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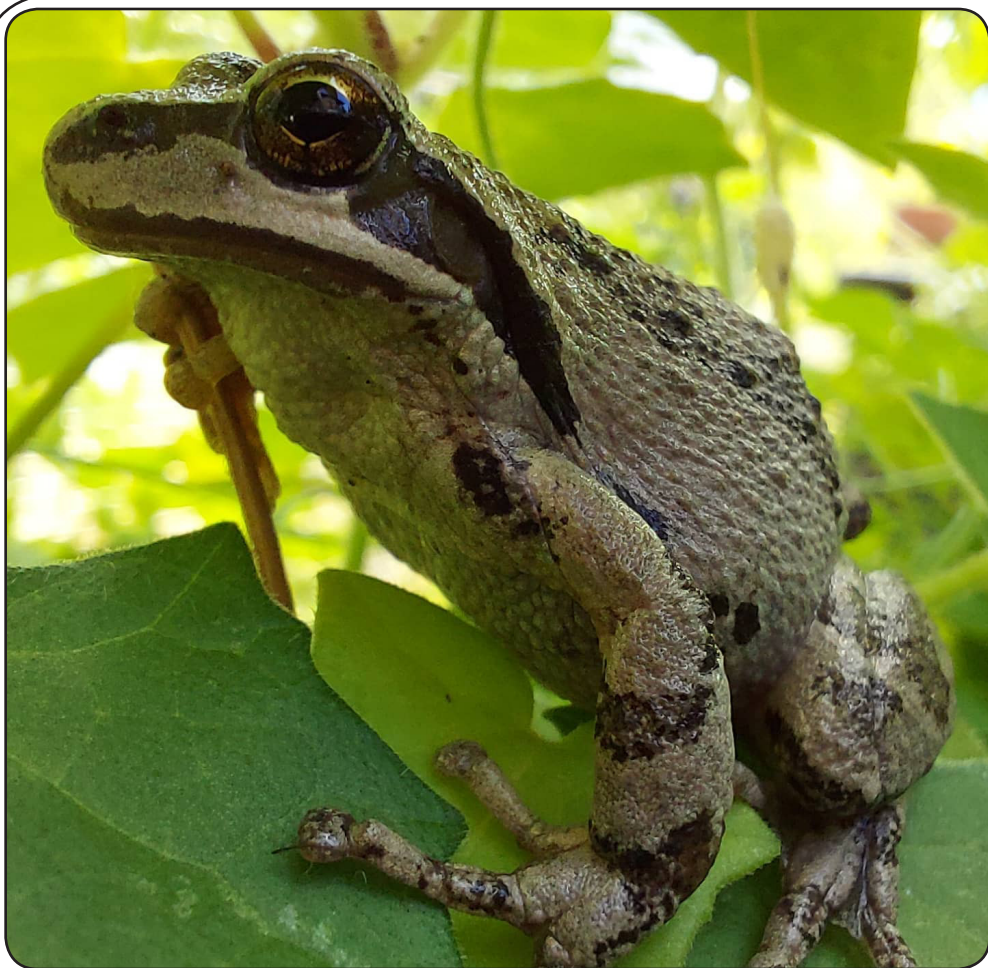
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The East Shore Mainstreet

KOOTENAY LAKE BC

~Locally-owned, community-supported independent news serving the East Shore of Kootenay Lake~



Photos by Bob Carter
bob.cgfx on Instagram

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Mainstreet Meanderings

by Editor
Ingrid Baetzel

Worry Away

I struggle to not worry. Worry – what a word. It sound like it feels. A fluttering, anxious flapping of

small, sharply-tipped wings. Worry sits in my belly and high on top of my shoulders, just under my ears. It whispers all the scary “what ifs” and “what thens” into my ears when I’m pouring my morning coffee. It speaks in my grandpa (Papa) John’s voice and the voice of my mom, his daughter. It has tremors and it wavers and toys with me. I watched my anxious Papa fidget and fuss, trying so hard to hide his worries from his grandkids, being the light and playful one. I watched my mom with her nervous hand and shoulder ticks while she drove, her lips working into a fussy argument with herself, battling away the nervousness of her mind.

I have worked so hard in my life to not be a worrier. It feels like the most useless and wasteful of emotions and yet, sometimes, it has a hold on me.

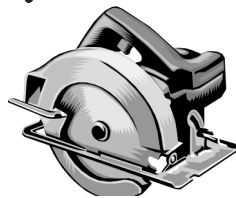
Like this morning. I sit here, worried about my children (mostly because one of them has been out far too late and not reported in to me), I worry about their choices and their paths. I worry that they will be hurt or scared and I’ll be unable to comfort them or fix their problems.

I worry about the world that I am leaving them. Is it enough? Will they be supported, find joy, love their work, fall deeply in love with one or fifty people, be

rewarded, intrinsically and emotionally? Will they get through the pains without me? I know the answers to all these questions – yes, no, maybe, somewhat, sometimes... I know that my worry is tied to my need to control and my fear of losing that control. Damn, I resent this worry.

So, I breathe. In, out, deeply, with intention. Circuitous breath, cycling positivity and affirmation through my core, releasing the fear, trusting that what I’ve laid out for them in their life experience so far will support them, and be the groundwork. I release the anger, the need for control. I try to sit in love and reflection. I will not be controlled nor will I demand control. They will be just fine. We all will.

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LETTERS TO THE EDITOR

APPRECIATION FOR SERVICE

Dear Editor:

I have been wanting to send this letter for months and finally managed to remember at the appropriate time!

I want to acknowledge the staff at the Crawford Bay Market. They are all working incredibly hard to keep up with the masses who keep coming through their door. Always smiling, helpful and kind, while doing a job which must be fatiguing and stressful all while wearing a mask!

The store always seems to have everything we need, when we need it and we are eternally grateful.

Wishing we could hug you,

The Keraiff Family

PREPAREDNESS NEEDED

Dear Editor:

Something must be done about the dangerous lack of preparedness by YRB and Highways when the Kootenay Pass is suddenly shut down.

On August 17, due to a vehicle fire on the summit, traffic lineups for the ferry were up to the Kootenay Bay summit with one flagger preventing any traffic to Riondel or Pilot Bay. Eventually a porta potty was set up at the Riondel turnoff.

It was just as bad at Balfour as the lineup was miles towards Nelson with four hour waits. A pilot car and flagging services are on call but none were asked.

These problems happen so often that there should be a plan in place to handle them. D and B Flagging could have a set up ready to go as this will happen again. Please Google D&B Flagging as this is a big operation.

Tom Lymbery, Gray Creek

HATS OFF WITH GRATITUDE

Dear Editor:

A few years ago my mama Chayla Rose and Terri Fiddick of Black Salt Cafe planned a surprise birthday for me. It was the best birthday of my life, a true honouring from my family and tribe.

Lots of folks pitched in toward a new saddle I’d been wanting, and finally, I have it: a Wade saddle that greatly improves equitation between me and my horse. Hats off with deepest gratitude to all who contributed.

Christina de Pape, Crawford Bay



RDCK Recreation Commission No. 9

Call for Grant Applications

Non-profit groups can submit recreation grant-in-aid applications to the Rec 9 Commission (Box 208, Crawford Bay) by **no later than 2pm, September 18, 2020**. Late applications will not be considered.

Four (4) copies of the application are now required (if mailing in application). Electronic applications can be downloaded from the RDCK website or picked up at the Credit Union East Shore branch. Please refer to website for evaluation criteria.

The Rec 9 meeting to review applications is scheduled for **Monday, September 28 at 2pm on WebEx teleconference**. The login details will be posted on the RDCK meetings page, closer to the date.



OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0

Editor: Ingrid Zaiss Baetzel (since 2002)

Phone: 250.505.7697

Email: mainstreet@eshore.ca

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

The opinions expressed in this paper are not necessarily the opinions of staff or advertisers. We reserve the right to edit for clarity or brevity and acceptance of submissions is completely at the discretion of the editor.

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

Send in October 2020 issue items by:

Next Deadline: Sept 30, 2020

Please visit www.eshore.ca to donate to the *Mainstreet* (subscribe for free for notifications to posts on the website while you’re at it!) We need to come together now to save this 30 year old publication on the East Shore. Donate today and watch for further opportunities to support. Thank you from the heart.

WELCOME to the East Shore of Kootenay Lake

Are you New to the Area? Want to get Connected?

by **Community Connections**

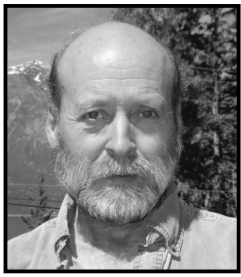
You can get your copy of the *Welcome Map* which is a publication (2019) made just for people who are new to the area or are interested in living on the east shore of beautiful Kootenay Lake.

Sections in the *Welcome Map* booklet include: Meet People, Stay Active, Create Culture, Eat Good Food, Join In, and Safe and Healthy Communities. Services including health services are listed on the back of the publication.

You can pick up your copy of the *Welcome Map* at the Tourist Information Booth in Crawford Bay which is between Barefoot Hand Weaving and Kootenay Forge Gallery on Hwy 3a.

You can ask for a digital copy by emailing enjoy@eastshore.life. If you would like your business or service to be listed in the next publication, please send your information to the above email address.

This publication is provided by Community Connections, RDCK and the Economic Development Commission. It is provided free of charge to residents, new residents and realtors working in our area. Please call 250-551-6020 for more information.



RDCK Area "A" Update

by Garry Jackman,
Regional Director

Fall meetings: Each fall local governments from across BC gather to discuss issues of common interest plus meet with cabinet ministers and senior provincial staff. Over the past several years the key areas of interest have been water (both concerns about watershed protection and the requirements for treating drinking water), forestry (again often around watershed protection but also focusing on wildfire risk reduction), waste management (recycling in particular) and various other items which may not have equal impact or urgency across the regional district.

The fall meetings are also usually accompanied by numerous briefings and workshops, many concurrent, so attendees can choose the area of greatest interest for their community to learn or discuss what changes are coming through legislation, what new governance tools may be available or who to talk with for support.

This year the fall meetings and workshops will be virtual, and they will be compressed. The RDCK has asked, once again, to speak with Environment Minister George Heyman about making changes to the recycling legislation so that small businesses in rural areas can use the residential recycling service (operated by Recycle BC) in the same manner as our residential users. It is a long standing concern which has now become problematic for small business owners since the transition to the Recycle BC contract. More on this later.

Along with our opportunity to meet with senior provincial staff and elected reps in the fall, the local governments usually hold a convention in late April of each year which includes the Central Kootenay, East Kootenay, West Kootenay Boundary and a few of our neighbours from the Columbia Shuswap RD (Golden and surrounding rural area) who prefer to attend our gathering. That did not happen last April, due to Covid issues, but we will have a virtual annual meeting and limited updates on activities across the Kootenays during the week following the provincial virtual convention. As a minimum, being a registered society, our local government association must hold its AGM and present financial statements, the same as many of you have been doing within the volunteer societies and organizations you work with.

Service resumption: There is a steady stream of notices on what local government services and sites have reopened. Please check out the website (rdck.ca) in the top right corner of any page and click "news" then "latest news". This is the most frequently updated location on the site, and you can go back several weeks to view previous postings. Of note is our major recreation centers beginning the staged reopening of the ice rinks as of September 14. Discussions with local users on how to safely reopen the Creston curling rink are underway.

We also now have the criteria which must be met to resume holding public hearings, but rather than asking community members to travel to larger sites such as our rec complexes where we can most easily follow social distancing we are hoping a few of our larger community halls will be ready to reopen soon so hearings can be held close to the community from which land use amendment applications are received. We can hold public hearings by computer or phone in only, but this may prevent some community members from participating.

prorogued parliament until September 23, when there will be a Throne Speech, and a vote of confidence.

We can hope that there is enough in it to pacify the NDP and Green parties, which hold the balance of power in the minority parliament. Probably very few people want a Fall election, especially considering that 2021 would see a federal election anyway.

Trudeau started off well at the beginning of the present pandemic, giving daily live updates, and lots of financial relief to millions of Canadians who saw their jobs disappear suddenly in the lockdown.

There were uneven patches, but it looked to me as if Justin Trudeau was going to get us as a country to a stable financial place without entering a depression. Then he badly blotted his copybook in the WE scandal, caused the departure of his Minister of Finance, and raised awareness of how his party and family had benefitted from aid money intended for others. It remains to be seen whether young Justin can salvage a workable minority government to last another year.

Some observations occur to me coming out of the federal response to the pandemic so far. Had not more than a trillion dollars been spent supporting millions of Canadians who lost their jobs, and were in danger of losing their homes, our country would be in much worse shape than it is now.

Many of those reading this will know that I am not a Liberal or a Conservative, and have supported the NDP in the past. Right now, federally, I support the One-Time NDP-Green Alliance to get more MPs of both parties elected next time.

I do not now what to do about our BC government, which has unwisely decided to build a dam at site 'C', on an unstable site. I do know that our True North country from sea to sea to sea should not let anyone remain homeless or hungry. We made a good start with financial aid near the beginning of the pandemic. Let us now demand support for everyone in Canada from our government

Resource recovery – transition to Recycle BC: All recycling sites have now been transitioned to the Recycle BC format. The majority of residents are bringing their materials to the site pre-sorted so they quickly place materials in each bin as identified. Site attendants are on site to clarify what goes into each bin on request. The core depots, such as Crawford Bay, take more materials than at the satellite depots such as Boswell. This was done for a couple of reasons; one reason is because more of the core depot funding is through the Recycle BC consortium so it is affordable to have more bins which need to be emptied on a regular basis. The other reason was uncertainty at the program start up as to how much room we would have at the smaller sites for different bags to collect all possible material streams and how often we would be able to have these materials collected. Now we are seeing a pattern in terms of volumes collected and frequency of pick-ups we can try to tweak the system, perhaps adding more collection bags to some satellite sites. I am making my suggestions, based on observations of staff plus your input, on what changes to make while keeping costs for the satellite depots within reason.

