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Smoky skies for the greater part of August (due to the most devastating wildfire year on record) have become the new normal for BC residents. Kootenay Lake was nearly invisible for much of the last half of summer, bringing a quick end to the beach season. Photo: Starbelly Beach in Gray Creek, Aug 19 and then Aug 27 when the first rain came - by Ingrid Baetzel. Photo below by Ingrid Baetzel: Vermillionaire - Large Firecracker Plant (Cuphea).



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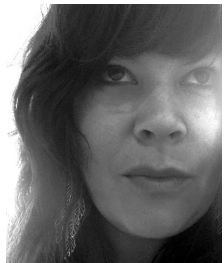
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## Mainstreet Meanderings by Editor Ingrid Baetzel Visiting Visionary

On August 27, 2018 between 50 and 60 people gathered at the Crawford Bay Hall to attend a presentation and question/answer session with Sonia Furstenau, Green Party MLA for Cowichan Valley on Vancouver Island. Green candidate for Nelson/Creston Kim Charlesworth was also in attendance.

Furstenau started the session with a bit of background on the work that the Green party has been doing in several areas. She addressed hot topic issues like Proportional Representation, the revitalization of the environmental assessment process, the restoration of adult basic education, the elimination of MSP premiums for BC residents, basic income negotiation, work done to wean ourselves off of dependency upon fossil fuels, fixed election dates along with restructuring of budget submissions, the slow change of the culture of politics, and so much more. The room learned about the concept of professional reliance, the principals of which only a few people had heard.

Professional reliance is an approach, introduced a decade ago by the Liberal government, which lets companies hire consultants to approve their plans rather than subject them to review by government scientists and engineers. An example of this would be the government accepting a report prepared by a proponent-hired registered biologist on a back-country tenure proposal as the official reference point without having an oversight committee or impartial third-party specialist analysing the same proposal. Its implications are huge and can leave opposition (and government)

hog-tied thorough assessment being taken out of government hands. In some cases, this could be seen to be more efficient, while, in others, it allows corporations and big money to push through their projects and proposals without many obstacles. This is a hot button topic for Furstenau.

Furstenau also spoke at length about electoral reform and stressed the importance of proportional representation being adopted here. British Columbia is having a referendum on what voting system we should use for provincial elections. The referendum is being held by mail from **October 22 to November 30, 2018**. Registered voters will get a voting package in the mail from Elections BC between **October 22 and November 2, 2018**. For more on proportional representation, see the graphic on page 10 in this issue.

Furstenau said that the opposition will use language to indicate that pro-rep will create perpetual minority governments and nothing changing. In fact, according to Furstenau, much more happens with minority governments than with majority, as there needs to be dialogue and agreement between parties. Minority governments tend to deliver policies, legislations and initiatives that reflect the wants of the majority, while majority governments deliver those that reflect the wants of the minority. Sweden, New Zealand, Germany, Norway and Belgium along with 87 other democracies in the world use proportional representation and are leaders in climate change in their own rights. Falling far behind in this area are countries like the USA and Canada who use the first past the post system, says Furstenau. She pointed out that some of the greatest moves have been made under minority governments, such as Lester Pearson's era which saw the inception of universal health care, student loans, the establishment of the UN's first peace-keeping force, and the Canada Pension Plan, to name a few. "Working with opposition brings change," said Furstenau. "Parties trying to kill each other to win is nonsense."

After she presented her talking points, Furstenau opened up the floor to questions. They ranged from discussions about the opioid epidemic to health care to the environmental assessment revision process and how that impacts us here on the East Shore to the ferry situation. After some dialogue about the ferry and the debate about the west shore landing location, Furstenau committed to presenting the petition to move the ferry landing to Queen's Bay, if Michelle Mungall did not commit to doing so, at legislature. The room erupted, and someone hollered out that their vote and many others would go Green if she did this.

The room also got into a discussion about forest fires and forest practices. Furstenau said through the climate action plan being brought in by the Green party, there would be major shifts in practices to reduce fire risk. She demonstrated existing practices which exhibit how the "pendulum has swung too far" and we are leaving our forests vulnerable to substantially more fires and devastation. The pine and spruce beetle devastation has created tinder dry forests and dead trees ready for ignition. Tree crops are being created rather than natural forests. Clear-cuts are being replanted with a variety of trees, including deciduous trees, but then forestry sprays to kill the deciduous trees and the food cycle is dramatically disrupted, which changes natural rhythms and protections. Change is needed and right now, says Furstenau.

Finally, when asked about working with government and communities to bring change, Furstenau spoke to the importance of "calling people in rather than calling them out." Scale people up, work from a position of joy and dispel with working from a place of fear and anger. The culture of politics can change, yes, but only very slowly and with pointed intention. Furstenau called on the room to remember to vote in Oct/Nov this year for proportional representation to be truly represented by our elected leaders in the future.

## LETTERS TO THE EDITOR

### PRO-REP AND VISITING OFFICIALS

Dear Editor:

As the East Shore Representative for the Nelson-Creston Green Party Riding Association, I would like to extend a big thank you to our East Shore community for giving Sonia Furstenau, BC Green MLA from Cowichan Valley, such a good and attentive welcome at her Community Forum in Crawford Bay on August 27. We counted over 50 people at the event.

Sonia was inspirational in her words and refreshingly genuine, intelligent and witty, providing evidence-based information and perspectives. It is so encouraging to meet a young and committed individual in government who aspires to making government function in a more cooperative and transparent manner, truly aiming to be accountable to the people of our province. She brought back many points to the value of a government elected by a Proportional Representative system where many voices are heard and consensus used, for the betterment of the majority and not a minority of citizens.

I received much wonderful positive feedback from this event, including these words from Gerald Panio of Riondel (with his permission):

*"I just wanted to thank you for organizing the meeting with Sonia yesterday. I haven't been so impressed by a visiting politician since the days of Corky Evans. With all of the depressing news about people like Trump and Doug Ford and Bernier it was refreshing to listen to someone who stood for something rather than against everything."*

This segues nicely into one last item: **Corky Evans, former NDP MLA** for the Nelson-Creston area, is going to be the keynote speaker advocating for **Proportional Representation** on Sat Sept 15 at Lakeside Park in Nelson; it will be a celebration of Democracy Week with proportional pizza and a pot-

luck (bring a dish, utensils), 3:00-7:00 PM. For more info: 250-505-0329.

This may be our last chance in a generation to MAKE EVERY VOTE count in elections, and no votes thrown out. No more strategic voting needed! There are 25 Pro Rep chapters in BC working with FairVote Canada BC, supplying information to those wanting to learn more about Pro Rep. Contact the Kootenay Chapter at the phone no. above or go to [fairvote.ca/pr4bc](http://fairvote.ca/pr4bc). Elections BC will be sending info and your ballot in the mail after Oct 22, to be returned by Nov 30. And I am also happy to provide handouts to people - 250-225-3406.

Mary Donald, Riondel Road

**Next Deadline: Sept 26/18**



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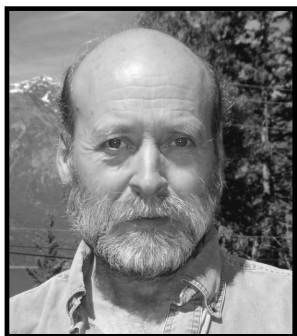
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**Next Deadline: Sept 26, 2018**

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## RDCK Area "A" Update

by Garry Jackman,  
Regional Director

### TRASH TALK:

Last month the RDCK Board voted to move forward on a contract with Recycle BC (formerly Multi Materials BC) to change the way we deal with our largest volume of recycle materials. Those are the materials which we currently collect in the big bins with the annoying slot designed to keep full bags of trash out. The contract will have implications on time of day access, numbers of sites and the portion of the total cost which is supported through property taxation. Before giving more details on the proposed contract, I want to review the situation in general.

Zero waste is a target which has been proposed for a couple of decades now but we still tend to have a fairly large quantity of "residuals" (garbage) produced by each household in the Central Kootenay. Residuals are what our leftovers are called in waste management, the materials which do not go to the second hand store or Gleaners, do not go to the recycle bins, are not suitable for the compost pile but rather will end up in a landfill. E-mail me if you want me to send some of the reports on how we measure up as compared to other BC communities.

Whether a material becomes a "residual" which goes to the landfill or a product which moves to another use depends largely on the availability of choices within the waste versus product stewardship streams. These choices depend on money available to support the process but individual commitment is also key to ensure the "garbage" portion is minimized. The product stewardship model is based on govern-

ments legislating that industry which creates certain products, such as the packaging around a good which we purchase, must be responsible for the collection of the packaging and ensuring it is recycled, reused or otherwise managed in a manner which meets the regulations set out by government. The current BC system of product stewardship is intended to minimize the quantities which go to a landfill. Markets do not value most products highly enough to pay for the stewardship process, so funding comes through a combination of commodity values, eco fees (levied at point of purchase or hidden in the product price) and through property taxation since provincial legislation requires regional districts to participate in the waste management system.

Some materials, such as aluminum or brass, still have a relatively high value after one or more uses so they are collected and resold with relative ease. Other materials, such as plastics, scrap iron and glass are yielding low commodity prices these days. The process of ensuring they become a reusable product or input material for some other product (such as glass to fibreglass) needs to be carefully managed or they are at risk of being treated as residuals headed for the landfill. Provincial law prohibits some of these materials from being landfilled, so the stage is set for the RDCK (as the legislated operators of the landfills) to convince residents not to place these materials in black plastic garbage bags.

The process to collect and manage many such materials has evolved in BC over the past decade, while at the same time the overseas markets have shifted. For example, the scrap steel price has dropped so low in recent years that the RDCK has gone from being paid for scrap steel by metal salvagers who collected at their own expense to having to pay a collector to come and haul it away. So why not just throw it into the landfill in these economic conditions? There are moral, legislative and environmental reasons not to landfill any material which will breakdown and cause serious pollution. In addition, we cannot over react to inter-

national manipulations of markets. We need to have a longer view of how we want to manage our waste.

The province required the formation of several product stewardship groups over the years through legislation and established eco fees to fund the stewardship groups. Some groups have a fairly limited scope of collection, such as used oil, while others collect a wide range of products such as Multi Materials BC which was recently re-branded as Recycle BC.

Over the past 7 years Recycle BC has created a system of collection depots across the province and arranges for transportation and processing of materials collected under their mandate. Initially they concentrated on higher population centers where they could be the most cost effective with high density of materials and shorter trucking distances to processing centers or other markets. The RDCK tried unsuccessfully to establish a contract with this consortium twice since its creation. In this third round the RDCK is considering a proposal from Recycle BC where they will take responsibility for more of the collection depots themselves (core depots) and provide guaranteed commodity prices or "incentives" for materials which the RDCK would continue to collect at non-core depots.

I will not try to describe the full difference between core and other depots here, but can provide more information for any who ask. The basic differences to note from what we have today are that in order to reduce the potential for contamination and be assured higher commodity prices for materials collected the Recycle BC contract will require all of the depots be fenced and gated and only accessible to the public while attendants are present. This creates two challenges. First, you will need to more carefully schedule your recycle drop off, just as you currently need to plan when to drop off your waste. Second, placing fences at some sites will not be practical due to capital costs and potential disruptions to the site (eg. at a local store) due to concentrating all drop offs to a shorter time frame when the site is staffed. Bottom line is moving to the contract with Recycle BC will come with a reduction in the number of sites and the hours of access. On the plus side, the levels of contamination will drop as the attendant will be able to educate all of us on best practices to ensure what we drop off will not cause problems downstream plus it will catch the very few who still tend to push garbage into the recycle bins.

Over the next two to three months we will see more details on the cost projections for various scenarios of size and number of depots. Stay tuned.

### FOREST FIRE MITIGATION

I want to quickly note how impressive the turnout was at the Boswell (about 50 attendees) and Crawford Bay (40 plus attendees) presentations. This may be one of our most important topics in the coming years with key decisions being made on how and when to direct the resources of society. The model followed since the 1940's of "combatting" fire after it starts has obvious limitations. We can move well beyond education and campfire bans to some serious fuel management strategies across our region and the province as a whole.

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

Another summer with smoke continues as of August 22. That smoke is affecting tourism, as it did last year. Also troubling us here on the East Shore is the problem with long ferry line-ups and multiple sailing waits, even with the two ferries running. Even if the scheduled new small ferry is built and in service by 2021, these problems will continue unless the western terminal moves to Queens Bay. What would really solve the problem, is of course a bridge. Don't laugh. There are many longer bridges in the world. If Prince Edward Island could be connected to the mainland by a bridge, so could Kootenay Lake be spanned by a bridge. There would be no more long rides in ambulances to Creston Hospital in the middle of the night. Five minutes to cross the bridge and you're on the way to Nelson or Trail. Think about this one seriously and put some of the energy being spent to promote a ferry terminal at Queens Bay into promoting a bridge.

Do a cost analysis if you are interested. Calculate how much the Kootenay Lake Ferry costs us in road fuel taxes each year, and multiply that by at least 80 years, with inflation adjustments, and then find out the cost of a bridge. In a previous column, I found that the cost of a car and driver each way on the ferry is about \$25, and about \$5 for a passenger. I believe you will find a bridge is cheaper in the long run of say 80 years.

For the second day in a row, Fortis lost it again. An hour on Tuesday August 21, in the middle of the afternoon, and on the 22 as well. Just getting through my morning ablutions and about to go out onto the deck to water the dahlias and hibiscus, when the whole East Shore went out, apparently including Kaslo at 7:20am.

