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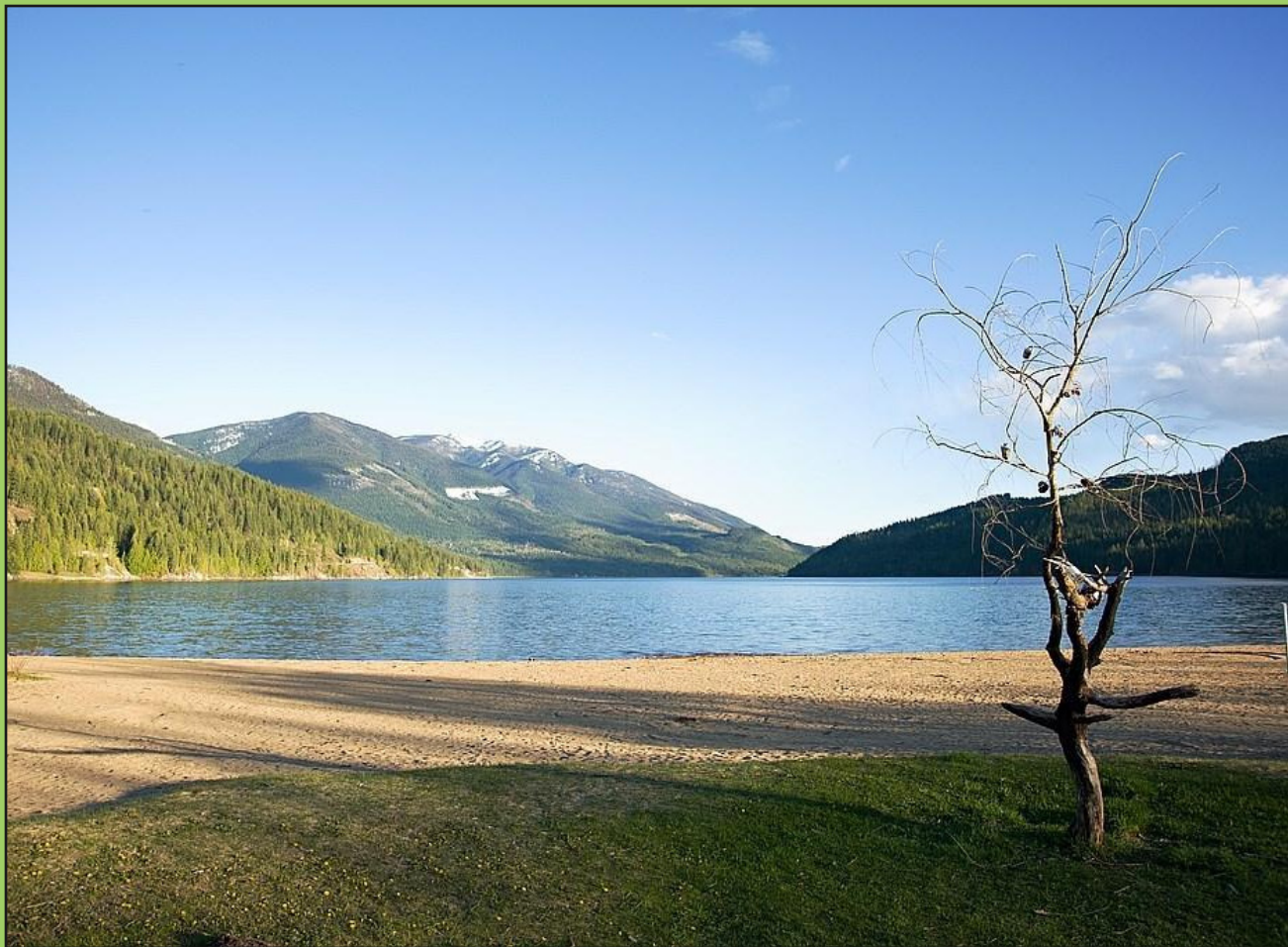
YEAR 27, NUMBER 9

SEPTEMBER 2017

# The East Shore Mainstreet

**KOOTENAY LAKE BC**

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



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***Cover Image:***

Top Left: Vista of the pristine Crawford Bay Beach connected to the land in the pending sale by Kokanee Springs. More on this story inside.

Bottom left: Also at the Crawford Bay Beach, a graffiti artist tagged the outdoor toilets leaving most residents appreciating the improvement according to a recent Facebook poll.

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Photo by Fran Kinder



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**At the Gray Creek Hall**

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**We look forward to working with you!**



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## Mainstreet Meanderings

by Editor Ingrid Baetzel

**“BEAUTIFUL 162 ACRE PARCEL.** This 162-acre parcel is considered one of the prime holdings of the Kokanee Springs master planned community (under review) and offers an opportunity to own a rare parcel of land within the central Kootenay’s, framed between the Purcell & Selkirk mountains, accessible from highway 3A. There are 28 contiguous lots, featuring spectacular natural landscapes with attractive edges: to the south, 3000 feet of frontage on a government reserve that abuts the Crawford Bay, an inlet off Kootenay Lake with a sandy beach and some of the warmest waters for swimming; Crawford Creek to the east, wetlands to the west; and the Kokanee Golf Resort to the north. Most of the land is flat, ideally suited for a private lake front estate with your own private air strip (currently de-registered) or a phased development opportunity, most of the lots average 10 acres, identified by the municipality as the centre of growth opportunity. Designated Tourist Commercial. Market Value Appraisal conducted Dec. 2016.”

That is how the property being sold by Kokanee Springs Golf Resort is listed on sothebysrealty.ca and other MLS sites. It includes, as stated above, the wetlands and Crawford Bay beach access areas. Private and commercial properties go up for sale all the time. Sometimes the transition impacts local community and sometimes it doesn’t. It appears that this sale impacts the community, if we judge merely by the attendance at the RDCK’s information meeting and open house of

August 23, 2017 at the Crawford Bay Hall. One hundred and fifteen people were in attendance. Nearly 500 signatures were gathered on the petition developed by Rob Rowley that indicates a preference for the RDCK to take acquisition of the bay headlands in order, for one thing, to protect and preserve the pristine quality of this property.

It was clear at this meeting that most of the room felt deeply unsettled at the idea of a foreign, private or commercial investor purchasing this property in order to develop it. This wild and precious region of our East Shore community may be predominantly privately owned (although the RDCK does have a small “toehold” piece, and some of it is Crown property), but it has long felt like a public and shareable space. It must be stipulated that part of the reason it feels like that is through the generosity of Kokanee Spring Golf Resort and the fact that they have long permitted residents to use their property for recreational, educational and explorative purposes.

The wetlands support a broad variety of species (including those designated as protected) and the beach and bay area includes a diverse riparian area and spawning ground for fish and other wildlife. Many East Shore residents visit this area regularly to enjoy the duck ponds, the beaver dams, the lively pools and grassy areas, the game trails, the bat and bird sanctuaries, the eagle’s nests and so much more. The school uses the area to educate kids about wildlife and preservation. Visitors and residents alike use the now decommissioned air strip and paths and roadways to access the beautiful sandy beach and creek mouth area.

So, now the partnership of ten owners of Kokanee Springs have decided to sell some of their property. Mainstreet reached out to the owners for comment, but did not hear back by the time of printing. Selling this property is their right. It is also the right of the community of our region to work to put together a proposal

*Continued on page 4*

## LETTER TO THE EDITOR

### HOW TO RAISE A CHILD

Dear Editor:

Summer is different. There is less routine, less structure, the kids are home, friends and family are visiting, joy and pleasure are determining the day. To me it’s the time of caring and sharing. Being confronted with aggressive anger and violence during a time like this is even more shocking than it usually would be.



On Wednesday August 16 in the early afternoon I went to the Gray Creek Hall beach with my granddaughter Eira, my friend Adi and her daughter Nora. There was already a young woman with dark hair who I did not know sitting on the beach with her son who was approximately four years of age. We unpacked our belongings and undressed as usual. I looked over to the woman and gave her a friendly smile. Her response in an angry tone was, “You should have asked me first before you undressed because I don’t want my son to see naked people.”

She continued ranting. She called me rude, ignorant... I explained to her that I don’t appreciate being told what to wear or what not to wear since I did not mind her ideology and personal dress code. While constantly mumbling to herself the woman packed her belongings and left.

Not long after this, my son Jonas joined us at the beach and informed us that my car had been vandalized. Enclosed is the picture showing what was scratched in big bold letters into the driver’s side door of my blue Honda CRV.

I’m still baffled. Why are children allowed to see vandalism and not allowed to see naked bodies?

*Sylke Plaumann, Gray Creek*

### HOT LUNCH!

Dear Parents/Guardians of CBESS students,


The Hot Lunch Program’s first day back will be Monday, September 11th.

The program will now be shifted to a Pay-As-You-Go system. Meals can be paid for daily or pre-paid in advance. Meals on credit will no longer be offered. With the exception that if a child needs food, it will be provided.

Subsidies for meals will continue to be offered through the school. Please contact Ms. McPherson, CBESS Principal, to request the meal subsidy assistance.

Pre-pay for ten (10) meals and get one (1) meal free. Limited to 3 free meals. Only applicable to student meals. Pre-paid lunches do not expire and are transferable. Notices can be sent out to alert when your child has two pre-paid lunches left.

Payment can be cash, cheque, or eTransfer. Cheques are payable to: PAC Hot Lunch. ETransfers can be sent to cbess.hotlunch@gmail.com. Include a note of what the transfer is for,



## OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0

**Editor: Ingrid Zaiss Baetzel (since 2002)**

**Retail Distribution, Subscriptions, Advertising, Layout:**

Ingrid Zaiss Baetzel  
(Subscriptions: \$40/year within Canada, \$50 to the US, and \$75 Internationally)  
Phone: 250.227.9246/250.551.7697  
Email: mainstreet@eshore.ca

**Proof Editor:** Doreen Zaiss  
**Writers:** Community

**Article? Letter? Etc?** Drop off at Gray Creek Store drop box, mail to Box 140, Crawford Bay, V0B 1E0

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## RDCK Area "A" Update

by Garry Jackman,  
Director - Area "A"

### CONTINUING ON OUTDOOR RECREATION

I want to provide more information on efforts to support outdoor activities based on amenities such as trails and beach/lake access points. As I noted last month, today there are eight specific projects within Area A which connect to lakefront plus other projects to improve or extend trails. I will not repeat all of the detail as you can check my August submission for that information.

What I do want to cover this month is some of the mechanisms for identifying, planning and developing regional parks. First I want to provide a sense of how much taxation within the RDCK currently goes to support indoor and outdoor recreation. This needs to be viewed as a big picture when discussing regional sites which benefit locals plus visitors from our neighbouring communities or afar (tourists). The health, social and economic benefits of recreation will not be covered this month, neither will the conservation values of holding sensitive lands in the public realm or by partners with a conservation and stewardship mandate.

As you will usually hear me state during budget time, across the RDCK we have about 160 active services either supported individually or by groups of the 20 regional district partners (11 rural electoral areas plus 9 municipalities). Twenty five of these services are related to recreation. Why not combine some or all of them? That would be a big exercise and the topic does arise from time to time. Of the 25, three are local-

ized recreation commissions (shared between a total of 6 partners) which do not fund buildings or capital but rather exist to support recreation programming, often through small grants to societies or clubs. Combined they requisitioned (through property tax) \$91.5K in 2017, of which \$35.4K was for Area A Rec 9.

There are 14 services which I would categorize as medium sized which support buildings (plus some outdoor rec) again in localized areas. These requisitioned \$496.3K in 2017 but two of the services required no taxation, supporting their facilities with rents and grants. In addition, there are four services which support the larger recreation complexes; two services for the Castlegar and District complex which splits out the aquatic center as a separate service and one for each of the Creston and District and Nelson and District complexes. These services requisitioned almost \$9.98 million dollars in 2017 to support both indoor and outdoor facilities. Note these facilities also have substantial revenues (rents and user fees) on top of the taxation. I worked up some charts on how these costs are distributed from community to community for the inevitable conversation around who benefits versus who pays. Overall I hope all residents of Area A can begin to understand what costs their neighbours down the highway currently face when we discuss regional park sites because we are definitely not all paying the same tax rates.

Looking at the big picture, so far this adds up to \$10.56 million taxation within the RDCK focused on facilities and programs which are predominantly delivered within buildings or on groomed fields. In contrast the parks and trails services offer a less structured approach to recreation and access to nature. The RDCK has four regional parks services, some encompassing large areas with many partners and others like Area A which, for historic reasons, are stand alone. These services requisitioned \$420.8K in taxation in

2017, with the Area A requisition being \$28.5K. In the spring I recommended a \$12.6K increase from the 2016 taxation of \$15.9K in order to have funds on hand for consulting services and/or additional planning for Area A, since we now have eight sites for lake access enhancement under consideration.

So that is my lead in to what RDCK parks planning staff do. The RDCK has operational and planning staff for parks. Our planner, who provided information at the August 23 public meeting in Crawford Bay, solicits public input on investing in parks development, uses consultants and/or in house resources to search titles (private land) and research possible other interest in the land (for example first nations interest in public land), create maps showing options, provide valuations, draft plans for usage of a site and report with recommendations to the RDCK board. Operational staff comment on whether local stewardship groups appear to be in place to minimize the level of operational costs on the taxpayer plus provide estimates for operational budgets if the land is to be fully managed by the RDCK. In the areas where there are several local government partners pooling their funds a 'master plan' approach is generally used so that public input on several sites can be received at the same time. The recent master planning processes around Nelson, Castlegar and South Slokan cost between \$30K to \$50K each and took one to two years to complete. I have been in discussion with potential local government service partners south of Area A around a joint master plan but the current opportunities in the Crawford Bay area are prompting a closer look at this area in the short term.

Last month, I said I would provide more on cemetery services in September but that will need to wait for now. If you have questions or comments on any topic please drop a note to [gjackman@rdck.bc.ca](mailto:gjackman@rdck.bc.ca) or call me at 250-223-8463.



## Hidden Taxes

by David George

Pacific Blue Cross Strike/  
Lockout Affects 90,000  
Asthma Sufferers

Pacific Blue Cross continues to ignore picket lines in the strike/lockout of its 600 CUPE Local 1816 workers. This may affect many of the 1.5 million people PBC serves, and will almost certainly affect the 90,000 asthma sufferers who have extended medical and drug coverage.

Really? That many? Stats Canada says asthma sufferers in BC numbered about 286,000 in 2014. That's 6 percent of our population of 4.65 million. Six percent of the 1.5 million Blue Cross members in BC is about 90,000.

Why are many of these 90,000 going to suffer further from the strike/lockout at PBC? Because claims for asthma inhalers cannot be submitted online any more. Blue Cross says you may submit paper claims (which used to be mailed in ) online during the labour dispute, but asthma inhalers, even with their valid Drug Identification Number, or DIN, are rejected online with a notice that they must be mailed in. Catch 22 anyone?

How many management persons do you imagine are dealing with the mail right now, especially since Canada Post workers will not cross the CUPE 1816 picket line?

Why has this labour dispute persisted since mid-July? The basic issue seems to be that management wants to decrease benefits for PBC's own retirees. Say what? A company which was one of the 20 Best Loved Brands in BC is picking on its own retirees? That's what it looks like. Even worse, PBC has postponed its annual general meeting, previously scheduled for September 7, until the labour dispute is over.

This happened right after seven special resolutions were submitted for that meeting seeking dismissal of seven board members who are not up for reelection. They are Malcolm Williamson, Mark Schonfeld, Richard Taylor, John Fitzpatrick, Colleen Jordan, Mary Laplante, Robert Wallis.

Fitzpatrick, Jordan and Laplante have extensive union backgrounds. Four other board members, who are up for reelection, include the chair Mark Olsen, Gary Fane, Gerry Smith, and Debbie Svedic. All have long union ties.

Why then has the present board been silent about this dispute? Why have they not asked for mediation yet? Do they not care that the president and CEO, one Jan K. Grude, is doing harm to the reputation of Pacific Blue Cross?

As a non-profit society, Pacific Blue Cross does not have to make a profit for shareholders. It does have to serve its members as well as it can. It also should treat its employees and retirees well.

