in your sign will serve to activate your drive and determination to take important new initiatives. These may well include creative, innovative and inventive actions. You are in a good position now to gain from the wisdom of others as well as tapping your own reserves. Dig deep yet be receptive as well.

**Libra (Sep 22 – Oct 22)** An urge to go on a journey is being activated now. The twist is that this call to adventure may be inward at least as much as out. Also, it is as much about new knowledge as it is about new experiences. Sometimes this requires mileage, but at other times we can travel far without going anyway. How will you venture?

**Scorpio (Oct 22 – Nov 21)** New interests and ambitions are being activated by this eclipse. These will, however, come with a price. The cost includes the efforts required to be your own best friend. As well, paying your dues includes reaching out to engage with other key players. Some of these connections may actually be reconnections with old comrades.

**Sagittarius (Nov 21 – Dec 21)** This eclipse cycle is destined to have an effect on your career direction and/or social status. Obtaining new tools and skills is featured and may include actually providing them to others as well. Communications should flow smoothly as your social meter and charm factor are both strongly engaged.

**Capricorn (Dec 21 – Jan 19)** From contemplative thoughts and soul searching rounds, suddenly some blue sky is visible. Moreover new horizons are visible, or at least glimpses of breakthrough. Yet, not all the answers will come to you as quickly as you might like. Wisdom says have faith and let go of control, though you keep your thoughts and prayers on the prize.

**Aquarius (Jan 19 – Feb 19)** A steady process of clearing the way for the new to come in continues. New lifestyle rhythms are highlighted. These will likely include the desire to feel more protected, secure and nurtured. Cultivating a healthier diet by eliminating foods that are not good for you is one example. Identify soul sucking habits and activities and place them on the block.

**Pisces (Feb 19 – Mar 20)** Your social network continues to grow and expand and this cycle will continue for a while yet. One of the main challenges to overcome is inauthentic communication. Circumstances may lead you to speak your mind and from the heart for the sake of healing. Yet, focus to be heart centered verses approaching others with your heart wide open.

**RDCK, continued from page 3**

your property taxes), filling our landfill more quickly (either resulting in higher tipping fees or higher taxation to support operations) and polluting the world with related health impacts (with fees and taxes to cover rising health care costs).

On top of this, you are being charged a fee at the point of purchase for all goods covered by product stewardship legislation, in some cases while we are not receiving equitable service from the stewards. We are making some headway on this front, with another letter being received from the Minister of Environment on the topic in late August and meetings to discuss options in late September. Let's support a positive outcome with a good level of service. Let's not give excuses for us to not be served and leave us paying higher costs. Give me a call if you want some numbers on the actual costs.

**SHARE YOUR THOUGHTS**

In the coming weeks there will be the usual meetings of community volunteers to consider how we can best use local grant funds (such as recreation, economic development, etc.). There will also be meetings to look at how we might leverage some of the steady stream of grants offered by the province to local government and now directly to registered societies. We will also be working as a pilot community for a major 'resident attraction' initiative through the Columbia Basin Rural Development Institute.

You may be tired of coming out to meetings, but the simple fact is that in our rural communities governance is not so much about a "government" managing what goes on as it is about our community volunteers and champions self governing and guiding the growth and development of our communities and services. To say 'your voice matters' is not a cliché. Your voice is needed.

**EXTENDED INPUT PERIOD FOR ELECTRICITY RATES REVIEW**

I commend the BC Utilities Commission for recognizing our concerns around the very short time allowed for public input on the impacts of the two tier residential electricity rate on communities which do not have access to natural gas. They extended the period to September 2 and from what I have seen many people did provide their input. Hopefully between the east shore, Slocan Valley and other Kootenay communities in the same position as us the BCUC will see a great enough issue to require action by the utility to create a more equitable rate for us and, who knows, maybe even rebate some of the extra we have been paying. The RDCK did receive a letter back from the BCUC after we requested an extension. Hopefully we will be kept in the loop and I will pass along any information I can.

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

**HEXAGON PLAYERS AUDITIONS**

Have you wanted to be a part of a Hexagon Players production? We are starting our 2016/17 practices in September, beginning with auditions for parts in mid-September (watch for posters and Facebook posts for more specifics of the date). We will have copied selections from the play - "Moliere Plays Paris" - available for you to obtain for your audition. You are asked to obtain a copy and memorize and perform a minimum two minute audition piece from the selected work. Copies will be available at Kokanee Chalets and La Gala Jewelry as of the first week of September. If you need others to read with you, or audition at the same time as you, please arrange this ahead of time! Contact Ingrid for more information or with questions: 250.505.7697.



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

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## Hacker's Desk

by Gef Tremblay

### The Zen of Tech Support

After almost 20 years of tech support, I've collected quite a repertoire of concepts that help me quickly find and fix problems. Here I will share the most valuable insights for tech support in the making or to help you when you try to troubleshoot your own problems.

The first part explores general concepts of tech support while the second part introduces more practical applications of troubleshooting. It is a bit inspired by the **Little Black Book of Design** and the general idea of Zen aphorism.

- The goal of tech support is to heal the relationship between human and technology.
- In the realm of tech support, Jack of all Trades far exceed specialisation.
- Learning about technology is like running after the sun. It's more important to understand the general concepts around technology than specialising in only one aspect.
- When resolving an issue, it's nearly impossible to not introduce more complexity. When you do introduce complexity, keep in mind all the ramifications and implications of the change.
- You can't solve a problem by throwing more technology at it.
- You cannot satisfy everyone... But all problems can be resolved.
- Nobody really knows how.
- Always attach a cost to the work you do; that will help finding the quickest solution to an issue.

- Some clients like to have problems with their computers, in which case the role of the tech support is mostly emotional.
- When a client loses confidence in their machines, it becomes harder to resolve the issue.

The three layers of tech support are Hard, Soft and WetThe HARDware (the computer itself, the cables and other peripheral) the SOFTWARE (which is the operating system, windows/mac/linux and the programs you use) and the WETware, or the human factor, or as computer call us, the meatbags.

- Most problems will stem from a combination of these layers.
- These three elements are equally important in the process of troubleshooting.
- In order to troubleshoot you have to create a tree of possibilities, where each branch is an eventual solution.
- You have to navigate from one branch to the other, making sure to remember the steps you've taken for each try and keeping in mind the next few steps.
- Through that process of elimination, you try to find out the root of the problem.
- Finding the problem is only the first step. Finding a solution and applying that solution are the next two steps. Finally, you have to explain, train or educate the user to avoid recurrence of the problem.
- Troubleshooting starts when you first hear about the problem. At that point you can generate a couple of possible problems and resolutions. Hold these lightly as it's probably something else.
- On site, the first thing is to do a visual exploration of the machine.

- Never underestimate the power of a negative mind on the computer.
- Don't get emotional when troubleshooting. It blurs judgment. Remember, when it comes to computers it's never really that important.
- A complete reboot of the devices will go a long way.
- When troubleshooting hardware, check the cables first, because any moving parts that are more likely to break first.
- Software issues happens mostly at the first install, or when upgrading.
- Ctrl-Alt-Del is the key for troubleshooting Windows machines.
- If you have a problem with your computer, many people have had that same problem. The internet is the source of all knowledge for troubleshooting.
- It's not so much about knowing everything, but about awareness and determination.
- It's generally harder to find out what you have to search for, so you often need to search for what you want to search.
- Searching for the error message you receive from your computer is a good starting point.
- You cannot try twice the same thing and expect a different outcome, but often you seemingly do the same thing twice and different results happen.

There are two kinds of tech support: the one who will create more problems and discord to keep busy and the one who will truly try to resolve the issue once and for all to be able to move on. It's important to know which one you are or which one you are hiring.

I hope these aphorism helps you troubleshooting your computer and if you don't have a computer to fix, most of these idea can be applied to other parts of your life.



## Hidden Taxes

by David George

Citius!, Altius!, Fortius!

The Olympic motto proposed by Pierre de Coubertin upon the creation of the International Olympic Committee in 1894 is Latin for Faster, Higher, Stronger. It and the five circles in colours plus white, the colours in the flags of the original nations participating in the modern Olympic Games are still familiar symbols of the games.

We may all take some measure of pride in the 22 medals won in the latest Summer Olympic Games in Brazil. Our athletes showed a very high standard of competition and honour. They reflected very well on Canada, and are all to be congratulated for their effort.

The CBC did a creditable job of reporting on the many events in which our athletes competed, and the events broadcast on television channels and online were extensive. The online availability to watch more than 20 different events, even split-screened to show four at once made it possible to see almost every event in which Canadians took part, using the special CBC app 'Rio 2016' on computer or tablet.

That is, it would have been possible if we only had true high speed internet service here on the East Shore. Yes, events could be seen online but the quality was sometimes a bit low, due to limitations on data transfer rates from the East Shore Internet Society's radios.

Columbia Basin Broadband Corporation has on its website a glossary page. It contains a definition of High Speed Internet which is now the accepted standard world-wide. "High Speed Internet: Access to the internet at a data transfer rate of at least 5 megabits per second for downloads, and 1 megabit per second for uploads, which is much faster than those provided by

the standard dial-up connection of only 56 kilobits per second." Does any ESIS member get 5 Mbps download speed? No. In fact, the available packages vary from 1.5 to 3.0 Mbps. That is not "High Speed Internet" although it may be called broadband.

Right here I must now state that this month's column is not a diatribe against ESIS, whose employees and unpaid directors are working very diligently to improve our local internet service.

There is a grant from Columbia Basin Broadband Corporation still funding improvements, which will continue through the end of this year. Why then are we paying more for those new radios and not getting faster download rates? The answer, I am told, is that the 'backbone' of the ESIS system is still being upgraded, despite the overall improvements of newer radios and being connected to CBBC fibre instead of Telus.

Ultimately, connection of individual households should be by fibre optic cable instead of radios, but that will be an improvement which is still several years away. It will need another level of grants from government and Columbia Basin Trust sources.

Life on the East Shore is not life in the fast lane. We knew that when we moved here. Telephones were all landlines, except for a few expensive 'car phones'. We got television from the CBC, CTV, and the Knowledge Network on air. Some people had expensive satellite TV receivers with huge dishes. The internet was just getting going in the 1980s. Computers were found in large corporations and universities, and took up whole rooms, not desktops or pockets. Some computers such as Univac had 27,000 vacuum tubes and required a whole floor of air conditioning equipment to cool them.

When IBM came out with a desk-sized computer, the 1130 and similar models, it was a great advance. Yes, it still used those 80 column punch cards, and the memory was considered adequate at about 16KB, not 16GB as is the case with some of today's phones and

tablets. Offline storage was in the form of a removable hard drive, about the size of a 12-inch LP record in a large plastic case.

Communicating with a 'mainframe' computer was slow if one was not in the same room. The early devices used an acoustic telephone coupler and ran at only 150 to 300 baud, which was about the same as 150 to 300 bits per second. Then fax machines and faster computer modems came along, and 4800 to 9600 bits per second were achieved. Improvements continued, and 14,400 bps led to 28,800 and the final modem rates of 56kbps over telephone lines. Three of my old Mac laptops have 56k modems, and are still capable of doing email if our ESIS system is down, which has not been happening very often now.

So where are we with ESIS and upgrades to faster data download rates? As I said, system backbone improvements are ongoing, and the upgrades should be completed by the end of this year. However, in light of the increased charges per month for those of us with the new radios, I now call upon the ESIS board of directors to give all of us with the new radios in areas in which the towers will support it, a minimum download rate of 2.5 or 3.0 Mbps by the end of October this year. I believe it is do-able.

