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Mainstreet Meanderings

by Editor Ingrid Baetzel

Friends in High Places

Are't we immeasurably lucky to live in a place where we can live so cooperatively and learn about each other's skills and gifts and benefit from them? I count myself as one charmed critter when I look around at the people in my life.

Last night, as I sat under a shifting quilt of colours in the evening sky over our benevolent lake, I took a little stock of the love and camaraderie that I, by some fluke/mishap/miracle, have managed to foster. Aboard a jolly vessel for about the fifteenth time this summer, catching the golden days as they come to us, counting our minutes inside perfection, I gave deep thanks for having those friends who had that boat, on that day, and were there in harmonious joy with me. We sat, with another spritely spirited, gentle friend and spoke about colour meditation, gratitude, living from the heart space, preferred pronouns, the rights of wasps, and how nicely a bottle of bubbly rounds out the day on the lake. The other friend, she with the bottomless bag of treats, snacks, balms and beauty, brought me into awareness, reflecting on the gaps and places I want to develop in my spiritual practice, and I felt immensely grateful for her kind heart.

Over a couple of days in August, I entertained two individuals in my home and experienced another kind of gratitude and grace in those

moments. One friend with a broken heart and in deep grief showed me her rawness and authentic self; we gently explored the million ways to navigate loss and learning. She opened herself up and shared with me and that gift was sacred, and I hold it gently even now. Another woman entered my house, my life and my friend bubble, and I was titillated at the newness and cuteness of fostering new friend love at this silly, well-developed age. We talked for hours, found myriad common threads, laughed until our bellies hurt and saw a bit of sunshine in each other that I know will develop into steady light.

I have friends who have left, who have shattered my heart. I have friends whose friendship I haven't fostered enough. I have friends who I've hurt and been hurt by. I am deeply grateful for each of these as well. There truly is learning inside of pain, as much, if not more, than any other time. Self-learning, awareness, reconciliation – these are by-products of loss. I thank each of you for the lessons and hope that I can only grow through that sacrifice.

To those who are in my everyday life – the ones who rally, who create space and energy to get together and share our time, the ones I golf with, the ones I game with, the ones I settle immediately into mutual appreciation with (even if we only see each other sporadically), the ones I sing with, the ones I act with, the ones I write with, and create with, even the ones I fight or argue with (a rarity, but still a blessing) – from the depths of my being, thank you. You have made this life. You are chosen family, sisters (and brothers) in spirit and sass. You are the million parts of me that make me better than I am by nature. Thank you, with everything I have. I love you all.

Centos Between the Ending and the End

by Cameron Awkward-Rich

Sometimes you don't die
when you're supposed to
& now I have a choice
repair a world or build
a new one inside my body
a white door opens
into a place queerly brimming
gold light so velvet-gold
it is like the world
hasn't happened
when I call out
all my friends are there
everyone we love
is still alive gathered
at the lakeside
like constellations
my honeyed kin
honeyed light
beneath the sky
a garden blue stalks
white buds the moon's
marble glow the fire
distant & flickering
the body whole bright-
winged brimming
with the hours
of the day beautiful
nameless planet. Oh
friends, my friends—
bloom how you must, wild
until we are free.

Letters to the Editor

SUPPORT FOR STETSKI

Dear Friends:

There couldn't be a worse time to call a federal election. The skies are still grey with smoke. Going to the beach these days is like going on a very hot winter's day. Dark Dank. Nothing to see. Very dispiriting. But the dogs plunge happily into the lake anyway even if I do not.

My garden is bursting with produce; people drive in and out of the yard every day, as they have always done, every summer. They pick fruit or vegetables. They go for a swim, come for tea.

But, there is going to be an election and I am worried about my grandkid's future.

So this election I am supporting Wayne Stetski because I have gotten to know him personally, as an amazing storyteller, and as a man who has spent his life very sincerely and in a very hard working personal way, in service to the Kootenay Columbia area. Wayne has served as: Mayor of Cranbrook; Director of RDEK; Director of the Kootenay East Regional Hospital District Board; Manager of the East Kootenay, Conservation Program; District Manager of the BC Parks; Manager of the Kootenay Region, BC Environment Ministry.

Wayne has raised his family here, and has worked as an environmentalist on many projects. He helped finally stop the Jumbo Ski Resort. He helped keep jet boats out of the Columbia River marshes. He has a good warm working relationship with the Ktunaxa and the Secwepmc. I know this because I have seen him in action.

He still, very quietly, delivers food from the Food Bank, all over Cranbrook, every week. He cheerfully rides his bicycle everywhere. He loves to do street walks, listening to people and asking how he can help. He works quietly across party lines to solve problems.

He supports local food and local farmers,

Right now, we are faced with huge issues: climate change, recovering from covid, and rebuilding our economy. We need good paying jobs that don't destroy the environment and that support us all. We need affordable housing. And we need to invest in public health, education, and elder care.

These are Wayne's priorities and mine as well.

He's the only one who can carry our concerns to Ottawa and make them heard.

Luanne Armstrong MFA Ph.D,
Boswell, BC

CAMPAIGN TO SAVE HARRISON CHURCH

Dear Editor

I have received several emails in the past week asking me to join a society (for a \$25 membership fee) to help save the historical Harrison Church which is up for sale. I will agree that it is a beautiful old building and has a lot of history and memories for this community. I am not sure that we should attempt to "save" it.

I have been told that the church has asbestos in the basement and severe problems with its roof. Even if the society is able to gather up the money to purchase the building, it will take a lot more money to get it into a serviceable and safe condition fit for community events.

There is another group that is working to renovate and repair the also historic Crawford Bay Hall. It too will require a lot of money to do the renovations required. Does the community really require both buildings and will you be able afford to service and maintain them?

Let me offer a Riondel perspective. Riondel was "gifted" the old school, the recreation centre and the medical clinic by Teck. The community did not have to pay to purchase the buildings but it now has responsi-

bility for all 3 buildings and cannot afford to keep any of them in good condition. The Recreation Centre has been condemned and is slated for demolition.

However, it has asbestos and that adds significantly to the costs of demolition. Without increasing taxes, we cannot even afford to get rid of this building that is unusable. The old school has a leaky roof and is poorly insulated and costs a fortune to heat. User groups pay rent to use spaces in an attempt to generate revenue to keep up with repairs. Even with the rent, the building is still being supported by tax dollars and we are nowhere near being able to do definitive repairs. At best, we are doing patch jobs as needed.

I think community is important. A building for people to gather- for music, social events, art- is also important. I would caution people to think though about the costs involved beyond just acquiring a building. Think about long term repairs and maintenance. Think about perhaps having one building that is well utilized rather than two partially utilized ones. Combining the efforts and enthusiasm of both of the groups that are trying to establish community buildings in Crawford Bay into one cohesive project will have better chances of success and in the end build a stronger community.

Just my humble opinion.

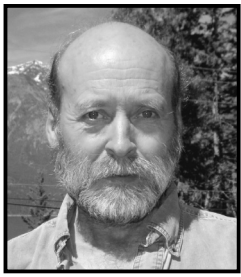
Sharon Webster, Riondel

COMPETITION OR COOPERATION?

Dear Editor:

Recently I was asked, "Are you concerned that the campaign to save the Harrison Memorial Church will cut into your efforts to restore the Crawford Bay Community Hall?" My answer was NO!

There is no such thing as having too many historical buildings in a community. Both buildings are closely tied to the early history of 'the Bay'. The first hall predated the church by one year, being built in 1919; the



RDCK Area "A" Update

by Garry Jackman, Regional Director

After the Smoke Clears

Although the fire season is not as yet over, many of us (including Tina and I) are feeling much less stress following the rounds of rain showers. Communicating recently with neighbours whose driveway is just one kilometer from us, I learned their upper property is still burning/smouldering and they were advised that would likely continue well into the fall. Their concern, along with many others, has turned to the impacts on water quality. Many of us have surface points of diversion a several hundred feet up the slopes above the east shore. Many dozens of us have large burn areas above our intakes. I would appreciate any input, to be treated in confidence as you wish, on water quality impacts so I can ask the provincial hydrologists to monitor the situation. I have already been advised there will be no compensation for water system impacts but I do want to encourage monitoring at the provincial level.

A concern many years ago following wildfires over a relatively large landscape was that of ground stability. I asked the BC Wildfire reps in a side conversation what their take on the impact of the fires along the east shore soils was and was advised so far it did not look as bad as what occurs during more intense fires more than a decade ago. That said, I believe a provincial forestry hydrologist would still be interested in knowing if there is a change in turbidity (dirt) or other water quality indicators following rain storms. The turbidity levels are used as an indicator in the spring

flood season as advance warning of potential land stability issues. I expect the same applies following a fire. Again, I would be willing to pass along any local observations.

A third concern on my mind is how readily will the tens of thousands of damaged and/or standing dead trees across several kilometers of landscape burn in subsequent years? Should harvesting of dead trees be a short term provincial priority followed by rapid reforestation? For steeper slopes would planting a deciduous canopy be a better choice than the traditional approach of planting for future saw logs? These are a few of the questions I will be seeking responses from the province on.

As stated last month, the province wide wildfire situation, which included a few fires very close to home, has brought many questions to the minds of our neighbours. Our emergency coordinator, Jon Jackson, prepared an information handout which many of you now have. Additional copies were left at the Destiny Bay Store and the Kootenay Insurance Services office in Crawford Bay. I believe the Riondel Commission of Management can print additional copies for those who want plus I can email a pdf format to anyone who asks. Ultimately only a few Area A residents were under evacuation order (Tye Creek cabins) while a few hundred more only reached the alert stage. By all indications, most people were ready to leave, but not all of us had our yards prepared sufficiently to minimize the risk of losing our homes if an ember shower rained down on our properties. The RDCK website home page still has bold links in red to go to the emergency services page. There is also still a link for the FireSmart - Home Assessment with a Wildfire Mitigation Specialist. This is a free assessment plus you can qualify for a \$500 grant towards the next step if you decide to get help to take action to reduce the fire risk around your home.

My other recommendation is to still contact Jon Jackson and his colleagues to ask about the new Neighbourhood Preparedness Program designed to guide groups of residents to collaborate with each other for mutual support in the event of an emergency: "Neighbours helping neighbours". Fall can be an ideal time for doing some of this work – as we clean up some of the smaller yard and garden debris on our properties we can consider bringing in help to do some of the heavier lifting to clean up the larger risk items.

Tidbits

Destruction of public lands – over the past month I have not heard any new concerns about environmental damage although there have been a string of vandalism events on the east shore.

The Regional Energy Efficiency Program (REEP) will continue for another four years through renewed partner contracts. The program can help local residents from advice to action on how to improve their home energy efficiency. Look on the RDCK website for details.

Fall meetings with provincial Ministers and senior staff – we are coming up to the annual meetings with provincial reps, once again to be held as a virtual event from 13 September 2021 through to 17 September. Some key RDCK subjects of interest include protection of watersheds, infrastructure funding and forestry policy in general. What items do you want me to raise?

If you have questions or comments on any topic, please drop a note to gjackman@rdck.bc.ca or call me at 250-223-8463.

Letters...

church was built adjacent to that hall in 1920.

Both buildings should be saved and I encourage local and regional residents to support both campaigns. Having them both stand adds to the historical resources sought by visitors and adds to our shared sense of place.

This is a case of more is better. For information about saving the Harrison Memorial Church contact Zora Doval at 250 777 1856. For information about restoring the Crawford Bay Community Hall contact me.

Susan Hulland, Crawford Bay



Hidden Taxes

by David George

Century—one hundred years. Also a cricket term for 100 runs in a single innings by a batter. Many other definitions exist, but the point here is that I have now stepped up to the wicket or the soapbox, and written "Hidden Taxes" each month for 100 months. It is still fun to write, and I hope, for you to read.

Nothing much new to go on about this month, except that Canada's Olympic athletes won a gratifying number of gold, silver, and bronze medals and deserve our congratulations. The Paralympics should also result in many Canadian medals.

Last month I wrote about co-ops, and some further notes about co-ops follow. More information is easily available online.

A century ago, on the 28th of May 1921, the Dawson Co-operative Union was formed to bring reasonably priced food to Dawson Creek. The first purchase was made in Grande Prairie where inventory was bought and brought back to Dawson Creek.

On June 9th, 1921 the co-op rented a 2-room building for \$200 per year, which was paid in shares and merchandise. A year later the co-op reported a surplus of \$350.86. In 1931 the railway came to Dawson Creek, and the store was moved on rollers by horses a mile and a half to be near the New Town. Newer facilities include a home and agro centre, and petroleum cardlocks. Membership shares cost \$10 per person, and there are more than 14,000 members, about the size of the Nelson Co-op. A dividend is returned to the members each year.

Ocean Spray cranberry and other juices are produced by a large US co-operative, based in Lakeville, Massachusetts. Started by three cranberry growers at the beginning of the Great Depression in 1930, this co-op sent millions of cans of cranberries to troops in the second World War, and

by 1980 had sales of US\$500 million.

Now there are about 700 grower families who are members of the co-op, and sales are more than US\$1 billion annually. There are grower members in the US, Canada, Mexico, and Chile. Ocean Spray has been our favourite for cranberries and juices for many years, ahead of the Western Family and President's Choice juices and cranberries.

Not a co-op, but employee owned - Familiar with Litehouse dressings in many stores including our Crawford Bay Market? They are produced in Sandpoint, Idaho, in a business founded in 1949 by Ed Hawkins, with his recipe for blue cheese dressing. Many years later after expanding and producing their own blue, feta, and gorgonzola cheeses, the family began transferring ownership of the company to the employees. Since 2014, Litehouse is 100 percent employee owned.

Neither co-op nor employee owned—SunRype, in business since 1946 has been producing those not from concentrate blue tetra-pak boxes of apple juice for many years now. Initially SunRype was a co-op associated with the British Columbia Fruit Growers' Association from 1946 to going public on the Toronto Stock Exchange in 1996 after a failed hostile takeover attempt.

The company was bought by the Pattison group in 2013, but was sold to Lassonde Industries, a numbered Quebec company, near the end of 2019 for only \$80 million, about half of the usual annual sales figure. Given that Jimmy Pattison is BC's richest person, he surely would not have sold SunRype at a loss. He still owns Save-On Foods and the former Overwaitea stores.

Small correction— Last month I gave our local Eastshore credit union branch hours incorrectly. The branch is open for in person banking, as of 25th August from 10am-1pm and 2-4pm five days a week, Monday through Friday. Closed for lunch Noon to 1pm. Masks are once again required for entering the branch. Telephone enquiries from 9am to 4:00pm (250) 227-9221 That's all for now, folks.



OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0
Editor: Ingrid Zaiss Baetzel (since 2002)
 Phone: 250.505.7697
 Email: mainstreet@eshore.ca
 Web: www.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

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The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake.

