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The East Shore Mainstreet

KOOTENAY LAKE BC

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

Kootenay Lake Ferry Strike

Photos from the Aug 31-Sept 2 picket line and the Kootenay Bay "We Need Our Ferry" Rally on September 1/19:
Top left and right: Ferry workers at the Balfour landing on Aug 31/19 - photos by Daniel Seguin Photography.
Kootenay Bay ferry rally photos on bottom by Ingrid Baetzel.



RETURN UNDELIVERABLE ITEMS TO:
The East Shore Mainstreet Box 140, Crawford Bay, BC V0B 1E0 Agreement#: 40718537



Mainstreet Meanderings

by Editor
Ingrid Baetzel

The Changing Face of Unionization

As most of us are aware, unions bargain for fair wages and working conditions, and ensure their members rights are protected.

The unionization rate in B.C.'s labour force shrank to under 30 per cent in 2018 — below the national average — from 36.5 per cent in 1997, says Statistics Canada. According to *statista.com*, the BC unionization rate in 2018 is 29.1%.

According to the *Globe and Mail* article entitled “Do Unions Have a Future?” private-sector union “density”—the proportion of workforce members who belong to a union in Canada—has collapsed. There are varying perspectives regarding the decline in unionization, but the evidence is clear that the decline has been steady.

In 1958, more than 50 per cent of B.C. workers were unionized, according to the Encyclopedia of B.C. While most provincial declines took place in the 1980s and 1990s, the decline in British Columbia continued into the 2000s.

Mark Thompson, a retired University of B.C. professor of industrial relations, says “B.C. labour has suffered substantial membership losses as the forestry and fishing sectors downsized. Many new jobs are being created in hi-tech start-ups and smaller, service-sector firms that labour has found difficult to organize,”

Thompson says.

So, the face of labour in BC has changed. Many have challenged union efficacy and feel that the time of unions has come and gone. Others recognize the deep value of organized labour and the necessity of unions to protect workers.

Former B.C. Federation of Labour president Irene Lanzinger says, “We try to ensure we work to represent every worker because non-union workers don’t have anybody else to represent them. It’s not entirely without self-interest but I would argue that unions are largely organizations that fight for social justice.”

As the recent ferry strike has demonstrated, job action is still a reality and can have profound impacts.

Protection of workers’ rights is, indeed, a hugely important issue, as is balancing that with the safety and protection of citizens dependent upon unionized organizations and workers.

So, how has this affected you? Do you belong to a union? Do you support the right to job action, no matter the cost, or do you feel that it’s time for the system to see an overhaul?

Write in - tell us what you think.

DID YOU KNOW:

The East Shore Better at Home Group has its very own Facebook page? Check it out and “Like” the page to see what they offer and get updates on what’s happening. You can find their page here: <https://www.facebook.com/EastShoreBetterAtHome>



OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0

Editor: Ingrid Zaiss Baetzel (since 2002)

Phone: 250.505.7697

Email: mainstreet@eshore.ca

Proof Editor: Doreen Zaiss

Writers: Community

Article? Letter? Etc? Drop off at Gray Creek Store

drop box, mail to Box 140, Crawford Bay, V0B 1E0

or Best Yet, Email to: mainstreet@eshore.ca

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The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers.

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LETTERS TO THE EDITOR

DAVE AGNEW PONIES UP FOR CB PARK!

Dear Editor:

David Agnew of Crawford Bay has shown his generous nature once again by buying a brand new picnic table for Crawford Bay Community Park and donating it free of charge. The table was built by, Walter, a professional table builder over in Slocan Park and is very high quality. We’ve installed it in our park just in time for our Soccer tournament, and I’m sure it will be well used and enjoyed.

A giant “THANKS” to Dave for his generosity and community spirit! It’s people like him that make our community great.

John Edwards, Crawford Bay

REBEL ROUSERS RESPOND

Dear Anthony, (in response to Anthony Arnold’s letter in the August issue)

Thanks for being a good neighbour this summer. We thought we’d return the favour after we read your article in *The East Shore Mainstreet*. We are so sorry to hear of your troubles.

We would have written sooner but we had to get back to Fort Mac for work. Now that our shift is over, we’ve once again returned to our favourite quaint town in the Kootenays. It really is a wonderful part of the world as you said. During our time away we researched some solutions to your problems. We hope you find this helpful.

First, fireworks at 10:30pm is deplorable. Not to mention midnight! Even the neighbour’s cat would be perplexed at the earth shattering echoes as fireworks light up the night sky bouncing off the mountains. Have you ever used TripAdvisor? We found you a lovely little room at Hotel Ymir, BC. Online it says it’s the

“#1 Best Value of 2 places to stay in Ymir”. Here’s the link <http://www.hotelymir.com/>. You wouldn’t believe how cute, quiet and cheap it is! Only \$49 a night and no fireworks! You’ll love it, I’m sure, when you need a break from all the noise. There’s even a cool little bar where you can have a few beers, just not several.

Have you watched that TV show “Sons of Anarchy”? You really should if you haven’t. You can grab it off Netflix, all seasons. I get you don’t want this style of “biking” entertainment in your town every day but imagine the cash flow that might follow if you did? Jackson Teller employed everyone in his family in the show – you could too! I mean you’d need more police presence but the more the merrier, right?

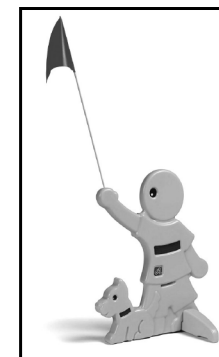
Children on golf carts?! Shocking isn’t it? Just think, they will all be excellent drivers by the time they are 16! There could be an amazing business opportunity by investing in a driver’s school in Riondel! You could license all these hooligans over the summer months. Image only working two months a year. These city kids are full of coins! We really only want to help shore up your future.

Hear the engines roar down the channel! We know our boats are loud as we careen across the lake. We do like to crank the tunes, crack some beers, eat some chips and grill some dogs. Maybe you’d like to come out with us some time? We are hospitable folks! But what we really want to know about is the green stuff. We could use some pointers on that.

Anthony is that you? What? Sorry our music must be too loud. We know you are just trying to get in a goodnight’s sleep. No sleep makes for grumpy humans, so we sourced out the best headphones we could find. Do you know of Beats by Dre? They are certainly not cheap. They come in at a whopping \$500 but if you get the drivers school running or let Sons of Anarchy set up shop in town – money won’t be an issue! Here’s the

link https://www.amazon.ca/Beats-Studio-Wireless-Over-Ear-Headphone/dp/B00FK0ELRI?ref_=fscpl_pl_dp_1. Do you have Amazon Prime?

Last but not least, road safety. It’s an issue for us all, especially in Alberta where we find people cruise down our streets at ungodly speeds, all hours of the day. I mean sidewalks are overrated! Especially in places like Asia. Have you ever been there? That’s traffic mayhem. Anyway, we invested in some signage in Alberta and found it worked. Maybe you need some signage too? Would this work for your street? We found it on Amazon as well...It’s got a big flag and a cute a little dog, and we know how much you like dogs. I wonder if your neighbours would like a matching one but with a cat?



We hope you found all our suggestions helpful Anthony. We really just want to be a good neighbour.

See you next summer!

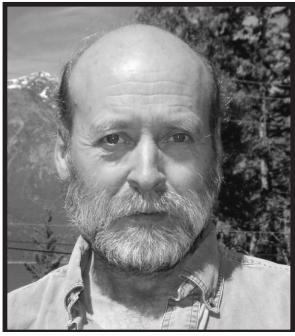
Sincerely,
Shawn Anders of
The Riondel Rebel Rousers
(Follow us on Instagram at
Riondel_Rebel_Rousers)
#oilandgasrules

FERRY STRIKE - A LOCAL’S REPORT

Dear Editor:

I attended the hearings at the BC Labour Relations Board (LRB) in downtown Vancouver in late August to determine if the Kootenay Lake, Glade, and Harrop ferries are an essential service as the ferry hands represented by the BC Government Employees Union (BCGEU) are threatening to strike.

It was a typical adversarial hearing, with a lawyer for Western Pacific Marine (WPM) on one side and



RDCK Area "A" Update

by Garry Jackman,
Regional Director
- Area "A"

SHARED ECONOMIC DEVELOPMENT OFFICE: Electoral Area A embarked on the Economic Action Partnership (EAP) project along with the Town of Creston and Areas B and C a little over two years ago, looking for common projects to complete. You may have completed a survey and/or attended one of the sessions where community members were asked for input. Out of this process we created a matrix of priority projects under the categories of tourism and recreation, supporting local business, agriculture, quality of life/resident attraction and supporting technology based businesses.

In parallel to that exercise, the Area A Economic Development Commission and other working groups have been developing tourism support tools and creating a web map showing our local amenities for both visitors and residents to use and enjoy.

As the EAP we applied for a substantial provincial grant which pooled with local funds has created a fund of over \$500K to hire a shared economic development officer along with support staff to work on our projects. The request for proposals to provide these services has been issued through the RDCK with a closing date of 11 September 2019. More information can be obtained by emailing Stuart Horn at shorn@rdck.bc.ca

BIOPHYSICAL INVENTORY RFP FOR CRAWFORD CREEK PROPERTIES: The RDCK has issued a request for proposals (RFP) to evaluate

the site as the next step in developing the management plan. As stated in the call for proposals, "The purpose for this biophysical inventory is to provide a baseline of information that can be used to aid in the production of park plans and to better manage Regional Parks in a more sustainable manner. The RDCK manages Regional Parks to provide passive recreation opportunities to the residents of the Central Kootenay as well as to conserve lands for all species protecting biodiversity of the sensitive ecosystems of the Central Kootenay". The call for proposals closes on September 16th with a completion date for the site evaluation by 31 December 2019.

Further information can be found online. You can go to the RDCK home page and type "biophysical" in the search box and the link should come up as the top result. Otherwise go directly to: https://rdck.ca/assets/Administration/Documents/2019-08-27-RFP_CBRP_Biophysical_Assessment-FINAL.pdf.

Students from the Selkirk College Integrated Environmental Program will also be doing an evaluation of the site in late October. Students in this program have been a valuable community resource on other enhancement and rehabilitation projects, such as along the Nelson lakeshore, so I hope they can be included in works at our site.

RECYCLING THE CONVERSATION ABOUT RECYCLING: Over the past months I have shared what I could about proposed changes to our recycling program by moving to contract services through Multi Materials BC (doing business as Recycle BC). You may have seen other news items on this topic as well in the Nelson Star or other publications. As of our August 15 board meeting the RDCK approved the signing of the Recycle BC contract which will result in changes to some of the locations where recycled materials are accepted, will expand the items accepted at some depots, will restrict hours of operation of the sites and will have staff present while sites are open.

The shift to the new collection system will be staged and will take several months. The larger sites will transition first followed by the smaller sites such as Boswell and Crawford Bay transfer stations. Some sets of bins will be removed, as I outlined in earlier articles, due to the impacts the changes will have on the host locations and due to the costs of adapting the sites to the new format as required under the Recycle BC contract. RDCK staff is preparing information packages about what additional products will be accepted and hours the sites will be accessible for distribution as the transition rolls out.

HAZARDOUS HOUSEHOLD WASTE ROUNDUPS 2019: As has been the practice for the past several years, the RDCK will be hosting hazardous household waste roundups at 6 locations this fall. The event at Creston is at the community complex on September 14th and the Nelson event is on September 8th. Products accepted will include used oil, anti-freeze, paint, adhesives, pesticides and fertilizers. The intention is to make it easy to dispose of hazardous residential materials and thereby avoid having them ending up in our landfills and potentially contaminating water sources. Products from commercial operations or businesses are not accepted under this program.

ONGOING REMINDERS:

- The Residential Energy Efficiency Program is ongoing. Find out how to make your home more comfortable and energy efficient by calling 250-352-8278.
 - The free FireSmart property assessment program is being offered again this summer. Contact our Wildfire Mitigation office at (250) 352-8177 or email firesmart@rdck.bc.ca
 - The RDCK has prepared Emergency Response Plans – go to <https://rdck.ca/EN/main/services/emergency-management/emergency-preparedness.html>
- If you have questions or comments on any topic please drop a note to gjackman@rdck.bc.ca or call me at 250-223-8463.

LETTERS TO THE EDITOR

a lawyer and a few ferry hands representing BCGEU on the other, with an adjudicator for LRB presiding. There was also a senior manager for WPM with 50 years' experience operating BC ferries.

There was a large speaker phone in the room and many East Shore residents were called and gave testimony, including medical patients, fire chief, educators, loggers, businesspeople, commuters, etc.

I gave my testimony in person and gave my views on the impact the ferry has on this community as well as other issues related to the ferry.

However, I did look over and acknowledge the ferry hands for all the help they have given me over the years. Arriving soaked and frozen on my motorbike and being put on a chair by the engine room with the warm air blasting. Arriving with two vehicles and being allowed to run back and forth to load and unload them. Waiting almost 10 minutes for my girlfriend to get off work so we could go to Kelowna for Christmas. Finding a motorcycle glove I dropped and giving it back to me. On and on.

Because of this, I was invited to speak with the ferry hands after the hearing adjourned and get their side of the issue. I spoke with them for almost an hour.

Their main beef is second class engineers. There are very few ferry hands with this ticket that requires 15,000 hours sailing time and three years school. The ferry cannot sail without someone with this ticket onboard. They are demanding wage parity with the coastal and ocean workers so that these hands will stay in the Kootenays, or they can train other hands to get this ticket without being lured away by better money elsewhere.

They also are overwhelmingly in favour of moving the Balfour terminal. They hate going in the West Arm, and every captain is afraid of running aground.

They told me they have been trying to resolve these

issues for some time, and they do care about our community.

As I write this, (Aug. 28) there is already talk of a strike on the September long weekend. Levels of service will have been decided by the LRB Aug. 29. The proposals will be to have one sailing in the morning and another in the afternoon for medical and education needs. We'll see how that pans out.