What can be done by Blue Cross members now? Phone or email your MLA, as well as the Ministers of Labour and Health.

Our local MLA is Michelle Mungall, the new Minister of Energy, Mines and Petroleum Resources and her office can be phoned at 250-354-5944 or toll-free 1-877-388-4498, or emailed at: [michelle.mungall.MLA@leg.bc.ca](mailto:michelle.mungall.MLA@leg.bc.ca)

Minister of Health Adrian Dix's Vancouver community office phone is 604-660-0314, and email is: [adrian.dix.MLA@leg.bc.ca](mailto:adrian.dix.MLA@leg.bc.ca)

Minister of Labour Harry Bains' Surrey community office phone is 604-597-8248, and email is : [harry.bains.MLA@leg.bc.ca](mailto:harry.bains.MLA@leg.bc.ca)

The BC regional office of CUPE is in Burnaby, just down the street from Blue Cross, and can be phoned at 604-291-1940. They might have more news, and might even suggest that CUPE 1816 ask for mediation.

By the way, the CUPE 1816 members walking the picket line outside Pacific Blue Cross recently raised \$1,000 and donated it to the Canadian Red Cross for BC wildfire relief.

You could even try to reach PBC board chair Mark Olsen at the Western Canada Sub-Regional Office of the Laborers International Union of North America in Surrey, BC at 604-951-8877.

Oh yes, some disclosure here: we are members of PBC, with extended medical and dental coverage; my wife, Lea has asthma, and uses inhalers, which she cannot claim online, but must submit as a paper claim by mail.

We mailed one of these on June 29, and have not heard anything from Pacific Blue Cross, formerly one of BC's 20 Best Loved Brands.

- Planning a wedding?
- Holding a meeting?

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## September Horoscope

by Michael O'Connor

**T**ip of the Month: September will prove to be a powerful month. The influence of the Solar Eclipse on August 21st is already pivotal and this trend will continue. Emotions are running high. Waves of change based on the focus and determination of large collectives will increase in size and strength. This international unity-in-diversity represents the emergence of a new kind of spirituality that may be described as being awake and aware mass affairs with global implications. A collective survival instinct will inspire new modes of leadership and progressive change.

**A**ries (Mar. 21-Apr. 19): Getting in the last licks of summer is a central focus. Love is in the air and you want your share. You are ready and willing to make the extra effort. Your desires are sincere. You will be discerning and diplomatic for the sake of achieving lasting results.

**T**aurus (Apr. 20-May 20): Digging deep to establish a stable and satisfying lifestyle continues. A creative mood prevails and you are keen to engage. Making the most with the least means you are willing to concentrate your efforts more and spend less.

**G**emini (May 21-June 20): The fun of summer is shifting to the work of fall. This year you want and/or need to make extra efforts, especially close to home. Getting things done early is on your mind and by month's end you will be glad you did.

**C**ancer (June 21-July 22): Building on new foundations implies clearing the old and investing into the new. These investments may be more energetic than financial. With your energy levels running high, you can get a lot of work done and play hard too.

**L**eo (July 23-Aug. 22): You had to push hard these past few months. This theme continues and the efforts required have increased. Yet, the mode of these efforts will be different, more refined, somehow. Establish a satisfying momentum to inspire a driving determination.

**V**irgo (Aug. 23-Sep. 22): Although you are steadily entering new territory, you also remain extra busy behind the scenes. Forging important new alliances is featured. Your confidence levels may be wavering, but it is time to try new approaches. Trust and persevere.

**L**ibra (Sep. 23-Oct. 22): Last month, circumstances prompted you to assert your individuality. You have likely made progress yet faced a few setbacks too. Taking the time to reflect and review what is and is not working is important. Your drive forward will resume as autumn begins.

**S**corpio (Oct. 23-Nov. 21): Gaining increased recognition last month is inspiring new leads. Your confidence levels are up and you are ready to make bold moves. Making a lasting impression feels important. Take calculated risks and follow through faithfully.

**S**agittarius (Nov. 22-Dec. 21): August began by seeing more clearly and feeling more deeply. As

the month progressed you may have felt a little lost and insecurities rose. This challenge overlaps as September begins, but will clear again progressively.

**C**apricorn (Dec. 22-Jan. 19): August was likely a month of mixed blessings. Big changes were likely and are affecting you deeply. Seeing things from new perspectives is an important challenge to overcome. Find reasons to be grateful and optimistic.

**A**quarius (Jan. 20-Feb. 18): The focus on relationships was strong in August. As the month progressed, your focus shifted to work and will continue for much of September. By month's end, your focus will balance to include equal measures of work and play.

**P**isces (Feb. 19-Mar. 20): Relationships both romantic and professional are highlighted. Enthusiasm for joint efforts and cooperative actions is important. Mixing work with play is indicated, yet leans towards productivity. Enjoy the creative process.



Brooms, pottery, jewelry, ironwork, weaving, and more...

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Continued from page 2

to purchase these lots (currently being sold as a single parcel, according to the realtor), either by coming together with funds to do so on our own or to guide and assist the RDCK Area A to acquire the land as Regional Parks property. The latter option is the most viable and what is being worked towards. The RDCK is now in regular meetings with a coordinated and active group of community members, broken into three subgroups, working for the whole of Kootenay Lake to secure this property in a timely manner.

When Mainstreet asked RDCK Area A Director Garry Jackman his stance on the sale of this land and the community's evident interest in acquiring and preserving it, Jackman stated, "To date the RDCK recognizes community interest in preserving access to the Crawford Bay beach and wetlands based on input dating back a decade to the Official Community Plan. Generally, a major acquisition would be based on a broader regional parks master plan for the area. We do not have that so the stance going forward will be based on community input from the residents who would be paying for the investment in the service (Area A)."

Mainstreet asked if a proposal were to be made down the road for Area A to become partial or full land owner or steward of this land, would the decision have to go to a referendum and how long might that take? Jackman replied as follows: "The Local Government Act and Community Charter (both provincial acts) give local government certain powers with respect to borrowing and the level of public input required to justify borrowing. The major services where the provisions have relatively large upper limits are solid waste management and regional parks. You might note you have not been asked to vote on millions of dollars of borrowing to upgrade and maintain our solid waste management facilities, but you were asked to provide input when we presented our solid waste management plans and this input was weighed by the Ministry of

Environment in that case as being adequate consultation or not. For regional parks borrowing, RDCK staff will be looking to see if the level of community engagement and nature of response is adequate to justify a borrowing without a referendum or alternative approval process." That said, it is of great importance for the whole community to be informed and involved in the decision making and feel that they are heard.

When asked if the RDCK has yet been involved with KSR in negotiations regarding this land, Jackman replied, "Private land negotiations are held in-camera (behind closed doors)." Jackman also stated that the best thing for community to focus on now is gathering and giving feedback, comments, and prioritization as to what the community feels is appropriate to request, just as Mark Crowe stated at the meeting. Jackman encourages contacting potential partners to provide direct comments and said he would be providing contact information for these partners.

The August 23 meeting certainly had a lot of speculation regarding the price of the land, the likelihood of it selling quickly before anything could be arranged on a community level, the potential restrictions to development and some questioning of KSR's intent with the sale. Jackman and others working closely on this issue feel that these are not the areas to focus on. **Rather, it is seen as wise to now define what the community wants, assess the steps and take the appropriate action to secure the property in a timely manner.**

The next steps are up to us as a community to help decide and the coordinated group of people working with the RDCK will be taking all concerns and voices to the table and reaching out to our neighbours over the coming weeks.

**Successive meetings were held in August by this group and more information should be available as it develops.**

Watch for more details coming soon.



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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## Hacker's Desk

by Gef Tremblay

### Bitcoin

The first time I became interested in the idea of bitcoins, I was about to purchase some of them for 1\$ per bitcoin. Creating a digital wallet wasn't difficult, but then depositing the cash I needed to buy bitcoins was a pain and I didn't want to waste my time on that. A few years latter, I was about to buy some bitcoins for a transaction for a client, but then again, even though the bitcoin was worth .90, I was too lazy.

Today, one bitcoin is worth 5000 Canadian dollars.

**So what is a bitcoin?** Bitcoins are what we call crypto currencies. These are digital currencies that are traded around the world on a decentralized server, which make them anonymous and also untraceable. Okay, that was a lot of information in one line. Lets break it apart.

**Digital Currency:** This is simply a currency that is traded only online. There is no physical equivalent to the currency, nor any bank backing their value with gold. It's also an international currency which can be used in many places. There are more and more stores that accept digital currency online, but at this point the major players, like Amazon, Ebay, Paypal and Google aren't yet accepting them. If these currencies (yes, there are many kinds of crypto currencies) would be accepted on Amazon, the price of the currency would rise a lot higher, something to keep in mind if you are to invest in them.

**Crypto Currency:** A crypto currency is a digital currency that is encrypted. Encryption is a method to secure transaction and creation of currency. For example when you browse the internet, you see more and more of these error messages that this connection is not secure. This is because your browser has detected that the page you are visiting is not 'encrypting' your connection. So we all use encryption when we login to our gmail, or when doing online banking. It's a way to make a secure transaction between our computer and the internet. Bitcoin uses the same technology for the creation of your account, the transaction of bitcoins coming into your wallet and out of your wallet.

**Decentralized Server:** Most of the internet runs on centralized server. For instance, Facebook or Google have their server farms, all located in one place. That is quite useful for them as they can manage what is going on, and most importantly, collect information about their users so that they can resell that information. But if Google would get an error and break, everyone on Google, gmail and any other Google services wouldn't be able to access their email and other pages.

A decentralized server is a way to spread the information on multiple servers, where anyone could run a part of that internet. So for instance, I could become a part of a decentralized internet if I would share part of my computer and internet access. Everyone could become a server and share part of the internet. Technically, that would be the best way to run the internet as there is no centralized server so it cannot ever go down or offline completely. The mesh created between all of us would become faster and we could also anonymize our connection.

For example if I would need to connect to someone on the East Shore on the internet, I would connect directly to them without having to connect through Telus, Google or any other corporation between me and them. There are many technologies using de-centralized connection, BitTorrent is one of them and now Webrtc enables video connection between two internet users. For BitCoin (see now the reference to BitTorrent) it was important to have a de-centralized system so that users can share money between themselves without having to go through a centralized server which could track all the transaction.

**Anonymous transaction:** So because your bitcoins are encrypted as well as the transaction and the transaction lives on a decentralized network, the use of bitcoin is truly anonymous. The network is created in this way that no addresses are used or kept in log, so why would anyone want an anonymous transaction?

When you use cash you have an anonymous transaction. I mean if the person knows you then they know you've bought that item from them, but apart from that there is no trace left of the transaction. The cash you used goes back in a big pile of money which is deposited and moved from one place to another without being traceable to you. Bitcoin is the attempt to re-

and for your power bill for your computer. At the end of the day you won't make more money than what you have to pay for mining, but if you sit on your bitcoins then when the price goes up you could see a profit.

**Should I buy bitcoin now to become rich?** Well

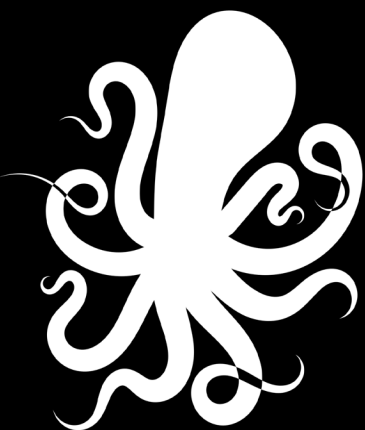
at this point this is massive gambling. We don't know if the bitcoin will go up or down. One major step in the process is if Amazon or Ebay would start using bitcoin. If we would even get a hint that maybe Amazon would start accepting bitcoin the price would probably go really high. So if you would buy bitcoin today and tomorrow Amazon would start accepting them you'd become rich overnight. But it could also fluctuate and lose all of it's value overnight.

**Are there other cryptocurrency?** Yes there are many of them. Ethereum being a very

popular one. Another one, Zcash started a 1\$/coin and is around \$200 a coin now. So there are other way to start buying and selling crypto currency around, but the more obscure the less stable and the more chance there is to lose all your bet on these.

**All right, how do I get started?** Getting started with bitcoin isn't too hard. You have to create a wallet first, which can be done on any computer, then you have to buy some bitcoins, and you can use many different website to do so. Then voila! You have yourself some bitcoin. You can now trade and exchange bitcoins. Are you wondering what else you can purchase with bitcoin? You can search online at sites like: <http://spendbitcoins.com> or keep a lookout for a retailer that acceptd bitcoin.

I am pretty sure that crypto currency will be more and more accepted in the market and might eventually make it to the mainstream. Everyday there are new stores that accept these new forms of money, so there is value in starting to get familiar with this new type of currency.



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address you would lose all your money. But, there are ways to keep track of your wallet information so that you can access your bitcoins from any computer. It's not as simple as a gmail account and you can't simply reset your password when you forget it, and since it's anonymous it's not linked to any of your email or phone number.

**What about mining?** So in order to start gathering bitcoins you can mine them. Yes you can actually get bitcoin for free online. Each transaction needs to be processed somewhere. When a transaction happens, you need to decrypt the coins then re-encrypt the coins for each account. That encryption/decryption takes some time and computer power. In order to do that you can allow access to your computer for these transaction to happen. On each transaction you receive a really small amount of bitcoins. If you have a very powerful computer then you can do a lot of transactions and then you can mine more bitcoins. But you have to put that in perspective of how much you pay for the internet

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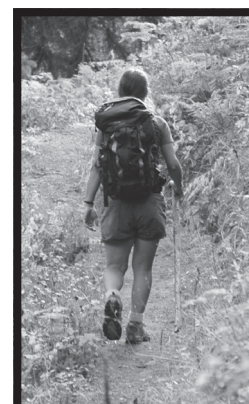
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# Community Paramedic Program Rolls Out on the East Shore

by Ingrid Baetzel, *Mainstreet* Editor

Living in a rural area presents difficulties in many ways. One of these ways is addressing gaps in health care due to longer travel times and distances to emergency and non-emergency hospital and doctor visits. The Ministry of Health identified this gap as a priority along with that of follow-up in-home care for many patients and they are currently rolling out the Community Paramedic Program. Although our East Shore already has a fantastic ambulance service, first response program, in-home nursing care program, and general health clinic/lab, this new program has been designed to fit some other needs.

The Community Paramedic Program has two main objectives. One is to stabilize paramedic staffing levels in rural BC and the other is to help address gaps in rural health care.

There are four principal areas that the program addresses:

1. Community Outreach and Awareness (doing presentations at community halls, festivals, gathering places).

2. Health Promotion (going to schools, teaching CPR and AED classes, teaching younger kids about safety and when to call 911, helmet awareness, etc).

3. Assisting other health care professionals through wellness clinics (setting up a blood pressure check station, doing blood sugar testing, doing clinics for a wide variety of people).

4. In Home Visits (wellness checks in peoples' homes by referral from health care professionals).

In an interview with Jordan Croteau, our area's new Community Paramedic, *Mainstreet* learned that community paramedicine has been well established nationally and internationally for a couple of years now. The US and Australia have well established programs. This program is new to BC but is meeting the needs gaps identified in rural health care, including distances to travel for health care, a need for more follow up care for out-patients, seniors, post-surgery patients and more. The BC program is built on addressing those needs and stopping unnecessary 911 calls and emergency room visits.

The program is funded by BC Ambulance Service through the Ministry of Health. There is no cost to citizens, nor the local health authority, although the IHA is a partner in the program.

At the time of printing, Croteau stated that his first client visits would be starting in late August. He said that it should be made clear that this is a referral-based system, with physicians, nurses or other health care professionals making the call to send in referrals on patients' behalf. Members of public can also approach their physician to request a follow up by the Community Paramedic, but they would always need the referral forms.

When asked how a Community Paramedic can tangibly help in a situation, Croteau answered that the CP's can go into the homes and see how patients are living and help them. He gave the example of someone who suffered from heart failure and went to hospital. Upon discharge, the hospital team might contact the CP, who then can go into home, teach the patient about the disease process, therapies, understanding the illness, and check on their general health and wellbeing.