Riondel Fire and Rescue Blotter

by Fire Chief Cory Medhurst

September is upon us and with that comes the return to school for many of our East Shore kids. Please be aware that the school buses will begin the regular routes during the first week of the month; obey the flashing lights and big paddle stop sign; and watch for children crossing the highway before and after the bus has stopped. Remember, when the time changes, the first ferry schedule lines up with the morning bus route so leave yourself plenty of time to get to the ferry, without having to pass the school bus. If one does decide to pass a stopped bus with lights and paddle activated, the driver or any witnesses can report it to the RCMP, and one can expect a visit from a friendly neighbourhood constable with a possible \$368 fine. Let's avoid the stress and keep our next generation safe, slow down and obey school bus lights and signs.

Cooler evening temperatures have already been felt during the last week of August and signals the beginning of fall. We would like to remind everyone to be cold weather prepared. Have your chimneys cleaned before your first fire; move all furniture, curtains, wall hangings, and any other combustibles away from your baseboard heaters; and make sure any oil or electric heaters are a safe distance from ignitable sources. As a reminder, if you do experience a chimney fire call 911 and then turn down the stove and throw a cup of water in the fire, closing it down afterwards; the steam produced will extinguish any flames and can be repeated if necessary. The fire department will attend to ensure the fire is out.

August has kept us busy with calls to service were as follows:

July 30 – 2 members responded to a call for medical assistance in Riondel to assist paramedics with patient assessment and movement.

August 3 – 3 members responded to a call for an unresponsive person in Riondel. The crew assessed the patient while waiting for the Paramedics and proceeded to help with patient movement from the lakeside up a narrow, sandy path to the ambulance.

August 8 – A call for a fire and medical alarm in Boswell was received from dispatch who informed the monitoring company that there is no fire protection in that area, and unfortunately no fire department to investigate; they were also asked to call ambulance services to check on the medical alarm.

August 8 – Another call for a fire alarm only was received from dispatch for the same property as the previous call. The company was again informed that there is no fire response at that address.

August 9 – 3 members responded to a report of a campfire burning on a property North of Riondel during the fire ban. When the crew investigated, they found a propane fire pit and stood down.

August 10 – A call for another suspicious campfire in Riondel had one member respond to find another propane fire pit.

August 10 – A call was received from dispatch for an explosion with scalding from boiled water in Gray Creek. When the caller was informed that the ambulance was coming from Creston, they decided to cancel the request and “wait to see how things turn out”. There was no official response from our department, but the patient called a neighbour (an off-duty member) who was able to assist.

August 11 – The same fire from the previous evening was called in again and was found to be a propane fire. We do appreciate the calls and concerns and take

all calls seriously until proven not to be an actual fire.

August 17 – 3 members attended to an urgent medical call in Pilot Bay. The crew assessed the patient and waited for the ambulance Paramedics to arrive and proceeded to assist with patient movement.

August 19 – A single vehicle rollover on the Crawford Bay summit had 4 members respond for road safety and patient assessment. As the ambulance was on the ferry and returning from Nelson, our crew assessed the patient and maintained a safe work zone while waiting.

August 22 – Another motor vehicle incident had 5 members respond to the Crawford Bay summit for a single motorcycle incident. The driver hit gravel on the corner and lost control, ending up 15 feet off the highway with the motorcycle resting on him. A couple of Riondel residents witnessed the crash and stopped to help. The crew maintained a safe work zone on the highway and assisted with patient movement.

August 22 – Before the crew was able to clear from the last MVI, another call came in for medical assistance at Fish Hawk Bay marina. As our local ambulance had just transported the previous patient, our crew assessed the new patient and waited with them until the Creston ambulance arrived.

As always, we'd like to remind everyone that Riondel VFD is recruiting new members to join our amazing team; stop by the fire hall on Thursday nights between 7PM and 9PM to meet the team, fill out an application and begin the exciting journey of becoming a volunteer firefighter and helping our community in times of need. Also, don't forget to have your house or property identification number, or address sign properly posted for easy and quick visibility to find you in an emergency.

We still offer signs, call or text 250-551-1352 or email cmedhurst@rdck.bc.ca.

Yarns From the Back Alley Shepherdess

by Barb Kuhn



Although I was born with all my fingers and toes (to the vast relief of the nurses and doctors attending my birth), I am a survivor of one of the biggest pharmaceutical health scandals of Canadian History.

My mother, unwittingly, took a drug, then called phthalidomide, until my birth. Fortunately, she started taking the drug only 5 months before I was born. Those unfortunate enough to have been exposed to thalidomide in utero in the first trimester of their mothers' pregnancies, were not so lucky. The effects were more obvious. They were born without limbs and their life expectancy was significantly shorter. All of us were at risk of being miscarried at even a single dose of the drug, at any point in our gestation. I am very fortunate to be alive.

My small bladder is legendary (ask Russ, my partner, he can tell you how many pee stops it takes between here and Calgary), I have a heart murmur, I have problems with sugar metabolism and I am at least 1/3 smaller than my siblings. After learning that thalidomide has been used to cut off the blood supply to tumours in cancer patients, I have come to the conclusion that I was, in my mother's womb, treated as a tumour. It was not a comforting thought.

After a lifetime of struggling with blood sugar and inflammation issues, I find it imperative that I share my story with the rest of the world. I have not been compensated by the drug companies that produced thalidomide nor do I want to be.

I am a Registered Nurse, currently registered in Idaho and Montana in the USA. I am a graduate of St. Clair College of Applied Arts and Technology in

Windsor, Ontario. Before that, I studied Nutrition and Biology at the University of Windsor in Windsor, Ontario. I was originally licensed in Ontario as an RN. I soon moved to Montana and wrote the NCLEX RN and have been licensed there ever since.

My travels took me to Phoenix, Arizona. I worked as a Med/Surge nurse at a hospital there. It was there that I was forced by doctor's order to administer thalidomide to a cancer patient.

Needless to say, I was mortified. The patient was a middle-aged woman and thalidomide was only one of the 30 medications that were on her medication list. It was like a spotlight, a beacon shone on the word “thalidomide” as I read her list. I was on the phone to the hospital pharmacy immediately.

I asked them if it was a joke that I, a thalidomide survivor, was to give a patient thalidomide. The answer was that it was a safe and effective drug to decrease blood supply to tumours.

Wow. Frances Oldham Kelsey must be rolling over in her grave. (Please refer to “thalidomide scandal” on Wikipedia.)

I will leave you there, just to think about this... A person who is lucky to be alive because of a drug interfering with her normal fetal development, had to give someone the same drug in the hospital setting. Even more disturbing was that the pharmacist didn't understand why I would have a dilemma over this..

I did give the drug. There were no adverse events that happened. If there had been, I would have been held responsible—personally, legally and financially. I was the one who actually administered the drug.

Please have compassion for all the healthcare workers out there who feel that they are powerless to do anything other than what a doctor, insurance company, or peer pressure has told them to do. It is only when we are held accountable that we realize that we have the power to say no. In fact, it is our legal and moral obligation to do so.

All the liability insurance in the world does not erase the toll on our mental, emotional and spiritual health as compassionate caregivers.

I invite anyone who would like to comment to contact me confidentially by snail mail. Please send your hand-written letter to: Barbara Kuhn, PO Box 300, Crawford Bay, BC, V0B 1E0



Carrier Lumber

by Tom Lymbery

The Carrier Band of indigenous people lived around Stuart Lake, Fort St James BC. The women had a tradition of carrying their deceased husbands ashes for three years - hence the name.

Fort St James was the first place in BC settled by white people when the Hudsons Bay Co arrived and later Sir John Douglas was in charge, years before he was sent to Victoria. Fort St James was sustainable because of the annual salmon run from the coast.

Carrier lumber took the native name in Fort St James but the mill has now moved to Prince George.



Hacker's Desk

by Gef Tremblay

Oil and Smoke

Going to the beach to get a break from the forest fire smoke, two SeaDoo come zipping and spiraling in front of me. Aimless, nowhere to go, wasting time in front of me as there is nothing else of interest on the lake. Spreading oil and gas on the still water, creating a reminder that even if I try to get away from the smoke, there is more pollution that sticks to me floating on the water. I can taste the gas as I enter the water. I marvel at the idea that jumping on a SeaDoo is the preferred activity in the midst of forest fire. A lot of us don't really care about global warming, let alone polluting our lake out of boredom. This symbol of the SeaDoo, zooming around in this thick smoke from the surrounding forest fire, feels somehow surreal.

I don't blame them. It's a difficult situation that we are in. If I listen to everything that is going on in the news, it's easy to fall into despair, confusion and depression. At the same time, if I cut myself off from everything that is happening, I feel that I would trade in a lot of my humanity for peace of mind. I would need to let go of a lot of my emotions and compassion to simply not feel and react to what is happening around me. At the same time, I understand why people prefer that, it can be a question of survival. Where to go from here? How to balance the awareness of what is happening around the world, while maintaining my sanity?

I started leading meditation sessions again. Although I've continued learning about and practicing meditation, it's been over eight years that I lead

any classes. I felt really excited about the prospect of teaching again when Nicole asked me if I was interested in helping her set up a meditation circle. Meditating in a group is such a powerful way to connect at a different level, simply experiencing the moment and sharing our experience and where we are at. It's such a human experience, and for some reason feels radically different. I'm really happy to be able to share all that I've learned in the last almost 30 years of different practices, from lucid dreaming to Taoism, yoga and chi kung. All these different techniques can be combined to navigate the needs of the group.

I am surprised how strong of an effect the meditation circle has on me, I can feel the effect for a few days and for some reason being in a group has a powerful effect. These vibrations that we all share which are heightened during meditation are so relaxing and healing.

It's hard to believe that this is one of the most potent actions that can be done these days. Connecting with other people with the simple goal to feel better and maybe have a chance to let go of limitations and frustration that are bugging us. It's also quite different than meditating alone - the group, the circle, creates something different and more potent. I got annoyed in the past month sitting in meditation. I felt I was not doing enough, not changing the world and not taking a stance to bring change around me. But being in a group changes these feelings.


Meditation should be next to flossing, I'd love to see meditation being taught in school and be accepted as a 'mental first aid'. It shouldn't be attached or linked to different lineage or religion, but just accepted as a normal day-to-day mental wellness habit.

But would meditation bring about changes in me and in the world we live in? It's a difficult question I ask myself often as meditation often feels so passive. Why would I sit comfortably when I could do all these

other things to change the world. When I take into consideration that meditation only takes one hour in my day, it's clear to me that all these negative thoughts are really only there to get me out of meditation. I still have another 23 hours in the day! So in a sense, I really don't have to answer that question to myself. It feels good and it helps me. Hopefully, it also helps others around me.

From studying all these different meditation techniques, I saw that there are probably as many ways of meditating that there are humans on the planet! There is a meditation technique for everyone. Whether you are sitting or standing, walking or dancing, focusing on your breath or on your hearing, all these elements will affect people differently. This is why, when I invite people to meditate, we always try different techniques and practices, to explore as many experiences as possible so that we can discover what works for us and how we are affected by different points of concentration.

If you feel, like me, unclear about where to go or how to ground yourself these days, feel free to drop by at Tara Shanti, on Tuesday night from 7 to 8pm (the practice is offered by donation).



"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!

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www.futures.bc.ca

Growing communities one idea at a time.

Introducing Green Party MP Candidate for Nelson/Creston

submitted by Mary Donald



Rana Nelson grew up in Saskatchewan, and has lived and travelled all over Canada, including 18 years in BC and four in Ottawa. With a BA in English, she has worked and volunteered in affordable housing, employment, healthcare,

education, communication, tourism, and immigration. In Revelstoke now, she enjoys exploring the mountains, forests, and lakes of the riding with her family, and is working to ensure the human family can continue and restore its connections with the land.

Rana is running for MP because she has realized it's not enough to "do her part" for climate change and social justice. These issues need governments to implement laws so that they and big business act in the greater good and support communities to develop local alternatives to resource exploitation. Her priorities? To understand what Kootenay-Columbia residents need to thrive and how she will work with them to make that happen. Rana sees Canada's "bounce forward" occurring through:

Climate Action and a Green Economic Recovery: BC is burning, drought is killing crops and live-

stock, and we're clearcutting old-growth. We need summer, not "fire season." To have a liveable future, we must change our industry practices, most importantly, moving investment and subsidies in oil, gas, and coal to green energy. We have an exciting opportunity to green our economic recovery with a just transition to ensure fossil-fuel and forestry workers are part of that shift. The economy, the environment, and our health are so intertwined that when we start cleaning up and actually protecting our air, water, and soil, we will reap the benefits in all areas of our lives.

Social Justice: Lack of affordable housing and childcare, staff shortages, and a living wage are issues throughout the region. Solving them requires participation from all levels of government, as well as citizen action. As part of the Revelstoke Community Housing Society, Rana has experienced that solutions can be a long process; they have just this spring started building an affordable apartment complex that has been years in planning. However, in the face of setbacks, citizens must persevere. Countries with a strong social safety net have healthier, happier, and better-educated citizens. Changing Canada's measure of success from "things produced" (Gross Domestic Product) to "people thriving" (Great Domestic Health, perhaps) would result in more-connected communities, more-meaningful work, people and nature being cared for, and reconciliation with Indigenous, Metis, and Inuit in a way that everyone feels valued.

See greenparty.ca/en/reimagining-our-future for information on the Green Party platform. To volunteer with, request a sign, or donate to Rana's campaign, email her at rana.nelson@greenparty.ca, text/call 250.837.1437, and find her on Facebook at [rana.nelson.greenparty](https://www.facebook.com/rana.nelson.greenparty), Instagram at [ranamnelson](https://www.instagram.com/ranamnelson), and Twitter at [@ranamnelson](https://twitter.com/ranamnelson).

Federal Election - Sept 20, 2021 Nelson/Creston Riding Candidates

press release, excerpted from Nelson Daily News article, Aug 16

Voters in the Kootenay-Columbia riding will head to the polls for the second time in less than a year during the COVID-19 pandemic after Prime Minister Justin Trudeau visited Gov. Gen. Mary Simon at Rideau Hall Sunday to dissolve the 43rd Parliament triggering a summer election for Monday, September 20.

Last fall BC Premier John Horgan, holding a minority government, won a majority mandate after calling a provincial election during COVID-19.

Voters in Nelson area, the East Shore, and the Kootenay-Columbia communities of Creston, Revelstoke, Cranbrook, Golden and Fernie — a riding that borders both Alberta and the United States — will have four candidates to choose from on September 20.

Conservative Rob Morrison is the incumbent MP after defeating Wayne Stetski of the NDP in 2019 with 44.8 per cent of the vote.