If the ESIS board feels it is not, I request a response in the October *Mainstreet*.

### EAST SHORE PHYSIOTHERAPY



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## Looking for a Recreation Grant?

by Doreen Zaiss

Are you part of a group or organization providing some form of recreation in our community? Does your group need funding in order to improve the quality or quantity of the service you provide? A Rec 9 grant, through the RDCK, may be able to help.

A new round of funding is being offered with the deadline on September 22. Applications can be acquired through the RDCK website: ([www.rdck.bc.ca](http://www.rdck.bc.ca)) or you can pick up a hard copy at the Credit Union.

Grants can cover capital costs such as recreational equipment, advertising, transportation, and other expenses.

Here are some things to remember for a successful grant application:

- Applications must be in to the Crawford Bay post office (Box 208, Crawford Bay, BC, V0B 1E0) no later than noon on Thursday September 22. No late applications will be considered.

- Please make 7 copies of your application, one for each director on the board.

- Be sure to answer all required questions and give an accounting of your finances. We do not need extra materials like a history of your organization. Limit the number of pages beyond the provided application form to 5 at the most.

Our regional district has supported many groups and halls in our area making life on the East Shore richer and more fulfilling. I'd like to thank Garry Jackman, director of Area A for all the time and energy he puts into recreation in our community.

## Temple of Light Construction Begins

submitted by Yasodhara Ashram

Onsite construction of the new Temple of Light at Yasodhara Ashram is beginning. After months of planning, we are ready to break ground on this exciting new project.

On Monday August 22, the construction manager and foreman arrived to kick off the onsite work. The first step is to take down the original annex building, followed by excavation and grading to create space for laying the new annex foundation. We look forward to working with East Shore contractors, including Turlock Electrical and GRS Contracting.



Meanwhile the structural components of the temple are being fabricated across the lake at Spearhead located at 9 Mile, between Balfour and Nelson. Spearhead is manufacturing the arches and sub-panels at their facility, with the parts being shipped over this fall and assembled on site. The plan is for the main structure to be up by late fall and construction to be completed in 2017.

The original Temple of Light was destroyed by fire in June 2014. The new Temple of Light, designed by Patkau Architects of Vancouver, promises to be a beautiful, luminous, welcoming space that will attract many new visitors to the East Shore.

Stay tuned for more updates during this exciting time. For information, visit [temple.yasodhara.org](http://temple.yasodhara.org).

## Queen's Bay Swim-In Draws A Big Crowd

submitted by Queen's Bay Residents' Association

press Release

More than 300 swimmers and boaters showed up on Queen's Bay beach on Sunday to support keeping the popular shoreline a recreational area rather than a parking lot for a proposed new location for the Kootenay Lake ferry terminal. The demonstration, billed as an afternoon of "inaction" on the beach, was part of an ongoing campaign to demonstrate the deep and wide local opposition to the Ministry of Transportation and Infrastructure's proposal to close the Balfour ferry terminal and move it to the north end of Queen's Bay. If the ministry were to follow through on its plan more than six thousand truckloads of fill would be dumped in the bay to create half-kilometer of loading lanes and a ferry berth.

"We are here today to help drive a stake through the heart of the idea of turning this beautiful beach into a parking lot," said John Betts speaking on behalf of the Queen's Bay Residents' Association who organized the event.

With the sun dazzling on Kootenay Lake, the westerly wind fetching a gentle swell, rocking the boats attending in the bay, and washing over swimmers along the beach it was hard to argue with the idea that this was a place best left untouched by the improvements proposed by the Ministry of Transportation and Infrastructure as reflected in a handful of speeches from residents.

"This is a place where I have made friends for life and raised my children," said Balfour resident Kris Huiberts in a short heartfelt address that succeeded in capturing the sentiment of the crowd. Queen's Bay resident Maureen Jansma recognized the historical significance of the bay going back to the pioneers and as far as the days when First Nations populated the beach evidenced by their artifacts that today can be found along the shoreline. "We particularly want to recognize our friends among First Nations who have an attachment to this place along with us," she said.

MLA Michelle Mungall, before swimming, reminded everyone to keep up their letter-writing and pressure on government to abandon the "very bad idea" of closing the Balfour ferry terminal and moving it to Queen's Bay. "This is one of the most beautiful places on earth. It is worth the fight to preserve it," she said.

But the speeches were short as the day was intended primarily as a chance for some fun between friends and neighbours shared in the common cause of keeping the bay preserved. Prizes were handed out in a draw featuring "Keep the Faeries in Queen's Bay and the Ferries in Balfour" t-shirts along with gift certificates from Balfour ferry landing businesses. Singers sang about the irony of "paving paradise" and volunteer traffic wardens along the highway kept track of the parking and the congestion, as the passing traffic honked their horns in support. Hundreds of names were added to petitions to keep the ferry in Balfour and to make Queen's Bay a regional park.

For more information, contact John Betts 250-229-4380 or Maureen Jansma 250-229-4661

*Next Deadline:  
Sept 28, 2016*

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**RDCK  
Recreation  
Commission No. 9**

### **Call for Grant Applications**

Non-profit groups can submit recreation grant-in-aid applications to the Rec 9 Commission (Box 208, Crawford Bay) by **no later than 12 (noon) Thursday, September 22, 2016.**

Seven copies of the application are now required. 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 **Wednesday, October 5 at 9am at the Gray Creek Hall.** This meeting is open to the public and applicants are encouraged to attend.



# East Shore Area A Selected for Asset-Based Rural Development Project

submitted by Laverne Booth

The Rural Development Institute of Selkirk College is excited to announce the successful applicant communities selected as pilot projects for the 2016/2017 projects. Ten communities have been selected as phase 1 pilot project communities:

- **Climate Change Adaptation** – communities will be tracking progress using the State of Climate Adaptation and Resilience in the Basin indicator suite. Communities will be gathering and analysing data, as well as evaluating and refining the process itself in order to generate a guide for other communities.
  - o City of Kimberley
  - o City of Rossland
- **Asset-Based Rural Development** – communities will develop and execute a place-specific plan to link and leverage local assets in order to attract and retain new residents, workers, and investors.
  - o Lower Columbia (Trail, Rossland, Fruitvale, Montrose, Warfield, RDKB Electoral Areas A and B)
  - o East Shore (RDCK Electoral Area A)
  - o Village of New Denver
  - o Village of Canal Flats
- **Poverty Reduction** – communities will be trained around performance measurement, using and evaluating indicators that will help to track and understand poverty in order to best address the issues.
  - o City of Nelson
  - o City of Revelstoke
  - o City of Cranbrook
  - o Lower Columbia (Trail, Rossland, Fruitvale, Montrose, Warfield, RDKB Electoral Areas A and B)

For more information please contact Deborah Johnson (Chair of the Economic Development Commission) or Laverne Booth at 250-551-5827 or lbooth@selkirk.ca.

# Tom's Corner

by Tom Lymbery

## Sit Down and Drink Your Beer



When Canada had completed the experiment of prohibition in 1925, the BC Government placed very restrictive controls on liquor of any sort. Government operated and staffed liquor stores became the only sales outlets allowed to handle the product. Being shy I was quite intimidated when I became 21 in 1949 and went to make a purchase in the Nelson or Creston liquor stores. The man behind the counter would say “hurry up” if you wanted a few moments to look at the brands on the shelves. Calona brand wine was \$2.50 for a gallon jug (also known as Porch Climber), and rye and gin started at about \$4.50 for a 26 ounce.

The only businesses permitted to actually sell drinks were beer parlours that were designated Licensed Premises. Nowhere could the words *pub* or *tavern* be used. These had to have one room for men and another for ladies and escorts. Positively no females were allowed in the men's section and no one under the age of 21 in either. Anyone coming in had to go to a table and Sit Down to wait for a waiter to bring a tray of glasses of beer. These were small six ounce glasses so you had to order them in multiples of two at 10 cents each. The room had only tables and chairs, absolutely no music, dancing or entertainment of any kind, no mirrors behind the bar, no pictures on the walls. The express purpose was to drink beer – and even reading a newspaper was discouraged. And it had to be beer - no coffee or soft drinks were allowed. There may have been parlours that served bottled beer, but I never saw one. It was strictly draft, only Fernie brand when I turned 21. I never asked, or cared what you got in Vancouver.

All beer parlours had to close promptly at 6pm for one hour, the intention being to shift the drunks out to have supper. Hotels had to supply meals to qualify for the license, and were also supposed to have 12 rooms. Small places like Sirdar got around the 12-room requirement somehow. Likewise the Outlet Hotel at Procter had a door marked “Gents” and another that said “Ladies and Escorts” but both doors opened into the same room.

Victoria never permitted these despicable beer parlours in town, but there were several in neighbouring Esquimalt. If you bought a case of beer at a liquor store, one safe place to drink it was in a hotel room – there every bathroom had a bottle opener on the wall. And of course with no fridges, warm beer was what you had to put up with. Sirdar kept its kegs close to the area dug into the bank at the back so it had cooler beer than many others. All these regulations meant that every town had bootleggers and taxi drivers would find these for you.

Perhaps the strangest of all were Calgary and Edmonton where mixing men and women wasn't allowed. There was one room for ladies and one for men, though the waiter was male in the ladies, as women couldn't be servers. It was a revelation to travel to Idaho and Washington where there were tavern signs as well as brands advertised, even cocktails, and in the 1950s Idaho had slot machines.

There is a book called *Sit Down and Drink Your Beer* – Regulating Vancouver Beer Parlours, 1925 - 1954 – Studies in Gender and History, by Robert A. Campbell. I was most disappointed when I read this one as the author wrote it almost as a treatise – no evidence of any humour that I could find. A book with no jokes is a drag, but I'm sure there were plenty to be had. By no means a book to stock in our book department.

About 1954 these strict regulations had become outdated and slowly the rules were softened. Hotel dining rooms were finally permitted to purchase a license to serve drinks – but only to go with a meal. And the beer parlours could finally have soft drinks and coffee. By 1960 cocktail lounges started to appear – with the first on the lake at the Balfour Beach Inn so people could wobble home on the 2am ferry. Because Al and Jean Heckman served meals at their Kootenay Cottages Resort in Gray Creek their tourist customers were always asking for drinks, so they extended the dining room in order to serve cocktails. I don't think they really expected the flood of miners from the Bluebell in Riondel but immediately they had to be open until 12:30 every night.

Drinking and driving wasn't really frowned on in those times and highway speeds were slower. It seemed that when someone staggered out at closing time, they could stay on the road until they got to the corner by our store, where they drifted into the ditch. No one was hurt even without seat belts and often another driver would help get them back on the road. More about these adventures in Part 2 of *Tom's Gray Creek*, which should be here about September 15.



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## COMMUNITY HEROES

a Mainstreet Feature

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

**Dave Kelleher** for going out of his way to help a family get there and back.  
-Grateful Mama

**Farley Cursons** for his eager devotion to making things move and shake. From 100% volunteer to job creation, both always with a “bigger picture” benefit to the community. Farley is a link builder between many facets of the community.  
-A Watchful Appreciator

**Matt Low** for taking on the role of the Network Sysadmin for ESIS. He's self-taught at 21 years old and a real whiz!  
-Impressed Nearby

**Carol Vanr** for her incessant creative rush, dedication to the Youth Council, gaming and fun competitive spirit, profoundly deep well of generosity and steadfast friendship, justice seeking missile energy, heart-led compassion and love for animals and wildlife and especially for her constant and crazy wild woman ways.  
-A Friend in Awe



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## Twisted Roots Community Greenhouse And Gardens

submitted by **Jacqueline Wedge**  
 (photos and poster by **J.Wedge**)

*Radishes. Kale. Lettuce. Arugula. Chard. Peas.  
 A plethora of herbs. Tomatoes. Beans. Onions. Peppers.  
 Carrots. Beets.*

We're growing food. Food for East Shore tummies. It's been a long haul, but the 100% volunteer-powered greenhouse and satellite gardens are producing delicious, healthy, grown-with-love things to eat.