I am still getting questions, as are other rural directors, about why the small businesses cannot use the bins the same as the residential users, given the materials are essentially the same. I have covered this a few times, but the short answer is the province chose to put some product streams into the program and keep others out. In this province, at the point of purchase, we pay an eco-fee on many products such as oil, batteries, paints and product packaging. These eco fees are distributed to various consortiums to pay for their recycling operations. At the time the product packaging and paper recycling consortium was established there was contention over which products should be covered and be subject to the eco fee. The province decided not to combine the residential and commercial material streams and put them all under Multi Materials BC (now doing business as Recycle BC) since in larger urban centers there were established contracts to pick up from businesses at the time the Recycle BC program began. In the RDCK we were allowing all material, with a tax subsidized collection system, then doing our best to get a rebate on a portion of the materials based on what percentage would have been from residential sources (where the consumer paid a packaging eco fee at the point of purchase). For the portion of materials the RDCK collected which did not have an associated eco fee there was some cost recovery through the commodity markets for recycled materials, as least up until the point when these markets collapsed over the past few years.

Until the province changes the ground rules, we will either limit the tax subsidy to support business through the old corrugated cardboard collection bins or continue to look for other cost effective subsidies. Either way, it will be a local tax subsidy, as there are no eco fees associated with the commercial packaging stream to help pay for the product shipping, sorting and repurposing as there is with residential products. We will continue to work on this as we hold discussions with the Ministry of Environment this fall.

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.



Hidden Taxes by David George The World is Changing - part 3

As the days grow shorter, we notice that our hummingbirds, who have been with us for only about four months, have migrated south. Butterflies are still seen every day. We even have a catbird around, mewing in the bushes.

Still recovering from my successful spinal surgery, I am not often out and about, and always still with a cane, and now with a mask in Nelson or Creston, or even in our own local market, which has some washable black masks available for sale.

Although the days are decreasing in length, cases of Covid19 are increasing in our province, as some people are not taking the basic precautions seriously. More than 4,900 cases have been recorded in BC, and now more than 200 deaths. I have just watched Dr. Bonnie Henry and Minister Adrian Dix giving a live online pep talk to the province about how we must do better and reduce the number of new cases.

Some confidence exists that the return to school will not result in greater increase in cases. Protocols for the return to classes of our more than a million children are in place.

Some parents may indeed opt for home schooling, and are expecting some support from online classes, especially in the case of university-level courses. Our granddaughter is entering third year in one of our newer Fraser Valley universities, and all of her classes will be online except for a few labs.

This past month the federal opposition, the Conservative party of Canada, elected a new leader. We will see what happens, as Justin Trudeau did something he criticised a past government for doing, and

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September Horoscope

by Michael O'Connor

Tip of the Month:

September 2020 is slated to be a powerful month. Over the course of it, matters will deepen measurably amounting to what will be acknowledged as powerful transformations. These will affect every level of society. By the time it is over, people in general, the masses will be thinking more critically, as a collective, than they have previously. Venus squaring Mars early on will synchronize with personal relationships undergoing both breakthrough and breakdown. Mercury in Libra will activate new levels of diplomatic dialogue. Autumn Equinox occurs on September 22nd and will synchronize with heart-opening experiences revealing truths previously unrecognized.

Aries (Mar 21- Apr 19)

Your focus this month will be upon making improvements. These will be directed to yourself, your health and lifestyle, your home and your closest personal relationships. Expect to work hard prior to the rewards.

Taurus (Apr 20-May 20)

A playful and creative mood lingers and you are reluctant to get back to work. At least you will want to tuck in some more R & R and/or tackle projects that are of your own choosing. Beauty will guide your focus.

Gemini (May 21-Jun 20)

Huddling close to home remains a probability and even a priority as September begins. Yet, you will begin to crave social exchange and this urge will increase

progressively perhaps culminating in feeling high on life again.

Cancer (Jun 21 – Jul 22)

Your mind is racing as you begin to see a bigger picture and more clearly. It is as though a fog has lifted and epiphanies are popping into your conscious mind. Excitement and laughter can be heard again.

Leo (Jul 23 - Aug 22)

September begins with a sober assessment of your financial reality. A mixture of dread and determination is motivating you to explore your options and outline a strategic action plan.

Virgo (Aug 23 - Sep 22)

The time has come to take new leads and initiatives. Your focus is sharp and your ability to think critically is extra strong. This will lead you to consider new investment strategies. Yet, you are wise to magnify the fine print.

Libra (Sep 23 - Oct 22)

You are happy to lay low and behind the scenes initially, yet will become more social before long. Yet, the ration will be slanted to quietude. Intimate interludes hold appeal as the final days of summer yield to autumn.

Scorpio (Oct 23 – Nov 21)

Asserting your opinions and sense of individuality may prove extra strong this month. Ideally, you will do so with an open mind to genuinely hear the perspectives of others. This can be interpreted as a process of liberation.

Sagittarius (Nov 22 - Dec 21)

Getting the attention you want and feel you deserve

should come more easily this month. So, be sure to make noise accordingly and directed to the appropriate sources. Yet be sure to communicate, diplomatically.

Capricorn (Dec 22 - Jan 19)

Relationships have been the keyword for several weeks. The results were mixed with highs and lows, complexities and flows. This trend continues despite a shifting plot and you are determined to keep the peace.

Aquarius (Jan 20 - Feb 18)

You will be happier to socialize more in August. This has not been so true up to now. You remain eager to access intel that you deem important. It is not time to launch into big new projects... this year.

Pisces (Feb 19 - Mar 20)

Balancing work with play is ever ideal and you are determined to do just that. Each supports the other and too much of one agitates the other. So, creating this balance is ideal for the sake of enjoying the alternating flow.



“The way to get started is to quit talking and begin doing.” - Walt Disney

Have you ever thought about turning your passion into a business? Do you think you have what it takes to be an entrepreneur? Contact Community Futures for more information on Programs & Workshops available to you!

Call Amanda Murray at 403-678-7044 or amurray@futures.bc.ca to book a free appointment in Creston.
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Growing communities one idea at a time.



Crawford Bay Hall Memories and Musings

Compiled & Submitted by Leona Keraiff

Due to the “busy-ness” that is summertime, I found myself unable and unwilling to track down an interview for this month’s column... So, I decided to tap into the memory banks of my loving family who have spent countless hours in our community hall.

My daughter Amanda’s response to my query “What do you remember about the hall” follows:

I remember Christmas community potluck dinners and Maureen Draper’s chicken wings. The metal grate where the heat would pump out of, that always had a piece or two of tinsel stuck in it and how it would wave and move around while the heat was on. The brown metal railings on the steps going to the hall - so great for swinging on! Band with Mrs. Verhoeven. Going to watch performances by the drama class, directed by Doreen Zaiss. The hall kitchen, and the old pool table that used to be in the back of the hall where we could mess around. My little sister Ali getting stuck in the bathroom because the doors were so heavy and hard to open! My brother’s wedding reception and dance.

Daughter Ali’s reply arrived next:

Stretching on old blue gym mats at the start of Doreen Zaiss’ drama class... she taught me how to breathe. Acting in and watching drama performances. Ping Pong at Christmas time when the gym was closed for concerts. Xmas Cbay potlucks. The metal grate blowing warm air up my pants. Ty and Stacey’s wedding and my speech to Ty. Band practices with Jimmy D. Playing drums in band performances.

My son Tyler wrote:

Mine and Stacey’s wedding reception and dance. Performing our play in Acting 12 and kissing Jane Bradley on stage for three nights in a row. Christmas Hall parties. Ping Pong. Community Sports Day. Swinging on the metal railings on the stairs. The huge heat vent. School assemblies/concerts. The ramp out back...running up and down it. Exploring the upstairs in the back.

Larry’s notes on the kitchen table:

P.E. classes doing table tennis, Christmas Food Hampers, Tyler and Stacey’s wedding, Friends’ weddings; Darren & Shilpa Stocker (Ty was the ring bearer), Curtis and Tara Gallinger, Christmas potlucks and Santa visits, Betsy of Angels, Grad Breakfasts! Bingos, Cultural performances; specifically the MIME with the floating suitcase, also the Equadorian Music.

My images:

The snowflakes gracing the hall for Lara Draper’s wedding {1985?}, Belonging to the Christmas Tree Committee, Dominique Johnson and Karol Draper



decorating all the goodie bags for Santa to hand out. Calling Bingos to raise funds for Santa gifts, (I actually declared one time that smoking was on the LEFT side ONLY!), the Draper girls idea to start Food Hampers, watching and admiring Johnny and Peggy Stocker’s jive and waltz steps, Peggy’s farewell: Gerry Schiavon leading us in singing “Wasn’t that a party?”, waltzing with Richard Prest one New Year’s Dance; he was so smooth! Hearing “Howlin’ Dan” for the first

time, Rudy Lauritzen’s Farewell: Peggy Tugwell describing herself as “One of Rudy’s old Ladies!”

I was “That Teacher’s Wife” and Jim Reimer was “that Preacher” when we started the move to have the Hall maintained by tax dollars. We lost that first attempt. The excitement in 2004 when we

formed the Community Facilities Committee because the new school REALLY was becoming a reality. Standing room only at Johnny Oliver’s farewell-many of us gals still have sore ribs from his hugs, the food and amazing attendance at Alvin Dunic’s reception is unforgettable, Ali playing Marimbas and leading the group in a performance in 2005, our family table tennis tourneys, that first dance with Tyler at his wedding, my girls in Christmas dresses standing over that grate, Santa holding our kids, the one time I attended the Fall Fair, Al George’s painting of Larry (resembling a cigarette smoking Tibetan Monk) won first prize, I marvel at the impressive displays and successes of the many Silent Auctions housed in our Hall and lastly, the joyful noises we all make when we participate in “community”.



Hacker's Desk

by Gef Tremblay

On Growing Tobacco

It's hard to lean something when you've never done it, but the greater conundrum is how to start doing something if you don't know how to do it. I like to try something out without having the faintest idea how to do it, so I make all the errors I can, which gives me a lot of experience of the process. This is what I have done with growing tobacco and it bears fruits... or leaves.

Disclaimer: I don't know what I am doing, but I enjoyed the process of growing tobacco. If you want to have a definitive guide on how to grow tobacco, you'd better get a book on it.

Disclaimer 2: Although I enjoy smoking tobacco on the odd occasion, I am not a regular smoker. Hence, I cannot tell if growing your own tobacco is a viable solution for regular smokers.

SEEDS

First off, it is legal to grow your own tobacco, in Canada at least. You can grow up to 15 kilo of dried leaf which is a good amount for personal consumption. Getting seed of tobacco isn't too hard. I bought mine at the Tobacco Seed Company (<https://tobaccoseed.com>), and got plenty of seed for around \$10 shipping included. There are plenty of kinds of tobacco that you can choose from, but I went with the simplest Virginia Gold. I read that you normally want to blend a few types of tobacco but that will be for another year.

GERMINATING

The seeds are really small and you can sprinkle

some on soil and use a grow light to get the germination going. What I found peculiar about the growth is that the bigger the seedlings were, the bigger the plants became, but to an extreme! Some of my plants reached eight feet high, while the smaller seedlings never grew more than a foot. It seems really important to only use the longest seedlings to transplant. I started my plants in late February and I could harvest my first leaves in July. As I use the heat of the sun to dry and cure my tobacco, I want to be able to harvest as early as possible. The first year I grew tobacco I harvested later in the summer and didn't have time to cure the last few batches because there was not enough sun to do so.

GROWTH

I transplanted the plants from the germination container when the seedlings were about six inches tall. Then a couple more times, ending up in a 10 litre container. Some that I left in smaller containers were really stunted in their growth, so next time I'll transplant as fast as possible to the bigger pots in order to leave them alone. I've planted some in the soil directly but since I used the smaller seedlings, the growth wasn't that great.

As soon as the plants started to flower, the growth slowed down. If you start cutting the flowering head, multiple suckers start to grow so you have quite a job on your hand. I left most of the flowers on my plants, and most of the plants created quite large leaves. Leaving one flowering head also helped slow the creation of more suckers on the plant and it's pretty.

DRYING AND CURING

Now this is, by far, the hardest part of the process. A lot of online information pointed toward drying the leaves for months and fermenting/curing the leaves for a few more months, taking up to a year to get a decent

product. I also read about quick curing, which would take only a fraction of the time.

I was able to cure my tobacco in about ten days, with five days of drying and five days of curing. This process is not perfect as I don't yet have a consistent result, but I had few really good batches of smooth tobacco. For the drying, outside and in the shade, I piled up multiple leaves on a wooden plank, which probably helped absorb some of the humidity. I took the pile apart every day and shifted the position. The leaves on the outside would cut the oxygen which would start giving yellow colour to the central leaves. The goal is to dry the leaves so they lose their green colour as well as reduce the amount of water in the leaves, but not to get them dried up to the point where they would break.

For the curing part, I put the leaves in an air tight plastic bag (Ziplock) in the sun. Every day I drained the excess water so the leaves didn't rot. I have also added some of the dried tobacco flower to enhance the flavour of the tobacco which also helped absorb up the excess water. At this point it is all about how the leaves smell. I have no other way to navigate this part of the process, but if you smell your leaves each day you should be able to tell when the tobacco smells ready.

It will be similar to the smell of a pouch of tobacco, when the 'green leaf' smell gives way to a smoother and sweeter smell you know the curing is almost done. I tend to continue curing it for an extra day after that. If you wait much longer, rotting happens and your tobacco ends up tasting quite harsh.

After the curing, if the leaves are still really humid, I would roast them a little bit before cutting. If you cut first, the leaves might stick and get really gooey which will take a long time to really dry. It's important to have the right dryness before cutting and storing. The leaves shouldn't be too dry either so you can still manipulate them, fold them and roll them without breaking.

I then removed the centre veins of the leaves and piled them up and then rolled them on the length of the leaf. I use a fine blade to cut tiny strips of tobacco and spread them apart once cut. Then I store them in glass jar where the curing continues for a bit. The taste will change over time in storage.

Growing tobacco is pretty fun. The plants get huge, from really tiny seed, and the leaves are quite impressive. They flower quite a lot too which makes for a nice decorative plant. If you also like the idea of smoking what you grow, you have the added bonus of being able to experiment with drying, curing and smoking your tobacco. Have fun!

Hall Board News August 2020

Submitted by Susan Hulland

Despite the lazy, hazy crazy days of summer we continue to make improvements to our community infrastructure and our Crawford Bay Hall Rejuvenation and Preservation Fund increased to \$9,210 in August thanks to a donation made by Betsy Ann Schultz.

Park: Thanks to volunteers Tyler and Annie Keraiff, there are now new lines painted on the pickleball courts in the Crawford Bay Park. These second and third generation community volunteers were helped by Carol Van R who obtained supplies for this work. Next, the lines for the tennis courts.