Stetski won the Kootenay-Columbia riding in 2015, defeating Conservative incumbent David Wilks by a slim 282 votes.

Also vying for the seat is Robin Goldsbury of the Liberal Party, who finished third to Morrison.

The fourth candidate in the Kootenay-Columbia riding is Rana Nelson of the Green Party.

ArtConnect Seeks Support

press release

ArtConnect is urgently requesting the assistance of Kootenay residents in the rescue and preservation of the historic Harrison Memorial Church in Crawford Bay, B.C.

Harrison Memorial Church is currently the property of the Anglican Church of Canada, which has listed the property for sale. The residents of Crawford Bay and area have used the church as a gathering place since its construction by Commander James Matthew Harrison in 1920. The Harrison family is related to British historical figures such as Josiah Wedgwood, Charles Darwin and composer Ralph Vaughan Williams (see attached for more information). Weddings, funerals, concerts and other events have brought the residents of the Kootenays together under the roof of the Harrison Memorial Church for the past 100 years.

ArtConnect is a registered non-profit society in B.C. It was formed to serve as a forum for artists to connect, exchange ideas, offer mutual support, and promote multi-disciplinary arts and culture activities on the East Shore of Kootenay Lake. ArtConnect has a vision for the continued community use of the church with the intent of preserving it for the community and future generations. We propose to use and administer the Harrison Memorial Church as a venue for music events, art shows and workshops, literary art performances, yoga & contemplative practices and lectures on topics of special interest.

This is an urgent request for the assistance of the East Shore communities. \$245,000 must be raised immediately to save this historic community resource. Give the Harrison Memorial Church a new life as a place for contemplation, celebrating life's events, and fostering our precious local culture by making a donation, providing a letter of support or volunteering your time. The best way to support this cause immediately is to become a member of the ArtConnect Society. Your membership of \$25.00 will allow the society to demonstrate community's support and give more access to available grants. Send \$25.00 as membership to esartconnect@gmail.com.

For more information about the Harrison Memorial Church, ArtConnect or to make a donation, contact Zora Dorval or Lois Wakelin at esartconnect@gmail.com or at (250) 777-1856 (Zora Doval) or (250) 277-9126 (Lois Wakelin).

History of the Harrison Family

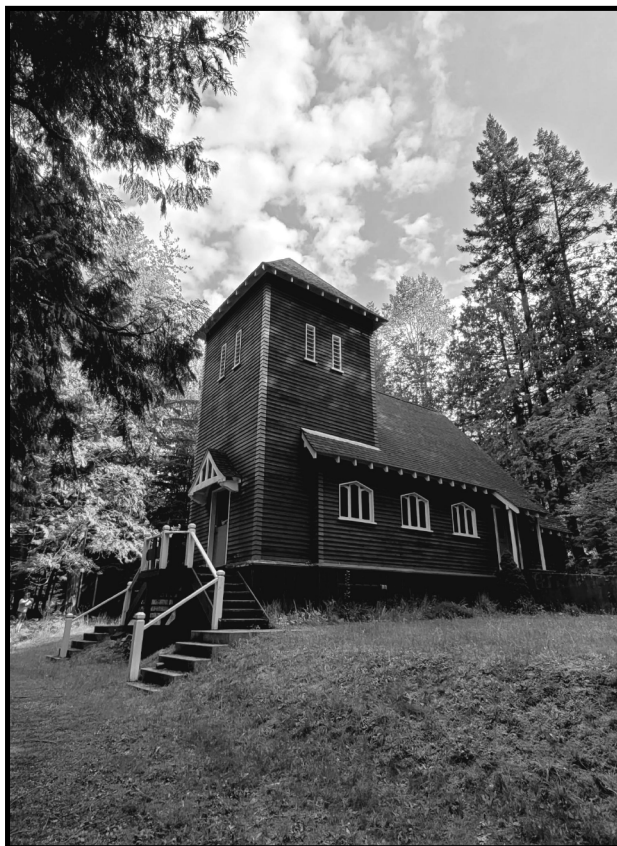
Matthew James Harrison, was born in 1846 in England. As a Royal Navy (RN) Lieutenant, he took part in a voyage on HMS Topaze. During a stop at Rapa Nui, also known as Easter Island, his shipmates discovered two basalt moai known as Hoa Hakananai'a and Moai Hava. The moai and a sketch drawn by Harrison were presented to Queen Victoria, who donated the pieces to the British Museum.

Matthew married Lucy Caroline Wedgwood on 29th of April 1874. Lucy was the great grand daughter of the founder of Wedgwood China, the great niece of the British naturalist and evolutionary theorist, Charles Darwin and the aunt of the composer Ralph Vaughan Williams.

Matthew and Lucy had five children: Geoffrey, Ann Dorothea, Thomas, George and Lucy Ursula. Geoffrey died from scarlet fever at the age of six, and Thomas and George were killed in World War I.

Lt. Commander (RN) Thomas Edmund Harrison was killed on the 22nd of September 1914 when his ship, HMS Aboukir, was torpedoed by a German U-boat off the Dutch coast. His brother, Lt. Commander (RN) George Basil Harrison was killed on the 30th of

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December 1915, when his ship, HMS Natal, exploded in Cromarty Firth, Scotland. The cause of the internal explosion – faulty cordite - was kept secret by the British Admiralty for years.

In 1908, Commander Harrison started to build his retirement home near the shores of Kootenay Lake. He had journeyed to the area years before during shore leave. Lucy and their two daughters joined him at their new home, Freckleton, (now known as Wedgwood Manor) in 1911. Sadly, Lucy died in 1919, and soon after Commander Harrison began the construction on the Harrison Memorial Church, built to honour his three sons and his wife Lucy, and "so that members of the Crawford Bay community might have opportunities for Christian worship". Commander Harrison passed away in 1926.

His sole surviving child Ann Dorothea (known as Nancy), inherited the church. She gave the Harrison Memorial Church to the Women's Institute, which in turn, provided the property to the Anglican Church of Canada in 1944.

Sale of Harrison Memorial Church

by Trevor Freeman
Executive Archdeacon,
Diocese of Kootenay

Like many of you reading this, the Anglican Church has deep roots along the East Shore of Kootenay Lake. Settlers brought their faith with them along with their commitment to building new communities. St. Anselm's (Boswell) and Harrison Memorial (Crawford Bay) churches are a testament to our deep roots.

It is with a measure of sadness then, that we acknowledge that we are looking for a buyer for these properties. We have listed the properties on the open market in an attempt to find the right buyer.

Christians are called to serve and in changing times we need to be good stewards of our resources in order to enable that service. It would be wonderful if both properties could remain in use as a community building and we would be happy to receive an offer from the community or from community members.

Every offer, regardless of its source, will be considered fairly and on its own merits. We have engaged a local agent, Scott Veitch, to list the property.

Questions relating to the sale can be directed to him at scott.veitch@century21.ca. Thank you for your commitment to your community!

Harrison Memorial Church update on our campaign for SAVING OUR BEAUTIFUL HERITAGE

by Zora Doval for ArtConnect

We are very happy to inform the community that our society's campaign to save the heritage building of Harrison Memorial Church for community use is proceeding quite well and we hope for a successful outcome.

We are currently conducting a membership drive and I am deeply touched to see how many of our neighbours care about this sweet old building. And not only locals! We now have members from England, Nelson and surrounding areas. I wish to thank all of you who are now members of the society for expressing your trust in our mission.

If you want to help our campaign, the most important form of support right now is to become a member of the South Kootenay Lake ArtConnect Society which is acting on all of our behalf. Your membership counts as a vote in support of the project. The amount of \$25 helps our operating budget and will also help with the actual purchase of the building. We need your membership to demonstrate the community's support for this building with the government agencies and granting bodies.

Good news:

According to the preliminary assessment by two local carpenters it seems that the building was well built indeed and has sound bones! It is standing straight and tall without showing signs of its honourable age. It has most excellent acoustics very suitable for concerts of many kinds. It has a very special serene atmosphere both inside and outside with beautiful tall trees guarding its peace.

Bad news:

Right now, this exquisite heritage building is not protected by any law from any form of alteration or even demolition! Incredible as this sounds, it is true and this building may be gone forever.

I know that times are strange and taxing, with many demands on our attention. Ecological and other humanitarian issues are rolling in faster than we can solve them! However, as humans "we are not alive by bread alone" (Christ's words). We also live for beauty, nature, goodness and music and communion with others. Let's not wait until it is too late for this beautiful sacred space. Please help us save it for all of us, and the children and the grandchildren as well! The building faithfully served this community for 101 years and it can stay another 100 year or longer,

Our board is fully committed to this cause. Please support us with your membership. Do not hesitate to give me a call if you like more information or clarification Zora at 250 777 1856. You can also find us on Facebook (To register as a member, please send e-transfer with \$25 to esartconnect@gmail.com





Thoughts from the Frog Pot

by John Rayson

VACCINATION

I have followed the vaccination debate for some time and have been inundated by individuals who feel that vaccination is unnecessary and part of a “hoax”. I am increasingly amazed and distressed by individuals who believe all conspiracy theories they read on the internet but argue that information from recognized experts is not fact but fiction.

I do note that those who are opposed to vaccines somehow seemed to have survived diseases such as whooping cough, diphtheria and polio to name only a few. Small wonder; all children are vaccinated against these diseases at an early age: in fact, 95% of B.C. residents have received these vaccinations as infants. I must assume their mothers provided the initiative as they do not seem to have the same sense of responsibility. We have “herd immunity” for these conditions and they do not occur in our children. The province of BC also provides immunization for Influenza b, hepatitis b, meningococcal viruses, measles, mumps and rubella. These vaccines are given to infants at Public Health Units and provided free for all infants in BC. Approximately 89-95 percent of infants receive these vaccines. The program is not mandatory but as can be noted the program is adopted voluntarily by our society and considered necessary for the health of children.

Vaccination has a long history of useful preventive medicine, stretching back to the development of the

smallpox vaccine by William Jenner in 1802. Smallpox has now been eradicated from the world. Vaccination is the most cost effective medical therapy in the world and a total of 88% of all children in the world have been exposed to some form of vaccination.

We are now faced with an epidemic of Covid 19 virus with the ability to severely disable or kill individuals. We have a vaccine which is effective and yet we are having a great debate as to the necessity. The mRNA vaccines are not new; they have been under development for 30 years. In addition, we have developed the ability to identify the genetic code of organisms very rapidly. The genetic sequencing of Covid 19 was done rapidly and shared with the whole of the scientific community. At the same time, the American government, through, of all people, Donald Trump, provided massive amounts of research money for the development of the mRNA platform for vaccines. Multiple respected researchers were able to pivot from investigation of such viruses as Zika to Covid 19. These researchers were now in a position to solve the problems of temperature instability and inefficiency of the mRNA platform and thus rapidly develop a safe and effective vaccine. This vaccine is effective against the Delta variant and we must stop the spread of this virus before more resistant strains develop.

The debate for the necessity of this vaccination continues. Statistics provided across Canada and in many states of the U.S. identify that 98 percent of patients with Covid 19 hospitalized and in I.C.U. are either totally unvaccinated or incompletely vaccinated. Need one state the obvious?

We are told that if we require mandatory vaccination our human rights will be violated. What nonsense. We live in a rules-based society. You have the right to drink as much as you wish but you do not have the right to drink and drive and kill or injure me. During my time in medical practise the policy of smoking

in hospitals underwent a complete reversal. When I entered practise, you could smoke in bed in the hospital. Would that be tolerated or even conceived as reasonable today?

I applaud the decisions of both the Quebec and BC governments to require a vaccine passport in order to attend public gatherings, eating establishments, concerts, sports events and other facilities. I have travelled to many other countries and many require proof of vaccination for certain diseases if you wish to enter the country. This is not a new process. We live in an increasingly interconnected world and many more disease challenges lie in the future. Let’s not blow this one.

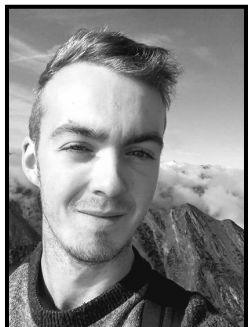
I leave you with a quote from John Stuart Mill an English political philosopher and economist of the 1800’s: “A person may cause evil to others not only by his actions but by his inaction, and in either case he is justly accountable to them for the injury.”

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Young and Dumb

by Arlo Linn

On Foreign Film

What is the underlying difference between domestic and foreign films? Films in any culture strive for a common goal; namely, the entertainment and attention of their viewers. For people to enjoy a film they have to find it compelling and interesting. This is hopefully achieved through many different mediums within the film itself; shot composition, action scenes, and not least importantly, the driving story and narrative of the film. It’s the story and narrative in foreign films that interest me the most, as those are the aspects that differ most from our domestic movies.

The reason it’s important to watch foreign films is that their cultural understanding of narrative, imagery, and story can completely differ from our own. As a culture grows and adapts certain narratives and stories are passed down. As these stories travel through the generations, the story influences the growing culture of the people, just as the people change and retell the story. The story over time becomes the culture of the people who tell it. This means that an object of phenomena can have a compelling narrative attached to it that people will unquestioningly affix. Even if the stories or religion have been forgotten by the public, the stories remain ingrained. All of our stories can be unique as well; how two cultures view something, such as the rainbow for example, can greatly differ. In a foreign film the rainbow can represent and stand for something that a rainbow in a domestic film cannot.

Through the biblical traditions of people of the Jewish and the Christian faith the rainbow has a precise meaning. God put the rainbow in the sky after causing the earth to flood for 40 days and 40 nights as a sign of his covenant with Noah and all humankind that he would never again flood the earth as he had. The rainbow is the sign of a promise with the Lord.

More recently the rainbow has been used as a symbol of unity against oppression by the growing LGBTQ+ community. It’s a symbol of love, which although is different from the biblical tradition it’s obvious that the rainbow’s cultural roots for us rest in the stories of the bible. But if we look at another culture; Japan for example, the stories formed around the rainbow are very different from our own. In the oldest surviving Japanese cultural text *The Kojiki*, a story tells of a heavenly couple that while standing on a rainbow bridge stirred the sea with long poles and created land. Ever since the traditional culturally affixed value of the rainbow in Japan is a bridge.

It may seem obvious that cultures have different values tied to certain objects or phenomena than our own, but in the context of a film this can be fully observed. In a film you use a complicated mix of show and tell to impart your story upon the viewer, some movies even use flashes of imagery in parts in order to tell their story (The opening scene of the David Lynch film *Eraserhead* come to mind, as well as the closing scenes of the Stanley Kubrick film *2001: A Space Odyssey*.) The goal of scenes like this can be to try and impart a feeling upon the audience. It may not necessarily be trying to communicate itself as a whole viable story, but by flashing imagery that the viewer may have an affixed cultural value to, a filmmaker can impart a great amount, even if the viewer doesn’t necessarily know it.