I don't think there are any Good Guys or Bad Guys here. It's just an unfortunate situation that our community is being used as pawns. The last Kootenay Lake Ferry strike was in the early 1980s.

Paul Hindson, Crawford Bay

FERRY SERVICE IS ESSENTIAL

Dear Editor:

Please know that the Kootenay Lake Ferry is an ESSENTIAL SERVICE.

The Salmo - Creston pass is NOT an alternative route for service-related transportation adding several hours to travel time and unreliability due to danger and frequent closures for avalanche hazard, weather, fires and accidents. It's location bypasses the East and West Shore communities of Kootenay Lake.

For East Shore Residents, the Kootenay Lake Ferry, on a daily basis, facilitates:

- Emergency medical services (ambulance)
- Emergency fire service
- Evacuation
- Doctors for the clinic at Crawford Bay
- Chemotherapy, surgery, CAT scans, MRI etc.
- Hospital facilities
- Access to doctors, dentists, physio, etc.
- Medication purchase
- Travel for employment (daily)
- Teachers for the school at Crawford Bay

- Student travel for high school and college
- Mail
- Maintenance of internet, power, telephone services
- Supplies of food, building materials, vehicles parts etc. which allow for services and businesses to operate and provide services and employment
- Customers for businesses providing jobs for a sustainable economy on BOTH sides of the lake.

Shirley Wyngaard, Riondel

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September Horoscope

by Michael O'Connor

Tip of the Month:

The Virgo New Moon on August 30 is the anchor theme for September. A stellium of the 5 personal 'planets', Mercury, Venus, Mars and the Sun and Moon all huddled close is bring a rather abrupt end to the fun in the sign side of summer. The shift began as early as August 18 led by Mars entering Virgo. A worker more than a player, the Virgo influence is best embraced accordingly. Although Summer technically ends at Equinox, Fall will begin early.

Aries (Mar 21- Apr 19)

You more than other signs will experience the full impact of this Virgo influence. Hopefully, you were able to get in your summer licks and kicks early. Positively, you will be able to finish getting your house in order.

Taurus (Apr 20-May 20)

The Virgo emphasis could actually manifest as a creative urge for you. Achieving a new sense of balance in your life is emphasized. The sobering and disciplined influence could be best harnessed as a health focus.

Gemini (May 21-Jun 20)

You will be happy to ride out the summer close to home. Tackling creative projects and generally activating a clean and repair process in preparation for the cold season and even with a vision for next year could prove satisfying.

Cancer (Jun 21 - Jul 22)

A high energy cycle emphasizing intellectual interests and ambitions accompanies this lunar cycle. You could use it successfully by getting a jumpstart on your studies. You will actually be enthusiastic to learn.

Leo (Jul 23 - Aug 22)

Practical matters have been a major focus ever since mid-month. Now is the time to build upon new foundations and improve existing ones. You will feel happy to get down to business and this includes training and getting trained.

Virgo (Aug 23 - Sep 22)

This powerful New Moon impulse will activate you to take new initiatives. These will reveal a distinct departure from old methods. In some respects, your choices and actions could feel and be regarded as radical.

Libra (Sep 23 - Oct 22)

An extra busy time behind the scenes is already underway as September begins. It includes embracing and believing in yourself. Confronting doubt demons could feel necessary. Yet, you may want to run. Face your fear and own your power.

Scorpio (Oct 23 - Nov 21)

Being you own best friend is extra important now. This implies taking independent leads. It also includes taking key initiatives that will produce measurable advancement. Be kind to yourself or give yourself a kick... start, as necessary.

Sagittarius (Nov 22 - Dec 21)

You public and professional arenas are getting a lot of attention. Acquiring new tools and skills is featured. You may also be sharing such knowledge with others. The time is right to be sober and realistic.

Capricorn (Dec 22 - Jan 19)

Your philosophy is pointed at improvement. Applying detailed, technical knowledge is indicated. This could be described as a studious and even scholarly focus. The time is right to do the work and achieve excellence.

Aquarius (Jan 20 - Feb 18)

This is a rather deep cycle for you. It implies clearing the clutter and purging. You will want to create a streamlined approach and anything that you interpret to be a distraction will come up for review and could well land on the chopping block.

Pisces (Feb 19 - Mar 20)

All being well, you took the initiative to engage in creative projects last month. These probably required extra efforts and now the anti has increased. Your willingness to focus and work hard is important now and will bring rewards.

WHO IS YOUR COMMUNITY HERO?

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!

HEY! You there! Don't you want to recognize someone? Boswell, Riondel, Kootenay/Pilot Bay, who are your heroes? Send your words in and spread the love.

Megan Rokeby-Thomas, for helping to make East Shore life vibrant and inclusive, for caring about community, and for providing a happy, creative, welcoming venue for diners, coffee fans, artisans and visitors alike!

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Across

1. Highway exits
6. Church word
10. Scored on serve
14. Praise
15. Talk irrationally
16. "____ Lisa"
17. Change
18. Most like milk fat
20. Minor aspect
22. Division word
23. Payable
24. Area
26. Wiped clean
28. Beg
31. Farm yield
32. Spanish cheer
33. To ____ his own
35. Embossed emblems
39. Cut
42. Comprehend
43. ____ Murphy of "Beverly Hills Cop"
44. Carved brooch
45. Baby's "piggies"
47. Physicians' group (abbr.)
48. Fashioned
50. Cooking container
53. Sarcastic writing
56. Listened to
57. Common verb
58. Mall event
60. Go over again
64. Wobbling
67. Viola's kin
68. "The Diary of ____ Frank"
69. Machu Picchu dweller
70. Scout unit
71. Space agency (abbr.)
72. Makes do
73. Leaks slowly

Down

1. ____ between the lines
2. Wheel shaft
3. Damon or Dillon
4. Make glad
5. Flag feature
6. Circle section
7. Scientist ____ Curie
8. Equal
9. Tidier
10. French buddy
11. College women
12. Result
13. Out of style
19. Sullen
21. Lingerie edging
25. Morally pure
27. Impersonated
28. Bartlett's kin
29. Singer ____ Fitzgerald
30. Garment juncture
31. Cheddar, e.g.
34. Corporate VIP
36. First man
37. Green fruit
38. Burn
40. Teamster's rig
41. Raspy
46. Celebrity
49. Honey
51. Constructs
52. Stick
53. The Devil
54. Sports site
55. Adolescents
56. From this time
59. Connect
61. Healing plant
62. Hog's dinner
63. Bunny's motions
65. Brewed drink
66. Car fuel



Hacker's Desk

by Gef Tremblay

Shanti

It was a relatively smooth and gentle back road. Yet passed the 1.2 km mark, the point where we were supposed to arrive at the destination, it felt like quite an unknown territory. We decided to continue a bit, but wondering for how long to stay on a unknow road. We really didn't know what to expect. The person who explained to me the road did it in such a visual way, using hand gestures to paint the location, that when we arrived at the spot, I knew, or hoped we were at the right place. 2.1 km that had to be the right place, the numbers were simply reversed.

We had still to walk 50 meters further to look for the trailhead. The trees were big, and I felt lost in the middle of nowhere. What if it's not the right place, how long will we walk for. What if we start walking in the wood and it's only a dear path. Soon we find the flagging tape, pointlessly floating in the wind. Is that it? There seems to be somewhat of a trail, going up and following the road for a bit. It was good enough for a start.

The once cleared cut forest is now growing back. Although not a forest by any mean, with this summers rain, nature is lush, and at someplace, we can't even see the trail, with bushes grown up to our chest. It feels wild, I fell small, even if we're the three of us, we dissolve in this wilderness. I can hear small brooks, hidden by the growth. I am still unsure we're at the right place. A mix of fear and excitement makes the hike quite enjoyable.

We get to the forest, were more human marks indicate that we're on the right path. Entering the forest

feels good as we can see our feet now, and we can hear the river echoing all around. Slowing making our way, fallen trees in the way protect the sacredness of the space. We get to surreal high rock walls indicating we're entering the canyon. Artifacts of an old water-line lead the way. Only the brown rusted metal wire survive the test of time, leaving a strange coil being slowly digested by nature.

We come down to the river getting off the path for a bit. Everything is lush, and I feel slightly out of place, discovering the depth of nature. After a moment, realizing that the path continues further, we hike a bit more, finding a second spot on the river with more space to relax. At that place, you couldn't see the river going further, it felt like the right spot to take a rest.

Nature was so abundant, so beautiful and vibrant, and I felt so small, lost in the wilderness almost dissolved in this reality. What made that feeling even stranger was that we were so close to home, just an hour hike with few minutes of driving, yet I felt overwhelm with the wilderness. This convergence of the mountain, the forest, and the river opening up the depth of the ground felt sacred to me.

In this little hidden place in the wood, Naima found yet another secret place, where a small amphibian was hiding. A beautiful salamander was waiting there for her, gently tucking itself in the mud and rock, a little dazed by the cold weather of the sunless canyon. She called her Shanti from the name of the creek, a little forest spirit, and played with Naima for a bit while climbing her arm and taking rest on her warm sweater.

Coming back home was a short ride, and although it was just a simple hike, it left me with a deep impression. This mix of surrender to the wilderness, a combination of fear and excitement, of presence and beauty had a profound effect on me. Going down deep in the wood was also quite a different experience than climbing up a mountain, as the goal was quite different. It

was such a small hike, so close to home, my brain kept on telling me, yet I couldn't shake that healing effect it had on me. I tend to forget the infinite beauty we live in and how privileged I am to live in such proximity to nature, it was a beautiful reminder.

Deadline: Sept 25/19
www.eshore.ca
mainstreet@eshore.ca

Life Shift Seminars & Kootenay Sound Healing Centre presents
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Sound and breath has the power to heal our wounds, ignite our spirit, raise consciousness and reunite us with the divine harmonies and rhythms of the universe.

Join us for the grand opening of the Sacred Gong Temple at Kootenay Sound Healing Centre
Please register, as space is limited.
DATE: Sept 15/19
TIME: 1pm to 4pm
LOCATION: Kootenay Sound Healing Centre, 691 Riondel Rd
COST: \$40 pre-registered. If money is an issue, please come and pay what you can.

To register or for more info:
 Blanche and Harreson Tanner 250-227-6877
 Email: lifeshift@bluebell.ca
 Websites: lifeshiftseminars.com / www.kootenaysoundhealing.com



The Proust Questionnaire

by Ryan Erlandson

The Proust Questionnaire has its origins in a parlour game popularized (though not devised) by Marcel Proust, the French essayist and novelist, who

believed that, in answering these questions, an individual reveals his or her true nature.

WOULD YOU LIKE TO TAKE PART? LET US KNOW! MAINSTREET@ESHORE.CA OR 250.505.7697 (OR VIA FACEBOOK)

What is your idea of perfect happiness? Loved ones being happy, healthy and cared for.

What is your greatest fear? Leaving my family too soon.

What is the trait you most deplore in yourself? My need to avoid conflict.

What is the trait you most deplore in others? Being unkind.

Which living person do you most admire? My wife and kids take this one all across the board.

Your greatest extravagance? Sushi. Always.

On what occasion do you lie? The simplest occasions when I don't want to let someone down.

What do you most dislike about your appearance? My dry hands and feet.

Which living person do you most despise? Brock Turner sucks.

What is the quality you most like in a man/woman? Their ability to turn their inspiration into something they create.

Which words or phrases do you most overuse? Word, dope, sick, teamwork makes the dream work.

What or who is the greatest love of your life? My wife. 6 years married. 26 years crushin' on her.

When and where were you happiest? Last March, our family trip to San Diego was pretty unbeatable. Look forward to going back.

Which talent would you most like to have? Musical production or ability to play live instruments well.

If you could change one thing about yourself, what would it be? I would like to be a little more serious when situations call for it... I kinda joke a lot of things off.

What do you consider your greatest achievement? My family.

If you were to die & come back as a person/thing, what would it be? A bear because if I didn't have my family to worry about then I would just want to be a powerful, magical beast that roams the forest.

Where would you most like to live? The forest.

What is your most treasured possession? Memories made with my family.

What do you regard as the lowest depth of misery? Being in a constant state of hatred and anger.

What do you most value in your friends? Just knowing they are their, they are solid and they would show up if I needed them.

Who are your favourite writers? Aesop Rock, Slug, Myself.

Who is your hero of fiction? Mrs. Doubtfire because he found a way to be in his kids life despite everything he was going through. That's admirable. Too many parents cut when things get tough. But that's not an option. When you decided to have those kids you decided to show up for them until you are no longer physically able.

Which historical figure do you most identify with? Rudolph the Red Nosed Reindeer? Once everyone saw past the red nose they realized he could actually use his skills to help guide them on their journey.

Who are your heroes in real life? My family. They have overcome a lot, continue to stay strong and build toward a wonderful future.

What is it that you most dislike? Olives.

What is your greatest regret? Hurting other people through my careless actions in the past

How would you like to die? Old, when my children are set up and on there way, possibly assisted suicide.

With what one person, living or dead, would you most like to dine? Either of my grandparents on my Moms side.

What is your motto? Teamwork makes the dream work.

EASTSIDE STORY
 by Al & Al George

IDLE WORSHIPERS

by Al George of Crawford Bay
 August 2019 Mainstreet 5



Hidden Taxes

by David George

100th and Other Anniversaries

Why 100 years? Why do we like round number anniversaries such as 25, 50, 75, 100, even 150, which is called a sesquicentennial?

One hundred years ago the disastrous Paris Peace talks took place after the First World War ended with the armistice in 1918. Those talks and the resulting 1919 Treaty of Versailles led 20 years later, 80 years ago, to 1939 and the beginning of the Second World War.

A more peaceful anniversary, a 50th recalls the summer of 1969 and the Woodstock music festival, also the Apollo 11 Moon landing.

Why not look at other numbers for anniversaries? There has been a resurgence of the vinyl record lately, and thus of the use of turntables. Look at the numbers on a turntable, usually 78, 45, and 33, which is actually 33 and 1/3. What happened 78 years ago? The Japanese attack on Pearl Harbor, that Day of Infamy, took place 78 years ago in 1941. Well, try 45 years ago. Hmm. The war in Vietnam was winding down in 1974, but was not yet over.