Accustomed to this happening, I always keep three or more watering cans filled in the garage. An hour and forty minutes of outage this time. Is it ever going to get

any better? I doubt it. Are we going to end up paying more to Fortis than we would if we were BC Hydro customers? There is a hearing scheduled for later this year which may determine that. Read more about that in a later column.

Meanwhile, I reiterate my stand that FortisBC selling electricity and Fortis Gas amount to a monopoly which should not exist. Both gas and electricity are necessities here, and should be owned by the people of this province. Public ownership of utilities for the public good.

Health services here in the East Shore are centred in Crawford Bay, in a double trailer which really should be called a manufactured office building. During one of the hottest days of this passing summer, the air conditioning ceased to work in the health centre building, paradoxically because the cooling system had frozen up. Repair people were obtained the next day, and they cleaned out the system, got it working again, and cautioned about setting the thermostats too low.

There is a reason for that caution. The building is actually two manufactured structures put together. When the two were joined on site, however, the contractor had what seems to be an attack of cheapness. The air ducting between the two parts should have been the equivalent of six inch ducts. Four inch ducts were installed, and are still there, unfortunately depriving the warmer south side of the building of sufficient air flow for cooling, or heating for that matter. Talking with the repair people led to the following estimate to correct this deficiency. Two people, one day of work, and about \$1,500 will fix the problem. This needs to be raised with Interior Health, as well as the Minister of Health. Now that summer is almost over, any Monday or Friday, when there is less use of the building, would be appropriate to have this needed work done.

Have you listened to CBC online yet? Your taxes are paying for availability of Radio 1 and 2 across Canada, as well as dozens of online music channels of all sorts of music. You can listen on your computer, smart phone or tablet and the app to do this is free. Well, your taxes have already paid for it, so try it!



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# September Horoscope

by Michael O'Connor

**Tip of the Month:** Summer 2018 continues to be dramatic and intense. Multiple planets retrograde and in complex alignment: Mars extra close to Earth, an unusually powerful eclipse season, record-breaking and casualty-causing heat waves confirmed to be the 'new norm', and devastating forest fires happening everywhere and which will probably continue into October. How to make sense of it all both at an individual level and collective constitutes an active social dialogue. Autumn Equinox is September 22.

## Aries (Mar 21- Apr 19)

There is a time to play and a time to work and now the latter must be honored. However, you can play at work and work at play and there are indications that you want to. The focus now carries a relational theme, perhaps even a romantic one.

## Taurus (Apr 20-May 20)

A process of connecting with your core continues. Whether this is your physical or emotional, or spiritual core, or all of the above, is for you to decide. In fact, this focus is getting stronger by the day and will peak in November. Make it so.

## Gemini (May 21-Jun 20)

Your perceptions are getting sharper. Like a used pencil, this emphasis may not last, but it is here now.

Make the most of it by getting organized. Outlining goals, lists and datelines will leave you feeling empowered and productive.

## Cancer (Jun 21 – Jul 22)

Taking inventory will prove important now. This can include your thoughts and attitudes as much as possessions or supplies. Moving forward feels important, but to do so you must know what you don't want and need and remove it.

## Leo (Jul 23 - Aug 22)

A new set of objectives have been identified and a momentum is building. You are keen to cover a lot of bases and move quickly. The biggest obstacle stands to be interference from others, intended or not.

## Virgo (Aug 23 - Sep 22)

You have been busily working behind the scenes. While this continues, you are beginning to take new leads and initiatives. This will increase as the month progresses. Your mind is sharp and exacting now; make the most of it.

## Libra (Sep 23 - Oct 22)

Rising to the occasion when asked to assume new positions of authority remains a central theme. You may not have been quite ready before but are now. Balancing diplomatic engagements with administrative efficiency is required.

## Scorpio (Oct 23 – Nov 21)

A steady flow of change continues to present new opportunities. Despite initial uncertainty, your confidence is rising and your energy levels too. Dreams do come true provided that you are not busy dreaming.

## Sagittarius (Nov 22 - Dec 21)

A new sense of hope and possibility is rising. You may, however, still have to dig deep into a well of faith and avoid getting lost in overthinking and overconfidence. Otherwise, you find yourself smiling and laughing more.

## Capricorn (Dec 22 - Jan 19)

What constitutes your best direction now? As you ponder, mixed feelings of fear and determination stir. Uncertainties regarding important relationships will fade progressively. You will know soon if you should stay or go.

## Aquarius (Jan 20 - Feb 18)

A deep process of change on relationship fronts continues to unfold. Circumstances have probably pushed you to do some inner work. You yearn to communicate clearly and deeply. Cooperate with those who want to as well.

## Pisces (Feb 19 - Mar 20)

Engaging in creative cooperatives is important now. These likely include business activity, yet also surround home, family, and friends new and old. Returns for prior efforts continue to roll in and you are wise to roll these into new investments.



# Proportional Representation Rally

by Mary Donald

We had a fun and successful day at the Kootenay Bay ferry landing on August 18, a BC-wide Day of Action for **PROPORTIONAL REPRESENTATION**, getting out the message that the referendum for electoral reform is coming to ALL in BC in November. There were good chats with people from many places and lots of honks from vehicles. Thanks to the 12 people who came out to help.

And this is what one of our volunteers said after the event: *"On the ferry ride back to Balfour a person who turned out to work in public media became very interested, recognizing the critical role of journalism in the helping citizens engage, as well as be well informed, in these times where so many have lost hope. He gratefully took about 20 cards and brochures to share. This made it all feel worthwhile."* - Andre

**Elections BC will start sending ballots in the mail to registered voters October 22. Votes must be received by mail by November 30 at 4:30 PM.** If you will be 18 or older by November 30 and are Canadian, you can **register to vote by visiting Elections BC - elections.bc.ca/ovr** or calling **1-800-661-8683**.

*PROPORTIONAL REPRESENTATION means that the legislature should reflect how we voted.*

**If a party earns 30% of the vote, that party should get about 30% of the seats.**

For more info go to: **fairvote.ca/pr4bc** or **facebook.com/fairvotecanadabc** or **@fairvotebc**

# Strategic Gathering of East Shore/ Wynndel Residents

submitted by Laverne Booth

Residents from all communities along the East Shore of Kootenay Lake are invited to the ACTION Opportunities event at Boswell Memorial Hall on September 29, 2018 from 1 to 4 pm. This event is sponsored by the Economic Development Commission (EDC) of Area A and is the next step in efforts to build broad regional support systems and focus on emerging community economic priorities.

You will hear about the new regional asset database East Shore life from designer Geoffroy Tremblay and the Asset Based Rural Development planning team. Groups and organizations are invited to make brief presentations of new and evolving community projects and there will be time to talk over a break with treats from the Black Salt Cafe. For the last hour, residents will be engaged in a facilitated discussion on how to sustain community and business culture.

This is an opportunity for residents, associations, groups and non-profits to tell people from all the communities about your project or idea and what you might need for success. You can sign up to offer a short minute or two presentation, make a poster or display, be prepared to answer questions and make some new connections. Please note that this time is more for community-based projects- and a spring forum will focus on individual businesses.

For more information call/text Laverne at 250-551-6020 or email [eslearningplace@gmail.com](mailto:eslearningplace@gmail.com). We appreciate your pre-registration for the event. To make a presentation, your confirmation is required. Please offer to ride-share with other community members and help to ensure your community is represented in the conversation. Thank you!

4 Mainstreet September 2018

# Let's Play

by Doreen Zaiss

Each September the RDCK Rec 9 grant comes into play once again. For people living between Cow Creek and Riondel it's time to put recreation ideas into play. Grants are provided by the RDCK to get things going over the fall, winter, and into the spring. Grants may provide for equipment, for arts endeavours, for community events, or for insurance to support those events. For more specific information and guidelines to filling out the grant application, go to <https://rdck.ca/EN/main/administration/grants/area-a-recreation-no.-9-grants.html>.

Applications can be found on-line and are easy to print. For those who have no one in their group able to access a computer or printer, a few copies are available in the foyer at the Credit Union.

The deadline for applications is 12 noon on Wednesday, September 26, 2018. Please post them to Box 208, Crawford Bay. No late applications will be considered, so don't leave it off to the last minute, please.

Seven (7) copies of the application form (available on the RDCK website) are required.

The Rec 9 meeting to review applications will be held at the school on Thursday, Oct 4 at 3pm. Anyone in the public is welcome to attend and applicants are encouraged to speak about their application.

It's time to put your ideas into play.

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## Hacker's Desk

by Gef Tremblay

### The Ecology of Design

Design is used in multiple ways. You can use design to make a product that will last forever or design a product that will last until the warranty wears off. Designers generally don't have the luxury to make this choice as they must work within the specifications of the client. But a truly well designed object is not only good for the environment for its long lasting properties, but also good for the economy. It might even be kindling better relationships within ourselves.

There could be the argument that if you design something that lasts forever you are harming the economy. Why would someone buy another pen if their fountain pen will outlive them? When I started using a fountain pen I realized that:

1. I want another one
2. I started looking at all these kind of inks and other related product around the fountain pen.
3. I started discussing online the use of the fountain pens
4. I found fountain pen shops that also repair or clean pens so that I could use their service in case I broke my fountain pen.

In a sense, instead of this continual consumerism of buying pens, I changed the pattern of my personal and social economy. It became more lateral in a sense that I would buy a pen from one company, I would buy ink from another company, then I would get paper that works well with my fountain pen from yet another company which specializes in paper. Then, some of my money goes to a fountain pen repair person. Not

only that, but I found an online community of fountain pen enthusiasts, which is a bit strange but a lot of fun at the same time.

Another tool that I find well designed and a greener alternative is the straight edge razor. Again, you could argue that since I've purchased only one razor in the last five years it would have a negative impact to the economy. But instead of buying razors in packs of 10 every month, I buy nice facial soaps. I buy a carrying case for the razor and I pay someone to sharpen my razor. I continue spending money, but instead of sending that money to other countries, I spend it more locally.

On the technology end of the spectrum, I've come to realized that Apple and Windows products have a flaw in their design. The machines Apple makes are good machines, but the software and the operating system they use is where the problem starts. While doing tech support in the community I've realized how much pressure there is to upgrade or change computers and phones. In a sense they have used design to boost consumerism, which in the end gives a false boost to the economy.

When using Linux you don't need to put the computer in the recycle bin and buy a new one every three or four years. You can keep your computer for a lot longer. You can run Linux on pretty much any computer. With older computers, you can re-purpose for a single task, like a music listening station, a simple movie/dvd player or simply as a powerful typewriter and email tool.

I find that, in the end, using a well designed tool changes our economy but is also a greener choice. I've also come to realize that caring for my tools, sharpening my razor and my knife, cleaning up my fountain pen, oiling my cutting board, creates this caring feeling of the objects around me that could translate to a more caring behaviour toward myself. If I continually trash all the objects which I use in my material reality, would it affect how I care for myself and how I see my relation to the external world?

## Temple Holds Artistic Diversity

by Yasodhara Ashram Society

The Temple of Light at Yasodhara Ashram hosted two memorable performances in August, bridging the spectrum from experimental contemporary music to traditional Indian dance. "We don't have to go anywhere – these wonderful artistic creations come to us," said Sonni Greene of Kootenay Bay, who attended both musical offerings.

The Nakatani Gong Orchestra - a contemporary live Sound Art project that tours internationally – invited 14 local musicians to become the players of the orchestra. Tatsuya Nakatani composed and conducted the performance, and also performed a solo warmup. Nakatani gave the volunteer gong players a two-hour specialized training on using bows and mallets the afternoon before the performance.



Photos by Emrys Damon Miller

"It was fun! Intense! An amazing experience!" the players commented afterwards. The audience was enthralled by the interaction of conductor Nakatani with the players through eye contact and hand gestures, and the resulting innovative sound and vibration.

A few days later, the Temple of Light was the setting for an evening of classical Indian Dance, "Bharata Natyam". Well known Vancouver dancer/teacher/choreographer, Anusha Fernando, has been coming to the Ashram for the past five years to lead classes in and perform this ancient form of sacred dance. Those who witnessed the dance, titled *Devotions*, were invited into a meditative experience that included enactment of the birth of the river Ganga on whose banks the cycle of life and death is played out, and a celebration of joy that comes from the union of rhythm and movement.

Anusha will return next July to share her wealth of experience of this sacred dance tradition with classes and a performance exploring the relationship between stillness and movement. Contact Yasodhara Ashram for more information.



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## Contact Mainstreet

250.505.7697

## Signs, Signs

by S. Philp, Bluebell Manor Board



For Sale, For Rent, Slow Down, Speed Limit etc, etc... Roads everywhere have their fair share of signs. Some help kids learn to read, some help us pass the time on a long trip, some amuse us and some inform us.

Recently, the Bluebell Manor Society with the assistance of Barney and his YRB crew, have placed another sign for your reading enjoyment on the Riondel Road. This one we hope will inform visitors and those new to the area of a unique resource, the Bluebell Manor. This five-unit facility was developed for Seniors through the hard work of our local Lions Club.

The Bluebell Manor Board wish to also thank the Nelson & District Credit Union (East Shore Branch) for providing a grant for the sign and John Smith for coordinating the project.

