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# The East Shore Mainstreet

## KOOTENAY LAKE BC

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

Photo by Jennifer Berukoff



*May summer leave as gently and slowly as this turtle's walk towards the pond off the sixteenth hole at Kokanee Springs*

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## Mainstreet Meanderings

by Editor Ingrid Baetzel

*Empty nest syndrome is a feeling of grief and loneliness parents may feel when their children move out of the family home, such as to live on their own or to attend a college or university. It is not a clinical condition. (Wikipedia)*

Okay, Wikipedia, I guess I won't seek professional treatment or heavy medication for this empty, gaping sadness I'm currently experiencing – not to say that a little therapy might not go a long way. I'm all for talking about it to work through grief and pain. In this case, I'll write about it.

When our daughter moved out and we dropped her off at university in 2019, I had to pull over off the highway to wail and moan like a wounded cat. The intense trauma of leaving her was debilitating. It's not something you can prepare for. It's like birth – unbridled, out of control, devastatingly beautiful and brightly painful. It's also the proudest I ever felt. We had gotten her there. She was a woman, and she was on her own. But the vacancy in my spirit was palpable. I ached for her as I did when I left her for hours when she was small. I just wanted to encircle her and hold her and never let go. She was my first and my girl. She was the sun, the moon, and all the ether in between. How do you live without your galaxy? Well, I learned to. I'm still learning it.

Now, my second, our boy, is leaving. It's not a gigantic move as he will be going between work in the north and coming home for stints, so there is

safety in that, but familiar feelings are rising. There is an odd feeling of failure in this, which is perplexing because raising children and seeing them leave the home for their own journeys is a success, by definition. But, how often is losing something that you love and cherish seen as a success? It's more often a failure, in my experience. Keeping them home and safely nestled under my burdensome wing would undoubtedly be seen as a less of a success than the gentle shooing that pushes them towards their own lives. But I would be happier today. My happiest moments in this great life have been well before I even considered children, and then surpassed by family moments when they were here and impish and funny and playful and part of our whole.

We are dividing in the most natural way. Four fourths equalling a whole that came from the whole of two halves. Now each quarter is redefining itself, finding ways to become whole without what made them that way for the last two decades. It's a learning/unlearning conundrum. I am not a quarter – I am a whole. It's just that right now, all I feel is like the tiniest slice, unsupported by my most precious pieces. I will become whole again. I will be enough. But right now, this little piece of pie is sitting in the emptiest nest and singing a lonely song about togetherness, Thanksgivings, Christmases, family meals, games nights, music and laughter.

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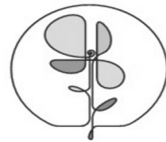
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### The East Shore Mainstreet KOOTENAY LAKE BC

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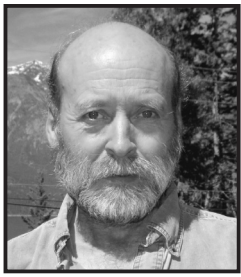
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The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake.

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## RDCK Area "A" Update

by Garry Jackman,  
Regional Director

### Waste management/recycling

This is the time of year when the RDCK hosts household hazardous waste roundup events. One of the events is scheduled for Saturday, September 17th at the Creston and District Community Complex from 10am to 2pm. I recommend you show up early as turnout is usually very high. For those who cannot make that date, there is the year round eco-depot in Nelson plus there are several other events including at Castlegar and Kaslo if you happen to be in those communities. Go to the RDCK home page then click "Waste and Recycling" along the left edge to get more information. The link to the Nelson Leafs Eco-depot can also be found there along with a list of what is accepted and hours of operation.

The annual roundups, in particular for those of us not close to Nelson, are intended to be a one stop drop off where we make it easy to dispose of items which none of us want going into the landfill. The Directors for Electoral Areas A, B and C plus the Town of Creston have been working through staff to establish a contract to operate a year round eco-depot in Creston, similar to what Nelson has, ideally co-locating the recycling bins as well. That remains a work in progress.

Aside from recycling packaging and diversion of hazardous waste from our landfills, another important action is to maximize the diversion of organics from the landfill as they generate methane during decomposition plus cause other issues with leachates. Several years ago we installed a cap membrane and a methane gas collection system at the Creston landfill, but reducing the quantity of organics going into the landfill is just as important. The east subregion (Electoral Areas A, B and C plus Town of Creston) organics composting facility is now operational and is receiving organic waste collected through the Town of Creston. Expansion to nearby rural homes, where it makes sense, is being examined. Many rural residents manage compostable material on their own property but with the expanding area of curbside garbage pickup in rural communities closer to Creston the case can be made for offering organics pickup as well. More information and options should be out later this fall.

Yard and garden waste also begins to build up for many of us during September and October. The same webpage noted above has a link to the free seasonal yard and garden waste tipping program. The objective is to reduce burning and the associated air pollution. During the month of October this material will be accepted free of charge, with some limits on volume, at the Crawford Bay and Boswell transfer stations plus the Creston landfill. Note we will be using some of the yard and garden plus wood waste and possibly cardboard in the composting operation to balance nitrogen and carbon levels plus to control moisture (through the introduction of shredded cardboard). We have authorized staff to modify the waste management bylaw to allow for the sale of composted material which meets the applicable standards. Ideally that option will be in place for spring 2023.

The 2021 Recycle BC Annual Report is now available. While I continue to take issue with their claim to be managing and paying for the household packaging and printed paper recycling program (since you and I pay for part of the system through property taxes) I was pleased to see their summary of rates of recovery of products across the province. The report indicates they

collect an average of 43.1 kg (net) or 46.3 kg (gross) per capita. Collections for various regional districts are provided (page 18 of the report) where the RDCK is listed as collecting an average of 47.8 kg (gross) per capita which is above the provincial average.

### Electric vehicle charging

There are not many electric vehicles (EV's) and/or plug in hybrids on our roads today versus conventional vehicles, but in order to meet future demand of locals plus accommodate those travelling through the area we need to take advantage of programs to install more charging stations. A couple of programs in play right now are through the Columbia Basin Trust (CBT) looking for interest from local government plus a Fortis BC program. I see that Tesla is also reaching out to some businesses, as is evident by the row on new charging units to the NE of the Ricky's restaurant in Creston.

RDCK staff are working with the CBT on possible locations to meet community needs. Recently I had an opportunity to tour the Crawford Bay and Kootenay Bay areas with two reps from Fortis who have one program to install units in public locations plus are proposing another program to partner with local businesses (subject to regulatory approvals) making it easier for a small business to provide a charging station for clients. On the community use locations, the Fortis reps initially wanted to look at the existing units at Kootenay Bay (while enroute to Nelson) but I convinced them it was worth having a closer look at several potential locations to choose from in Crawford Bay, whether at a park or business or even on a side road allowance. They will be making direct contact with some businesses who have agreed to an email introduction. If you are interested on behalf of your business let me know.

### Brief notes

The RDCK 2021 audited financial statements are now complete. Let me know if you want a link or to sit down over a coffee and discuss how your taxes are being spent.

As I was writing this article I received an email from Kalesnikoff Lumber with the public referral for salvage of burned timber from last years Akokli Creek fire above Boswell. I can provide links to anyone who is interested.

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

**Next Deadline:**  
**Sept 28, 2022**

## TOM SEZ

by Tom Lymbery

Thanks to Cory Medhurst who told us how a drowning victim was brought back to life. We know that privacy prevents any details of medical emergencies, but Cory was able to obtain the participants permission, so we were able to hear this success story in the August edition.

Perhaps the most mis-spelled word is LIGHTNING in the news about forest fires. It is often spelled LIGHTENING, which has a completely different meaning – to lighten bread with yeast, for instance.

Firewood season coming up – made so much easier with a new chain. Please take the old chain to our store to make sure that you get the correct one.

Many thanks to Monte Skelton of Gray Creek for his efforts cleaning gravestones in our Gray Creek Cemetery. Great to read lettering on stones that were covered in moss.

Every fall I hope to find BC table grapes, only occasionally finding any. They are so much more flavourful than the California ones in the supermarkets. But WHY are they so scarce? Nice to see the Lakeview stocking more BC fruit – peaches and apricots. Perhaps Ingrid can find some BC table grapes.

With the one cent gone, will the nickel be discontinued next? Then it will be back to the coin situation when my dad came to Gray Creek in 1911 – there were only 10 cent and 25 cent coins. If you bought something for 15 cents with a quarter, you got a dime in change. Alternatively a dime would let you spend 15 cents.

Virtually all books seem to be priced with 95 cents. But in selling off my rare book collection at Gray Creek Store I have used even dollars on the discount prices.

### GRAY CREEK PASS REORT

Please notice the update on the Pass closure – now extended to October 21st.