Let's try the LP number, 33, and take an LP-Look to the Past, 33 years ago, 1986.

On Friday May 2, Expo86 opened in Vancouver for a run of more than five months until Monday October 13th. Prince Charles, Princess Diana and Prime Minister Brian Mulroney opened the fair. Themed as a World Exposition on Transportation and Communication with a motto World in Motion —World in Touch, Expo86 attracted 22,111,578 visitors who saw exhibits

from 55 nations and many corporations, provinces and US states. There was a demonstration maglev train car with a short track which proved the concept worked. BCTV set up a fully functional broadcast studio on the Expo site. Visitors could see stories being prepared and broadcast live.

Air Canada, Canadian National, Canadian Pacific, and VIA Rail had exhibits. General Motors had a partly live show called Spirit Lodge, which purported to have a holographic part, although no holograms were involved, just a 19th century stage illusion called Pepper's Ghost.

The Roundhouse had a railroad turntable and the engine 374 spruced up for exhibit. There was also a parade of steam locomotives called Steam Expo which included a large number of working engines including the Royal Hudson No. 2860, currently in Squamish, BC after her last trip in 2010.

Two years of my life were involved in Expo86, working on film exhibits in many pavilions, from Alberta, Saskatchewan, Northwest Territories, and British Columbia to the Arctic and Teleglobe exhibits in the Canada pavilion. Alberta had among other film attractions, a chuck wagon race which travelled anti-clockwise around a cylindrical screen with the audience in the middle, and an old biplane being taken out of a barn, started up and flown.

The Saskatchewan pavilion had a glass grain elevator in which people travelled up while seeing a film of a descent into a potash mine, and a theatre showing a film about young people leaving the province to find work. The Northwest Territories pavilion looked like a purple pyramid, glacier, or iceberg. The Arctic show in the Canada pavilion had films projected onto two curved satellite dishes. The Teleglobe exhibit Taming the Demons, had eight different sized screens and a centre rotating sphere all synched to nine 35mm film

projectors. The RCMP performed the Musical Ride. Jacques Cousteau was seen with his research ship Calypso. The Skytrain had an Expo stop, and an additional dedicated line taking people from the main site to the Canada Pavilion on the pier.

Expo86 was a great success, although it lost a little more than \$300 million, and there was a scandal about the sale of part of the land afterwards for less than the true value. The economic benefit to Vancouver is estimated at more than \$3 billion, not adjusted for inflation.

Outside of Expo86, what was going on with transportation and communication? The Concorde supersonic jet was about 10 years old, but was only flown by Air France and British Airways. The sonic boom restricted destinations. Air Canada was flying the Boeing 727, 747, and the Lockheed Tristar in competition with CP Air. Britrail was operating the diesel-powered InterCity 125 trains which could indeed travel at 125 miles per hour. Amtrak in the US was carrying about 20 million passengers a year.

VIA Rail was only nine years old, and was still operating the Super Continental between Montreal and Vancouver. The former luxury liner SS France, renamed SS Norway after conversion to a cruise ship by Norwegian Cruise Lines was based in Miami. The Queen Elizabeth 2 was having her steam power plant replaced by diesel, and would continue in transatlantic and cruise service until 2008.

Computers in 1986 were expensive, with the Apple Macintosh, priced around \$2000, or much cheaper and simpler as in the 8-bit Commodore 64, about \$199 on sale. The clunky Motorola DynaTAC mobile phone was two years old in 1986, and took about 10 hours to charge up for 30 minutes of talk time. We will take a look at transportation and communication in the present year 2019 in the next edition of "Hidden Taxes".

Riondel Fire and Rescue Blotter

A monthly update on East Shore call-outs and events involving Fire & Rescue/First Responders/Ambulance

by Fire Chief Cory Medhurst

August 2019

The end of July and August have seen an extremely low call volume here on the East Shore. Below is a recap of our calls to date.

July 26 – Two first responders assisted ambulance paramedics with a medical call for possible anaphylaxis in Riondel. Although the patient did have a reaction to a bee sting, it was deemed to be a severe allergic reaction not the more severe anaphylaxis.

July 31 – Three first responders responded to a medical call in Crawford Bay. The crew assisted the ambulance with scene assessment and waited for the ambulance crew to finish and clear the scene.

August 1 – There was a medical call in Crawford Bay which saw three members respond, but were stood down en route as their assistance was not required.

August 7 – Three members were called to an MVI involving a motorcycle, at the farthest end of our boundary at Akokli Creek. Upon arrival the crew had difficulty locating the patient but found them to be in the presence of the Creston ambulance crew.

August 13 – Six members responded to a call for a possible MVI in Crawford Bay. The call was actually for a pedestrian with a medical emergency which happened on the highway; stopping traffic and giving the appearance of a car accident. The crew quickly moved the patient and vehicles off of the highway and assisted the ambulance paramedic with patient care.

Although I mention it has been slow, we seem to average one call per week. Unfortunately the responses

seem to fall on the same members every time, and our training evening attendance has been very low this summer. We are once again in need of new members. As a result, this fall we will begin an intense membership drive to try and fill our empty seats.

We are currently accepting applications for Volunteer Firefighters and First Responders for the department. We are looking for members from all over the East Shore that can commit two hours per week plus response times and learn how to help us respond.

Join our team of dedicated volunteers for a rewarding alternative to watching TV and winter boredom! Print an application online from www.rdck.bc.ca or contact one of the following: Cory Medhurst 250-551-1352; Robert Boker 250-505-9092; or Jonas Plaumann at 250-354-2796

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Thoughts from the Frog Pot

by John Rayson
NUCLEAR POWER

The title of this column arises from the idea that raising water temperature slowly in a pot with a frog will result in the frog not jumping out but boiling. This theory has been disapproved but does serve as a modern metaphor for our not reacting to change in our environment; particularly if it appears to happen slowly.

Last month, I discussed the issue of nuclear waste. That discussion stimulated me to look further into the issue of nuclear power as a source of electricity. As climate change appears to be a fact (to be discussed in the future) our best source of non- greenhouse gas production of electricity in the future would seem to be nuclear. Much of the world has come to the same conclusion and is proceeding to develop nuclear fission as a source of electricity. In fact, Canada currently produces 16% of its power from a nuclear source and is ranked approximately sixth in the world in nuclear power generation. Of note is that Canadians are the world's highest per capita users of electricity.

At present, there are 449 civilian fission reactors in the world producing electricity. In 2018, 58 more reactors were under construction and 154 more planned. In 2019 a further 337 nuclear reactors have been proposed. Most of these proposed new reactors are Generation III, located in Asia and are difficult and expensive to build due to varying local standards. On

a more positive note, Massachusetts Institute of Technology [MIT] has proposed to support the development of Generation IV reactors, which would include global standardization of these reactors. The purpose would be to move to a global standard of engineering such as in aviation. Such global standards would lower costs and enable more efficient manufacturing.

Much of the publicity with regards nuclear power generation is negative and is a result of three high profile accidents: a. Three Mile Island in the U.S., 1979; b. Chernobyl, Ukraine, 1986; c. Fukushima, Japan, 2011. These accidents were widely reported in the popular press and in fact the 2011 disaster resulted in Germany's plan to phase out all nuclear power.

The accidents, however, had markedly different causes. Three Mile Island was a result of human operators failing to recognize a "loss of coolant" and not following the warnings in their own system. This issue has been rectified. This accident was classed as Level 5 out of 7 [Level 1 being low risk, Level 7 being the highest risk]. Chernobyl, was Level 7 out of 7 and the worst nuclear accident in history. It was a result of a flawed design, safety procedures not followed and a gross violation of operating rules and regulations. All of the above have been addressed in the Russian nuclear program. Fukushima was a Level 7 accident as a result of an earthquake and tsunami [not caused by human error]. Of interest is that the sea wall, protecting the site was 5.7 metres high and the coolant intakes affected by the draw-back of water prior to a tsunami wave were exposed and non- functional [see differences below]. Negative publicity includes the opportunity to develop nuclear weapons.

The recent explosion of a nuclear device in northern Russia again released radiation but even according to Greenpeace radiation levels were not considered dangerous to those exposed. Further information on this explosion is expected.

In contrast, positive stories with regards to nuclear power do not seem to be reported. An example: Onagawa, a Japanese nuclear power facility, was closer to the epicentre of the earthquake that damaged Fukushima but sustained minimal damage. The seawall protecting the site was 14 metres high, and the coolant intakes were well beyond the draw-back level of a tsunami. In fact, the site was so safe, that many of the villagers affected by the tsunami were sheltered in the gymnasium of the nuclear power plant. Forty-five per cent of the U. S. Navy fleet is nuclear powered [11 aircraft carriers and 70 submarines] and has accumulated the equivalent of 6900 years of nuclear reactor time without a single reported accident. All spent fuel from Naval activity is shipped to the Idaho National Laboratory, in Idaho Falls [not far from us in British Columbia]. The spent fuel has been shipped a total of 1.7 million miles without incident.

Much work is being done on Generation IV reactors which will use far less fuel, be safer, more efficient and much less costly to build. Small Modular Reactors [SMR] will also come into their own as they tend to use the fuel left from larger reactors, can be used in more remote areas and can be considered for small floating, tethered reactors to provide power for desalination plants, offshore drilling and smaller cities near the ocean. Of interest, Canada is in the forefront of the development of SMR's and is actively pursuing research in this area. Long term storage facilities are under development and the recycling of fuels is well underway.

Presently, renewables such as solar and wind power appear to be receiving all the press but have significant limitations. The future of nuclear fission electricity generation would appear to be exciting and I am sure that we will hear a great deal more over the next few years.

What is Tourism?

by Farley Cursons,
BEST Project Manager

Although many of us have been tourists at some point in our lives, defining what tourism actually is can be difficult. Tourism is the activities of people traveling to and staying in places outside their usual environment for leisure, business or other purposes for not more than one consecutive year.

Tourism is a dynamic and competitive industry that requires the ability to adapt constantly to customers' changing needs and desires, as the customers' satisfaction, safety and enjoyment are particularly the focus of tourism businesses.

TOURISM ENCOMPASSES:

Outbound Tourism

Outbound tourism is what we are most familiar with. It involves the people going from British Columbia to other provinces, territories or countries. For example going to Mexico for a holiday is considered outbound tourism.

Inbound Tourism

The tourists coming to BC from other places are called inbound tourists. BC competes in a global market to attract tourists from the United States, Japan, Germany and many other countries. The industry also implements marketing campaigns aimed at attracting travelers from other parts of Canada, as well as from within British Columbia.

Domestic Tourism

Approximately half of the tourists in BC each year are actually from within the province. BC Stats and Destination BC consider those traveling beyond their usual environment (typically more than 80km from home) for business or for pleasure to be tourists

Tourism sectors

There are different ways to measure the size of the tourism industry, as tourism does not conform to the

usual ways that industries are defined, such as manufacturing, forestry, mining etc. Tourism constitutes a wide variety of sectors that provide diverse products, services and experiences to visitors. However these businesses also provide products, services and experiences to local residents. For example the Kootenay Lake Ferry is one of the areas most promoted tourism experiences but is also a lifeline to year round East Shore residents.

Building East Shore Tourism (BEST) is a provincially funded Enhanced Education Tourism Program initiated by a few core local non-profit societies and businesses. These partners have been working collaboratively to identify and categorize local assets and amenities while exploring changing tourism objectives, priorities, and market conditions with the objective to grow the visitor economy.

Key priorities for BEST are to:

- Support an attractive business climate for new and expanding tourism businesses
- Enhance experiential quality & variety for all
- Protect the environment through education and alignment of sustainable tourism practices
- Value and maintain small town character and community culture
- Manage the Area A destination collaboratively and effectively for the benefits of residents, tourism businesses, & visitors

Given the area's existing draw, which is largely concentrated in some key locations, BEST understands the importance of building on these current strengths to support developing opportunities and identify future potential. This will ensure that the benefits of a sustainable approach to tourism are felt throughout the East Shore, particularly in less well known yet equally attractive locations.

The East Shore has all the ingredients needed to move from being an often-bypassed highway route to becoming a highly attractive sustainable destination. BEST is developing four identified areas of interest

with world-class appeal to motivate travel, encourage longer stays and sustain year-round tourism.

- History — with a foundation of ancient, geologic and first people history. There has been a notable heritage of successive arrivals — miners, foresters, immigrants, artisans and fringe culture citizens, the history of Kootenay Lake's East Shore is nothing short of fascinating.
- Recreation — with a focus on beaches and water access, hiking, mountain biking, golfing, bird watching, equine outings, winter activities and, where appropriate, mechanized movement.
- Well Being — with a focus on retreats, alternative medicine, physiotherapy, yoga, massage therapy and wilderness immersion the East Shore hosts a dynamic variety of well-being locations and practitioners.
- Arts & Culture — with a focus on, Artisans, Galleries, Theatre, Events, Festivals, Retail Boutiques and Farmers Markets, the East Shore has it all.

Do you have an interest in developing or expanding a local tourism experience? The BEST team is offering support and resources to assist in the creation of guided adventure and cultural tours on the East Shore. Please give me a call or send an email. I can be reached at: 250 505 6489 or email: farleyc@buildingeastshoretourism.org.

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Opinion Editorial:

Kootenay's Most Inefficient Transportation System

by Herve Blezy - East Shore Advocacy Society

This past summer, Annie and I had an opportunity to travel to Germany and we were amazed at the number of solar panels located on residential and commercial buildings and along the railway right of ways. We used trains and buses to get around. The German people are a model of energy efficiency. Germany has reduced its energy intensity by 25% between 2000 and 2017. In fact, Germany claimed the top spot on an International Energy Efficiency Scorecard. Canada ranked 10th spot based on its energy efficiency policies and performance.