There are lots of folks to thank for help with the soccer pitch too. First a big shout out to Kokanee Springs Golf Resort for mowing the pitch for us, something they have done for more than five years. And thanks to an initiative by Peter Cullinane of Akokli Construction and help from members of the Eastshore United Soccer League there will soon be brand new bleachers on the pitch! (The old bleacher was towed to the far end of the park. Does anyone out there want it for parts or ? Please contact us at info@cbhall.ca)



Community volunteers, Tyler Keraiff and his daughter Annie, getting ready to paint the pickleball lines on the tennis courts in the Crawford Bay Park.

Both these improvements to our park were initiated by members of the community whom we heartily thank for their participation. With community volunteers generously donating their time we can make improvements to our land and buildings at any time of year.

Hall: Progress was made on connecting the community hall to an existing water well rather than rebuilding the old system using Crawford Creek as the source. The well has been remediated (flushed out & flow tested) by Wild West Drilling and we are awaiting confirmation of a funding source before taking the next steps toward getting water running in our Hall again.

Kootenay Bay Boat Launch: Covid-19 restrictions appear to have increased boating traffic on Kootenay Lake this summer. Our reasonably-priced access to Kootenay Lake continues to be an enormous draw for locals and visitors alike with the parking lot full-to-overflowing on some weekends. There have been some issues with people illegally overnight camping at the launch site despite our signage asking them NOT to do so. It seems that some of these folks "had nowhere else to go" after finding Riondel Campground closed for the year and BC Provincial Parks closed to out-of-province visitors. Our RDCK Area A director, Garry Jackman, said communities all around Kootenay Lake were experiencing similar issues and that it was hard to do much about it.



by Al Geroge, Crawford Bay

Riondel Fire and Rescue Blotter

by Fire Chief Cory Medhurst

August has been an extremely busy month for tourism and traffic through our part of the Kootenays. Fortunately for us, everyone has been safe while driving, while playing on the lake, and while enjoying everything the East Shore offers. With the exception of one close call with a wildfire at the 5000' range up Sherraden Creek on Riondel Rd, we have been pretty quiet as an emergency service. BC Wildfire was quick to action this lightning strike fire. Get ready for the extensive list of calls we have attended. Remember, we have not been attending our normal FR calls with the ambulance due to COVID, and the ambulance service has been steady with emergency calls. For us, as follows:

August 5 – Five members responded to an unattended campfire in Bluebell Bay on Teck land in Riondel. A couple taking a morning walk had noticed large logs smoldering in a poorly made firepit, within feet of a massive field of tall dry grass. They tried to extinguish the logs with repeated trips to the lake with water bottles but called us to make sure it was out. We used our Wildland truck and doused the area with water. I am still in awe at the situation given the weather and dryness at the time but have concluded that this was visitors camping along the lake. Many thanks to all who have kept and are keeping watch for fires.

August 30 - Seven members responded to an MVI in Gray Creek; three members were stood down on route and were not required. A vehicle traveling

southbound on highway 3A struck the barricade to the Gray Creek bridge, also hitting the first support pole for the bridge itself. Both occupants were self admittedly fine and did not require medical aid; the bridge seems structurally sound, but the vehicle did not fare so well.

As mentioned, our call volume has been low for this time of year. This has proven to be helpful for us at this time as our rescue truck is officially retired and out of service. We are temporarily using our Wildland truck for calls and our Regional Fire chief and her crew are working diligently at finding us a solution. Hopefully, I will have good news in next month's edition.

With September temperatures dropping fast and cooler nights ahead, we are all inclined to turn on our baseboard or electric heaters; or start that first fire. As always, the members of the Riondel Volunteer Fire Department would like to remind everyone to keep the areas around baseboard and portable heaters free of flammable or combustible materials (such as curtains or furniture); and inspect the heaters for any mechanical or electrical issues.

We also encourage all wood stove/fireplace owners to clean and inspect your chimneys if you haven't done so already; before your first fire. Don't forget the "clean out" door at the bottom of the chimney, a common place for creosote (the flammable black tar that builds up on the walls of your chimney) to collect and ignite. If money or mobility is an issue, ask a friend for help. We have an awesome community.

Please keep in mind that we are ALWAYS recruiting new members to join the team and are currently needing more people to step up; have your cats and dogs spayed or neutered; and order your road sign today!

New Clinic Location Announcement for Local Practitioners

Submitted by Harreson Tanner

Anna Rose, PT (Physiotherapist) and Harreson Tanner, RMT (Massage Therapist) are pleased to announce the re-location of their therapy practices from the Crawford Bay Health Center to Unit 9, 16210 Hwy 3A (Crawford Bay Inn) in Crawford Bay as of September 1, 2020.

To make appointments with Anna Rose for Mondays or Thursdays please call (250) 227-9155. Harreson Tanner will be at the clinic Tuesdays and Wednesdays from 12 noon to 5 PM and Fridays from 10 Am to 5 PM. To make an appointment please leave a voice mail message at (250) 227-6877, or email atlas@bluebell.ca.

Please note, because of the Covid19 Pandemic we are following protocols as set out by our respective Colleges and WorkSafe B.C. First, if you have any symptoms of a cough, cold or fever please do not come in or make an appointment until 2 weeks after your symptoms have gone. We would also ask for you to please wait outside or stay in your vehicle until prompted. We are sanitizing between every appointment and will wear masks on request. Payments made through e-transfer is best, or by cheque to minimize handling money. If you have any concerns before your appointment, please call.

Although this is a challenging time for many, we want to assure you that we are committed to providing you with safe, knowledgeable and effective treatment to support your health goals and over all well-being. We look forward to seeing you in our new clinic space.

Again, for appointments with Anna Rose please call: (250)227-9155. For Harreson Tanner, RMT please call (250) 227-6877 or email: atlas@bluebell.ca



Young and Dumb

by Arlo Linn

The Importance of Boredom

Some of you may have noticed that three months ago my article was not in the paper, and last month I was again absent from the publication of the Mainstreet. My omission from the paper was due to the fact that I simply had nothing important to say. I may have had access to interesting statistics, numbers, and names, but anything I put down on paper sounded hollow, plagiarized, and not up to par with previous writings. This was all because I have been taking too little time just to sit and think. I spend much of my day consuming media, even more since Covid began to affect much of us in March of this year. When I consume a large amount of media, even if this media is valuable e.g a university lecture, if I do not take time to think on the ideas presented, I will be unable to process the information being put forth. If I try to recall or relay this information in the future (assuming I can remember it) anything I say will sound as if I am speaking someone else's words in a crude attempt of mimicry. Time must be left to process new ideas, especially if those ideas are important. I needed more time to mull over the information that was coming in so I could better filter out ideas I disagreed with, as well as adapt new ideas I find favourable.

But how do you slow down? Many of us here in the West are brought up with the idea that laziness is a sin. That rapid progress is needed, no matter how hard you have to work to get there. This mindset has benefited our culture immensely over the years, and we are constantly benefiting off of the hard work of our ancestors.

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But now we live in a time where the majority of us do not need to fight tooth and nail for our next meal. Our children are born more and more successfully, and we are beginning to live longer, much healthier lives. Yet we still work and consume as if we are bound to lose it all in an instant. Even much of our free time is spent in a sort of pseudo-work. We go on elaborate vacations that require weeks of planning and thousands of dollars, only to go on a trip that was less relaxing than staying at home would have been.

I was able to find my peace of mind a few weeks ago when I went camping at Plaid Lake for four nights. I was tired of all of the stimuli I was always surrounded by, and my inability to fight my addiction in regard to my phone and the internet. I sought an escape. I found it in Plaid Lake. For four days and nights I hiked, and fished, and cooked, but mostly I sat in silence, not in deep thought, just simple silence, and when I came home my head felt cleared. The absence of an onslaught of outside stimuli allowed my brain to compartmentalize all the information I couldn't keep up with processing. I came back home with a clear head. It's not as if I learned something profound that was able to simply order and wipe out my intrusive and returning thoughts, it's more like I simply let the things bouncing around head settle, and once they settled I no longer felt these conflicting thoughts.

Our thoughts tend to clutter and gather dust if they're not fully examined and properly stored. It is absolutely essential that we take time to do this, but it is not a job we can work at like you do other jobs. Instead, you must work on allowing yourself to not always be working. Our play is even treated as our work is, and people work hard to plan their vacations and get-aways. We must slow down, take more time to analyse your thoughts instead of drowning them out with new information. Sometimes the most successful way forward is by slowing down and watching the road ahead of you.



Thoughts from the Frog Pot

by John Rayson

CORONAVIRUS #5

We are now 5 months into the coronavirus pandemic as it appears to have received attention in Canada about the middle of March. In Canada, we have flattened the curve and appear to have avoided a crisis in the health care sector. We are now familiar with the crisis [familiarity breeds contempt] and have proceeded from spring to the summer season. We are seeing “quarantine fatigue” and a desire for an immediate cure for the problem. In addition, we struggle with the opening of the economy and the need to have students to return to the classroom with all of the attendant problems that process will entail. All of these problems are present as we enter the fall “flu season”. I do not envy politicians and others who must make these decisions that impact all of us. We have made progress but are still in the middle of the pandemic and will be for many months in the future. This is an emergency.

In this column it is my intention to concentrate on processes that are working, potential new therapies plus vaccines that may be available for a long-term solution. There is much in the popular press and many theories but it would seem sensible for us to concentrate and realistic solutions and follow tried and true policies that do not result in harm.

Anti-viral drugs such as remdesivir and flavipiravir appear to play a small role in some cases and may alleviate symptoms or shorten the course of the disease. Immune modulators: dexamethasone, as

an example, are used to assist in those patients with severe respiratory symptoms. A new class of therapies referred to as monoclonal antibodies may prove to be of value. Monoclonal antibodies are artificially produced antibodies that are presently used in the treatment of some cancers. Recently, convalescent plasma, from patients whom have had coronavirus, may be of some assistance in treatment. None of these pharmaceutical therapies are a cure but may assist in treatment of individual cases.

A number of other drugs such as hydroxychloroquin and have been advocated but there is no scientific evidence for their use and in fact many will do harm.

Our main hope for the future would appear to be a vaccine. At present there are approximately 165 vaccines in development, with 30 in the process of broad-based clinical trials. Once a vaccine is found to be safe, a process that can take many months, then the process of production and distribution of the vaccine must be addressed. Distribution will not be simple: Bill Gates has stated that the rich countries should fund vaccines for less developed countries to ensure that a reservoir of disease does not persist once an effective vaccine is available.

The development of a vaccine is a complicated; after 30 years we do not have a vaccine for aids, 43 years after the identification of a virus as the cause of dengue fever, we finally have a vaccine plus the most rapidly developed vaccine, that for mumps, took 4 years. We are still some months, at a minimum, away from a safe and effective vaccine for coronavirus. To compound the problem, we now have a large group of anti-vaxcers, who feel that any vaccine is a threat.

We have flattened the curve but are now seeing increasing numbers of cases as we attempt to open our economy. We still must continue to practise the methods that work: social distancing, hand washing, face masks and the avoidance of large crowds.

We continue to look for a “silver bullet”. There isn’t one and our future continues uncertain.

Gray Creek Regatta A Go!

by Tom Lymbery

In spite of Covid we are pleased to announce that the Gray Creek Sailing Regatta 2020 will be held on Saturday September 5 and Sunday the 6, the Labour Day weekend. This is sponsored by the Kootenay Lake Sailing Association based in Nelson.

This annual event actually dates back to 1923 when the Moyie picked up contestants and spectators to bring them to Gray Creek and stayed at the dock for the day’s events, which included swimming contests and motorboat events. One of the original shields is still contested for.



Since the prevailing wind rises each morning from the south and continues to about 5 pm the mouth of Crawford Bay at Gray Creek has always been a magnet for sailing and attracts spectators along highway 3A. Leone Lund lives in the ideal spot and takes excellent photos of the sails (see photo included).

**Next Deadline:
Sept 30, 2020**

Most B.C. Students to Return to School Full Time in September

A cbc.ca report

Teachers’ union critical of plan to divide students into ‘learning cohorts’ of up to 120

The latest:

- Most B.C. students from kindergarten to Grade 12 will return to school in the fall, divided into cohorts or “learning groups.”
- Elementary and middle school learning groups will have a maximum of 60 students.
- Secondary school learning groups will have up to 120 students.
- Provincial government is putting up \$45.6 million to help ensure safety measures.

Most B.C. students from kindergarten to Grade 12 will return to class full time in September, Education Minister Rob Fleming announced Wednesday.

Fleming said, on the advice of provincial health officer Dr. Bonnie Henry, students will be organized into “learning groups” to reduce the number of people they come in contact with, cutting the risk of transmitting the novel coronavirus.

Henry said elementary and middle school learning groups will have a maximum of 60 students, while those in secondary school will have up to 120. Fewer students will be allowed in the learning groups for younger students, as it is more difficult for them to practise safe physical distancing and proper hand-washing, she said.

Henry said students in the same learning group will

have opportunities to socialize outside of the classroom in shared spaces like hallways and cafeterias, calling the plan a “balancing act” to ensure students have the opportunity for social interactions without creating an environment where the virus could rapidly spread.

The provincial government is putting up \$45.6 million to ensure safety measures, including increased cleaning of high-contact surfaces, an increased number of hand-hygiene stations and the availability of masks.

‘A reasonable approach’

Staff and students, or their parents, will be expected to assess themselves daily for symptoms of COVID-19. Masks will not be mandatory, but will be recommended and provided in situations where physical distancing cannot be maintained.

Henry said she has “great confidence” in the plan, and that schools can safely reopen, as long as community transmission remains low.

“We cannot predict the future. We are planning for a number of scenarios — if there is increase in cases, [we] will review,” she said, adding there is no “magic number” of cases that would cause provincial officials to re-assess their plan.

About 200,000 students went back to classes in June, which Fleming said gave officials important information on how to safely welcome students and staff back.

Henry and Fleming emphasized throughout Wednesday’s news conference that there is no replacement for in-class learning, recognizing that parents trying to manage at-home education since March has put enormous strain on families.

“The impact of closing of schools can be lifelong for some children. We know there’s been an increase in anxiety, in mental health issues for young people, with families that have had challenges with having children at home,” said Henry.

“We think this is a reasonable approach. It is going to take some adjustment.”

But the B.C. Teachers Federation (BCTF) says the plan requires “more time and work” and has requested more consultation with school districts and local unions.