The pass will be CLOSED from September 15 to October 21st for replacement of the Baribeau Creek Bridge with pre cast cement. This creek closed the road three years ago when it washed out the original culverts. A temporary wooden bridge was built at that time. This is a large creek that flows into Redding Creek. The road will be open to Oliver Lake on this side, as this is a popular daytime trip. When the snow comes no one knows- sometimes it October 10th and I have driven over as late as October 31st without seeing a sign of the white stuff.

## 2022 HHW Round-Up Events

The RDCK is hosting the annual  
**Household Hazardous Waste (HHW) Round-Up Events.**

2022 Events will occur during the month of September.

Visit our website for the locations, dates and times of the events  
and for a list of acceptable materials.



[rdck.ca/hhwevents](http://rdck.ca/hhwevents)  
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## Hidden Taxes

by David George

### Summer is Over...

And we are heading into Autumn with Covid still around to afflict the unwary. We did not travel other than for medical reasons in the past month. Those travels involved Lea spending time in various hospitals and then taking the Angel Flight from Cranbrook to Kelowna where she had radiation treatment for cancer. The flight passed right over our house both ways, and was very efficient.

When in Kelowna, transportation from airport to Accent Inn, and then daily to and from the Cancer Centre was accomplished by Wheels of Hope shuttle people or by taxi paid for by BC Cancer. The services provided took a lot of stress out of the experience of having had clear high resolution mammograms for years which did not detect Lea's renewed cancer. Once diagnosis was made, however, treatment was provided very quickly.

As I write today (Aug 30), Lea is in Trail undergoing some tests to see how effective the radiation treatments were. Volunteer driver and vehicle provided from Better at Home East Shore.

It seems like Interior Health is providing more and more help for us seniors, especially with cancer, and the feeling I have is that there is real effort being made to help us who wish to stay in our homes here in the East Shore for the rest of our lives. When we bought our place here 33 years ago, that was and still is our intention—to not move again. Well, and also to give a long term home for the East Shore library.

Another set of helping hands for seniors with cancer locally is being provided by our hard working ambu-

lance people, Cory, Susan, and Mike. They are seeing all of us who wish weekly checkups at home.

We really appreciate this, and hope they can keep up the energy required to do this. Maybe some local people will train and join this initiative.

- Some phone numbers here for various services: Better at Home East Shore-Rebecca Fuzzen, 250-505-6717. Donations to this service may be made online to Valley Community Services Creston for Better at Home. Drivers are welcome—and reimbursed 56 cents per km. Grocery trips are also available in addition to health travel.

- Angel Flight is easy to look up online, and phone is 250-430-1188. They fly Tuesdays, Wednesdays, & Thursdays. Messages replied to quickly.

- The lodge next to the Cancer Centre in Kelowna is heavily booked, but if you can get in, all your meals are provided free as well as accommodation.

- Remember, right here in Crawford Bay, our clinic people Kathy and Doreen can sort out almost any problem you may have getting access to care. Give them a call at 250-227-9006 and say Thank You!

Watching the long delays at Canadian airports in the news recently just underlines one of the main reasons why many of us live here in the East Shore. We do not want 'fast everything'!

We are mostly quite happy to muddle along and enjoy our lives. As was brought out in Tolkien's classic *Lord of the Rings*, the world is changing. Indeed it has changed especially abruptly over the past three and a half years due to Covid. Also due to the Boomer generation growing old and retiring, with birth rates falling in most countries. People are just going to have to learn to slow down and smell the flowers. Finding meaningful lives is one of the reasons we are here on this planet. We all can make the world a little better and enjoy it more. Until next time, peace, love, and happiness to all.

## Cordwood Building Workshops in Crawford Bay

submitted by Laverne Booth

You may have seen or heard of cordwood masonry building, also known as stack wall, where cedar pieces are set into place with a special mortar mixture. Creating sixteen-inch walls, the mass keeps the house cool in the summer and toasty in the winter. Saunas, small sheds, and buildings can be built with cordwood.

Robert Agnew of Crawford Bay Commons is offering to teach friends and neighbours how to build using this low-cost building method in a series of workshops this fall. Robert was trained in this technique and began the large garden house on the commons several years ago. Now he will share his experience and the techniques gained. We hope some workshop participants will love mudding and pointing so much they will want to practise and help us complete the north wall and the stage surround of the large community house.

The cost for the workshop is \$50. Please register early as space is limited. A simple vegetarian lunch is included. If you end up putting in some hours after the workshop, we will return up to \$30 of the fee.

To register please email [eslearningplace@gmail.com](mailto:eslearningplace@gmail.com) or call/text Laverne at 250-551-6020.

## Riondel Fire and Rescue Blotter

by Fire Chief Cory Medhurst

### September 2022

September seemed to happen fairly quickly this year, I'm sure to more than just us. August saw us training hard on auto extrication once again, for three weeks. It's always great to get out the JAWS tools and practice scene safety, extrication techniques, and patient safety during an extrication. There is always so much to learn for AutoX; our fancy word for a patient trapped in a vehicle requiring assistance getting out. With only two hours a week to practice, it takes time to run drills and set up/take down every Thursday. Thank you to all residents for respecting our practice space and for enduring the sight of our endeavors; the training is very much needed for these roads of ours.

September also brings back school for our young, and teenage folk in the shire and beyond. With that comes a reminder that it also brings the school buses to our roads with multiple stops to transport our children to and from their learning centers. Remember, the flashy stop signs (there are multiple that pop out) aren't a suggestion, neither is the speed limit in school or playground zones. School zone speed limits are 30 km/h between 8 am and 5 pm, Monday to Friday, unless otherwise posted. In playground zones, a 30 km/hr speed limit is in effect from dawn to dusk, 365 days of the year. If a School Bus Operator witnesses you pass while stopped and can get your license plate, you will be found and fined. Fines can run from \$253.00 and \$369.00 or more for repeat offenders; but the cost of harming one of our young beings or worse... slow down and be safe.

August calls to date are as follows:

4 **Mainstreet September 2022**

**August 3** – Three members responded north of Riondel for a medical FR call involving a fall onto a metal fence. Members arrived and began patient assessment and care while waiting for the paramedics to arrive; our local crew was returning from Boswell when the call came in. The crew then assisted moving the patient

**August 5** – A motor vehicle incident involving a motorcycle and the mountainside in Boswell saw seven members respond. While traveling from Creston to the ferry, a motorcycle pilot lost control of his bike around one of the many corners along the lake and ended up flipping the bike onto himself in the ditch. Boswell First Responders were on scene for initial patient care and traffic safety, having our crew take over to assist the Paramedics with packaging and patient movement. The patient was transported to Creston for further assessment.

**August 8** – A couple in Riondel had finally made their way out to relax at their summer abode, unpacked the car and got themselves ready to enjoy the sunset. They poured some wine, lit the campfire in the yard for ambiance and continued to get comfortable on the outdoor sofa. Unfortunately the campfire ban had come into affect the day before with the home owners unaware. Three members responded during a fire practice to speak to the couple. As soon as the fire truck arrived at their home they had an idea there may be a fire ban on. They were very apologetic and immediately extinguished the fire with the garden hose they had on hand.

**August 11** – Two members responded to a medical FR incident in Gray Creek. The crew were first on scene and began to assess the patient when the local ambulance arrived and took over patient care.

**August 15** – Another medical emergency in Gray Creek had four members respond to assess and care for the patient while waiting for the Creston ambulance to arrive. The local ambulance was out of service on a necessary eight hour rest period due to being called out

the evening before.

**August 16** – An explosion on a boat and consequent boat fire had five members respond to the Riondel marina. A boat owner who had just completed work on his engine tried to start the engine to test it. In a moment out of an episode of *Miami Vice*, the boat engine exploded from behind the owner, scorching his hair and sending black smoke billowing into the sky. The crew arrived quickly and began to douse the fire while the boat owner and his friend held the burning boat away from other boats, houses, and the dock. A decision was made for another boat to tow the now partially burning boat to the ramp to avoid it sinking in the marina where the crew was able to fully extinguish the shell. Environment Canada was contacted and the remains of the boat were removed by the owner shortly after the crew left the scene. One member of the public was assessed by paramedics on scene for smoke inhalation and was found to be without short term issues.

**August 18** – Six members responded to the East Shore Health clinic for a medical FR incident. A regular visitor to the area experienced ominous chest pains and had himself taken to the closest medical center. Unfortunately our clinic is not staffed with emergency personal for these situations so 911 was called for assistance. The first crew on scene assessed a patient who appeared to be in a cardiac emergency. The crew assessed and cared for the patient while waiting for the Creston ambulance to arrive. Our local ambulance was out of service on a necessary 8 hour rest period due to being called out the evening before.