Last week I attended the climate change townhall in Nelson and the discussion was led by MPs Peter Julian and Wayne Stetski. I appreciated their enthusiasm for climate change initiatives and how we must change now and faster to improve our energy efficiency as individuals and a country. They described how Canadians consume a large proportion of energy per capita. These comments are in contrast to the positions taken by the provincial government in the Kootenays concerning our transportation systems. The inefficiency of our transportation systems should take into account the ferry traffic, the ferry logistics and the highway traffic travelling through the region. There is a great opportunity to reduce our energy consumption per capita here in the Kootenays. These opportunities come in, once every 25 or 50 years, and impact future generations.

This past month, the entire region was impacted by the Balfour ferry being out of commission due to reliability issues. This is now the fifth event in the past 18 months concerning this transportation corridor. What is remarkable is that all **these traffic delays are preventable** with a change in terminal location due to the shorter distance and with no impacts from low or high water events.

Some businesses experienced revenue losses nearing 50% where it should have been a record year based on a nearly smoke-free summer. Other businesses may have generated more revenue due to their location. Tourists avoided the area and drove over the Kootenay Pass. The Kootenay Pass highway and Kootenay Lake ferry transportation system is the largest energy improvement opportunity in the Kootenays. We have a ferry that ploughs through the water and travels 38% further than is required. We have many residents that travel around the Kootenay Pass or go shopping elsewhere in the region wasting fuel and time. Furthermore, dredging down the West Arm is required (sixth event coming) and the West Arm will continue to be dredged in the future.

We have been requesting that due diligence review be completed on this project by the MOTI for nearly two years and we have received no information. Furthermore, there is a local Chamber of Commerce which has claimed that it is too late for a due diligence review and are concerned that funding from the province or federal government may be withheld by the possible change in direction and possible confusion. They are also concerned that ferry tolls may be instituted.

I find these arguments weak. Are not climate change initiatives more important? Was there not an environmental urgency communicated by municipalities, provinces and the federal governments? To be balanced this Chamber agrees that a due diligence review should be done and that MOTI should have developed a transition plan for impacted individuals/businesses. This we can all agree upon.

Recall the BC Fast Ferry Scandal in 1994, when the BC taxpayer lost over \$400M due to a lack of due diligence. The BC Auditor General Morfitt's findings under governance stated, "The Ministry was involved in the project to the point where at times, board decisions were forced under directives rather than due diligence". History is repeating itself. A mistake was made in 2016 during the provincial election year by all parties. They took a position without proper consultation and did not do their energy management homework thoroughly. It is very difficult to change a person's mind, since it is somewhat embarrassing. The environment does not care about embarrassments; we all make mistakes.

What will it take for the provincial government to take action and undertake a due diligence review? Perhaps the 10th significant traffic delay event or the 25th event, perhaps never. As a taxpayer it is very clear to me that provincial parties have visions, strategies, action plans but when the time comes to take action, they will have a quick look to see if their actions impact their voting base and may compromise their environmental values and party policies. I am aware of two elected officials who have asked questions from local residents this summer on how the ferry incidents are impacting them. I commend them.

Some of the feedback from a few residents stated that they like having a cup of coffee and to meet with friends on the Osprey and enjoy the 40 minute ride. Well that cup of coffee is costing the taxpayer \$50,000 a month in the winter and \$75,000 a month in the summer for wasted fuel. But yet they claim they are for the environment and support environmental policies. Some taxpayers do not believe you. Whether the ferry is electric or not we are still wasting 38% of the energy. Imagine a homeowner who is trying to convert their oil furnace into an efficient electrical heating system. Unfortunately, over 38% of the windows in the home are left open on a continuous basis. Should not the homeowner's first step be to close the windows?

This gets even better. After the Federal Minister of Infrastructure and Communities announced \$17MM towards the new ferry, I called the Ottawa office and had a discussion with the press secretary. I thanked the government for the funding but inquired whether she was aware that the federal government was investing in an inefficient ferry system. Unfortunately, she was not and of course there are literally hundreds of projects across the country.

She placed me in touch with a policy advisor for Western Canada who in turn advised me that he was unaware of the two options. I told him that the option chosen would never meet the federal government climate change initiatives. I was told that the federal government simply accepts the funding proposal and does ask a few questions on the environment and other criteria. I asked for a copy of the work and for the decision-making process for this project and it was not available. It should be understood by all taxpayers that this work process has probably been in place for years and irrespective of the governing political party. It was stated that the only way a review may be started, is, if our local MP would ask for a review in writing. Please note it was stated as "may be" versus "would be" started. Is it not remarkable that both levels of government have not conducted a due diligence review. The federal government is depending on the provincial government to do the due diligence review. A due diligence review would determine that a smaller electric ferry could be built, implemented sooner than announced and operated at a lower cost in the long term with increased service.

Now, back at the Nelson climate change townhall meetings, the question was asked whether we should stop working on the ferry issue and whether the federal government should complete due diligence prior to funding the project. Both MPs Peter Julian and Wayne Stetski stated that we should continue working on the ferry issue and that prior to releasing any federal fund-

ing for any project, due diligence is required. I personally do not want to see one federal or provincial tax dollar go into this project until there is a due diligence review.

Having a due diligence review completed prior to initiating a project and during a project is always done in the private sector. We have hardly spent any money at this point. The money saved in building a smaller ferry can be used to upgrade the highway for impacted residents. Of course, this article is being sent to the Auditor General both provincially and federally; I do not wish to read about this issue four years from now and find out how it could have been prevented.

Remember that if we do not change, the new electric ferry will still be 38% inefficient for no extra service. Contact your elected officials to discuss this energy improvement opportunity.

We are supported by the City of Cranbrook, City of Trail, Town of Creston, Town of Kaslo, Chambers from Cranbrook, Creston, Kootenay Lake and Kaslo.

Conservation Program Accepting Proposals

Submitted by Nicole Trigg, Kootenay Conservation

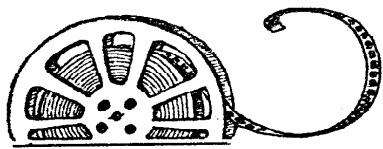
Kootenay Conservation Program, on behalf of the Regional District of Central Kootenay, is now accepting proposals for the Kootenay Lake Local Conservation Fund (KLLCF). The KLLCF was established by the RDCK in 2014 by referendum and property owners in Electoral Areas A, D and E pay a parcel tax of \$15 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.

Kootenay Conservation Program (KCP), which works in partnership with the Regional District of Central Kootenay to administer the KLLCF, is encouraging conservation groups operating in the participating RDCK Areas A, D and E to submit funding proposals for 2020 projects. The deadline for applications is November 1st, 2019. 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.

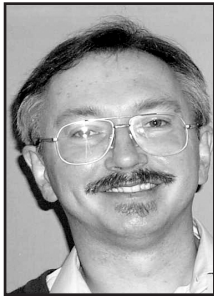
In 2019, nine projects successfully received KLLCF funding: the acquisition of Next Creek by the Nature Conservancy of Canada, promoting wildflowers for pollinators by the Kootenay Native Plant Society, restoring Kokanee spawning habitat by the Friends of Kootenay Lake Stewardship Society, conserving western painted turtles by the BC Conservation Foundation, developing conservation mapping and plans for the Crawford Bay regional park, 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. **For more information and how to apply, please visit <http://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.**



Seldom Scene

by Gerald Panio



"Who shall conceive the horrors of my secret toil, as I dabbled among the unhallowed damps of the grave, or tortured the living animal to animate lifeless clay? My limbs now tremble, and my eyes swim with the remembrance....I seemed to have lost all soul or sensation but for this one pursuit...my eyeballs were starting from their sockets in attending to the details of my employment. The dissecting room and the slaughter-house furnished many of my materials; and often did my human nature turn with loathing from my occupation...." [Victor Frankenstein]

"Some years ago, when the images which this world affords first opened upon me, when I felt the cheering warmth of summer, and heard the rustling of the leaves and the chirping of the birds, and these were all to me, I should have wept to die; now it is my only consolation. Polluted by crimes, and torn by the bitterest remorse, where can I find rest but in death?" [the monster]

--from *Mary Shelley's Frankenstein*

You just can't make this stuff up: the world's most famous monster, a handful of great English Romantic poets, elopements, exotic locales, suicides, a *ménage à trois* (or *quatre*?), blackmail, lost & estranged free-thinking parents, and a 16-year-old girl at the center of the whirlwind. There, in a nutshell, you have the beginnings of the biography of Mary Shelley who, in 1818, at the age of nineteen, wrote *Frankenstein*. For once, the star-making, hyperbolic movie industry has a biopic subject whose actual life story needs no embellishment to provide a full quota of drama, tragedy, and inspiration. It's to the credit of the cast and crew of *Mary Shelley* (2017) that they succeeded in making a film that's truer to Mary's life than any of the movies that have been inspired by her trendsetting novel.

The director of *Mary Shelley*, Haifaa Al-Mansour is, like her subject, a trailblazer. The eighth of twelve children, she was the first female filmmaker in Saudi Arabia. With *Mary Shelley*, she also became the first Saudi female director to direct a Hollywood film. This was only her second feature film, after the award-winning *Wadjda* (2012) about a young Saudi girl who signs up for her school's Koran recitation competition. I don't know much about Al-Mansour's own life story, but I can imagine she could empathize with the challenges Mary Shelley faced in establishing her creative voice in the shadow of her ground-breaking mother (Mary Wollstonecraft Godwin, famous author of *A Vindication of the Rights of Woman*), her intellectually brilliant but often feckless father, William Godwin (famous for his 1793 publication *An Enquiry Concerning Political Justice*), and her future lover and husband, the poet Percy Bysshe Shelley.

The film opens with Elle Fanning, as the 16-year-old Mary Shelley, penning imitations of lurid gothic tales by candlelight, hanging out with her stepsister Claire (Bel Powley), and locking horns with her stepmother (Joanne Froggatt). Mary's own mother had died days after giving birth to her, and with his second marriage—to a woman who was in most ways the polar opposite of Mary Wollstonecraft—William Godwin (*Game of Thrones*'s Stephane Delane) drifted away from the radical ideas of his youth and settled into a middle-age lifestyle as a small-scale bookseller plagued by debts. As tensions escalate between Mary and his wife, William sends Mary off to stay with a family in Scotland for the better part of a year. Both

the feeling of being rejected by her stepmother and her love of the Scottish landscape later find their way into *Frankenstein*. And it's while she's in Scotland that she first meets, and is dazzled by, Percy Shelley.

While there's no question that Mary Shelley's life is as fraught as any life can be, much of the credit for the success of Al-Mansour's film has to go to the young crew that worked on it. *Mary Shelley* is a visual treat, thanks to David Ungaro's cinematography, Paki Smith's production design, Nigel Pollocks's art direction, Kevin Downey's set decoration, and Caroline Koerner's costume design. These are all artists still in the early stages of their careers. *Mary Shelley* was screenwriter Emma Jenson's first script. The entire film has a bit of the look and feel of Netherlandish interiors from the Golden Age of Dutch art.



Mary Shelley's fate is sealed when Percy shows up as a student at her father's house. She likely sees in Shelley the radical young man that she admired her father for being. William Godwin is flattered to play the role of Shelley's mentor (and dun him for money)—until his daughter's reputation comes into play. Godwin's liberal, free-thinking philosophy is suddenly nowhere in evidence. Defying both her parents, Mary's life unexpectedly becomes the kind of adventure she's always daydreamed about, with experiences both splendid and harrowing that find their most powerful expression in the magnificent monologues through which Victor Frankenstein's vengeful progeny calls his creator to account. He accuses Frankenstein of being, in his callous disregard of the being to whom he has given life, as much of a monster as the creature who confronts him on the dazzling ice fields of the Alps and the high Arctic. Every tragedy and betrayal that Mary has suffered in her life to that point becomes the emotional galvanism that animates one of literature's most enduring protagonists. To my mind, two of the greatest scenes in all the literature

of horror are Mary Shelley's account of her creature's final confrontation with Frankenstein amidst an awesome wasteland of Arctic ice (shades of the Ancient Mariner!), and Bram Stoker's description of Jonathan Harker's fearsome midnight carriage ride to Dracula's castle.

Incredibly, Mary's stepsister Claire manages to invite herself along when Mary and Percy toss their reputations (and their livelihoods) to the winds. How bleak do your life prospects have to be if you're willing to hit the road with a sister you secretly, bitterly envy and a poet who's broke and has already deserted one wife and child? Add the long-time friend with whom Percy shares *everything* (nudge-nudge, wink-wink) and bad boy extraordinaire George Gordon Byron to this already volatile mix and Sigmund Freud would have a field day sorting out the psycho-sexual dynamics.

Elle Fanning does a superb job of capturing both Mary's vulnerability and her indomitability. Douglas Booth gives us a Shelley who can be both convincingly seductive, and casually cruel. Tom Sturridge's Lord Byron is a role model for every rock'n roller who bedded groupies and trashed hotel rooms.

If you haven't read *Frankenstein*, now's the time. It's a humbling experience. I have a hard enough time writing this short column in the comfort of my home, without being an estranged-from-her-parents teen-aged girl trying to write while struggling with poverty, homelessness, debt, infidelity, ostracism, and the loss of a new-born child. I'd recommend the original 1818 version rather than the version Mary Shelley revised for 1831. The impressive Norton Critical edition includes over 350 pages of supplementary information. Mary's post-apocalyptic, proto-science fiction novel *The Last Man* is also still in print, as are her letters. Not so easy to find are the journals she kept for most of her life. Muriel Spark and Joan Kane Nichols have both written fine, short biographies of Mary Shelley, and Miranda Seymour has produced a much more in-depth one that provides vivid details of the time in which Mary lived and the people whose lives touched hers.

For a lesson in how a film director can take the same great story and bury it under a heap of excess (which might actually have appealed to some of Mary's acquaintances), there's Ken Russell's version of what happened at Lord Byron's villa the night that Frankenstein was conceived. *Gothic* (1986) is currently available on YouTube. Don't say I didn't warn you.