Croteau explained that following care plans developed by the referring health care provider, community paramedics will provide basic services such as checking vitals, making sure that patients are able to take their medications as directed, or helping identify fall

hazards in the patients' homes. Community paramedics will report back to the referring health care provider on a regular basis.

The CP uses an SUV that is equipped very similarly to an ambulance and can offer many of the same services. Croteau expressed that it is important to know that the service is meant to supplement and enhance existing services, not take anything away.

The primary clients are generally over the age of 65 with COPD, heart failure and diabetes. Croteau is based out of Riondel and serves the same ambulance services area as BCAS of Riondel through Boswell. He works three days per week one week and then two days per week the following week, in a repeating pattern.

For more information about this service, go to [www.bcehs.ca](http://www.bcehs.ca), and click on Our Services and Community Paramedicine. There you will find a fact sheet, brochures, and much more.

If you would like to email Jordan Croteau for further information, do so by using the following address: [cp.riondel@bcehs.ca](mailto:cp.riondel@bcehs.ca). This will go directly to him, and he is happy to answer any further questions.



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Phone: 250.505.7697  
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# Assets of Area A - Who is Counting?

by Laverne Booth, Local Coordinator, Asset Based Rural Development Project

Most of the readership of the *Mainstreet* will likely have been called or emailed with a friendly request to fill in information about your asset and send it into a main spreadsheet. Close to 100 residents have completed their response. So far we have found almost 400 assets from Wynndel to Riondel- businesses, organizations and groups, recreation and cultural sites, and services. We keep uncovering more treasures every day.

So, who is gathering up information about our precious assets? The Economic Development Commission of Area A, in partnership with the Rural Development Institute (Selkirk College) is fortunate to have employed Alex Landry, recent graduate of the GIS program at Selkirk College through the Teck Serv Applied Research Internship program. Once we gather as much information as we can, the next phases of the Asset Based Rural Development project will include analyzing the information we collected, inviting residents to participate in public discussions and developing a web map of our local assets.

"Already a quarter of the people we reached out to have submitted a response. We are doing well, but we hope not to miss anyone. I want to encourage business owners, members and directors of clubs and associations of all types to respond to this call to participate. We're excited to be taking on the challenge of creating the most up to date inventory of what's happening on the East shore. Please shoot me an email and I or a member of the team will be happy to respond!" Alex. [assetsandaction@gmail.com](mailto:assetsandaction@gmail.com)

**Why record and map the assets and amenities of Area A?**

With an aging and shrinking population, attraction and retention of residents is the main concern. Do we want to attract more people to the East Shore? How do we keep our precious elders and young families in the communities? These are some of the conversations we aim to explore in depth and develop plans action.

The EDC is gathering this base information about the East Shore communities in order to plan strategically. Your input will be requested over the next few months to further enrich the data we're collecting and to assure it expresses the views of the real asset of the East Shore- the people!

If you are engaged in a business, organization, recreation and cultural site, or service and **have not been contacted, please contact us to share some basic information and let us know if you'd like to be mapped!**

Reach us by email at: [assetsandaction@gmail.com](mailto:assetsandaction@gmail.com) or call/text 250-551-6020.



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## Future of the Wetlands

by Farley Cursons, Projects Director

*"I think the environment should be put in the category of our national security. Defense of our resources is just as important as defense abroad. Otherwise what is there to defend."*

-Robert Redford

Wetlands are arguably one of the most critical components in maintaining the health of ecosystems for fish, wildlife and humans, but they are the least understood and protected. Wetlands provide a number of important ecological functions ranging from water purifiers and fish nurseries to carbon sinks and wildlife breeding grounds. Most wildlife in the province use wetland habitat at some point in their life cycle, and many red-and blue-listed species are wetland-dependent.

Wetlands are the link between land and water, and are some of the most productive ecosystems in the world. Some common names for different types of wetlands are swamp, marsh, fen and bog. Depending on the type of wetland, it may be filled mostly with trees, grasses, shrubs or moss. To be called a wetland, an area must be filled or soaked with water at least part of the year.

Hydrologic characteristics of the region have resulted in well-distributed water areas with a rich array of wetlands including the Columbia Wetlands near the headwaters of the Columbia River, the Kootenay River flood plains, the Creston Valley Wetlands and smaller wetlands like we have in Crawford Bay.

A significant proportion of the low elevation wetlands in the region have been lost due to water impoundment behind dams. Other wetlands were drained or filled to create solid land for agriculture, settlement, and industry.

Most of the Crawford Bay Wetland is titled to Kokanee Springs Golf Resort. We are fortunate to have continued public access to this area and we at ESTBA are focused on user sustainability when promoting wetland trails.

In August we learned that the golf resort has opted to sell its titles to the Crawford Bay wetland. The possible implications of this sale are grave to say the least. Will an international investment group buy it next week, drain the wetland, close off the public access, and build condos? I don't believe there is one person living here who wants that.

On the evening of August 26, a significant percentage of the East Shore's population attended the first RDCK community meeting to discuss the process of buying some or all of the titled lots in the wetland. The price is high, likely based on maximum profit which would come from high end developers with little or no interest in the long term health of the lake or communities along the shoreline. The real value of the land as a wetland is of course unmeasurable. How do we put a

value on thousands of plants, animals and insects that thrive there? How many red and blue listed species rely on the wetland as a last stand before extinction? Let's find out.

The Crawford Bay Wetland is a well known as a bird viewing area. Birders from around the world who have visited the Wetland are quick to indicate that this is something special. And yes, the beach is nice too.

A major step in protecting sensitive habitats is developing a species inventory of both flora and fauna. Thanks to the efforts of Lorna Robin and support from Kootenay Lake Chamber of Commerce, the RDCK and Kokanee Springs Golf Resort there is an updated bird inventory.

**... we saw our community come together with a common goal - save the wetland from unsustainable development and look at buying the land through the RDCK.**

The list was based on surveys conducted by Canadian Wildlife Service between spring 2013 to 2015. The survey confirmed 74 bird species with an additional 18 identified by local residents. (92 in total)

You can pick up your copy of the 'Birding in Crawford Bay' pamphlet at the Chamber Info Center and other fine businesses.

It is very important to stay on the trails while visiting the Wetland. Please do not venture into the delicate fen or tromp through the muck. If you can't keep your dog under close control without a leash, then leash your dog. The Crawford Bay Wetland is an important wildlife breeding site for ground nesting birds from early April to mid-July. Dogs running free can disturb breeding wildlife and their young.

Our area hosts several endangered flora and fauna species. We need to identify and document them. There is a continued need for accurate information and map-

ping to protect this sensitive habitat and the myriad of species dependent on the marshes, meadows, fens, swamps, bogs, ponds, and streams that make up the Wetlands.

At the well attended August 26 meeting we saw our community come together with a common goal - save the wetland from unsustainable development and look at buying the land through the RDCK. The RDCK representatives did a fine job of presenting the issues and opening up the floor to many questions and suggestions. It was good to see so many bright and passionate community members sharing their thoughts and feelings about the future of the wetland. We are very fortunate to have so many skilled individuals in our community. The experience and talent in the room that evening was inspiring and provided great confi-



dence that we can do this. We can save the Crawford Bay wetland from unsustainable development. We as a community can sustainably improve the beach amenity from it's current run down state. Hopefully the golf resort understands that they will benefit economically from infrastructure improvements to the beach as the golfing demographic ages and their guests are looking for something else to do.

The Wetland trail has been maintained by Paul Hindson at Kokanee Chalets for many years with recent assistance by ESTBA. If you have enjoyed the Wetland Boardwalk you can thank Selkirk College, C Bay Learning Hub and ESTBA. Klaus Plauman was Project Man-

ager for the Boardwalk and Trail Head Kiosk that now greets trail users entering from Peters Rd. For many years, Susan Hulland, has monitored and protected the Crawford Bay wetlands from degradation and excavation. It's time for the rest of us to pick up on the noble work that she has done.

At a time where communities struggle with self identity and alignment of interests, this is the moment where the East Shore can truly define itself and find new ways of working together. ESTBA looks forward to being part of this and any other initiative to maintain the pristine environment we all enjoy.

## Food Roots

by Nicole Schreiber

*Local stores, restaurants, and institutions collaborating on development of a more efficient local food procurement system*

A number of local businesses and institutions on the East Shore are taking part in a pilot project exploring how they can collaborate and what might be required in order to create efficiencies in obtaining local Kootenay food for their stores, restaurants and institutions.

Taking part in the pilot at this point is: Yasodhara Ashram, Crawford Bay School, Kokanee Springs Resort, Crawford Bay Market, as well as Boccolino, Black Salt and Cabin restaurants.

The project, spearheaded by James Gates at Yasodhara Ashram, has completed a couple of procurement runs to Creston, each focused on one supplier, and plan on at least one more this autumn. Each run illuminates some of the challenges inherent in purchasing local food in an area with low density populations and long circuitous routes of distribution. Each run also sheds more light on what might be needed in order to create a system of local food procurement for the East Shore that works for a variety of business and institution types. Obstacles, successes and ideas are being documented.

There are four components of a procurement run, all of which take considerable time and coordination: Transportation, communicating with the East Shore buyers, invoicing, and paying the supplier. Working together also comes with a set of challenges, but the hope is that addressing these challenges will help to create a system that will make access to area food more efficient for East Shore businesses and institutions, and, in the longer term, more cost effective.

For more information on the pilot project please contact eastshorefood@gmail.com.



## 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. Applications can be acquired through the RDCK website: <http://www.rdck.ca/EN/main/administration/grants/area-a-recreation-no.-9-grants.html> 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)** no later than **noon on Wednesday, September 27**. No late applications will be considered. Applications will be reviewed on **Wednesday, October 4 at 3pm at the school**. The meeting is open to the public and applicants are encouraged to attend.

- 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.

## Riondel Daze Breakfast

by Isabel Snelgrove

Riondel Daze Curling Breakfast was a huge success. It started slowly on Saturday morning but from 8:30 to 10am we were kept running. We served 188 breakfasts and on Sunday we served around 130.

I would like to thank everyone who came out to support us in making money for our Curling Club which did not operate last winter due to broken equipment.

We have now replaced the condenser and should be operating in the late fall; however, we still have other work to do so we will be fund-raising again so would appreciate seeing you when that happens.

Our Curling Club was greatly missed last year so if you would like to join up we would love to have you. We do have fun and good exercise.

A big thank you goes out to all the wonderful volunteers who helped out each day. Where would we be without volunteers?

## Temple of Light Nearing Completion at Ashram

submitted by Yasodhara Ashram

Trades crews are completing the last of their work on the Temple of Light. The entirely enclosed structure will soon have only the lighting, flooring, deck railing and landscaping to finish.

Over a year after construction began, AHC site manager Dennis Cadrain is pleased with the progress on this complex building and looking forward to its opening. "We just have to keep going. We'll find the end eventually, but it takes time to do it right," he says.



Stepping through tall glass doors into the entryway, soft light diffuses through slats of wood, meticulously angled along the slope of the ceiling line. The ceiling along with closets and cupboards were built by carpenter and friend of the Ashram Sylvan Dempster of Argenta.

Surveyor points digitally marked three spots every 16 inches in some areas of the building. This precision allows curves to meet square edges.

The team from Nu-Tech Roofing & Waterproofing will complete the external finishing of the final petals in the coming days. The completed surfaces gleam out onto the lake and mountains.

Quality Interior Contracting Ltd. of Nelson has provided extraordinary work in drywalling the complex curved surfaces. Each interior petal curves in multiple directions at once.



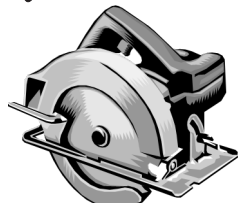
Anusha Fernando, an Indian Classical dancer from Vancouver, offered a solo dance performance in the Temple as part of a Celebration Festival that marked the first use of the Temple during a temporary suspension of construction in August.

Stay tuned for more information on events in the Temple and the public opening.

*Next Deadline:*

*September 27, 2017*

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RDCK  
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### 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) Wednesday, September 27**. Late applications will not be considered.

Seven (7) 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 website for evaluation criteria.

The Rec 9 meeting to review applications is scheduled for **Wednesday, October 4 at 3pm at the school**. This meeting is open to the public and applicants are encouraged to attend.



## Tom Sez

by Tom Lymbery

**Y**ZZ airport at Trail is being resurfaced this fall with no impediment to Pacific Coastal's excellent service that makes Cancelgar look inefficient.

**W**hitehorse in Yukon is inaugurating deposits on milk cartons as well as pop and drink containers. But you only get five cents back on a can that you have paid ten cents deposit for.

**W**hy on earth is Teck Resources selling the entire Waneta Dam to BC Hydro? Teck/COMINCO has been built on their own power being the base that has carried the company through slow times. Now they will have to PAY BC Hydro for all the power they need for the smelter. CM & S / COMINCO has all been part of our lives in the Kootenays – this sale makes us feel that we have been sold down the river.

**I**n writing about cottonwood I missed the making of cottonwood canoes. Since these large trees were close to riverbanks or lakes it was possible to hew out a passable canoe, Surveyor Frank Swanell reports how this was done for use on the Finlay River in 1913 – after shaping the craft and chopping out the inside, stones were heated to almost boil the water in the hollow until the wood softened to be able to widen the cavity so that cross pieces could be inserted to make the inside wide enough for sitting space.

**G**lad to see the Crawford Bay airstrip area being cut for hay. We expect a shortage of hay this year as so many hayfields have burned with forest fires and animals will be short of feed.

**A**n article on interface fire protection suggests that only fir and larch trees should be left as cedar and hemlock burn too easily, while fir and larch can survive if the fallen material has been cleared up. In Sweden and Norway farmers and others spend winters thinning timber stands and even pruning branches. – since all of their forests have this done. Have you ever heard of serious forest fires in Scandinavia?

**F**lexible Flier intercity buses from the 1960s have such a distinctive look with the windows tilted forward that one is sometimes used in Canadian Country music videos. They were so stylish that I was excited to find seven older model units when we were in Skagway, Alaska in 1983. When these had arrived in that remote town there was hardly any more road available than the small town streets.

**I**n a discussion as to what parents did for entertainment before the internet one person said, "I asked my 26 brothers and sisters and they had no idea either."

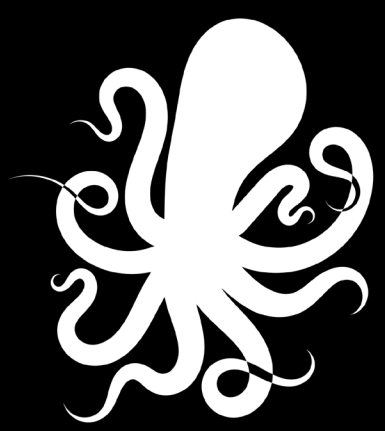
**L**ate August saw a great soccer tournament (The King O' the Balls) with the most exciting game – Rossland beating Cranbrook 1 – nil to take the cup. It's amazing to see such soccer skills from all six teams participating. Thanks so much to John Edwards for his daily watering of the field.

## Gray Creek Pass Report

by Tom Lymbery

**T**raffic has been heavier than usual even with little rain to lay the dust on a gravel road. You need to stop and let it clear after meeting with another vehicle.

We haven't heard of the date of the official opening of the Trans Canada Trail which has been promised for 2017. I haven't yet heard of anyone supporting "The Great Trail" for the TCT. Since Gray Creek is a junction point for the TCT and the Selkirk Loop retaining CANADA in the name is so important.



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## Visit Of Classic Cars

by Tom Lymbery

**O**n August 15 2017 we enjoyed a visit with 12 couples from the Seattle area driving their beautifully maintained Ford and Mercury cars built between 1936 and 1953. These are not just for show 'n shine events – these owners take a group trip at least 3 times each year to keep their proud fleet enjoyable and roadworthy.

This trip was following the Selkirk Loop for a leisurely drive, stopping overnight in Sandpoint, Creston and next to Ainsworth. The oldest car was a red 1936 Ford sedan – the first Ford with a slightly sloping windshield and a V 8 engine. Another was the first Mercury made in the US – a 1949 model. Unusual was a 1953 Ford with an early air cooled transmission. We were very pleased that they chose to spend an hour at Gray Creek Store.