**August 20** – A call came in for a medical emergency at Kokanee Creek campground. As members stumbled around their bedrooms getting ready to rush out the door while shushing their partners regarding the address, another page came in calling off the crew, admitting that the call was actually in Balfour. Four members who were responding to the page stood down and returned to their sleep; some of us on the couch due to excessive shushing of our mate.





# HALL BOARD NEWS

by Susan Hulland

Steven Ryder of Canruss Medical & Safety has given us a huge gift of \$20,000! When added to the RDCK grant mentioned in the next paragraph, and another as yet unnamed source, we know we can now definitely reroof our community hall! Steve said he has been enjoying Crawford Bay and area since he was a child and decided to lend his support to our restoration project after learning about it on our Facebook page @ crawfordbayhall.

The Crawford Bay & District Hall & Parks Association has been approved for a \$45,000 Community Development Grant from the RDCK! This funding is earmarked for the new roof. Thanks to our RDCK Area A director, Garry Jackman, for his help.

Recently we also got a generous donation from within our community. Heartfelt thanks go out to the loving family of 'Community Champion' John Smith, who requested donations be made to the hall restoration in John's memory. Their kind gesture

and the generosity of several donors resulted in our restoration fund increasing by almost \$3000.

We are learning that applying for grants to restore and modernize old buildings is a hurry up and wait process. Grant programs are often announced with short deadlines and with only five directors on our board it's a real challenge to do all the necessary work to meet submission dates. For this and many other reasons our

association is seeking some new faces on our board of directors. If you are curious about what being a director or a volunteer of our association could entail please phone Leona at 227-9361 or Susan at 227-9387 or email [info@cbhall.ca](mailto:info@cbhall.ca).

Five people is not enough people to carry out the responsibilities of the stewardship of the community park, the community hall and the Kootenay Bay boat launch. Now that we know we can move ahead with the restoration of the hall, the need for more guidance is critical. If you want to check us out please attend our AGM on

November 29, 2022.

We have good news and bad news from our community park. On the weekend of August 27-28 the park hosted two events (a wedding for 75 guests from out

As September also brings colder evenings and milder days. We'd like to send out our yearly reminder to have those chimneys cleaned and readied for warmth to flow and have the flu cleaned out; prepare your baseboards by removing any items on or around them, lift blinds and maybe a quick dust to avoid that burning dust smell, move furniture back into winter mode away from heaters; check your smoke alarms, even fire fighters need reminding every now and then to check.

If you find yourself itching to help your community and meet a great group of peeps, come and join our team of professional volunteers, we meet every Thursday night from 7PM-9PM at the fire hall in Riondel. Go online to [www.rdck.ca/EN/main/services/fire-services/volunteer-as-a-firefighter.html](http://www.rdck.ca/EN/main/services/fire-services/volunteer-as-a-firefighter.html) and fill out the application, hope to see you at practice soon!

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of town and a friendly soccer match between our local heroes and Together these gatherings brought dozens of people into our community for one, two, and in some cases, three nights demonstrating the value of our association's rental facilities to the East Shore business community. Sadly for the couple who were married on the beach of the regional park, vandals smashed several long strings of decorative lights all over the floor of the Fraser Pavilion when they were left up overnight.

Again, we ask that local residents help us keep an eye on our publicly owned properties.



## Crawford Bay Hall & Park Facility Rentals

Crawford Bay's Community Hall, Community Corner Building and Park Pavilion are now available for rent.

Info: [bookings@cbhall.ca](mailto:bookings@cbhall.ca)

*Next Deadline:  
Sept 28, 2022*

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September 2022 Mainstreet 5



# Yarns From the Back Alley Shepherdess

by Barb Kuhn



Last month in the *Mainstreet*, a few columns focused on the decline in our healthcare system. We have come to expect a different level of service than we had in the past. I am personally impressed with our local workers who hang in

there and do what they can, given the environment and the resources that they are given to do their jobs.

Having a family doctor is something we used to take for granted. Now, if we have the ear of a doctor, it is impossible to address more than one presenting complaint in the short amount of time they have to spend with us. It is getting more difficult to get the chance to do even that.

I realize that it's easy to get frustrated given the current situation. Complaining to our local government will not get the changes we need in a timely manner to help us the way we need to be helped. If the pandemic taught us anything, we learned that we need to be able to take care of ourselves as much as possible, even just to avoid being exposed to sick people by going to a healthcare facility.

Our medical system has been overwhelmed. How can we help? Many years ago, my friend Linda suddenly lost 30 pounds and was unable to work. She was extremely tired. Nothing helped when she went to her doctor for treatment.

Not being the type of person that just accepted defeat, she started to do research. She went to a local herbalist who sent her home with several herbal tinctures. She actually got better!

As her energy levels improved, she became interested in learning about herbal medicines. She earned certificates in nutrition, herbal medicines and homeopathy. Educating herself about these things wasn't enough for her. She had to share what she learned.

In the fall of 2011, I met Linda at the library in Polson, Montana. She had put up a notice on the bulletin board at our local grocery store about a class on using herbs to improve your health. I had worked in our local clinics and nursing homes as a Registered Nurse. I had to go to that class, I found the topic quite interesting. She didn't charge for these lessons. She taught us how to use herbs every day to increase our nutrient intake. She also taught us how to grow our own herbs and wild harvest from the woods. We learned to tincture and use herbs for various ailments, and even for emergencies. Her knowledge saved many lives, just in the small town where we lived.

This type of information would be useful to all of us at this time. The more we can take care of ourselves, the less burden we place on our already over-taxed healthcare system.

Linda did not prescribe any remedies, she simply taught us what they were, and what they were used for. Many pharmaceutical medications may be replaced by natural herbal remedies, should the need arise. Current supply chain problems with food and other consumer goods may affect our ability to get medicines in the future. Learning about alternatives to your medicines before this happens will help get you through if there is a temporary gap in supply.

Linda wants her research to be shared with everyone. She holds certificates in nutrition, homeopathy and herbal medicines. If you are interested in learning more about taking care of yourself in these uncertain times, please contact me at [barbaramkuhn@yahoo.com](mailto:barbaramkuhn@yahoo.com). If you have health issues and are concerned about having herbal remedies to replace your pharmaceutical drugs in an emergency, please contact a certified Herbalist. We are lucky to have one who writes a column in this newspaper!

## Celebrating the Success of the Kootenay Lake Local Conservation Fund

Submitted by Kootenay Conservation Program

*This article is the second of three in a series featuring the Kootenay Lake Local Conservation Fund, a RDCK service co-administered by the Kootenay Conservation Program.*

Supporting the health of Kootenay Lake communities and their surrounding natural ecosystems is the aim of the Kootenay Lake Local Conservation Fund (KLLCF).

The second Local Conservation Fund in Canada (the first being the Columbia Valley Local Conservation Fund in the East Kootenay), the KLLCF has demonstrated the success of this innovative local government service — so much so that other local governments in the province have followed suit and adopted the LCF model to establish this service.

Since 2014, the KLLCF has awarded over 40 grants totalling almost half a million dollars to local conservation and community sustainability projects, all thanks to the annual \$15 per parcel tax that property owners pay into the fund. These grants have supported a diversity of projects focused on local conservation priorities across the themes of water, wildlife and habitats.

In the first article of this series, water conservation projects were featured; and in this second article, we highlight projects that benefit local wildlife and species at risk.

Grizzly bears are an iconic symbol of wildlife in the Kootenays yet agricultural conflicts with grizzlies create real and tangible threats for both Kootenay Lake residents and recovering grizzly bear populations. The Grizzly Bear Coexistence Solutions project provides a 50% cost share with residents for electric fencing

equipment to protect their livestock and/or crops from grizzly bears. Not only does the project prevent bear conflicts for the growing number of farms, homesteads, orchards, and backyard food producers in the region, it is also helping increase bear safety through bear spray training to the public.

While pollinators like at-risk bumblebees and butterflies tend not to attract as much attention as the high profile grizzly bears, another KLLCF-funded project has worked to change that. The Wildflowers for Pollinators project led by the Kootenay Native Plant Society worked with Kootenay Lake residents to create and enhance native wildflower habitat through collecting and planting native plant seeds and meadow patches in order to help local pollinator populations thrive. Pollination is an essential ecological process and improving pollinator habitat and pollinators can improve both natural and agricultural systems, supporting insect-eating birds, animal-pollinated plants, and herbivorous animal populations.


Declines in bat populations have been the focus of another KLLCF-funded project. The Wildlife Conservation Society Canada has been working to help local Kootenay Lake bat colonies through a variety of actions. Almost half of B.C.'s 15 resident bat species are listed as at-risk, and 12 bat species are known in the West Kootenay. From disease surveillance and working with landowners who have bats in buildings, to testing and applying a prophylaxis treatment to protect bats from white-nose syndrome (the fungal disease that has decimated North American bat populations), this project is working to protect local bat populations.