## Next Deadline:

Sept 26/18

*Creativity, Community,  
Conscience...*



**RDCK  
Recreation  
Commission No. 9**

## Call for Grant Applications

Non-profit groups can submit recreation grant-in-aid applications to the Rec 9 Commission (Box 208, Crawford Bay) by **no later than 12 (noon) Wednesday, September 26**. 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 in the foyer of the Credit Union East Shore branch. Please refer to website for evaluation criteria.

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



# After 30 Years, Tipi Camp is Ending Its Operations at Cortiana Bay

by Farley Cursons, Guiding Hands Recreation Society Chairman

Tipi Camp's 30th year has been another rewarding season. Our society's mission to provide innovative programs designed to help people prepare for the future through outdoor experience has been a success.

We have all been so fortunate to have such a dynamic team of managers, staff and volunteers continue to support the Tipi Camp vision all these years. With about 300 visitors and staff a year for 30 years there are over 9000 individual stories and experiences that have combined with 10,000 years of Ktunaxa history to create a magical healing place.

Although Tipi Camp has hosted an array of workshops and private bookings over the years, it's the school groups and WISE youth programs that have truly left a positive impression in my life. This was the second year my daughter attended the WISE Kids camp in August. She had a fantastic experience once again. The experience and confidence that she and the other children developed will no doubt be the building blocks for a strong future. We received some super positive feedback from other parents as well.

Thanks especially to the WISE Facilitators, Adult and Teen Councillors for keeping the Wilderness Immersion for Self Esteem program true to its intention.

We also need to express our gratitude to Rich Newton. As Operations Manager for the last two years he has demonstrated unmatched professionalism, leadership and ingenuity with his work.

The idea for Tipi Camp grew out of a desire to show that using the land for conservation and educational purposes, as an alternative to resource extraction, could lead to a sustainable industry of Outdoor Recreation. To support the initiative, the Kootenay Lake Chamber of Commerce sponsored a group to document and prepare a 25-page report called, *Outdoor Recreation: A Kootenay Industry*, with maps and a spreadsheet showing all the recreational opportunities in the West Kootenays, as well as assigned values for each recreational opportunity. It was at that time that Alice Bruce offered her land at Cortiana Bay near the southern tip of the Crawford Bay Peninsula. The Tipi Camp was to be the pilot camp to show a way it could be done. The pilot camp would be followed by further operations setting up low impact camps on the lake and in the mountains. This is something we can still do.

Early this year Alice Bruce passed away. Alice was born and raised on the East Shore of Kootenay Lake and was a true visionary. All the positive experiences

and memories we have had at Tipi Camp would not have been possible without her generosity.

Several years ago, we made an album with narration by Tipi Camp founder Peter Duryea with live music tracks from the WISE programs fireside sing-alongs. The intention of the production was to preserve the culture and vision of the camp programs and philosophies. This album is now available for free (streaming or download) on the Tipi Camp website [www.tipicamp.bc.ca](http://www.tipicamp.bc.ca) in the 'Experience' section.

As many folks in the community know the 2018 season will be the last for Tipi Camp at its current location, Cortiana Bay. The Guiding Hands Recreation Society received notice after last years operating

season that the Tipi Camp would only be able to operate one more year in it's current location. Although we continue to work with the land manager in hopes of establishing a conservancy or an all out purchase, it appears that now is not the time. As it stands, we are to be off site as of September 30.

The camp infrastructure has been kept simple and relatively easy to remove. **We are actively recruiting volunteers to help us dismantle the camp.** If you or someone you know is interested in joining us on a volunteer day just give us a call 250 505 3173 or send an email to [tipicamp.ghrs@gmail.com](mailto:tipicamp.ghrs@gmail.com). Guiding Hands

Recreation Society will continue to seek out opportunities for its mission to endure. The society's board of directors and executive staff work really well together which allows process agility. We have developed some good local partnerships and we are receiving more grant funding than ever before. The feedback from workshop-facilitators has been very encouraging and insightful. We have been researching and visiting alternative locations for the camp since last fall and have identified a couple of viable locations.

As the Guiding Hands Recreation Society looks to the future we know we have a good thing going. We see that now, more

than ever, there is a need for youth to have a safe intentional summer camp experience. Thinking about the many children in our community and outlying region who are not yet old enough to benefit from WISE programs is a good motivator to persevere.

And now we'll let the words of Peter Duryea take us out.

*"At this point we don't really know what's in store for humanity. I do know that we will have to reawaken to the magic of our being, before we can respect ourselves and every precious thing for what we really are. We are so much part of everything and everything is so much part of us that we need to see/feel that oneness to begin to heal. It is at places like the camp, and especially deep in the wilderness, that this awakening can happen. Here's to it."*



# Kootenay Lake Local Conservation Fund Accepting Project Proposals

by Nicole Trigg, Kootenay Conservation Program

Kootenay Conservation Program, on behalf of the Regional District of Central Kootenay (RDCK), is now accepting proposals for the Kootenay Lake Local Conservation Fund (KLLCF).

The KLLCF was established by the RDCK in 2014 by referendum and property owners in Electoral Areas A, D and E pay a parcel tax of \$15 per parcel per year towards this dedicated fund, which each year provides financial support to local projects that help conserve and restore the area's prized natural surroundings.



**PHOTO CAPTION: Western toads at Fish and Bear Lakes located between New Denver and Kaslo have benefitted from the Kootenay Lake Local Conservation Fund, which has financially supported a study and efforts to reduce the highway mortality of this yellow-listed species at risk. Photo by Isaac Candy**

Kootenay Conservation Program (KCP), which works in partnership with the RDCK to administer the KLLCF, is encouraging conservation groups operating in the participating Areas A, D and E to submit funding proposals for 2019 projects. The deadline for applications is November 1<sup>st</sup>, 2018. If you have a project idea that can benefit fish and wildlife or other conservation values in the region, please contact the KCP Program Manager. Community groups and associations can partner with an eligible non-profit to qualify.

"The Kootenay Lake Local Conservation Fund is an excellent resource for local organizations that have projects helping support fish and wildlife habitat, open spaces and water quality," says Juliet Craig, Program Manager for the KCP.

In 2018, four projects successfully received KLLCF funding: grizzly bear conservation through Grizzly Bear Coexistence Solutions, water monitoring of north Kootenay Lake by the Kootenay Centre for Forestry Alternatives, Western toad conservation in the Fish and Bear Lakes area by the Valhalla Wilderness Society, and bat conservation on private land through the Kootenay Community Bat Project.

Local conservation priorities have been identified in a KLLCF Guidance Document that the RDCK commissioned in the spring. To learn more about the KLLCF, how to apply, and conservation priorities from the Guidance Document, come to one of the open houses taking place from 7-9 pm on the following dates: September 18 at the Kokanee Creek Park Visitor's Centre, September 26 at Argenta Hall, and September 27 at the Boswell Memorial Hall.

**For more information and how to apply, please visit <https://kootenayconservation.ca/conservation-funds/kllcf>. For phone or email inquiries, please contact KCP Program Manager Juliet Craig at 250-352-2260 or [juliet@kootenayconservation.ca](mailto:juliet@kootenayconservation.ca).**



# Tom's Corner

by Tom Lymbery  
Greyhound  
Deadline  
October 31



After 89 years, Greyhound is leaving us forever. The last ever westbound bus leaves Nelson at 9.35 am on Wednesday Oct 31st. I am planning to catch that bus and take it to Grand Forks, returning to Nelson later the same day. The fare is about \$60 return (less if you book 10 days early.) Who is up for that trip? It would be nice to have several on board and possibly we can arrange with the Grand Forks Museum to open for us – and there is much more to do in Grand Forks.

Or, if you would prefer to spend a day in Trail on the same morning trip and early evening return, that would be a more economical trip. You have to change buses at Castlegar as Greyhound hasn't actually run their coaches to Trail since 1962, but there is still a neat bus depot on the main street. A new museum in Trail is in a new building which now houses the library as well.

It is not well known that Greyhound in Canada owes its beginnings to an enterprising North Shore man, John Learmonth of Willow Point, just outside Nelson. In 1921 John built his own bus and ran it from Willow Point to Nelson. As more roads were built, John gradually extended his bus routes to Balfour and Trail. With Herb Harrop and other partners, Johnny expanded his company to make it of interest to purchasers from Seattle. The newly-formed Kootenay Valley Transportation Co. brought in more buses to run between Nelson and Trail, Kaslo, and Slocan City. The company included "Greyhound" in its name for the first time when it was incorporated November 30, 1929 as "Canadian Greyhound Coaches Ltd., BC" in Nelson, and added Nakusp to its routes.

In 1931, as soon as the road from Creston was completed as far as Gray Creek, we became the terminal for the Kootenay Lake ferry SS Nasookin. This now made it possible for Greyhound to operate passenger service between Nelson and Calgary, and the rest is history. John Learmonth became Greyhound's long-time divisional manager in Nelson. At Kingsgate the buses connected with a US operation so passengers could travel south through Spokane and on to California.

In October 1963, we had 15 trippers on board the Greyhound's final eastbound trip across the Kootenay Lake ferry to Gray Creek. We bused to Nelson for an hour and then home to Gray Creek. Johnny Learmonth phoned me to say he would put on a second coach if sufficient people were coming, but there was another event in Gray Creek that evening. Red Sutherland was the last trip driver and he drove the bus over the new Salmo-Creston road the next day. Red didn't object when I took a case of Kokanee on board, and George Oliver and others appreciated a beer. But I'm not likely to try it on this October trip, as I no longer know all the drivers.

Why has Greyhound come to the end of the line in western Canada? Perhaps if it were still owned by Laidlaw Inc. of Canada it would still be viable, but the current Scottish – Texas ownership has not worked. It appears that they have not continued the charter and tour operation which were always an important part of Canadian Greyhound. Texas-based Greyhound customer service personnel didn't understand our local time zone changes, and insisted on giving us here the WRONG times for Creston arrivals and departures. Nor had Texas understood how important Greyhound's express business was. This service was most competitive with other couriers because Greyhound was often faster, moving packages on weekends while others were idle. Every depot operator I have talked to hated the Texas owners, especially Michelle in Fort Nelson. They weren't about to allow her to have a minor leak in a bus radiator hose fixed, but she went ahead and got it done, rather than have passengers and express delayed. Michelle was unhappy that her pass had been cancelled (not knowing that soon there would be no routes to travel on.)



*These are some of the items which Greyhound planned to give away or sell online for their 75th anniversary in 2004. The bus shown is a piggy-bank, not the \$80 model bus mentioned in the article. Coach #22 that is pictured on the belt buckle came to Nelson often. The neat "running dog" pin was worn on ties and hats. Photo: Tom Lymbery*

over the Top of the World highway from Dawson City to Eagle, Alaska. The tour bus business is still very viable, so why not for Greyhound? Larry still fills in on the city bus service in Whitehorse, even though he is 76 years old.

Greyhound was going strong when their 75th anniversary came up in 2004. They were considering doing a feature of its start-up in Nelson, and two women came from the Calgary head office to take photos of Bert Learmonth's models (Bert was John Learmonth's son.) A promotion was to sell Greyhound items online and they gave out some of these, such as a belt buckle I have featuring coach #22, paperweights and more. I wish I had ordered that \$80 model bus, but this program was short-lived and the Nelson feature never came into being.

When we had the Gray Creek depot at the Gray Creek Store we sold many 25 - cent tickets to south Gray Creek, Boswell and Kootenay Bay. Greyhound's first corporate history, "Leave the Driving to Us" says that these were very profitable. A coach could be flagged down anywhere, and the driver would punch a ticket, collect your fare, and drop you off anywhere you asked for.

It's sad to see the many dedicated drivers and depot staff members put out of the work they have put every effort into over the years. All have always been unfailingly considerate and helpful.

Michelle came up with some items for my collection, such as baggage tags for Quebec, and some of those insulated beer can covers promoting express service. The Watson Lake depot also provided some current Greyhound posters. When Dave and I were in the Yukon in June the passenger service had been cancelled, but as Greyhound had a contractor to handle express, the depots were still open. But that also disappeared August 8th, after the announcement that all would be gone October 31st.

When I talked to Larry Brown in Whitehorse, a driver with a 35 year record with Greyhound, he told me he had driven Greyhound tour buses several times

# Trustee's Notebook

by Lenora Trenaman



Greetings. In June, we said so long and good luck to the Class of 2018 graduates and now, this September, we are saying hello and welcome to the Class of 2031 kindergarten students.

In the 2017-2018 school year, the board has worked alongside Superintendent Perkins and, inclusively with board committees, addressed many areas

of transition and focus. Examples include reviewing and revising our policy manual, working toward better communication including a revised website ([www.sd8.bc.ca](http://www.sd8.bc.ca)), new district branding, a district strategic plan, applying and supporting initiatives of the new curriculum, progressing our facility plan including the sale of surplus properties, and moving the location of various programs and the board office. While this list could go on and on, it is important to understand our students are at the core of every discussion and decision.

This fall, we have new leadership in some of our district departments and schools. In the district office we welcome Secretary Treasurer, Michael McLellan in Finance, Naomi Ross in Innovative Learning Services, Nick Howald in Technology, and Russel Warwick in Health Wellness and Safety.