## Trustee's Welcome

by Lenora Trenaman  
Board Chair SD#8

**I** hope you have had an enjoyable summer. In just a few weeks, school busses will be running and school halls bustling once again with excited youth. A warm welcome to our new and returning students and especially to our youngest; these are the grads of 2030, our kindergarten students.

This is my twelfth year as your Board of Education Trustee representative and third as board chair. Much has happened through this time. Reflecting back I feel privileged to have been on the board when the new Crawford Bay School was built, and am now working on the old school site remaining an asset as part of the community. More recently, I have been enjoying the challenge of creating and the adopting the District's Facilities Plan, not to mention the continual work on district policy and annual budgets to meet the needs of students and staff.

Faces have changed at all levels and every term there have been new trustees on the Board of Education and in our schools and district offices, including a new government.

Through these four terms I have known four Crawford Bay Elementary Secondary School principals and have worked with four, soon to be five, superintendents of schools.

I suppose, what can be safely stated, is that with every new person comes new ideas building on the work of their colleagues and predecessors, all with the goal of supporting your children to achieve successful and gratifying futures.



Since 2010, our current Superintendent, Jeff Jones, has provided a vision and leadership at the board, district and school levels as someone dedicated to the success for all students in the district... every discussion has started with this as the focal point. These four boards have worked with Superintendent Jones establishing four student expectations - academic success, creativity & imagination, citizenship and resiliency and nine district goals, (find on [www.sd8.bc.ca](http://www.sd8.bc.ca)) all of which are monitored and then reports are provided to the board. These will continue to be living documents, which on occasion may be amended by the board.

We are looking forward to continuing this work with our newly hired Superintendent, Dr. Christine Perkins. Read more at: <http://www.sd8.bc.ca>

Please join me in welcoming Superintendent Perkins to the district and as well in thanking Superintendent Jones for his leadership for students and to the district and wishing him all the best in his retirement years ahead.

Welcome to and all the best for a successful 2017-2018 school year. Your calls and emails are always welcome. Phone/Cell 250-229-4633 and [ltrenaman@sd8.bc.ca](mailto:ltrenaman@sd8.bc.ca)

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# Tom's Corner

by Tom Lybery  
*Alaska Marine Highway*



cafeteria so we had a choice of meals. Our cabin was comfortable and we could sleep through the night ports. The first of these was the small town of Wrangell where the Stikine River reaches the ocean from the BC Interior. Next was Juneau, the capital of the state. We didn't waken but the earlier announcement had said that the ship didn't tackle the channel to downtown Juneau but docked a few miles to the north.

Then next day the ship followed a channel to the west heading for Sitka on the ocean side of Baranof Island. Part way our vessel stopped for an hour in mid-stream as there was a tug with a boom of logs impeding our passage. Thus we were late into Sitka where they announced that we would have a four-hour wait for the tide to rise up so that the water was deep enough for our 5000-ton ship. There was a tour if we wished to pay for it and we jumped at the chance, as Sitka was the Russian capital of Alaska before the sale to the USA.

It turned out to be a school bus and from the signage we found that the business was also the undertakers. Our tour guide was a student at the college in Sitka. The first stop was at the Russian Orthodox Church with its round top and ornamental dome – the cathedral for all those of similar shape in Manitoba, Saskatchewan and the US. Not a church we would like to attend as the services are up to four hours, with everyone standing except the infirm. There was an enormous round candelabra that once held candles. Apparently when there was a fire in 1936, a man rushed out carrying this artifact. Afterwards he found he couldn't even lift it as it weighs over 700 pounds.

Since Sitka is the one place that the Native people defeated the Russians we also saw a replica fort and learned something of the local history. Then we had an hour or so to visit the town, where I bought postcards

that I wanted to mail with a Sitka date stamp but had to pester several businesses before I could buy some stamps. I found that the Sitka daily paper was the thinnest I have ever seen – only two pages.

Then next morning we found we were tied up in the Skagway harbour so went ashore. The White Pass and Yukon Railway had ceased operations the fall before (1982) so we were unable to take the train to Whitehorse. The mine at Faro had closed and the rails that carried ore concentrate to be loaded on ships at Skagway. I was able to walk into the shed where the railcars had unloaded and see some residual ore in the corners. The ship had told us that there was a bus to Whitehorse using the very new highway but no one we asked knew anything about a bus. Eventually a lady driving a van arrived and she gave us a tour of sorts, stopping at Carcross where we saw the Mathew Watson store and adjacent hotel where a long-lived parrot that had come over the trail of '98 had died just a year before. The sternwheeler Tutshi was on land next to the river. This steamer had been part of the connection to the town of Atlin for many years.



Since the coast of Alaska has many inlets and islands it would be impossible to build a north – south highway, so they have created a Marine Highway using 11 ferries to connect the state. It is possible to load your vehicle in Seattle with the first port of call in Prince Rupert, BC.

In May of 1983 Sharon and I drove our Toyota Celica to Prince Rupert where we parked the car and boarded the MV Columbia on foot. It was a sunny day which is unusual as the northern coast receives more than 60 inches of rain annually. The Columbia was quite new having been launched in 1973 and has accommodation for 500 passengers and about 150 vehicles including large trucks. There were many passengers as many were heading to the north for the season or perhaps to settle in Alaska.

We were sailing the inside passage so there was much to see and we took advantage of the clear day. Our first Alaskan port was Ketchikan where there were many float planes landing and taking off, connecting to the islands to the west. Watching the cars and trucks unloading we saw several turn around and line up to re-board. Apparently these were people on standby – if they couldn't get on they would have to wait for the next boat.

We had booked a cabin for the three-day trip to Skagway. The ship had a dining room as well as a

We took our bus driver's hotel suggestion in Whitehorse and wished we hadn't, as a couple of rooms away a drunken couple were loudly fighting most of the night. It was also said that the Yukon had retained some of the Gold Rush liquor laws and it was allowable to be drunk on the street. We looked up Mary Michell who had worked in our store one summer as her parents were long term campers in our Auto Camp. The next morning we caught the 8-hour Greyhound trip to Dawson City where we had a fascinating few days.

Returning by buses to Skagway we had the best part of a day before boarding the Columbia for the return sail to Prince Rupert. I had seen a couple of Flixible Flier buses parked in peoples' yards in Skagway and found that these had been brought in to take people about a mile uptown from the cruise ships but that hadn't continued. These are classic intercity buses with a retro look so I hiked around town and found seven including one with a vista roof. Before 1983 there was no road connection at all at Skagway – the only way was to take the ferry to Haines, Alaska that could access Alaska and Yukon highways. Soapy Smith's grave and found the White Pass and Yukon's steam engine number 53 covered in plastic in a rail shed. Today this is operated again for special trips and the tracks are very busy with diesels pulling cars full of tourists to the summit. The narrow gauge line is still in use through Bennett to Carcross but not to Whitehorse.

We enjoyed the inside passage trip again but didn't visit Sitka again and woke in the night at Juneau and Wrangell as this time our cabin was close to the gangway. Found a coin-op postage stamp machine on the ship charging 5 cents over face value – which wouldn't be allowed in Canada. The announcements reminded us that this is a ferry not a cruise ship while in fact we had excellent service, even a Forestry representative who told us about the trees, logging, the pulp mills and was also able with answers to questions.

From Prince Rupert we drove highway 16 via McBride and Jasper home.

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2nd annual  
East Shore

# Healing Arts Symposium

September 30 - October 1, 2017

Yasodhara Ashram, Kootenay Bay, BC

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Dr. Duncan Grady, Circle of Indigenous Nations Society, Elder

## Healthy Immune System, Nutrition

Maya Skalinska, Master Herbalist, Registered Herbal Therapist

## Conscious Breathing & Systemic Constellation Work

Blanche Tanner, Master Breath Practitioner, Family & System Constellation Facilitator

## Acutonics, Gong Meditation

Theresa Lee Morris, Certified Acutonics Practitioner, Teacher

## Singing

Alanda Greene, Musician & Writer

## Astrology, Self-Care

Susan Snead, Astrologer, Bodyworker

## Ayurveda, Qi Gong

Zora Doval, Ayurvedic Practitioner & Speaker, Author

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Kalibri Wood, Certified Dancing Freedom Facilitator

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For workshop details, and schedule, please visit:

[www.healingartssymposium.weebly.com](http://www.healingartssymposium.weebly.com)

## Healing Arts Symposium 2017 Sept 30-Oct 1st

submitted by Susan Snead

Two years ago in the Fall of 2015 some of the East Shore healers hosted the first East Shore Healing Arts Symposium. Although not well publicized at the time, the one-day event was a huge success for those who did attend.

Now, two years later the second East Shore Healing Arts Symposium is scheduled to happen again. More healers have been invited to present their knowledge in this two-day experiential journey designed to restore, open and impart a mixture of ancient wisdom with leading edge healing modalities.

This year the Healing Arts Symposium will be held at the beautiful Yasodhara Ashram located on Kootenay Lake. **Dr Duncan Grady** will honour us by conducting the opening ceremonies beginning at 10am. The day will continue with **Blanche Tanner** guiding the group in a breath awareness session joined by **Theresa Lee Morris** and her planetary gongs. This will prove to be a lovely way to centre oneself and to begin the weekend.

**Duncan Grady** will then carry us into a Blackfoot medicine-wheel view of grief and mourning. For

those who haven't seen Duncan speak he is an elder of the Blackfoot tradition who imparts wisdom taught by the ancestors.

This brings us to lunch break. Participants can either choose to bring a lunch or purchase a delicious and nutritious Ashram lunch for the price of \$13. It needs to be ordered prior to the symposium via [eslearningplace@gmail.com](mailto:eslearningplace@gmail.com). It's important to note that the Ashram upholds silence in the lunch room during meals.

During the second half of lunch break **Alanda Greene** will give those who wish to sing the opportunity to experience vocal awareness through sound.

Saturday afternoon presentations begin with **Jim Leslie** the Executive Director of the Kootenay's Medicine Tree dispensary in Nelson. He will share with us some of the history and leading edge research being done on medical cannabis. For those interested in learning more about the benefits of medical cannabis, this lecture will prove very enlightening.

Following Jim, East Shore resident and master herbalist **Maya Skalinska** will share her wisdom of how specific foods, herbs and medicinal mushrooms can support a healthy immune system.

**Zora Doval**, also a local resident, then introduces us to the ancient healing system of Ayurveda and it's usefulness in these modern times.

The day will then close with **Kalibri Wood** guiding us to express ourselves in the physical movement of "Dancing Freedom".

Day 2 begins at 9am with a gentle Hatha Yoga class led by one of the Ashram yoga teachers. Local resident and founder of the Kootenay Sound Healing Center **Theresa Lee Morris** then introduces us to **Acutonics Tuning Fork Therapy**. This type of therapy uses sound vibrations on the body and in the energy field opening acupuncture points and vessels with vibrating tuning forks instead of needles. The effect can be exceptionally valuable for the recipient.

**Susan Snead** will then offer some of her knowledge of body awareness in her experiential presentation entitled Self-Care. Gleaned from her studies of body and foot reflexology and a study of points and meridians, Susan will offer some simple hands-on tips and techniques to keep the body feeling alive and pain free.

**Maya Skalinska** joins us again with her second presentation "Nutrition for Perfect Health". "Let thy food be thy medicine and medicine be thy food" (Hippocrates).

After lunch **Susan Snead** will offer a short explanation of significant planetary alignments influencing us on Earth in her presentation entitled Astrology followed by a powerful rejuvenating Qi Gong exercise led by **Zora Doval**.

**Blanche Tanner** will then skillfully guide the group in a Family Constellation to help shift any personal or ancestral patterns. For those who don't know, Blanche and her massage therapist husband **Harreson Tanner** offer Family Constellation workshops on a regular basis in our community.

Our Healing Arts Symposium will come to completion with a closing ceremony by honouring the time spent together. Participants will leave feeling a shift in their body, mind and spirit having experienced this life enhancing event.

For more information on the Healing Arts Symposium and how to get your (very affordable) tickets, please see the poster to the left. If you'd like to see the biographies, workshop descriptions and schedule view our website at [www.healingartssymposium.ca](http://www.healingartssymposium.ca).



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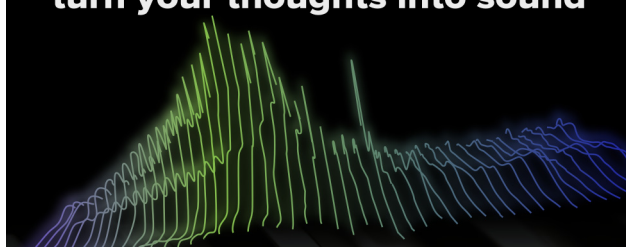
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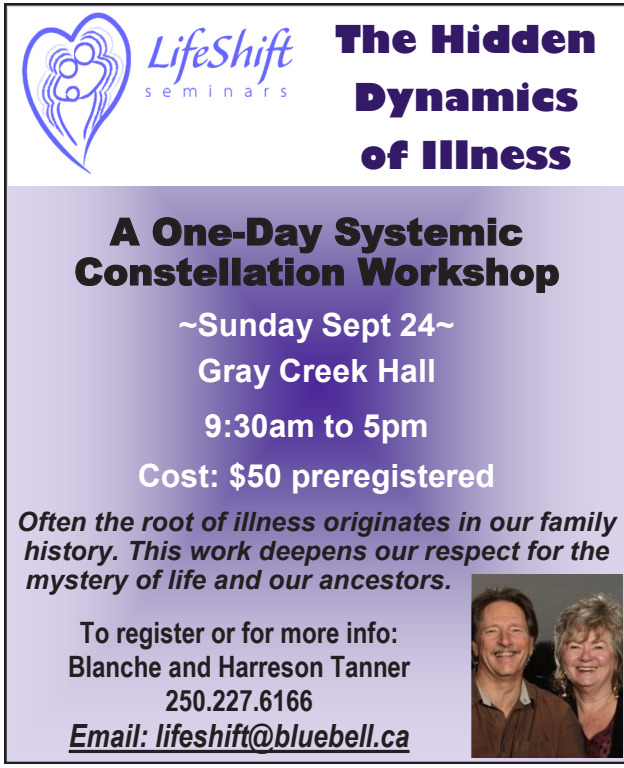
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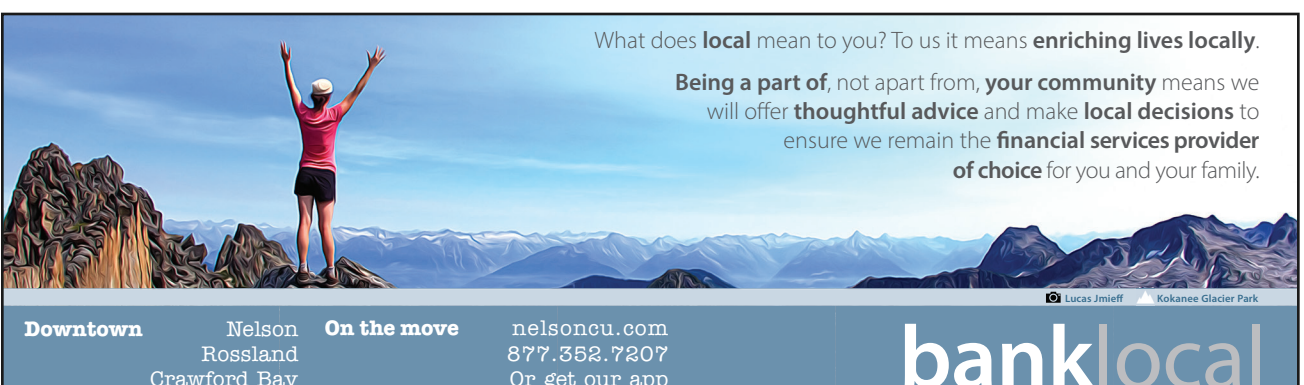
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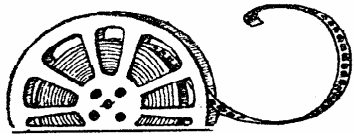
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## Seldom Scene

by Gerald Panio



For *Alvin*. You started this.

We rode in together from the Outlands in our old American beaters, and found paradise.