Not only did KLLCF funding support these important local projects, but the funding investment helped leverage additional grants, turning a taxpayer's \$15 dollars into \$75 towards local projects.

"With the beauty of our region attracting more residents and tourists, wildlife and essential ecosystems are feeling the pressure," said Aimee Watson, RDCK Board Chair and Electoral Area D Director. "While

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local governments tend to focus on services for the people, conservation needs to be accounted for should we want to continue enjoying these beautiful landscapes and all of the natural assets it provides. We are grateful residents requested and supported the creation of the KLLCF to maintain healthy ecosystems across the region."

To learn more about the projects funded by the KLLCF, visit <https://kootenayconservation.ca/kootenay-lake-local-conservation-fund>.



*A Wildlife Conservation Society Canada team member monitors a set of bat boxes as part of the Kootenay Lake Local Conservation Fund project that is working to provide safe roosting sites for bats in the Kootenay Lake region. Almost half of B.C.'s 15 resident bat species are listed as at-risk, and 12 bat species are known in the West Kootenay. WCSC Photo*

*About Kootenay Conservation Program*  
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.kooteanyconservation.ca](http://www.kooteanyconservation.ca).





## Thoughts from the Frog Pot

by John Rayson

### HEALTHCARE- THE DEBATE

For the past three years I have written this column and on a number of occasions have taken the opportunity to attempt to inform readers with regards healthcare in Canada and our area. One must remember that healthcare, as we know it, is a provincial responsibility but partially funded by the federal government {20%} and based on 5 principles: public administration, comprehensive, universal, portable and accessible. These principles were established in 1985 and no further significant debate has occurred.

The pandemic highlighted many of the problems but they have been long in the making. 30 years ago, new nurses graduating in Canada could not find full-time employment and about the same time governments decreased the funding to medical schools restricting the number of new graduates. In 1996 the Ontario government felt that it was necessary to change the family practise model to one of group practice with salaried physicians. Guess what? Nothing happened, even though it was a sensible solution and should have been implemented at the time. Now we have multiple politicians asking for more funding and wishing to have additional programs such as dental and drug funding. New policies with regards dental care and prescriptions are necessary but we do not need to spend more money. Canada already spends approxi-

mately 12% of GDP on health care: an amount greater than many other developed nations who have universal health care with better service.

The debate always raises the issue of privatization and the fact that we do not wish a model such as the U.S. It depends on what we call private. Most family practises are run by independent, private contractors who provide their own staff, offices etc. Their income is via public funding (fee for service). We are now seeing the beginning of a debate with regards private delivery of other services with public funding. The "status quo" is not working. As I have stated in past articles and as discussed with a previous NDP Minister of Health; public funding does not have to mean public delivery. Canadians do want public funding and do not wish to see individuals go without health care due to financial hardship.

We seem to agree that public funding is the method but do not wish to see private payment. User fees, for routine services and visits, have been raised but would act as a barrier to many for basic healthcare. Having providers receive payment from both the public and private sectors is not seen as a desirable outcome. At present, there are many services that are not covered and individual pay personally for such services; ie eye-glasses, physiotherapy, appliances etc.

A third aspect of privatization is insurance. There are many problems with insurance, such as the ability of companies to refuse to insure individuals with certain conditions. However, many other countries allow the purchase of private insurance for health care. Much could and should be learned from such jurisdictions. At present, you cannot buy insurance in Canada and in fact it is illegal to purchase any health care in Canada (although it is ignored in many cases).

A market for healthcare within public funding must

be developed. The debate is not one of private vs. public but really politicians vs. markets. Politicians have a short-term view and are prone to demand an increase in funding from the federal government whilst decreasing taxes in their own provincial budgets. Remember, healthcare is a provincial (and territorial) responsibility with 13 separate systems.

In summary, primary, acute and long-term care is failing and is NOT universal, accessible or comprehensive as per the guiding principles. The status quo is not meeting the needs of Canadians in spite of spending of vast amounts of money. It would appear that the potential for a grand bargain involving all funders of healthcare including provinces, territories and the federal government should be explored.

The definition of insanity is doing the same thing over and over and expecting a different result. Seems that has been our approach to healthcare for many years.

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preschoolers.



## Tales From Shprixieland

### Our Lady, the Patron Saint of Small Things

Our cat is a philanthropist. I know. You're thinking to yourself, "But that is so nice."

But she's supposed to be a farm cat. Philanthropy is not the quality we were looking for when we hired her for her current position.

I'm pretty sure that she styles herself as some feline Mother Theresa or something. She goes out into the world looking for the lowly, the downtrodden, and she brings them back to the warmth and comfort of her sanctuary, where she lets them free under the dining room table. Yeah, yeah. It's really wonderful watching the lion lay down with the lamb. It's heartwarming to witness the cold-blooded predator suddenly turn all altruistic and grant its prey a pardon; I just object to it sending the vermin to live in my sofa.

"What's even going on here?!" I demand at 2 am, squint-eyed and dishevelled, shaking the broom at the cat, my housecoat on inside out, and my feet missing one slipper.

The cat looks up at me placidly. "Oh, you're awake. Come to think of it, I am a bit peckish." She stretches and yawns. "Seeing as you're up, I'll take a scoop of the new tuna bisque in my usual spot. Put it in the blue bowl that I like. Hop smartly, man. I don't have all night."

The wife and I flip the sofa over, and for the next fifteen minutes, we chase the mouse around the house with dustpan and broom. The cat, safety in the shadows under the credenza, watches this pre-diner entertainment with polite interest.

With a clatter and a slam, the rodent is ejected out the patio door, the wife and I out of breath and only slightly bruised. The cat yawns again.

Next, we admonish her for two solid minutes; my wife shakes her finger at her, I threaten her with the broom and dustpan and an invite to go out the door with her new friend. Then dutifully, we get out the tuna bisque and sprinkle it with those dried salmon snacks she likes, and we give her a little scratch behind the ear as she starts lapping up the gravy. Limping back up the stairs to bed, we switch off the lights.

Florence Nightingale eats half of the gravy and a salmon snack before she abandons her meal too. Apparently, the lives of the poor fish that went into her supper weigh too heavily on her spirit. She hops down onto the floor, and overcome with grief, she pukes on the carpet.

"Ahh, that's better," she says, and she gives a stretch before slipping out her little door.

The forest at night is a wonderful place. Her eyesight is keener and there is little human noise, so her highly tuned senses are awake to the slightest of movements, the faintest of sounds. Her slick black coat makes her invisible as she slinks under the porch, she slips through the stairs and drops down into the garden.

A shape passes between her and the moon, and she goes still. She ducks under some thimbleberry leaves and watches. Something moves beyond the fence on the far side of the yard. Something low and ambling. The neighbour's lousy cat might be out, but does she even feel like a fight tonight? Fortunately, it's just a skunk snuffling in some forest litter. It's nothing, but there could be danger everywhere. That's what makes

the night such a delight. After a long, dull day of lounging in the sun, it's good to get out and play cat burglar - sneak out and snatch something small and squeaky before something larger snatches you.

A moth weaves dustily through the starlight, but she lets it go. She hears the crickets in the tall grass too, but it's just background music. She's not even curious about it. She creeps around the hedge and follows it along the driveway, keeping just under its edge.

Something flutters above her, and she freezes. It's a shadow flitting amongst shadows. She crouches, coils, springs!

In her mouth, the little bat doesn't even struggle. "What are you going to do with me?" It clicks nervously at her.

As she starts back proudly toward the house, she talks around her mouthful of bat, saying, "Take it easy, buddy. I won't hurt you. I just thought you might like to come over to my place, and we could play a little game."

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## Music and Art

### Katrina Kadowski's Cougar Annie Tales

by Paul & Mary - Wherpeter

Aug 14/22: Cougar Annie Tales held the audience rapt, as it gently brought to life a Vancouver Island settler best known as Cougar Annie, spotlighting the hardships of her remarkable pioneer life. Cougar Annie cleared and worked remote acres of unsettled land, gave birth to eleven children, operated a post office and a general store, cultivated seeds and bulbs with which she created a mail-order supply business, and shot dozens of cougars in her 97 years!

Award-winning Vancouver Island singer-songwriter and playwright Katrina Kadowski presented her one-woman musical play to ArtConnect's Harrison Memorial Cultural Centre on Sunday, August 14. With coordinated use of shadow screens, historic film archives, authentic props, set, and costume, along with Nightgirl's lighting and technical support, Kadowski's script led smoothly into various multi-instrumental song interludes, resulting in a captivating historic Canadian biography. The ArtConnect audience's standing ovation for Cougar Annie Tales led us to issue a standing invitation for Kat to come back!