“If the plan is rushed or too many questions are left unanswered, it won’t be successful. Bringing everyone back all at once, even with some version of a cohort model on the first day after the Labour Day long weekend is too much too soon, given the many unanswered questions in today’s announcement,” the union said in a statement.

“Teachers and support staff need time in September to adjust to the new structures, make sure the proper health and safety protocols work and prepare curricular resources and lessons that meet the new reality.”

The BCTF also said smaller class sizes are needed to maintain physical distancing and requested more clarity on how the cohort model will keep teachers and students safe.

However, B.C.’s Liberal party says the back-to-school plan fails to provide leadership and clarity for parents and teachers.

“Dr. Bonnie Henry and health officials are doing excellent work to ensure students and staff are safe, but NDP Education Minister Rob Fleming’s decision to download responsibility onto school districts is just creating more uncertainty for parents, students and teachers,” said Dan Davies, the B.C. Liberal education critic.

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September 2020 Mainstreet 7

ESIS 2020 AGM (Extracted from the online notes from meeting held Aug 5)

Introduction

Greetings and welcome to the East Shore Internet Society's online Annual General Meeting 2020 webpage. Owing to the ongoing Covid-19 restrictions and in consideration for the safety of members of the public, AGM reports that are normally given in a public meeting, this year are being presented in an online format. As with a regular AGM, the intention is to communicate to our membership an understanding of the range of activities, planning and accomplishments achieved over the past year as well as providing details of our finances, operations data and other useful information. Also, we encourage you to offer comments and suggestions and to participate in an online survey, both of which are available as fillable entries at the bottom of the webpage.

Notice to Members

The ESIS office remains closed to the public due as measure to protect the staff and members of the public from the spread of COVID-19. All administrative items are being handled by telephone and email correspondence. Most members have now switched to paying invoices using online banking or by credit card payment methods which is greatly appreciated.

Customer Management and Service Provisioning Software

In the interest of streamlining our billing, book-keeping and other administrative tasks, ESIS has been planning to transition from our current system (Powercode), to Sonar v.2. Sonar is an integrated system where service, billing and payments are recorded in a single system including the ability to manage credit card information and payments through the subscriber's online account portal.

There are several advantages to the new Sonar system. Invoices and statements would be sent automatically to all subscribers and will have a new, uncluttered format. Monthly credit card payments would be automatically processed by the system. There will be improvements to the look-and-feel of the ESIS Customer Portal. Other new features would be available such as the ability for users to re-activate delinquent accounts immediately (24/7), via online payment portal.

At this time, however, Sonar implementation is delayed as their User-Based Billing Policy, required for monthly tracking of data usage and posting of over-ages to subscriber accounts, is not yet functional. We expect to resume testing in Fall, 2020. However, as yet no official release date is available from Sonar for the availability of this function.

Service Area Expansion

Responding to requests for service from East Shore residents in the Sanca area, ESIS has expanded our service area in 2020 by installing a new rooftop Access Point (AP) site at Sanca Resort. In the short time since this new AP was installed, five new subscribers have already been connected and are enjoying ESIS service.

2020 Planning Report

ESIS Fiber to the Home (FTTH) Project Summary: The ESIS FTTH Project was begun in earlier 2019 in consultation with Kaslo InfoNet (KiN) who have installed an extensive fiber network in the Kaslo area. KiN has considerable experience and expertise in fiber installation and provided ESIS staff with valuable training, advice and information. In 2019, ESIS staff installed Geographic Information System (GIS) software, designed a interface and over the period of

2019 to early 2020, created service area wide mapping with attached attribute data. By late 2019 the Canadian Radio and Telecommunications Commission (CRTC) called for submissions from ISP's for funding for projects that could reach connectivity speed benchmarks of 50 mbps download and 10 mbps upload (50/10). Through the course of winter and spring of 2020, a comprehensive application was prepared and in June was submitted to the CRTC. The applied-for grant for the three-year project is in the amount of \$1.5 million.

In the event that CRTC funding is less than what ESIS applied for, a scaled back implementation would be undertaken which will likely delay overall Project completion.

Project Scope: The goal of the ESIS FTTH project is to deploy a new network infrastructure in our service area (the East shore of Kootenay lake between Riondel and Sanca) which will have the capacity to provide East shore residents and businesses reliable bandwidth exceeding the CRTC's 50/10 requirements, and be extendable both in bandwidth up to Gigabit service and beyond, while being fully capable of supporting future residential and commercial development.

Methodology: ESIS plans to follow Kaslo InfoNet's (KiN's) proven methodology – in which they have been actively mentoring ESIS – using an Active-E fiber optic network architecture which maximizes the bandwidth potential to each subscriber. The cables will be deployed below-grade in road right-of-ways, using micro-trenching to create low-impact cable troughs. While the initial labour cost of this method is high, the benefits are many compared to aerial deployment, particularly in forested areas.

- Advantages of Below-grade fiber
- Maximum bandwidth potential
 - No recurring fees paid for pole access
 - Not subject to damage by tree falls
 - Not subject to damage by forest fire
 - Less pollution of environment by RF
 - Fiber optic installation increases property values

Extent of Proposed Work Area: It is essential to note here that, due to the time constraints placed on the project by the CRTC (broadband fund projects are expected to be completed within three years), this project represents only Phases 1 and 2 of what will ultimately be a five-phase project including Gray Creek, Boswell and Sanca, potentially further South depending on future developments in Twin Bays.

Phase 1 of our three-year project will be the deployment to Yasodhara Ashram from the Network Operations Center (NOC), where we will establish an infrastructure site with backup power, and from there a distribution network extending along Walker's Landing Road and Riondel Rd. This will reduce and eventually eliminate ESIS' dependence on wireless infrastructure at Ainsworth Hot Springs.

Phase 2 will be deployment in Crawford Bay, from our existing fiber Point-of-Presence (POP) along Highway 3A and Wadds Rd. We will upgrade our existing infrastructure site at Kokanee Springs Resort to support fiber distribution, and ultimately distribute to all commercial and residential properties in Crawford Bay.

According to the CRTC's data, there are 522 dwellings within these two phases of the project.

For the full AGM report and notes, please go to www.eshoreinternet.ca/2020-agm.

The Board and Staff of ESIS thanks you for your attendance to our Online AGM. We hope the presentation has been informative and clarifies for you the workings and initiatives of ESIS. We will continue to offer our best in the quality and standards of our service. We thank you for your ongoing support and wish you continued good health in these Covid-19 times.

Local Conservation Fund Accepting 2021 Proposals

press release

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

"The Kootenay Lake Local Conservation Fund is an excellent resource for organizations that need help funding local projects that help support fish and wildlife habitat, water quality and other conservation values in the region," says Juliet Craig, KCP Program Manager.

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



Applications to the Kootenay Lake Local Conservation Fund for projects in 2021 are now being accepted. Knotweed Removal on Private Lands through the Central Kootenay Invasive Species Society was one of the successful 2020 projects. KCP Photo

In 2020, seven projects successfully received KLLCF funding: grizzly bear conservation through Grizzly Bear Coexistence Solutions, water monitoring of north Kootenay Lake by the Kootenay Centre for Forestry Alternatives, Western toad conservation in the Fish and Bear Lakes area by the Valhalla Wilderness Society, bat conservation on private land through the Wildlife Conservation Society Canada, knotweed removal on private land through the Central Kootenay Invasive Species Society, beaver conservation through the BC Conservation Foundation, and conservation of native pollinators including at-risk bumble bees and butterflies through the Kootenay Native Plant Society.

KCP, which works in partnership with the Regional District of Central Kootenay to administer the KLLCF, is encouraging conservation groups operating in the participating areas to submit their funding proposals for 2021 projects. Community groups and associations can partner with an eligible non-profit to qualify. The deadline for applications is 4:30 p.m. PT on October 30, 2020. If you have a project idea, it is highly recommended that you contact the KCP Program Manager prior to submitting an application to discuss your project idea.

Local conservation priorities were identified in a KLLCF Guidance Document that the RDCK commissioned in 2018. To learn more about the KLLCF, how to apply, and conservation priorities from the Guidance Document, please visit <https://kootenayconservation.ca/kootenay-lake-local-conservation-fund>. For phone or email inquiries, please contact KCP Program Manager Juliet Craig at 250.352.2260 or juliet@kootenayconservation.ca.



Tom's Corner

by Tom Lymbery

Tailgating Through Texas

Almost as soon as we started selling and servicing chainsaws we received the magazine Chain Saw Age in the mail. This was published in Portland, Oregon and I found it most interesting in the years when about 150 companies worldwide were producing their own brands. I also found items or books I needed that I would order, such as a book with hints for experienced fallers that even Ed Wiklund of Boswell appreciated. (Unfortunately my collection of back issues of Chain Saw Age was later destroyed, but copies are now collectors' items selling for up to \$20US.)

Each magazine issue featured a saw dealer with a report on his business and how he promoted products. One issue had a report on Mark Lymbery and his business in Nacogdoches, Texas. I wrote to Mark as Lymbery is an unusual name, and I wondered if there was some relationship. I sent him a subscription to Beautiful BC Magazine and he sent us one on Texas.

A few years later our sales qualified for a Husqvarna trip for one week in Palm Springs and we could stay a second week if we wished. So we did and took our son David. I had to check out several car rental outfits as many wouldn't let you drive out of state, but I did find one. We left driving east on a four-lane interstate and got as far as El Paso, Texas the first day. Dave and Sharon drove while I rode in the back with maps.

Much of Texas is empty and desolate. We went 200 miles seeing only a talcum powder mine. This was when the US was trying to enforce a 55 mile-an-hour speed limit – unrealistic in empty western Texas. Sharon came up behind a stopped car and tried to pass, only to find it had been stopped by a highway patrol car. She was immediately pulled over and the officer came to her door. I was surprised to see a second officer holding a shotgun who appeared on the right side. Sharon had the cruise control set at 78 mph, so she had no defence for the ticket. At the next town of Iran, Texas she paid a \$50 dollar US fine. David got stopped three times for going over 55, but he had an Alberta driver's licence and Alberta didn't have reciprocity with Texas. So no fines for him.

We stopped for dinner in San Antonio and went to a nice restaurant which even had music from an accordion player. Dave and Sharon ordered steak and I had chicken - fried steak. Their steaks were pan - fried but they were so tough they could hardly cut them with a steak knife – the toughest steaks in Texas. Dave had to try mine to make sure it was actually steak as it had a covering of batter but was reasonably tender.

By driving long hours we got to Nacogdoches on the third day and checked into a motel. This is eastern Texas with many lakes and towns about 50 miles apart. It was named when this was part of Mexico and had a very early day newspaper. We drove around, saw a Masonic Lodge, and then went to the chainsaw shop and met Mark Lymbery. He also sold boats and motors because of the lakes, but his saw stock was very similar to ours - Pioneer, Husqvarna, Homelite, McCulloch, and more. We talked for some time and found that he had been adopted, so he couldn't tell us his Lymbery background.

We invited his wife to dinner, who we found had a most interesting Arkansas accent. We learned that no houses in the area had basements because of the high water table. We ate at a Catfish King restaurant and enjoyed the way they presented the fish. These were pond-raised Channel Catfish. As they are a bottom feeder, they are pond-raised so they can't feed on unwelcome substances. Every town across much of southern US has at least one Catfish King. It is not a fast food operation, so you wait while your order is cooked. You can choose other items if you want country fried steak, for example.

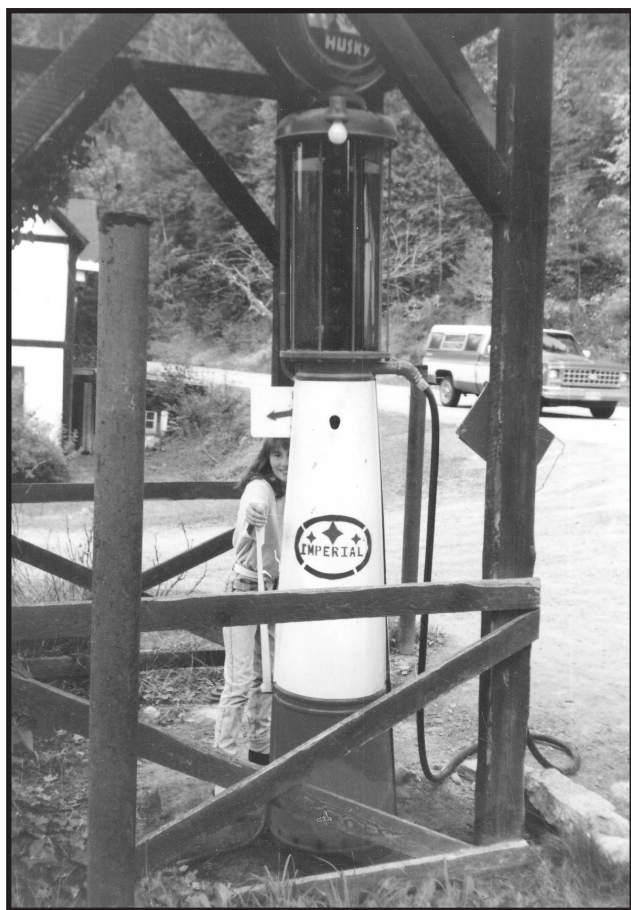
David spotted a museum in Kilgore with an oil derrick and suggested we stop there as he had worked on a drilling outfit in Alberta. The East Texas Oil Museum was most authentic. It showed the town as it was in 1930 when there were wells everywhere around. It had a simulated mud street with boards to walk on, a Model T with the motor running, and a couple of glass-topped gas pumps. We went down in a simulated elevator to see that oil seeps out of rocks, not from pools. See

excellent photos of this museum at <https://easttexas-oilmuseum.kilgore.edu/gallery>. Calgary's Heritage Park also displays a wooden oil derrick, plus gas station memorabilia, and a fabulous collection of vintage cars and trucks. Go to heritagepark.ca for more.

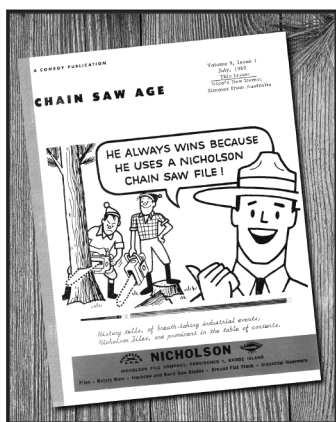
This was the year that the loonie had just replaced our dollar bills, so I took a roll to give away as tips. I gave one to the motel owner but he insisted in giving me a US dollar for it. Soon we were on the road again, and chose a northern interstate route to see more country. After our glass-topped gas pump in Gray Creek had been hit by a drunk at 10 am, ICBC gave me the address of a Texas business in Fort Worth which had replacement glass for the broken illuminated sign on top of

the pump. Dave found the place which turned out to be a combination gas station replica business and pawnbroker. Sharon bought a pawned Eastern Star ring. They didn't have an Imperial Oil glass, so I got both an Esso and a Husky as we were selling Husqvarna saws. While we were there a woman came in to pawn something so that she could buy more wine.