I know the two examples I gave are domestic movies, but think how these films may be viewed differently by different cultures. Our cultural meaning of imagery is not the same as a different culture. Their

relation to nature can be very different from our own. The reason I find joy watching foreign films is that sometimes ideas that are socially ingrained to me can be flipped on their head and viewed differently because that culture has been telling themselves a different story for 1000’s of years. It’s important to recognize the meaning of the world around us, but it’s important to remember that these ideas are not fixed, and that in an ever growing and diverse world it is important to be able to recognize how something as simple as a rainbow can be viewed differently.



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Crawford Bay Hall UPDATE

by Susan Hulland,
Hall Board Director

Depending on prevailing Covid 19 protocols in this fall our 2021 annual general meeting will be held October 5, either online or out of doors. Watch our Facebook Page (@crawfordbayhall) and bulletin boards for details. We invite the public to attend to offer comments about our plans to rejuvenate and to preserve a building that's been important to our community since 1938.

Regrettably one of our longest standing directors, Gina Medhurst, will be stepping down at this meeting after serving our association since 2005! She served as our treasurer for years and has been our president since John Edwards stepped down in 2019. These are very big shoes to fill and we hope that some new people will step up to join us.

Please consider becoming a director, a committee member or an ad hoc volunteer to help us with the important work of maintaining our hall, park and boat launch. The criteria for becoming a director is that you are 18 or older and live within our taxation levy area which is shown on a map posted on our Facebook Page. One of our directors can be 16 or 17 years of age, so this is a chance for a younger person to help us too. Anyone can become a volunteer and there are always tasks they can help us with.

Silent Auction Fundraiser: Our association will host an online Silent Auction in early November. We hope that you will help us 'Raise The Roof' on our 83 year old community hall by participating. The event will take place over five days from Friday, November 5 until 9:00 on Tuesday, November 9 on our Facebook

Page which can be accessed via @crawfordbayhall. We know that a live auction would be more fun. (Remember when the whole community turned out, the hall was filled to the doors and you could hardly talk over the noise of friends greeting friends?) Well, that was then and now is now. Covid restrictions have changed everything, and we have to find new ways of fundraising. If you are not on Facebook, you can participate by getting together with a friend who is and bidding through them. Items can be picked up on Saturday, November 13. Information about pick-up location and payment options will be posted well in advance of this event.

We are soliciting auction donations from businesses and individuals for new and gently-used items, as well as services and experiences. There will be lots more information in the October issue of this paper and on bulletin boards. To donate please contact Leona Keraiff 250 227 9361 at lkeraiff@cbhall.ca or Sheena Sobkiw at Sheena.sobkiw@century21.ca.

Hall: There is good news regarding community fund raising for the hall project. Belinda and Will Stewart recently made a generous contribution to our hall renovation fund. Belinda wanted to express her sincere gratitude to the community for the prayers, texts, emails and funds sent her way recently. Four more of Bruce Paterson's colour prints of the hall have sold as well and two of them are going to Kent, England!

By the time the September Mainstreet hits the newsstands Tratech Mechanical of Creston will have installed a new propane furnace in the building, replacing the one that was 29 years old. The new unit will be more energy efficient, and we thank the Regional District of Central Kootenay for help with the cost of this necessary improvement.

Park:

Who knew? The unassuming tennis courts in our community park would be instrumental in the success of Canada's newest pickleball champions! Tyler and

Stacey Keraiff were introduced to the sport right here in Crawford Bay just last summer and they recently placed first in their category at the Pickleball Canada National event in Red Deer, Alberta. The tennis courts which were built by Kokanee Springs almost fifty years ago continue to serve our community well.

A tip of our hats to Nolan Evans of T&N Scrap Metal Recycling of Creston. He was in Crawford Bay working on several bigger jobs but agreed to make a special stop at our community park and take away the old metal bleachers that were at the far end of the soccer field. Our park looks better for your help, Nolan. Many thanks!



National Champs! Stacey and Tyler Keraiff recently competed in the Pickleball Canada National Championship held in Red Deer, Alberta the week of August 9 to 15. Teams from all across Canada were there. After seven matches (fourteen games of pickleball) in nine hours, the couple were able to capture the gold medal in the 35-49 age /3.0 category. Stacey and Tyler are new to the sport of pickleball. They were introduced to it right here in Crawford Bay, down at the park last summer. You may recall that Tyler and their daughter Annie painted the court lines last August.

Photo credit: Pickleball Canada

Crawford Bay Hall Memories & Musings

by Leona Keraiff

Myrna Strom's 23 years of community service as a school trustee started in the Crawford Bay Community Hall almost 50 years ago. She attended a community meeting where Creston School Board officials were in attendance. The possibility of grades 11 and 12 being moved from Crawford Bay was a hot topic. Myrna was spurred to attend and to investigate what she had heard through the local grapevine. With two young sons at home, the thought of them not being able to finish school here was unsettling to say the least, so she had an agenda as she walked into the hall that evening.

"I remember that there were three of us who were interested in running for office - Alice Bruce and someone else who's name I can't recall. By the end of the meeting I was shocked to discover I was now a trustee. I also recall holding a picket sign at a rally and when I went to my first meeting at the board office in Creston, the photo with me in it was hanging there. There were three meetings a month and I never missed one because I was worried about the high school kids being moved to either Kaso or Creston. I felt like a policeman in the beginning. It was a big responsibility. Not long after, the situation was resolved. I enjoyed my time and I learned a lot."

As many others recollect, floor hockey and badminton were popular in the hall despite its small and crowded size. Myrna remembers a time before the new school gym was built, that two engineers from Vancouver were hired by the school board to inspect the hall. She happily shared with me that "they deemed the hall to be safe, sound, dry and free of rot."

Myrna also told me about the local T.O.P.s (Take Off Pounds Sensibly) chapter that has existed here for

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approximately 45 years and hosted several New Year's potluck dinner/dance events. To ensure everyone got home safely, food was served after midnight's celebrations. Buzz Buchanan of Nelson played "canned" music, ie: tapes of waltzes and other dances of different tempos on a tape deck. There were speakers of course and the hall was "jam packed". Money raised helped the group to buy a scale.

Myrna chuckled when I asked if her sons, Glenn and Calan might have sung in any Christmas concerts in the hall. "Definitely no singing, but they were probably in a play", she said.

Lastly we discussed the much remembered Fall Fair. Myrna was involved both as an organizer of the event and as a participant. She was the Baking Aggregate champion one year and still cherishes the fancy bowl she received. Her mom, Edith Little, entered her crocheting which garnered her much recognition also.

"It was a huge event in the hall." Myrna stated. "I was a convener for the Fall Fair Tea, helped with programs and planning and got the judges who usually came from Creston or Nelson. There was always lots of help. The tea was a social event often held in the small hall then later in the school gym. School girls served the tea and donated goodies out of the hall kitchen. People chatted while seated at card tables. A lot of fun for a dollar or two."

Myrna told me she was not much of a gardener, so entering the flower categories for the largest blooms was not in the cards for her; however, she had a brainstorm one year to create a "mini flower event" where wildflowers and petite containers could be showcased. Success again, for a brief time. Many thanks for your decades of service, Myrna.

One extra note of interest from a gal with some historical knowledge: Myrna told me that when the gymnasium was added to the school in the mid seventies, it was built above a holding tank of water with trap doors in the gym floor. The idea was to get water

from the creek for that end of the school. Sadly this created dampness at that end of the building and the board realized they needed to make a change, which they did.

This information perhaps answers the question of the date of when the hall's new well near the Kootenay Lake Community Church was first installed.

Barefoot Handweaving

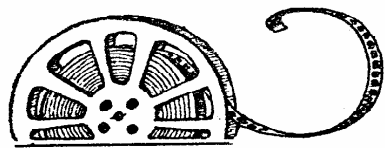


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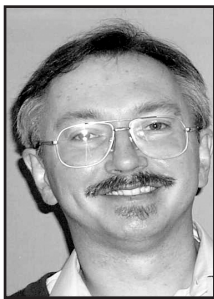


The Gray Creek Hall now has a donation box installed on site. Thanks to Gray Creek residents David Kale, Rob and Janet Schwieger and Bonnie Schutter for assisting with this installation!



Seldom Scene

by Gerald Panio



"[Ron] Mann once shared a piece of advice he received long ago...Make films about things you really love or really hate. Mann chose the first option. His enthusiasm for the underground, for the uninhibited creator, for all manner of wild visionaries and wobbly saints, is infectious." —Astra Taylor at Hot Docs

Shame on you. You don't know who Ron Mann is, do you? And you call yourself a Canadian, eh.

Relax, I'm just messing with you. I didn't remember who Ron Mann is either, and I even reviewed one of his movies 20 years ago. That movie was *Comic Book Confidential*. When I was updating that review a couple of weeks ago for *Seldomscene.ca*, I came across a critic who called Mann "one of Canada's foremost documentary filmmakers."

That gave me pause. Either that reviewer was exaggerating, or there was an embarrassing lacuna in my Canadian film canon. A little research confirmed the latter to be true. Having praised the work of American documentary filmmakers like Frederick Wiseman and Ken Burns, I had let down the home team. I've tried to atone by watching most of the Ron Mann films currently available on iTunes, and by introducing a few of them here.

Ron Mann was born in Toronto in 1958. Aside from a brief stint in Los Angeles, he and his family have lived in his home town. His production company, Sphinx Productions, is based there, as is the film distribution company (Films We Like) he co-founded with music promoter Gary Topp. To date, Mann has directed/produced 18 documentaries and picked up two Genie awards.

Ron Mann was a bit of a wunderkind. He began making films at age 12, and completed his first feature when he was 21. He had his first retrospective in 1989, at what is now known as the Sundance festival. Although he has a B.A. in film from the University of Toronto, he never attended film school. He learned by doing, and paid for everything using his own funds. In his own words, "Every film was my last movie, I would go into debt, make another film to get myself out of debt. That's how I actually needed to keep going." Mann has always shot in 35 mm rather than the cheaper 16mm or video, He has distributed all of his work commercially, and has few ties to the National Film Board.

For several of the filmmakers from the Toronto New Wave of the 80s—Atom Egoyan, Bruce Macdonald, Jeremy Podeswa, Peter Mettler—Mann was both a mentor and a co-worker. Another person he inspired was Peter Wintonick, whose *Manufacturing Consent: Noam Chomsky and the Media* (1992) was one of the most successful documentaries ever made in Canada. Mann's own mentor was the radical Leftist documentary master Emile de Antonio. Also holding an important place in Mann's resume is the fact that he was a pioneer in digitizing film. His second feature, *Poetry in Motion* (1982) was one of the first to be released in a digital format.

Take One's Essential Film Guide to Canadian Film says that "Mann has made it his project to make marginal cultures accessible to larger audiences." One critic called him a "chronicler of alternative culture, champion of independent cinema." He's been called a "time traveler" and "white-haired vegan hemp advocate and Woody Harrelson collaborator." An article on his distribution company (which has now released over 400 films) was titled "Seen a great, weird-ass movie lately? You should thank this guy."

It's all true. Ron Mann's first documentary was *Imagine the Sound* (1981), about avant-garde free

jazz. His second, *Poetry in Motion*, showed 20 contemporary North American poets reciting, singing, and performing their work. (I actually used this film in some of my high school English classes, not paying any attention to who had made it.) He made his only fiction film, *Listen to the City*, in 1984, and followed it with *Comic Book Confidential* in 1988.

With *Twist* (1992), Mann explored the evolution of dancing from the early 50s to the mid-60s. *Twist* is a good example of the Ron Mann documentary "style": great use of old (often hysterical and/or hilarious) period documentary footage, a series of "chapters" with entertaining bridges, "then-and-now" footage & interviews with musicians and dancers, a lovingly crafted soundtrack, and an overriding theme. *Twist* starts with an instructional ballroom dance video from 1953, and carries us through black choreographer Cholly Atkins' work at Harlem's Apollo Theater, Arthur Murray, Hank Ballard and the Midnighters, Elvis Presley, Dick Clark and American Bandstand, Joey Dee at the Peppermint Lounge, Chubby Checker, Dee Dee Sharp, the T.A.M.I. show, Joey Fusco, and Mama Lou Parks and the Parkettes at the Savoy, and free dancing at the Whisky A Go Go in L.A.

The themes are the gradual evolution toward free style dancing in 1964, and the ways black rhythm & blues music and dance gradually crossed over onto the clean-cut Bandstand stage. We even get to see Marshall McLuhan defending rock'n roll dancing against charges of being "synthetic sex" and a "communicable disease." And all those dances! The sublime and the ridiculous: *The Itch*, *the Jitterbug*, *the Stroll*, *the Cha-Lypso*, *the Strand*, *the Madison*, *the Twist*, *the Monkey*, *the Millie*, *the Pony*, *the Fly*, *the Watusi*, *the Hully Gully*, *the Mashed Potato*, *the Swim*, *the Jerk*, *the Frug*, *the Limbo*, *the Elephant Walk*, *the absolutely forgettable Molecule-a-go-go*.

In 1999, Mann tackled marijuana and the war on drugs in *Grass*, narrated by Woody Harrelson. The bridges here were the increasingly strident claims about the lethal effects of marijuana {"moral ruin and death!!!" "If you smoke it you will kill people!!!"} and the hugely escalating cost of the drug wars. I couldn't help drawing a parallel between the ways governments and demagogues ignored scientific evidence and lied to the public for decades, incarcerating & criminalizing hundreds of thousands of casual users until the cruel absurdities could no longer be denied, and the current situation in Afghanistan, where two decades of outright lies, half-truths, and wishful thinking has cost thousands of lives and billions of dollars and collapsed into total chaos within the space of days. Even if there are a lot of humorous moments in *Grass*—*Reefer Madness*-style film clips and *High on the Range* (1929), Cab Calloway singing "Have you ever met that funny reefer man?", homicidal teenage dope fiends, a disclaimer that "No hippies were harmed in the making of this movie"—an overriding message is how much damage can be done by a single zealous crusader who is willing to relentlessly double down on rhetoric over reality. In the marijuana wars, that crusader was Harry J. Anslinger, 1st commissioner of the U.S. Federal Bureau of Narcotics, who was responsible for

the branding of drug use as a crime rather than a public health problem, and for most of the increasingly draconian drug laws enacted over several decades under five U.S. presidents. He was the prime enabler of the failed war on drugs whose budget ballooned from \$9 billion in 1964 to \$215 billion in 1998. In Anslinger's world, Mexicans and jazz musicians could be demonized, a

man could be sentenced to 10 years prison time for possession of two joints, a decorated Vietnam veteran could get a 50-year sentence for 1 oz. of grass, and a single year could see 226,000 marijuana-related arrests across the U.S.