Watch for more from Katrina Kadowski and Nightgirl, as they simultaneously tour their popular musical show Songstress North, featuring solo performances from each of them, and a revolving assembly of local female singer/songwriters, from the Salish Sea to the Rockies ... a different variety show every time! We caught up with them at the Frisky Whisky in Creston, and entirely enjoyed the evening's high-level production and talent.

### Coming to September's Coffee House #7: Thomas P Radcliffe

by Paul & Mary - Wherpeter

A "musician's musician", Thomas P Radcliffe's virtuoso finger-style guitar playing pairs tenderly with the love palpable in his vocals. An advocate for peace and social justice, he brings positive, uplifting energy - as a musician, an artist and a humanitarian - in orchestral and solo settings all across North America.

Thomas's vast instrumental resume lists all manner of guitars, the violin, flute, mandolin, banjo, Appalachian dulcimer, auto-harp, the 12-string Spanish laud, the Puerto Rican cuatro, and many percussive instruments. Music is integral to his life, from performing in concert bands, singing in concert and church choirs, to composing, conducting, writing and accompanying. He is currently touring BC as a solo singer-songwriter, and finger-style guitarist, and we're pleased with our good fortune, being able to hear his music in the superb acoustics of the new venue in Crawford Bay, Harrison Memorial Cultural Centre.

Praise for Thomas P Radcliffe: "By their actions and art, some people are the embodiment of good news. Thomas P Radcliffe is one of those people. Radcliffe, who is a legendary folk singer and finger style guitarist, is an extraordinary acoustic musician whose talent is worthy of the finest stages and accolades. Performing contemporary compositions with classical influences, Radcliffe makes music that is technically advanced and exquisite to experience. His original songs — as well as his interpretations of a few classics — are wonderfully sensitive and reach the hearts of people of all ages." -MTD Radio

Don't miss ArtConnect's Coffee House Lucky #7, on Saturday, September 24th! We'll see you there, as Thomas P Radcliffe blends joy and peace with music, for an intimate solo performance on the Fea-

ture Stage. Check out Thomas's guitar wizardry on his website: [www.thomaspradcliffe.com](http://www.thomaspradcliffe.com).

### WANTED: Musicians for the Open Stage!

Paul & Mary / Wherpeter  
[music@tuneinn.ca](mailto:music@tuneinn.ca)

Your community wants to hear your music! We invite you to come on out and register with us, to give your three song performance to the keen and always-supportive ArtConnect Coffee House crowd. Traditionally, the Open Stage marks the beginning of a Coffee House. It provides a number of opportunities (we're just getting started with seven!) for you to ... 1) connect with your fellow music lovers and makers, 2) be inspired by other people's tunes, 3) practice performing your cover versions live, 4) seek feedback on your original creations, 5) debut your latest material, live 6) "open" for a prestigious Feature Artist like Thomas P Radcliffe, and 7) get back into playing for a live, local audience ... in a welcoming environment for amateur and professional artists alike!

Many popular established musicians and bands get their start on an Open Stage. Your three song set could lead to further performance opportunities, and make for a beautiful personal gift to your community. To tempt you further, ArtConnect offers FREE Coffee House admission to the first five musicians to register for the Open Stage! If you're Coffee House curious, give it a try on the fourth Saturday night of every month.\* Why not aim for lucky # 7 in September?!

\*... with the exception of October and November 2022, when hosts Paul & Mary will be playing their way to Nova Scotia and back!

We're also very interested in your ideas for a festive ArtConnect Community Coffee House on Christmas Eve ... let's talk!

### Coffee House # 6, featuring Peach & Quiet Yours in tune

Paul & Mary - Wherpeter

A peach of an evening was had by all, for August 27th's sixth ArtConnect Coffee House.

Open Stage #6 boasted the biggest selection of performers to date.

The creativity began with Ray Leonard, first heard on June's Open Stage as the guitarist in the superb String Fever. Ray's vibrant voice accompanied three rousing guitar songs varying from Celtic folk to the Moody Blues hit, "Question".

Next, we welcomed the always popular Ken Wilson, who had us all laughing and tapping our feet again, this time to a pair of familiar piano songs from the 40's.

Third up was Ellie Reynolds whose pure, crystalline voice rang sweetly up to the rafters with two solo sea shanties, a cappella. Our best wishes go with Ellie to the 2022 Vancouver Fringe Festival, where she'll debut her wondrous latest play, "The Way They Came".

The fourth musical gift came from the hands of Bob Schutter, whose intricately fluid playing style made the piano sing and sigh to a delighted crowd.

That piano had but a moment to cool off before Rebecca Fuzzen was back for the final Open Stage act with three gorgeous tunes. Her technique shone through classical beauties to her final piece, Scott Joplin's Maple Leaf Rag.

Only one song was required from Wherpeter to round out the first half of the night - cause for celebration because variety is the point of a successful Open Stage. Although we're thrilled to play music every time, we've been aiming for a full roster since our first Coffee House in March 2022!

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The centre buzzed with enthusiastic chatter throughout the Coffee Break. We welcomed some new faces, and especially appreciated the efforts of Art-Connect Treasurer Lois Wakelin, on volunteer coffee duty. The church bell rang out, directing us back to our seats in anticipation of the Feature Act.

Travelling all the way from Pender Island - where the music never sleeps - Peach & Quiet served up a slice of heaven, with songs from their first album Just Beyond the Shine, and their soon to be released collection of originals, Beautiful Thing. They brought with them one of Nelson's finest guitarists, Rylan Kewen.

Heather and Jonny are love in song - at once gentle, intimate, trusting, connected, patient and poetic. Listeners reflexively held their hands to their hearts as they opened to a delicious balance: Heather's perfectly ripened vocals alongside Jonny's gentle melodic growl. These are two profoundly gifted songwriters, their love lyrics enhanced by Jonny's tender electric touch. Rylan Kewen's guitar mastery accentuated the love with striking sensitivity.

Like every Coffee House Feature Act to date, Heather and Jonny loved the acoustically rich ambience at the Harrison Memorial Cultural Centre. Their generosity satiated us, yet we won't resist a second helping of Peach and Quiet, coming in 2023!

## East Shore Reading Centre

by Librarian Taryn Stokes

Happy September to everyone! The summer has flown by and it is great to have the library enjoyed this year by so many people.

I'm happy to report that our Children's Summer Reading Program has rewarded some young readers and we also welcomed a few new members this summer. Thank you again to Screaming Cream Ice Cream at the Crawford Bay RV Park and Ladybug Coffee in Kootenay Bay for their contributions!!

In August we had 293 items checked out and served 42 of our library members. Top checkouts this summer include CJ Box, Michael Connelly, Iona Wishaw, David Baldacci and John Grisham. We added 40 new items this month, including some much appreciated donations - more junior fiction books and books by Canadian authors Emma Hooper, Catherine Mackenzie, Wayne Ng and Ruth Ozeki. A new non-fiction book is Rick Mercer's autobiography *Talking to Canadians*. Having grown up on CBC and Rick Mercer's shows I really enjoyed this book and it was enlightening to see past Canadian events from his perspective as part of the media.

The East Shore Community Reading Centre is open Tuesdays and Saturdays between noon and 3pm. We can be reached at 250-777-1492 or via email at [escomlib@gmail.com](mailto:escomlib@gmail.com). Our address is 16234 King Road, just across from the Crawford Bay Hall. Library cards are free of charge for residents. We are pleased to host the Hospice Library collection at our location as well. You can also follow us on Facebook (@escomlib) to stay current on all our new books and activities. Take care this fall and happy reading to all.



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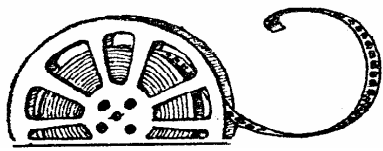
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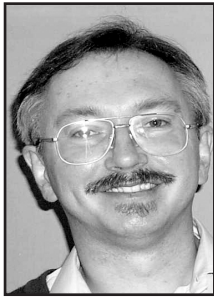
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## Seldom Scene by Gerald Panio



*Who seeks my throat and my waters  
Who seeks in me the arms of the sea  
Where Africa tears at its heart  
Listen bitter white world  
To my song of pain my life this song  
That marries in my body the wind  
And the wave, heaven and hell!*

--René Depestre, "Cap'tain Zombi"

A double feature for this month. Two recent films from France, both touched by the uncanny. The first is Céline Sciamma's *Petite Maman* (2021); the second, Bertrand Bonello's *Zombi Child* (2019). *Petite Maman*, with a runtime of only 1 hour 13 minutes, is like a finely crafted short story from Henry James or Alice Munro, or maybe Ambrose Bierce. *Zombi Child* bypasses shock horror to paint a nuanced picture of vodoun religion, teen angst, and post-colonial guilt—just the kind of mashup one might expect from one of France's most unpredictable filmmakers.