Here's a neat little exercise in creative visualization: what does a science fiction movie with zero special effects look like? Chances are, you're drawing a blank. Sci-fi films with bad special effects are a dime a dozen, but how does anyone go about evoking the future with nothing at all? One-word answer: *Alphaville*.

I saw this Jean-Luc Godard film not long after I arrived in Paris for a year-long stay, and I think that that was the exact moment I realized I was truly in a different country. I'd never seen anything quite like *Alphaville*. I was not prepared for an American actor from French "B" movies reciting fake poetry from a real poetry book while fighting a supercomputer in a futuristic Paris that was just the actual city filmed at night. Who would be? Godard's film was made in 1965, three years before *2001: A Space Odyssey* and seventeen years before *Blade Runner*—both of which owe a serious debt to Godard's futurist anomaly.

The protagonist of *Alphaville* is Lemmy Caution, a secret agent who rides in from the Outlands in his Ford Galaxie (actually, a Ford Mustang) to check out some dubious goings-on in the eponymous city. Lemmy Caution is actually a character from a series of best-selling novels by British writer Peter Cheyney, published from 1936 to 1951. In the books, he's a hard-boiled FBI agent. Cheyney's books were very successful with noir-loving French readers, and Lemmy Caution became a staple of French cinema in the 1950's and early 60's. He was played by American actor Eddie Constantine.

Godard's decision to have Constantine reprise his role in *Alphaville* was critical to the film's success.

Mickey Spillane's Mike Hammer might have second thoughts about crossing Lemmy. He's a shoot-first and don't-bother-asking-questions-later kind of guy. As is true of most of these toughs, he spends a lot of time getting beaten up. The violence in the film is deliberately cartoonish—random, exaggerated, implausible. Constantine's mug, almost never without a dangling cigarette, wouldn't find its like for craggy gravitas until Robert Mitchum stepped up as Philip Marlowe in *Farewell My Lovely*. It's hard to beat David Thomson's description: "Eddie Constantine was forty-eight in 1965, but he looks like a thousand-year-old lizard in *Alphaville*...in raincoat and fedora, with a face like the surface of the moon, he is ancient, prephotographic, absolutely enigmatic."

Equally as inspired as casting Constantine was Godard's decision to create a futuristic Paris simply by shooting in high key black & white, at night, in the city's most modernistic, un-iconic buildings. It's all glass-steel architecture, endless anonymous corridors, sculptural winding staircases, cold fluorescents, and flashing neon. The only thing missing is the rain. Imagine shooting *1984* or *A Handmaid's Tale* in a deserted IKEA warehouse.

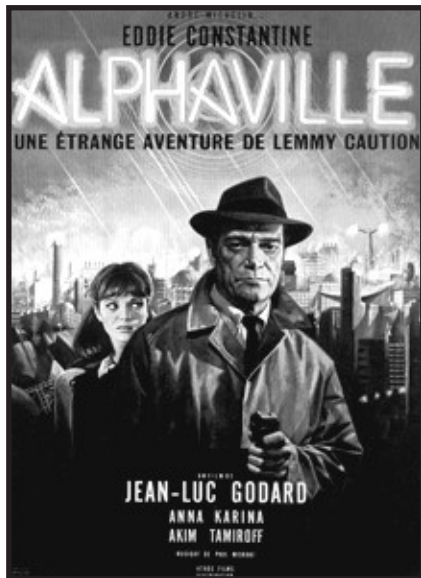
Any science fiction noir worth its salt needs villains. *Alphaville* has two. There's evil scientist Leonard Nosferatu (alias Leonard Von Braun), and a genocidal supercomputer named Alpha 60. Von Braun is played by Howard Vernon as Big Brother in shades. Science without conscience. The kind of narrow focus on technical superiority that some people are worried will lead us into an AI (Artificial Intelligence) apocalypse where the machines conclude that humans have passed

their best-before date.

Villain number two is the AI. Sepulchral-voiced by a man communicating through an artificial voice box, the Alpha 60 is visually nothing more than a backlit spinning fan and a screen-sized lightbulb. But that's all Godard needs to creep us out. As is typical of deranged machines that have gotten too big for their britches, this one is bent on stripping everyone and everything down to basic logic. Humans are bar-coded and run like robots. Society is strictly hierarchical. Everyone has his or her slot. Sex is strictly transactional. The standard greeting & parting line is "I'm very well, thank you, you're welcome"—the perfect anomic in a society where no one really cares about anyone else and gratitude has been eliminated along with anything that remotely reflects morality.

In true Orwellian style, words such as "love," "conscience," and "crying" have been removed from the dictionary. More words disappear all the time. Anyone displaying an emotional affect is taken to an Olympic-sized pool inside a skyscraper, where they're machine-gunned off a diving board and finished off by knife-wielding bathing beauties. The execution scenes actually hit home harder than even Godard intended, as they call to mind the later executions in sports stadiums in Afghanistan, similar killings and the systematic tossing of dissidents out of helicopters by the Argentine military.

How is Lemmy Caution going to save the Outlands



from being swallowed up by *Alphaville*'s ruthless plan for galactic conquest? Well, along with his Colt Commander semi-automatic pistol he's also packing a copy of poet Paul Eluard's *La Capitale de la douleur* (*The Capital of Pain*). And he's not afraid to use it. It turns out that poetry is the ultimate weapon for discombobulating an electronic brain. It's what illuminates the night. What's cold logic set against a line such as "Nous vivons dans l'oubli de nos métamorphoses..." (We live in the forgetfulness of our metamorphoses...). If Eluard's not enough, there's also Baudelaire, Hamlet, Céline,

Borges, and Pascal.

Poetry is potent, but combined with love it's triumphant. *Alphaville*'s femme fatale is the radiant Anna Karina, playing Professor von Braun's daughter, Natacha. The opposite of a blond bombshell, more of a raven-haired madonna, Natacha's tentative smile and illegal tears are enough to confound the control of Alpha 60's 1.4 billion nerve centers. Lemmy doesn't make it easy on her, though. She's been part of the machine, and she's going to have to fight her own way free. He'll lend a hand, but she's got to do the emotional heavy lifting. Lemmy slyly subverts his own heroic image when he passes on rescuing Natacha from a couple of thugs—after all, taking down



her father is a higher priority.

He does come back for her, eventually, after scores have been settled.

For every literary reference and cinematic in-joke I picked up in *Alphaville*, I'm sure I missed five. One example of the games Godard plays so well is Akim Tamiroff's small role as whistleblowing private detective Henry Dickson. Dickson's doomed to die because we know Lemmy won't. Someone has to take one for the team. Tamiroff's performance is pure Orson Welles in miniature, and the resemblance is no accident.

We can all be very grateful that if Godard chose to spend zilch on special effects he didn't skimp on using the talents of the brilliant cinematographer Raoul Coutard and composer Paul Misraki. Coutard shot 14 films with Godard. Misraki's career spanned six decades. The score for *Alphaville* is firmly tongue-

in-cheek, a send-up of every soundtrack that tried to punch up noir scenes with a few plangent chords.

Just before he meets the same fate as his fellow rebels against computer-regulated "normalcy," dying in the execution pool, one man speaks out: "Listen to me, normals, we see the truth you no longer see. The truth is that the essence of man is love and faith, courage, tenderness generosity, and sacrifice." In *Alphaville*, that truth finds an unlikely champion: Lemmy Caution, a palooka from the Outlands who's willing to drive his Ford Galaxie 500 across intersidereal space to make sure that it's heard.



### 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, November 1, 2017.**

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



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Next to Barefoot Handweaving in Crawford Bay.

## Starbelly Wrap Up

by Nicole Plouffe

Saturday night at Starbelly Jam Music Festival and Five Alarm Funk confirmed that sequin booty shorts, a firm belief in stuffed animals, and disciplined, manic creativity are a perfect recipe for incredible fun. Within their musical mayhem they paused to say that after touring together for 13 years, they didn't wake up looking that pretty but if you dedicate yourself to something, although it may be difficult at times, it will take you to places you may not expect.

That pretty much summed up Starbelly's journey over the years and it may not wake up looking too pretty, but when it dons its sparkly booty shorts, it manages to pull off something quite unexpected and magical.

After a one year hiatus, there was enough determination and new volunteer power to create a Jam that hearkened back to its simpler vibe, and the unexpected happened: festival goers came back in droves and brought with them pure vibes of love and positivity. The festival tends to take on a life of its own during the weekend and it inhaled all



the sweat and tears of hard work and exhaled beauty through music, workshops, vendors, colourful patrons, dancing and laughter. The feedback has been extremely positive and the organizers can rest with smiles on their faces.

This year wouldn't have been possible without the spirit and hard work of new and returning managers who handled their departments with care and enthusiasm and went that extra mile during the festival. Nearly 400 volunteers also contributed their generous time and did it with a smile and gracious demeanour.

The East Shore community is the perfect fertile environment for incredibly special and creative events to take place, and the Starbelly Jam organizers are beyond grateful for this community and its support.

With the success of this year, there are plans for another Starbelly in 2018.

There are more people retiring this year and the board of directors will be looking for new recruits to fill some integral roles so keep an eye out for the AGM coming this fall and don those shorts and join something spectacular!

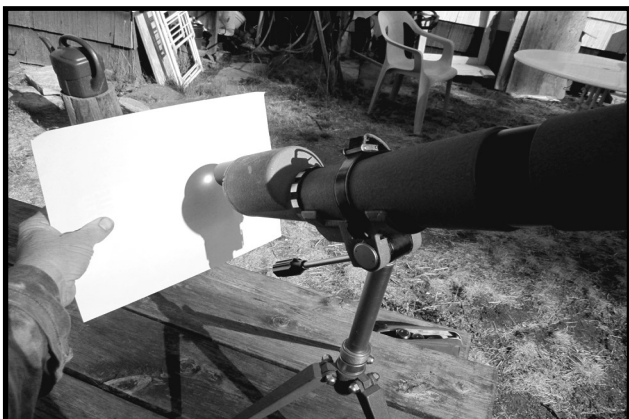


## The Great 'Soldier' Eclipse August 21/17

submitted by Branca Lewandowski

I was excited to try and see the solar eclipse in August so I consulted Google to find out how I might do that. Since hearing about it coming up, I had been walking down memory lane, recalling how awesome it was to see the same event in February of 1979 in Saskatchewan during my days in the Katimavik program. We were on a high flat plateau and what we experienced was like a 360 degree slow motion sunset on the snowy hills. Very cool.

This time, I set up a telescope on my picnic table and fussed about trying to get angles, stability and a piece of paper all in the right spots. Then I forgot my camera – I thought I could try recording a bit of it. When I got back outside: the sun had moved, of course; so all had to be gently repositioned. This kept happening during the two hours I stayed the course. Also, a breeze would blow the paper right off the table from time to time and I hadn't had much experience manoeuvring the telescope for this reverse viewing kind of situation (left is right and up is down). But I had fun with it, and snapped some pictures.



At first I held up the piece of paper by hand, until



I discovered that if I wiggled the tripod legs of the telescope I could capture the view on the surface of the table.... literally.

I was texting my daughter while it was going on and at one point she told me her 4yr old asked to see the Soldier Eclipse! - so I dressed one shot up for her! (see right)

## Many Thanks to the Many Bays (Community) Band

by Susan Snead

The East Shore community on Kootenay Lake is fortunate to have in its midst a most talented group of musicians who willingly offer their time and energy to play music simply for the joy of it.

Under the guidance of professional musician Donnie Clark our East Shore band has flourished and grown. Donnie is a master of taking old and new tunes and arranging them in the most creative ways.



Along with Deberah Shears, Donnie organized the "Spring into Song" multi-generational choir joined by a small group from the Many Bays Band. The Radha Room at Yashodara Ashram was literally packed with beaming parents and community residents all enjoying this Springtime exaltation.

Canada Day in Crawford Bay park was another time our community witnessed the vast arrangements of the Many Bays Band.

But the highlight for many was an evening in the Riondel Campground in late July. The band set up just for the joy of serenading community residents and campers in another wonderful concert.

According to Donnie anyone is welcome to join this community band. What a wonderful way to gather and make music together. Many thanks to the Many Bays Band!

*Next Deadline:*

*September 27, 2017*

*www.eshore.ca*



## Continued Growth, New Programs Benefit Basin Residents

**Columbia Basin Trust delivers \$39 million in programs and services last year**

Columbia Basin) – Columbia Basin residents and communities benefitted from nearly \$39 million in programs and services through Columbia Basin Trust, as released in its 2016/17 Annual Service Plan Report this week. The Trust also invested \$10 million in new business loans and commercial properties.

The Trust's revenues reached \$59 million over the year, an increase of \$11 million from the previous fiscal year. The Trust generates revenues in three ways: through power project investments, investments in private placements and through market securities. All three performed at or above targets resulting in the increased revenues. This allowed the Trust to increase the benefits it delivers to the region, up from the \$31 million it delivered the previous year.

"Through community consultations, we set out 13 strategic priorities for 2016 to 2020 to support Basin priorities. We made significant progress in several of our priority areas including developing strategic frameworks for affordable housing, agriculture, broadband and economic development, and launching two new programs, the Energy Retrofit Program and Built Heritage Grants," said Johnny Strilaeff, Columbia Basin Trust President and Chief Executive Officer.

Highlights of the \$39 million disbursed to communities include:

- \$6.8 million to a new three-year partnership with Heritage BC to implement the Built Heritage Grants program that supports the preservation, rehabilitation and restoration of heritage assets
- \$2 million to the new Energy Retrofit Program launched in partnership with BC Housing and BC Non-Profit Housing Association to upgrade affordable housing
- \$1 million to the renewal of its long-standing partnership with Columbia Basin Alliance for Literacy for an additional two years
- \$6.2 million to environment, social and recreation infrastructure granting programs.

In addition to delivering benefits through grants and initiatives, the Trust is also purchasing, constructing and managing assets for community benefit. In the past year, the Trust invested \$1.5 million to purchase a commercial building to further economic development and \$1 million on infrastructure to support broadband initiatives.

"Our increased revenues allow us to increase our programs and investments to help offer a wider range of benefits to Basin communities and residents, and that's great news. The Trust is well-positioned to continue to deliver on its mandate of helping residents strengthen the region's social, economic and environmental well-being," Strilaeff said.

Join staff and the Board of Directors at the Trust's annual general meeting in Salmo on September 22 from 4 – 5 pm at the Salmo Valley Youth & Community Centre. The public is also invited to attend a community barbecue at the Salmo Ski Hill beginning at 6pm. Learn more about the Trust's progress on its strategic priorities at [ourtrust.org/priorities](http://ourtrust.org/priorities). Read more about the Trust's performance in its 2016/17 Annual Service Plan Report at [ourtrust.org/annualreport2017](http://ourtrust.org/annualreport2017).

Columbia Basin Trust supports the ideas and efforts of the people of the Columbia Basin. To learn more about the Trust's programs and initiatives, and how it helps deliver social, economic and environmental benefits to the Basin, visit [ourtrust.org](http://ourtrust.org) or call 1.800.505.8998.

## Outstanding Wildfire Response From Staff, Community Partners

**oped submission by IHA**

This summer, Interior Health is on the frontlines of an emergency that continues to prove how far people will go to help one another in times of crisis.

As unprecedented numbers of our patients and residents were evacuated from hospitals and care sites, we've seen our own staff, along with physicians, emergency responders, First Nations, social services agencies, churches, charitable organizations, universities, businesses, and individual citizens come forward to ensure these vulnerable people are kept safe and comfortable.

The tremendous outpouring of support has been incredible and whether time, money, or toothbrushes, it all helps. As well, I cannot say enough about the generosity of health sites in Interior Health and Northern Health who have taken in patients and clients evacuated from their home facilities. Thank you also to those working in media who have been working hard to keep citizens up-to-date about the evolving situation.

It's quite simply impossible to list all the acts of kindness that have occurred, but among the stories that really touched my heart are those about physicians, nurses, care aides and support staff who stayed with patients, despite knowing their own families were at that moment being evacuated.

The dedication demonstrated by so many people is outstanding and we are deeply grateful to those within Interior Health and all of our partners in the communities that welcomed evacuees.