Things lighten up considerably with Mann's *Tales of the Rat Fink* (2006). This is a personal favorite, because one of my fondest memories from childhood is building Ed "Big Daddy" Roth's hotrod model kits. Ed Roth made customized cars into an art form. He wanted cars to have personalities. Aptly enough, *Tales of the Rat Fink* is narrated by a series of Kustom Kars: a 31 Model A Coupe, a 32 Ford Roadster, 54 Dodge station wagon, a 54 Viking trailer, a 57 Chevy Bel Air, a 59 Cadillac Fleetwood, a 1960 Ford Edsel. The cars' voices are provided by a stellar cast, including John Goodman, Ann-Margret, Dick & Tom Smothers, Billy Gibbons, Tom Wolfe, Brian Wilson, and Matt Groening. Partially filmed at the 2000 Rat Fink Reunion at Santa Fe Springs, California, this movie is a nostalgic trip through the history of drag racing, motorheads, pinstriping, Rat Finks, custom tee-shirts, and the wonders of fiberglass. As one teen fan wrote to Ed Roth, "You made being a weirdo cool." Roth was called "the Salvador Dali of cars," a suitable moniker for the guy who built the Misterion, Tweety Pie, the Orbitron, the Surfite, and the Rotar. If I only could, I'd finish this review and haul out a 1963 Revell Big Daddy model kit. Next best thing: browsing the Rat Fink

official website at www.ratfink.com.

Keeping things light, my last Ron Mann recommendation is *Know Your Mushrooms* (2008). This time we start out in Colorado at the 27th Telluride Mushroom Festival, one of the primo gatherings of fungophiles. Commune with the 'shroom. Spend time with Larry Evans, mushroom hunter, cook, and founder of the Western Montana Mycological Association. Hang out with Gary Lincoff, "a self-taught mycologist whose contagious enthusiasm turned him into a pied piper of mushrooms." *Know Your Mushrooms* covers early dire warnings of deadly wild mushrooms, the joys of morels, giant mycelial networks, psychotropics, mushrooms from outer space, bioluminescent bug discos, fairy rings, truffle hunting, insect-eating mushrooms, medicinal mushrooms, oil spill cleaning mushrooms, *Attack of the Mushroom People* (1963), how we owe Christianity to the hallucinogenic properties of *Amanita muscaria*, and the best mushroom song ever: "I Just Like Morels Too Much" (written by Zoe Wood & Larry Evans). If you're looking for a perfect fungal double bill, you should also check out Louie Schwartzberg's *Fantastic Fungi* (2019), now on Netflix.

Ron, I'm sorry I didn't know who you were. Canada owes you. I owe you. I still have my original copy of *Poetry in Motion*. Thanks for holding fast and letting the rest of us share as you go exploring. Happy trails.



KCP 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 Nation 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 <https://kootenayconservation.ca/kootenay-lake-local-conservation-fund/>

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

The closing date for project submissions is **4:30 pm PDT, October 29, 2021**

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



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 Facebook: @rdcentralkootenay



With smoke free skies the Gray Creek Regatta will bring sails onto the lake on the Labour Day weekend Saturday 4th and Sunday 5th. Sponsored by the Nelson Sailing Club the events start from The Lakeview in Gray Creek. The prevailing wind starts about 10 am and has usually died away before five pm. Photo by Leone Lund, Gray Creek.

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Kootenay Lake Local Conservation Fund Accepting 2022 Proposals

submitted by the Kootenay Conservation Program

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 (KLLCF).

“The Kootenay Lake Local Conservation Fund provides an excellent opportunity for organizations that need funding for local projects that help support fish and wildlife, habitat, and water 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. From 2016 to 2020, the KLLCF disbursed 29 grants totalling nearly \$400,000. This local investment has leveraged over three times this amount in external grants and in-kind support for the approved projects, not including land acquisitions, which raise this leveraged amount to 48 times.

In 2021, eight projects successfully received KLLCF funding: bat stewardship on private land through the Wildlife Conservation Society Canada; reducing grizzly bear conflict through Grizzly Bear Coexistence Solutions; restoration of the Harrop wetlands in Sunshine Bay Regional Park by the Friends of

Kootenay Lake Stewardship Society; water monitoring of north Kootenay Lake by Living Lakes Canada; conservation of native pollinators including at-risk bumble bees and butterflies through the Kootenay Native Plant Society; conservation of Western Toads in the Fish and Bear Lakes area by the Valhalla Wilderness Society; habitat restoration for beavers along the Duncan Lardeau River Floodplains through the BC Conservation Foundation; and acquiring the land surrounding Cottonwood Lake by the Cottonwood Lake Preservation Society.

KCP, which works in partnership with the RDCK to administer the KLLCF, is encouraging non-profit organizations and Indigenous communities operating in the participating areas to submit their funding proposals for 2022 projects. Community groups and individuals can partner with an eligible organization to apply. The deadline for applications is 4:30 p.m. PT on October 29, 2021. If you have a new 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

The Kootenay Conservation Program (KCP) is a partnership of 80 organizations that work together to protect clean water, conserve important wildlife habitat, and steward the land to allow for healthy, functioning ecosystems in the East and West Kootenays. Learn more at www.kootenayconservation.ca.

FOR IMMEDIATE RELEASE

Mary-Ann’s Way: Promoting happy healthy aging on the East Shore

A new local home care business is officially launching September 2021. Founded by Christian McStravick, *Mary-Ann’s Way - Home Health and Hospice Care* strives to support dignified, comfortable aging and end of life care at home.

Christian can offer peace of mind to individuals and loved ones near and far knowing that a provincially registered Health Care Aid is available for companionship, respite, home health, and hospice care.

“As a sole proprietorship, only employee, and having worked in the public health care sector for the last 10 years, I feel confident in my attention to detail and personalisation of care. I respect the client’s rights above all, and humanize the experience of care.

I approach care in a holistic way, by including family and community, focussing on what the client wants and what makes them happiest and most comfortable. I believe I can offer a high level of care to empower East Shore residents to make choices to maintain life at home.”

Christian is qualified to offer individualized care to meet the needs of clients that aren’t necessarily being fulfilled by the time allowances or resources of provincial services.

“Because our location is very remote, we are in a sense ‘forgotten.’ We are lucky to have a clinic and home health services from Interior Health, however, limited staffing combined with our large geographic area leaves a lot of gaps in our support system. Part of my goal is to fill in those gaps by offering personalized at-home care.”

Some of the services she offers through *Mary-Ann’s Way* include: Respite care, sourcing equipment and supplies, assistance with Activities of Daily Living or ADLs (meal prep, assistance eating/feeding, personal hygiene, bathing, grooming, oral care, nail and hair care, dressing, continence care), ambulation and mobility, home management, light housekeeping, and palliative care.

Christian grew up spending summers in Boswell with her grandparents, and decided to move to the East Shore five years ago with her own young family. With four generations of her family now residing in the area, supporting elders is important to her.

“I have worked in the community for the past three years creating personalized care plans, maintaining individuals at home, and building trust with both clients and family. My children have spent countless hours creating meaningful relationships with many of the individuals I support. I see an opportunity for the generations to support one another. I could not be more excited and happy to create an option for locals to stay local.”

Mary-Ann’s Way was inspired by her first local client. “Mary-Ann had advanced dementia, and her family wished to help her experience end of life at home, surrounded by the people who loved her, in the place she loved. I quickly came to recognize the kind of care that was truly capable of happening in a home-based setting with the right team of people working together, inspired by love, commitment, and devotion.

My time with Mary-Ann was so dear to me and working with her was the most extraordinary experience. I want to be able to share this sort of care with others. Mary-Ann showed me that dying at home on the East Shore is not only attainable, but can be an incredible journey for all involved. She gave me inspiration to continue on and encourage others.

The story is so often, ‘You get too old, you have to go.’ We can change the story. I want people to know it is possible.”

Mary-Ann’s Way – Home Health and Hospice Care serves the East Shore, from Riondel to Boswell.

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TOM SEZ

by Tom Lymbery

With the strange-to-us US electoral system that allows write in votes – in years past when Al Capp’s comic strips were extremely popular I’m surprised that Lil Abner wasn’t elected to some office, even if it was only a county dog catcher.

Gray Creek Sailing Regatta Saturday and Sunday September 4th and 5th. This annual event has not been interrupted by Covid 19.

With my hearing problem I always watch TV with the printed Closed Captions. These instant translations often have unusual spelling, such as Messy Tunnel for Massey Tunnel. Akokli came out as ACOKE LEE which made good sense on the Global News.

After we spent two weeks in Jamaica in 1935, meeting all sorts of people including a black dentist and the Lieutenant Governor, Kathleen Lymbery remarked that all the white people were trying to get brown, and all the brown people were trying to get white.

Do you pronounce it Lay Zed Boy, or do you use the US zee?

The inflatable boat that we sell in the store comes with directions in 12 languages, two of which may be Arabic.

People in Nelson often complain of all the Alberta vehicles in town. They don’t realize that most of these are neighbours who haven’t got their BC plates yet. Moving to Kootenay Lake is much preferable to staying in a cold and windy province.

If you have a gravel driveway or live on a gravel road please don’t always drive in the same track – your vehicle will compress and level the route if you use all of it. You’ll be pleasantly surprised what a little effort produces.

For the next three months Toms Corner in *Main-street* will tell the story of road construction from Creston to Gray Creek featuring many excellent photos some of which have been printed before but not accompanied with the story.

It appears that the Kootenay Bay ferry parking will be extended to build somewhere to shelter while waiting. This should be heated for winter to avoid running vehicle to keep warm.

GRAY CREEK PASS REPORT

We wish we could persuade Forestry to post signs on all the bridges on the Pass but they say that is not permitted. If signed and included in *BC Mapbooks* this would make the trip even more interesting. Would Columbia Basin Trust consider this?

Expect the road to remain passable for any vehicle until heavy snow comes, perhaps not until late October. Terry Turner reports the first snow on August 23 but this mostly melts on the still warmer ground.

*Next Deadline:
 Sept 22, 2021*



Tom's Corner

by Tom Lymbery
Highway to the Sternwheelers

Introduction: The vital Kootenay Lake link in trans-BC travel

While our East Shore highway is a very scenic trip along our wonderful lake, it also serves as a vital route for the days when weather conditions close both Highways 1 and 3, leaving Highway 3A as the only serviceable way around Kootenay Lake.

The next several *Mainstreet* issues will tell the story of how the once roadless East Shore became the main thoroughfare for all motor traffic crossing BC, beginning with the road to Gray Creek and new ferry terminal in 1930-31, the move to Kootenay Bay, and beyond.

In the 1920s, rail travel still ruled in BC, but demands for road travel were rising fast. BC was hard-pressed to complete their only through road across the province. Whether this would be called the Trans-Canada or Southern Trans Provincial Highway was a decision yet to be made.



Nelson's CPR station back in the day when rail travel reigned supreme. Undated postcard, Internet

Building the highway across southern BC was possible - but for the fact that the vital sternwheeler link across Kootenay Lake was about to be eliminated. On January 1st, 1931, the CPR would open their new west side section from Kootenay Landing at the lake's south end to Procter on the West Arm.

This would end their daily sternwheeler service which shuttled cars between Kuskanook and Nelson. And without it, motorists had no way around or across Kootenay Lake. There was no continuous road whatsoever on the east side of the lake. BC had an ambitious plan to build a two-lane highway to Pilot Bay, with a ferry to Balfour or Queens Bay. But due to the solid granite along the lakeshore and the shortage of funds at the start of the Depression, they were fortunate to reach Gray Creek by the 1931 deadline, get past



Kootenay Landing was the transfer point between lake boats and trains for shuttling passengers and freight across the lake. Undated postcard: Greg Nesteroff

the Burden's Rock obstacle (more on that in the next issue), and charter the CPR sternwheeler SS Nasookin to serve as a ferry.

Part 1: The plan for an East Shore road

In February 1929 the Surprise Creek Bridge collapsed in the Rogers Pass and closed the CPR's main line across Canada. All rail traffic from Vancouver to Medicine Hat was diverted to the southern Kettle Valley route. All possible sternwheelers, tugs and barges were pressed into 24-hour service on Kootenay Lake between Procter and Kootenay Landing. This was the CPR's incentive to get on with rail construction so that lake service would no longer be needed.



Road machinery and crew on the Boswell - Gray Creek road building project, 1930-31. Photo: W.H. Foster, GCHS

By 1921 the Great Northern tracks to Kuskanook were replaced by a driveable road from Creston. A call sign was set up at the Kuskanook wharf to signal the Nasookin to pick up motorists for the trip to Nelson. This vital lake shuttle made it possible to drive from Vancouver to Calgary, and this became popular in summer with the sternwheeler sometimes carrying a full load of cars, many from California.

But the BC government knew the SS Nasookin car shuttle would end soon, and that would shut down any road traffic across BC.

What was needed was to extend the East Shore road to connect Creston with a proposed ferry service from Pilot Bay to Balfour. BC Public Works took the first step, calling for tenders to contract the "Construction of Kuskanook - Gray Creek Road from Kuskanook for a distance of 10.5 miles more or less, running north to near Ginol's" (just north of the Glass House, in Boswell.) Meanwhile, a wide sloping ferry wharf was built at Gray Creek in 1928, replacing the 1912 floating structure.

Boswell had some roads, but between Boswell and Gray Creek there was not even the vestige of a trail. Gerald Magee had to swim two horses around the steep granite outcrops that the horses could not gain any foothold on.

And when Lawson Hephner came to Gray Creek from Boswell in the 1920s to build the Lych Gate in the cemetery and later the kitchen for the Hall, he had first to board the SS Nasookin at Boswell, then transfer to the Moyie at Procter, even overnighing there at times, before finally arriving in Gray Creek with his tools.

On May 20, 1930, BC Public Works' road contract was awarded to the successful bidder, General Construction of Vancouver, for the total amount of \$191,462.50. The 35-page signed contract specifies that no work shall happen at all on Sundays - a rule practised for many years. All material shall be made and purchased in BC. Preference for employees shall be given to returned soldiers, British subjects and local residents. No liquor whatsoever would be permitted. Labourers would be paid at the rate of four dollars per eight-hour day. Likely General set up road camps and charged workers one dollar daily for board and room,

but this isn't mentioned in the contract.

BC Public Works' requirements are laid out in tremendous detail. There are pages on the amount of rock to be blasted and moved, the wood for culverts and cribbing, diagrams of dry stone walls and culvert construction, even the shape of the 18-foot highway. Sanca Creek, the largest creek to be crossed, must have an 80-foot-long Howe truss bridge, with wooden overhead framing, special cribbing and fill. (The bridge would be carried hundreds of feet downstream in the June 1955 creek washout.)