*Petite Maman* is writer-director Céline Sciamma's fifth, and most recent, feature film. *Sciamma*, now 44, has already picked up an impressive number of wins and nominations at award ceremonies around the globe. *Maman's* magic spell sneaks up on you in the gentlest, subtlest way possible, weaving you into the extraordinary adventure of its eight-year-protagonist, Nelly (Joséphine Sanz) spending a few days in the countryside while her parents empty the contents of her recently-deceased grandmother's cottage.

Nelly had been regularly visiting her grandmother (played by Margot Abascal) at the retirement home where she had spent her final years. Nelly is a charmer, mature beyond her years, and she's made friends with several other residents at the home. Her visits to her grandmother, however, have not always been easy, and she's troubled by the fact that her last visit hadn't ended with a proper goodbye. Nelly's mother (Nina Meurisse) is loving, but a bit of a ghost in the family. She abandons Nelly and her father at the cottage after the first night there, and one gets the sense that she's somehow adrift. Nelly has to cope with the simultaneous losses of death and unexplained disfunction. Her father (Stéphane Varupenne) seems grounded, caring, but as uncertain as his daughter about his wife's fugues.

As any independent-minded eight-year-old might be expected to do if plunked down in an idyllic forest setting, Nelly heads out into the woods to explore. She's particularly interested in the fort her mother had once described building near the cottage. She doesn't find the fort, but she does come across another eight-year-girl, who greets her and asks for her help dragging a huge branch to the spot where she's creating her own cool-looking shelter. Marion (Gabrielle Sanz) could almost be Nelly's twin, in both looks and brightness of spirit. Together, the two girls build a fort that would do credit to an enterprising hobbit.

To this point, we have winning performances on the part of Joséphine and Gabrielle and a beautiful inter-

lude. The turn towards the uncanny happens when Marion invites Nelly to her cottage in the woods. No sudden appearance of child-gobbling witches or creepy mansions, but a new mystery that Nelly unravels and shares with her friend. The how's and why's of this mystery are left to the viewer's imagination; we get to share its wonder with the girls. The second half of the film is like a poem by Emily Dickinson—an ineffable combination of the everyday and the metaphysical. The soul warms, the mind sparkles, the heart sings.

Some of my favorite scenes involve Nelly and Marion acting out their own improbable Agatha Christie-style murder mystery, demonstrating how crêpe-making can be an exercise in chaos and pure joy, and paddling out together to a baffling something that wouldn't look out of place in an Andrey Tarkovsky film or an *X-Files* episode.

Thanks to the quality of the performances, to Sciamma's thought-provoking screenplay, to Jean-Baptiste de Laubier's Enya-esque musical score, and to Claire Mathon's superb cinematography, *Petite Maman* is a family film that is neither condescending nor hyperkinetic. It is, as an old Latin expression has it, *Multum in parvo*, "a great deal in a small space,"

*Zombi Child* is definitely not a family film. It's also not a horror film, the title notwithstanding (which

uses the French Creole spelling for "zombie"). This was Bertrand Bonello's eighth film, in a career that's been marked with controversy and brio, but never boredom. Bonello remains one of French cinema's definitive outsiders. This is the only one of his films I've seen, so I can't put it into the larger context of his other work. I happened to be in Paris when *Zombi Child* was first released, and was impressed by the critical reviews. The movie's North American reception was distinctly cooler. I tend to have a hot/cold relationship with zombies in general. I have fond memories of Jacques Tourneur's *I Walked with a*



*Zombie* (1943), George Romero's *Night of the Living Dead* (1968), Boukman Eksperyans albums, and all the raisings-of-the-undead in Laurell K. Hamilton's *Anita Blake-Vampire Hunter* books. I bought Vancouver-born anthropologist-ethnobotanist-explorer Wade Davis's *The Serpent and the Rainbow*, a study of the pharmacological elements of Haitian vodoun, shortly after it was first published in 1985. On the other hand, I've never had the slightest urge to watch an episode of *The Walking Dead*, or pop *28 Days Later* or *Pride and Prejudice and Zombies* into my DVD player. I'll take a sexy vampire over a flesh-feasting zombie (almost) every time.

So why am I reviewing *Zombi Child*? Four main reasons. One, it's not what you think it's going to be. Two, it's probably the best attempt any director has made to show Haitian vodoun as an actual ecstatic religion and not just a gross-out plot device. Three, the film reminds us of Haiti's centuries-long suffering—at the hands of its ruthless French colonial exploiters, at the hands of equally ruthless homegrown dictators and kleptocrats, and at the hands of Nature herself in the form of earthquake and disease. Lastly, I appreciated the dynamics in play between the hermetic world of white privilege and the realities of Developing World, as played out through the central characters and settings in the film. Cinematographer Yves Cape did a great job capturing both worlds, shooting on location in Haiti and in France.

*Zombi Child* shifts between events in Haiti in 1962

and modern-day life in an exclusive all-girls Catholic High School in Saint-Denis, on the outskirts of Paris. There's also a tie-in to the 2010 Haitian earthquake that killed as many as 300,000 people.

The 1962 sequences are an accurate retelling of the real-life story of a Haitian farmer, Clairvius Narcisse (played by Mackenson Bijou), who was buried in 1962, only to reappear alive and well 18 years later. Narcisse claimed he had been drugged by pufferfish toxin, put into a coma, buried, and then dug up and revived by his vodoun-practicing brother. He was kept drugged and enslaved in a zombie state, along with others, to work the sugar cane plantations. The Narcisse narrative is the starting point of Wade's Davis's study.

Director Benello links Narcisse's story to that of a fictional young Haitian refugee, Mélissa (Wislanda Louimat), who is the only black student in a school founded by Napoleon himself in 1804 to provide a privileged education for children of parents who were Legion of Honor recipients. An elitist little clique of girls, led by Fanny (Louise Labeque), find Mélissa both "weird" and intriguing. The price of Mélissa's entry into the girls' "literary society" is a shared secret. She confesses that the aunt she lives with (her parents had died in the 2010 quake) is a mambo, a vodoun priestess. When Fanny subsequently is dropped by the boy she dotes on, she turns to the aunt as an overkill solution to her romantic woes. What happens next is no more predictable than anything else in *Zombi Child*, which includes references to Stephen King and Rihanna, an anti-colonialist poem by Haitian poet René Depestre ("Cap'tain Zombi"), a good chunk of a 30-minute high school lecture on French history by real-life historian Patrick Boucheron, lyrics and music by hit-making Belgian-Congolese rapper Damso, and a John Carpenter/Tangerine Dream-style musical score by Bonello himself. If you're only going to see one "post-colonial boarding-school voodoo horror movie" this year, make this one your choice. But follow it up with some reading on Haitian history and vodoun as a spiritual practice rather than an exotic frisson.

## Riondel Arts Club

by Sharman Horwood

As summer winds down, I hope you're getting the chance to be creative. The Riondel Arts Club hasn't paused throughout the summer, and all of us are looking for the opportunity to do more this fall.

Please stop by the Nelson & District Credit Union to see the paintings we are showing there. There is a wide variety of watercolours, acrylics, and even coloured pencil paintings to see. We hope you enjoy them.

Throughout September Gerald Panio will continue his terrific lectures on art history on Tuesdays, at 1:00 p.m. at the Riondel Community Centre. On Sept. 6th, he will show another episode of Simon Schama's *The Power of Art*. This one is on Giovanni Bernini, a fifteenth century Italian Renaissance painter. In the next week, Sept. 13th, Gerald will give a lecture on Rosa Bonheur, a French artist of the 19th century, known best for her animal paintings. On Sept. 20th, Gerald will show the second episode of *The Story of Women and Art*, and on Sept. 27th, the following week, he will give a lecture on Oskar Kokoschka. An Austrian artist, poet, playwright, and teacher, Kokoschka was known for his intense "expressionistic" landscapes and portraits.

If you're interested at all in trying to paint, draw, or do mosaics, come by and see us. We are at the Riondel Community Centre on Tuesdays and Thursdays (the mosaic group). We are a supportive group who enjoy discussing art, and of course doing it. We hope you do, too.





## Tom's Corner

by Tom Lymbery

### Travel by Ocean Freighter

It's still possible to travel by ocean freighter. Yvette and Fred Schenkel of Boswell took two freighter voyages in recent years. One was on the container ship California Senator with German officers and Filipino crew, and Yvette and Fred were allowed on the bridge except when there was a pilot on board.

Their second trip took longer - 28 days - from Duluth, Minnesota, through the Great Lakes and the St Lawrence waterway to the Atlantic Ocean - a distance of 2,300 miles. Then on to the Mediterranean to eastern Italy with a bulk cargo of wheat. This was on the Iryda, with a Polish crew under a Cyprus flag. Fred says it is a wonderful way to travel, but you have to be VERY flexible with schedules and have a well-filled pocket book.