**Access to this bounty is coming along:**

1. We've had a few **pop-up sales** in the community, some beautiful kale, lettuce and herbs;
2. We have commenced a **CSA box programme** (community-supported agriculture), to be extended into the next years....
3. **The hot-lunch program** at the school is benefiting from our wonderful assortment of free greens, delivered by volunteers;
4. **Farmer's markets** are on the horizon (watch for our signs!)
5. **Fund-raisers**, such as cook-book sales and the upcoming pig-roast, will have you smacking your lips.
6. **Access to the greenhouse** itself is limited: for the autumn of 2016 we are welcoming membership sales Wednesdays from 8am to 10am, but contact us first please, to make sure we are available (250-551-6873).

Other stuff: We are setting up a **scholarship fund** for CBESS grads going into a post-secondary agriculture programme; we are hard-at-work on a **business plan and applying for not-for-profit co-op status**; many **workshops** are planned for the 2017 season, including herbal teas, seed-saving, winter gardening, youth/elder gardening groups, permaculture techniques, and more.

**Our wish-list** includes lumber, large pots, tomato cages, tarps, landscape fabric, fencing, hoses, faucets, sprayers, hand tools, spades, (you know, gardening stuff!).

**Want to become involved? Come to the Sept 18 Pig Roast, and sign-up to become a member.** You can help us prepare for winter gardening, and ensure that your plate is packed with green goodness.

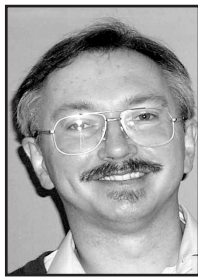






## Seldom Scene

by Gerald Panio



*"In conjuring you work under the attentive gaze of the public, who never fail to spot a suspicious movement. You are alone, their eyes never leave you. Failure would not be tolerated.... While in the cinema... you can do your confecting quietly, far from those profane gazes, and you can do things thirty-six times if necessary until they are right. This allows you to travel further in the domain of the marvelous."*

—Georges Méliès

Over the years, this newspaper, thanks to the vision of its editors and contributors, has often given pride of place to articles on the lives and accomplishments of local pioneer families. This month's *Seldom Scene* takes its inspiration from that pioneer spirit. Of all of the cast of characters who can be said to have given birth to the cinema in the years 1894-95—including Thomas Edison & W.K. Laurie Dickson in the U.S., Etienne Marey & the Lumière brothers in France, Max Skladanowsky & Ottomar Anschütz in Germany—I've always been fondest of the man who started out as a bootmaker, discovered a talent for art, became a conjurer and theatre owner, and created a film empire based on his love for the fantastic and the whimsical. Norman McClaren, one of Canada's finest experimental filmmakers, would write of this pioneer: "It is difficult to say whether his significance as the first poet and phantasiist of the screen is more important than his role as one of the first creative technicians of the cinema."

Marie-Georges-Jean Méliès was born in 1861 in Paris. His father was a very successful manufacturer of footwear, and expected his three sons to carry on the business. Georges, to his dad's dismay, discovered other talents while still in school—drawing, caricature, sculpture, puppetry. In Méliès's own words (writing in the third person!): "Méliès was driven by the demon of drawing; and was often punished for this artistic passion, which was sometimes stronger than himself... While he should have been ruminating on a French composition or a Latin verse, he would be scribbling portraits or caricatures of his teacher and school friends, when he was not creating palaces of fantasy and strange landscapes which already had a theatrical air about them... Before he was ten years old he was making puppets and pasteboard theatres... and getting beaten for them, too."

Disconcerted, his father tried to distract Georges by sending him to England to learn English and reconnect with his inner capitalist. Massive failure. Méliès discovered London pantomimes and the magic shows of Makelyne and Cooke at the Egyptian Hall. He'd discovered his true passion. Shortly after his return to France, he sold his share of the family business to one of his brothers, married into some wealth, and purchased a famous Parisian magic venue, the Théâtre Robert-Houdin. He spent the next 10 years creating two dozen major stage illusions. He was proprietor, manager, producer, actor, author, designer, conjurer, and make-up artist. I've probably missed a few jobs. He would also spend the next 40 years as president of the Chambre Syndicale des Artistes Illusionistes.

Then came the thunderbolt. In December of 1895 he was one of the select few invited to the first public showing of the Lumière brothers' *Cinématographe*. Méliès must have sensed immediately that the new medium could open up the world to the person who mastered it. He tried to buy a camera-projector from Louis Lumière, who responded: "Young man, you should be grateful that I refuse, since, although my

invention is not for sale, it would undoubtedly ruin you. It can be exploited for a time as a scientific curiosity, but apart from that it has no commercial future whatsoever." Lumière would prove prophetic about the ruin part; not so much about the business side of things.

Undeterred, George bought a similar projector from R.W. Paul in England, and followed up by designing his own camera system. The only film stock he had access to was unperforated, which meant finding someone to make a machine to manually punch holes in the film, two holes at a time. One did what one had to do in those early days. His first film, shown in April of 1896, was a Lumière knock-off called *A Game of Cards*. One reel, one shot, 60 seconds long. Similar stuff would follow—train shots, newsreel footage. The usual. But by the end of '96 he'd made some 80 films, expanding the length to sequences of 3 films of 3 minutes each. He'd also begun to abandon realism for outrageous fantasy and "reconstructions" of historical events. The latter would include 1898's *Divers at Work on the Wreck of the "Maine"* (filmed through a fish tank!), *L'Affaire Dreyfus* (1899, and *The Coronation of Edward VII* (1902).



Méliès dabbled in every genre conceivable at the time, but it's the fantasy for which he's remembered today. Almost immediately, Méliès discovered that film represented the ultimate conjurer's medium—it could be made to stop time, speed up time, animate anything his imagination could conceive and his workshop could build, and make people and objects appear, disappear, and transform. One major discovery was the result of an accident. While filming in the streets of Paris, Méliès had to stop his camera

and restart a short while later. When he looked at the developed footage, the car he'd been filming before stopping the film had turned into a hearse in the next shot. Anything was suddenly possible. Georges would be one of the first filmmakers to use superimpositions (double exposure & multiple exposure), dissolves, stop-motion and time lapse photography, and hand-painted colour frames. At its best, his *mise-en-scène*—backdrops, costumes, creatures, props—was genuinely surreal. Giant rabbits, anyone?

One-reel "trick" films like *The Haunted Castle* and *A Nightmare* had the same initial impact on audiences of his time that *Star Wars* would have 80 years later—wonder, astonishment. By 1902, when he made the single picture for which he's most remembered, the 13-minute *A Trip to the Moon*, he was master of his craft. *A Trip to the Moon* cost \$200 to make, but the labour involved was immense. I'm calling Georges the hardest working man in show biz for the decade and a half he was most active. With the help of his brother Gaston he even opened a branch offices of his Star Films in New York and Chicago. His contacts in the entertainment world gave him access to as many extras as he needed for his more ambitious projects—ballet dancers from the Châtelet theatre, acrobats from the Folies-Bergères. Proportionately, there are almost as many well-turned-out legs in Méliès's films as in Busby Berkeley's.

Along with his theatrical sense of spectacle and his technical brio, Méliès could credit his enormous success to the greenhouse-style glass studio he built in 1896 (and later expanded). It was possibly the world's first true film studio. Between the years 1896 and 1913 he made upwards of a 1000 films. Perhaps a couple hundred have survived (of which almost



150 are included in the spectacular Flicker Alley collection *Georges Méliès: First Wizard of Cinema*). What happened to the rest? This is where the picture turns darker. A large number were melted down by the French army for their silver content during the First World War; another large collection was confiscated by the Nazis during their occupation of France and subsequently lost. Saddest of all, Louis Lumière's prediction came true and in 1915, financially ruined, Méliès burned his own negatives. In his own words: "Méliès, his daughter, son, son-in-law and his two little granddaughters, the youngest barely four months, left the family home forever and with no hope of ever seeing it again... At the very same time the Théâtre Robert-Houdin was to vanish to make way for the Boulevard Haussmann, and Méliès was obliged to shift all his theatre equipment, as well as everything from his shop, which was also to be demolished. Fate pursued him.

What could he do with all the crates containing the hundreds of negatives which were the work of years? He had nowhere to put them, and no money ever to resume his job as a film-maker. In a moment of anger and exasperation, he ordered the destruction of the whole lot."

What went wrong? Méliès's wife had died in 1913; his brother Gaston in 1915. The motion picture industry changed from favouring independents to depending on corporate clout. Gaston made a ruinous attempt to expand production into Japan. World War I had a devastating effect on the entire European film industry.

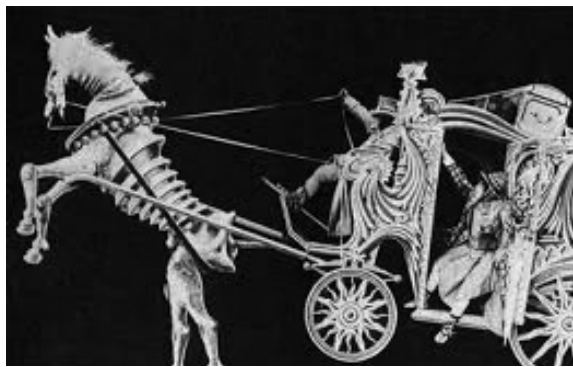
Méliès himself contributed to his downfall. For all his special effects and elaborate staging, his camera never moved. It plunked itself down in front of the stage and stayed there forever. Actors exited stage left and stage right. There were no close-ups, no pans. Even his studio was a kind of trap. Because he had his own little world he never discovered the freedom that could come with working outside a studio's confines. He stuck resolutely with spectacle when directors like Griffith were focusing on character, slapstick comedy was becoming a worldwide success, and Louis Feuillade was taking serial cinematic storytelling to a new level. Méliès never developed a company of talented actors like Griffith did—there was really only one star in Star

Films. Women, unfortunately, were never more than supporting players or Victorian eye-candy. His audiences, once enthralled, were now bored. They had, as one critic wrote, "grown tired of whimsy."

He lost it all. By 1925 he and his second wife (and former leading lady), Jehanne D'Alcy, were selling candy and toys to travelers out of a small, alternately cold and stifling booth in Paris's

Gare Montparnasse train station (the basis of Brian Selznick's unique storybook *The Invention of Hugo Cabret*, subsequently filmed by Martin Scorsese). His fortunes turned again when director René Clair found Méliès in his shop and arranged for a major retrospective of his work in 1929. The French government awarded him the Legion of Honour medal in 1931 and gave him and his wife a rent-free apartment in a home for cinema veterans. He died on January 21<sup>st</sup>, 1938.

Much of Georges Méliès's best work is freely available online. Also worth searching online is George Franju's 30-minute 1953 tribute film *Le Grand Méliès*, featuring Jehanne D'Alcy and Méliès's son, André, playing his father. I'll leave the last word to film critic David Robinson: "Georges Méliès... can properly claim the title of the cinema's first artist. Undoubtedly he is the earliest artist working in the medium whose films can still be revived, [one hundred] and more years after the last of them was made, with pleasure and without apology, standing firmly on their own intended merits."