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 **Kootenay Lake Local Conservation Fund**

Request for Proposals

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

The purpose of the Fund is to provide local financial support for important projects that will contribute to the conservation of our valuable natural areas. Kootenay Lake Local Conservation Fund (KLLCF) funding is available for conservation projects that result in the reduction to a known threat to biodiversity. The 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. Review the Terms of Reference, paying particular attention to Section 8 – Fund Design and then apply using the application form provided.

The closing date for project submissions is **4:30 pm PDT, November 1, 2019.**

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



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Government Supports Indigenous Protected and Conserved Area for Jumbo Valley and Qat'muk

press release by Wildsight

August 29, 2019: There is welcome news in the long plight of the Jumbo Valley. The Ktunaxa Nation Council has received approval from Environment and Climate Change Canada for funding to develop an Indigenous Protected and Conserved Area, up to 211,045 hectares, in the Qat'muk area of the central Purcell Mountain range.

"After nearly 30 years of determined efforts to keep Jumbo wild by the Ktunaxa Nation and people from across the Kootenays—and around the world—we can celebrate this major step toward legal recognition of Qat'muk," shares Wildsight's Conservation Director, John Bergenske.

The Ktunaxa Nation will receive \$16.1 million over four years from the Government of Canada to map and assess cultural and biodiversity values, develop protected area boundaries, and more—with activities spanning from the Purcell Wilderness Conservancy in the south to Bugaboo Provincial Park in the north. The funding is conditional on negotiating the project details and signing a contribution agreement.

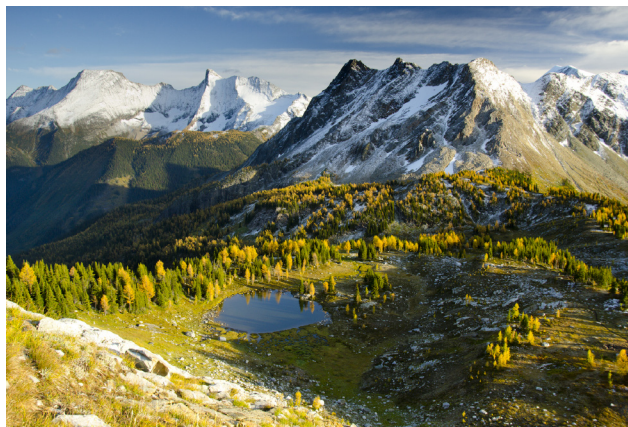


Photo: Steve Ogle, lake landscape

"The development of a Ktunaxa Indigenous Protected and Conserved Area in the central Purcell Mountains is a momentous success and critical step in protecting the plants and animals that call this special place home," states Bergenske.

Jumbo Valley is a vital part of one of North America's most important wildlife corridors and is critical grizzly habitat. The mountain ecosystems support habitat for close to 300 at risk species, include the headwaters of important watersheds, and contain old growth ecosystems. For the Ktunaxa people, Qat'muk (Jumbo) is a sacred and spiritual place, home to the grizzly bear spirit.

Indigenous Protected and Conserved Areas are lands and waters where Indigenous governments have the primary role in managing, protecting and conserving ecosystems through indigenous laws, governance and knowledge systems.

"We can now start to imagine a future where wildlife can freely and safely roam, where water runs clean and clear from the mountains to surrounding communities, and where the ecological and cultural integrity of the wild Purcells remains intact for future generations," shares Bergenske. "We celebrate this fantastic news, and Wildsight will continue our work to maintain wildlife and biodiversity of the entire Purcell ecosystem."

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Develop a Stronger Food System In Our Community

by Nicole Schreiber for Food Roots

The fall is a busy and exciting time for Food Roots' projects, with the Autumn Jamboree in September, community apple gleaning and juicing early in October, and the Food Tree Project's autumn fruit plant give-away starting right now. Each project has opportunities for community members to become involved.

Autumn Jamboree

Our 2nd annual Autumn Jamboree will be held Sunday September 15th from 10-3 at this year's new location, Shabby Shack Farm in Crawford Bay, across the highway from the Crawford Bay Store. There will of course be super local and regional market vendors, yummy food, and great music, too! If your group is interested in adding to the autumn celebration with another activity during this event, either at the same location or elsewhere on the East Shore, please call or email asap; there may even be some funding available to help your idea come to fruition.

Community Apple Gleaning and Juicing

For the third year Food Roots is organizing a gleaning of East Shore apples, fruit that might otherwise be wasted or attract wildlife. The donated apples will be harvested by volunteers, then taken to Creston to be juiced with the Kootenay Mobile Press and put into shelf-stable containers. Juice will then be given to the school and other community groups for their programming. Last year we juiced 1000 pounds of apples, and this year we'd like to double that. We need lots of helpers for this project, so if one of these opportunities seems up your alley, please let us know: apple pickers for the gleaning days, tree owners with apples to donate, and a couple people with trucks to bring the apples to Creston for juicing (mileage funding is available for this task)

Kootenay Food Tree Project's Autumn Plant Give-Away

The 3rd Annual fruit plant give-away starts now! This year's plants include: Goji Berry, Saskatoon, raspberry, blackberry, red currant, black currant, Haskap, rhubarb, Nanking cherry, and we are happy to announce that we finally have the naturally dwarfing, very hardy 'Sweetheart' line of cherry tree seedlings, too (in limited supply). Plants will be given out during the months of September and October, so email kootenayfoodtreeproject@gmail.com to request your plants and book a time for picking them up in Crawford Bay. Plants are free to East Shore residents. We simply ask that trees be planted promptly, properly, and be protected from deer by an enclosed garden or fencing (we have fencing available if needed).

Another thing we hope is that residents who receive plants will propagate them in the future and give some away to their own friends and family, in order to keep those varieties flourishing in our area.

Happy Autumn, East Shore!

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KOOTENAY LAKE ART CONNECTION WRAP UP

by Geri Gomola

Smell the air. No smoke... wonderful! The weather itself was wet and windy a lot of the time this summer but it was a pleasant change from the past couple of years and most of us were willing to put up with a bit of cloudy skies instead of smoke.

The ferry situation was dismal and I am sure did nothing to encourage people to travel in this direction again. The small ferry being off most of the summer led most of us to believe that something has to be done about our ferry service.

Personally at Emerald Eastcliff the first two weeks of the Art Connection were the best. I have a long beautifully treed road to the main house and gallery. With trees on both sides of the road, I am told that people aren't sure they will be able to turn around and some are afraid to take the chance. We did have a problem with a huge motor home coming right up to the building a few years ago but even then we managed to turn him around. Generally speaking, the rural gallery attendance is down from a few years ago and I would say from the times going through Crawford Bay that that was the case there as well.

We had a good opening night. The signs were small so I resurrected some signs from previous Art Walks and worked on them to make them relevant. I found two of the three sandwich boards and placed one at Wynndel and one at the ferry landing in Kootenay Bay. I delivered brochures to Nelson Chamber and Val van der Poel delivered to the gift shop at Creston Chamber of Commerce. Farley Cursons made sure that there were adequate amounts of brochures in the Crawford Bay. Leah Wilson interviewed me about the Art Connection on Kootenay Co-op radio. I managed to get a plug in for every gallery and I think every artist. Leah has a perfect radio voice and was a great host.

We all had at least a few sales. I sold a small painting to a woman visiting from Russia. Having a guest book is a must for the morale of an artist as many people visiting galleries just come to look.

After the season and checking your bank account, (or lack of), you can at least sit and reminisce over the great conversations and wonderful comments that people made about your work. If you ask them to sign anything, they can be suspicious so the best thing to do is ask them to leave their comments in your guest book.

Many galleries are open longer than the art walk season so if you haven't had a chance to visit because of the busy summer just give them a call to confirm. The Artisans of Crawford Bay are open late into the fall. Some are open at Christmas and have great gift ideas.

I hope someone takes up the art walk next year and my suggestion is that there are three or four people willing to help. The grants must be applied for before the beginning of March. We didn't do that this year and decided to go ahead anyway because of the Cultural Day on July 21. Promotions and advertising brings more people in and you never have enough of that. If anyone is interested in taking it over next year I will be glad to review for you what has worked best for us in the past. Call Geri at 250 227-9085 or 250 777-1479.

Deadline: Sept 25/19

www.eshore.ca

Riondel Arts Club

By Sharman Horwood

I hope you've had a good, productive summer, or just a relaxing one. The Riondel Arts Club members have been busy with painting and mosaics. The work is still displayed in Bob's Bar & Grill in Riondel, or in the community centre's central hall. If you are around, please take a moment to look. Some of the artwork has been changed as its been sold or as new members join the club.

On Tuesday, October 1, Gerald Panio plans to resume his popular art lecture series. Everyone is welcome. Please stop by and listen to the information he's prepared, as well as see images of the art work on the large projection screen. The lectures take place on Tuesdays, at 1pm in the Seniors' Room.

Enjoy September; the weather is cooler, the roads are quieter, and it's a great time to be creative.

Kootenay Co-op Radio New Fall Season

Do you dream of having your own radio show? Are you a superstar volunteer? Well now is your chance to make that dream a reality.

Nelson's award-winning community radio station Kootenay Co-op Radio is heading into their new fall season and they are looking for folks who have an interest in producing their own radio show and have the commitment to volunteer for the station in other ways. Since KCR first went to air in 1999, the station has been almost exclusively volunteer run.

Volunteer programmers are expected to pull their weight when it comes to supporting the station throughout the year including during their annual membership drive. Volunteers are given all the training needed to create amazing radio right here in our community. KCR's music and spoken word programs cover a diverse range of genres and subjects and consistently win national awards.

Kootenay Co-op Radio limits new programmer/new show intake to only twice a year; once in the spring and again in the fall. Their new season starts on October 9th. If you've got a new radio show idea, Kootenay Co-op Radio invites you to attend their Volunteer/ Programmer orientation session - Saturday, September 7th at NOON, at 308a Hall Street in Nelson.

Please RSVP to attend this session - email programming@kootenaycoopradio.com

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Growing communities one idea at a time.

Tom Sez

by Tom Lymbery

Gray Creek Sailing Regatta once again had white sails on the bay on Saturday and Sunday, August 31 and September 1.

It will soon be pumpkin pie season, so if you use a real pumpkin, please put the whole thing in a hot oven for perhaps an hour depending on the size. When it cools, you will find the skin peels ever so easily and you can scoop out the centre with a spoon. So much easier than peeling the whole gourd.

This is the best huckleberry season in many years. It must have been that the weather was just right for the flowers to set fruit in the spring.

Mainstreet classifieds work - David Lymbery found customers for most of the items he listed in the last two issues.

Lots of mice this season and we have found traps going out the door fast. Peanut butter is the best bait. On the other hand, pack rat numbers are somewhat lower than average.

An important definition -- Chicken Fried Steak comes with white gravy but Country Fried Steak has brown gravy. You will find these on many menus in the US but never in Canada.

Greyhound had instructions in Braille telling you how to open a window in the case of an emergency. Possibly this was in French and English but most certainly in Spanish in the US.

A map promoting the CPR houseboats on Kootenay Lake many years ago was on display at our 2019 Museum Days. This map identifies Gray Creek as Louise Creek.

Vehicles driven in the Australian outback are fitted with Roo Bars, a metal framework to prevent kangaroos from smashing the car by bouncing the animals over the bars. Perhaps we should have Deer Bars for all the deer that are on our highway.

With the highway yellow centre line being repainted, why haven't they caught up with the white lines that are essential for cycle riders? There are more than ever Trans Canada Trail and Selkirk Loop cyclists on the lake road. We need shoulder pavement as they have between Balfour and Nelson.

The owner of the SS Nasookin home and wheelhouse on the north shore has the original Canadian Pacific Steamship house flag flying. This was designed by CPR president Van Horne so that is as easy to recognize when hanging limp as when in the wind.

Yasodahara Ashram is in excellent example of shopping locally. They have always employed local residents and purchased supplies and material from East Shore businesses. Therefore, our community supports the Ashram wholeheartedly.

Those who buy used golf balls at the Gray Creek Store will be contributing to next years July 1 fireworks fund. These are gathered by the Turner family who realize that the fireworks event can use every cent that can be raised.

GRAY CREEK PASS REPORT

There has been lots of traffic this year with no complaints about the road condition. Soon we hope to have in stock a new book *Lost - 7 hours to Live* by Lori Luzka about Paul Kerr who lay trapped under his motorbike for days on the pass.



Tom's Corner

by Tom Lymbery

Sailing to the Queen Charlotte Islands, 1976, Part 4

by Denny Davis

This is the final installment of Denny's tale of sailing to Haida Gwai aboard his 28 foot ketch Rozinante. His friend and sailing companion was Dave Gair.

On July 10 at 0600 I heard a faint crunching sound. Our keel had touched bottom. Dave was sleeping soundly in his dry sleeping bag but I was instantly awake. I grabbed the big sweep oar as I left the cabin and was able to push us off into deeper water. Another scare - it could have been disastrous if I hadn't woken up and acted immediately.

A huge breakfast ashore at the Thurston Bay logging camp float. We tried to pay but they wouldn't hear of it. They said if we didn't eat it the ravens would. I think the camp was owned by Frank Bebin (?) of Nanaimo. I fully intended to get in touch with him sometime and thank him for his unknowing hospitality, but I never did. Does this mean I won't get into heaven?

At 0730 we tried to leave Thurston Harbor, but the wind was too strong and blowing directly into the bay. *Rozinante* is a capable sailor and Dave and I both knew how to sail, but we couldn't get out of the bay. Oh well, we could use another day's rest and some more of the camp's hospitality.

Heavy rain all day. Spent most of the day dozing. Both of us quite stir crazy by evening. Buoyed the anchor and tied up at the float. Phoned home - very upset. Then several birdwatchers from a charter boat landed, and we had a pleasant chat. Also chatted with an abalone fisherman. Dave did an extensive laundry. A pleasant hour or so chatting with loggers in the cookhouse. Felt much better for our time ashore.