Our heartfelt sympathy goes to those people who lost property; ranchers whose livelihoods have been impacted; businesses that lost customers; and First Nations whose communities and natural environment have been profoundly affected by the wildfires.

With the extent of this crisis, we know health repercussions will continue in the months ahead.

There is no doubt that this emergency is causing incredible upheaval, stress, and frustration.

Our primary focus will continue to be the health and safety of residents, as well as that of our own staff and physicians. While we have made progress on re-entry in several areas, we are taking care and caution with decisions to re-open sites and services only when it's safe to do so. The wildfire activity remains close and continues to impact transportation routes so every decision is well considered before we re-open our sites or restore full services.

Despite the ongoing issues, it is a credit to the strength of human nature that smiling faces are still the order of the day at our health-care sites. I've seen it time and time again in my visits to our communities over the last several weeks.

To our community partners, staff, physicians, and all those involved in fighting the fires – we offer our sincerest thanks. You have truly proven that every person matters – and every person can make a difference.

## Riondel Library News

**by Muriel Crowe**

The Riondel Community Library held another successful used book sale during Riondel Days. This success was and is due to organization by Chris Robertson and the help of many locals including brand new residents and some visitors. Special thanks go to Sonny, Henry and Brandon Petersen who also helped with the reading event on August 16. The money raised by the past few book sales is being used to complete the transition of our expanded space including some new shelving and painting. We will be painting the original library room and making some changes to the children's room. Please be patient while we get all departments rearranged and new directional signs posted.

In the midst of all the uproar we had a separate children's event on August 16 sponsored by the Creston Library with Barb Petersen keeping the Riondel end of the events well organized. Both events were enthusiastically attended but few locals participated. We will have to advertise more thoroughly if we plan another program.

If you are wondering what to do with those giant zucchini, the million plums and masses of pears think LIBRARY. We have books galore on what to do with them. Are you wondering what to do with all that spare time now your company has wandered off to the big city? Think LIBRARY once again.

Make a volunteer happy, drop in, visit and borrow. PS: Riondel has a bocce pit. You can borrow the balls from the library.

## BOOK REVIEW

**by Tom Lymbery**

**EARLY EXPOSURES – a Photographic Memoir**  
by Bill Pennell, self published – Friesen press.  
171 pages, \$35.00

Bill Pennell lived in Gray Creek from 1973 to 1979 as a part owner with Alan Cairns of the Burge property which encompasses Croasdaille Creek. With a large format camera as well as a Leica he took excellent pictures which he accompanies with well written and absorbing prose.

Even though I am introducing Gray Creek to get your attention, his book and photos cover much more of the world than Kootenay Lake with the first chapter about a year or so spent on a sheep farm in Wales. Next Borneo (Sabah Malaysia), Mauritius – an Island Paradise, Gray Creek and finally Alert Bay (near Port Hardy at the north of Vancouver Island) Bill's photos from the broad view of the years he spent in each of these places produce fine pictures and stories of the areas.

I tackled him about his naming the original 1908 Croasdaille house "a Doukhobor House" and he explained that the shape gave him a feeling for those two story buildings of which there are still a few visible in Castlegar and Grand Forks. Intriguing local photos – a selfie of himself in his cabin next to his "Hippie Killer" as we called the tin airtight stoves that started so many house fires.

Classic photos include a tipi with Steve Metcalfe and companion, Ingrid in arms with her parents Doreen and David Zaiss in front of their newly built log house (1973) and two views of the "Tea House" that Bill constructed almost entirely out of hand spit cedar boards and shakes, tucked away in the trees near the site of Jim Burge's water powered sawmill. And don't miss a view of the Gold boulder searcher's float house after it had been extended and lodged on the rocks at Picnic Bay.

**Next Deadline:**

**Sept 27, 2017**

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





pebbles  
by Wendy Scott

## Long Haired Stars

Smoke has cleared from the afternoon sky and the Selkirk peaks step into their distances. By evening, clouds drift dark across a lingering sunset. After the tip of the moon's crescent drops behind the mountains, and our neighbouring planets begin their descent through the soft ochre of August dusk leaving the evening pale till nighttime brings dark brilliance. The Milky Way, like a heavenly rush hour highway, prepares the scene for a Perseides light show.

And quite a show it is. Meteors streak across the sky like sparks from a campfire, brief, bright specks scattered from the visiting comet, Swift-Tuttle, that big lumpy ball of ice, rock, and dust with a few frozen gasses thrown in for good measure, and of course, a tail. Aristotle called the comet a star with hair, and the Greek word for comet means exactly that: long-haired star.

And so the debris from long-haired stars rings in the night sky – brief and bright – like pings from a celestial iPad. They are picked up on radar and played back over the internet; doorbells sounding from the edge of space from the home of electric blue clouds and shifting auroras. But an elliptical road leads the long-haired stars away from Earth past strange sunsets and an abundance of moons to carry wishes and dreams past Jupiter and into the stardust where, if you know how to listen, you can catch echoes from the beginnings of time and space.

Here's a thought; one of our galactic neighbours is the constellation, Aquarius – about 40 Light Years

away. Since a light year is about 93,000,000 miles, I'll leave the math to you, but consider this, scientists have discovered as many as seven earth-sized planets in the Aquarius system, each orbiting a star, but how many moons might that be, and how many possible eclipses.

This year those falling stars were followed by the first total eclipse of our sun in nearly a century. The path of totality curved across the United States from Oregon to South Carolina. If you were among the lucky ones in the right place at the right time, you would have been able to see the exciting diamond ring effect as the moon centred precisely between the earth and sun showing brilliant flames of solar fire as the familiar daytime around you reverted into a dark, chilly night. Even here in Riondel the effect was exciting.

Since both moon and earth are spheres, the moon's shadow on the surface of British Columbia was elliptical and off-centre. This morning, having forgotten about the perfect effect of focusing through a colander, I poked three holes in a piece of cardboard and watched as the ellipses expanded and contracted and my garden grew dark, cool, and bright again. The next solar eclipse is a short seventeen years away in 2024. Maybe my colander will be front and centre for that one?

Falling stars were my mother's pathway to her field of dreams. A chance to make a wish was a serious event for her and she never wasted the important ones on wishbones that tended to break with the short piece in her fist, or birthday cakes too crowded with candles. No. She saved the long-standing, secret wishes for those first stars.

*Star light. Star bright. First star I see tonight.*

*I wish I may, I wish I might*

*Have the wish I wish tonight.*

My mother was a faithful once-a-year gambler. Magazine kiosks and grocery counters had not yet gained 649 displays, they would have been too tame

for her. She only wished on stars and wagered her future on a flimsy piece of tissue covered with dates, patterns and numbers. The Irish Sweep was her ticket to Glory. She planned for months before the race and kept her ticket (never more than one) as safe as the diamond she never received or the amethyst that vanished on a Sunday morning with no one at home to catch its flight. "When my ship comes in," she would say. When my ship comes in was the solution for every worry and all the wishes yet unfulfilled.

Life has a way of stringing a line through maybes and ifs and buts and now-what's. It unravels, slowly at first, and then picks up speed as if there's a big fish surging up-stream. At the edge of the river a quiet pool spins dreams and children play with dogs and cats and daisies. Be careful, though, the wind will ruffle, then spin more quickly until the pool joins a swifter current to speed through a turmoil of summer and into the brilliance of autumn before winter brings a soft silence.

My mother's horse never won a race but on a cool February morning with just a hint of early spring, she woke from a dream. Her ship was at sea, she said, and she lay on a deck chair – green, orange, yellow. The sky was bright, but she could see her star, dangling above the deepness of the sea.

Meteors are scarce in February, but it only takes one tiny, bright speck of stardust to carry a secret wish swiftly to its destination. She booked passage on the ship she knew would be there and she was ready to board.

Her star on that February night lit the way for her final voyage and carried her wish back to earth to land in a hidden place, beside a calm pool. There it will remain until a child discovers a need for her own secret wish. Then the child will keep it safe until she's old enough to trust a falling star.

## Smarter Than Jack or Jill

by Sharman Horwood

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

### Clever Creatures

Octopuses are not an animal that many people would choose for a pet. You wouldn't want one to curl up in your lap, for example. Nor would you take it out for a walk. Surprisingly, many are able to walk on the ground as well as slither across the bottom of the ocean. They are interesting animals, and highly intelligent. They have a complex nervous system. They also have good monocular sight, and these two qualities together make a remarkable animal. They are the most intelligent of invertebrates and can be quite devious.

One octopus characteristic is their ability to communicate. They can hear sounds, but they don't have a voice, and can't make any sound at all. Instead, they use colour. As a painter, I appreciate that rather complicated skill. With it, octopuses (or octopi) can become invisible. They can rapidly change the colour and texture of their skin to blend in with the background. Each part of their eight arms and the main body changes to mimic what it is against. One arm can look like the coral behind it, and another like the sand it is laying upon. All at the same time. They use this camouflage

to avoid predators, or to hide when they hunt. They also use it to communicate with other octopuses.

Even more interesting are their brains. According to Wikipedia, octopuses have "the highest brain-to-body mass ratios of all invertebrates," making them very smart animals, if size alone is an indication of intelligence. In all of their species, two-thirds of an octopus' neurons can usually be found in the nerve cords of their arms so in a way, they have more than one brain. They have a central brain located in the body, and they also have the neuron clusters in their arms. These act independently, controlling each arm separately. Somehow, with all of these neuron clusters, the creature can still coordinate what it's doing. This is a lot of information to process: two separate eyes and eight arms functioning each on its own.

The tiny coconut octopus—about the size of an adult's finger—doesn't have that central brain, and yet it still acts intelligently. The coconut octopus just has the vestigial neuron clusters in each of its arms. This small creature uses empty shells to assemble a house for itself. It shifts them, one on each side, to give it some shelter from predators. It will save pieces of shell that it thinks it might use later. And when it wants to move, it takes its house with it. It "walks" on several of its arms, and much as a human would, tucks each of the shells under a spare arm. When it finds a better location, it re-assembles its house, and moves back in. The way it manipulates the shells suggests that it is using them as tools to push away sand and stones.

Sometimes octopuses in captivity just play. Researchers have seen them place plastic toys into the currents in their aquariums, just to watch the toys go around and around. They later retrieve them in order to watch it all again. There is no hunting benefit in doing this. As if it is bored, and finds the toys amusing.

Octopuses in captivity have shown their ability to adapt to new situations as well. They are canny hunters, in the ocean or even in research facilities. They will unscrew the tops of bottles, sometimes out of curiosity, sometimes to catch something edible inside. The prey doesn't stand a chance. Once the lid is off, the octopus can modify its shape. It can squeeze into the bottle and catch the fish or crab trapped inside. Fishermen have often claimed that they have seen octopuses climb up into their boats. Once they're on board, they will actually open holds in order to feast on the crabs inside.

In the wild, octopuses have been known to navigate the dry areas between tidal pools in order to hunt. No one suspected they'd do the same in aquarium tanks. In 1875, Brighton aquarium keepers noticed that their lumpfish were disappearing. They couldn't understand it. There was literally no place where the fish could go and lumpfish are not predatory so they wouldn't be eating each other. One morning, however, they found an octopus still in the lumpfish tank. It had climbed out of its own tank, made its way across the floor and climbed up and over into the lumpfish's tank. It had to have been doing this each night. Once there it lunched away on the captive fish, later returning to its own tank. Other aquariums have reported the octopuses hunting at night when the doors are closed and the lights are off. Sometimes the octopuses got lost, but amazingly most found their tanks again and climbed back in it, appearing innocent and well fed.

Aquariums are learning that the only way to keep octopuses in is to completely seal the tank. They don't have human intelligence, but they are imaginative enough to play when they're bored, plus resourceful and quick in search of food, even turning an aquarium facility into their own private hunting ground.

Linderoians are nothing if not doughty. Give them lemons and they'll make gin. Thus, in this Dante-esque summer of 2017, when forests were aflame and towns were evacuated, tourists foresook their favourite vacation spots, now smokey or even ablaze, and came to relatively clear Lindero.

The surprising influx of summer vacationers sparked a frenzy of hopeful businesses. Various townsfolk hung out their shingles, offering newly-converted garage B&Bs, garden-shed juice bars, porch-swing foot massages, and patio ethnic dance classes. One aspiring mogul felt these ventures failed to adequately capture the feel of the place, along with sufficient tourist dollars. Dwayne DeKammel, Chimney Sweep Extraordinaire (according to his business card) took a hard look at the town and decided it was his oyster, his blank-slate, and the words he envisioned scrawled across its knobby shell were "DeKammel's Theme Park".

A grand plan such as Dwayne's usually involves the cooperation of fellow townsfolk, something he decided to forego in favour of doing as he pleased and pocketing all the proceeds. And so it was in the early days of summer that, amid the heat, smoke and tourists, Linderoians noticed new land-uses spring up around town. Initially there were few objections. The mini-golf course in the public orchard seemed a cute but modest affair and anyway, it took awhile for the vacationers to find the place. The first rumblings of dissent came from Mrs. T., the next door neighbour,

## Hello Again & Au Revoir

by Wendy Scott

They arrived – unexpected and unannounced, but greeted with joy like the dear friends – which they were and continue to be. Last week, in the midst of a busy evening at Bob's Bar and Grill – they came through the door and ordered two pints. It's a long drive from Sidney with only one stop part way – a long, thirsty drive, so of course, Bob's was a must. There was surprise, there was laughter, there were tears, along with the many requisite hugs. How long can you stay, how long, how long – a few days! Oh! Too short, too short, and there was more than one offer of housing for a much longer stay next year.

Harry and Sheila Arnott vanished from Riondel a year ago to find a home in Sidney, on Vancouver Island closer to their daughter, Sophie. Sheila travels with her brushes and paint pots and quickly found an Art Club in Sidney. Harry travels with his love of gardening, his personality, and his Scottish brogue. Their Sidney balcony will be a perfect gem of colour, scent, and all that new stuff that just does not want to survive in their old Riondel garden.

As is often the case upon arrival in the town that was home for many years, both Harry and Sheila rediscovered not only their friends but their strong connections with this little town that they left behind.

There are many more hugs waiting to be delivered, along with an art room, two familiar golf courses, and many streets full of people. Until next time, au revoir, and many happy returns.

who overlooked the squeals of excited tourist children and their keepers until they began taking aim at her cat, Mr. Perfidy, who liked to doze at the feet of the orchard's Gravensteins.

Likewise, the soccer nets raised no eyebrows until it was revealed that they were actually part of a target range when a number of clay pigeons and a handful of birdshot found its way through an unremarkable but beloved stained glass window and into the RC Church.

By contrast, initially the zip-line idea garnered support. The prime crusader was Dolores Crassula, local matron with the "flippin' awful-thritis" in her ankles that left her hobbling and with an unsatiated appetite for shopping. The prospect of whisking pell-mell to the local Postal Mini-Mart & Boozery seemed like a dream come true so Dolores signed up for the inaugural zip. The breathtaking speed and terrifying height were everything Dolores's heart desired, terminating as it did with the crisps, fishing lures, Q-tips and other wonders on offer at the store. However, as is so often the case with promises of unimaginable delight, reality tends to fall short. In Dolores's case, exactly five blocks short, all of them uphill. "Who would've thought the contraption only goes downhill?" she wailed.

Ultimately, the straw that broke DeKammel's back was Motocross. Like all East Kootenay towns, Lindero clings to the side of a mountain which, reasoned Dwayne, screamed "dirt bikes!" Soon the machines were screaming around town. They began by tearing through available patches of public land but were soon slanting across driveways and lawns and finally, as the true motocross spirit gripped the riders, down the steep but lovingly planted rock gardens, backyard pools, grape arbours, vegetable patches and, in one case, a front porch.

The "Motocross Track" was extreme in its unpopularity for Linderoians. It was impossible to ignore the

## And Another Hello

by Wendy Scott

A reminder (if reminders are necessary) that this town, this province, this East Shore are difficult, if not impossible to erase from your system. A few days ago, my dear friend, Marilyn Johnson, knocked on my front door and stayed for a week.

Seven years ago, after Marilyn's husband, Don, died, Marilyn moved to her Calgary home, but after several decades of Riondel living the strong threads constantly bounce back, as she does – I'm here, is coffee on!