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**Request for Proposals**

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

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

Projects that are technically sound and effective, and provide value for money through partnerships with other funders will be given priority. Proponents must be a registered not-for-profit organization, First Nations band or local government. Unqualified groups or organizations may partner with a qualified organization. A Technical Review Committee will review project proposals and make recommendations to the RDCK for final funding approval.

To apply for funding, go to [www.kootenayconservation.ca](http://www.kootenayconservation.ca) and click on the Kootenay Lake Local Conservation Fund tab. Review the Terms of Reference, paying particular attention to Section 8 – Fund Design and then apply using the application form provided.

The closing date for project submissions is **4:30 pm PDT October 31, 2016.**

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



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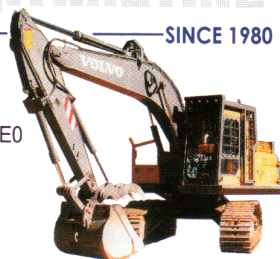
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**Next Deadline:**  
**Sept 28, 2016**



## Circle of Friends

by Muriel Crowe

August has been a busy month for the Eastshore Circle of Friends. Riondel Daze started the month with the stationary parade and the very popular chair painting. That event brought home to us how important it is to have events that children and adults can work at together and a legacy of brightly painted rocks that come in handy for tablecloth weights.

Two musical events followed: an enthusiastic group hummed, swayed and tapped along with Darryl Alguire and friends. The following weekend brought Moon-glow as part of the Columbia Basin Cultural Tour, a weekend event that helped to celebrate and advertise the diversity of artisans in the basin. A wind storm brought a crashing end to the tour when our events tent decided to fly; we hope to replace the damaged frame pieces. The month closed with demonstrations and hands on mini workshops by several artisans.

Christmas in September is our closing event. Come and enjoy some delightful music, take advantage of some of the best prices in the area and buy some gifts. There is no rule that says the gifts can't be for oneself. Planning for next season is underway; if you are an artisan please consider joining us. If you have suggestions please share them and in the meantime please drop in and enjoy what we have to share.

**Next Deadline:**

**Sept 28, 2016**

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

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

## Riondel Community Library

by Muriel Crowe

The Riondel Days Library book sale was a great success again this year earning \$1,022. There is a great amount of work involved in setting this up and once again Chris Robertson organized storage to make the set-up and take-down a very organized quick task. Thanks go to our regular library volunteers and also to Bob Moore, Fred Green, Darryl Alguire, Bob and Linda Egeland, Barbara and Deborah Leonard, Branca Lewandowski, Frank Schmaus, Marian and Erik Petersen as well as Lee and Sharon Brocklesby. Please forgive if I have missed someone.

There has been one major change in the library. The DVD's have been moved to the back shelves and we will be changing the tabs on the spine to the first three letters of the title, currently they are a hodge podge of author, actor, producer or publisher. We would appreciate some names of videos that are parent approved for children and of course we are happy to purchase videos that may be popular or interesting to adults. Requests for particular books are also welcome.

With the end of summer comes bountiful harvest of produce quickly followed by bears. One sure way to bear proof your home is to pick all of your fruit and preserve it for winter. If you aren't sure how to do that please borrow books from the library to help. If you cannot use it all yourself, please check our local papers and bulletin boards for contacts who will help you remove it or ask your neighbours if they can use some of that bounty.

## Creston Arts Events

by Val van der Poel

As Fall approaches it is time for a number of annual events; The Creston Fall Fair and the Creston Art Club's Annual Fall Show and Sale to name two.

The Creston Art Club has members from Lister and Canyon to Boswell and always puts on a great display. Visitors will find original artworks in watercolours, acrylics, oils, fabric and paper as well as a variety of small items like cards, Cool Ties, quilled ornaments and more. Many of you will be familiar with most of the artists but this year we have a few new members whose art you will enjoy.

Please come out and join us upstairs at the Rotacrest Hall in Creston on September 9, from 2 pm to 9 pm and September 10, from 10 am to 4 pm. Enjoy some refreshments while you enjoy the art, meet some of the artists, find out about the art club (new members always welcome) and enter your name in the draw for a very special painting.

### Getting some Summer Holidays?



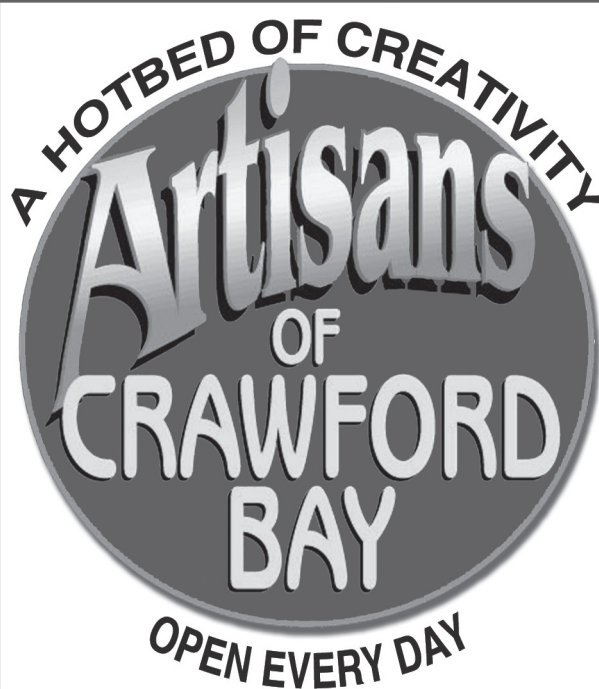
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## Book REVIEWS

by Tom Lymbery

*SONIA*, by Sheryl Salloum –the Life of Bohemian Rancher & Artist Sonia Cornwall 1919-2006, Caitlin Press, 240 pages, \$24.95

A cow punching lady Cariboo Artist who rode with the cattle as well as depicting them in oils and other mediums! The book cover painting is of the Williams Lake Cattle Sale and the book included 52 colour prints of some of her other paintings but the text is largely about her life. She sometimes struggled to keep the family cattle business profitable and still find time to paint.

She was determined to paint and she kept at it between riding the range and buying and selling cows and bulls. She had artists come to stay including Tom Thomson of the Group of Seven, Emily Carr and Joe Plaskett. Her paintings were entered in many art shows and found a certain market, but apparently were not welcomed in Vancouver and Victoria. Did they consider Cariboo paintings too bush league?

I thought she had a problem depicting the heads of cattle until I read of her somewhat surrealistic style, realizing that she was not intending them to be true to life, though some of her buildings and other work are accurate.

Joe Plaskett was my home room teacher in grade 9 – we knew he was an artist but had no idea he would go on to become a renowned painter of still life.

*WINDOW TO FREEDOM - a Journey of Survival*, by Marian Wiacek, Self Published, 214 pages, \$25.00. Edited by Luanne Armstrong and Betsy Brierley. Cover and interior design by Warren Clark.

A remarkable story of a well to do Polish family who were deported to Siberia by the Russians in 1940. The oldest son, Marian tells the story of his mother, brother and young sister being piled into rail cars that were designed for horses, and of their wintertime long, smelly and most uncomfortable weeks of rail travel to Kyzylorda in Siberia.

Marian has experience in finding mushrooms – one of the things that helps keep his family fed. His mother has first to work on packing boxes of small pieces of wood that are intended for the production of vehicle fuel due the shortage of gasoline. She then moves on to other jobs, always keeping an eye out for any possible food, as many of the conscripts are close to starvation. After a year or so they are permitted to travel south, again in cattle cars, and some months arrive south of Samarkand where they are to pick cotton.

Somehow they were able to take a ship through the Caspian Sea to Karachi in Africa. The book's maps are essential as their route included many unfamiliar places. Marian is a keen Boy Scout and soon is able to join the Polish services. He is always trying to help out the rest of the family, eventually moving to England and then the US. On retirement he finds Kootenay Lake where he builds a log house.

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# Smarter Than Jack or Jill

by Sharman Horwood

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

## The Cooperative Cat

To many people, cats are independent, even indifferent. Those who live with cats for any length of time might question that. They usually become aware of their pet's more social side. We know lion prides of Africa, for example, cooperate in hunting, and in rearing the young. Surprisingly, ordinary cats do as well. In England, Professor David MacDonald of Oxford University did a study on a group of farm cats for a period of ten years, watching how they behaved together. Apparently, if there is enough food, cats that are related to each other don't compete. Instead female cats form groups and rely on each other for company, affection, and in rearing the kittens. They weren't solitary animals. They communicated their needs with each other in subtle ways: a look, a paw, or even just brushing against each other. We often don't know what they mean and after all, think of ourselves as the dominant, intelligent species in our homes. Cats, however, don't always agree.

Tink is a cat I've mentioned before. She was an ordinary farm cat and very intelligent. She also knew how to make her needs known. That quickly became

apparent when she had her first litter of kittens. She had only three, but she gave birth to the first two in the morning, and then stopped. I waited, one eye drifting anxiously to the clock on the wall. I had to catch the bus for work, but even though I could feel the third kitten still moving inside her, she'd stopped labour and was quite calm about it. I wasn't. I rushed off to work quite concerned, words like septicemia crossing my mind. I was late at work, and my superior, with a significant sniff, firmly presented me with a pile of correspondence that needed seeing to. I ignored her and called the veterinarian. He laughed. He said that unlike dogs, cats can—and will—often take a break between birthing kittens.

He was right. When I got home in the evening, Tink immediately went into labour again and proudly produced one more kitten. On my bed. I wasn't quite as delighted as she'd hoped, but I'd had the foresight earlier to place an old towel underneath her.

A year later, she had another litter of kittens, again just three. This time she'd insisted on giving birth in my lap. Apparently, I was supposed to share the experience even though I was in bed at the time. Once more, I quickly pulled out an old towel and strategically placed it under her. She was just as proud of these three little characters, and just as determined to look after them. (The next door's black Labrador stuck his nose in the door a few days later, and I had to peel Tink off of the dog's head for his sake. Tink was of the firm opinion that she wasn't yet into visiting.)

The fact that she'd wanted me to share in the whole experience didn't quite sink into my understanding, not as it should have. This became clear a couple of weeks later when I abruptly woke up to a kitten licking the bottom of my foot in bed. That tickled. And, I realized as consciousness dawned, the kitten hadn't been in the bed when I'd gone to sleep. I lifted the covers.

All three of the kittens were curled up there, without Tink. I heard the cat door swing, and her gentle brrrrr, a sound she made when she talked to the kittens. I left her with the kittens and rather thoughtfully began to get ready for work.

Come the weekend, I still hadn't cottoned onto what Tink was doing. With me at home for the entire day, I could, however, watch. And apparently participate, regardless of how I felt about it. I was perched in the armchair, thoughts off and away in a book, and suddenly Tink was standing in front of the chair, kitten firmly held in her mouth. I didn't do anything, and she kind of got this odd impatient expression on her face. She jumped up, put the kitten in between my side and the chair's, and then leapt off again. She returned, first with the second, and then with the third kittens, placing them solidly between me and the comfort of the chair. Then, to my surprise, Tink went out. She'd left me to babysit her kittens.

She did the same thing again later in the day, and the next day. I suddenly understood how and why the kittens had found their way into my bed. I also learned quite quickly what my role in the family dynamic was to be: I was the babysitting auntie. And I wasn't the smart auntie—I'd missed Tink's subtle signals so she had had to pressure me into behaving as I should. Cats communicate with each other in ways that I was obviously missing, so Tink had taken the steps necessary to get me to look after her young.