Throughout the district, many of our schools are welcoming new or transferred principals; Crawford Bay Elementary Secondary (CBESS) Redfish Elementary (RES) are two of these this year. CBESS is saying farewell to Laury McPherson, and welcoming Erin Gibbs (see <https://www.sd8.bc.ca/nes/new-principal-crawford-bay-elementary-secondary-school>) for more details), and RES is bidding farewell to Janine Stein and welcoming Victoria McAllister.

We congratulate all staff and principals in their new positions and are confident students and school communities will flourish under their administration.

Of all the transitions on the school district's horizon, probably the most exciting is the decision the board made to include student trustees at our board table this year.

Two student trustees, selected annually from each of our secondary schools, are non-voting members of the board. They will participate in public board discussions and provide student perspectives regarding matters before the board.

Of the student trustees selected are CBESS's very own **Liam Borhaven** and **Rowan Medhurst**.

I hope you have enjoyed the summer and are looking forward to the 2018-2019 school year as much as I am; we are off to such a great start. As always, you are welcome to call or email me anytime, and do please check out our new website ([www.sd8.bc.ca](http://www.sd8.bc.ca)) and let us know what you think.

Best Regards,

Lenora Trenaman, Board Chair - SD#8, Kootenay Lake, Crawford Bay, East & North Shores,  
Phone/Cell 250-229-4633

Contact Mainstreet

250.505.7697

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

Next deadline: Sept 26

September 2018 Mainstreet 7



# DIY

## DIY Fooding Fruitcake Inspiration by Elisa Rose

It's never too early to start an aged fruitcake. Or too late for that matter, you just might have to keep it for a whole year before eating it, if it happens to be Christmas Eve when you get inspired to make one. Christmas Eve would be a fine time to start an aged fruitcake if you are getting married in the summer, as it has also traditionally been used for wedding cake, but if you want it for this Christmas, it needs to be made a few months in advance and aged in an alcohol like brandy or rum. And even if you don't drink alcohol, there is bound to be someone in your family who does, and they'll love this.

I had a lot of leftover dried fruit by the time the same fruit was starting to come into season again. And so, on one of those forest fire induced smokey Sundays we had this past August, I decided to stay inside the house and get to work on using some of that dried fruit up. I had (and still have some) apples, plums and apricots, which, it turns out, I don't much like eating dried on their own. And since Christmas fruitcakes require a lot of mixed dried fruit, I thought I'd find a recipe and modify it with my own mix. No raisins, no cherries. Just dried apples, plums and apricots.

I did manage to make some of my own candied lemon peel, which is made by boiling strips of lemon in water and sugar. I don't think I added enough sugar to the water though, because they didn't come out especially sugary. Add to that, the main reason I didn't eat the dried fruit in the first place is because they were all too tart, these fruitcakes might not be terribly sweet. I do have the option of feeding them a sweet liqueur, as part of the aging process. I bet Grand Marnier would be delicious and I will probably use it for subsequent bi-weekly feedings. So far, I have fed them twice with regular brandy, and I plan on having a little taste in a week when I feed them again, to see how much more sweet they need to be.

I don't have a solid recipe to share, as I worked from about 3 different recipes, and didn't bother keeping track of the portions used. You can dig in your cookbooks to find recipes or maybe you have one on a little card that was written in pretty cursive writing by your grandmother, and of course you can find them online by searching "aged fruitcake" or "classic fruitcake". If a recipe doesn't include alcohol and instructions for the aging process, it's just going to be a cake with fruit in it, one you might whip up on Christmas Eve and actually eat that day, but, believe me, it's not the same thing.

Don't buy into the hype of a fruitcake being good only as a doorstop or to be re-gifted! If you make them using quality ingredients, they can be legendary. Normally, when I am not trying to use up old dried fruit, I will use dried cherries rather than bright red and green dyed candied cherries, and make my own citrus peel with a combination of lemon, orange and lime, in order to get a variety of colours. Cranberries and candied ginger are good additions too. Just look at the total amount of fruit needed for the recipe and replace it with the fruit of your choosing. And get on it soon, to get it good and boozy by Christmastime!

## Healing Arts Symposium 2018

submitted by Susan Snead

We invite you to join us for this 3rd annual Healing Arts Symposium held once again at Yasodhara Ashram on the East Shore of Kootenay Lake.

This two-day event scheduled for October 20 -21, 2018, offers a broad range of experiential and informative workshops designed to get our energy moving and give us a starting point in our focus on health. The Symposium will be very diverse, having local practitioners along with guest presenters sharing their knowledge.

Dr. Duncan Grady, a counselling psychologist with a Doctorate of Divinity and an elder of the Circle of Indigenous Nations Society, has graciously offered to lead the opening of the Symposium and will offer a medicine wheel teaching entitled *Soldier or Warrior? Surviving or Living?* Last year the participants were visibly moved by the grace and power of Duncan's words and presence.

For those interested in essential oils and how to use them, master herbalist and clinical aromatherapist Colleen Emery offers her workshop entitled *Ethical Aromatherapy: essential oil sustainability and safe usage*. The founder of Emery Herbals Botanical Dispensary in Winlaw, BC., Colleen is noted for her teaching abilities, skill and knowledge.

The East Shore's very own Harreson Tanner RMT offers a hands-on workshop entitled "Still Point". Harreson guides us into the cranial/sacral system and will demonstrate how subtle manipulations will affect a healing response though out the body. Harreson is a respected healer with over 40 years in clinical practice specializing as a certified Atlasprof practitioner helping hundreds with their atlas adjustments.

Arlene LaMarche joins us this year by sharing her skills in retrieving "lost soul" parts. Arlene, a former RN acts as midwife in helping us understand and reclaim the power that is our birthright. Her workshop entitled *ReWeaving the Soul Healing* will touch on her recent study of past life regression and supports her training in energetic healing modalities.

Certified acutonics practitioner/teacher and owner of the Kootenay Sound Healing Centre, Theresa Lee Morris will show us the affects of tuning forks on the body in her *Acutonics Workshop*. Experience how sound vibration can stimulate healing, relaxation, and leave us feeling more enlivened and lighter.

The symposium would not be complete without our very own Blanche Tanner to guide us in a life shifting workshop using the *Family and Systemic Constellation Work*. Find out how a family constellation workshop can change the dynamics of long held personal or family trauma. Blanche will also gently guide the group into deep inner stillness with her session entitled *Conscious Breathing*.

Master herbalist/registered herbal therapist, Maya Skalinska will take us on a very interesting journey into the use of *Local medicinal herbs: Using wild plants as food and medicine*. Maya is the owner and formulator of Niramaya Herbal Remedies found locally and sold in many health food stores. She has a private practice using Iridology as one powerful method of discerning the body's overall health.

Zora Doval trained in the art of ayurvedic medicine will share the secret of a long and satisfying life, in her workshop entitled *Quest for Longevity: Ayurvedic and Taoist Perspective*. Zora has trained in many spiritual

practices and will also guide us in a moving Chi Gong exercise devoted to bringing balance and strength into our lives.

Susan Snead, a local astrologer and healer, will give us an *Astrological Update*, offering insights into current planetary and fixed star influences and how these energies may be affecting change in ourselves and in the world situation. She will guide us in a *Self-Care* practise designed to support, ground and align to potent healing forces available.

No symposium is complete with out dance to celebrate the power of movement. Local nature lover Kalibri Wood will end our two-day event by weaving music and dance together in her 60 minute *Dancing Freedom Workshop*. Kalibri will entice us on a dance journey through the elements. This will wrap up the weekend and send us on our blissful way having felt the joy of connection and leaving us with many more resources to apply to our daily lives.

We are all excited to gather once again at beautiful Yasodhara Ashram located on the East Shore of Kootenay Lake BC. The ashram offers accommodation for those who wish to stay over night. Lunch will be available at the Ashram. It needs to be ordered prior to the symposium and can be purchased upon arrival. Otherwise please bring your own lunch.

We hope to see you for the entire weekend as it is certain to move you to the core and make a lasting impression. If, however, you decide to come for one day please take note of the schedule on our web site and what day and time the workshops are being offered. There is also the possibility of attending parts of the symposium if you can not come for the entire weekend. Please view our website for more details on costs, the presenters, on line payment or any other questions at [www.healingartssymposium.ca](http://www.healingartssymposium.ca).



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 Crawford Bay Store - Crawford Bay, Riondel Market - Riondel, The Osprey 2000, and the Gill and Gift in Balfour.

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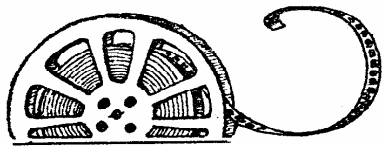
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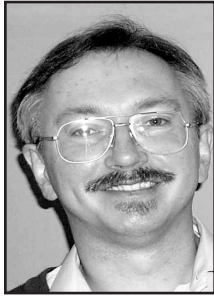
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## Seldom Scene

by Gerald Panio



For any film, it's a pretty good sign when your first thought after it ends is that you want to watch it again. For an animated film, it's an even better sign when you've just watched six Hayao Miyazaki films with your grandson and the new film still seems memorable. I'm talking about Wes Anderson's *Isle of Dogs* (2018), the quirkiest piece of non-Japanese animation I've seen since Sylvain Chomet's *The Triplets of Belleville* way back in 2003.

*Isle of Dogs* uses classic stop-motion animation, which first earned its honors with *King Kong* in 1933. In more recent years, it's had a heyday with Aardman Animation's Wallace & Grommet and Shaun the Sheep pictures, and the work of Czech director Jan Svankmajer. Stop-motion animation is capable of incredible subtleties of movement, intricacy of set design, refinement of lighting—and these qualities are front and center in Wes Anderson's film. It doesn't hurt that one of his two production designers is Oscar-winner Adam Stockhausen. *Isle of Dogs* is Anderson's second foray into the genre, after 2009's *Fantastic Mr. Fox*.

*Fantastic Mr. Fox* was based on a Roald Dahl short story, but this time around Anderson has gone with an original story that he co-wrote with Roman Coppola, Jason Schwartzman, and Kunichi Nomura. Anderson also wrote the screenplay. He chose to set the story in a dystopian Japan some 20 years in the future, where glittering cities are bordered by industrial wastelands created by both natural and man-made disasters. The fictional city of Megasaki has been run for 150 years by the cat-loving, dog-hating Kobayashi clan, and its current six-term mayor is running for re-election on an anti-dog platform stoked by fear-mongering over a canine snout fever & dog flu epidemic. This might sound depressingly familiar, but *Isle of Dogs* is more pure joy than it is political allegory.

The joy comes from the characters, both dogs and humans. What Martin Scorsese wrote in 2000 in regards to Anderson's first film, *Bottle Rocket*, applies equally as well to *Dogs*: "Here was a picture without a trace of cynicism, that obviously grew out of the director's affection for characters in particular and for people in general....I remember seeing [Jean] Renoir's films as a child and immediately feeling connected to the characters through his love for them. It's the same with Anderson." Even Mayor Kobayashi (voiced by Kunichi Nomura), with his marvelous basso profundo Japanese delivery, his Machiavellian duplicity, and his yakuza-style cat body tattoo finds some redemption.

The main human character in the film is Kobayashi's

twelve-year-old nephew, Atari (Koyu Rankin). Atari steals a small plane to fly out to Trash Island to rescue his guard dog, Spots Kobayashi (Live Schreiber). The mayor has banished all of the city's dogs to a no man's land of compacted trash cubes and abandoned industrial complexes. Atari crash lands, and is found by a motley pack of dogs who have managed to survive the rigors of exile. Anyone whose heart does not go out to Spots, Rex, King, Boss, Duke, Chief, and Nutmeg should probably seek therapy. With their soulful eyes, lovingly rendered fur, incongruously genteel voices and soulful expressions, they've got us on their side from the moment we see them. I say this as someone whose sole experience of owning a dog lasted a mere two days, and who has never lived in a house without a cat.

The Trash Island dogs refer to Atari as "the Little Pilot," an obvious reference to Saint-Exupéry's *Little Prince*, and just one of the film's many sly tributes (others go out to Akira Kurasawa, Honda Ishiro, Yoko

Ono). Atari's a plucky, stoical kid unfazed by adversity and unswervingly loyal to his banished dog. The fact that the crash has left a bit of his plane's steering mechanism embedded in his skull is one of those perverse little details (along with military-grade explosive dog teeth) that one expects from Wes Anderson.

Other human characters include the two scientists, Professor Watanabe (Akira Ito) and Assistant-Scientist Yoko-ono (Yoko Ono), who are working to cure the canine pandemics; the mayor's Boris Karloff-like lugubrious Major-Domo (Akira Takayama); an essential interpreter (Frances McDormand); and a feisty big-haired, Orphan Annie-like American exchange student, Tracy Walker (Greta Gerwig). While Atari's out on Trash Island trying to rescue Spots, Tracy rallies her senior high school newspaper club against the mayor's nefarious schemes.

The reluctant leader of the dogs who rally around Atari is Chief (Bryan Cranston), a gruff loner who's self-conscious about being a stray, warns that he bites, is fierce in battle, and refuses to sit on command. Sort of a canine John Wayne. The rest of the eccentrics include Boss (Bill Murray), a former sports mascot; Nutmeg (Scarlett Johansson), a former female show dog; King (Bob Balaban), a dog food commercial star;

and Gondo (Harvey Keitel), the leader of the island's aboriginal dogs, scarred survivors of appallingly cruel "scientific" research labs.