And so we wandered, Marilyn and I, up, down, and around this familiar piece of Kootenay home; we combed every inch of Crawford Bay, and came away with lighter pockets; we spent a long time in the Circle of Friends, because it is indeed a place for friends; we walked on the ferry and met another friend in Balfour for lunch, we had that important meal and many more hugs at Bobs Bar & Grill in Riondel. And so the days floated by until, once more, the white car drove towards the Rocky Mountain Trench.

I'm not sure how many days, months will pass before the knocker on my door bounces, my doorbell rings, the door opens, and many pots of coffee are shared again between do-you-remember, and have you seen, and how is, and lets go to, but whenever it happens, we will laugh, shed a few tears perhaps, and enjoy one of those friendships that happen in this special town, this Kootenay place.

Come again, Marilyn. The door's open – no need to knock.

brightly coloured thundering machines and their wild-eyed helmet-less riders (curiously, eschewing head protection was a major attraction of Lindero's track), careening through town on 45° slopes, only to roar back to the top to do it all again. Over and over.

Yet it wasn't noise, trespassing, or neck-breaking risk that brought it all crashing down. In the end, Mr. Perfidy was roused from his afternoon slumber one too many times. He attached himself to the face-guard of the offending motocrosser, or where the face-guard would have been had he been wearing a helmet. In the ensuing chaos, Mr. Perfidy was torn between terror at becoming a hood ornament on a guided missile, and the fury of a sleep-deprived feline. He hung on. The blinded and lacerated dirt-biker outdid himself with blood curdling screams that were even audible over the snarling shriek of his machine. As well, he demonstrated an uncanny ability to remain upright while blind and in agony, which enabled him to crash through the miniature golf course, the skeet nets, seven other bikers, and the guy-wires for the main support post of the zip-line, where he and Mr. Perfidy finally tumbled to a halt. The crack team of local Ambulanciers rushed to the rescue. The cat sustained nary a scratch (ironically) and the rider was proclaimed Damn Lucky with only facial cuts and abrasions, and received a pre-emptive distemper shot. His motorcycle, along with four others, was a write-off.

Amid the wreckage of his ruined theme park, Dwayne broached the question of compensation to the bleeding extreme-biker, who countered with uncivil words like "liability" and "lawyer". Dwayne became scarce for awhile. Currently he is taking bookings for extraordinary chimney cleaning and Lindero, like the rest of the province, is hoping for no more excitement than a good rain.



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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**Next Deadline: September 27, 2017**  
**www.eshore.ca**

## Kokanee Springs Ladies Day

by Shelley Bumanis

The 2017 season is almost over... We only have this month and Kokanee closes for the year. If you haven't had a chance yet it's time to capitalize on Kokanee's great rates for Ladies Day. You pay only \$55 for 18 holes including cart, \$40 if you choose to walk or \$30 cart included if you can only join us for nine holes. These rates are a 50% savings & apply only to those participating with the Ladies Golf Club along with receiving 15% off merchandise in the pro shop.

Tee times start at 10:30, we meet up at the pro-shop for 10am where we set up foursomes, find out what the game is and which holes the KP's will be on. We play skins (one tie all tie) and for those that choose to participate, make sure you bring some quarters. Interested? You can leave your name with the pro-shop (250-227-2005) or better still, email sbumanis@hotmail.com by noon Monday to be added to the list. If you have an index/factor please include that as well. Last minute and you're able to join us? Show up for 10am and we'll make sure to fit you in.

All calibers and ages of golfers are welcome to join our Ladies Day. Come make new friends or catch up with the old but either way

## Riondel Ladies Bluebell Classic

Riondel Golf Club held its annual Ladies Bluebell Classic on August 16, 2017 with 36 ladies from various clubs in the Central and West Kootenays participating. The prize for overall low gross went to Roxy Stevenson from Riondel Golf Club and overall low net went to Holly Eisler from Creston Golf Club.

We would like to thank all of the volunteers who made the tournament a huge success. We would also like to thank the following sponsors for their generous donations to our tournament:

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- Nelson & District Credit Union
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- Morris Flowers
- Riondel Market
- Home Hardware (Creston)
- Crawford Bay Market
- Home Hardware (Nelson)
- Nancy Schmaus

## The Great Trail Ribbon Cutting

photo and story by Ingrid Baetzel

*Next Deadline:*

*Sept 27, 2017*

*www.eshore.ca*

## Kootenay Lake Local Conservation Fund Request for Proposals

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

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

Projects that are technically sound and effective, and provide value for money through partnerships with other funders will be given priority. Proponents must be a registered not-for-profit organization, First 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 November 1, 2017.

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



L-R: Taz Archembault, Garry Jackman, Dakota Cursons, Klaus Plaumann, Sandy Oates, & Farley Cursons

On August 26, 2017, building on the momentum of celebrations for the 150th anniversary of Confederation, ribbon cutting ceremonies were held all across Canada as sections of The Great Trail (previously called The Trans Canada Trail) were completed. The Great Trail is claimed to be the world's longest network of recreational trails and partners in its completion include members from our East Shore communities. Farley Cursons, Project Director of East Shore Trail and Bike Association (ESTBA), Sandy Oates - President ESTBA, Klaus Plaumann - Vice President ESTBA, Taz Archembault - Chief Trail Builder, have worked tirelessly hours to establish connecting trail ways for TGT and were proud to be present, along with Garry Jackman - RDCK Director Area A and Dakota Cursons (Farley's daughter), to cut the ribbon on the beautiful stretch of trail that flows up the hillside in north Gray Creek to meet with the existing trail above.

Farley began the ceremony with an offering of tobacco to honour the partnership with indigenous cultures and respect the use of this shared land. He spoke briefly about the epic nature of this trail build after being approached by the Trans Canada Trail committee and the RDCK to take the trail off the highway. As it stood, the trail started in Kootenay Bay, came along stretches of highway and off road trails into Gray Creek and then over the Gray Creek/Kimberley Pass. The goal was to find ways to get it off the highway, connect communities, work with partners and upgrade what existed. He spoke about the many, many layers of authorization to get it done.

The access is a beginning of a connection to the existing trail, but also a beautiful little trail in itself as well. Farley spoke about the incredible granite deposits and vistas on the trail. He also said that it was the most challenging trail they'd ever built and he felt confident that they could build anything after this one.

Visitors and residents are encouraged to check it out and see the good work these people have done. Also, be sure to watch how this trail continues to develop and expand in the future. Farley is in the process of submitting rough budgets for future planning for the trail. Congratulations ESTBA!



## Holistic Health Tips

by Kim Young

### Lose That Stubborn Belly Fat- For Good!

**First of all, what is belly fat?** Visceral fat, also known as belly fat, is different and far more dangerous than the subcutaneous fat which lies just under the skin. Visceral fat extends deep into the abdomen and pads the spaces between our internal organs, such as the heart, stomach, and liver. This type of fat puts stress on our organs and impairs their function. This can have a serious effect on your health.

**It is not only fat people who have belly fat, thin people get it as well.** While we all need some belly fat to cushion our organs in case of a bump or fall, once it becomes alarmingly expanded, we need to take action!

**The dangers of belly fat:** Researchers at the American Diabetes Association have also found that visceral fat produces toxins. Chemicals called cytokines, which increase your risk of heart disease are produced by visceral fat. The cytokines also make the system less sensitive to insulin, which could lead to the development of diabetes.

Studies at the Massachusetts General Hospital reported that belly fat is one of five components of metabolic syndrome which increases the risk of the following conditions:

- Stroke and heart disease;
- Brain problems such as depression and dementia;
- High blood pressure and possible hardening of the arteries;
- Development of triglycerides and LDL (bad) cholesterol in the blood;
- Poor blood sugar control which can lead to diabetes;
- Causes inflammation in the body which increases the chances of developing serious diseases;
- This inflammation may also aggravate arthritis, and lead to other joint and bone problems.

**What causes belly fat?** There are many causes of belly fat, most of them directly related to diet and lifestyle. Such as:

- Excessive intake of sugar and refined flours such as cakes, candies, sweets, rolls, and cookies;
- Eating too many nutrient-poor processed foods and carbohydrates, which are not able to be processed by the liver, and are then stored as fat in your fat cells;
- Heavy alcohol consumption;
- Inactivity and a sedentary lifestyle play a huge part in obesity, including dangerous belly fat.

**Our hormones are also linked to belly fat:** Extra belly fat can indicate an imbalance in the following hormones:

- Cortisol, which is a hormone that is essential to survival. It is produced in the adrenal glands and dictates how energy is used, controls blood pressure, and promotes the metabolism of carbohydrates and fats. It also helps the body mount a response to stressful situations (the "fight or flight" response). Undue stress results in an over-production of cortisol which leads to cravings for sugary, fatty comfort foods. This extra food is stored as fat, especially around the abdomen.
- Too much estrogen (in both men and women) is also a major cause of belly fat. Excess abdominal fat in men increases the conversion of testosterone to estrogen, and as the estrogen levels rise, belly fat increases. This starts a vicious cycle as testosterone levels drop lower than normal, leading to increased stress, increased cortisol production, more cravings

and more belly fat.

**Banishing belly fat also promotes a healthy mindset:** Excessive, unsightly belly fat may also have a detrimental effect on your self-confidence, as well as your self-esteem. Looking good again can help rebuild positive feelings about yourself. But the most important benefit will be the restoration of good health and a major improvement in your general feeling of well-being.

**So how do we lose belly fat?**

- Embracing a healthy eating plan can help prevent belly fat from developing, and eating more fat burning foods like nuts, eggs, lean meat, peppers, leafy greens, legumes and whole grains can help get rid of belly fat, for good.
- Get your stress levels as low as possible. Stress may lead to a spike in blood sugar, which promotes insulin resistance.
- Dealing with stress will also prevent the super-production of the stress hormone, cortisol which is the major culprit in the development of belly fat.
- Get more exercise. Exercise is crucial to help combat belly fat, so commit to regular exercise to reduce the size of your midriff.
- Cut out refined, acidic foods. The extra acid in your system which cannot be metabolized will be deposited in your fat cells.
- Cut down eating saturated fats which are found in fatty red meats, bacon, sausages, processed meats, and cheeses. Opt for lean cuts of meat, skinless chicken, and fish such as salmon or trout, which are also rich in omega 3.
- Eat some good fats, because research has shown that not all fats are bad. Adding some good fats to your diet actually helps the body burn bad fat. Some foods containing healthy fats include avocado, olives, walnuts, coconut oil and fatty fish.
- Drink less alcohol which is high in calories and sugar, and leads to fat gain in the middle and waist area.

*Kim is a Holistic Health and Lifestyle Coach and Reiki Master who lives in Kootenay Bay with her husband Jim and their dog Buster. Her website is: [www.holistic-health-tips.com](http://www.holistic-health-tips.com)*

## Health & Happiness

by Dr. Sid Kettner

### Could Your Hospital Make You More Sick?

Doctors believe that is possible. Most patients enter them to have their heart disease, stroke, diabetes or cancer treated. But the food that they are served contribute to those very diseases—and to obesity. Refried, frozen chicken patties on doughy white bread. Greasy pizza slices that turn the paper plate translucent. Waxy, flavorless beans poured straight from a can giving the sick their only vegetable option. Ouch!

A major doctors' group in America hopes to put an end to the great irony served up daily at most of their nation's hospitals. On June 14, the American Medical Association issued a policy statement that called for the reduction of sugar-sweetened beverages and processed meats and an increase in the availability of healthful, plant-based foods in hospitals. Physicians and hospital staff are encouraged, not only to counsel their patients about the health consequences of a poor diet, but also to lead by example in offering healthier foods at their hospitals.

Specifically, they called for hospitals to:

(1) provide a variety of healthful food, including plant-based meals and meals low in fat, sodium, and added sugars

(2) eliminate processed meats from menus

(3) provide and promote healthful beverages by removing sugary drinks from vending machines

Health experts have lamented for years that hospitals' food options are unhealthy. In fact, a study published in 2002 (that's 15 years ago) in the Journal of the American Medical Association found that more than a third of the top 16 U.S. hospitals had contracts with fast-food restaurants to offer their food in the hospital. Ouch again!

Similarly, a 2014 study conducted by the Physicians Committee for Responsible Medicine found that more than 20 percent of the 208 hospitals they surveyed housed fast-food restaurants! Even the cafeteria food in these hospitals was dominated by foods that were high in sugar, salt and cholesterol, such as processed meats.

Speaking at the AMA meeting, PCRM President Dr. Neal Barnard compared unhealthy food served in hospitals to tobacco. "A generation ago, the AMA supported doctors who were working to get tobacco out of their hospitals. But, as with cigarettes, hot dogs and similar processed meats, are now known to contain cancer-causing agents. Therefore, doctors would like to replace them with healthier foods." The PCRM began a national campaign in 2016 to encourage hospitals to ban processed meats. Several hospitals have since pledged to do so. A 2015 study published in the journal Preventive Medicine Reports found that creating hospital gardens for staff, patients and the community can lower rates of obesity in communities they serve and reduce public health disparities by providing more people with easy access to fresh, healthy, plant-based foods. More than 100 hospitals now have such gardens.

"So the day might come when you can go to the hospital to fix a broken leg and not have to return for a hospital-food-induced angioplasty", one writer quipped. I whole-heartedly agree!

### Have you met Eli?



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**Next Deadline: Sept 27**

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

## Notice of Passing

**Noretta Jensen**

**May 11, 1937 ~ July 24, 2017**

Noretta Jensen passed away after a brief illness on July 24, 2017 at East Kootenay Regional Hospital in Cranbrook, BC.

Noretta was born in Calgary, AB and moved to Creston at a young age where she spent her childhood. In 1955 she married Keith Jensen and they had three children. Noretta was a homemaker like no one else. The family then moved to Cranbrook in 1969. In 1985 Noretta and Keith moved to Gray Creek, her most favourite place in the world, where they enjoyed their retirement. Her favourite thing to do was to sit on her swing chair looking out over the lake.

Noretta is predeceased by her father Roy Ibbitson, mother Violet Ibbitson, and brothers Robert and Lloyd Ibbitson.

She is survived by her husband Keith; daughter Brenda (Steve Jackson); sons Robert (Donna), Brian (Karen); grandchildren Chelsey (Michael), Brett (Haley), Robert (Hillary), Tawni (Arty), Cassidy (Andrew), Jaxon, Makenna, Jordan; great-grandchildren Alycia, Kyelin, Kynlie, Ryan, and Macy; and many other loving family and friends.

A graveside service was held Saturday July 29, 2017 at 11am at Forest Lawn Cemetery, followed by a tea at Redeemer Lutheran Church.

## Remembrance Garden

by Wendy Scott

It has been – and still is – a hot dry summer. We are glad to have our watering system installed and running. Many thanks to volunteers taking care of the long, dry grass.

Some of the benches need a touch up and we will be arranging a polishing day soon. Watch for notices – or listen for chatter – I'm sure the word will get around.

In the meantime enjoy the cool garden.

**Information & requests**

**Wendy – 250-225-3381**

**Muriel – 250-225-3570**

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Whether your loved one has scattered ashes, was buried elsewhere or was 'beamed up', the **Memorial Wall in Gray Creek Cemetery** can mark their time here.

Visit the unique woodland cemetery on Oliver Road South and contact **Tom at [lymbery@netidea.com](mailto:lymbery@netidea.com)** for a handsome brass plaque.

## Notice of Passing

**Claus Wirsig 1933 ~ 2017**

He left us on July 8 in the midst of a peaceful nap at one of his favourite places.

He is deeply missed by Ann, his wife of 56 years; daughters Denise, Nadine, Karen and Ingrid, and their partners Frank, Ian, Stefan and John; and grandchildren Alison, Colleen, Chantal, Anna, Paul, Rachel and Felix. He leaves siblings Horst, Wally and Roy, Gertie, Ralph and Kathy, Sieglinde and John, and Cathy and Richard, and 17 nieces and nephews. He also leaves an extended chosen family, including the Shen and Zhao families and Mehtab Matthew.

Claus was predeceased by brother-in-law Harold Casemore and sisters-in-law Joan Richard and Joan Wirsig.