"Coyote holes" for blasting allowed numerous dynamite sticks wired to all go off at once and blow out a very large amount of rock or embankment. Teams of horses skidded trees and timbers, and hauled chained-up rocks from the blasting to the fill. Piles had to be driven by a 2,000-pound weight. Presumably General brought in trucks and "steam" shovels (actually gas or diesel) by rail to Sirdar. These shovels were entirely cable-controlled, as hydraulics were not yet common. (There is a large diesel shovel up behind the IMASCO rock quarry at Sirdar.) And a government engineer would supervise every aspect of the construction.

In Part 2 in the next issue, Gray Creek becomes road end, ferry terminal, and Hub Central for all motor traffic across BC.



Example of an old Howe truss bridge, this one at East Coulee, Alberta. Photo (detail): Facebook

Next Deadline:
Sept 22, 2021

Public Notice of the Boswell Historical Society Annual General Meeting (AGM)

Location: St. Anselm's Church, 12680 Hwy.3A, Boswell, B.C.

Date: Friday, October 15, 2021

Time: 4:00-5:30. Potluck dinner to follow (COVID restrictions and guidelines permitting)

Members of the community are invited to attend the AGM of the Boswell Historical Society at our beautiful St. Anselm's Church. Please follow current COVID guidelines regarding physical distancing and use of masks in public spaces. Our soon-to-be-released publication, "Boswell Beginnings and Beyond", will be available for purchase; a more formal public book launch will be scheduled at a later date. To permit us to reach you in the event of COVID-related changes, please signal your planned attendance by contacting margaret.crossley@usask.ca.

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.

Finding Their Own Way

However they find home, some dogs have an innate ability to follow their humans, even when they go someplace the dog has never been. If this was just one story, luck and a good nose would explain the way some dogs can do this, but there are several stories in which dogs confound our expectations. There has to be some order of intelligence that explains the phenomenon, combined with an inner sense the dog must have of how to follow what they can smell. Or perhaps there is another sense they use as well.

Researchers maintain that dogs rely on scents that they know in order to find their way home. Scent doesn't dissipate quite as quickly for them as it does in our noses. However, there might be something else at play in the way they can perform this little miracle. According to *Puppy Leaks* (April 7, 2016), "cats, like many other animals are relying on magnetism to find their way around. Some studies have shown that many mammals contain iron in their ears, and that may help cue them into the magnetic direction." This ability in dogs, combined with their extraordinary sense of smell, may explain how they can "follow" their owners, sometimes without an actual trace.

In the case of Prince, the beloved dog of Myrna Carillo, he had to have more of a sense of her location. According to an NBC report, he became lost, and though she searched for him, she couldn't find him. She gave up. She married, and moved away. In fact she

moved four times. However, one morning Prince was waiting for her at her door. How Prince managed to do this is still a mystery.

Another dog, Pepper, also defied the odds. (The story on this is on my Facebook page on May 29th.) He was ten years old and lived in Rankin Inlet, Nunavut, with his owner, Donna Adams and her family. She said he typically liked to laze around in front of their home. One day, however, a member of Donna's family passed away. The funeral was to be held in Whale Cove, a smaller community down the coast of Hudson Bay, and quite remote. The family had to go, but their flight from Rankin to Whale Cove was canceled because of weather. They decided to travel by snowmobile instead. Pepper became very agitated. "She was really, really trying to follow us. She even hopped on the sled," Adams remembers. The dog likely thought they were leaving her behind, and in a way, they were. They did plan to return, though, and one of their daughters was staying behind for a day or two. She could look after Pepper.

Pepper, however, had a mind of her own. She left the house. Donna's son had stayed behind in Rankin for work, and Adams's husband returned that night. Both of them looked everywhere for Pepper. She wasn't a very active dog. Donna called her a "lazy homebody" because she never left the area around their home. They couldn't find her, though Pepper just didn't like being out in the wild. "There's nothing around, she's too big and slow to catch siksiks [ground squirrels] . . . no people and nothing around--that's what bothers her," Adams believed.

After a few days, though, someone showed Donna a picture of a stray dog that had wandered into Whale Cove. It was Pepper. "She looked a lot, like 10 years younger--because she lost a lot of weight!" Adams exclaimed, laughing. Somehow the dog had gotten over her fears to find her family. Alone, she'd traveled across a vast landscape of tundra and ice for days in order to find them. She had never been to Whale Cove before and the only scent she could have used to follow them was the one left by the snowmobile.

Another dog that defies theories is Buddy, a Labrador cross that belonged to Brian and Shirley Enger. He loved to play, chasing sticks and balls, and enjoyed just being with them. In 1998, when he was about seven, the Engers lived in Lethbridge. On New Year's Eve, they were going out to a theatre event, and left him safely penned in their neighbour's fenced yard. When they came home, however, he was gone. The wind was blowing hard and it was snowing. They followed his tracks as far as they could, but snow soon covered all traces of where he'd been. There had been fireworks that night, and Buddy was unusually scared of loud noises, like thunder or the bang of fireworks. He must have leaped over the fence and run away, looking for Brian and Shirley. They couldn't find him that night. They were certain he was lost for good.

However, the following morning, their son, Elann, opened his front door, and there was Buddy curled up on his doorstep, covered in snow.

Elann had only moved into that house two months prior to New Year's. Brian and Shirley hadn't gone there the night before; they were elsewhere. Also they lived on the northwest side of Lethbridge, about five miles away from Elann. Once Brian had driven to Elann's with Buddy in the truck, but Buddy had stayed in the vehicle so he wasn't familiar with the house's scent.

No one knows how Buddy managed this feat. When he was lost, perhaps he caught a trace of Elann's scent, and he might have followed that, but Elann lived five miles away in a busy city with a lot of scents. Buddy had found another unknown method of finding his way to a place where he believed he'd be safe. And there he waited, certain he would be found and be safe.

The pack instinct is very strong in dogs, in some more so than others. Dogs' memory of the scents associated with their "pack" has to be strong. They have to sort out a lot of what they're smelling, all the conflicting odours of machines and people and other animals, and focus on what they think will take them to their group. That takes an extraordinary kind of intelligence and purposefulness.

For the Love of Genre

by Sharman Horwood
On Matters of Goblins and Elves

Steampunk is a popular genre that essentially is a cross between science fiction, fantasy, and alternate history. *Wikipedia's* rather wordy explanation of Steampunk is that it is a "subgenre of science fiction that incorporates retrofuturistic technology and aesthetics inspired by 19th-century industrial steam-powered machinery." You won't find Steampunk novels on many bestseller shelves, though they do sell well because they're sought out and read by many sf/f enthusiasts. Steampunk is enjoyed so much that a wedding in Kelowna had a Steampunk theme: antique typewriters distributed on the tables, and knobs of gears scattered among the tableware.

Many writers have mined this genre with varying success. Even Chaucer ventured into this unusual genre, unwittingly of course. In *The Canterbury Tales*, *The Squire's Tale* has a mechanical horse that can perform magical feats. In 1990, two popular cyberpunk authors--William Gibson and Bruce Sterling--wrote *The Difference Engine*, in which Charles Babbage succeeds in creating a mechanical computer during the Victorian era. This novel wasn't successful, probably because it wasn't like what these two writers normally did; their fans were expecting something else.

Two Steampunk novels that are very good, however, are *The Goblin Emperor* (2014) and *The Witness for the Dead* (2021), both by Katherine Addison (Sarah Monette's pseudonym). The two novels are set in the same world, the Untheileneise Court of the Elvish lands. The Steampunk in each is subtle; it doesn't overwhelm the very good story. However, each one is a standalone novel that is richly imagined and rewarding to read.

In *The Goblin Emperor*, Maia Drazhar is woken

from his sleep to learn that he is now Emperor of the Elflands, though he is half elven and half goblin. He is also the least liked of his elven father's children, and has been raised in exile on an estate away from the court, looked after by servants and a particularly disagreeable cousin who plainly dislikes the boy. He's told that the night before, his father and brothers were all killed in an airship crash, and though Maia knows nothing of court procedures, manners, or rivalries, nor has any associations or relationships among the nobility of the elven lands, he must now assume the throne of Ethuveraz, becoming the half-goblin Emperor Edrehasivar VII. He knows that whoever was responsible for his father's death, will probably seek his as well.

The Goblin Emperor received the Locus Award for Best Fantasy Novel; it was also nominated for the Nebula, Hugo, and World Fantasy Awards. Seven years later, it is still a popular book.

The second novel takes place in the same world, using one of the characters from the first. Thara Celehar is a Witness for the Dead, specifically the one who solved the mystery of the airship sabotage that killed the previous emperor. A Witness for the Dead can often speak to the recently dead, see the last thing they saw, and know their last thoughts. He learns how they died. He is able to resolve disputes over wills as a result, and often find the killers of the murdered. He can even experience their last moments as if they were his own. A Witness can drive ghouls away from graveyards where they linger, attacking the living, including any Witness who tries to drive it away.

Celehar describes himself as a "political sore point." Finding the source of the airship sabotage did not make him popular among the court's powerful authorities. He offends the former empress, and makes a number of enemies among the various factions striving for power at court. He has thus been appointed by the Archprelate as a Witness for the Dead for the entire city of Amalo. Overworked and poorly paid, he strug-

gles to hold true to his calling.

This novel is more a detective novel rather than the coming-of-age storyline of *The Goblin Emperor*. In *Witness for the Dead*, the story follows the elven Celehar as he investigates the mysteries that fall under his purview. As a full-blooded elf, "his hair was milkweed-pale, and his eyes the color of rain" (*The Goblin Emperor*). In the first novel he is a minor character, a prelate of Ulis and the Witness who reveals the truth behind the airship crash. He is not a popular man, and despite the political backlash of his work, he also often disappoints other people because his "ability was not the magic it was always shown to be in operas and novels" (*The Witness for the Dead*).

The second novel follows Celehar as he attempts to find the cause of a famous opera singer's death after her body is recovered from the river. Subsequently, he is ordered to drive ghouls out of a country cemetery, far from Amalo, as well, which makes him wonder who he has offended in his other investigation. Witnesses are awarded their positions by appointment; as a result he is vulnerable to the political in-fighting occurring within the city's inner circles.

Like *The Difference Engine*, many Steampunk novels stay true to the usual limits of the genre: "set in an alternative history of the Victorian era . . . where steam power remains in mainstream use, or in a fantasy world that similarly employs steam power" (*Wikipedia*). Addison doesn't follow this rule, and perhaps that's why her novels are more successful than most. With these two novels she launches her characters into a world where magic is rare, but still present. She endows Celehar with what proves to be a devastating talent, as dangerous for him socially as it is to others who try to get around the law. As the skill damages many aspects of his life, it also empowers him, however. He uses it to better his city and his people.

Either *The Goblin Emperor* or *The Witness for the Dead* would make a great fall read.

Blast from the Stacks Riondel Library News

by Muriel Crowe, Shirleen Smith &
the Riondel Librarians

Surely no East Shore citizen predicted that on a Thursday in the third week of August - following a two-month period that began with frost, then a heat dome, dense smoke and looming fire - we'd be experiencing ... autumn. This summer has been nothing if not abrupt. But here we are, once again racing the bears for the bounty of the fruit trees.

At Riondel Library, we're noticing the cyclical change of seasons seems mirrored by the rhythm of BC Health's Covid measures. Briefly abandoned masks are on-again, as are restrictions to gatherings. But here at the Library, at the time of writing, you can still come and browse the stacks in person - albeit in very small, distanced numbers. And we're still prescribing a good read to get you through these challenging times. (Like the new Louise Penny - join the queue!) As always, you can get your next great read courtesy of our take-out service. Just email or phone with your book request and we'll have them ready just inside the East door.

Meanwhile, for those of you who delight in a stack of good reading of your very own, we're continuing our **Baby-Grand Book Sale**. Drop by the library during our open hours and browse our tables of hard-back fiction, non-fiction, paperbacks and some great Children's books - all for the price of a donation (we applaud your generosity). Plus, the autumn nip in the air and earlier darkness (have you noticed it?) puts us naturally in mind of puzzles! board games! We have a tantalizing assortment of these to lend.

And that ain't all! Further to our aim to keep you

entertained through thick and thicker, we're continuing our monthly **Contest**. First, the winner of last month's "What Author Am I" puzzle was Beth Alguire who correctly guessed the two East Shore Kootenay authors, Tom Lymbury and Luanne Armstrong. Enjoy your gift certificate to the Ladybug Cafe, Beth!

This month's contest is a corker: **Famous First Lines - Kootenay Edition**. This puzzle asks you to identify what book a first line comes from. For example, "It was the best of time, it was the worst of times..." and "Mr. and Mrs. Dursley of number four, Privet Drive, were proud to say they were perfectly normal, thank you very much." likely cause you to exclaim, "Dickens, *Tale of Two Cities!* and Rowling, *Harry Potter!*" Now that you have the idea, here's some first lines from some East Shore Kootenay books (all available in Riondel Library). Just match them up with the books listed below them. Hint: connect as many as you can - if no one identifies them all, we'll choose the best entry. Email your best guesses to the Library, address below.

The First Lines

1. "It was the summer of 2012 and I'd last seen my mother, June Bath, in January when I visited her in England for three weeks."
2. "Both boys stood at the edge of a cliff, Bobby Sproule with a chicken under his arm."
3. "In 1946, Dawson, Wade & Co. Ltd. of Vancouver won a \$262,650 contract to build the new highway from our store to Kootenay Bay."
4. "I first met Ruth when I was nineteen, just a girl."
5. "Get away from it all."
6. "A Century holds many generations."

The Books

- A. Ellen Burt: *What Forever Feels Like - A Memoir of Johnsons Landing*.
- B. Amanda Bath: *Disaster in Paradise - the*

This harrowing story might well be this horrendous summer of 2021, but it actually 2017 which was very similar with lightning started forest fires destroying whole communities of houses and businesses. Fires that became hundreds of hectares in size overnight.

Seeing horses escaping forest fire with their tails burning was horrifying, but somewhat amusing when two white llamas turned temporarily red after a plane dropped retardant treated water on them.

Most amazing was the work of Lana Shields-Williams lake - a horse lover who organized pens and hay for 300 horses at the Williams Lake Stampede grounds. She handled this almost entirely on Facebook, letting people know that there were horse trailers to transport their animals to safety. When too many had arrived she had them forwarded to Prince George.

This book is full of the efforts that so many put forth before the raging infernos, and is just as important as it is this terrible year of 2021. The efforts of locals who banded together to firefight without authorization (and sometimes ordered not to) were the people who saved many homes and stopped wildfires from spreading.

This book also confirms what I have been posting on Facebook - that BC Wildfire Service actually impedes stopping fires before they spread enormously as they won't start work until 8 am or later and then have a Safety Meeting which take an hour or two. By 10 am the fire has flared up and is impossible to contain. If they allowed work in the early morning hours the fires are relatively quiet and early starts have traditionally allowed many to be put out before they grow too big to handle.