The aboriginal dog subplot hints at one of the many ways this film could easily have gone dark. To Anderson's credit, it never does. Even the fight scenes, with the exception of one severed ear, are cartoonish clouds of frenetic but bloodless mayhem. Dogs and people may from time to time come out a bit worse for wear from a fray, but incredibly cute pups are born and love blossoms. Sometimes I want Kafka and Tarantino; sometimes I just want Shaun the Sheep. Sometimes you

need to kill Bambi's mother, sometimes you don't.

One thing Wes Anderson is rarely faulted for is his use of music. *Isle of Dogs* has an evocative-but-understated sonic landscape to match its deadpan humor and its Bladerunner-light production design. The film's composer is Paris-born two-time Oscar winner Alexandre Desplat, one of the hardest-working, most talented musicians in contemporary cinema.



*Isle of Dogs* has not been without controversy. Odie Henderson wrote a damning review for the RogerEbert.com website, accusing Anderson of cultural appropriation and promoting "white savior" stereotypes. In the *Georgia Strait*, Ken Eisner was just as dismissive, concluding: "The exquisitely crafted *Dogs* may be futuristic, but its mix of Godzilla movies, Kabuki theatre, hard-boiled detective dialogue, Rube Goldberg contraptions, and Hokusai block prints is more nostalgic than dystopian. And, of course, nostalgia is always a lie." Bollocks, I say. Nostalgia is part of who we are. Cleverness isn't a sin. Exquisite craftsmanship is to be honored. Nutmeg doesn't have to be Gloria Steinem. It's okay for dogs to be cute.

I've been fascinated by Japanese culture most of my life, and nothing in *Isle of Dogs* rings false for me. I loved hearing the language, much of it untranslated, and the way it plays off against the superb English voice characterizations. The Japanese people get to embrace Walt Disney, John Ford, Edgar Allen Poe, Anne of Green Gables, and absurd English on t-shirts ("Smoked Salmon" "King of Jungle Treasure House Treacle Pleasure Ground"). We get to give shout-outs to Kurasawa, Miyazaki, Haruki Murakami, haiku, sumo, and Hello Kitty. Win, Win.



**Photo submitted by Alex Van Veller, who wrote: (This is a pic) I took of someone's artistic talent to take flotsam lying around and repurpose it to create this unique bench (at the Kootenay Bay Boat Launch). I do not know who built it but maybe someone waiting for the ferry put their time to good use.**

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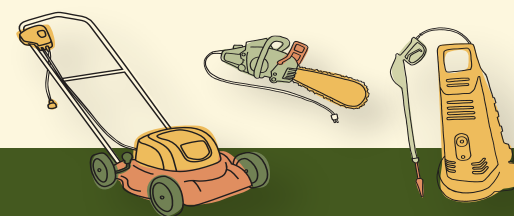
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### Request for Proposals

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

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

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

To apply for funding, go to  
[www.kootenayconservation.ca/kllcf](http://www.kootenayconservation.ca/kllcf).

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  
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## pebbles by Wendy Scott

Late Summer 2018

August has nearly ended and I feel bereft, cheated; I've been trapped inside, gazing from my window and not seeing the mountains that define the lake we know so well – the lake we sit beside – the lake we step into and – carefully – ankles, calves, knees, and If we're brave, or reckless, or foolish – dive!

September will arrive before you read this and we will have lost the transition from summer to fall; lost the chance to watch the tamarack on the mountainside fade from green to gold; the great maple at the end of the next block display a paintbox of fall hues; the elm turn bright yellow and my own hazelnuts dress in various hues from orange to crimson; It is only the mulberry in the back corner of my garden that clings to summer until the very last minute. Most of this, at present, is lost in a haze of smoke from wildfires from as far away as California and as close as Castlegar.

No it has not been a summer to enjoy the outdoors, in fact I've yet to hear the waxwings gentle calls or see their clouds gather and drop onto a single tree, but wait, I see that today I can slip outside and gather a few blackberries, although the rain and smoke has slowed their ripening. I shall pick wild sweet-peas and pretend they have an aroma, but alas, I need to steal a few of my sister's crop to add to my bouquet for that delicate sweet smell. My scarlet runners have not yet lived up to their name but seem to be still a limp green.

But let's go back sixteen years to 2002 and another September when I stood with my husband on the pebbly banks of the Qu'Appelle River in Saskatchewan watching and listening to the preparation for a commemoration of Treaty 4 which had been presented in

September of 1874 as an agreement between Queen Victoria and the First Nations of the Northwest Territories. Treaty 4 was signed at that time with the Cree, the Saulteaux, and later, the Assiniboine people and, in the words of the treaty represented "an exchange of solemn promises, the peoples resident in this part of Canada agreed to share their lands with the newcomers..." Then, as now, the federal government moves slowly when it comes to First Nations rights and tends somehow to lose track of promises and over the years, as governments change, so indeed have some of those "solemn promises." Children are taught that a promise made is sacrosanct and if broken leaves trust denied.

In 1985, however, construction was halted when an Indian burial ground was discovered and the Fort Qu'Appelle Tribal Council of Chiefs secured legal custody of the site and a plaque was erected to reaffirm the commitment of the First Nations – and the Federal Government -- to the spirit and intent of Treaty 4.

In 1892, my grandmother, May, arrived from England in a location that what would, in 1905, become the province of Saskatchewan.

The town was Broadview. It existed because of its location on the railway. Towns and cities followed the railway all the way across Canada. A few years later, in the late 1890's, at the encouragement of her sister, Nellie, who was at that time a nurse at Wakefield Asylum, she returned to England to care for the sick child of a widower, William Owen. May and William were married and in 1904, my mother, Margaret, was born. But the child, Jesse, would not live much longer and when William passed away in 1920, my mother joined a Shakespearean company and was on the stage for another eight years. May took in a boarder but this left her with very little income and she was advised – again by her sister, Nellie, that Canada was the place with jobs waiting to be taken.

May returned to Canada with my mother in 1929. My father had emigrated earlier, but did not meet my

mother until the early 1930's. I think of these dates and my parents arrival when I hear of our government pondering the possibility of changing the laws of immigration to disallow citizenship to children of immigrants, and realize I could qualify as a passport baby and lose my citizenship. I think the powers-that-be quickly had second thoughts regarding this impossible situation. But I am reminded also that in 1947 I was with my grandmother when she received her official Canadian citizenship and realize that Canadian women in British Columbia had only gained the right – and the freedom – to vote in 1917, but it seemed odd to me that it had taken another thirty years for my grandmother to be considered a Canadian citizen even though she had arrived in Canada (for the second time) in 1929.

I can also recall filling out forms in school when my designation was "Canadian citizen, British subject," which puzzled, confused and annoyed me, and then, just this year, I was reminded again that first generation Canadian might be much more confusing and took me back to my school days and reminded me that we do indeed reside in a borrowed country that was until 1947 neither British nor Canadian.

My thoughts return to the pebbly banks of the Qu'Appelle River and a tall, impressive way-marker entitled, Preserve our Heritage. It tells of an historic cart trail charted first by "the Indians" and used as a trade route by Hudson's Bay Company. It was also, apparently, the location of Western Canada's first Stage Robbery – preserved apparently as an historical note to be carved in stone.

A heritage indeed, but who's heritage are we celebrating, and can we not look further to the true First Nations of the country we call our own. Can we not turn our thoughts to the Ktunaxa Nation and truly acknowledge their rights to 70,000 acres of wilderness on a mountainside behind our small town of Riondel, a sacred piece of land that is in danger of development by a big company into yet another money-making ski resort.

Preserve our heritage, but let us acknowledge and preserve the true heritage of this land we call Canada and this small place beside a large lake here in the Kootenay – discovered and developed initially by the Ktunaxa First Nations whose territory extends from the Kootenay across the border that to us defines our neighbour in the United States, but to the Ktunaxa is their original land. Can we not make and keep a promise to the Ktunaxa Nation that we will recognize them as true founders of this land and stop outside interest and development as long as we are able?

## 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.*

### From Performer to Killer, Part 2

Sailors tell wonderful stories, as Herman Melville did in the novel Moby Dick. Melville himself sailed on whaling ships and based the novel's story on the legendary albino whale Mocha Dick that proved difficult to catch. Unfortunately for Melville, his readers were more interested in his more romanticized accounts of his life among Polynesians in Typee and Omoo.

Modern sailors still tell some marvelous tales about their adventures. One in particular has stuck in my mind over the years. It's about a couple sailing up the coast of B.C. to Alaska. They moored off the rocky coast one night, and proceeded to cook their supper on board. After their meal, the husband climbed the ladder to the upper deck to smell the night air. There is nothing like the freshness of the sea air at night, or in seeing the Milky Way well away from the diluting effect of city lights. He yawned, stretched his arms up and then looked down. Bent around the hull, its full length bigger than the actual boat, was a killer whale. It was pressed against the hull as if it was listening to the couple talk over their meal. As the man watched, it slipped away in the water and was gone.

Orca aren't actually whales except for size. They are

the largest member of the dolphin family. Their pods often have a distinct animal culture, which means they have behavioural traits that are passed down through the generations within the pod. Some pods are migratory groups, called transient groups, which are often the most fiercely predatory of their kind, hunting seals and sometimes small whales or their young (hence the name "killer" whale). Some of the other pods are not migratory, preferring to hunt mainly fish in particular areas where they stay year round.

These more stationary groups' culture is being researched around New Zealand. Dr. Ingrid Visser is the founding member of New Zealand's Orca Research Trust. She rescues orcas stranded in shallow bays around New Zealand, some of them more than once. In Whangarei Harbour on the North Island, the local orcas frequently get stranded because they hunt rays that have taken to the shallower waters to hide. In the shallows the rays can shrug themselves under the sand and sea grass, hopefully out of sight of the large predators. Unfortunately for the rays, the local pod has perfected a way of hunting that prevents the rays from stinging. The orcas nose out the ray, and grip it with their blunt noses. Then they can pull the ray out, and in cooperation with another member of the pod, tear it into smaller but safely eaten pieces. Knowledge of this technique is particular to this group, and shows their powers of observation and intelligence in adapting a hunting method that works for their area.

Unfortunately, many of the stranded whales cannot be saved. They get well and truly beached in the shallows, and they are too heavy for people to push them back out to sea. But people try anyway. If the tide comes in bringing larger waves, they can help the animal push itself back into the deeper water. Saving the stranded whale isn't easy. It takes long hours of heavy work, and if they don't succeed, they have to watch as the animal dies.

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## Lindero News & World Report

~ News and Views from a Fictional East  
Kootenay Town ~ Sept 2018

The Dog Days of Summer. A time when it's too hot to think of anything but a dip in the lake with a popsicle and a parasol. Except one particular morning which saw a group of intrepid trekkers and their dogged mutts striking off onto the trails, members of Lindero's own Walking Miss Daisy canine-and-human fitness club.

What, you might ask, would prompt such a group (accompanied by your very own investigative reporter) to go out in the noonishday sun? Jill Russel, chief walker and owner of a Labrahuahua actually named Daisy, had the answer: "We're trying out the brand new trails!"

Linderians are justifiably proud of their new 'Take A Hike Lindero' trail network. Nearly one and three-quarters years in the making, the project is a triumph of grant-writing, project planning, grant-re-writing, wrangling with bureaucracies, and construction. The Take A Hike Lindero Trail Committee, headed by doughty chairperson Millie Pram, experienced more ups and downs than the mountainous trails themselves. Almost-adequate funding was secured, except for some reason signposts but no signs were approved, prompting a second flurry of grant applications, closely followed by a third round when benches arrived with no seats.

When construction actually began, a surprising number of new obstacles threatened to detrail the project. Residents near the proposed pathways who had given their hearty, if off-handed, approval sud-

denly developed qualms when they saw the shovels and dumptrucks. Some backpedalled feverishly while others beheld opportunities, if only the trail could be moved a little closer to their B&B/ice-cream stand/lawnmower repair business. And then the larger corporate interests weighed in with their quibbles, prompting Millie Pram to nearly blaspheme, "Heck, they're going to kibosh the whole thing!"

But in the end, all the feathers were dis-ruffled and, with a few erratic detours, Lindero's beautiful trail network serpented its way into existence.

It was at this point that things got really interesting. As may have come up in this column previously a time or two, Linderians have a sharp eye for the main chance. The Ship of Opportunity is never permitted to bypass our harbour without docking and sharing her treasures, and then being disassembled and sold for scrap at a tidy profit.

Jill Russel filled me in on a late-summer Walking Miss Daisy expedition. "When certain Linderians spied their friends and neighbours traipsing around the trails circuit, what's the first thought that crossed their minds? Wasted Energy!" She discretely avoided naming aspiring Lindero tycoon Dwayne DeKammel, Chimney Sweep Extraordinaire (according to his business card).

Averse to waste, Dwayne wasted no time in harnessing all those wasted footsteps by creating Happy Hiker Home Deliver Ltd.. "It started small," Jill explained, "A few hikers were only too happy to pop a letter in the mail as they passed the post office. No one minded going a little out of their way to drop off a bag lunch for the carpenters building a garage at the edge of town."

Soon the fitness crowd found themselves shouldering rucksacks and strong-arming wheelbarrows along the trails to destinations scribbled on hasty notes that took them to the far reaches of Lindero, whether on the trails or not.

Of course, these are enormous, dangerous animals. They don't attack humans in the wild, but as sea park handlers have learned, the orcas can get out of hand easily. Accidents have happened in a few marine mammal parks as a result. However, these are intelligent animals, and when treated with respect, sometimes return the favour in a way they know. Being fed by a whale, though . . . that's not what a researcher is really looking for.