I have to add that as the kittens got older, her trips outside became more frequent. And longer. She was the dominant female, the one who had kittens, chased away dogs and other dangers, and fed our family. (I swear I did not eat the mice she brought home.) She was definitely teaching me. Later, even without kittens, her opinion remained the same: I wasn't the smart one in our home.

## Tom Sez

by Tom Lymbery

Don Fletcher of Gray Creek attended a Trail reunion of the Trail Smoke Eaters Hockey team that in 1961 won the World Cup of Hockey – the last amateur team to do this.

The 19-hour power outage on August 7/8 was followed by a longer 24-hour shutdown on August 18 – 19 caused by windstorms that brought many trees down along the lake. Why hasn't Fortis kept up with the removal of danger trees? Tree growth is consistent in our southern interior rain forest. While Fortis contracts brush slashing to Davey Tree Services they have missed out on taking down those trees that overshadow the power line at our expense. When Don Derbyshire was still based in Riondel for WKP&L outages were a great deal shorter.

Has Donald Trump ever applied to join Lions or Rotary? Would he be accepted?

Another big mouth is the US women's soccer goalie, Hope Solo, who apparently said that the US was "beaten by a bunch of cowards," denigrating the Swedish team that put the US women out of the picture in the Olympics in Brazil.

The Rudy Johnson Bridge across the Fraser River near Williams Lake was in the news recently when a young man fell from the bridge into the fast moving river. After carefully measuring, Rudy purchased a used 300 foot bridge from Alaska, and set it up to save 25 miles of the trip to school and town. He collected tolls on his bridge until BC Highways purchased it from him. We have Rudy's book in stock.

We are sometimes asked if it is safe to spend time in Mexico. I would say that we are safer than we are in Cranbrook where a drunk drove into the RCMP office, and copy cat crooks stole rifles from Canadian Tire – just days after crooks smashed into Trail's Canadian Tire to make off with 12 rifles and ammunition.

We are back in the chainsaw business, ready for firewood season. These are heavy duty Jonsered saws with 20" bars that you can't find at Canadian Tire. Jonsered and Husqvarna are both exactly the same except for the colour.

Queens Bay has signs posted on Highway 31 showing where the beach may be paved at the site where they think the new west shore ferry landing will be built. There will be a much better and more accessible beach when the dock and pilings are removed from Balfour.

When you are putting your recycling in the bins at the store (or elsewhere), if there are others at the bins please ask them if they are familiar with recycling. All jars need to be washed and sorted, no bags full of mixed material and no Styrofoam. **As well, any containers of any type of drink (except milk) need to go in the Lions Bin; otherwise they go to Spokane and no one gets any refund.**

All BCAA & AMA members get 30% discount on Cloverdale Paint at the store, just show your card.

Yellowhead Road and Bridge (YRB) has hauled many loads of crushed gravel to improve the surface of Anderson Road in uphill Gray Creek. Preparation for paving? This is most unlikely even though Gray Creek has been short shipped in pavement with less than 300 feet of its side roads paved.

August 4 saw a fire in Winlaw that completely devastated Sono Nis, one of BC's oldest and most important publishers. Completely lost are their entire stock of books including those of Robert Turner whose book, *Steamers of the Yukon*, was reviewed in last month's *Mainstreet*.

Are you ready for the next power failure? A most important light to keep you going is an Antique Lantern (uses 4 AA batteries) with LED lights that will light your room surprisingly well – only \$14.95. These also give a quality light if several people are walking together or on stairs.

The *Valley Advance* has an excellent letter to the editor from Duncan Simpson of Lister who has studied the Ferry Terminal problem from an unbiased viewpoint. He points out that BC can not afford the high costs of the extra 18 minutes it takes to traverse the narrows to Balfour, and needing two ferries in the summer.

## GRAY CREEK PASS REPORT

Our store staff were chuckling over a phone enquiry, "Has any one been over the Gray Creek pass recently?" We see hundreds of travellers taking the pass route daily through the summer.

The Trans Canada Trail sign on the store deck attracts a lot of interest and also saves answering more questions about the pass. It is intended for cyclists and hikers so perhaps offers more warning than needed for vehicle operators. Our Eastshore Trail and Bike association is to be credited for this one.

September 2016 *Mainstreet* 13





## What I Have Seen

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

At the time of writing, it is mid-August, and planning for the next school year is in full swing. We are looking forward to a year of inspiration, innovation, creativity, achievement, and community partnerships, as well as to supporting all of our students to achieve success. The school year ahead brings some changes, and with change comes new possibilities. I am excited when I look ahead to the 2016-17 school year at CBESS. However, we also need to say farewell to some staff members and wish them well in their new paths, as well as say hello to some new members of the team.

We said farewell to **Lori O'Neill** and **Beth MacLellan** in February 2016, as they began retired life after many years at CBESS. Fortunately, we will still see Beth when she joins us as a teacher-on-call; she joins the ranks of **Janet Fleming, Ted Wallace, and Lynda Leduc**, fellow retired teachers who fill in for current teaching staff when needed. In June we said good-bye to **Jessie King**, our **Grade K-1 teacher**, who embarked upon a year's leave of absence to explore other areas of BC, and educational assistant **Aisha Pitt**, who will also be on leave this year. We now need to say good-bye to **Kate Okros**, who has accepted a full-time position at **JVH school**. Kate has contributed immensely to our school, through her classroom teaching; PD coordinator role; ski days coordination; garden learning and tech support roles; and enthusiasm and commitment to learning. She has been a core member of our team and will be missed by all of us.

I am very pleased to announce that **Johanna Strom** has accepted a permanent position at CBESS, and will be teaching the Grade 2-4 class. Johanna has taught at CBESS regularly over the years, and is a dedicated, organized, and committed member of the elementary team. Her teaching will lay a strong foundation for the elementary students in her very capable hands. **Shannon Lanaway** joined us in the spring, and has thrown her heart into the teaching of art, K-1 social studies, Gr 2-3 math, and some Learning Support. Her passion for integrating an aboriginal perspective into the curriculum has made an impact across the school, and she is a very dedicated gardener! This year Shannon will be teaching a range of subjects, including art from Grades 4-12 and French across many of the grades. She will also be working with **Alana Strom**, who coordinates our **aboriginal education** resources and activities, to further integrate an aboriginal perspective across the curriculum to support the Truth and Reconciliation vision in the new BC curriculum.

**Max Percival**, who formerly taught in **Creston**, will be joining us as the **Grade K-1 teacher** and as the **secondary Drama teacher**. Max specialized in Theatre Studies at university prior to his education degree, and will be able to continue to develop the excellent drama program that has grown over the years.

**Chantal Lunardi** will continue to be part of our team as an educational assistant, and her enthusiasm and commitment to children, the garden, and the French language is very apparent.

**Krystal Sneddon** will also be joining us as an educational assistant, adding to the amazing team of **Cathy Fowler, Alana Strom, Sarah Wolfenber, and Chantal Lunardi**.

**Jacqueline Wedge** will return to teach music to our students, and I am happy that **Alvin Dunic, Kristy Winger, and Matt Winger** will continue to be part of our teaching team, and **Alexis Philips** will continue to

support our students through counselling services.

**Sandy Watson** celebrated her 30th year working in the office at CBESS this spring and I am extremely grateful to her for all of her skills and knowledge.

This year we will continue to work towards our vision of **innovation, flexibility, community involvement, high expectations, and a culture of respect and support for all**, incorporating the outdoors, healthy food, personal interests, and the school garden as much as possible.

We have also been able to **increase the amount of French** we can offer to students, which is a great feat for rural schools in BC these days. We will continue to focus on supporting our secondary students as they learn about **different possibilities for life post-secondary**, and ensure that they are aware of the paths to follow to achieve their goals and how to navigate the logistics of program and scholarship applications. All of our students will continue to learn strategies for **conflict resolution** and we will continue to build a school culture of positivity and respect for all, as well as a better understanding of behaviours more appropriate for different times and places.

I am happy to report that **Rupert the bus therapy dog** has already made an impact; student behavior has improved and students are demonstrating an understanding of the positive impact of using gentle voices around him, calmness, and taking turns. Rupert has also helped a number of our students relax, most recently before students wrote their provincial exams in June. I am also looking forward to our continued **Spaghettini** meetings next year...top secret, girls!

**Perspective broadening opportunities and excursions**, such as the exchange trip to Ontario last year, our hosting of international students, the **Kokanee Glacier** hikes, drama trips, guest speakers, elementary trips to wildlife centres and farms in **Creston**, visits to pow wows and former residential schools, volunteer opportunities, etc, will continue to be part of our vision. This fall we will be offering both a **Grade 7-9** and a **Grade 10-12** two-night trip to **Kokanee Glacier**, and will be applying for another exchange trip opportunity in secondary, hopefully to the east coast or to **Quebec**. Some secondary students have been discussing the organization of an international trip with a service component and that is something we will continue to explore.

We will also be piloting a **Homesteading and Survival** course on Wednesdays for one semester, as our **Wednesday Explorations** focus. This topic was selected in consultation with secondary students and based on their interests. The development of critical thinking and effective discussion skills through "Coffee Shop" sessions will continue, as will the opportunity for students to pursue areas of personal interest through our community mentorship program.

**Music and movement** will continue to be an integral part of elementary, and we hope to extend our music program into lower secondary this year. We will also host a **School of Rock** after school program, where secondary students will be able to develop their vocal, instrumental, and performance skills while working collaboratively as a team. If any parents or community members are interested in offering activities for youth this year, please email me or contact the Youth Council- there is funding available for people who are able to organize and lead activities.

**The new curriculum** for K-9 students in BC has been finalized and begins formally in the upcoming 2016-17 school year. You can read about this on the curriculum website at [www.curriculum.gov.bc.ca](http://www.curriculum.gov.bc.ca). There is a range of information here, including an explanation of the Big Ideas, Learning Standards, Core Competencies, and First Peoples Principles of Learning. The grades 10-12 curriculum will be in draft form this year, with a formal start next September. In the spring I sent out a letter to secondary student parents/caregivers to outline the changes coming to the graduation program and provincial exams, and this informa-

tion can also be found at the website above.

There is so much that happens at our little **Crawford Bay Elementary-Secondary School**, and we could not do much of it without the **ongoing support of all the community members who generously volunteer** their time in so many ways: volunteering in elementary classrooms; mentoring; preparing food and washing dishes for the hot lunch program; helping out with music, movement, sport coaching, PAC, fundraising activities, accompanying field trips, preparing and selling pizza for **Pizza Friday**, and numerous other valuable supports. We are very grateful to all of you.

I look forward to the start of the new school year and to seeing all of the members of our little community of learners, especially our newest students, the kindergarten students. I hope everyone enjoys the last of their summer and returns to school in fall refreshed, enthusiastic, and full of energy!

## Yrb Teams Up to Help Natural Playground!

by **Ellie Reynolds**

Things just keep getting better and better for the **Natural Playground** project at the **Crawford Bay Park**. After the good news of the \$20,000 prize from **BCAA**, the latest partner to join the play party is local company **YRB**. We are delighted to announce that **YRB** has generously come on board and agreed to donate their time, machines and materials to the project. We will be working with **Marc Dale** (Operations Manager) and **Barney Bothamely** (local Road Foreman) who will excavate and grade the site as well as bring in materials for the pathways, sand for the sand pit and fill for the hill slides. We are super excited and grateful to have their support and thank them for agreeing to help out in such a huge way!