On July 11 at 0525, we departed Thurston Harbor under power in thick fog. Both of us were apprehensive, and it was difficult to force ourselves to sail into the fog. A gentle S.E. wind once we got out of Thurston Harbor, and we motor-sailed. Picked up our islands OK. Changed course and picked up our next islands OK. Navigating was fairly straightforward - head out into deep water and sail into the fog for five hours looking for the Sandspit bar, across the inlet from Skidegate. At 1200 we tried for a radio fix. It seemed wrong. It turned out later Sandspit Radio is so powerful it swamped other nearby beacons.

A scary incident on the way. When in use, *Rozinante's* compass is mounted on supports on both sides of the cabin doorway. Exiting the cabin I clumsily bumped the compass with my shoulder, and knocked

it off its supports. It landed on the cockpit coaming and hovered for an endless instant before falling into the cockpit. This highlighted another of my serious oversights - no standby compass. We would have been in serious trouble if it had gone overboard. Dave was convinced that it was broken and could not be relied on. Eventually he was persuaded that it was still working OK.

We were still traveling in thick fog when the RDF (radio direction finder) finally picked up the signal from the radio beacon on Dead Tree Point. It indicated that we were well past the Sandspit bar, and it was safe to alter course. We altered course directly for it. Later the fog lifted a little and we could see the shore - but what were we looking at? Eventually we picked up the Dead Tree buoy near the shore. Now we knew more or less where we were. I was so proud because I saw the buoy before Dave did - a first for me. We made some assumptions and plotted our position - it seemed reasonable. Shortly afterward we spotted the Bar Buoy - JOY!

We sailed almost to Skidegate, and motored the rest of the way with the motor acting up. The plugs seemed to be wet and salty. We were almost at Queen Charlotte City when the outboard motor died, the same as on my Easter trip. Changed tanks and seemed to be OK. Do I have a bad tank?

For the rest of the trip I was plagued with engine troubles. I must have gone through twenty pairs of sparkplugs before I got home. Eventually with a lot of help from a friend at work, I found the root cause of the problem. During the time I was racing out of Cadboro Bay (Victoria) I was running the engine for only a few minutes each time I went out. The conventional wisdom was that I should be using hotter plugs. When I stopped racing, I didn't think to revert back to the proper plugs. When you use hotter plugs, the result is that the combustion chamber is cooler than the engine calls for, and it will eventually foul up. When I finally took the head off the engine, it was fouled up beyond belief. This was the cause of all my engine troubles. After I cleaned the head and pistons and used the recommended plugs the engine ran flawlessly for many years.

We arrived at the government floats behind a breakwater at Queen Charlotte City at 1630, and rafted up to Bill Fagervik's concrete boat "Silere".

Looking back on the crossing, Dave told me his outstanding memory was of waves washing over the foredeck and then the cabin roof, and thinking one of them must finally go into the cockpit and sink us. They never did; they always rolled away and slid harmlessly over the sides of the boat.

My own recollections were of water squirting through cracks in the cabin sides and soaking everything inside. I also remember my hours at the helm and watching big square waves approaching the boat. They were as high as the spreaders on the mizzen mast. During the daylight hours the visibility was poor because of the heavy rain. I kept seeing humps of waves that I thought were rocks. I was not hallucinating but something close to it. A big fear was that we were being driven into a bay from which we would be unable to escape. In fact we were about ten miles offshore.



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

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Smarter Than Jack or Jill

by Sharman Horwood

Animals are amazing, smart creatures. This column is about exactly that, and I am willing to write up any of your animal stories that show animal intelligence (not to mention cuteness). If you have a story that you wish me to write, please contact me at 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.

Bonobo great apes, often referred to as chimpanzees, are the closest genetically to humans. Unlike humans, they are remarkably peaceful. Bonobos do not kill strangers. When two separate groups of bonobos run across each other, they don't fight. Instead, they play. Bonobo apes constantly play with each other, adults and young alike. Play is an important part of their social existence, as it is with other animals. On their own, zoo keepers have watched gorillas play in the water, spinning and splashing around in their pools, and in one delightful online video, a young elephant plays in the surf, rolling under the waves, having a great time on the shore, all on its own and with obvious delight. Play is important.

These animals are not alone. Interspecies play can happen in the wild as well. Polar bears, for example, the ferocious hunters of the north, have been filmed playing with sled dogs. In a Seattle aquarium, an octopus plays with one of its keepers. When she sprays water into the pool, the octopus turns on its back and lifts its tentacles. When she stops, it squirts water back at her, either asking for more or returning the favour. Researchers have also found that even fish like to play with balls sometimes, pushing them around the bottom on the sand. The action doesn't bring them food, nor save them from predators. It is without obvious benefit, and it is done over and over. Play is an important

part of any species' existence. It is a mental exercise as well as a physical one.

A recent episode of *The Nature of Things*, titled "The Power of Play", describes why play is so vital. Physically, it benefits brain development. It helps to organize and grow the prefrontal cortex in all young animals, from rats to humans. The prefrontal cortex is the area of the brain that governs executive function. According to *Wikipedia*, the prefrontal cortex develops the ability to "determine good and bad, better and best," among others, as well as "social 'control' (the ability to suppress urges that . . . could lead to socially unacceptable outcomes)." In other words, play is necessary in learning social skills, in developing social bonds—particularly among social animals—and in learning to perceive and understand other people's emotions. As such, play develops empathy, a necessary quality for social animals, and scientists have found that risky play is even better. It helps to prevent phobias and helps the individual to cope with life's difficulties, and stress. (Game playing on computers or other devices, however, does not, as the researchers point out.)

Leopard seals are not known for their social skills. Generally, they are solitary and ferocious. In breeding season, they will join other leopard seals, and they've been known then to sing. They will hang upside down in the water, rock from side-to-side, voicing trills and low haunting moans. Apparently, other leopard seals find this attractive.

Their usual range is around Antarctic waters, and they hunt penguins, fish, and eat shellfish. They've also been known to hunt other seals. They're able to filter krill, which at times comprises 45% of their diet. They do bite, and they're not friendly. In some areas, they are an apex predator, and their only natural predators are killer whales, sharks, and sometimes elephant seals. They rarely attack humans, but it has happened. One woman, snorkeling in Antarctic waters, was killed by a leopard seal. As with most seals, their teeth are sharp and they will bite. (A friend of mine at one time worked for New Zealand's Agriculture and Fisheries;

she fielded telephone calls, and on one couldn't persuade a couple to leave the seal under their upturned boat alone. "It looks sick," they told her. "It's a wild animal," she told them. They didn't listen. Not surprisingly, the seal did bite.)

Seals in general are highly intelligent. They are also prone to play. When not hunting, leopard seals will play with their food, much as a cat plays with a mouse, though in this case, they don't kill it if they're not going to eat it. The seals will block penguins from the shore, for example, over and over, until the birds either manage to make it to safety or are exhausted.

Leopard seals are occasionally kind to photographers, too, if they keep their distance. Paul Nicklen, a *National Geographic* photographer, was trying to catch close up photos of leopard seals in the Antarctic. Instead of attacking him, one female seemed to think of him as an immature, less experienced leopard seal. She kept bringing him food, mostly dead or nearly dead penguins. She was either trying to feed him, or to teach him how to hunt for himself. He came away from the experience quite happy, even though he had no plans either to hunt or eat penguins.

Recently, one female leopard seal has adopted the Upper Waitemata Harbour near Auckland, New Zealand, as her home for the past five winters. The waters are rich with food—in this case fish rather than penguins—and the docks are warm and comfortable resting spots. She likes to play, and her toys of choice are inflatable dinghies. She pops them, much like we like to pop bubble wrap. She also likes to rest her head on one side of an empty dinghy, flooding it until it sinks. Unfortunately, this also sinks the attached motors. She's curious about the marina and happily explores it, though the boat owners have gained permission to use a hose to drive her away.

Like other seals, she's an intelligent animal, making a home amongst humans, where she can feel safe. She has, in effect, adopted the harbour and its marinas as her own, a playground for one.



pebbles
by Wendy Scott

LATE SUMMER BERRIES

It is the smell of late summer kitchens, the wonderful aroma of berries bubbling on the stove. It is the memory of a little girl's squashed berry tea, poured very carefully from a tiny china teapot into miniature cups. It is red welts on arms and legs until a girl learns how to grasp a blackberry vine without drawing blood. It is the magic of those glistening, fat, black berries and their sweet, lingering scent.

Blackberries mean the end of summer, but they carry on past the beginning of school and into the edge of fall. Raspberries are not that accommodating. Theirs is that brief, tangy taste that tells you spring is slipping away and if you don't pick those delicate red gems right now, they will shrivel in the heat of summer's holidays.

It is the blackberries, the wild ones with the wicked thorns, that have followed me around British Columbia. They've followed me from a tall board fence in a Vancouver orchard to a tangled mess of brambles attempting to conquer a Ladysmith yard, to this abundance of plump, juicy bundles dangling over my back fence in Riondel.

In Nova Scotia, blueberries are the fruit of choice and, like our West Coast cranberries that are harvested from flooded fields in the Fraser Valley, the Nova Scotia Blueberries are in demand well beyond our borders. Wild blackberries in Nova Scotia are not so easy to spot. But we discovered it is not unusual to find surprises in that province. Take the sea, for instance. In British Columbia, this most westerly province, it will creep up slow slopes of sand and retreat again across

smooth white beaches. On the West Coast of Vancouver Island, it might insinuate itself into lakes and bring the salt tang of the ocean to the forest. But it stays on relatively level ground. It does not after all, climb mountains.

At Annapolis Royal, Nova Scotia, hydroelectric generators harness Atlantic tides that can rise more than 15 metres. On a fall day, with colours that only the Annapolis Valley can provide, there was a mountain to climb. It wasn't very big by BC standards, but it was steep enough for switch-backs and cliffs that overlook the Bear River. It's odd, in this Maritime province, to find a community on a mountainside. Yet there, at the end of a winding road, we found just that. The village of Bear River is proof of the unfettered power of those Atlantic tides. A causeway leads across the river to the business section of town. It has a well-maintained Bavarian atmosphere and, from the road, appears quite normal. We found a restaurant and, once inside, discovered the back of the building was perched a good ten metres above that river. "Does the tide come all the way up here?" we asked Norma, the owner of the Café on Stilts, "Yes indeed", she replied. Norma serves great Nova Scotia clam chowder, big slabs of homemade bread and amazing tales of tall ships propped against the river bank. Their masts, like huge sundials, moving long shadows across the town until the river is called upon to carry them to the sea. They were built here, those tall ships. In the 1800's this town had six shipyards and an equal number of lumber mills. Not bad for a population of about 1,200.

The M'ikmaq natives lived in this glacial river valley long before any settlers came to these shores. They fished for salmon and collected clams as the sea came and went daily from its tidal estuary. In the early 1600's, one of Samuel de Champlain's supply ships found haven up the river during a severe storm. So, the

French named the river after the ship's commander, Simon Imbert. About 150 years passed before the English decided the French had to go elsewhere. They apparently paid attention to the name, Imbert and, trying their best to mimic the sound, came up with Bear River. The name does not have the ring of heritage, but it has lasted a few hundred years.

Seafoam, what a wonderful name for a campground where people come and go like the waves and the tides. Grass slopes down to a curving beach that looks north across Northumberland Strait to Prince Edward Island. There is an old graveyard on a hill above this place. The stones all face the sea. Their inscriptions date from 1838 to 1925. The first immigrants from Scottish villages and Irish towns came in the 1700's in search of land that was promised at the rate of £5 Sterling for every 100 acres. They endured ghastly conditions in old converted freighters to at last find their land and build their homes. They would have their late summer kitchens with pots of berries bubbling on stoves—not blackberries though. Children would pick the dusky blue berries that look like images of earth from space. But they would not know this. The concepts of Time and Space would roll and twist down through the years to their descendants and they too would come home with stained fingers, tell-tale purple mouths, and the warm, fresh smell of pathways and forests on their clothes.

Sunset leaves the graveyard in dark silhouette against a fading crimson sky, and a hesitation of evening creeps from the horizon across the sea. The shock of cold that comes after dusk settles into the comforting cool of late summer night. And even here, on the Atlantic edge of our world, someone warms berries in a microwave and the smell of fall lingers in doorways and slips through window screens, we are transported again back to our own blackberry summer.

For the Love of Genre

by Sharman Horwood

Many novels like to discuss what might be, what could be, and even what has been, especially mysteries. *Coroner's Pidgin* by Margery Allingham is one of these. The novel starts out with Albert Campion enjoying a quick bath. At the same time, his servant Lugg and an aristocratic woman—Lady Carados—are carrying the dead body of a woman into Campion's flat. They're taking her to his bedroom to hide. With this confusing behavior, Allingham sets the stage for the strange events of her tale, one of her best. They also outline the interplay between the British aristocracy and "commoners" in Great Britain at the end of WW II, a dominant theme in the novel.

While they're busy, Campion is bathing happily in his apartment, blissfully unaware of how his life is about to be blindsided. It has taken him eight weeks to return from the war in Europe and he is looking forward to catching the train that will bear him away for a well-earned leave, a total of six weeks away from the European conflict. His destination isn't clear, but he is determined to catch the train that will take him there.

Campion doesn't know who is making that shuffling noise outside his bathroom, nor the woman who screams when she's startled. He doesn't want to. He wants to pretend whatever is going on isn't actually happening. He has a train to catch in three hours and he thoroughly intends to be onboard when it leaves the station. He does dress and discover what they are doing, however, and in order to protect Lugg, and secure his own plans, he gives them his best advice: tell the police everything immediately. They assure him this is nothing more than a case of suicide, and he

leaves for the train. He is determined to catch the train, but of course, he doesn't.

This novel is one of Allingham's more confusing stories, particularly in the first third of the book. Much later, when Miss Chivers invites Campion in, she tells him, "I'm only the secretary of the madhouse," she unwittingly describes the novel's central mystery. Since the body is located in Campion's apartment, and the police believe Lugg is deeply involved, Campion misses his train to assist them.