Also Wildfire Service won't allow loggers on site with local knowledge and big equipment ready to go because these independents are not unionized. Instead they bring in supervisors from Mexico or Quebec who are unfamiliar with local slopes and watercourses.

This book's author goes extensively into what should be done about climate change - change from replanting single species and intersperse with extensive softwoods that improve the soil and are much more fire resistant. Recent research shows that these have symbiotic root

Landslides in Johnson's Landing.

C. Wendy M.E. Scott: *A Recollection of Moments - Riondel 1907-2007*.

D. Lucas and Ginia Jmieff: *Kootenay Escapes - Spectacular Destinations of the West Kootenay*.

E. Tom Lymbury: *Tom's Gray Creek - Part II: Years of Change, 1946 to 1980*.

F. Brian d'Eon: *Big Ledge - The Triumphs and Tribulations of Robert E. Sproule*.

Good luck!

Library Hours: Mon/Wed/Sat ~ 10am to noon

To keep everyone healthy: Masks are mandatory. Only 5 patrons at a time. Practice social distancing. If there's a lineup, limit your stay to 20 minutes (and come back later)

To take out a book: Drop by the library in person or use our take-out service by emailing or phoning the Library. A librarian will let you know when your books are ready to pick up, usually the next open day. Return books any time through the return slot in the East door.

Computers: Alas, there's still no public computer access at this time.

Battery Recycling: You can still bring in your batteries for recycling.

To Contact the Library:

-phone: 250-225-3242

-email: the_librarian@bluebell.ca

-visit the website to see the latest offerings: library.riondel.ca

*Next Deadline:
Sept 22, 2021*

BOOK REVIEWS

by Tom Lymbury

THE BUSHMANS LAIR, on the Trail of the Fugitive of the Shuswap, by Paul McKendrick, Harbour Publishing, 198 pages, \$22.95

This is the book I have been looking for as it all happened some years ago. To say stranger-than-fiction is not likely as this is the story of the most unusual character you could ever find.

How on earth does a private investigator of the Bre-X Gold Scandal come into it? And was the Bushman himself a fugitive because of that scandal? Even the Bushman's own life was unusual - born a Roma (gypsy) in Toronto to parents who had fled to Canada from Hungary when the Soviets were persecuting the gypsies. His birth name was Nicholas Korody but after his parents divorced when he was two his aunt took him to Vancouver's Eastside. He was fortunately adopted by a Norwegian couple who changed his name to John Bjornstrom. They brought him up well along with three other adopted children. He much enjoyed family camping trips, which gave him the basis for his future love of the bush.

The tunnel and living room that he hacks out of the rock takes an amazing amount of time and effort. Lined with insulation and siding. Much of the material is stolen from summer cabins but some actually delivered by a building supply operation. He often leaves a thank you note for what he has stolen such as food and generators. When finally arrested and charged the court case acknowledges that he never physically threatened or hurt anyone - he was surprisingly honest.

His sentence was for three months house arrest and 23 months probation with a number of provisions. This was surprising as he was expected to receive up to 15 years in jail, but he was described as a gentle person by several witnesses. He took up long distance truck driving and even ran for mayor, but died in his 50s.

BRITISH COLUMBIA IN FLAMES, Stories from a Blazing Summer, by Claudia Cornwall, Harbour Publishing, \$26.95, 245 pages.

systems that encourage both species.

She also compares forestry in Canada with Sweden which has a much longer history of tree care - they utilize all branches and other wood that is discarded or burned in Canada. Our forests absorb vast amounts of CO 2 each year but since the pine beetle this is much reduced. 35 trees can equal one person's CO 2.

East Shore Reading Centre

by Taryn Stokes, Librarian

Wow - it is already September - where has the summer (and year) gone?! I hope you have found some great summer reads over the past few months. The East Shore Community Reading Centre is open Tuesdays and Saturdays between noon and 3PM. New members are always welcome - it is easy to join, and free. Welcome back to existing members as well! We are having an amnesty year, so if you have some overdue books hiding in your house we are happy to recover them and there will be no fines. Emails will be sent out to patrons after double-checking that the items are not hiding somewhere in our stacks. We have a book return box just outside the building for your convenience.

We had 203 items checked out in August so far, served 41 patrons and added 89 new items to the catalog. A total of 64 DVDs were donated this month as well as 10 children's books. Thank you for these donations. Some enjoyable new books this month include *The Icepick Surgeon* (Sam Kean, he makes science fun but I might be biased), *Cul-de-sac* (Joy Fielding) and *The Reading List* (debut author Sara Nisha Adams).

In the mail as I type (and will be on the shelves in a few days) include the latest Pendergast novel, and books by Louise Penny, Miriam Toews, Stuart Woods and Marcia Muller.

We are located just across from the Crawford Bay Hall at 16234 King Road. Take care and happy reading!

Pitch In

submitted by Age Friendly
Community Council

That's how we move things forward around here. In case you didn't notice, we have some very happy people on the East Shore and most of them are involved in community work in some way. It's just rewarding to form a group, make a plan and accomplish the task at hand.

Please consider joining up in our volunteer efforts that make a difference. Thank you out there to all you champions making a difference in one community facet or another- we know some of you want to retire, and so you should. Where is our new generation of community volunteers? Where are the youth, the newcomers?. We need you all. Here are a few examples:

IF YOU WANT TO SEE A FIRE SERVICE in OUR AREA: Show up at the Riondel Fire Hall every Thursday at 7 pm. According to James Linn things are moving ahead and Garry Jackman and Cory Medhurst have been on the case for a long while now. We need to show a consistent number of fire volunteers of 25 or more each Thursday. According to James Linn there are no age restrictions, elderly, youth there is a role for everyone. Just show up on Thursday. Hey, maybe we should be taking a bus load of people up to Riondel – this could be arranged. Also, we will need to approve a budget- that is tax increase in Crawford Bay and south to get the fire service. Talk to your neighbour, we need to agree on this.

IF YOU WANT TO SAVE THE HISTORIC HARRISON MEMORIAL CHURCH: The time for action is now. Harrison Memorial church is going to the open market. Artist Zora Doval and entrepreneur Lois Wakelin have created the South Kootenay Lake Art Connect Society. To procure historical, cultural grants, we must show local support. We need as many members as possible. Please buy a membership. Just e-transfer \$25 to esartconnect@gmail.com and that gets you in the club, in the group who plan to make good use of the space through music and art and preserve a beautiful reminder of the past. If you remember the amazing Christmas services, the choirs, the quartets, please take a moment to sign up as a member of the ArtConnect Society. For more information call Zora at 250-777-1856.

IF YOU WANT TO MEET MORE ELDERS: Better at Home is making more friends and could use some volunteers who would enjoy driving people to appointments and wellness activities or having a friendly chat once a week. We have a wonderful coordinator Rebecca Fuzzen who would be happy to get you signed up and record checked and ready to participate in volunteer events and appreciation. Please call or text Rebecca at 250-505-6717.

IF YOU ARE A NON-PROFIT WHO NEEDS VOLUNTEERS: Please contact Laverne, coordinator of the Age Friendly community project "Moving Forward in Area A". If there is uptake on this, perhaps Ingrid would continue to publish a PITCH IN article every month. People want to get involved in the community by doing specific things they are good at and enjoy. Let's help people help us all!

Next Deadline:
Sept 22, 2021
www.eshore.ca

Circle Of Support

Submitted by the Age Friendly
Community Council

If you get an attractive poster on heavier paper in your mailbox- DON'T THROW IT AWAY. This is a gift from the Age Friendly Community Council.

If you don't get flyers in the mail, you may miss out. Inquire inside the post office, at the libraries and the health center for your copy of the CIRCLE of SUPPORT poster.

As our Age Friendly project has progressed, we have noticed how important it is that people of all ages know who their support team is. Who are the friends, family, contractors and professionals who have helped out in the past and who you can trust to help in the future. Include the people who inspire you.

The CIRCLE OF SUPPORT poster (see black and white sample to the right) has a circle where you can write in names and contact numbers for handy reference. On the back of the poster is a health map with all the phone numbers of the official health services in the area including Boswell north which is part of the West Kootenay Interior Health and Boswell south which is part of the East Kootenay Health Region.

Members of Better at Home, the Age Friendly Community Council and ESKL Community Health Society will have copies of the publication and might help elders fill in the information. Please help yourself and help your neighbour.

We all need a circle of support. This small publication is from the Age Friendly Community project now underway in Area A due to funding and support from RDCK and the Union of BC Municipalities. We thank you all for helping each other out in recent hard times, participating in the survey, in the community Zoom conversations.

KEEP posted. Some special events are planned in varied outdoor venues for the end of September. Find us on Facebook at Age Friendly Community Wynndel/East Shore and get on our mailing list by emailing eslearningplace@gmail.com. Laverne Booth is the project coordinator and can be reached at 250-551-6020.

Common Mistakes in Writing Some General (and *Mainstreet*-Specific) Rules to Follow

a *Mainstreet* submission

- Only capitalize proper nouns, titles, the first word in a paragraph and the first word after a period. In other words, capitalize the names of people, specific places, and things. For example: We don't capitalize the word "bridge" unless it starts a sentence, but we must capitalize Big Orange Bridge because it is the name of a specific bridge.

- Exclamation marks are overused and therefore lose emphasis. They are meant to indicate yelling or great excitement/surprise. Less is more.

- Last names should always be included in newspaper submissions.

- Numbers lower than 10 should be written out. "Seven times I wrote the number 17."

- *Mainstreet* prefers the date format as follows: March 20, 2017 or March 20/17. We remove the little date suffixes (22nd, 31st) as a policy, and always change the format of 20th of April, 2017.

While *Mainstreet* loves, adores, cherishes and is eternally grateful to her submitters and writers, small adjustments to formatting like those stated above make the job much more smooth and efficient. But, don't worry, we'll fix them if you don't.

East Shore/Wynndel HEALTH AND HOME CARE SERVICES

ALL EMERGENCIES: 911

Nursing line: 811

East Shore Medical Clinic: 250 227 9006

Lab hours: Wed. 7:30-10:30 am

Lab Booking Number: 1.877.740.7747

COVID helpline: 1 877 740 7747

Community Nursing & Home Health: 250 352 1433

Mental Health: 250 505 6829

Community Paramedic, Cory Medhurst: 250 225 3376

Better at Home (East Shore): 250 505 6717

East Shore Hospice: 250 227 9350

Community Connections: 250 505 2634

ESKL Community Health Society: 250 223 8341

BEST Shore Bus: 250-551-8800

Kootenay Lake Hospital (Nelson) 250-352-3111

Kootenay Boundary Regional Hospital (Trail) 250-368-3311

Creston Valley Hospital and Health Centre 250-428-2286

East Kootenay Regional Hospital (Cranbrook) 250-426-5281

Creston Valley Hospital and Health Centre

Lab and Emergency 24/7 250 428 2286

Community Nursing and Home Services 250 428 3827

Public Health 250-428-3873

Health Connector Bus 1 877 843 2877

TAPS day program 250 428 5585

Dinners at Home (Interior Health) 250 428 3618

Better at Home (Creston) 250 428 5520

Society for Community Living 250 428 2296

Mental Health Services 250-428-8734

Valley Community Services Services 250-428 5547

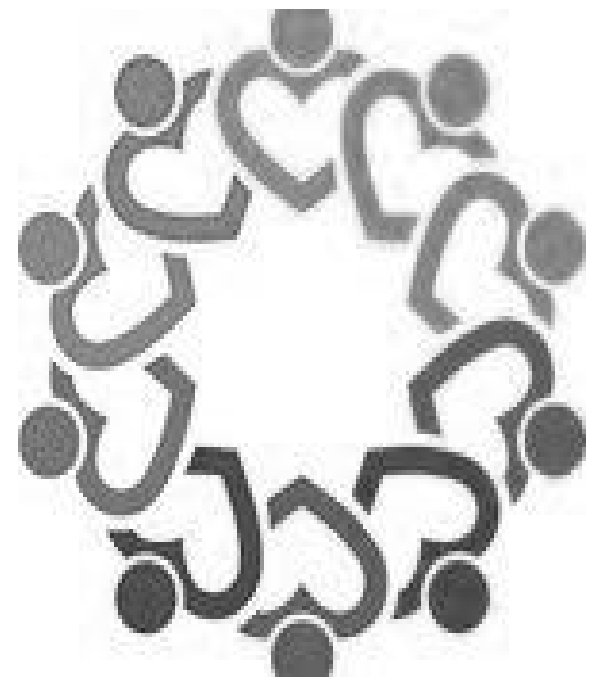
Focus on Health (Boswell Hall) 250-223-8455

Boswell First Responders 250-223- 8089

This is my CIRCLE OF SUPPORT

My circle of support is made up of friends, family and professionals who have helped me in the past and who have told me they can support me when needed.

Please write on this sheet the names and phone numbers of people to talk with and consult about home, finances, health and wellness, art and other interests.



Notice of Passing

Patricia Lee Kelly
June 18, 1951-July 30, 2021



Patti Kelly, loving mother of Jacob and Jeremy Kelly and loving partner of Matthews Sinclair, passed away peacefully with family and friends by her side on Friday July 30, 2021 after a courageous confrontation with cancer.

Patti lived a rich and full life despite leaving us at such a "tender" age of

70 years, 45 days. She will be missed sorely but her indomitable spirit, her infectious humour, her good will, her generosity of being and her love of family and community will live on in everyone she touched.

Patti was born in Calgary Alberta. She was the oldest of four and a free spirit from day 1. She left Calgary at an early age to find her way in the world. Her travels and adventures, often dangerous by today's standards, took her around the world and across Canada. In all her journeys she was always aware of the inequalities and injustice she saw. Patti brought this understanding with her when she settled on the Eastshore of Kootenay Lake in 1977. Not surprisingly Patti was a tireless worker for her community in many environmental matters including Pilot Peninsula preservation and the establishment of Lockhart Creek Provincial Park. Patti also was instrumental in a Gray Creek initiative, a green stop sign, reading Stop Clearcuts. Log for the Future, that brought wide attention to these issues. Her upcycled second-hand clothing store in Crawford Bay was a small part of Patti's instrumental leadership in the establishment of serious recycling on the Eastshore.

Her sons Jacob born in 1974 and Jeremy born in 1978, who Patti loved dearly, brought Patti five beautiful grandchildren, Ibex and Precia, and Sebastian, Frances and Oliver. Two of Patti's greatest joys was being Grammie to her grandchildren and a surrogate Grammie to many of the children on the hill.

Patti remains loved to bits by her three younger siblings-Ric, David and Debbie. Debbie was closely connected with Patti all her life, as sisters can be. Patti is also an Aunt to six nieces and nephews-Dave, Taylor, Mackenzie, Alysha, Cailey, and Noah, and a great Aunt to Tessa and Stella.