You can expect to see a few of the older pieces of playground equipment taken out very soon (don't worry not the merry go round!) and the site graded and some fine fill brought in. The rest of the grand design will likely be completed in the spring, if not sooner. Bring it on! Thanks to all who have agreed to volunteer and contribute closer to building time. We are going to have the best playground in the **Koots** before long.

## Movin' Groovin' Toddlers at the 3rd annual Kindermusik Summer Program

by **Ellie Reynolds**

Thanks again to the **Columbia Basin Trust** for funding what is now the 3rd year we have been able to offer the **Kindermusik** program to pre school aged children in the **East Shore**. Children from newborn to 5 years joined together with their parents and instructor at the **Gray Creek Hall** to experience singing, movement, group and family dances and instrument play. All these activities are fun, age appropriate and are wonderful ways to introduce children to the basics of steady beat, body awareness, and coordination and simply the joy of making music in a group. I love seeing young children come into the space and their eyes light up, or sometimes they come in upset or cranky and are quickly turned around by the fun! It builds confidence, social skills and musicality, and it's fun for parents too. Thanks to the **Columbia Basin Trust, RDCK** and **Gray Creek Hall Society** for supporting this project.



## DIY Fooding

by Elisa Rose

Have you ever found yourself spending so much time in the kitchen, trying to keep on top of processing all the fresh food that the summer offers, that you forget to eat? I do it all the time! Some days I find myself making batch after batch of pesto, only to put it all into ice cube trays and into the freezer, and then thinking, wait a minute, I could have, should have, made some pasta to go with it, for lunch. To eat right now. Because I'm starving from all this work! But ohh no, I'm so preoccupied (aka obsessed) with making use of every food thing that comes my way, that I forget to eat. And sometimes I end up feeding myself and my baby a bowl of cereal with milk instead. That seems so against my philosophy of diy fooding! Hmmm, maybe it's time I make my own rice or almond milk, so that I would still be eating something that I'd made....

Well, speaking of pesto, my great idea of the month, (and hopefully your garden, if you have one, is still going strong throughout September) is to make, not only basil pesto, but to make pesto out of other greens in your garden. I've used arugula, curly cress (water cress works as well, but that's more of a spring item), mustard greens and earlier in June when I didn't have enough of anything to make a batch with just one type of leafy green, I used a bit of everything! This included, in addition to the aforementioned greens, baby beet greens (just pick a couple from different beets so that the beet keeps growing as usual), lettuce, baby kale and baby swiss chard. All blended together for a pasta dish, which doesn't even need a salad to accompany it, because it is salad enough as it is.

If you need a recipe for this, it goes something like this: A small handful of nuts (roughly 1/3 cup) such as pine nuts, cashews, hazelnuts, pecans or almonds.

Each nut has its own particular flavour, so, you decide what you're craving, or, you could combine a couple of them. Next, add 1-6 cloves of garlic, depending on how garlicky you want it. Shallots are also a tasty alternative to garlic.

At this point, you might be wondering, can't she just give an exact recipe? There's a big difference between 1 and 6 garlic cloves! Just tell me how to do it, for crying out loud, don't make me think! Ha. Well, sorry, I can't. Or won't. Cooking is so personal, we all have slightly different preferences. If you're like some people I know, even the mention of garlic in a recipe is enough to shut the whole thing down. You know what I mean? So, I'm only going to give suggestions, and yes, you have to think! Or, at least feel your way through the cooking process.

Ahem, back to the pesto. In a food processor, blend together the nuts and garlic. If they just get stuck on the side, use a spatula to get them down. And maybe add a touch of olive oil, measurements to follow. Add two huge tight handfuls of greens of your choice. Or more specifically, 2 tightly packed cups. Over that, add about 1/2 cup olive oil, and blend it all for few minutes until it is as creamy as can be.

At this point, if you've made or eaten pesto before, you might be wondering, what about the parmesan? Well, since I'm making multiple batches to freeze, I never add parmesan, because at the time when I'm ready to thaw it out and cook with it, I like to have the flexibility to add any cheese I want at the time. Often I add feta, and other times, creamy goat cheese. Occasionally, since it's an Italian recipe, ("pesto" roughly translates to "beaten or crushed") I add the classically Italian formaggio parmigiano. That's parmesan cheese, fyi.

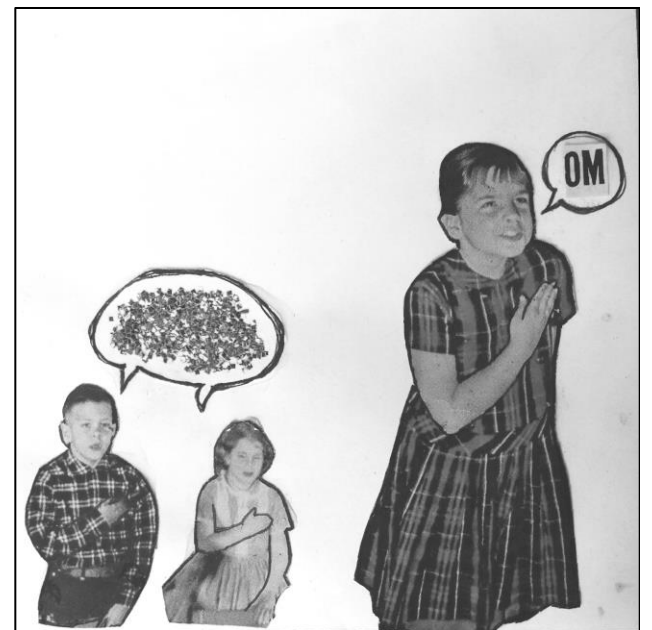
You can either use this pesto right away on pasta with some fresh tomatoes and feta, in scrambled eggs, a frittata (also Italian!), or steamed potatoes, etc., or else put it into an ice cube tray, freeze and then knock

the cubes out into a plastic bag or container, and store in the freezer to use in the future. The cubes just need an hour or two on the counter to thaw when you're ready for them.

As for the greens in your garden at the end of the summer, if you think that they are overgrown and too tough to eat raw, and the way to tell this is to try eating some raw and decide if you like it or not, and if I've caught you early enough in the month, you can still go ahead and plant some greens, and plant them thickly, now. It only takes 4 or 5 weeks till they're edible. If we're lucky, and you never know, the way the weather's been this summer (???) you might be able to cut them back, let them grow and cut them again, two or three times, but I'm not promising you anything, because who knows maybe we'll get a frost in September (noooooo!!) Oh, and if you don't have a garden or it's all finished for the year, you can also buy greens from the store any time of the year, it isn't forbidden.

...and you will have seen the world

by Elisa Rose



## Gentle Fall Cleanse October 14-16, Tara Shanti

by Zora Doval

It will soon be that time of the year when the hot season of summer will yield to a cooler season of autumn. In oriental medical systems it was during these times of junction of two seasons when the bodily and mental humours get naturally imbalanced and precautions should be taken. In summer we accumulate a lot of heat into our bodies and minds and although some heat is beneficial, the excess needs to be eliminated. In ancient India the doctors were experts in conducting yearly seasonal cleanses in highly specialized clinics. It was understood by the entire culture that prevention is better and cheaper than cure.

One Ayurvedic sutra states that he is the "greatest doctor who cures the disease before it arises". Obviously, the medical system of Ayurveda highly values the preventive medicine. Most of the preventive measures advocated by Ayurveda are easy to learn and adopt by anybody in the comfort of their own home. The methods are not invasive and people usually feel good while on the cleanse. The cleanse is slow paced and relaxed.

From previous experience with conducting these cleanses it became obvious that it is harder to do them alone at home without any support system. I am very happy and honoured that we can offer an Ayurvedic cleanse this fall in a residential format with a lot of support in a beautifully renovated yoga retreat center and B&B of Tara Shanti overlooking the lake and the glacier.

During the 3-day retreat the participants will learn the complete philosophy and practical procedure of undergoing a successful seasonal cleanse, the origin and unfoldment of the disease process, herbal supplements to promote health and longevity, daily oil massages to boost the creation of happy chemicals in the brain. There will be daily demonstration of preparing

very tasty healing foods, including the proper use of Ayurvedic spices.

The retreat will immerse participants in an optimal lifestyle geared towards prevention of disease, self care, self exploration and creativity. The day will start with freshly pressed vegetable juice and a session of restorative Hatha yoga, then continue with healthy meals, lectures, walks, journaling and art therapy. I will be joined and supported by Maggie Kavanagh, a certified yoga teacher and owner of Tara Shanti. She will guide the daily yoga session.

Although the cleanse is residential, the local residents are very welcome to join in and participate during the day program at a lower rate. The accommodation at Tara Shanti is very comfortable and, as an introductory offer, the owners Maggie and Gord are allowing a greatly discounted price for their rooms. The space is limited to 10 participants, so if improving your health is a priority, call Maggie at 250.777.4868 to book your room. Call Zora at 250.227.9434 to register for the cleanse. Go to [pureblissayurveda.ca](http://pureblissayurveda.ca) or [tarashanti.com](http://tarashanti.com) for more information.

## 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 September 12 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](mailto:mainstreet@eshore.ca)

**HOT LUNCH/HL MANAGER:** The hot lunch program will start up again on Sept 14 (Wednesday). Chef Tyler welcomes input and help/volunteers. If you have questions/comments for the Hot Lunch Program, you can email Tyler at [cbesshotlunch@gmail.com](mailto:cbesshotlunch@gmail.com).

**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!

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## Remembrance Garden

by Muriel Crowe

The Remembrance Garden is a delightful shady and cool spot to visit on a hot sunny day as well as being a place to remember those who have gone before us. I like having a wander through the paths and enjoying memories of family, friends and those I knew only to say "hello" to at the post office. In fact, the whole town is a place of remembrance when you have lived here for several years. How often do we find ourselves saying, "That new family bought the Jones house" or something similar, so memories of former neighbours are carried forward?

The next time you are walking that way, take the time to sit on a bench, relax enjoy a few happy memories and leave feeling renewed. We now have a web page: [remember.riondel.ca/#top](http://remember.riondel.ca/#top)

To inquire about plaques, contact Wendy Scott: 250.225.3381.

To inquire about shrubs, contact Muriel Crowe: 250.225.3570

September 2016 Mainstreet 15



## King O' the Balls Fantastic Soccer on the East Shore!

by John Edwards

The weekend of August 20 saw over one hundred soccer players converge on Crawford Bay from **Rossland, Slocan, Nelson, Creston, and Cranbrook** – all to vie with home-town **East Shore United** for the famous **King O' the Balls trophy** that's been the ultimate soccer goal here since the year 2000.

Some smoking hot weather made it all a test of endurance as well as soccer skill, as each team played at least five games in the round-robin competition. Kokanee Springs had, as usual, put a lovely cut on our soccer pitch the day before, which they do out of pure East Shore community spirit, and the park looked great.

**East Shore United (E.S.U.)** had the honour of taking on **Creston Wizards** in the first game on Saturday at 9:00. On their very first rush down the pitch, Creston put together a brilliant pass and run combination and launched the ball into our net while half of us were still getting used to the idea that the game had actually started. We fought back and had the best of the play in the first half but no goals came. In the second half, a long ball from Creston's midfield caught our Keeper **Dano Cheverie** back on his line and a Wizard forward accelerated to it before Dano could reach it – bam – 2-0 Creston.