As the main character, Campion straddles the divide between the upper class—he is an aristocrat himself—and the ordinary people of this time. In fact, the novel often draws the line between them, and isn't that sympathetic with pre-war aristocratic attitudes. WW II has accelerated the process of altering British social conventions, particularly towards the aristocracy. In describing Johnny Carados, son of Lady Carados, Allingham points out that many believe he "was privileged beyond all the normal bounds of civilized behavior." The police, fortunately, aren't willing to permit these privileges. The dizzying sequence of events in the novel eventually becomes clear, and Allingham's skill is apparent in the way she links them. This is a novel that should be read when you are relaxed and have the time to appreciate its finer details.

The Summer Tree, is the first novel in a fantasy trilogy by Guy Gavriel Kay, Canada's most noted fantasy author. It is his first novel, written shortly after working with Christopher Tolkien in editing *The Silmarillion* for publication. It isn't his best novel (my vote on that would be for the later novels, *Tigana* or *A Song for Arbonne*), but it is an interesting read as are its sequels (*The Wandering Fire* and *The Darkest Road*). The world building in this trilogy has strong similarities to J.R.R. Tolkien's work, as well as that of Stephen Donaldson's first fantasy trilogy (*Lord Foul's Bane*, *The Illearth War*, and *White Gold Welder*). Kay's novel also reflects his diction as a poet as he describes Fionavar and develops its history.

A theme taken up by other fantasy writers is that there is one true world, and Earth is merely a reflection, a shadow, of it. Zelazny in particular used this in his Amber chronicles, and Donaldson did in the *Chronicles of Thomas Covenant*. There is magic in the true world, not elsewhere, and often there is war between the races, or the Dark and the Light.

Loren Silvercloak, a mage from Fionavar, along with his "source" of power, the former King of the Dwarves, Matt Sören, spirits five university students and professionals from modern day Toronto (the novel was published in 1984) to his world. There they are to take part in the celebration of King Ailell's 50-year reign. Unfortunately, their arrival also precipitates the beginning of the war between the forces of the Dark, and the Light, most notably between the svart alfar—very much like orcs—and the humans as well as the lios alfar, similar to elves. The rebel god, Rakoth Maugrim, breaks out of his thousand-year imprisonment under Mount Rangat and starts the war designed to break the land's people.

Each of the students plays a role in a particular area of the separate cultures of Fionavar: as seers, as warriors, as confidants to the ruling family that become involved in the power struggles of the capital, Paras Derval. Dave Martyniuk, for example, is found among the Dalrei, the Riders of the Plain, and his friend, Paul Schafer, offers himself as a sacrifice on the Summer Tree of the Godwood, where his death will end the country's long drought.

This novel is complicated, yet it is not a long novel. This means that a great deal happens in a short time. Also, despite the similarities to Tolkien, this story is more Celtic. Kay is a master at weaving the threads of these events as the visitors play their roles in resolving Fionavar's war. The three novels are the *Fionavar Tapestry*, set against the mythical background that constitutes Fionavar's history. Somehow the five students from Toronto are embedded in it and though not of the Fionavar world, can help in its time of need.

Both of these novels are a good read for a quiet September evening. I hope you enjoy them.

Riondel Community Library

by Muriel Crowe

A huge thank you to those who helped with our book sale, The set up and tear down were done in record time with a lot of help. I do have a request to all those who buy books at our sale - please don't donate them back to us. Instead, give them to a book drop or a charity.

Next month I should be able to give details of the Columbia Basin Trust Technology grant we have an application submitted for. If we receive this grant it will make a tremendous change to our computers and other new equipment including comfortable chairs.

Are you wondering what to do with the tremendous crops of fruits and vegetables local gardens are providing? We would be delighted to help you find books about food preservation. If that isn't your area of interest, please call one of the organizations that will pick and take away what you have. Information about those can often be found in *Mainstreet*.

If you can't find your last *Mainstreet* you can read ours in the library, but you can't borrow it.

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BOOK REVIEW

by Tom Lymbery

DON'T NEVER TELL NOBODY NOTHIN' NO HOW - the real story of west coast rum running, by Rick James, Harbour Publishing, 312 pages, hardcover \$32.95.

There are many books about the years of the US Prohibition that describe various operations to ship liquor to the US between 1920 and 1933 so I expected re-runs of older stories but this goes much further and summarizes most of the Canadian smuggling.

Liquor was legal in Canada so most rum runners were anchoring ships outside the legal limits of the US coast and selling cases of liquor to the boats that came offshore to sell it in their own country. So these US people were actually the real smugglers.

Those years established Canada as a nation of many distillers so much liquor was Canadian made, even though much came from other countries, especially Scotch whiskey from Scotland. But because all the shipping operations were borderline illegal there were really no records kept - hence the title of this book *Dont Never Tell Nobody Nothin' Nohow*.

Perhaps Canada could have benefitted financially in more recent years if we had made cannabis legal and supplied it to border points in the same way as the rum runners. Certainly much weed was illicitly grown here and smuggled across the border but perhaps it could have been done without the harassment of the RCMP.

Many interesting stories of the "Mother" ships that anchored outside the US maritime limits with the boredom of waiting for customers. Virtually all of these boats could be bought cheaply as the great Depression was on - and getting them ready for sea provided work for shipyards in times of need.

Literary Arts Opportunities Abound

Home to a large community of writers who find inspiration in an active literary scene, Nelson and the Kootenay Lake area has become something of a literary and book-lover's paradise. In Nelson, Oxygen Arts Centre, Touchstones Nelson, and the Nelson Public Library all host book launches and author readings year 'round, and at any time you might just happen upon a poetry slam in a coffee shop or an author signing at a local bookstore.

For those who want to hone their skills, there are great educational opportunities through Oxygen Art Centre and Selkirk College. From workshops at the Langham Cultural Centre in Kaslo to teen writing sessions at the Nelson Library, there's plenty of scope for inspiration in the Kootenays. Each July the Kootenay Literary Society hosts the Elephant Mountain Literary Festival, which showcases celebrated Canadian authors alongside homegrown talent.



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Rossland Crowned Kings Again

by John Edwards

After cancelling the East Shore “King O’ the Balls” Tournament last year due to too much smoke, we had five teams rarin’ to go this year, and the August 24/25 weekend saw it all come down.

We had teams enter from Rossland, Slocan, Creston, and Cranbrook, as well as our very own East Shore United, so that made for 10 round-robin games plus a Final at 3:30 on Sunday. As usual, the tournament was a big success, with all five teams enjoying themselves immensely.

East Shore United kicked things off at 10:15 Saturday morning with our first match against Creston, which turned out to be a hard-fought game. We were leading 3-2 with just minutes to go when the ball took some crazy hops around our defense and somehow ended up in our net. Big disappointment, as we only got one point on the score-chart instead of the three we would have gotten for a win. But you never know what might happen in a soccer game.

Next up was Rossland vs. Slocan, and Rossland lost no time in taking it to their valley rivals, chalking up four quick goals and allowing Slocan nothing. Slocan fielded a very young team, which is unusual for them, but lots of their more seasoned players couldn’t make it. So Rossland came off the field with their three points on the scoreboard, jumping off to a quick lead.

Cranbrook kicked off their first game against Creston at around 1:00 and looked intimidatingly strong, with lots of players that were both fast and good ball controllers. They lost no time taking it to Creston, scoring 4 goals and only giving up 1 in return. So Rossland and Cranbrook were at the front of the pack immediately.

East Shore United (E.S.U.) were up next against Rossland and they lost no time in pounding in some goals against us, eventually winning 4-2. Nothing we could do but have a beer to drown our sorrows and sit down to watch Cranbrook pummel Slocan 4-1.

That was the last match on Saturday and saw us with only 1 point, whilst Rossland and Cranbrook had 6 points each,

At 4:30 we started the famous Toonie Shootout, which was invented here on the East Shore. Everyone who wants to enter throws a Toonie into a hat and we have a couple of keepers trying to stop everyone taking penalty shots from 12 yards out. We had a huge number of shooters join in and the pot was to be a handsome sum of dollars for the winner. It went on and on and on, with lots of shooters scoring time after time and not many missing. You can re-buy back in for 5 bucks in the first couple of rounds, so the pot got bigger still. Finally, after a couple of hours, it narrowed down to just a couple of shooters left, and Fletch, from Rossland, ended up winning the generous hatful of coins and bills.

After that, all there was to do was sit around and drink beers and reminisce about the games that day and other days in other tournaments past, and this was done with great skill and aptitude.

Sunday dawned way too early for those who’d stayed up late drinking beer, and E.S.U.’s first game kicked off at 9:15 against Slocan, in a pouring rainfall. We didn’t let that slow us down though, and ended up walloping the Slocaners 3-0, which was good for our collective ego but bad for Slocan’s (who had yet to win a game.)

Next up was Rossland vs. Cranbrook, and Cranbrook surprised everybody by slapping down the Rosslanders 3 to zip. Cranbrook was starting to look formidable!

The next game featured Creston vs. Slocan, and Creston put the rout to the valley boys by a score of 5-0. Slocan was having a rough weekend!

At 1:00 E.S.U. kicked off against Cranbrook and surprised ourselves and them by taking them 2-1. We were joyously up to 7 points on the scoreboard by then, still lagging behind Cranbrook, who had 9 points, but ahead of Creston and Slocan and Rossland.

In the last game of the round-robin, Rossland whipped Creston 2-0 and that was how they reached the Final, with a total of 9 points from three wins and a loss. Cranbrook had exactly the same record as Rossland so that launched both of them into the Final, while the rest of us hunkered down on the sidelines to watch.

The Final turned out to be a tough match-up between those two top teams, but Rossland came through in the end, beating Cranbrook 2-0 and whooping it up with joy to be taking the King O’ the Balls back to Rossland again with them. Cranbrook played a very solid game but just couldn’t find the back of the Rossland net. Rossland has a very strong team and a great goalkeeper.

So that was another King O’ The Balls Tournament, wrapped up and bagged by Rossland, with E.S.U. not even making the Final. We still had a good time, though, as playing soccer is one of the definitions of “good times” for most of us, and we did win a few games and played pretty well. We had lots of local spectators come out to cheer us on, which was wonderful, so we definitely had a great time!

Thanks to everyone who played for E.S.U., including four or five “ringers” from Nelson, who helped us a huge amount, and to our loyal fans who came out to cheer us on.

We’ll try to take back the King next year, that’s for sure!

Riondel Bluebell Ladies Classic Golf Tournament

by Lynne Cranna

An all-time high roster of 54 players turned out this year for a great day of golfing, food and prizes, plus beautiful weather. Despite the ongoing ferry disruption, we had remarkable representation from Nelson, Kaslo and Balfour golf clubs, in addition to Creston and Kokanee ladies.

The winners were: Overall Low Gross - Paula Howe, and Overall Low Net - Veronica Jones. Terri Stocker came within 6 inches of winning the hole in one \$10,000 prize, generously sponsored once again by the Nelson & District Credit Union (Crawford Bay Branch). Thanks to Lee Martin for creating the special tee box at just the right distance.

Brian Bishop marshalled 34 players in the Horse Race. Paula Howe and Elizabeth Wong were declared the winners after 5 holes of elimination.

A big thank you goes out to our tireless volunteers; without their help it would be impossible to put on such an event. Thanks to Kathy Turner (Club Manager) & Susan Dill in the Pro Shop; Lee Martin and his grounds crew for a beautiful course, in great condition; Kelly Strang & Riondel Ladies Club members (Lynne Cranna, Roxy Stevenson, Jacquie Wallace, Debbie Leibel and Debbie Simmonds) for gathering the many prizes from sponsors; and Glen Kinder & Bonnie Anderson for handling the scoring. Thanks to those who did every chore asked of them and more: John & Liz Kehler, Nils Anderson, Larry Stevenson, David Rokeby-Thomas, Bill Gillespie, Brent Leibel, Joyce Madigan, Rod Guimont, Barry Hughson, Craig & Nancy Cathers, Bill Wallace, Sherrie Sutcliffe and

finally Tony Schellhorn, who stayed to help until the bitter end.

We are so appreciative of our community donations from Creston, Nelson, Crawford Bay and Riondel. Our local businesses continue to support our tournaments year after year. We thank them and acknowledge their generosity:

- Nelson & District Credit Union
- Kokanee Springs Golf Resort
- Creston Golf Club
- Salmo Golf Club
- Kaslo Golf Club
- Nakusp Golf Club
- Castlegar Golf Club
- Balfour Golf Club
- Fair Realty - Greg Garbula
- Crawford Bay RV Park
- Barefoot Hand Weaving
- Riondel Market
- Black Salt Café
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- Sunset Seed
- Gray Creek Store
- Rockwood Café
- Kootenay Co-op
- Safeway (Nelson)

- Save On Foods (Nelson)
- Casey’s Community House
- Chatters Salon (Nelson)
- Hound N Mouser
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- Epicure Spices – Anne Pascut
- U Rock – Karen Warner
- Ivy Jeffery
- Lynne Cranna
- Lorna Manzer
- Brenda Panio

The Fitness Place

Fitness Place Supervised Hours :

NEW: Mon-Sat, 8-10am

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For more info or to sign up for the key card program, please contact Julia Kinder at eastshorefacilities@gmail.com or 250.777.2497 (email is preferred)

Free Online Toolkit Better Than Google

press release from Kootenay Conservation Program

The Kootenay Conservation Program (KCP) has developed a free online tool to help communities care for their properties in ways that benefit wildlife, water and wild spaces.

The Stewardship Solutions Online Toolkit is a portal to a list of Kootenay-based services and programs that address stewardship issues on private land. These resources are broken up into 14 regions of the Kootenays, coined "Conservation Neighbourhoods", that are identified on an interactive home page map. By clicking on your neighbourhood, you're brought to the organizations that provide stewardship solutions in your particular area of the Kootenays, which can range from habitat enhancement and restoration to fire prevention, invasive species control, water quality monitoring, wildlife reporting, free environmental farm planning, and more.

"The beauty of Stewardship Solutions is that all of the local and regional contact information is in one place," said KCP Stewardship Coordinator Marcy Mahr. "It's like Google for land stewardship in the Kootenays, but it's better because it's precise and localized, instead of having to search through countless Google results for what to do about issues such as managing invasive weeds, being fire-smart, developing an environmental farm plan, and enhancing habitat for wildlife."