Claus was born to Frida and Oscar in 1933 in The Pas, MB, the first of his farming family to be born in Canada. He studied History at the University of Alberta and then went to Oxford as a Rhodes Scholar before moving to Toronto. There, he met and married Ann, the love of his life. He started as a journalist and discovered a passion for healthcare, switching careers in his thirties to finish his working life as president of the Hospital for Sick Children Foundation, where he made many connections with people who shared his commitment to leave no child without the care they needed. Avid for political debates, he was a great defender of universal healthcare and public service in general. He appreciated city life but always kept one foot in the soil, growing vegetables, berries and flowers that he loved to share with family and friends. Curious and open to the world, he always had the radio on and relished hosting visitors from far and near as much as he loved to travel. He didn't think there was anything his daughters couldn't do – except sing – and cherished spending time with them and his grandchildren over large meals, card games and the odd piece of chocolate. A keen woodworker, his pièce de résistance was the small log cabin he built by hand to make room for the third generation at the cottage.

We celebrated his life on Sunday August 20, 2017 at 1 pm at Vaughan Estate at the Estates of Sunnybrook (Toronto).

Donations in Claus's memory may be made to World University Service Canada, Friends of Canadian Broadcasting, Places for People (Haliburton), or the organization of your choice.

*Note from Tom - Claus spent some time in Gray Creek with his family who successfully operated Gray Creek Forest Products from 1951 to 1968*

## Notice of Passing

**Gerald "Gerry" Byron Bishop**

**October 1, 1934 ~ July 28, 2017**

Gerald "Gerry" Bishop passed away on July 28, 2017 in Creston, British Columbia at the age of 82 years. Gerry was born in Trail, British Columbia on October 1, 1934.

He is predeceased by his father Byron Devire Bishop, mother Margaret Bishop, and his sister Carole Kirschner.

Gerry is survived by his wife Sharon Bishop, son Brian Bishop (Char), daughter Dawnna Coyle (Ali), stepson Todd Paik (Nancy), eight grandchildren, and six great-grandchildren. Bluebell Mine was operating.

## Notice of Passing

**James Russell Hearne**

**Aug 31/32 – July 21/17**

The Reverend Canon James (Jim) Russell Hearne peacefully left his earthly body on July 21, 2017 at the age of 84, in Nelson, British Columbia.

Jim was born August 31, 1932 in Columbus, Indiana, the eldest child of Albert Russell Hearne and Mary Isabelle Gates. He attended the Seattle Pacific College in Seattle, Washington where he met the love of his life, Colleen Walsh, graduating in 1955 (B.A. in English Literature and Greek). He received his Bachelor of Divinity from Evangelical Theological Seminary in Naperville, Illinois in 1962, and his Master of Divinity from Garrett Evangelical Theological Seminary in 1972.

In 1955 Jim and Colleen were married in Coquille, Oregon. They moved to Dubuque, Iowa and later to McGregor, Iowa before immigrating to Canada in 1962. The same year he was made a Deacon of the Anglican Church and served as Curate at St. Andrew's Anglican Church in Trail, BC. He was ordained Priest in 1963 and served as Vicar in the Parish of Kokanee from 1963-1969. During that time they purchased their home at the Queens Bay Townsite on Kootenay Lake. Jim was Pastor of the Anglican and United Churches of Golden and Field, BC from 1969-1976, Rector of the Lacombe and Rimbey (Alberta) Anglican Churches from 1976-1993. He retired briefly in 1993, returning to the Kootenays where he served as Priest-in-Charge at Creston. He came out of retirement to become Rector of Creston 1994-1999, and was made a Canon of the Diocese of Kootenay in 1996.

When Jim retired in 1999 he and Colleen moved back to their beloved Queens Bay home. He continued to serve in various aspects of ministry, including as Priest-in-Charge in Castlegar, BC (2001-2002) and as Interim Pastor at the St. Andrew's Presbyterian Church in Slocan and Passmore from 2006 until the time of his passing.

Jim and Colleen loved to travel; in addition to many family trips throughout the United States, they traveled extensively in the England, Scotland, Northern Ireland, Ireland, Germany, Israel, and Sinai. He was a lifelong learner, and attended the Vancouver School of Theology Summer Sessions for many years. He was a Lecturer in the Department of Religious Studies in Notre Dame University, Nelson, B.C. 1964-1966. Jim had a wonderful sense of humour and an endless trove of stories. He has enriched the lives of his parishioners and friends with his unique perspective and gift of storytelling. He was a fine singer, and sang in many choirs throughout the years.

Jim was the deeply-loved husband of Colleen, treasured father of Caitlin and Leah; grandfather to Jeremiah (Takaia), Amanda, Lara (Trevor) and Tyrel (Rosanna); step-grandfather to Katelyn and Caroline; and great-grandfather to Molly, Kullen, Ivy, River, Samuel, Francis and Henry. His deep love and devotion for his family was a hallmark of his life.

Jim was predeceased by his father, Albert Russell Hearne (1953); his mother, Mary Isabelle Williams (2002); his sister, Janice Anne Hearne (2016); and his beloved daughter, Helen Marie Cubbon (2006).

There will be a Celebration of Life with Eucharist at St. Saviour's Pro-Cathedral in Nelson, BC, on Saturday, August 26, at 2:00 PM. A reception will follow the service. Queries can be directed to [herrnhut@shaw.ca](mailto:herrnhut@shaw.ca). In lieu of flowers the Hearne family encourages donations to the charity of your choice in Jim's memory. Online condolences may be expressed at [www.thompsonfs.ca](http://www.thompsonfs.ca)

*NOTE from Tom - Jim Hearne took many services in the East Shore and was the last to hold services in Gray Creek Hall.*

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

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**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

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**RIONDELARTISAN SHOPPE** -The Circle of Friends is now open for the season. Seven Days a week during July & August. Hrs: 10am-4pm. Showcasing local artisans. (235 Fowler St.)

**RESTAURANTS**

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

**DESTINY BAY RESORT & RESTAURANT** - Open nightly by reservation only. Simply call 1-800-818-6633 to reserve.

**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:** FireSmart Canada Consultant - Assessment and Mitigation of Wildfire Hazards - Brushing, Thinning, Limbing, Clearing - Burning Permits - Multi-Use Trail and Access Road Clearing/Maintenance. Farley Cursons - 250.505.6489/interface.strategies@gmail.com

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

*Next Deadline:  
Sept 27, 2017*

**CLASSIFIED SECTION**

**BUSINESS ANNOUNCEMENTS**

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

**Artisan Shoppe** -The Circle of Friends is now open for the season. Seven Days a week during July & August. Hours: 10 am to 4:00 pm. Showcasing local artisans. (235 Fowler St., Riondel)

**BUSINESS SERVICES**

**Fax service**, photocopies, (withnoPST/GST)TomLymbery – Notary Public, 250- 227-9315, fax 227-9449, 250.227.9448 for Notary Public.

**JOBS/EMP OPPS**

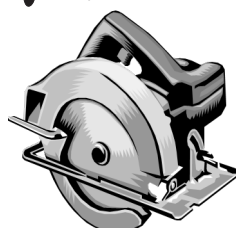
**Now Contracting**  
**CAMPGROUND ATTENDANT - RIONDEL COMMUNITY CAMP- GROUND:** Riondel Community Campground Society is now accepting applications for the 2018 Contract position of Campground Attendant. As a team member you will attend to all seasonal operations of the Campground, from mid-April until

mid-October (depending on weather). Campsite bookings via email begin January 01, 2018. For more information about job description, responsibilities and remuneration, please contact the Society. **PREFERRED QUALIFICATIONS:**Previous experience in campground management and maintenance, Excellent customer relations and communications skills, plus proficiency in computer and social media skills, WorkSafe B.C. coverage and comprehensive liability insurance are required, along with a criminal background check. Submit your cover letter and resume to: RCCSociety@bluebell.ca Deadline for submissions: October 15, 2017

**NOTICES**

**BETTER at HOME** - Watch your mailbox and post office in September for the brochure for friendly visiting and volunteer driving.  
**ELDERCARE** - Do you offer private care for seniors and others? Perhaps housecleaning, home repair, or other services- please contact Laverne at 250-551-6020 or email eslearningplace@gmail.com.

*Thinking of Renovating?*



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

**Our Hours:**

Tuesday - Friday 9 am - 5 pm  
Closed from 1 - 2 pm  
Saturday 8:30 - 12:30

**Kootenay Insurance Services Ltd.**

#16030 Hwy 3A, Crawford Bay  
Phone: 227-9698

**YOUR HALL IS AVAILABLE!**

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

**CRAWFORD BAY HALL**

*Your community hall*

**A non-smoking facility**

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

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

**Creston Veterinary Clinic**  
**Your Hometown Vet**  
**1 (250) 428-9494**

**Mobile veterinary clinic available in Crawford Bay.**

Please call Creston Veterinary Clinic to book appointment & for more details.

**NEW LOCATION! We now have our clinics at the Crawford Bay Motel, Unit 6**

**Mobile Clinic Dates:**  
**September 5 and October 3**

# 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 2017

**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 4 Tuesday: Dr Piver  
Sept 5 Wednesday: Dr Moulson  
Sept 6 Thursday: Dr Lee  
Sept 12 Tuesday: Dr Piver  
Sept 13 Wednesday: Dr Moulson  
Sept 14 Thursday: Dr Lee  
Sept 19 Tuesday: Dr Piver  
Sept 20 Wednesday: Dr Moulson  
Sept 21 Thursday: Dr Lee  
Sept 26 Tuesday: Dr Piver  
Sept 27 Wednesday: Dr Moulson  
Sept 28 Thursday: 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**

## HEALTH PHONE NUMBERS

ES Health Centre: 227-9006  
Drug & Alcohol: 353-7691  
Child & Youth: 353-7691  
Community Nursing: 352-1433  
Public Health Dental Screening/Counseling: 428-  
3876 Hospice: 227-9006  
Baby Clinics: 428-3873  
Mammography Screening: 354-6721  
Physiotherapy: 227-9155  
Massage Therapy: 227-6877  
Mental Health Crisis line - 1-888-353-CARE (2273)

### BOSWELL HALL HAPPENINGS

**Yoga** - Thursdays, 9:30 - 11:00am. Contact is Marilyn  
Arms 250-223-8058  
**Fitness** - Mondays and Fridays 9 - 10am, Contact is  
Darlene Knudson 250-223-8005  
**Book Club** - Thursday, Sept 14 at 2pm. Contact is  
Melody Farmer - 250.223.8443  
**Quilters Guild** - Tuesday, Sept 19, 9-3. Contact is  
Linda Brown - 250.223.8607  
**Boswell Historical Society AGM** - Friday,  
Sept 8 at 3:30pm at Anselm Church

### THANKS FOR DONATION

The Eastshore Reading Centre (Crawford Bay Library) would  
like to thank the Crawford Bay branch of the Nelson and Dis-  
trict Credit Union for the cheque which was presented to us  
this month. This donation from the Credit Union pays for the  
internet at the Library, helping us provide free Internet use on  
our public computer to everyone in the community.

**Thank you from your Library!**

### BOSWELL HALL EVENTS

**BADEV CORN ROAST:** Saturday, Sept 2 is the annual  
BADEV Corn Roast from 5- 7 pm at the Boswell Hall. Tickets  
are \$10 at the door. Come out and enjoy a hot dog, some  
corn on the cob and a ice cream cone

**FALL FOWL FEAST** - When: Saturday September 16,  
2017. Where: Boswell Memorial Hall. Time: Doors open at  
5pm, Dinner served at 6pm. Cost: Children under 10 are \$8  
each and all others are \$15 per person and \$18 at the door.  
Tickets will be available from 9:30 am until 2 pm at the Boswell  
Post Office on a first come first served basis from Thursday  
August 31, 2017 until Thursday September 14, 2017. Your  
meal will be turkey with all the fixings, gravy, mixed veggies,  
mashed potatoes, salads, etc., followed by homemade pies,  
ice cream, whipped cream, punch, juice, coffee, tea and a  
cash bar. Door prizes, raffles & 50:50 draw.

CUSTOM HOMEBUILDING  
DESIGN SERVICES  
REMODELING

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

## Kootenay Lake Ferry Schedule

Summer: Jun 14 – Sept 5, 2017

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

## Kootenay Lake Ferry Schedule

Winter: Sept 6/17-June 13/18

**Time Change Nov 5 – add one hour to  
departure time for East Shore time.**

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

## CHURCH/MEETING CALENDAR

### RIONDEL COMMUNITY CHURCH September 2017 SCHEDULE

**Sept 3:** NO SERVICE. Enjoy Riondel Days!  
**Sept 10:** TBA  
**Sept 17:** Brenda Panio, 11am  
Music: TBA  
**Sept 24:** Ramona Dannhauer, 1pm  
Music: Richard and Ramona

**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 MEMORIAL 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 7:30pm. 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:**  
**Sept 27, 2017**  
**mainstreet@eshore.ca**  
**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 5:15 pm at the Crawford Bay School  
Email cbess.pac@gmail.com for info or to add to the agenda.  
**Next PAC Meeting:**  
**SEPTEMBER 2017**

September 2017 *Mainstreet 23*



**Lee**  
**JOHNSON**  
REALTOR®

**What is the #1 reason to choose Lee  
to list and sell your house?**

**PROVEN RESULTS.**

**Total East Shore waterfront properties sold in 2016: 8**  
**Total waterfront properties listed and sold by Lee: 6**  
**Average number of weeks for Lee's listings to sell: 9**

**GET RESULTS.**

**Call or text Lee today: 250.428.6439**  
[www.CrestonandKootenayLake.com](http://www.CrestonandKootenayLake.com)

**Creston Valley**  
**REALTY LTD**

1408 Canyon St  
[crestonrealty.ca](http://crestonrealty.ca)

SEPTEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
						BADEV Corn Roast, Bos Hall, 5-7pm
3	4	5	6	7	8	9
		SCHOOL STARTS! Creston Vet Clinic Tara Shanti Yoga, 9:30-11am Dr. Piver	Full Moon Dr. Moulson	Yoga Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am Dr. Lee	80's Party, Kokanee Springs	80's Party, Kokanee Springs
10	11	12	13	14	15	16
		Economic Action Partner- ship Mtng, GC Hall 6pm Lions Mtng, 7 pm Tara Shanti Yoga, 9:30-11am Dr. Moulson	Dr. Moulson	Yoga Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am Dr. Lee		Fall Fowl Feast, Bos Hall, 5pm Dads & Kids Brunch and Play, Fam Place 10:30am
17	18	19	20	21	22	23
		Tara Shanti Yoga, 9:30-11am Dr. Piver	Dr. Moulson	Yoga Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am Dr. Lee		
24	25	26	27	28	29	30
Hidden Dynamics of Ill- ness Constellation Wrkshp, GC Hall, 9:30am		Lions Mtng, 7 pm Tara Shanti Yoga, 9:30-11am Dr. Piver	MAINSTREET DEADLINE Rec 9 Grant App deadline Dr. Moulson	Yoga Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am Dr. Lee		HEALING ARTS SYMP, ASHRAM THROUGH OCT 1

THE HISTORIC  
**GRAY CREEK STORE**  
EST. 1913

250-227-9315  
graycreekstore.com



Mon-Sat 9-5:30 & Sun 10-5


**Stupendous September Savings!**

RSF Opel Fireplaces - \$600 Off  
Jotul & Chimney - \$300 Off  
Blaze King - Free Fan or Shroud

**HOT SALE**

PLUS monthly deals from Osburn, Quadrafire, Heat & Glo, PSG, and Valcourt

PLUS: WETT inspections & Free In Home Consults

 **Kootenay Lake Local Conservation Fund**

**Request for Proposals**

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


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

Projects that are technically sound and effective, and provide value for money through partnerships with other funders will be given priority. Proponents must be a registered not-for-profit organization, First 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, November 1, 2017.**

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



**Transfer Station Hours**

CR. BAY: Sun, Tues & Thurs, 9am-3pm  
BOSWELL: Weds/Sat 11-3

Bottle Depot at CB Market, Sunday/Thursday, 10am-3pm

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

**Riondel Library:**  
Mon: 2-4 pm, Weds: 6-8 pm  
Tues, Thurs, Sat: 10am-12:30pm