E.S.U. dug in even harder and kept attacking relentlessly and it paid off when **Jesse Davidson** finally got a clear shot on net and blasted it by the Creston Keeper. 2-1. With only five minutes left, Jesse got hauled down from behind as he tried to work through Creston's defense and the ref whistled it down for a free kick from about 20 yards out. Jesse lined it up and fired into a huge jam of players in front of the net and the ball caromed off of **Reuben Lorenzo's** back and into the right side of their net. 2-2 tie and that's the way it ended.

Next up were **Nelson and Rossland**, both tough teams that we knew would finish near the top. Nelson had imported a couple of real ringers from Cranbrook for the tournament who coach the White Cap training school there, so they had a very stacked squad. Hard battle, but Rossland succumbed 3-1.

Next it was Slocan vs. Cranbrook. Slocan has a team of skilled veterans but almost no young speed and Cranbrook is the opposite – all young speed. It was a great game but in the end Cranbrook prevailed 1-0. Nelson then stepped up again and hammered Creston 4-0, just to drive home the idea that they were the tournament favorites.

For lunch, **Rebecca Fuzzen** catered a wonderful feast of cheese smokies, potato salad, and corn-on-the-cob, and everyone really enjoyed that, to say the least.

By 2pm it was time for E.S.U. to take on Slocan – an ancient rivalry that we've been getting the best of in recent years. We were dazed and confused after one half. Although we totally dominated the play we were down two goals to zero. But we kept grinding away and with only fifteen minutes left, **Dan Rude** floated a perfect cross into the box and **Jesse** made no mistake in heading it home. 2-1. With ten minutes left we got a corner kick that **Donny Lott** got his foot on and found **Jesse's head**, once again, in exactly the right place. Wham! 2-2 tie. With less than five minutes to go, E.S.U.'s young super-star **Iyra Cowling** intercepted a ball just inside Creston's 35-yard line in the middle of the field, beat a Creston defender and fired a tremendous powerhouse strike into their top left corner. 3-2 for E.S.U.! Game over. What a goal for **Iyra!**

Rossland stepped up next and narrowly won out over Cranbrook 3-2, then it was time for us to take on Nelson. Scorching heat of 34 degrees at least but

both teams fought hard. We got on the board first when **Donny Lott** was fouled in the Nelson box and awarded a penalty kick, which he calmly fired past their Keeper. The play was quite even, but their **imported Cranbrook Striker, Sam Heap** finally got away from our defense and found the back of our net to tie it up. He's lightning fast on his feet and gets his shot off with amazing speed also, so he's very hard to defend against. In the second half he was streaking goalward again shoulder to shoulder with our Defender, **Billy Morgan**, but Billy leaned into him too heavily in the box and the ref called for a penalty shot. No mistake there and Nelson went up 2-1. We fought back as hard as we could, but Sam got away several more times even though Dano made some great saves. Eventually he put in another goal and we ended down 3-1.

The last game of the day kicked off at 5:45 and Creston lost no time in taking out their frustrations on Slocan. They hammered them 5-0, their first win of the day and Slocan's third straight loss.

Time for some more excellent food – fabulous tacos from **Kenji** and scrumptious lasagna compliments of **Jason Allard**. A few cold beers, and everything seemed right with the world.

The tournament was being refereed by **Ron Joseph** and his team from Trail/Rossland/Castlegar and they stepped up to officiate a huge **Twoonie Shoot-Out** of at least 50 shooters as twilight came over Crawford Bay Park. It went on for about 90 minutes as Slocan player **Sylvan Perriere** showed off some formidable goal-keeping talent and slowly narrowed the field down to 20, then 10 then 3 and then to the last shot. **Graham, from Rossland**, in the end prevailed, with about 15 consecutive bullet strikes and walked off with the big cap full of twoonies.

Day's end saw Nelson as the only undefeated team with a high probability of making the Final on Sunday, with everyone else but Slocan in the running for the other Final slot. We all went home for an early bedtime, except of course, those who just can't resist a party. That group includes most E.S.U. players.

When morning came there were not a lot of soccer players to be seen in the park, but Rossland and Slocan both managed to put teams on the pitch for 9:00. Rossland took out their hangovers on Slocan and kicked them mercilessly about the field 4-0.

Then it was our turn to start running again, this time against Cranbrook. As I wrote earlier, they're a young, strong team and we had to go hard against them to keep up, but we had the best of the play.

In the first half we got a corner kick that fell perfectly into the slot in front of Cranbrook's net and **Dan Rude's** right boot appeared almost magically from nowhere to volley it past their Keeper. 1-0 for E.S.U. We continued with solid play but couldn't convert our chances. In the second half their right winger took a ripping long shot from 30 yards out on the wing and Dano went up as high as he could for it but it brushed over his hands and through to the far post, where a Cranbrook player chested it into our net. The game ended 1-1 and our chances of making the final dimmed severely.

Nelson took their turn next at hammering Slocan 4-0 and that was it for the Valley stalwarts, who'd lost every game in spite of playing hard and quite skillfully. Some tournaments just don't go your way, and they packed up their gear and graciously thanked us for a great time anyway.

Rossland stepped up against Creston next and, if they won, we wouldn't be playing in the Final, as there

would be no way we would catch them. It was a tight game and Creston got up 1-0, but Rossland fought back hard and ended up the winners 2-1. It would be Nelson vs. Rossland in the Final.

Cranbrook had the next crack at defeating Nelson, and they gave it a good go, playing really strong against two of their coaches from the **White Caps Academy**, but in the end Nelson found the back of their net just once and that was all it took. Nelson won 1-0.

We played Rossland at 3:30 in a game that was meaningless to the final tourney outcome, as we couldn't catch them, win or lose, but our E.S.U. pride was still at stake and we came out pumped for a fight. Some of our more experienced players weren't keen to play, so **coach Bob Schutter** put out a squad with a lot of our younger players, who were rarin' to go. One was **Billy Morgan Junior** - just 13 - but playing Sunday Soccer with us for years with formidable skills. One of them was **Iyra Couling** who moved from midfield back to center defense for this game and stymied the Rossland offense completely. One was **Matea Lorenzo**, a standout on the Nelson U16 Girls team, whose father, Reuben, plays ferociously for us at midfield. Matea set up one goal with a perfect cross in from the wing and almost got another on a break-away. Another of them was **Felix Wedge-Darchen**, whose Dad, **Serge**, used to play for us. **Felix** is in his rookie season, he has speed and energy to burn, and burn is just what he did

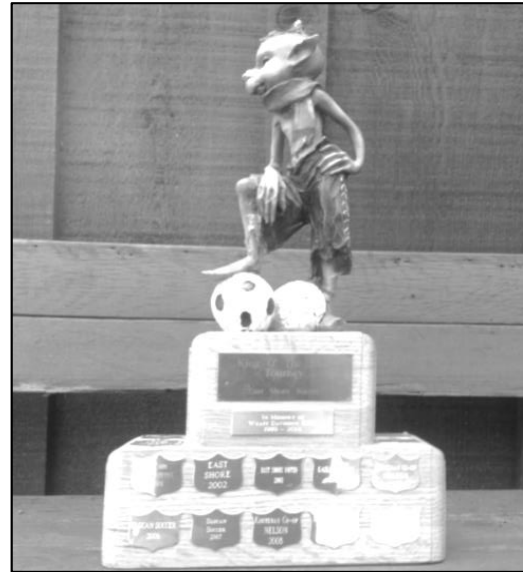
to Rossland. He slammed in three goals in a row, including a fabulous shot from about 40 yards that flummoxed the Rossland Keeper. **Xavier Schutter**, (no longer a youngster, but an ESU member since he was even younger than Felix) launched another great shot from far out on the right side that sailed over the Keeper and into the net and it was 4-0 for us as the final whistle sounded. Yippee!! Even if we weren't going to the Final, we'd just clobbered one of the teams that was, and it felt good.

Cold beer time (for the adults!). We sat and watched the last game of the round-robin, **Cranbrook**

**pummeling Creston 3-0** – and then it was time for Nelson and Rossland to do battle in the Final – a repeat of last year. Rossland came out fighting and before the first half ended had scored twice and were up 2-0. Our hopes were raised that someone was finally going to take Nelson, but it was not to be. With grim determination the Nelson squad fought back and pumped in one, then two, and finally a third goal. At the end it was 3-2 for Nelson and they were the **Kings (and Queens) O' the Balls** for the second year in a row. They deserved the title, going the entire tournament with wins in every game and playing excellent soccer all the way. **Captain Johnny Colbeck** accepted the trophy on their behalf.

Their Striker, **Sam Heap**, accepted the Golden Boot award for most goals scored, and their Keeper, **Jeremy Phelan**, took the Golden Glove prize for fewest goals scored against – a clean Nelson sweep.

All of the team leaders made a point of coming over before they left the park to thank us for organizing a great tournament and vowing to be back next year. I have to thank some great volunteer help from **Paul Hindson at Kokanee Chalets, Nick Hodgkinson (former E.S.U. Coach and now Creston resident), Rebecca Fuzzen, Felix Kuhn, Bob Schutter, Jake Kelly, Jai Holman, Kokanee Springs, and our local supporters who came out to cheer us on. It was a wonderful weekend of hard but mostly clean, skilled soccer, and the spectators would agree that it was well worth watching. We'll do it again next year.**





## Ladies Bluebell Classic

The annual Ladies Bluebell Classic was held at the Riondel Golf Club August 10, 2016. The winner was Mary-Ann Gaschnitz (overall low gross) followed by Roxy Stevenson (overall low net) with Laura Hobbs leading the Callaway division. Congratulations and thanks to all the participants and volunteers for a successful tournament.

The Riondel Golf Club also thanks the following sponsors for their generous support:

- Kootenay Insurance Services for providing the \$10,000 hole-in-one prize.
- Barefoot Handweaving
- Wynnwood Wines
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## Health & Happiness

by Dr. Sid Kettner

### Move Your Body, Protect Your Brain

The research is out there now. If one keeps active physically, the gray matter of the brain does not age as quickly or as much as if you spend too much time on your sofa. Exercise appears to delay mental aging and reduce the risk of Alzheimer's Disease. Are you interested? I am!

Two new studies provide this important evidence. One involved 876 people questioned as to how long and how often they exercised during the previous 2 weeks. Sadly, most (90%) reported none at all or just minimal walking or yoga. The other 10% reported moderate to high intensity exercise such as running or aerobics. Everyone then had their memory and thinking skills tested, along with a brain MRI. Five years later, the tests were repeated. The low activity group showed a greater decline in how fast they could perform simple tasks and how many words they could remember from a list. The difference was equal to 10 years of aging. The message: "For older people, getting regular exercise may be protective, helping them keep their cognitive abilities longer."

Further evidence comes from another study of 900 participants who were at least 65 years old. They too received mental testing and brain scans and after 5 years compared their change in mental status with the estimated number of calories expended in their exercise, or lack thereof. Those in the most active quarter of participants had significantly more gray matter

in the areas of the brain associated with memory and high-level thinking. Even in those who had mild cognitive or early dementia at the start of the study, the brain wasting was less in the high activity group than for their sedentary peers.

So if you are not already physically active, the above findings should encourage you to get up and start moving. Increase your gray matter volume and decrease your mental losses. Be smart by choosing to be active and then become even smarter as you move more, especially outdoors in our beautiful valley.