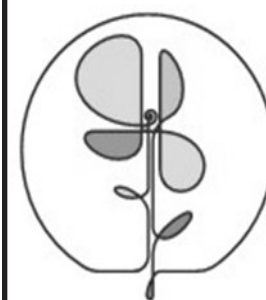
We arrived back in Palm Springs through Palm Desert, and on back roads that would flood if it rained. Soon we were on a midnight plane to return to Vancouver with a host of memories in our heads.



Sarah Schwieger pumps gas for a customer at the Gray Creek Store in August 1991. The 1930s gas pump was retired the same year after 50 years dispensing gas. Plans are underway to refurbish and display this Gray Creek landmark at the store once again. Photo courtesy of Janet Schwieger



July 1960 cover of Chain Saw Age magazine. Photo courtesy of Ken Morrison



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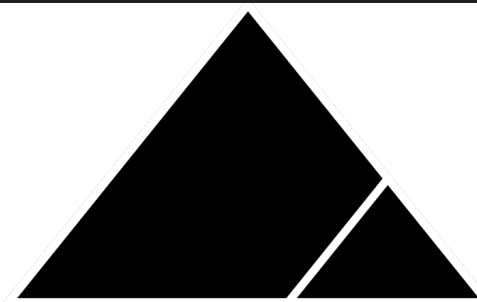
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East Shore Transportation Society

Invites you to our first Annual General Meeting on

September 23rd, 2020 at 6:30pm

We will meet at the Pavilion in Crawford Bay Park. Please bring a folding chair. Refreshments will be served and physical distancing will be followed.



Collaboration of ideas is always welcome, and ESTS is looking for new board members in the role of Treasurer and Fun-Raiser. Hope to you all then!

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Nelson & District Credit Union wants to assure you that the health and safety of our members, employees and the East Shore community is a top priority. Please be safe and know that while we are closed to branch access, we **continue to assist** members during this unprecedented time.

Restricted hours and branch access will continue. We apologize for the inconvenience.

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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/kootenay-lake-local-conservation-fund/

Review the Terms of Reference, paying particular attention to Section 8 – Fund Design and then apply using the application form provided.

The closing date for project submissions is
4:30 pm PDT, October 30, 2020

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



Naya Randall (with mom Christy Newcomen-Randall) laughs the last days of summer 2020 away. This was a summer of joy on the lake, small family groups and renewed appreciation for all that our beautiful shore has to offer. Stay healthy, happy and grateful, friends! (photo by dad, Jody Randall)



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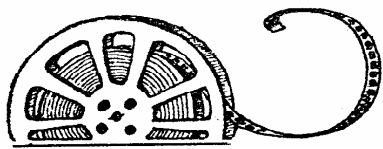
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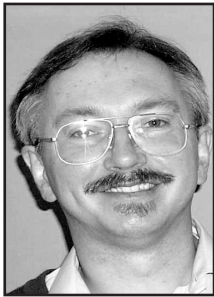
- Daily lunch specials starting Sept 8
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Seldom Scene by Gerald Panio



"All I'm saying [in this love letter] is that I like fries, I work part-time, and I have a truck." -Paul Munsky

"They say that the difference between a good painting and a great one is five strokes....If you never do the bold stroke, you won't know if you could have had a great painting." -Ellie Chu & Aster Flores

Ellie: There are no points for effort.

Paul: Isn't that what love is, the effort you put into it?

It's been a while since I've featured a film not aimed at an adult audience, so this month I've chosen a sweet LGBTQ offering from Netflix called *The Half of It* (2020). Only the second film in 16 years from American director Alice Wu, her sophomore effort features a charming cast and a clever new take on one of the world's greatest love stories. Along with one plot element that makes me want to boo & hiss and throw a shoe at the screen, but I'll get to that later. This is a film that made me smile as I watched it, and renews those smiles when I think back on it.

The Half of It is a spin-off on *Cyrano de Bergerac*—the story of tongue-tied hunk who gets a friend to write love letters on his behalf to a young woman who is completely out of his league. Of course, the letter writer is passionately in love with the same woman and friendship, poetry, loyalty, longing, and passion (both required and unrequited) become marvelously confused. The conflicted go-between in Alice Wu's story is a 17-year-old immigrant Chinese girl, Ellie Chu (Leah Lewis), who has lived most of her life in a sleepy northwestern U.S. town called Squahamish. Her family had emigrated from China in search of a new life in America. Her father, Edwin (Collin Chou), finding that his limited English skills trumped his PhD in engineering, landed a job as Squahamish's station master. It was supposed to be a stepping stone to the American dream, until Edwin's wife's sudden death shortly after their arrival in America dropped him into a fugue state from which he never recovered. His

only real passion is watching classic movies on TV, rapturously signaling to his only daughter when each movie reaches its "Best Part!"

Ellie copes pretty well, all things considered. She keeps her dad from drowning in his darkness, helps out at the train station, and is an ace student. Some local young yahoos mock her ("Chugga-Chugga-Chu-Chu!"), but the teasing is more due to her nerdiness than to her race. One reason the bullying is held in check is that she's also running a thriving business where she writes English papers for her lazier or less-gifted classmates (marketing slogan: "An 'A' or you don't pay"). No romantic longings have disrupted her carefully controlled life. Until...

A brief moment of eye contact with one of her school's most popular girls, Aster Flores (Alexxis Lemire), initiates an awakening that is as undeniable

as it is disconcerting. As Ellie is trying to come to terms with her feelings for Aster, a genial jock named Paul Munsky (Daniel Diemer), tries to hire her to help him revise his (wonderfully inept) love letter to the same girl. Ellie at first refuses, recognizing that this is dangerous ground, until an unpaid electrical bill makes some quick cash imperative. And after all, she tells herself, it's only *one* letter....

Suddenly, it's game on. Aster, who is the Deacon's daughter and is dating the town's favorite mud-bogging, football playing good'ole boy, responds immediately to her first chance to engage her mind in a relationship. Finally, there's someone else out there in Squahamish who watches Wim Wenders films and reads *The Remains of the Day*. Ellie also finds her intellectual soulmate. Their conversation transitions over into texting (Ellie's handle is Smith-Corona; Aster's is Diego Rivera). Ellie ends up using text messaging to live-coach Paul in his first physical meetings with Aster. Those meetings manage to not be utter disasters because Paul's love for Aster is genuine, he's a good soul; he tries *soooo* hard to learn her rarified language. And, bonus, Paul knows when to kiss a girl, and how.

Ellie has never kissed anyone. She's nonplussed that Paul somehow manages not to crash and burn on dates with Aster.

Meanwhile, as Paul hangs out with Ellie, as she tries to teach him the art of conversation by batting a ping pong back and forth across a table, he begins to see the girl that no one else at the school sees. His communications with Ellie deepen because with her he's simply who he is, not hiding his inarticulateness

and sharing his simple dream or revising his family's restaurant business with his own taco sausage invention. Ellie is too confused by her increasingly intimate dialogues with Aster to see what's happening right in front of her. Aster and Ellie draw close under their fictive correspondence because they understand one another; Paul grows closer to Ellie as he begins to understand her. There's a lovely moment when Paul's trying to pin down what he loves about Aster and Ellie inadvertently finishes his touches—almost betraying herself.

No one here is trying to hurt anyone. There's no anger, jealousy, or cruelty. No huge emotional scenes. There's a lot of longing, but nothing close to sex. Ellie declares that "love isn't patient and kind

and humble, love is messy and horrible and selfish," but it's actually all of those things. *Cyrano de Bergerac* rises above tragedy to a sublime romanticism; *The Half of It* rises above standard teen drama to a wonderful generosity of spirit. When it comes down to it, there is something downright *Canadian* about this movie. And it's not just that the town's name sounds like Squamish. Until I learned otherwise, I would have sworn this was another one of those small Canadian gems where Nelson or Kaslo had gotten a superficial American makeover. I mean, why else would Gordon Lightfoot's "If you could read my mind" be on the soundtrack? I'm giving *The Half of It* my So-Cool-It-Should-Be-Canadian Award for 2020.

The climactic moment of the film is a scene in Aster's father's church, where Ellie is the organist.

It's surely a light-hearted homage to the closing scene of *The Graduate*, another classic film that would have made Ellie's dad smile. Ultimately, though, *The Half of It* is a film of a myriad well-crafted smaller set-pieces and wry dialogue.

Composer Anton Sanko was probably the veteran on the film's crew, with 76 credits for film and television. He's put together a flawless soundtrack for *The Half of It*, underscoring emotional moments rather than trying to force them or overpower them. I have to admire anyone whose musical palette includes the Ruen Brothers and Gordon Lightfoot.

At the beginning of this column, I mentioned that there was one thing in the film that got my goat. It's a tribute to the rest of the film that I'm still recommending it even with this lapse in judgement. Call me over-sensitive, or biased because of my years as a teacher, but it seems to me that lately the depiction of public schools in recent films and on TV series has been unrelentingly negative. A recent episode of *Riverdale*, for example, had an English classroom that Jean-Paul Sartre could have used as a model for hell in *No Exit*. A minor character in *The Half of It* is an English teacher, Mrs. Geselschap (Becky Ann Baker), who is a self-confessed alcoholic who *thanks* Ellie for writing other students' papers because that's the only way they are worth reading. Mrs. Geselschap teaches existentialist literature with all the passion of a blancmange. And to really drive home the point that public education has zero integrity, she informs Ellie that she'll never be fired for gross incompetence because "Everyone in this town fears God, but you know who God fears? The Teachers' Union." What planet do people who write scenes like this come from? Have they never actually been in a public-school classroom with an intelligent and dedicated teacher? Do they really think that any union in the U.S. is feared in this era of corporate and neocon triumphalism? That even a gentle film like *The Half of It* is marred by these ideologies shows how deep and some poisons in North American society are running these days.

Now that I've gotten that off my chest, I'm back to smiling at the travails of Ellie, Aster, Paul, and Mr. Chu. We should all be as open-minded as they reveal themselves to be. Sometimes you just have to look like a dork and run after that train. No one in this movie gets exactly what he or she wants by the end, but they all get what they need. Their horizons have opened. We all need someone to challenge us, as Ellie does Aster, and ask: "Is this the boldest stroke you can make?"



**RDCK
Recreation
Commission No. 9**

Call for Grant Applications

Non-profit groups can submit recreation grant-in-aid applications to the Rec 9 Commission (Box 208, Crawford Bay) by **no later than 2pm, September 18, 2020**. Late applications will not be considered.

Four (4) copies of the application are now required (if mailing in application). Electronic applications can be downloaded from the RDCK website or picked up at the Credit Union East Shore branch. Please refer to website for evaluation criteria.

The Rec 9 meeting to review applications is scheduled for **Monday, September 28 at 2pm on WebEx teleconference**. The login details will be posted on the RDCK meetings page, closer to the date.

Navigating Distance

by **D.G. Silakiewicz**

She calls me by my secret name
I touch her face and feel the flame
Consume my body far and wide
Crashing forth like ocean tide
I can't control and barely ride.

Truly, I am not to blame
I'm so far gone it feels like shame;
It's not my place to ask for more
Strong blows the wind and so I soar
The breeze abates, I hit the floor.

We keep this little lover game
Held within a picture frame,
Every party knows the score
Leaving by a separate door
Separate passions to explore.

Self discipline I cannot claim
And so I prey my heart be tame
Despite the walls and palisades
Of spectacle and pretty maids
My every best defence, it fades.

Each time I hold her it's the same
The blood it boils to proclaim
I can't help liking that much more
Such lavish charms she has in store
Rare spice from some exotic shore.

So here I quietly exclaim
What sordid mess my heart became
A dory lost upon the waves
Blossoms snatched from dark sad graves
Thus the heart gets what it craves.

Next Deadline:
Sept 30, 2020
www.eshore.ca
mainstreet@eshore.ca

East Shore Community Reading Centre

by **Cathy Poch**

The weather has almost been too nice to spend reading a book... never for myself and some other intrepid readers who have been making use of the East Shore Community Reading Centre's reduced hours. We do practice social distancing, have hand sanitizer available and have a routine to ensure the books are safe to be re-issued. Reduced hours are Tuesday and Saturday from 12 - 3 and we do have an online option available as well.

Many new books have been entered over the past five months, with many more coming for Fall reading.

There are procedures that governments wish us to follow... one such is the Annual General Meeting. Your tax dollars support the reading centre so come out and see how they are spent. The meeting will be held on Sept 17, in the Reading Centre at 7PM. Come out and support this worthwhile institute.

Grief ~A Topic Less Favored~

by **Zora Doval**

Agrief, a sadness...and a feeling of missing. A heart overflowed with emotion. Inability to take another breath, a place where even tears don't bring relief. A place of no further meaning. Desolation and numbness. A looming "why"

Someone once said that joy can be shared but grief cannot. We ought to be alone with our grief. Most people indeed are. And is it possible to join another in their grieving? Most people try to cheer up their grieving friends and that is a good survival strategy as it takes the attention away from the painful feelings but it does little for the next wave of sadness and the one after...

It is not a small thing for us humans to lose beloved ones. Our sentience makes us so sensitive to joys and blisses of life and also vulnerable when loss comes. Our human feeling nature is a "double sword". We feel both love and loss very intensely. We try to numb these feelings when they become unbearable, however, they are part of us being sentient beings.

I feel fortunate that I was able to know Doreen Zaiss and I do understand that she had to leave.....

I miss her gentle being, a true poetess she was. She was a bright light on our Shore and I so hope that the drama circle that she started will continue and blossom!

This small poem by David Whyte that I came across recently I like to dedicate to the memory of this gentle yet powerful soul that lived among us :

Well of Grief

*Those who will not slip beneath
the still surface on the well of grief
running downward through it's black water
to the place we cannot breathe
will never know the source
from which we drink
the secret water, cold and clear
nor find in the darkness glimmering
the small round coins
thrown by those who wished for
something else*



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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Blast from the Stacks Riondel Library News

by **Muriel Crowe & Shirleen Smith**

Library patrons and volunteers alike are pleased to report that books are coming and going from the Riondel Library, with reading happening in between.