Kalso, Crawford Bay and surrounding areas fall in the Kootenay Lake Conservation Neighbourhood, which lists up to 21 different services that private landowners and land managers can access to enhance conservation on their property and deal with common environmental land management issues. Stewardship Solutions for Kootenay Lake is also available as a printed handout (copies are currently being distributed by KCP Partners) and as a downloadable PDF from the website.

Convenient symbols show which solutions relate to Wildlife, Habitat, Monitoring, Farms & Ranches, and Funding. For some services, additional resources are available as a download.

"We identified in 2018 landowner outreach workshops that coordinated services for private landowners was a huge gap and something that people kept asking for," said Mahr. "Stewardship Solutions was developed to assist landowners in thinking holistically about their land and managing a suite of issues that come with owning land."

The toolkit was designed as a one-stop shop for anyone with an interest in conservation, including local government planners and stewardship practitioners, as well as private landowners and residents wanting stewardship options for their property.

"If you want local help when it comes to farm incentives and invasive species, or who to call to report nesting Great Blue Herons or bats in a building, this toolkit is where you need to go," said Mahr.

Stewardship Solutions was made possible thanks to generous funding from Columbia Basin Trust, the Habitat Conservation Trust Foundation, Fish & Wildlife Compensation Program and the Real Estate Foundation of British Columbia.

To access the online toolkit visit: <https://kootenay-conservation.ca/toolkit>.

The Kootenay Conservation Program is a broad partnership of over 80 organizations from across the Kootenays that works to conserve landscapes in order to sustain naturally functioning ecosystems. Learn more at www.kootenayconservation.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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Holistic Health Tips

by Kim Young
3 Ways to Improve your Balance & Reduce Risk of Falling

The risk of falling becomes a major issue for many of us as we age.

Falls are the leading cause of death from injury among people 65 and older, and the risk of falls increases proportionately with age. At 80 years, over half of seniors fall annually.

Here are 3 easy ways you can improve your balance and stability and reduce your risk of falling:

1. Balance Exercises

By far the best way to improve your stability at any age is to do balance exercises on a regular basis. Doing a few balance exercises every day will help you strengthen your muscles so that you can walk with more confidence and stability.

Some balance exercises require the use of weights but you really don't need anything other than your own body weight. That makes it easy to do balance exercises no matter where you are!

A great exercise to start with is Toe Lifts. Stand straight and hold onto a countertop or the back of a chair. Raise yourself up on your toes as high as you can go, pause for a second, then gently lower yourself back to flat feet. Do this as often as you can to strengthen your ankles and calf muscles.

2. Stretching Exercises

Stretching exercises help to increase the range of motion in joints which can ease the pain of arthritis.

In turn, this can stabilize your joints and improve your overall stability. Like balance exercises, there are plenty that you can do that don't require any equipment. For example, while sitting in a chair, lift one foot and trace the letters of the alphabet with your toes - see if you can get through the whole alphabet in one sitting.

3. Good Shoes

You would be surprised at what a good pair of shoes can do for your stability. Good shoes provide stability because they give you a flat surface to walk on and plenty of cushioning so you have some room for error when you place your foot down. They will also make walking around significantly more comfortable which reduces foot, knee, hip, and even back pain associated with poor foot support.

When it comes to walking shoes, you get what you pay for so visit a shoe store that sells good quality walking shoes. Ask to have your foot measured as our feet can change in length and width over time. Once you have found a pair of comfortable shoes that support your feet, walk around in them for at least 10 minutes, you should not feel any pinching or rubbing.

If you would like more exercises and tips to improve your balance and stability, join me October 10, 2019 (12 o'clock) at the FOCUS ON HEALTH WORKSHOP at the Crawford Bay Hall where I will be demonstrating more balance exercises to help improve stability.

Kim Young is a Director with the East Shore Kootenay Lake Community Health Society, a Precision Nutrition certified Holistic Health and Wellness Coach, Functional Aging Specialist and Reiki Master who lives in Kootenay Bay with her husband Jim and their dog Jax.

Notice of Passing

Pauline Hanbury
Aug 22 1937 -
Aug 16 2019



Pauline passed over in Oliver BC with her two daughters Penny and Linda by her side.

She had a long battle with Alzheimer's and more recently, cancer. She is survived by her three children Penny, Linda and Toby and three grandchildren Tyler, Ahston and

Bella as well as her sister Diana and her family in England.

We loved her dearly and are grateful she has gone to join her loved ones. She was loved by many and there will be a celebration of her life on the East Shore, to be announced at a later date.

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.

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/GENERAL HELP/SERVICES

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

SAMURAI HARDWOOD FLOORING: Sales, Installations, Tile, Stairs and Millwork www.samurai-hardwood.com 2505513764.

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: alexandralianephillips@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. 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, Astrology consultations, Workshop/Event space, Acutonics® classes, and products. www.kootenaysoundhealing.com, 250-225-3518, theresa@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: Harrison Tanner - Over 40 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doct refl req'd. 227-6877/cell: 505-6166.

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

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

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

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

*Contact Mainstreet
mainstreet@eshore.ca
Deadline: Sept 25/19*

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

*Contact Mainstreet
mainstreet@eshore.ca
Deadline: Sept 25/19
www.eshore.ca*

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.

NOTICES/ANNOUNCEMENTS

Autumn Jamboree, Crawford Bay September 15th 10-3. Music, Market, Fun! Celebrate Autumn together! Across from CB Market. Vendor inquiries eastshorefood@gmail.com

Food Roots seeking apple trees, apple pickers, and apple delivery angels (with trucks) for upcoming Harvest Share event early October. Apples become juice for area social programs. Join us! eastshorefood@gmail.com 227-9111

Kootenay Food Tree Project's autumn food bush give-away on now. Available: Goji, Saskatoon, raspberry, blackberry, red & black currant, Haskap, rhubarb, Nanking cherry, and dwarf cherry. Kootenayfoodtreeproject@gmail.com

YOUR HALL IS AVAILABLE!

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

CRAWFORD BAY HALL

Your community hall

A non-smoking facility



NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

BULLETIN BOARD

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

*** BULLETIN BOARD * BULLETIN BOARD ***

CHILD 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 2019

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

Sept 3, Tues: Dr. Piver
Sept 4, Weds: Dr. Moulson
Sept 5, Thurs: No Doctor
Sept 10, Tues: Dr. Piver
Sept 11, Weds: Dr. Moulson
Sept 12, Thurs: No Doctor
Sept 17, Tues: Dr. Piver
Sept 18, Weds: Dr. Moulson
Sept 19, Thurs: NO DOCTOR
Sept 24, Tues: Dr. Piver
Sept 25, Weds: Dr. Moulson
Sept 26, Thurs: NO DOCTOR

Call to make appointments at 227-9006 on doctor days and Thursday morning.
Tues, Weds & Thurs (8:30 to 12:30)

Not a walk-in clinic - appointments to see doctors are required.

LAB HOURS AT THE CLINIC ARE EVERY WEDNESDAY FROM 7:30-10:30am.

No appointments for lab visits, they are on a numbered, first come, first served system.

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

- Board of Directors:** Meetings held on needs basis. Contact is Gary Hill: g.dhill@telus.net
- Book Club:** Thursday, Sept 12 at 2pm (second Thursday of the month)
- Nifty Needlers:** Tuesday, Sept 17 at 1pm (third Tuesday of the month)
- Farmers Institute:** Meetings held on needs basis. Contact is Bob Arms: armsr144@gmail.com
- Tone and Trim Fitness:** Every Mon/Thurs from 9-10am. Contact is Darlene Knudson: dar-lean@telus.net
- First Responders:** First Mon of month at 10am. Contact is Rod Stewart: rod.jean@telus.net
- East Shore Health Society:** Meetings held on needs basis. Contact is Margaret Crossley: margaret.crossley@usask.ca
- Focus on Health Meetings:** Contact is Margaret Crossley: margaret.crossley@usask.ca
- Nifty Needlers Quilt Guild:** 3rd Tues of each month - Contact is Marilyn Arms: armsmh46@gmail.com
- Rural Crime Watch:** Meetings held on needs basis - Contact is Herve Blezy: hblezy@gmail.com
- Yoga:** Every Thurs from 9:30-11am - Contact is Marilyn Arms: armsmh46@gmail.com
- Fabulous Fish Feast:** Saturday, Sept 7 at 6pm. Tix are \$25, kids under 10, \$12 (at the door, \$30 and \$15)
- Fall Fowl Feast:** Saturday, Sept 28 at 6pm. Tix: \$20.



The Mainstreet is a community-written monthly newspaper that serves the communities of Wynndel through Riondel and Balfour. It's available at the following stores for retail: Wynndel Foods - Wynndel, Destiny Bay Grocers - Boswell, The Lakeview - Gray Creek, The Gray Creek Store - Gray Creek, The 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,
10c/word additional

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

FOR FULL COLOUR, ADD 30%

Riondel Seniors Goings On

Ongoing or Resuming in Sept:

- Walk-a-Mile/Strength Training - M/W/F, 10am (free to members, non-members - \$5 drop in)
- Whist - 1st Fri at 7pm. (Entry fee: bring a treat to share & \$3/members, \$4/non-members.
- Movie Night with Gerald (and Popcorn!) - Mon at 7pm ... by donation.
- Bingo - Wed at 6:30pm (open to all, must be 18)
- Seniors Executive Meetings - (2nd Tues at 2:30)
- Potluck Lunches - (3rd Tues at 12:30pm)
- Yoga - resumes Sept 20 and continues every Tues at 10am. (Free to members, non-members drop in fee: \$5)

All activities take place in the Seniors Room, Riondel Community Centre.

Continuing On Hiatus Until October:

- Dancercise (ballet/jazz) with Simon (Oct 12)
- Sports Night with Buzz (pool, darts, ping pong)
- Games Night (cards, board games, dice, etc)
- Pool (Oct 3)
- Knitting Group
- Bridge
- Art History (Oct 1)

Membership Fees for 2019: \$50/year & are due now. Questions? Email Sherrie at <sfulton@sfu.ca>.

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

Everyone welcome.

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: 250 505 8286

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. Lawrence 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! 250.229.5237

MEETING PLACES

ALCOHOLICS ANONYMOUS:

Meets every Sunday at the Community Corner in Crawford Bay at 7:15. (1 hour meeting)

LIONS CLUB - meets at the Kootenay Lake Community Church - 16190 Highway 3A, Crawford Bay. Meeting Times: 7 pm. 2nd and 4th Tuesday of the Month. For More info call Lion Mike Jeffery - 250-227-6807 or Lion David George at 250-227-9550 or Lion Fraser Robb at 250-227-9636.

TOPS - Take Off Pounds Sensibly: meets Thursdays at 8:30am, Kootenay Lake Community Church basement. Info: Myrna at 227-9420

PARENT ADVISORY COMMITTEE

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

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Off-Season Schedule in effect: Sept 9
Summer schedule (MV Balfour running) through Sept 8

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

September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>DUMP DAY, CB</i> 1 <i>BOTTLE DEPOT DAY</i></p> <p>EVERY SUNDAY: Alcoholics Anonymous, Community Corner, 7:15pm</p>	<p>2 Fitness Place Supervised Hours, Mon-Sat, 8-10am</p>	<p><i>DUMP DAY, CB</i> 3 Fitness Place Supervised Hours, Mon-Sat, 8-10am</p> <p>BACK TO SCHOOL!</p>	<p><i>DUMP DAY, BOSWELL</i> 4 Fitness Place Supervised Hours, Mon-Sat, 8-10am</p>	<p><i>DUMP DAY, CB</i> 5 <i>BOTTLE DEPOT DAY</i> Fitness Place Supervised Hours, Mon-Sat, 8-10am</p>	<p>6 Fitness Place Supervised Hours, Mon-Sat, 8-10am</p>	<p><i>DUMP DAY, BOSWELL</i> 7 Fitness Place Supervised Hours, Mon-Sat, 8-10am</p> <p>Fab Fish Fest - Boswell Hall, 6pm</p>
<p>8 Hazardous Waste Roundup - Nelson Sunday Soccer, 2pm</p>	<p>9</p>	<p>10 Tara Shanti yoga, 9:30am Creston Vet, CB Motel Lions Meeting 7pm DR. PIVER</p>	<p>11 DR. MOULSON</p>	<p>12 Tara Shanti yoga, 9:30am NO DOCTOR</p>	<p>13</p>	<p>14 Full Moon Hazardous Waste Roundup - Creston</p>
<p>15 Autumn Jamboree Conscious Breathing & Healing Gongs - Koot Sound Healing Centre, 1-4pm Sunday Soccer, 2pm</p>	<p>16</p>	<p>17 Tara Shanti yoga, 9:30am DR. PIVER</p>	<p>18 DR. MOULSON</p>	<p>19 Tara Shanti yoga, 9:30am NO DOCTOR</p>	<p>20 Carl & Friends, Harrison Memorial, 7pm</p>	<p>21</p>
<p>22 Sunday Soccer, 2pm</p>	<p>23</p>	<p>24 Tara Shanti yoga, 9:30am Lions Meeting 7pm DR. PIVER</p>	<p>25 MAINSTREET DEADLINE DR. MOULSON</p>	<p>26 Tara Shanti yoga, 9:30am NO DOCTOR</p>	<p>27</p>	<p>28 Fall Fowl Feast, Boswell Hall, 6pm</p>
<p>29 Sunday Soccer, 2pm</p>	<p>30</p>					



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Boswell Transfer Station
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Wednesday & Saturday

How to reach us: Toll Free: 1-800-268-7325
Website: www.rdck.ca
Facebook: @rdcentralkootenay



Michael O'Connor
Astrologer & Life Coach
sunstarastronomy@gmail.com
1.800.836-0648
www.sunstarastronomy.com

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL MEMORIAL HALL
Booking/info: Karen Lee at 250.223.8686