Many thanks go out to all the incredible souls who gave Patti care during her illness. Particular thanks to KLH, Drs Goodman, Macbride, Kennedy, Merritt and Foreman. And a huge thank you to the third-floor nursing staff and her many friends who gave and sent love to Patti after her illness.

A Celebration of Patti's beautiful life will be held at a time in the future when Covid protocols allow for Patti's family and dear friends to gather safely.

Prayer read at Patti's Ceremony

written by Christina de Pape

We love you Patti, from the deepest heart of our souls.

Your presence in this world has gifted everyone you have touched with the infinite light of your love, with your grace in kindness, and your loyalty and wisdom in friendship.

Your every living breath has been the sweet embodiment of devotion.

*We bow to every step of your earth walk.
And now as your body is in its final release from form, we stand here together at one of your favourite places, to say farewell.*

We stand in sadness and grief for losing you all too soon. We stand in joy and gratitude for having shared with you life's beauty. We stand in sweet surrender, understanding your journey now returns you to eternal spirit, to divine light.

We realize that as you have let go of your body, we must also release our attachments to you, so you may fully and completely return to spirit.

We let go of you now, to honour the completion of your journey.

And still, with your love, we trust your freedom to be omnipresent in our lives. We will see you until the rest of our days, in the light of the sun, the moon, the stars. We will feel your breath in warm summer breezes and hear the lilt of your laughter in early morning birdsong. From your freedom in spirit we will learn to live more freely, to love more deeply, to care for one another with greater compassion.

We have gathered here to bid you a farewell, and yet you will live in our hearts forever.

We love you Patti!

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.

Take Off Pounds Sensibly—TOPS

submitted by Cathy Poch

Worried about your weight? Here's an opportunity to step out of your comfort zone, meet new people and learn about a healthier lifestyle.

TOPS is an international non-profit organization. At our weekly meetings you will find the companionship of like-minded, non-judgmental group of residents. The TOPS bi-monthly magazine contributors include medical doctors, fitness advocates, and nutritionists as well as recipes and tips on how other members have lost weight.

Presently we meet in the basement of the Kootenay Lake Community Church in Crawford Bay every Thursday morning. Check in time is between 8 and 8:30 am for weigh-in followed by a short meeting where we share ways to improve our health through weight loss, exercise, and support. Your privacy is respected and your involvement can be customized. We welcome all ages from 7 to 100. Come check us out—the first meeting is FREE.

Can't make a meeting at that time, please contact Myrna Strom (250-227-9420) to get information about setting up a chapter at a different time and/or place.

Some of our member comments:

Belonging to TOPS has helped me overcome my "too much" food addiction, it is a wonderful support. TOPS helped me to refocus and change my mind to lose 100 pounds..Best of all, wonderful nonjudgmental friends.

TOPS meetings are a great place to learn all sorts of ways that people use to get their weight down and get healthy. One thing that is stressed is that not everything works the same way for everybody. What works for you might not work for someone else, but you are given lots of help in finding the method that works best for you.

Notice of Passing

James Edward Green
October 20, 1945-July 31, 2021



It is with sadness that we announce the sudden passing of James Green.

James was born in Kimberley BC, the first of four children. His parents, Earl and Evelyn Green were part of the exodus of many young families to the mining camp of Riondel in September of 1949. The purpose of this move was to

provide workers for the Bluebell Mine and populate the town. They lived, for those first years, in a tent house (wood walls and canvas roof), while his father worked in the mine by day, and spent any spare time constructing their permanent home. Over the years, James took on the responsibility of all major improvements to that original family home.

Upon completion of his education at J.A. Cochran/Crawford Bay Secondary School, he enrolled at the Southern Alberta Institute of Technology (S.A.I.T.) in the Culinary Chef program. It was there that he became proficient in the art of cake decorating and a master of the piping bag. He created many elaborate wedding cakes for family and friends in the years that followed. At the conclusion of his 2nd year at S.A.I.T., he earned the award for highest marks in his class.

After working at various hotels in Calgary, he returned to BC and cooked in camps on Vancouver Island. In the late 70's, James made a career change by gaining employment with Fording Coal at Elkford, BC. He retired after 33 years as a Shovel Operator, with the reputation of consistently loading no less than 300 trucks every single shift.

He took part in many hunting and fishing excursions with his dad and brothers. Duck hunting was his favorite, especially in his younger years.

Upon his retirement, he began to take over the maintenance of the family home yard and garden. James was particularly proud to enter his produce and flowers in the Crawford Bay Fall Fair, for which he won numerous top awards year after year. James was also the primary caregiver for his mother, Evelyn, in her later years.

James was predeceased by his father, Earl in 1981, and his mother, Evelyn in 2019. He is survived by his sister, Connie and her children; Kris (Melanie) Kirkham, Kelli Kirkham, K'Arlee (Darren) O'Neill and their twins Jack & Saoirse, and Dane Morison. His brother Fred (Sherlynn) and nephew Nick (Laura). His youngest brother Richard (Karen) and nieces April Green and Crystal (Gary) Janzen and their daughter Hannah.

James was a lifelong member of the little white catholic church in Riondel, to which he faithfully donated the flowers for Sunday mass (a practice he carried on from his mother). In lieu of flowers, should anyone wish to do so, a donation to the Most Holy Redeemer Church in Riondel would be appreciated.

A private family mass will be conducted at the Cathedral of Mary Immaculate in Nelson, followed by interment in the family plot at Nelson Memorial Park.

A memorial celebration will be held in Riondel at a later date, in accordance with current guidelines.

Thompson Funeral Service has been entrusted with arrangements. If you wish to leave a message of condolence for the family, please visit <https://www.thompsonfs.ca/obituary/james-green/>

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/ORG SERVICES/ANNOUNCEMENT

ARTISAN'S SHOPPE - Circle of Friends, open 11am to 3pm, Thursday-Saturday, Riondel

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. vwharder@shaw.ca

ALCOHOLICS ANONYMOUS: If you drink, and don't want to stop, that's your business. If you drink & find you can't stay stopped, that's ours. 1.250.800.4125

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)

NEW BUILD & RENOVATION - Design Consulting Services Westwood Cabinetry - Kitchen, Bath & Custom Closets. Furnish, refresh and update your home or rental property. Book an appointment - jennifer@socialroominteriors.ca. Visit SRI Design - www.socialroominteriors.ca

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

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: alexandraianephillips@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

ELISA ROSE SHAW, QHHT PRACTITIONER: Certified Level 2 in Quantum Healing Hypnosis Technique. Healing and answers through past life regression and connecting with your higher self. Email elisaroseforever@gmail.com, call 250-505-0128.

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

PROVINCIALY REGISTERED HCA - Christian McStravick providing confidential, home based support for individuals, and their family members. Specializing in personalised home health care, respite care, and hospice care. Servicing Boswell to Riondel. Please contact Christian via phone: 250.225.1955 or email: christianmcstravick@gmail.com

REGISTERED ACUPUNCTURIST, LISA SKOREYKO R.AC. Treatment for pain, emotional disturbances, gastrointestinal issues and much more. 250.777.2855. http://lisaskoreykoacupuncture.ca/

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

REGISTERED MASSAGE THERAPIST: Harreson Tanner - Over 40 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doctor referral required. 250.505-6166.

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@kootenaysoundhealing.com, 250-225-3518

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

RENTALS/ACCOMMODATION

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. bookings@cbhall.ca

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

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

YARD/LANDSCAPING/SITE PREP

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

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.

RENTALS/REAL ESTATE

Cabin for rent in Crawford Bay: Available October 1. Suitable for one quiet adult non-smoker. \$900/month plus hudro. Partially furnished, includes wood stove. Call 587.434.6079 after 4pm

Massage Therapy
Harreson Tanner, RMT
Over 40 years clinical experience



* Knowledgeable * Skilled * Experienced
For appointments, call 250-505-6166

• Planning a wedding?
• Holding a meeting?
Consider renting the
BOSWELL MEMORIAL HALL
Booking/info: Karen Lee at 250.223.8686



"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.
www.futures.bc.ca

Growing communities one idea at a time.

NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

Next Deadline: Sept 22, 2021

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 AND ADULT IMMUNIZATIONS,
CRESTON PUBLIC HEALTH UNIT**
250-428-3873.

EAST SHORE HEALTH CENTRE
Call 227-9006

***See BELOW for doctor and
nurse practitioner days***

Doctor hours are from 9:30am to 4:30 pm.
Please call 227-9006.
Appointments are required.

For emergency care, call 911
We are not an emergency facility.

HEALTH PHONE NUMBERS

ES Health Centre: 227-9006

Community Nursing:
1.800.707.8550 Ext: 2 then Ext 3

Mammography:
1.800.663.9203

**Mental Health & Substance Use
Clinician, Jen Diosy - Appointments only:**
250.505.6829

Laboratory Services:
1.877.740.7747 or www.labonlinebooking.ca
for Lab Appointments

**DOCTOR /NURSE
DAYS: September 2021**

**NO SEPTEMBER
DOCTOR DAYS
PROVIDED**

Sorry...

NO WALK-IN SERVICES
APPOINTMENTS ARE REQUIRED

www.eshore.ca

mainstreet@eshore.ca

250.505.7697

PUBLIC NOTICE OF THE EAST SHORE KOOTENAY LAKE COMMUNITY HEALTH SOCIETY AGM

Date: Thursday, September 30, 2021
Time: 7:00 -8:30 via Zoom

Members of the community are invited to participate in the AGM of the East Shore Kootenay Lake Community Health Society (ESKLCHS). Because of current COVID-related restrictions the AGM will be held via Zoom. All current members of the Society will receive a Zoom invitation a few days prior to the AGM. If you are not yet a member of the Society but would like to participate, please signal your interest by contacting margaret.crossley@usask.ca and you



URGENT PLEA: WE NEED MEMBERS!
Are you new to the area, or have you lived here a while and are looking for something to do this winter? Join our team of professional volunteers & help us help our community.

***Next Deadline:
Sept 22, 2021
www.eshore.ca***

The Fitness Place

Open Again!

CLOSED FOR SEPTEMBER

5:30am-10:30pm

The regulations will be the same as before, with a MAXIMUM of six people at once, socially distanced.

We will not have supervisors at this time. Please pre-book your gym time by texting Amy at:

587-434-8770

**Email eastshorefacilities@gmail.com
for more info.**

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

Everyone welcome.

CHRIST CHURCH & EAST SHORE CONGREGATIONS ST. ANSELM'S CHURCH BO- SWELL (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

Satsangs available anytime for inspiration - Online at our website (yasodhara.org/about-yasodhara/satsang/) or YouTube (youtube.com/user/yasodharaashram/).

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 held at 4:30 pm at the Crawford Bay School on the first Wednesday of the month.
Email cbess.pac@gmail.com for info.

Next Deadline: Sept 22

Kootenay Lake Ferry Schedule

Typically, the Summer Schedule runs only until
Labour Day weekend, then reverts to Winter.

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

21

For Sale

Escape the city and come home to the quaint community of Riondel!

- This property is centrally located just steps from the local market and minutes from the boat launch, Kootenay Lake, Riondel Golf Course, hiking trails & more...
- The home is thoughtfully planned and created for a family's lifestyle or a recreational getaway home.
- Utilize the private side entry perfectly fit for a home based business!
- With recently updated plumbing, electrical, newly completed flooring throughout and freshly painted in & out, this home truly is, move in ready. Not to mention the new steel roofing, providing years of peace-of-mind.
- There is no shortage of versatile outbuildings including a woodshed, indoor workshop (with electrical) and covered carport.

Enjoying the beautiful landscaping, covered patio and BBQs on the spacious deck will be a must this Fall!

OFFERED AT: \$349,000

Sheena SOBKIW

LET'S CONNECT!

Sheena Sobkiw
REALTOR®
c. 250.254.4580
e. sheena.sobkiw@century21.ca

CENTURY 21
Velch Realty - Creston

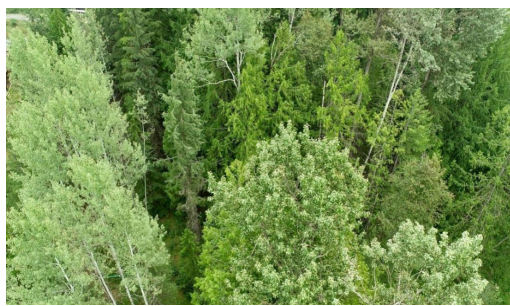


1509 AINSWORTH AVE.
RIONDEL

21

For Sale

Private, treed lot directly across from the picturesque Kokanee Springs Golf Resort fairway and surrounded by amazing views. Build your dream home or vacation haven, the options are endless here! Minutes away from the market, gas, restaurants and many artisan shops in Crawford Bay, everything you need is close to hand! For the outdoor enthusiasts Kootenay Lake, a public beach, Kokanee Springs Golf Resort, hiking and cross country skiing trails are all just minutes away!

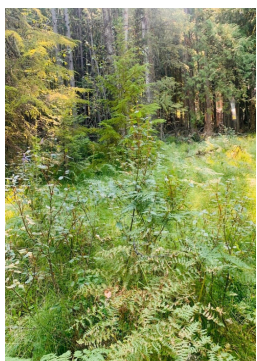


LET'S CONNECT!

Sheena Sobkiw
REALTOR®
c. 250.254.4580
e. sheena.sobkiw@century21.ca

CENTURY 21
Velch Realty - Creston

LOT 27 CRAWFORD CREEK ROAD



OFFERED AT: \$91,500

Sheena SOBKIW

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Lucas Jmieff | Mt Crawford

What does local mean to you?

To us it means enriching lives locally.

The positive effects of your membership will always stay here!



The Mainstreet is a community-written monthly newspaper that serves the communities of Creston 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, and on the Osprey 2000.

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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

Email: mainstreet@eshore.ca

Web: www.eshore.ca

ADVERTISING RATES

\$40 - 3.25 wide X 1.75 tall (inches)

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\$50 - 3.25w X 3t

\$55 - 3.25w X 4t

\$60 - 3.25w X 4.5t OR 6.75w X 2.25t

\$70 - 3.25 X 6t OR 6.75w X 3t

\$95 - 3.25w X 9t OR 6.75w X 4.5t

\$115- 3.25w X 10.25t

\$150- (1/4 page) 5w X 7t

\$175 (1/3 page) - 6.75w X 7t

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

\$250 (1/2 page) - 10.25w X 7t

\$450 (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.

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

FOR FULL COLOUR, ADD 30%

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your eastshore bistro in Crawford Bay

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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, VOB 1E0)

Go to www.eshore.ca for more information.

Thank you, Mainstreet supporters & community.