The Library itself is still off-limits to patrons so selecting books happens using the online catalogue, asking a librarian, or taking potluck with a Grab Bag. You can also suggest books the Library could purchase or use your free Creston Library card to read eBooks.

We assure patrons to our outdoor pickup/dropoff area that we're taking all precautions to keep them safe by sanitizing shelves and books and keeping our distance. We thank our patrons for your Covid-prevention efforts as well.

Fans of the Riondel Library and the summer celebration, Riondel Daze, will be aware that the gargantuan Library book sale that normally occurs during Riondel Daze (first weekend in August) was cancelled this year. But fear not! While the Library is currently unable to accept your donations of books, DVDs, CDs, etc., we will definitely be welcoming them before our next book sale. Watch for our notices and look forward to a book sale that's bigger and better than ever. In the meantime you can always borrow some library books!

In your search for a good read, you may be wondering "What's new at Riondel Library?" We invite you to check the website for our virtual New Acquisitions shelf at www.library.riondel.ca.

Here's the Library info:

Hours: Monday/Wednesday/Saturday 10-12 am

Location: Riondel Comm Centre, south-east door
Contact the Library: the_librarian@bluebell.ca or 250-225-3242

Website: www.library.riondel.ca

How to Take Books out:

- SELECT your books by going to www.library.riondel.ca and click on the Catalogue button, sign in to Library World using Riondel Reading Centre. No password required. Email or phone your requests to the Library..

How to Return Books:

- Drop your books off during the Library's open hours.

The good news is there are still no overdue fines! But please return your books/DVDs promptly so others can enjoy them as well.

Did You Know?

THE EAST SHORE KOOTENAY LAKE

COMMUNITY HEALTH SOCIETY

NEEDS YOU!

Become a member today and help us craft a vision for health care for the East Shore Communities!

Membership includes voting privileges at the next Annual General Meeting on September 24, 2020 (details to follow)

Yearly member fee: \$5.00

For more information email: ESHealthSociety@gmail.com



pebbles by Wendy Scott Communication

The dog trembles. She's a small Alsatian – young, and perhaps unaccustomed to the vibration of the planks at the end of the long pier in Sidney. Her human companions lean against the railing and watch the sea. She should be there – beside them, but she's hesitant to cross those last few feet. One man turns, pats the side of his leg and nudges his friend. A low moan comes from the other. It's almost lost in the sounds of the ocean, but that's all he can manage. The dog understands and comes, grateful for the closeness of their presence.

The dog has never heard her name. She sees it every day when her friends' fingers draw pictures in the air. Both men are mute. They're deaf to the cries of terns and the shrieks of a hungry, young gull. The men trace the terns' swift flight as the birds curve slices in the sky. They can watch another boy's dog dash in and out of the surf, but they will never hear its excited barks nor the call of the master in charge of the flying stick. They will see a young man and his little boy as they set a crab trap and lower it over the railing to the sea's dark green below the wharf, but they'll not hear the little boy's laughter. They 'speak' with fingers, hands and faces. Their eyes may be expressive, but it's difficult to imagine their day – their many days, spent without reaction to a tone of voice or a piece of music.

Back in Victoria a knock on our door reveals a gnome of a man – he's crooked and bearded; he has come, he says, to prune our hedge. We invite him in for coffee. Where are you from – what brought you to Vancouver Island? His answers are minimal until

he spots my son's small music class violin. He is no longer a gnome but an Isaac Stern on a concert stage. The afternoon sang and our dining room was Carnegie Hall. His language was music; his clippers, merely a meal ticket.

She owned a condo beside the Sidney Harbour. The sea coloured her days. She watched for the seals, saw the cormorants spread their wings to dry; she listened to the gulls and new when the whales might come through. She saw sailboats, kayaks and canoes, and in the early morning fog she counted the fish boats setting out to sea. Her walls were hung with life-sized portraits of politicians, musicians and friends, all stitched by her in petite point. But a blind person can no longer thread a needle or even follow the pattern of paddlers or the set of sails. She would move. She must still live beside the sea, if only to smell the ocean and listen to the waves. Her new place must be within a short cab ride from theatre, music, good restaurants, and the museum. But how will you see? I will listen, she said, they will tell me the stories of the exhibits. I know that. I've listened before, but never understood because I've been too busy looking.

A totem pole stands at the entrance to Kwaksistah Park. A small, dark face – the face of a child – is a compelling focus on this spiritual collage. The lone totem tells the tale of two story-tellers on the Winter Harbour reserve. Fire claimed their young boy's life. When the man, named Kwaksistah, was taken from his fish boat by the sea, his wife climbed from the water, made a neat pile of her clothes then lay on the sand; she would follow her child and her man – taken too soon.

Newspapers, books, a carving, music, patterns woven into a cedar basket, stories stitched into quilts; a painting, a beaded bracelet, a written letter, a text message; these are all stories. It does not matter if the words are inscribed on paper, passed down by oral tradition, typed on keyboards, or flung by fingers into the

air, they all had beginnings.

Now I can see my great grandchildren stretch their young arms toward their mother, who was, such a short time ago, a young girl herself. Their voices are strong and will increase in intensity – quite quickly, I imagine. Nearly all human-kind begins in this way and it does not matter how many ancient skeletons are unearthed or how far back in time an archaeologist is able to trace our heritage as Homo Sapiens, the unquenchable need to communicate has always progressed as it does with these new members of my family alert to the innate necessity to tell a tale or to reach for the sustenance and love of a mother.

We talk, we listen, we tell stories, and we imagine: these are vital ingredients in the continuing story that is Humanity.

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BOOK REVIEWS

by Tom Lymbery

MURDER BY MILKSHAKE – AN ASTONISHING TRUE STORY OF ADULTERY, ARSENIC AND A CHARISMATIC KILLER, By Eve Lazarus, Arsenal Pulp Press, 248 Pages, \$21.95

Rene Castellani was a Radio Feature on CKNW who could entertain but he couldn't manage his finances so was always having problems. His marriage was successful until he got too close to Lolly, a younger lady who worked for the same radio station.

This was before Canada eased the strict requirements for divorce – made even more difficult as they were Catholics who still regard this as illegal. Also, this whole story happened when Vancouver and Canada had restriction such as no movies allowed on Sundays, and infidelity was looked at askance.

So Rene apparently looked up arsenic at the library and found that by rationing it out over a period of time that is was almost tasteless and would kill. His wife Esther grew progressively worse due to the poison she was ingesting. She was plump, always going on diets so the doctors tended to blame her problems on her erratic eating habits.

Confined to hospital she loved the vanilla milk shakes that Rene brought, even when she couldn't hold a cup any longer and had to be fed. When death came there was an autopsy but then, as now, arsenic is so rare that its not routinely tested for.

If Rene had had her cremated and disposed of the Ortho weed killer container that was left under his sink would have got away with it. Since he had worked in Trail for COMINCO some years before the prosecutor looked for possible lead poisoning. He was convicted and sentenced to hang, but Rene's lawyer appealed and by that time all sentenced to hang in Canada were commuted.

After five years in Matsqui prison he was released on day parole and surprisingly was back in radio at a Nanaimo station, as CKNW didn't want him back. The author interviewed his daughter Jeannine and continues his life story.

THE LIEUTENANT GOVERNORS OF BRITISH COLUMBIA, By Jenny Clayton, Harbour Publishing, 322 Pages, \$26.95

I found this to be a most interesting book, principally because of the three Governors that I had met when attending the BC Historical Federation annual Conferences. Some of the Governors only rarely appeared to present the Governor's Award to the author of the winning book but Iona Campagnolo, Steven Point and Judith Guichon did.

Iona Campagnolo (2001 – 2007) appeared to present the award in Prince George when Susan Hulland and Terry Turner won second for "Impressions of the Past"

We three travelled together and much enjoyed the event as well as the drive to Prince George and back. The book tells us that when Campagnolo chose a flower for her window in the BC Legislature she chose the Skunk Cabbage – a native BC lily that grows all over our province.

Steven Point (2007 – 2012) was the first indigenous person to be appointed Lieutenant Governor. He spoke well and handled his position excellently. He appeared in Nelson at the BCHF Conference to present the book award. When the Governor appears, it is impressive. He is piped in by a bagpiper and accompanied by a specially uniformed guard.

Judith Guichon (2012 – 2018) was born in BC to a well-known Cattle Ranching family and we saw much more of her than those before. At Kamloops she spoke to us out on a range itself. We had a model of the monument for Walter Moberly that BCHF was planning to erect at Revelstoke so I was in the photo with

her that appeared in the papers. At Victoria's Government house in 2015 she presented me with the BC Achievement Award. Then when the Conference was in Revelstoke she was there when we dedicated the new stainless-steel monument to rail surveyor, Walter Moberly at the Rail Museum.

Each Lieutenant Governor is given several pages about their early life, schooling and what qualified them for the honour. One with Kootenay connections was Walter Nichol (1920 – 26) who edited the *Kaslo Kootenai* newspaper and went on to edit and own the *Vancouver Daily Province*.

Another was involved in the fruit lands promotion in Invermere. This created some scandal as no one seemed to realize that only the Okanagan and Kootenay areas were actually suitable for growing fruit. All of southern BC was promoted for a life of ease waiting for the trees to start producing and many purchased from glowing brochures, site unseen property. Fortunately Arthur Lymbery, who was brought to Canada from England by these promotions, took advice and found Gray Creek where there was plentiful gravity water and cherries produced well.

This is a very readable book and a valuable reference – since nothing comprehensive about the Governors has been published before.

East Shore Transportation Society

Invites you to our first Annual General Meeting on

September 23rd, 2020 at 6:30pm

We will meet at the Pavilion in Crawford Bay Park. Please bring a folding chair. Refreshments will be served and physical distancing will be followed.



Collaboration of ideas is always welcome, and ESTS is looking for new board members in the role of Treasurer and Fun-Raiser. Hope to you all then!

Smarter Than Jack or Jill

by Sharman Horwood

Animals are smart, amazing creatures. If you have an animal story you'd like to share, please contact me at shhorwood@gmail.com.

What's For Dinner?

Cats have some fairly odd behaviour when it comes to mice. One morning I found a dead mouse splayed out in the living room doorway. I thought it was there to impress me. A few nights later, I was less lucky. My cat was actually killing the second mouse in my bed while I was asleep. Fortunately, I woke up, albeit rather abruptly. His point was that I could either join in the fun of killing the mouse, or share it for a tasty meal. I yelled instead, and he promptly scuttled off, mouse firmly between his teeth since it was so unappreciated. He later left it at the foot of the bed, thankfully on the floor. I think the idea was that I could then enjoy it when I had a mind to; he is actually a very tactful cat.

However, killing a mouse on the bed beside me was different. He has since done much the same with a very large moth. My reaction was much the same, but that left me wondering. I'd always thought that cats brought dead mice to their humans to show what good hunters this small member of the household could be. Apparently, that may be part of the reason but not the main one. Actually, cats in particular think they're teaching you how to hunt and kill. Many cats see humans as inexperienced, or just plain inept hunters. Mother cats bring mice and snakes to their kittens to teach them how to kill, and in the case of mice, how to eat them. (One cat used to leave the mouse viscera in her dish for me.) A friend's cat has a habit of bringing her live snakes and lizards. In his opinion, she appar-

ently needs to learn how to kill and eat reptiles.

Cats aren't the only animals to share food willingly. Cedar waxwings, if a branch is too thin to hold the flock, will each perch on the branch, ranged in a row. The one closest to the end and the berries will pass them down the line to the rest of the group. New Zealand keas are known to cooperate with each other, too. In experiments where getting the food out of a puzzle takes more than one bird, they're willing even though the second bird doesn't get any food. Perhaps on another occasion, he or she will be the one who eats.

Killer whales, too, share food with each other. They also have extended the same favour to a human. Dr. Ingrid Visser, a founding member of New Zealand's Orca Research Trust, has become well known among a couple of the stationary orca pods because she helps to rescue some individual orcas that get stranded on beaches when the tide goes out. They're hunting rays that have hidden from them in the sands of the shallow bays along the coast. (You can see film footage of this in *The Nature of Things*' episode: "Conversations with Dolphins.") The orca pods that have come to know her because of her rescue work will allow Dr. Visser to dive near them in the wild. She is one of the few researchers to have this close experience. However, she started to notice pieces of things floating near her: the shredded bits of dead rays. Apparently, the whales were sharing their food with her.

A female leopard seal was kind to a photographer, too, one who was wise enough to keep his distance. (A leopard seal did kill a diver near Antarctica; these are ferocious animals.) Paul Nicklen, a National Geographic photographer, was trying to catch close up photos of leopard seals in the Antarctic. He stayed well away, and they didn't come near him, except for one. Instead of attacking him, though, this leopard seal started to treat him as an immature, inexperienced pup.

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 was delighted, not with the gifts but with the opportunity. He took some great photos and came away from the experience quite happy, even though he was never tempted to kill or eat penguins.

One animal that can be trained to bring prey to the hunter is, of course, dogs. Breeds of retrievers, commonly called gun dogs, are particularly adept. They will either retrieve what has been shot, or point out hidden game (such as with pointers). In Fort St. John, Lorna Robin's brother-in-law, Sandy, likes to hunt grouse, and he takes his dog, Neslee, with him. Sandy shoots the grouse, and the dog brings it back. After Sandy takes the dead bird home, he plucks and cleans it, then he gives the dog the grouse's heart. That was always Neslee's reward for a good hunt.

On one occasion, however, things changed, rather unexpectedly. The dog flushed a grouse out of the bush. Before Sandy could get the bird from him, Neslee killed and ate it. Sandy just stood there and watched; there was nothing he could do. The dog finished eating the grouse, and trotted happily back. Once Neslee came close, tail wagging, grinning as only a dog can, he spat something out at Sandy's feet: it was the grouse's heart. Apparently, that was Sandy's reward. I don't think he ate it.

To animal minds we are, apparently, either inept or unskilled. Cats and an occasional leopard seal will bring us food--or game--in the vain hope that we will learn to kill. Apparently, in their eyes, we need to learn some basic survival skills: we just don't know how to hunt. If we help the whales, then the orcas might share their fare with us. Dogs, too, feel that we are part of the pack, and deserve our portion.

I do wonder, though, if they think we are intelligent or not.