Jill foreshadowed the downfall of Happy Hikers Home Delivery Ltd. "By and large, what with summer visitors and relatives, there were enough Happy Hikers to handle the workload without mutinying. Until Dwayne tried to dispatch one too many birds with a single stone."

I shivered, despite the heat. "How did he queer his pitch?" I queried.

"The town garbage truck died." Jill intoned. We shook our heads solemnly in honour of our dearly departed decrepit refuse conveyance. Then the penny tumbled. "Wait! You mean Dwayne took the garbage contract? Without owning a truck?" Jill needed to say no more.

However, she went on to explain that for the first two weeks of the new garbage contract, hikers were spotted at every turn of the Take a Hike trail system pulling Radio Flyer wagons heaped with garbage. Their brisk footsteps took on an air of trudging. A pathway of sorts was hastily created along the 9 km stretch from town to dump.

During week three, there was a noticeable downturn in hikers 'enjoying' the trails, which were now littered with abandoned wagons and pitched garbage bags. Mysteriously, wagons and garbage also showed up on Dwayne's front lawn.

Things came to a head on the fourth week of Dwayne's contract. Raised voices were heard from the DeKammel household as family members flatly refused to go hiking. Dwayne's Honda Civic was stuffed with garbage bags and a train of Radio Flyers was hitched on behind. Jill described the final scene, "By the time he was half way to the dump, Dwayne's car had gathered a posse of loose dogs snapping at the wagons. Then he passed the huckleberry patch." Every Linderian knows the spot. "That's where the bear caught the scent."

Now, at the dawn of September, the dust has settled on Happy Hiker Home Delivery Ltd.. I sought out Dwayne, who was surprisingly philosophical about the tragic demise of his latest scheme and the two weeks he spent corralling wayward garbage all over town. "Yeah," he acknowledged cheerfully, "I guess the public isn't ready for pedestrian garbage pickup."

Puzzled by his phlegmatism, it took another week for the wise penny to drop. I happened upon an ad on the local buy-and-sell website that suggested every kid within range of the whole worldwide web who's pinning for a Radio Flyer wagon under the tree this Xmas would do well to contact Dwayne. It seems he's cornered the market.

[Filed by Lindero correspondent H. Porpoise]

## Gray Creek Pass Report

by Tom Lymbery

Forestry closed the Pass August 14th because of forest fire dangers and it likely will remain closed until we get a September rain. A couple from Toronto with large tire mountain bikes were most disappointed in not being able to pedal to Kimberley. Even the Salmo -Creston road was closed because of fires, creating fiendish ferry back ups.

This season there has been more traffic than ever, and especially motorcycles, and the road surface is excellent on this side up to the summit. The new Trans Canada Trail signs are attracting attention – but we need more of them, especially to direct those heading west from Kimberley.

With the planning of a consistent opening by July 1st each year, how do we help Cranbrook obtain funding to improve their side? What is needed is a gravel crusher so that there is actually something to grade down the eastern slope. Forestry says they don't post creek names, but they do have standard curve and slow signs on this route, so why not creek signs?

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Cont'd from page 12

Sometimes, though, they are rewarded by getting to see the rescued animal heading out into deeper waters. (I recommend a New Zealand film, titled Whale Rider, about the Maori relationship with whales.)

An episode of The Nature of Things, "Conversations with Dolphins," shows one of these rescues. The stranded animal is a young, but fully grown male of the local pod. While Dr. Visser and her group help it, the other members of its family watch closely from deeper water. Dr. Visser knows them. The watchers are the stranded animal's mother and younger brother, and this is the second time this particular orca has beached itself while hunting.

This time, the rescuers succeed. They manage to manoeuvre the young male out far enough so that it is caught up by a large wave of incoming tide. Even though it is moving, the rescuers still push the animal out. They want to be sure it's safe. One of the watching orcas comes close to help. It sidles up on one side of the rescuers, not touching them, and tries with its nose to help push the rescued animal as well. It's as if the orca understands exactly what the rescuers are doing. The young male is saved, and hopefully won't make the same mistake again.

Dr. Visser has come to know many of the whales individually. They also seem to know her. Because of that she's able to get into the water with them, and film some of their behaviour, something she wouldn't be able to do from a boat, and certainly wouldn't try with orca pods who don't know her.

In fact, some of the orcas do know her. She drops into the water, positions her camera, and follows them with her eye in the lens, at times fairly closely. The orcas don't swim away from her. They don't touch or approach her. Instead they show another sign of their appreciation. She finds bits and pieces of things floating her way: shreds of dead rays. These orcas are attempting to feed her, perhaps in appreciation for all she's done over the years.



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## Book Reviews

by Tom Lymbery

**HOW DEEP IS THE LAKE** – *a Century at Chilliwack Lake* by Shelley O’Callaghan, Caitlin Press, 288 pages, \$18.00

The author’s grandparents found Chilliwack Lake many years ago when getting there from Vancouver took two days, partly on a speeder on a logging railway and then on horses with supplies carried by pack ponies. About 1939 they found that they could charter a small plane to fly them in. But today there is a paved road as well as a Provincial campground.

She writes of her deep attachment to the lake, which her grandfather found when he was researching water in his work for the BC government. She becomes interested in the history of the lake, as it is close to the US border with Washington state and early day access to the lake and river was to slash and mark the border.

Her story is not continuous as she drifts off into different times of her life and family connections. She involves her family in searching for an old silver mine as well as a gravestone of a man who drowned when working on the border project.

Her intimate attachment to the lake is the thread that binds her story together, getting her involved in researching the first nation’s use of the lake and that of a prospector / trapper who lived there for many years. It took a while to get into this book but more I read the more I enjoyed it.

## Diemm at Harrison Memorial This Month

press release

In a tiny tree house near Kaslo BC, an album was created, imbued with mysticism, surrender and trust. And harp! Lots of harp. Actualized by the pixie-like harpist / singer-songwriter Diemm, her debut album *Ten Thousand Miracles* consists of fourteen tracks that draw inspiration from her home.

“I live in the mountains. They’re vast and wild. Serene and stormy. Remote and pristine,” says Diemm. “The Muse that works through me has a heartbeat that feels like the pulse of the Earth herself, syncopating with my own heartbeat. When I need to resource myself and be inspired, I immerse in the patterns of the woods, the lake; the wise places of the natural landscape.”

Produced by Diemm and Adham Shaikh (Outworld Orchestra), and featuring world percussionist Ben Johnson and acoustic bass from critically acclaimed folk-roots musician Oliver Swain (Oliver Swain’s Big Machine / Twin Bandit / Tower of Song) the album is an ethereal Chamber Folk voyage full of twists and turns. Crystalline vocals. Lyrics like arrows.

This September finds Diemm hitting the road to celebrate the launch of the record, with Oliver Swain and his beautiful bass, and world percussionist Ben Johnson (yes, that Ben! From Riondel). They’re visiting a dozen communities around BC.

“I’ve chosen sweet churches and halls with great acoustics, to present this music,” she says, “I’m curious to see where else the songs will take me.”

The rafters will ring in Crawford Bay at Harrison Memorial Church, Sunday September 16th at 7pm. Tix available at Dog Patch Pottery, Eventbrite.ca or at the door.

Diemm holds hands with the Muse and bows to the power of music to align and illuminate. You’ll leave lighter, clearer, and more inspired than when you walked in, as though you’ve sprouted wings.

**14 Mainstreet September 2018**

## East Shore Reading Centre Theft

by Cathy Poch, on behalf of the Library Board

I really hope that over the years the East Shore Reading Center has provided a useful service to our residents. I have to wonder, however, when it is a free service to said residents, why someone would deliberately enter the library, open DVD cases, remove the disc, put the empty case back on the shelf and walk out. We have discovered 23 empty cases. This is theft.

Not only are they depriving other library users the use of said DVD’s, but they put a major dint in our limited budget, were we to try to replace these items. We are asking the return of said items, in our outside drop-box, no questions asked. But if it continues we will take further steps.

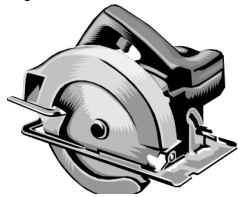
Missing DVD titles are: *Wolf Creek, Reasonable Doubt, City by the Sea, November Man, Fool’s Gold, Welcome to Mooseport, Wild, The Descendants, Long Kiss Goodbye, Prometheus, Hereafter, Bangkok Dangerous, the Good German, Chicago, Walk the Line, Night at the Museum, Syria, Training Day, Night Listener, The Strangers, Schindler’s List, Swordfish and Barton Fink*. I know that some of these would not be on some users most favourite films to watch, but others are and having them disappear from the Reading Center certainly deprives users of watching a favourite again. We really hope that they will reappear.



Just because it is summer, doesn’t mean that no new items have appeared. Clive Cussler, James Patterson, Catherine Coulter, Scott Mariani, Richard Wagamese’s last book *Starlight*, Jodi Picoult are all popular authors with new summer reads on our shelves. Come on in and pick your favourite author, or find a new favourite.

With two current pieces of ID you can become a member. Regular hours are Tuesday and Saturday from 12 - 3 and Thursday evenings from 7 - 9.

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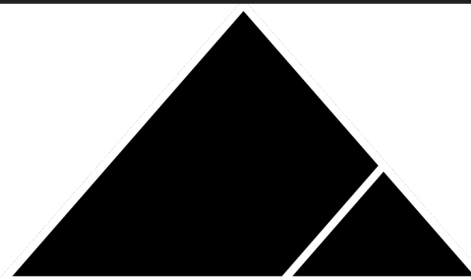
## Riondel Community Library

by Muriel Crowe

Volunteers! We wouldn’t have a successful book sale without them. A huge thank you to our entire cast of library volunteers who with Chris Robertson’s organizing keep us going year round for this two day event. We all extend our thanks to the other volunteers who always come to our rescue. They are Marion, Eric, Henry and Brandon Petersen; Ryan, Marcus and Alex Cameron; Nancy and Frank Schmaus; Daryl Alguire and Bob Moore. The other group that means so much to us is the buyers; we hope your purchases bring you many hours of happy reading.

We are currently looking for donations of small (up to 600 pieces) jigsaw puzzles. One is always set up for people to work on and they are proving to be very popular. We are a collection point for small batteries and cell phones. Plastic bags are supplied at the bin and should definitely be used for large batteries. Beginning in September we will also try out being a distribution point for Riondel garbage tags. They will be available for purchase during library hours.

We are always looking for recommendations of books and DVDs and will try to buy new items rapidly. If your request is missed please remind us or write it in the blue book. We do need the correct title and author and spelling is very important. Our next event is in November – authors readings. See you there.



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## Riondel Arts Club

by Sharman Horwood

In spite of the heat, the Riondel Arts Club has been busy over the summer. Many of their pictures can be seen in the Riondel Community Centre hallway. If you have a chance, or you’re in the Centre for another reason, stop by and see what’s there. The pictures change, and are replaced with new ones. You might find something you like, or something that inspires you in your own art.

Every month, Shirley Wyngaard has been giving a free art critique to members of the arts club. If you want to take advantage of this generous offer, and you are a member of the club, bring your painting by on the first Tuesday of the month, in the morning. Shirley always has good advice.

Also, on Saturday, October 27, I will give a coloured pencil workshop. Coloured pencils have become popular in recent years because of the vivid, translucent colours. Anyone who is interested, please contact me at [sharmanhorwood2@gmail.com](mailto:sharmanhorwood2@gmail.com). Class size is limited to ten and the charge will be \$10 per person. The deadline for registering is Sept. 15. You don’t have to be a member of the arts club in order to participate in the workshop. I will give a list of supplies you will need when you register. Please contact me if you have any questions.

Have a terrific September, everyone.



## Riondel Golf Club Ladies Bluebell Classic 2018

by **Jacquie Wallace**

The Ladies Bluebell Classic was a huge success, with 46 golfers from all over B.C. and Alberta participating. It was a hot day, but we had a great time!

Congratulations to our winners: Overall Low Gross went to Elizabeth Wong with a score of 73 and Overall Low Net to Gabriele Barry with net 57. Special mention to our own Ivy Jeffrey, who made a hole in one on #8. Thanks to the many volunteers and also to the following sponsors who generously donated to the tournament. We couldn't have done it without you!

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- Creston Card & Stationary

## Kokanee Springs Ladies Club

by **Shelley Bumanis**

Well ladies, we're winding up the golf season for 2018. We only have three Tuesdays left to golf Ladies Day this year. We've had a great year; the course was and is in excellent shape and for the most part we've played in glorious sun all year long.

We're a very small group and would love to grow our numbers. Whether you're an accomplished golfer, a beginner or someone that's just getting back into the game we'd love to have you join us. We meet up top outside the pro shop at 11:30 for a 12:00 tee-off. Kokanee offers a special rate of \$48.50 for non-members which is a great deal and a good way to see the course.

If you're interested in joining us or have questions, please feel free to email me at sbumanis@hotmail.com.

## Tom Sez

By **Tom Lymbery**

One of this summer's weddings at Gray Creek Hall used a lot of rose petals... showered on the bride and groom perhaps? Can you buy rose petals or gather them from your garden?