**Next Deadline:**  
**Sept 28, 2016**

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## Medley Day Camp Images

photos by John Smith



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**Sept 28/16- Deadline**



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**CONSTRUCTION/CONTRACTORS/TRADES**

**GRAY CREEK MECHANICAL** - Marine Repairs and Surveyor: Serving the Eastshore since 1994 15295 Oliver Rd. Gray Creek. 250-227-9285 - Jerry or Sharon

**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.

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

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

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

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

**GERALDINE ALTER - MASSAGES & WELLNESS FOR WOMEN** - European deep tissue, energetic reflexology, Breuss spine-vertebras massage, relaxing massage, hot and cold stone therapeutic massage, Reiki. I am a certified professional therapist in Europe, over 15 years practice, 250-227.9890.

**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

**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:** Certificates/training in Ayurvedic massages, Reflexology, Polarity Therapy, Acutonics Practitioner Level 4, Fibonacci tuning fork alignment, Astrological Counselling. 250- 225-3520

**RESTAURANTS**

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

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

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

**YARD/LANDSCAPING/SITE PREP**

**INTERFACE WILDFIRE PREVENTION STRATEGIES:** Services: Assessment & Abatement of Wildfire Hazards, Brushing, Thinning, Limbing, Clearing & Removal, Prescribed Burning, Multi-Use Trail & Access Road Clearing/Maintenance, GPS Services, Rooftop Sprinkler Systems. Farley Cursons: 250.354.8553. Certified/Insured.

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

**SUNSET SEED COMPANY**



*Your Complete Farm, Garden & Pet Care in Creston, BC*  
250-428-4614

**NOW OPEN!** We look forward to seeing you.  
1628 Canyon St, Creston (right next to 7-eleven)

*Creativity, Community, Conscience*

**CLASSIFIED SECTION**

**BUSINESS 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.

**EMPLOYMENT OPPS**

**The Lakeview Store** now hiring for Store Manager and Store clerk. Experienced preferred, but will train right person. Food Safe & Serve it Right an asset. Drop in with resume or email to info@kootenaylakeview.com attn: Lois

**EVENTS/NOTICES**

**SEPT COURSES AT SELKIRK COLLEGE/ LEARNING HUB:**

**Know your Mushrooms** with Tyson Ehlers and Dr. Doug McBride is on September 18 from 10 am to 4 pm. These two fellows are alot of fun and have published "Mushrooms to Look for in the Kootenays". There will be a slide show then an outdoor session to gather wild mushrooms to cook and eat, do bring a lunch and appropriate footwear, the cost is \$59 plus gst.

**Birding Course** with Janice Arndt is on September 14 and 15 at the Learning Place at Crawford Bay School. Class includes tips and hints for bird identification and bird biology. There is a talk in the evening and a field trip in the morning. Cost is \$49 plus GST. Don't

miss this opportunity! You can email me to express your interest and then drop by the office at Crawford Bay School to fill in a registration form and leave a cheque in the mailbox, or better yet-register on line at www.selkirk.ca/ce under recreation and leisure. If all else fails,give me a call at 250-551-5827.

**NOTICES & ANNOUNCEMENTS**

**WEEKLY HATHA DROP IN YOGA**

- Monday 9:30am to 11am, Community Corner in Crawford Bay (Jai will be teaching these classes for Sept. No class on the 5th). Wednesdays, 9:30am to 11am, Memorial Hall in Boswell. Hatha yoga, all level, with Melina Cinq-mars, certified Hatha Yoga teacher since 2004, \$10 drop-in. Mats available. melina@yinyogi.com or

*Creativity,*

*Community,*

*Conscience*

mainstreet@

eshore.ca

250.505.7697

*Next*

*Deadline:*

*Sept 28,*

*2016*

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

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

**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**

lunch-dinner-espresso

250-227-9596



blacksaltcafe.net

your eastshore bistro in Crawford Bay



# BULLETIN BOARD

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

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

Will be at the East Shore Health Centre monthly.  
For information, call Creston Health Unit at 250-428-3873.

### EAST SHORE HEALTH CENTRE Call 227-9006

\*See calendar for doctor days\* - Doctor hours are from  
9:30am to 4:30 pm. Please call 227-9006.  
Interior Health Authority, Community Care Nursing  
and Home Support Services - 250-352-1433.

### PHYSICIAN COVERAGE FOR SEPT 2016

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

Sept 6, Tues: Dr. Piver

Sept 7 - Dr. Moulson

Sept 8 - Thurs: Dr. Lee

Sept 13, Tues: Dr. Piver

Sept 14, Weds: Dr. Moulson

Sept 15, Thurs - Dr. Lee

Sept 20, Tues - Dr. Piver

Sept 21, Weds - Dr. Moulson

Sept 22, Thurs - Dr. Lee

Sept 27, Tues - Dr. Piver

Sept 28, Weds - Dr. Moulson

Sept 29, Thurs - Dr. Lee

Please Note: Lab hours 7:30 - 10:30 am, Weds

Call to make appointments at 227-9006

on doctor days and Thursday morning.

Tues, Weds & Thurs (8:30 to 12:30)

Phone: 250-227-9006 Fax : 250-227-9017

### BOSWELL HALL HAPPENINGS

Yoga: Weds, 9:30-11:00 am. Marilyn Arms 250-223-8058

Tone & Trim Fitness: Mondays & Fridays 9am. Darlene  
Knudson 250-223-8005.

## The MAINSTREET-

Contact: Ingrid Zaiss-Baetzel

Phone: 250-227-9246 Fax: 250-227-9264

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

E-mail: [mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)

### \*ADVERTISING RATES

\$35.00 - 3 1/4" wide by 1 3/4" high

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or 6 3/4" wide by 2 1/4" high

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or 6 3/4" wide by 3" high

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or 6 3/4" wide by 4 1/2" high

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\$150.00 (third page) - 6 3/4" wide by 7 1/2" high

or 3 1/4" wide by 14 1/2" tall or 10 3/8" wide by 4 1/2" tall

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\$400.00 (full page) - 10 3/8" wide by 14 1/2" tall

Sample Sizes - more sizes available.

Column Width: 3 1/4 inches - double column

width: 6 3/4 inches - full width: 10 3/8 inches

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

Classified Ads: \$5/first 30 words,

10¢/word after the initial 30.

\*\* 30% MORE FOR COLOUR ADS\*\*

### THANK YOU CB MARKET

A thousand thank you's Sonja and the staff at the  
Crawford Bay Market for their food and drink donations  
to the second annual Community Trails Day Event held  
in August. It was a fantastic day and we're grateful you  
were part of it.

*The East Shore Trail and Bike Association*

### THANKS FOR THE HELP

I wish to give a vote of thanks to the Riondel Ambulance  
who cared for me with a fractured hip and drove me to  
the Creston Hospital on July 25.

*Alvin Jackman*

### HEXAGON PLAYERS AUDITIONS

Have you wanted to be a part of a Hexagon Players  
production? We are starting our 2016/17 practices in  
September, beginning with auditions for parts in mid-  
September (watch for posters and Facebook posts for  
more specifics of the date). We will have copied selec-  
tions from the play - "Moliere Plays Paris" - available for  
you to obtain for your audition. You are asked to obtain  
a copy and memorize and perform a minimum two min-  
ute audition peice from the selected work. Copies will  
be available at Kokanee Chalets and La Gala Jewelry  
as of the first week of September. If you need others  
to read with you, or audition at the same time as you,  
please arrange this ahead of time! Contact Ingrid for  
more information or with questions: 250.505.7697.

## Creativity, Community, Conscience

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

## KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

### Summer Schedule in effect

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

## CHURCH CALENDAR

### RIONDEL COMMUNITY CHURCH

September 2016 SCHEDULE

Go to Riondel website for details.

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

For information call Christ Church Creston 428-4248

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

### HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

For info, please contact Karen Gilbert: 227-8914

### KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

Pastors Richard and Ramona Dannhauer

16190 Hwy 3A, Crawford Bay 250.227.9444

### YASODHARA ASHRAM

Satsang (non-denominational, "in the company of the wise"),  
each evening 8pm. Everyone welcome, 250.227.9224

### MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Fr. Sylvester Ibekwe Phone: 428-2300 Fax: 428-4811

Sun Mass at 2pm. 1st Sunday of month, Fellowship Sunday.

### THE CHURCH OF JESUS CHRIST

OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

Meetings begin at 10 am, every Sunday. Info call, 250-227-9522

### CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church, 8151 Busk Rd, Balfour

Sundays, 9:30 am - All welcome For info, call: 250.229.5237

## Next Deadline:

September 28, 2016

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

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

## MEETING PLACES

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

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

For More info call Lion Mike Jeffery - 250-227-6807 or Lion David  
George at 250-227-9550 or Lion Jim at 250-227-9622.

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

### PARENT ADVISORY COMMITTEE

(PAC) Meetings held at 7 pm at the Crawford Bay School  
on (usually) the second or third Monday of the month. (or Tues)  
Call Ingrid to be put on the agenda - 250.227.9246

Next PAC Meeting:

September 12, CBESS Library, 7pm

September 2016 Mainstreet 19



September 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
				Tara Shanti Yoga, 9:30-11am Dr. Lee	GC Store Anniversary High As Mountains, The Hub	GC Store Anniversary High As Mountains, The Hub
4	5	6	7	8	9	10
GC Store Anniversary Bottle Depot, 10-3	GC Store Anniversary	SCHOOL STARTS! Vet Clinic, CB Motel Tara Shanti Yoga, 9:30-11am Dr. Piver	Yoga w/ Melina Bos Hall, 9:30-11 Vball, 6:30pm CB School/Park Dr. Moulson	Tara Shanti Yoga, 9:30-11am Dr. Lee		
11	12	13	14	15	16	17
Bottle Depot, 10-3	Pac Meeting, 7pm, CBESS Yoga w/ JAI - Comm Corner, 9:30-11am	Tara Shanti Yoga, 9:30-11am Lions Mtng, 7 pm Dr. Piver	HOT LUNCH STARTS! Yoga w/ Melina Bos Hall, 9:30-11 Vball, 6:30pm CB School/Park Dr. Moulson	Tara Shanti Yoga, 9:30-11am Dr. Lee	Full Moon	
18	19	20	21	22	23	24
Twisted Roots Pig Roast, CB RV Park, 5:30pm Bottle Depot, 10-3	Yoga w/ JAI - Comm Corner, 9:30-11am	Tara Shanti Yoga, 9:30-11am Dr. Piver	Yoga w/ Melina Bos Hall, 9:30-11 Vball, 6:30pm CB School/Park Dr. Moulson	REC 9 Deadline Tara Shanti Yoga, 9:30-11am Dr. Lee		
25	26	27	28	29	30	
Bottle Depot, 10-3	Yoga w/ JAI - Comm Corner, 9:30-11am	Tara Shanti Yoga, 9:30-11am Lions Mtng, 7 pm Dr. Piver	Yoga w/ Melina Bos Hall, 9:30-11 MAINSTREET DEADLINE Vball, 6:30pm CB School/Park Dr. Moulson	Tara Shanti Yoga, 9:30-11am Dr. Lee		

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**Library Hours:**  
**ES Reading Cntr:**  
 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:**  
 Sunday/Tuesday  
 9-3, Sun, Tues, Thurs  
**BOSWELL:**  
 Weds/Sat 11am-3pm

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**ES Health Centre ~227-9006~**

Drug & Alcohol: 353-7691 Child & Youth: 353-7691 Community Nursing: 352-1433  
 Public Health Dental Screening/Counseling: 428-3876 Hospice: 227-9006 Baby Clinics: 428-3873  
 Mammography Screening: 354-6721 Physiotherapy: 227-9155 Massage Therapy: 227-6877  
 For more on facility, call Kathy Smith, 227-9006