For the Love of Genre

by Sharman Horwood

Uncertain Futures

Robert J. Sawyer is a noted Canadian science fiction author. He is also very successful. He has won all three of the science fiction/fantasy industry's top awards: The Nebula Award, the Hugo Award and the John W. Campbell Award. One of his earlier novels was turned into a television series: *Flashforward*. He has written alternate history novels before in which the dinosaurs survive and develop an intelligent civilization. The novel I want to talk about here--*The Oppenheimer Alternative*--is a more serious alternate history venture.

J. Robert Oppenheimer is of course the scientist who supervised the Manhattan Project in World War II, resulting in the Trinity test and the atomic bombs dropped on Hiroshima and Nagasaki, ending the war against Japan in 1945. Oppenheimer's sentiment on the destruction of what he'd helped to create was a quote from the *Bhagavad Gita*: "Now I am become Death, the destroyer of worlds." He was later called the father of the atomic bomb.

Oppenheimer was a complicated, brilliant man. His scientific accomplishments did not result in him receiving a Nobel Prize, but his colleagues believed that he would eventually. However, he died before his published papers and colleagues' recommendations could help him achieve that. History, instead, took over his life, with World War II and the scientific demands of the arms race. He was also a controversial man. Many of the people he associated with were either at some time members of the American Communist Party or had Communist sympathies. After the war this led to the security charges laid against Oppenheimer by the 1950s McCarthy-era witch hunt targeting communists or socialist sympathizers. He wasn't charged with trea-

son or a criminal act; however, his security clearance was revoked because of the charges and the public enquiry, which meant that he could never supervise a sensitive program like the Manhattan Project again. His career as an administrator of major government scientific research was over. His life, however, was not.

That is the basic overview of Oppenheimer the public figure. Robert Sawyer spent years researching this novel, beginning approximately, in 1983 when he spent an afternoon talking with Luis W. Alvarez, a Nobel Laureate and the last living member of the Manhattan Project. In fact, Sawyer first became interested in the tale of the atomic bomb when he was a teenager. It began with an episode of *The Six Million Dollar Man* in which the lead actor tells a Japanese soldier who didn't know the war had ended, that many people wished the bombing had never occurred. The idea that the bombs hadn't been a necessity was a thought that Sawyer couldn't leave alone. He said that though we've been taught to see the bombings as a necessity, "it wasn't the only way to end the war. It wasn't the logical, rational, greatest-boon-for-the-greatest-number utilitarian decision that it has always been presented as in history books." He was also shocked by the little known fact then "that Japan had been making back-channel overtures to surrender for a year before the bombs were dropped." And so he began the lengthy years of research resulting in this novel. Over that time Sawyer read transcripts of security recordings, talked to people who knew or had worked with Oppenheimer and the rest of his colleagues. He also looked at material on Oppenheimer's associates' lives as well. The research is incredible for this one novel.

Unfortunately, that, to me, is where the novel loses some of its interest. What did appeal to me, however, is the story that Sawyer eventually crafted out of that history.

The story covers Oppenheimer's life, the women he loved, and the scientists he worked with over the years, his role in the Manhattan Project, and his job at the Institute of Advanced Study near Princeton.

Unlike other scientists, he never wrote an autobiography, which left Sawyer with the opportunity to create much of the inner world of Robert J. Oppenheimer. That in itself is a fascinating achievement. It had to conform to the known facts of the man's life, with his actions, creating a compassionate view of the scientist, instead of the bald consequences of the trial along with the results of the use of the atomic bomb. In the novel *Oppenheimer* is haunted by both. Indeed much of what he does is prompted by those two realities.

This is all based on the facts Sawyer has brought together out of the records he covered in his research. However, this novel is science fiction. It is an alternate history novel. [Spoiler Alert following.] During the research done to develop the bomb, Sawyer has Hungarian physicist Edward Teller--also Oppenheimer's eventual nemesis during the trial--discover that the sun will purge inner matter around 2027. This will explode out of the sun and destroy the inner worlds of our solar system: Mercury, Venus, and Earth. From that point on, Oppie--as he's called by his friends--is split between two priorities: creating the bombs that he wishes weren't necessary, and later directing research to discover a way to save the human race. For Oppenheimer, this isn't just an arms race. There is as well a race against time and limited knowledge to save humanity.

Sawyer does a marvelous job of bringing these historic figures come to life, including Albert Einstein and Werner Von Braun, as well as Enrico Fermi and Richard Feynman along with others. Their personalities and accomplishments make a fascinating story. The novel does get a little bogged down with the details of the historical events in some places--I wanted to hurry on to the saving humanity part--but for the eventual outcome of the story, this is necessary. I strongly encourage everyone to read this novel. If you're at all interested in the history involving these events, and these scientists, this story is authentic and historically accurate, yet at the same time is a very good read.

Green Party August Newsletter

submitted by Mary Donald

(ED: if you would like to submit a newsletter or release from a political party, feel free. The Mainstreet is non-partisan and open to varying political viewpoints for publication and information)

(Intro by Mary Donald, Director-at-Large East Shore, Kootenay-Columbia Green Party EDA): Welcome to our newly conceived monthly newsletter from your local Kootenay-Columbia Green Party of Canada Electoral District Association (EDA). I am one of the 8 executives on this federal riding association, from both the West and East Kootenays, and I am Director-at-Large representing the East Shore. We meet monthly online. The 'published' timing of this newsletter puts it into the following month of the paper copy of the Mainstreet, but the online version will be more current. Nonetheless, we feel it is still worthwhile to share our words with you. We want the community to know that the Green Party is still very much alive and well in our area, with membership growing both provincially and federally, and that the Green Party is anxious to help us all move forward in this uncertain time.

In the future I will forward the monthly newsletter by the middle of the month. We welcome your comments and questions, and if you wish to subscribe to the newsletter or comment, see the email at the bottom of the newsletter.

Kootenay-Columbia Newsletter: August 2020 - Green Party of Canada - Electoral District Association

There are six core principles that guide all Green parties internationally. One of them is Ecological Wisdom. "Learning to live within the physical and biological limits of our Earth and to protect its life-giving nature". This principle distinguishes our party from all other political entities in Canada, in that every time we make a financial, economic and social decision we are required to run it through an environmental lens.

Here in BC, for example, despite adoption of a carbon tax our Green House Gas (GHG) emissions have risen 5.65% since 1990. Recently oil industry analyst Dave Hughes undertook an analysis of the impacts of supporting and promoting Liquified Natural Gas (LNG) production and export entitled: BC's Carbon Conundrum: Why LNG exports doom emissions-reduction targets and compromise Canada's long-term energy security: <https://www.policyalternatives.ca/bc-carbon-conundrum>.

As Greens, we believe we cannot compromise on the need to reduce GHG emissions across Canada by about 7% a year for the foreseeable future. When progressive voters ask us why we are unwilling to form an electoral alliance with the NDP, we respectfully point out that the BC Liberals and BC NDP have been in alternating governmental power since 1991, and until the NDP, as government, agrees to end its fossil fuel production expansion in BC we cannot cooperate with them in any kind of electoral alliance.

You Can Select The Next Green Party of Canada Leader

Kootenay-Columbia Greens are hosting online discussions with the nine contestants August 26th and 27th. Here are the details:

Wednesday, August 26, 5 - 6:30 PM Pacific Time/6 - 7:30 PM Mountain Time. Dimitri Lascaris, Judy Green, Annamie Paul and Andrew West

Thursday, August 27, 6 - 7:30 PM Pacific Time/7 - 8:30 PM Mountain time. Glen Murray, Amita Kuttner, Courtney Howard, Meryam Haddad and David Merner

- 3-minute introduction from each candidate
- 6 questions solicited from Greens in our riding. 2-minute answers per candidate per question. 50 - 60 minutes.
- 1-minute closing statement per candidate
- Small breakout groups with individual candidates, to learn more about those of most interest to you.

Learn more about each of the candidates at www.greenparty.ca/en/leadership-contest#contestants.

Important information on the leadership vote:

- August 14, 2020 - Last day to request mail-in ballot from: elections@greenparty.ca
- September 3, 2020 - Deadline to be a voting member
- September 26, 2020 - Online voting opens
- October 3, 2020 - Online voting closes

You have to be a Green Party member by September 3 to vote in the leadership contest.

Do you have questions to submit for our Green Party of Canada leadership debate/webinar?

Please send us questions that you would like to ask each of the leadership candidates. We are particularly looking for questions/issues of particular interest to voters in the Kootenay-Columbia riding....not about detailed local issues where we can't really expect candidates to be knowledgeable, but policy questions that may be of particular interest in our riding, for example, relating to carbon emissions and climate change, the tourism or forest industries, food security and our food systems, transportation.

Please send your questions to Bill Green wgreen6@gmail.com. Deadline: Wednesday, August 19th

A 'Just Transition'

In every part of Canada, we need to start thinking, planning and doing to achieve a Just Transition from a carbon-based economy to a truly sustainable economy based on diverse, renewable and green sources of energy. Workers need to be assisted to transition from fossil fuel industry jobs to green economy jobs -- more importantly, we need to shift our investments as a society, both the public and the private sector, from fossil fuel extraction to renewable energy production and infrastructure.

The Elk Valley is home to four large Teck-owned mines which produce steel-making (metallurgical) coal and provides 3,000 jobs. An article by Wildsight summarizes the carbon emission impacts from these mines and the challenges to the future of the metallurgical coal mining industry. "Winding Down BC's Fossil Fuel Industries: Planning for Climate Justice in a Zero Carbon Economy" by the Canadian Centre for Policy Alternatives describes key elements to plan and implement a 'Just Transition' in BC.

Stay tuned for our September newsletter with an invitation to a 'Just Transition' webinar, in which we will discuss both the transition away from fossil fuel extraction in the Elk Valley and the situation around BC's LNG expansion, production and export, and how that intersects with First Nation land rights.

Got A Comment? Want to unsubscribe or make a comment about the newsletter? Email: ashadra@telus.net. For Information Between Newsletters Please Go To Our Kootenay-Golumbia Green Facebook Page: <https://www.facebook.com/KCGreenPartyofCanada>.

**Next Deadline:
Sept 30, 2020
www.eshore.ca**

RDCK Board Highlights Aug 2020

submitted by Dan Elliot for RDCK

RDCK Partners With Fortis BC: The Board approve the RDCK enter into a Contribution Agreement with FortisBC for Built Better funding which will provide funding for BC Energy Step Code and high performance building training for builders and building officials within the RDCK.

BC Energy Step Code is an optional compliance path in the BC Building Code that local governments may use, if they wish to incentivize or require a level of energy efficiency in new construction that goes above and beyond the requirements of the BC Building Code.

The FortisBC Built Better funding aligns with the RDCK's Regional Energy Efficiency Program (REEP). REEP is designed to deliver a consistent regional campaign on energy efficiency opportunities in new construction and existing homes.

Community Services Amenity Donation Program: The Board adopt the Community Services Amenity Donation Program which will allow staff to provide a sustainable donation program policy for bench and picnic tables at RDCK owned and operated parks, trails and community recreation facilities. This program will replace the Memorial Park Bench Program.

There has been increased interest from individuals to donate an amenity such as a bench or picnic table. The new policy ensures the donation actually covers the costs and clarifies the responsibilities of the RDCK in the context of the asset life cycle. The cost includes amenity purchase, installation, and maintenance for a period of 10 years, plus a commemorative plaque. The program will go into effect September 30, 2020 and will be accessible through an online application form.

Noise Control Bylaws: The Board has amended the Regional District of Central Kootenay Noise Bylaw, a bylaw to prohibit or regulate noise levels within defined areas of the RDCK, to include the entirety of Electoral Area I.

Recreation COVID-19 Update: Under the guidance of the Provincial Health Officer and local government recreation services, the RDCK Community Services staff has been working hard to safely reopen portions of its facilities for a limited variety of programming. Fitness Centres in Castlegar, Creston and Nelson opened on July 27. Users must pre-register for a designated time slot and abide by the RDCK COVID-19 safety plan. Ice rinks in Castlegar, Creston and Nelson have been targeted to open on September 14, while the goal is to reopen indoor swimming pools in early October.

All RDCK regional parks, including campgrounds, are open and have seen a spike in usage. The majority of parks across the RDCK have seen an increase of 50% usage in 2020.

Regional Housing Needs Assessment Project: In partnership with each of the eleven rural electoral areas and eight member municipalities, the RDCK has been undertaking a Regional Housing Needs Assessment Project to describe current and anticipated housing needs in our communities by collecting data and analyzing trends. Originally initiated in December 2019, the project is scheduled to be completed by September 30, 2020.

Under the Local Government Statutes Amendment Act, 2018, it is required that local government develop a housing needs report every five years. This includes key areas of local need, such as affordable housing, rental housing, special needs housing, seniors housing, family housing and shelters and housing for people at risk of homelessness.

TOM SEZ

Senior Energy Specialist Position: The Board approve the RDCK entering into a funding agreement with FortisBC to provide funding for the Senior Energy Specialist position.

Focused on climate action and low carbon resilience, the role of the Senior Energy Specialist will identify areas in the RDCK where FortisBC's programs and services can assist in achieving the RDCK objectives, increase corporate and community participation in FortisBC's programs, and strategically advance the development of policies and programs that move the RDCK and its community toward a low carbon energy future.

DISCRETIONARY GRANT

AREA A:

South Kootenay Lake Community Services Society (SKLCSS) - \$2,530

AREA B:

Creston Golf Club - \$2,000

Horse Association Central Kootenay - \$500

AREA C:

West Creston Fire Protection Society - \$8,000

AREA D:

RDCK (Food and Farm Guide) - \$245

AREA F:

TELUS Ambassadors West Kootenay - \$250

Taghum Community Society - \$1,000

AREA G:

Ymir Community Association - \$5,000

AREA I:

Tarrys Community Hall Society - \$1,600

SLOCAN - Village of Slocan - \$175

COMMUNITY DEVELOPMENT GRANT

AREA A:

Crawford Bay Hall Parks Association - \$10,000

Kootenay Lake Chamber of Commerce - \$4,800

AREA B:

Castlegar Sculpture Walk - \$3,360

Creston Valley Public Art Connection - \$2,000

AREA D:

Ainsworth Fire Prevention Society - \$2,000

Ainsworth Recreation Association - \$3,500

Kaslo & District Public Library Assn - \$2,805.82

AREA H:

Elk Root Conservation Farm Society - \$6,000

Columbia Basin Env Education Network - \$800

AREA I:

Brilliant Cemetery - \$1,837.50

Glade Recreation Commission Society (Community Activities) - \$500

Pass Creek Neighbourhood Association - \$500

Shoreacres Neighbourhood Association - \$250

AREA K:

Arrow Slocan Lakes Comm Services - \$2,000

SALMO Royal Canadian Legion Branch 217

- \$1,000

COMMUNITY WORKS GRANT

AREA K: School District 10 (Arrow Lakes Community Climbing Wall Final Phase) - \$19,046

**Next Deadline:
Sept 30, 2020**

GRAY CREEK PASS REPORT

by Tom Lymbery

More traffic than ever this year since many are enjoying the back country as an alternative to places restricted by Covid. ATV dealers say their sales are much above normal. Photos of the Pass on Facebook and others have brought many motorcycle enthusiasts out as well.