*A River Captured* by Elaine Delahanty Pearkes comments on page 117 on changing the name of Dolly Varden to Bull Trout – repeating what I have always said – they are one and the same and the exotic name of Dolly Varden should be retained. Dolly Varden was a Dickens character famous for her colourful attire – as the fish also has.

News reports say that rainbow crosswalks cost \$7000 each because of the special paint needed – does each letter of LBGTQ4 need its own special colour? Can't they be tinted to match?

Andrea Hand of Kaslo finished 4th in her first trip to the Stihl Timbersports Championships for Pro women at Wasaga Beach Ontario. Amazing placement for someone who only turned pro two years ago.

Recent publicity about changes to ICBC rates for vehicle insurance neglect to mention that the corporations largest costs are to those lawyers who spend a fortune on TV ads to get you to sue ICBC and those lawyers will take at least half of what they wrest. Repairing vehicles is actually a minor cost.

Any stats on this year's motorcycle fatalities? Of the hundreds that thunder past how many return to their homes in a box? Do those who speed excessively also have the loudest mufflers?

During the Cultural Alliance event at the store, when I asked a man about the kilt he was wearing I found he calls himself Toddish McWong as he knows we are all Canadians whether we are of Scottish or Chinese origin.. He is the creator of Gunhaggis Fat Choy for the Robbie Burns Chinese New Year Dinner in Vancouver which Fred Wah has often attended. Please look at [www.gunhagissfatchoy.com](http://www.gunhagissfatchoy.com)

So I started re-reading Fred Wah's book *Diamond Grill* – growing up in a Chinese Cafe in Nelson and being only one eighth Chinese. Pick this one up and enjoy his story – which includes some great recipes.

Six babies were born the same day in the Nelson Hospital recently -a record that made the news. And how many were born at home that day? Gray Creek is so fortunate to have a midwife.

Studies show that we touch our smartphones an average 2,617 times each day in tapping, scrolling, swiping and typing.

At this years Museum Days the most unexpected visitor we had was David Babich, whose father Steve Babich was the active instigator of the Gold Boulder search. 50 years ago when David was 15 he was on board the float, watching the TV screen as the submersible searched deep in the lake. He says that his dad donated that submersible to the Nelson Museum. – More to come about that fabulous ton of gold.

Please buy French's Catsup instead of Heinz – French uses Canadian tomatoes while Heinz only uses those grown in the US.

Since Gray Creek is so fortunate to have six creeks we hope to have creek name signs. These would also help identify just where you are on the highway – since there are no mileage markers on our roads.

## A Community Paramedic Has Arrived on the East Shore

press release by **BC Emergency Health Services**

There's a new medical resource for residents of the Eastshore. Sharon Webster has taken on the post of community paramedic for Riondel, a community she has called home for the last five years.

The role of community paramedic is a new one established by BC Emergency Health Services, who operate the BC Ambulance Service. In partnership with the Ministry of Health and local health authorities, the community paramedic program was established specifically for rural and remote communities.

Sharon is excited to take on the position, in addition to her existing work for BC Ambulance and with the fire department. She completed her Primary Care Paramedic licensing last year with both financial and emotional support from the whole community and now has finished her training for the Community Paramedic position as well. She looks forward to the increased role and responsibilities that all this training will allow.

Community paramedicine is intended primarily for older adults living with chronic conditions such as Diabetes, COPD and Heart Failure. The goal of the community paramedic is to help these patients live independently and safely in the community. A community paramedic can visit patients in their homes and help them to manage their diet or exercise programs, understand their medications and work on safety issues and fall prevention. The overriding aim is to prevent medical crisis and emergency trips to the hospital.

Patients are referred to the community paramedic by local doctors, nurses, occupational therapists, and physiotherapists in partnership with Interior Health. The referring health care provider will provide a care plan for the community paramedic to follow. It may include checking vitals, making sure medications are on track, identifying hazards in a home (to prevent falls), and generally monitoring a patient's health.

The prevention part of paramedicine excites Sharon, who says she is looking forward to working with people in communities from Riondel down to Boswell. "I want to meet people and discover what services they require most. I want to know how I can be of service."

In addition to home visits, community paramedics reach out to community through public events. Outreach and awareness might include CPR sessions, wellness clinics or drug and alcohol awareness. Some community paramedics lead exercise programs or walking groups, others work on smoking cessation support groups. One of the great things about the program is that it's tailored to a community's needs.

Sharon says she plans to spend lots of time at community events, meeting with various groups and setting up public information tables. If you see her, go on over and say hi!

Sharon can also be reached by email at: [CPRiondel@bcehs.ca](mailto:CPRiondel@bcehs.ca).

**Contact Mainstreet**

**250.505.7697**

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

**Next deadline: Sept 26**





## Holistic Health Tips

### by Kim Young

## Five Natural Remedies for Headaches

If you are one of the millions of people who suffer from headaches on a regular basis, this article is for you.

The next time you have a headache try these all natural remedies before heading to the drugstore.

### Tension Headaches

Of the three main types of headaches, tension headaches are the most common. With this type of headache the muscles contract and it feels like something is literally squeezing your head. The pain can run from one ear to the other and back around. Tension headaches are usually caused by a lack of sleep and/or stress.

### **Natural Remedies For Tension Headaches:** **Ginger Tea**

Fresh ginger can easily be found at your local grocery store. Slice up an inch of ginger and put it in a pot of boiling water. This delicious homemade remedy will help reduce inflammation and ease your headache.

### **Peppermint Essential Oil**

Peppermint essential oil is quite inexpensive and you can find it at most health stores. Apply the oil to your hairline and the back of your neck. The cooling sensation created by the oil will help relax the muscles in your head and neck.

### Cluster Headaches

Those who suffer from cluster headaches often describe it as an ice pack in their head. The pain is very concentrated and usually occur in a cluster of days, hence the name cluster headaches. They are most common in the winter.

### **Natural Remedies For Cluster Headaches:** **Capsaicin Cream**

Cayenne pepper is the main ingredient in Capsaicin cream. Put a dab on your finger and apply it to the inside of your nostril. Be sure to place it on the side where you are experiencing the pain. Once applied the cream will go to work by blocking pain signals. You can find Capsaicin cream at your local health food store.

### **Chlorophyll Supplements**

Chlorophyll is used by plants for photosynthesis in the process of turning carbon dioxide and water into carbohydrates and oxygen. Chlorophyll supplements promote the flow of oxygen to cells, while also protecting the cells from oxidation damage and can naturally help with cluster headaches. Placing ten drops of liquid chlorophyll concentrate on the tongue several times throughout the day and then drinking some water will help with these types of headaches and can also provide natural energy to get you through the day.

### Migraine Headaches

Last but not least ... migraine headaches. Migraine headaches are very debilitating and can have you in bed, unable to move for extended periods of time. Migraines cause a throbbing pain to occur on one side of your head. As a result of this pain, individuals are usually sensitive to light and sound and sometimes feel nauseous.

Migraines can be genetic; however, women are three times more likely to have them than their male counterparts. Many experts believe migraines are a result of nerve signals being misinterpreted by the brain. The signals are interpreted as pain instead of what they really are.

### **Natural Remedies For Migraine Headaches:** **Acupressure Massage**

Acupressure massage has been around for hundreds of years. It is an ancient Chinese healing method that centers around applying pressure to certain points on the body – the same points as acupuncture - to help relieve pain. Doing this type of massage on yourself is very easy.

For a migraine headache, take your finger and place it in the groove between your first and second toe on the opposite side of the headache i.e. If your headache is on the left side of your head, do this technique on your right foot. Press firmly and apply pressure for at least three minutes.

### **Feverfew**

Feverfew is an herbal supplement that comes from the sunflower family. It has been tested in clinical trials with great results. It works by decreasing the amount of inflammation in the area where there is pain. When inflammation is reduced, it eliminates pressure on the nerves. As a result, the migraine starts to subside. You can find feverfew in capsule form at health stores or your local pharmacy.

### **Changing Your Diet**

We've explored many different natural remedies for the various types of headaches, however, the easiest remedy is to change your diet because certain foods can trigger a headache.

Start paying close attention to the foods you consume on a daily basis. Keeping a journal and jotting down everything you eat for at least 7 days is helpful so you can track any specific foods that cause you to have an adverse reaction. Once you identify a pattern, you will know which foods should be removed from your diet.

### **Some foods that have been known to trigger headaches include:**

- Wine
- Caffeine or the lack of it
- Cheese
- Cold Cuts

Headaches can also be a result of skipping meals. Anytime you skip a meal your blood sugar levels drop, so make a point to always eat your meals on time and never let hunger lead to a headache.

The next time you have a headache, I hope you give one of these natural remedies a try.

*Kim Young is a Precision Nutrition certified Holistic Health and Lifestyle Coach, Functional Aging Specialist and Reiki Master who lives in Kootenay Bay with her husband Jim and their dog Buster. Her web-site is: [www.holistic-health-tips.com](http://www.holistic-health-tips.com) or on Facebook: [www.facebook.com/HHTwithKim](http://www.facebook.com/HHTwithKim)*

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Growing communities one idea at a time.

## East Shore Hospice

by Maggie Kavanagh

I'd like to share an exercise that we did in our hospice volunteer training program that I found extremely impactful. We were asked to write down on four separate small pieces of paper things that were of upmost importance to us. It could be an item or thing, a person, a pet etc. (anything that meant a lot to us), so I wrote down my four things, folded my little pieces of paper and then the facilitator came around the room and asked us to give up one of the little pieces of paper to her. And then she came around again and did the same thing.

Now we were left with only two pieces of paper and she came around again and we had to choose between the two most important things to us and give her one of them. Then for the final step she came around and took the last piece of paper from us. This process was interesting and upsetting at the same time. I had to choose between two of the most important things to me and then have the final and most important thing taken from me. This exercise helped me put things into perspective and it stimulated awareness and empathy amongst our group.

East Shore Hospice volunteer care is free of charge and is available in your home. Hospice care does not replace nursing care, home support or any other professional service. A hospice volunteer can be a caring listener with an open heart and mind, who is also comfortable sitting in silence with a terminally ill person. This support can also give the caregiver(s) some respite to care for themselves. This means that the caregiver can have time away from the caretaking role.

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

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

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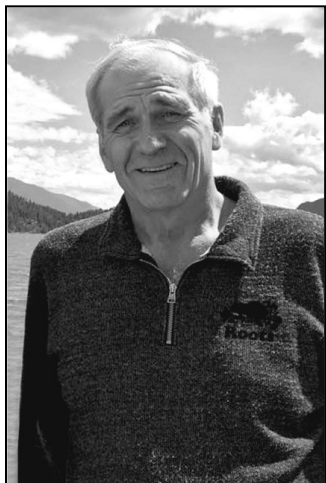
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## Notice of Passing

**Dr. David Perrin**

*by Creston Veterinary Hospital*



It is with great sadness that we learned of the passing of the beloved Dr David Perrin.

The Creston Veterinary Hospital was established in 1973 by Dr Perrin and he worked in the valley for over 30 years. During his career, Dr Perrin served on the British Columbia Veterinary Medical Association (BCVMA) Council for two terms in the late 1980's and

treated nearly every animal one might encounter in this area. He focused his practice on serving the community and dedicated his life to the people of Creston and their pets.

In 1996 he and Dr Robert McLeod became business partners until Dr Perrin retired a year later to pursue his passion of becoming an author and sharing his experiences as a "Country Vet".

Dr Perrin's compassion and energy shone through in his work and literature. While continuing to locum for the Creston Veterinary Hospital, Dr Perrin began publishing many Canadian best sellers including Don't Turn Your Back in the Barn, Dr Dave's Stallside Manner, Where Does it Hurt?, Never Say Die, When the Going Gets Tough, and Better Late Than Never; he was a truly gifted storyteller.

Dr McLeod recalls David Perrin's dedication was such that he managed to get a message to him from the ambulance the day he was involved in a vehicular accident on the Kootenay Pass in 2009. His van plunged 500 feet down an embankment and his first priority was to inform the clinic that he would not be coming in to work the next day due to a fractured cervical spine!

Our deepest sympathies go out to the Perrin family and all those affected by the loss of our friend and mentor.

A memorial to celebrate Dr Perrin's life was held at the Creston & District Community Complex on August 11 at 11 am. All who attended celebrated his life, his legacy, and his unforgettable character.

As per the Perrin family, if you have any kind words or condolences you would like passed on to the family, please send them to daveperrinfamily@gmail.com.

From all the staff at the Creston Veterinary Hospital, we send our love.

## Notice of Passing

**Norman Claire Husband**

**December 11, 1924 – July 16, 2018**



Norm was born December 11, 1924, minutes before his twin sister Betty, in Pleasanthome, Oregon. When Norm was four, the family moved to the Black Diamond oil fields in Alberta, then on to the Creston Valley where he attended school to Grade 10. He worked at various jobs, with his long arms and legs he became top apple picker in the valley. In 1943 he joined the

R.C.A.F. He had wanted to be a tail gunner but was too tall, so, because his father was a cook he became a cook. He served overseas in Germany and England.

In England Norm met his first wife, Rose Catherine Cameron, also in the R.C.A.F. They both returned to Canada on the ship "Georgic" and were married in Edmonton on his 22nd birthday. They settled in Creston and raised six children. Norm worked various jobs, picking fruit, cooking, Taks Store, Creston Electric and Valley Appliances, to name a few. He started a plumbing business in 1962 which evolved into Husband Brothers Plumbing and Heating with his brother Bob. Norm's wife Rose died in 1977.