But in comparison, back in Depression days, our own family trip by ocean freighter was very economical. Freighters were looking for any revenue they could find. We were usually given the best cabins, displacing ship officers. Freighters only rarely carried children, so my ten-year-old sister Alice and I, age seven, had the run of the ship. The total return fare for our family of four, including a half-price fare for me, cost Dad £42 in 1936 pounds sterling (ca. \$200 in 1936 Canadian dollars.)

My dad had booked everything by mail, as that was the system in those days. After the apples were shipped in late November 1935, our family of four travelled by the Kettle Valley steam train to Vancouver. There we stayed a day at a hotel, and the following day we took a taxi to the docks where we boarded the MV Trondanger, a 10,000 ton Norwegian ship for our trip down the west coast and through the Panama Canal. (Dad wanted Alice and me to study French and Latin, and we hated it. It would have been much more beneficial to try Norwegian instead. I'm sure Danny, our cabin boy, would have helped us. The only word I can remember now is "bad" - Norwegian for bath.)

We were given two cabins in the forecabin with baths, close to the dining room. Freighters are allowed 12 passengers - more than 12 requires a doctor on board. Our ship already had a deck load of large BC timbers before we arrived, but continued to load cargo for Europe all the way down the West Coast.

Our first port was Seattle where we stayed two days. We were allowed on shore, but had to find out where the ship would be on our return, as she would be moved to different piers, and sometimes taxi drivers had difficulty finding the correct one. Each day in port we travelled by streetcar to various parks or to the movies. We were used to travelling on Greyhound buses, but streetcars which stopped on every block soon gave Alice and me motion sickness. To take care of our problem our parents looked for lard pails with lids, and eventually found substitutes. We always ran

into a Customs person when we left or returned to the boat, who immediately asked to inspect the lard pails!

We then stopped at Tacoma on Puget Sound close to Seattle. When we returned to our ship we had to go by the copper smelter, and I remember being terrified by the flames and noise. Our next port, Portland, required us to enter the mouth of the Columbia River. Heavy fog delayed us there for a day, and we had to listen to the ship's horn blowing every two minutes.

In every port we saw anchored freighters of the bankrupt US Dollar Line. They would be badly needed back in service in just a few years when U-boats were sinking convoys. We had over five days to spend in San Francisco, when the Golden Gate Bridge was under construction. All the stores were decorated for Christmas with displays of gifts and toys - exciting for kids from Gray Creek. We saw the first of the Walt Disney cartoons in COLOUR, a sort of battle of the bands in which jazz notes competed with those of classical music.

In San Diego we anchored at the end of a pipeline to refuel the ship's diesel tanks. Danny had a girlfriend here, and she came out to see him in a water taxi - the first we had heard of one.

Off the coast of Mexico the crew built a canvas-lined swimming pool in a corner by the deck load of timbers. The pool was too deep for Alice and me, so we had to hang along the edge.

On our arrival at the Panama Canal, the other passengers opted to take the train across. Our captain set up a table and chairs for us under an awning on top of the bridge, and we had a great view of the Culebra Cut - the artificial valley that cuts through the Continental Divide, part of the Panama Canal. At Cristobal we left the Trondanger and took another boat to Jamaica, where we spent Christmas and New Year's at a small hotel in Ocho Rios.

On January 3rd 1936 we boarded the SS Tortuguero, a 6,000 ton Scottish-built Fyffes Line banana boat, for the Atlantic crossing. We watched from the deck as bananas were being loaded in the hold almost to the last minute before we sailed. Anyone could join the line of Jamaicans carrying large bunches or "hands"

of bananas from the warehouse to the ship. As they passed the supervisor's table each was handed a token that represented payment. Often someone would circle around to try for a second token, but this only brought shouts and no token.

The first two days in the Caribbean were pleasant sailing, but as soon as we met the open waters of the Atlantic the seas became rougher. Today bananas are shipped with some refrigeration to keep them from ripening, but all those years ago our freighter had to head into the North Atlantic to keep the bananas green and cool.

It was a very rough two weeks. Every one of the 12 passengers was seasick, except Dad. We got into a North Atlantic storm, and the sea came right over the rails on the upper deck. As a British ship the Tortuguero was required to hold a lifeboat drill every week,

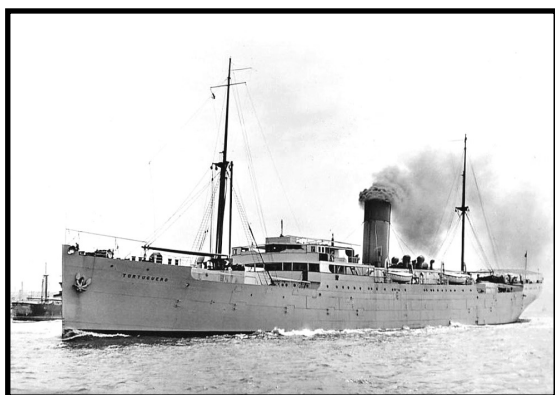
and I was terrified to have to put on a lifejacket when the seas were surging over the deck.

In Liverpool we finally got to stretch our sea legs on dry land, and spent the next several months visiting relatives in London, Nottingham, and Salisbury. In late May 1936 we boarded the 10,000 ton Dutch freighter SS Themisto in the Welsh port of Swansea with a cargo of Welsh anthracite for Montreal. It was a relatively smooth 14-day crossing, except for a couple of days of fog. If you were outside, the sudden boom of the foghorn every two minutes made you jump.

Both the Trondanger and Tortuguero survived the convoys to Europe during WWII, but I have been unable to find anything about the fate of the Themisto. In a book I came across a US Navy lieutenant who had spent some wartime years on the Trondanger to coordinate their sailing orders. He remarked how well the ship was run - "You could eat off the deck anytime." He sympathized with the crew whose families were in Bergen in German-occupied Norway. They had no way to contact their families, and did not know what was happening with the German occupation.



Close-up of Tortuguero & Themisto cabin baggage labels on our family's well-travelled suitcase. Photo: Tom Lymbery

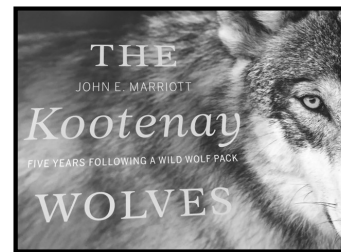


British freighter SS Tortuguero, the 6000-ton banana boat we boarded in Jamaica early in 1936, bound for Liverpool, England. Photo: ebay

**Next Deadline:**  
**Sept 28, 2022**

## BOOK REVIEW

by Tom Lymbery



**THE KOOTENAY WOLVES, FIVE YEARS FOLLOWING A WILD WOLF PACK,**  
By John E. Marriott,  
Rocky Mountain Books,  
hardcover, 174 pages.  
\$45.00

While you hardly ever see a wolf, they are definitely out there, as this book proves with plentiful pictures. Professional wild life photographer John Marriott was surprised in August, 2013 when he received a report of a wolf pack feasting on a moose carcass in Kootenay National Park, on the side of the highway. Thus began his quest for photos of these elusive animals.

He was out at 4 am every day, dressed in camouflaged clothes, with even a mask, to set up a tripod at any site near a moose killed on the highway. He didn't have much time as Parks Canada took the carcasses away quickly. However his persistence, as well as his early experience with wolves, resulted in the amazing collection of photos in his book. These are in colour and even printed on heavier, glossy paper to give better images.

He particularly searched for 'babysitting' sites where one adult is left in charge of pups while the rest search for food. He finally found an established site with many bones all about. So he has been able to print photos of all ages of pups. Because of their distinctive markings, he came up with nicknames for the ones he saw consistently. His persistence after two years paid off when he sighted six cubs, only a few weeks old. He managed to follow their growth in pictures and how the adults fed them, as well as their mother nursing them.

One day he happened on a spot where a large grizzly bear had dragged a moose carcass away from the highway. The wolf pack had virtually no luck driving the grizzly off, no matter how many wolves surrounded the feeding.

This is a handsome book, inside and out, and will leave you with a profound respect for wolves, and possibly convince you of their place in nature. So many other stories suggest that the world would be better off without wolves, and hunting wolves is still permitted in BC.



## For the Love of Genre

by Sharman Horwood

### One of Urban Fantasy's Leaders



Canadian author Charles de Lint says that though he's been cited "as the 'father of urban fantasy'" (Introduction p. v), he doesn't agree, and of course he's right. According to *Wikipedia*, urban fantasy dates back to the 19th century, which may be a reference to J.M. Barrie's *Peter Pan*, though they don't specify their reference.