I have pressed Forestry to name the creeks that have bridges but they say this isn't their policy, even though Highways does. But Highways doesn't want names posted for those that go through culverts, as Gray Creek Historical Society found.

In spite of Covid the 2020 Gray Creek Regatta will be held on Saturday September 5 and Sunday September 6. The Kootenay Lake Sailing Association has decided that this is safe so we are very pleased to report that we will see the many colourful sails on the bay again on the holiday weekend. Lois at the Lakeview provides overnight moorage.

Many of us are encouraged to drink more water and I have found that lime juice makes this much more pleasant. Which brings back the remembrance of "Limey" as English sailors were called because lime juice would prevent scurvy in sailing days when they lived on salt pork and biscuits.

The recent long ferry line ups confirm the deficiency of Highways in not handling this better. A flagger prevented anyone wanting access to Riondel - a pilot car and more flagging staff are quickly available but were never called. Balfour was no better where Sharon had to wait 4 hours for a ferry.

Alan Weaver tells me that Dominion Bridge of Burnaby had the contract for the steel needed for Vancouver's Lions Gate Bridge as well as the Golden Gate in San Francisco. Dominion Bridge had connections to the CPR so supplied steel for structures all across Canada.

More power failures are coming. Our store has a good selection of battery units that can light up your room - many at half the price of those on the internet. It's interesting to know how much you can save by shopping locally

The government operated Balfour Ferry Cam is often out of service and much less reliable than the ESIS one at Kootenay Bay. Thanks to the ESIS staff

East Shore Hospice In the (Past) Moment

by Maggie Kavanagh

(I wrote this in Jan. 2019 but feel it's appropriate during these restrictive times.)

There are times when we can't be with our loved ones while they prepare to leave this world. As I write, my Mother-in-law has had a heart attack while visiting my husband's sister in Seattle. He and the family have all gathered to be with her; although she is still fully conscious, at 91 the prognosis isn't good. For a number of reasons, I am not able to get there, but as I meditate and pray, I feel very connected to her. A rush of memories run through my mind and heart as if she is telling me that I've been there for her in the past and that Love has no physical boundaries or restrictions. So I continue to sit and spend time in my heart knowing I am truly with her.

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

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

Watch for more articles and information on Hospice care that will be posted regularly in the *East Shore*

member who trims the birch branches when they get in the way of the camera. No hope for a trip to Mexico this winter, even though the airlines are suggesting this. When we were down south I often pulled up the ESIS ferry cam to see the weather and the lake.

Any word if bids have been accepted on the new 50 car ferry that is supposed to go into service in 2023? Nakusp and two coast builders were reported to have submitted bids.

Are write-in votes still accepted in the US election? In occasionally googling info on US cities I found that these include reports as to whether the area is Republican or Democratic. You don't find any report of what the political climate is if you look up a Canadian city.

While they are tearing down statues all across Canada it's so interesting to see statues in Mexico. Even in a small town you can sit on a bench next to the bronze statue of a poet, or other notable.

Mexico has just announced that children will be able to learn online during the Covid shutdown. Some think Mexico is a third world country, while in fact they are far ahead of the US and Canada.

Someone hung a blue jacket as an extra warning where Oliver Road suddenly narrows dangerously that Highways refuses to widen and ease the grade that gets slippery in winter.

Davey / Fortis have been trimming the power line in Gray Creek, and are hopefully not hitting the huckleberries. There seem to be almost as many huckleberries in 2020 as in 2019 which was a record season.

Deaf people who lip read are having problems with masks since they can't see the lips. I was always amazed at how Frank Draper of Crawford Bay could lip read even if he could only see you sideways.

Mainstreet by Maggie Kavanagh and/or Barb Kuhn or any one of our other volunteers.

Decisions - More on Hospice - By Barb Kuhn

Decisions are sometimes hard make. Some decisions carry the additional energy of causing regret to the decision maker. Choosing something among multiple possibilities based on the least likely amount of regret involved in the outcome is referred to as Regret Management.

Do you have any regrets? Looking back, were there other ways you could have done things better? hindsight is always 20/20 and I know very few people that have a crystal ball. We can't always know when we will regret a decision in the future, or how much. This is very important when we, or our loved ones, are terminally ill. What do we want to say to them while we can? What do we want to do for them, or ourselves, to have the least amount of regret when time has run out?

If you or someone you know is in need of hospice services, especially someone to talk to, please contact Susan Dill at East Shore Hospice.

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.

BUS SERVICES/ANNOUNCEMENT

EASTSHORE CIRCLE OF FRIENDS ART SHOPPE: Open 11am-3pm, Friday, Saturday, and Sunday in August.

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. vw harder@shaw.ca

CONSTRUCTION/CONTRACTORS/TRADES

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

REGISTERED ACUPUNCTURIST, LISA SKOREYKO R.AC. Treatment for pain, emotional disturbances, gastrointestinal issues and much more. 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: Harre-son 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 ACUTONICS PRACTITIONER (TUNING FORK THERAPY): With certificates in Ayurvedic massages, Foot Reflexology, Fibonacci tuning fork alignment. Bach Flower Remedies and Astrological consultations. 250.225.3520.

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

WILLIAM MORRIS, PhD, DAOM, offering astrological consultations combining 40 years of clinical practice weaving Chinese medicine, Astrology and Sound Healing. wmorris33@gmail.com 250-225-3518

RENTALS/ACCOMODATION

YEAR ROUND SHORT TERM ACCOMMODATION. Bluebell Cottage in Riondel. Can sleep up to 10 people. Newly renovated, warm and cozy. 250-551-7953. Openings still available for the holidays.

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 noon til close Monday to Sunday. Food Specials all day. 227-6911.

ROCKWOOD CAFE - 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



JK Excavation Ltd.
250.354.7055
jkexcavationltd@gmail.com
trucking. excavation. snow removal

Next Deadline:
Sept 30, 2020

Massage Therapy
Harre-son Tanner, RMT
Over 40 years clinical experience



* Knowledgeable * Skilled * Experienced
For appointments, call 227-6877/505-6166

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, 250 551 0423 for Notary Public.

Next Deadline:
Sept 30, 2020

- Planning a wedding?
- Holding a meeting?

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

The Fitness Place

Open to members
7 days per week
5:30am-10:30pm

Reduced supervisor hours may occur with reopening, so please contact Julia Kinder at eastshorefacilities@gmail.com or 250.777.2497 (email is preferred)

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.

HEALTH CLINIC MESSAGE

We are doing phone appointments right now, unless the patient absolutely has to be seen, or they can go to emerg. In Creston or Nelson. If someone is having symptoms of Covid-19 they are asked to stay home and call 250-551-7500 or 811.

Lab and Doctor apts.

Our doctors are doing telephone appointments when possible.

If you are experiencing any symptoms such as fever, cough, shortness of breath,

"Please do Not Come INTO CLINIC"

Call 811 or Nelson Testing Site Phone 250-551-7500

We do not have the testing kits here at the clinic.

PLEASE CHECK BACK PAGE CALENDAR FOR DOCTOR DAYS

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)

DOCTOR DAYS IN SEPT (SEE ABOVE ABOUT COVID 19 PROTOCOL)

Every Tues: Dr. Piver
 Every Weds: Dr. Moulson
 Every Thurs: Dr. Barbour

RIONDEL COMMUNITY CENTRE

Regrettably, the Riondel Community Centre opening is delayed. It now looks to be sometime in September ... so look for more news in the October issue!
 Keep Healthy and Happy!

THE EAST SHORE KOOTENAY LAKE COMMUNITY HEALTH SOCIETY

NEEDS YOU!

Become a member today and help us craft a vision for health care for the East Shore Communities! Membership includes voting privileges at the next Annual General Meeting on September 24, 2020 (details to follow).
 Yearly member fee: \$5 For more information email: ESHHealthSociety@gmail.com

EAST SHORE KOOTENAY LAKE COMMUNITY HEALTH SOCIETY AGM

Sept 24th at 7pm. This year's meeting will be via ZOOM platform. The details of the scheduled meeting are below. Copy the internet address below into your browser and follow the directions on your screen.
 Topic: ESKLCHS AGM
 Time: Sept 24, 2020, 7pm.
 Join Zoom Meeting: <https://us02web.zoom.us/j/83816292901>
 Meeting ID: 838 1629 2901

Next Deadline:
Sept 30, 2020
www.eshore.ca



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, 10¢/word additional

THESE RATES ARE FOR B/W ADS ONLY

FOR FULL COLOUR, ADD 30%

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 - 250.402.3225

HARRISON MEM CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay

No services at this time.

For info, please contact Rev. Leon Rogers: 250.402.3225

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

Sun Mass at 2pm.

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church, 8151 Busk Rd, Balfour
 Sundays, 9:30 am All welcome! 250.229.5237

MEETING PLACES

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 Schedule

Summer service provided by the MV Balfour continues until September 7th.

For 2020 only, the MV Balfour will provide additional service beyond September 7th on the following days: September 10, 11, 12, 13.

All times are Pacific Time (PST). Times in **bold** indicate peak ferry travel. Anticipate delays during this period.

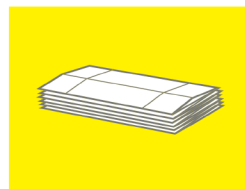
Vessel	Departs Balfour	Departs Koot. Bay
Osprey	6:30 am	7:10 am
Osprey	8:10 am	9:00 am
Osprey	9:50 am	10:40 am
Balfour	10:40 am	11:30 am
Osprey	11:30 am	12:20 pm
Balfour	12:20 pm	1:10 pm
Osprey	1:10 pm	2:00 pm
Balfour	2:00 pm	2:50 pm
Osprey	2:50 pm	3:40 pm
Balfour	3:40 pm	4:30 pm
Osprey	4:30 pm	5:20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

SORT YOUR RECYCLING

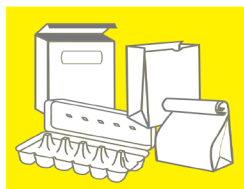
Sorting your recycling ensures collected material is recycled properly. Recycle BC depots follow this rule and have collection containers for many different, separate categories.

Sorting is easy. Follow the signs!

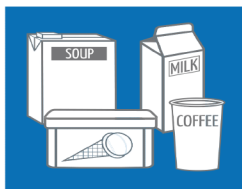
Here's a look at some Recycle BC material categories:



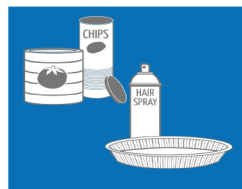
Cardboard Boxes



Paper Packaging



Cartons and Paper Cups



Metal Containers



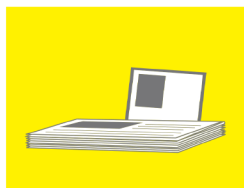
Plastic Containers



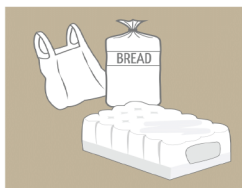
Other Flexible Plastic Packaging



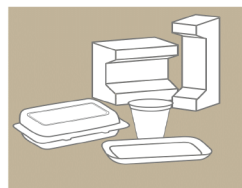
Household Paper



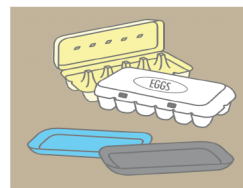
Newspapers and Flyers



Plastic Bags and Overwrap



Foam Packaging



Coloured Foam Packaging

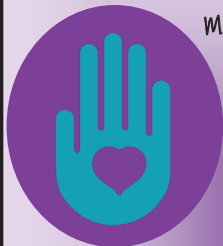


Glass Containers

East Shore Mobile Massage

Anastasia Phoenix, Massage Practitioner

Massage in the comfort of your own home



Doing mobile massage on the East Shore since 2017.

Certified in Indian Head Massage and Acutonics.

Every client is an individual and gets his or her own unique treatment based on specific needs. Can do group massages up to 6 people.

Thanks for supporting small business on the East Shore!

-Anastasia

- Swedish & Non-Swedish Therapeutic Massage
- Manual Lymphatic Drainage
- Relaxation Massage
- Pregnancy Massage Trigger Point Release
- Deep-Tissue Massage
- Fascia Techniques
- Acutonics
- Indian Head Massage

anastasiaphoenix19@yahoo.com 1.250.402.3414



EAST SHORE INTERNET SOCIETY

HIGH-SPEED INTERNET

1 (844) 776-3747

www.eastshoreinternet.ca

Central Kootenay Lake's community non-profit ISP.



RESOURCE RECOVERY FACILITIES HOURS OF OPERATION

Crawford Bay Transfer Station

May 1, 2020 to October 31, 2020

9:00 am – 3:00 pm

Sunday, Tuesday & Thursday

Boswell Transfer Station

Year Round

11:00 am – 3:00 pm

Wednesday & Saturday

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

THANK YOU! You can STILL...



Huge, heartfelt thanks to the wonderful donors and supporters who have given generously over the past month or two. It warms us to the core to know that you care about the future of this beautiful locally-owned, independently-run community newspaper.

Those who haven't yet, but still want to, can easily support Mainstreet with a donation in a number of ways. Please see options to the right.

Donate on the website: www.eshore.ca or...

Donate any amount, or subscribe to pay monthly without having to remember to do it yourself! Pay via:

- ⇒ Paypal
- ⇒ Credit Card
- ⇒ Etransfer (to mainstreet@eshore.ca)
- ⇒ Direct Deposit (at the Credit Union)
- ⇒ Cash or cheque (Box 140, Crawford Bay, V0B 1E0)

Go to www.eshore.ca for more information.

Thank you, Mainstreet supporters & community.