Norm remarried, for a short time, to Doris Currie. The new love of his life became Catherine Mary Edeburn, whom he married on May 9, 1980. With Cay he gained two more children. Norm was a strong family man; he loved to have relatives visit and to tease and joke with his siblings and friends. Proud of his daughters and son, he saw them often after they left home. He was a rock if you were in trouble, and a father figure to several of his nephews and younger friends. He loved to fish, golf, play cards, dance and read and in later years kept himself busy by holding his grandchildren, hooking rugs, doing needle point and selling plumbing supplies.

Norm was involved in his community. He was an active Legion member and president from 1961 to 1964, served on Creston town council, was on the Creston hospital board, the board of the Endicott Home, and in the Knights of Columbus. He was recently honoured as Citizen of the Year. Norm lived a full life until he had the misfortune to fall and crack his head. This left him deaf in one ear and increasingly dizzy, so that he gradually stopped enjoying many of his activities. Another serious fall four years ago became the beginning of the end for Norm. He died peacefully, a resident of Swan Valley Lodge.

Norm was predeceased by his parents, Norman and Clara Husband, his first wife Rose, Doris Currie, his sisters Jessica and Jean, and his brothers Bob and Jim. He is survived by his wife Catherine, five daughters: Shirley (Ray), Caroline (Terry), Maureen (Gary), Donna, and Jean (Gary), one son Brian (Yvonne), two stepchildren, Loretta and Ben, fifteen grandchildren, eighteen great-grandchildren, his older brother Bill, twin sister Betty and too numerous to count nieces, nephews and in-laws.

The celebration of Norm's life was at the Creston Legion Hall on Aug 4, 2018. In lieu of flowers donations can be made to Swan Valley Equipment Fund.

**Contact Mainstreet**

**250.505.7697**

## Remembrance Garden

Many thanks to Miroslav for installing three new plaques and taking care of the grounds with a tidy clean-up and a bit of polish and shine.

Come into the garden to take a look at the new plaques for Joy Bracken; Larry Ireland; Cora and Dave Fowler and say hello to many old friends.



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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

Email: mainstreet@eshore.ca

Web: www.eshore.ca

### ADVERTISING RATES

**\$35** - 3.25 wide X 1.75 tall (inches)

**\$40** - 3.25w X 2.5t

**\$45** - 3.25w X 3t

**\$50** - 3.25w X 4t

**\$55** - 3.25w X 4.5t OR 6.75w X 2.25t

**\$65** - 3.25 X 6t OR 6.75w X 3t

**\$85.00** - 3.25w X 9t OR 6.75w X 4.5t

**\$100** - 3.25w X 10.25t

**\$130** - (1/4 page) 5w X 7t

**\$150** (1/3 page) - 6.75w X 7t

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

**\$225** (1/2 page) - 10.25w X 7t

**\$400** (full page) - 10.25w X 14t

**Sample Sizes - more sizes available.**

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

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

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

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

**FOR FULL COLOUR, ADD 30%**

**Contact Mainstreet**

**250.505.7697**

**mainstreet@eshore.ca**

**Next Deadline:**

**Sept 26, 2018**

## Memorial Wall

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

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

September 2018 Mainstreet 17



**CRESTON  
VETERINARY  
HOSPITAL**

*Your Hometown Vet!*

**250-428-9494**

**www.crestonvet.com**

### NO PET LEFT BEHIND!

A monthly mobile veterinary clinic located at the Crawford Bay Motel, Unit 6.

**Upcoming Clinic Dates:  
Sept 4 & Oct 2**

Please call Creston Veterinary Hospital to book your appointment today!



## SERVICES DIRECTORY/CLASSIFIEDS

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

### AUTOMOTIVE/MARINE

**EASTSHORE AUTOMOTIVE** - Service & Repair  
250-227-9370

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

### BUSINESS SERVICES

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

### CONSTRUCTION/CONTRACTORS/TRADES/REPAIRS/GENERAL HELP

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

**STEEL WHEELS** - Septic systems planned & installed. We dig too, mini hoes for you. Dave/Donovan. 250.354.8498

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

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

### PERSONAL CARE/HEALTH

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

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

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

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

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

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

**LISA SKOREYKO R.AC.** - Registered Acupuncturist. 250.777.2855. Unit #9 Crawford Bay Inn. 16210 Hwy 3A, Crawford Bay.

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

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

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

### RESTAURANTS

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

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

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

### YARD/LANDSCAPING/SITE PREP

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

**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

*Next Deadline:  
Sept 26, 2018  
mainstreet@eshore.ca*

- Planning a wedding?
- Holding a meeting?

Consider renting the  
**BOSWELL HALL**

Booking/info: Rose at 250.223.8288

## REPORT A WILDFIRE

\*5555 on a cell or 1.800.663.5555

Wildfire Information Line

1.888.3FOREST

Burn Registration Line

1.888.797.1717

Southeast Fire Information Officer

1.250.365.4014

Visit [www.bcwildfire.ca](http://www.bcwildfire.ca)

### 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

## CLASSIFIED ADS

### BUSINESS ANNOUNCEMENTS

**Insurance Certification** requires professional chimney installation - we are the pros - Gray Creek Store, 250.227.9315

### BUSINESS SERVICES

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

## COMMUNITY HEROES

### a Mainstreet Feature

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

ALL the "Kathys" from the East Shore Health Centre, For your cheerfulness knowledge patients and caring We are blessed to have you looking after us.

The Teachers! For coming back again.

*Next Deadline:  
Sept 26, 2018  
mainstreet@eshore.ca*



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

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

**HELP  
WANTED**

## CRAWFORD BAY MARKET

is looking for a part time helper in the

**Meat, Produce  
& Deli Department.**

(Possibilities for other duties if interested)

If interested please call or email Sonja at:

250-227-9322

Email [cbstorebc@gmail.com](mailto:cbstorebc@gmail.com)



BULLETIN BOARD

Community Notices, Thank You’s, Not-For-Profit Announcements  
(all not releated 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 2018

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

Tuesdays: Dr. Piver

Wednesdays: Dr. Moulson

Thursdays: Dr. Lee

**NO DOCTOR Sept 13.**  
**LAB HOURS AT THE CLINIC ARE EVERY**  
**WEDNESDAY FROM 7:30-10:30am.**  
**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  
**Book Club** - Thurs, Sept 13 at 2pm. Contact is Mel-  
ody Farmer - 250.223.8443  
**Fitness** - Mondays and Fridays, 9 - 10am, Contact is  
Darlene Knudson 250-223-8005  
**Quilters Guild** - Tues, Sept 18 at 1pm. Contact is  
Linda Brown: 250.223.8607  
**BADEV** - Mon, Sept 10 at 10am. Contact is Rod  
Stewart: 250.223.8089  
**VINTNERS** - Sept 23 at 2pm.  
**BADEV Corn Roast:** Sat, Sept 1 at 5pm. \$5 at door.  
**FALL FOWL FEAST** - Sat, Sept 15. Turkey din-  
ner with all the fixings, mashed potatoes, veggies and  
homemade pie. Cash bar, raffles and 50/50 draw.  
Doors open at 5pm with dinner at 6. Tix available at the  
Boswell Post Office for \$20.

Kootenay Lake  
Ferry Schedule

**Winter: Sept 10/18-Spring 2019**  
**MV Balfour will run until Sept 10, 2018**  
**All times listed in East Shore time.**

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

Kootenay Lake Chamber of Commerce is  
planning a Fire Extinguisher Testing event  
to be held in October at the Gray Creek  
Store - date to be announced. Bring in  
your extinguishers and if they need refill-  
ing this will be done - for a charge, but the  
basic testing is free.



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The Lakeview - Gray Creek, The Gray Creek Store - Gray Creek,  
The Crawford Bay Store - Crawford Bay, Riondel Market -  
Riondel, The Osprey 2000, and the Gill and Gift in Balfour.

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**FOR FULL COLOUR, ADD 30%**

Join the Gym - Beat the Heat



COME IN TO THE GYM. We've got you covered.

THE EAST SHORE FITNESS PLACE WELCOMES YOU  
(located at the Crawford Bay School)

**WE HAVE PUNCH CARDS!** Buy a punch card for \$30  
for 6 visits (doesn't expire) & your 7th visit is FREE!

PRICES: Drop in: \$5 Monthly: \$30

April & November 3 for 2 Specials: \$60

12-18 year olds: free 70+ Seniors: optional donation

Disabled/lower income: subsidized up to 50% off on request.

**Mon-Sat, 8-10am AND Mon-Fri 6-8pm**

*Please watch the Fitness Place Facebook and  
Instagram pages for notices/closures.*

Contact us! eastshorefacilities@gmail.com

CHURCH/MEETING  
CALENDAR

RIONDEL COMMUNITY CHURCH

Sept 2018 SCHEDULE

Sept 2 -- no service today.  
Sept 9 -- no service today.  
Sept 16 -- no service today.  
Sept 23 - Brenda Panio, 1pm.  
Music: Marie Gale  
Sept 30 - Ramona Dannhauer, 1pm.  
Music Richard and Ramona

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

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

HARRISON MEM CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!  
For info, please contact Deberah Shears at  
250.225.3336 or Rev. Leon Rogers: 250.428.4248

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.

CHRISTIAN SCIENCE CHURCH SERVICES

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

Transfer Station  
Hours

CBAY: Sun, Tues, Thurs 9am-3pm  
BOSWELL: Weds/Sat 11-3

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

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 Fraser Robb at 250-227-9636.

TOPS - Take Off Pounds Sensibly: meets every Thursday morn-  
ing at 8:30 am in the Kootenay Lake Community Church base-  
ment. Call Myrna for more info: 227-9420

PARENT ADVISORY COMMITTEE

(PAC) Meetings usually held at 5:30 pm at the Crawford Bay  
School on the first Weds of the month.  
Email cbess.pac@gmail.com for info or to add to the agenda.

September 2018 Mainstreet 19



September 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EVERY SUNDAY CB Dump open: 9-3		EVERY TUESDAY CB Dump open: 9-3	EVERY WEDS Boswell Dump open: 11-3	EVERY THURSDAY CB Dump open: 9-3		1 EVERY SATURDAY Boswell Dump open: 11-3
2	3	4	5	6	7	8
	Fit Class, Bos Hall, 9am	SCHOOL'S BACK! * Creston Vet, CB Motel, Unit 6 Tara Shanti Yoga, 9:30-11		Tara Shanti Yoga, 9:30-11 Yoga w/ Melina, Bos Hall, 9:30 - 11am	Fit Class, Bos Hall, 9am	
9	10	11	12	13	14	15
	Fit Class, Bos Hall, 9am	* Lions Meeting 7pm Tara Shanti Yoga, 9:30-11	16+ Volleyball, CB School	Tara Shanti Yoga, 9:30-11 Yoga w/ Melina, Bos Hall, 9:30 - 11am	Fit Class, Bos Hall, 9am	Val Kilmer & New Coke, Kokanee Springs Taste of the Ashram Haz Waste Roundup, Cres- ton Comm. Complex 10-2
16	17	18	19	20	21	22
Diemme, Harrison Church, 7pm	Fit Class, Bos Hall, 9am	One-Month Karma Yoga Program, Ashram Tara Shanti Yoga, 9:30-11	16+ Volleyball, CB School	Tara Shanti Yoga, 9:30-11 Yoga w/ Melina, Bos Hall, 9:30 - 11am	Fit Class, Bos Hall, 9am	
23/30	24	25	26	27	28	29
Osprey Out of Service	Full Moon Osprey Out of Service Fit Class, Bos Hall, 9am	Osprey Out of Service * Lions Meeting 7pm Tara Shanti Yoga, 9:30-11	Osprey Out of Service Rec 9 Deadline MAINSTREET DEADLINE 16+ Volleyball, CB School	Osprey Out of Service Koot. Lake Cons. Fund Open House, Boswell Hall Tara Shanti Yoga, 9:30-11 Yoga w/ Melina, Bos Hall, 9:30 - 11am	Osprey Out of Service	Action Opportunities Gathering, Boswell Hall, 1-4

lunch·dinner·espresso

250-227-9596



blacksaltcafe.net

your eastshore bistro in Crawford Bay

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

**New Hours Starting Sept 4:**  
Mon-Thurs: 9-6:30 Fri/Sat: 9-7  
and Sundays: 10-5

Bottle Depot: Sundays only, 10-3

Don't forget to check out  
our weekly specials!

Phone: (250) 227-9322  
Fax: (250) 227-9417  
Email: cbstorebc@gmail.com

### NEED BUSINESS ADVICE?

The Basin Business Advisor Program provides free business consulting to business owners and social enterprises.

Introducing Creston & Area Advisor:  
**Alison Bjorkman,**  
**Business Advisor**  
(250) 428-6356  
abjorkman@bbaprogram.ca

A PROGRAM OF

OFFERED & MANAGED BY

BASIN BUSINESS ADVISORS PROGRAM

Columbia Basin trust Community Futures

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

**2018 Household Hazardous Waste Round-Up Event**

**Saturday, September 15, 2018**  
**Creston Community Complex**  
**10:00 am to 2:00 pm**

All events are free!  
Food donations are accepted.

Residential household hazardous waste only.  
No commercial or industrial wastes.

For a complete list of items accepted at the round-up visit [www.rdck.ca](http://www.rdck.ca) or call 1-800-268-7325