Urban fantasy is a subgenre of fantasy. In it authors combine "the real world with the 'otherworld,' [which] allows the co-existence of the natural and the supernatural" (*Wikipedia*), including indigenous folklore with other cultures' folklore and myth. Charles de Lint's novel, *Moonheart* (1984), for example, "uses elements of both Native American and Welsh folklore" (*Wikipedia*). In the 1980s fantasy writers were attracted by other writers' success with this fiction, authors such as Stephen King and the vampire novels of Anne Rice. This success spurred many to try it out themselves, and the subgenre thrived. Urban fantasy is still popular. At the moment Anne Bishop's novels about the Others are top sellers, as are Canadian Patricia Briggs' novels that take place in a world where "witches, vampires, werewolves, and shape-shifters live beside ordinary people" (*Booklist*).

De Lint is one of the best of the urban fantasy authors: "along with authors like Terri Windling, Emma Bull, and John Crowley, de Lint during the 1980s pioneered and popularized the genre of urban fantasy" (*Wikipedia*). One of the best books in this subgenre is Emma Bull's *War for the Oaks* (1987), for instance, but finding a copy of it nowadays isn't that easy.

In many of De Lint's novels, the setting is in the fictional town of Newford. It is a smallish town, somewhere that strangely enough resembles many of the smaller towns in Ontario. (De Lint lived in Ottawa for many years.) De Lint's Newford is populated with regular people, and some that are not so regular, such as fairies, elves, hobs, and other mythic beings. The core of the story is always about magic, and the overlapping of the real and the supernatural. Sometimes the magic is obvious in the music--usually Celtic--in the art, and in the characters who inhabit Newford. The town, in fact, "has a special task force devoted to dealing with the supernatural" (p. 69).

His most recent urban fantasy novel is *Juniper Wiles* (2021). It's short, but oozes with de Lint's distinctive flair. The character, Juniper Wiles, was a television actress, in the U.S., but she has since retired from acting. Her series--*Nora Constantine*--ended after three years and she returned to Newford to take up her life again. In the series, Nora Constantine is a private detective, and the show was popular in its short run. However, Juniper gets annoyed when people she meets confuse her with the fictional Nora.

In Newford, many people have a predominant expectation that everything will go well. Even bus drivers seem to care more about people than they do in Vancouver or Toronto, in my experience. Her friend, Jilly Coppercorn, still volunteers at the Arts Court, and paints, and Jun's brother, Tam, still plays in a Celtic band. They are all preparing for an upcoming FaerieFest, a different kind of con that includes Celtic music

and many non-humans, like faeries, hobs, and werewolves. Juniper can't tell the difference and is surprised by each of Jilly's revelations: "if a ghost can be real . . . then what else might be? Jilly told me the other night that Lyle's a werewolf" (p. 32). She is taken aback. The town also has a hippie type of attitude, and it is particularly prevalent among those humans who mix with the non-humans.

A few days before the con is to take place, Jun stops at a coffee shop and a young man walks up to her table. Apparently this is his favourite coffee shop, too. He tells her, though, that he'd like to hire her, and calls her Nora, her fictional character. The next day, in the newspaper, she sees a picture of the young man, named Ethan Law. His body was found by a jogger in the park under some bushes. He'd been dead some time. In other words, the young man who had approached Jun in the coffee shop was a ghost.

With her friends, Juniper decides to find out what Ethan Law was requesting, and how she can help him even though he is no longer alive. And Ethan is desperate, even dead. A bookseller Juniper and Jilly approach shows them a text he's received from Ethan Law, just that day. Apparently, this ghost can send text messages. According to his text, "Palmer is back." Palmer was the villain in many of the Nora Constantine episodes. According to Ethan, a supernatural Palmer is threatening the real world.

The story is simple and delightful, one of de Lint's best. Like *Moonheart*, it is "a thriller, detective mystery, and otherworld mythic fantasy all in one" (*Wikipedia*). It is certainly a suitable read for this time of year, as autumn fills everyone with nostalgia and the slow approach of winter.

**Next Deadline:**  
**Sept 28, 2022**

## 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.*

### A Sneak of Weasels

Last year, as across the road something was moving among the clump of rocks there. It was a brown, long shape that dived in between them, then out again, to thrust its head back in once more. A weasel, and it was hunting, probably after a mouse or vole. I wondered if I should be concerned since my neighbours have chickens, and most of us have pets as well. However, the weasel disappeared and I assume it caught whatever it was after.

Weasels in general have a bad name. When a person is called a "weasel," that usually means he or she is "suave and disarmingly charming," but not in a good way. Unscrupulous lawyers or politicians, for example, are often called weasels. People who are called weasels are usually "natural liars" without the "internal moral struggle" most people undergo (*The Animal In You*). Even the collective term of "sneak" gives the animal a bad name. However, despite being super-predators, according to PBS' *Nature*, they are also very smart animals.

The online *Animal in You* says that weasels "are masters of chaos and their above average intelligence allows them to think fast on their feet." They have to be quick. Their usual prey is mice or voles, and they, too are very fast. Weasels are also ferocious, and don't hesitate to attack something large, especially if they feel threatened. *The Animal In You* also says "the weasel is a relentless killer. Courageous out of all proportion to its size, it is able to bring down a full-grown cottontail three times its own weight." Weasels will follow larger predators, and take a risk by stealing pieces of their dead prey.

Weasels are usually nocturnal animals, sleeping

through the day and hunting at night. They need a lot of food so most of their time is spent "hunting, storing excess food and eating" (*LiveScience*, "Facts About Weasels," by Alina Bradford, Jan. 12, 2017). They need to as their systems "don't store fat, so they need a constant supply of food to provide enough energy. In fact, the least weasel eats 40 to 60 percent of its body weight every day, according to Nature Conservancy" (*LiveScience*, "Facts About Weasels," by Alina Bradford, Jan. 12, 2017). They have to be relentless killers in order to survive.

The weasel family is a large one. It is the genus *Mustela* and it extends throughout Asia, across Europe, as well as North America, and Africa. Pine martens are in the weasel family, as are stoats, as well as polecats, ferrets, and the European mink. The *Mustelidae* family also includes badgers, otters, wolverines, and honey badgers, all of them active and ferocious hunters. According to wildlife artist, Robert E. Fuller, they are excellent climbers--where they raid birds' nests--good swimmers (the North American fisher is a member of the *mustelid* family), very difficult to keep in captivity as they are all good escape artists, as well as clever and fearless animals. He maintains that "one of the most captivating images in wildlife photography" is one in which a weasel rides the back of a flying woodpecker, apparently trying to kill it.

On his blog, Fuller also states they have adaptations unlike other predators. They can get in and out of burrows because of this: "they have long whiskers on the elbows of their front legs. These are highly sensitive and help them to grasp prey. They also help them manoeuvre through tiny spaces," like their prey's burrow. Their tails have some whiskers "to help them reverse out of tight burrows, feeling their way backwards" (*Fuller*). Another in the weasel family with unusual physical adaptations is the pine marten. These have "semi-retractable claws" that enable them to hunt food on the ground and in the trees (*Nature* online, Feb., 2020).

Considering their size and body's high metabolism, weasels have to be fierce hunters. They also have to cache food. They will kill more than they can eat at one

time, which has led to them being seen as "vicious and bloodthirsty murderers" (*Nature* online, Feb., 2020). Farmers in particular hate weasels because though the animal prefers rodents, it will go after fowl, given the opportunity, and again kill more than it can eat. They frequently use abandoned burrows to store the extra food. In one burrow, researchers found 150 dead voles saved for a later feast.

Scientists think weasels' devious behaviour is a result of their high intelligence. One of the *mustelid* family, the honey badger, is a renowned escape artist. When penned with an open roof, they will pile rocks in one corner so they can climb up them and get out. Or they will pull large branches over to one spot and climb out along those. In fact, they've been seen to pile up sticks, branches, stones, or even clumps of dirt, to help them escape, an obvious use of tools. In one test, the researcher placed a box with the honey badger's food in it, then hung the box from a tree, out of the honey badger's reach. At first the honey badger tried standing up as tall as it could, but of course it was too short. It then pushed a nearby tire over, close below the box. That wasn't quite high enough, so the ratel (their name in parts of Africa) pushed its carrier over to the suspended box, climbed on top of the carrier, reached the box, and merrily ate its food.

Honey badgers were able to pass each of the intelligence tests set for them, showing a "high level of intelligence." They also demonstrate a level of fearlessness that causes even lions and hyenas to beware. (There is an excellent documentary titled, "Honey Badgers: Masters of Mayhem" on one honey badger in South Africa, Stoffel. Also *Nature* online has a short video clip of the intelligence tests.) Honey badgers have "exceptional problem-solving abilities" (*Nature* online, Feb. 19, 2020), a sure sign of intelligence.

Weasels aren't necessarily the pests that they have seemed. They are fast and fierce hunters, but they are also able to solve problems that daunt other animals. They are an animal that has to be intelligent in order to thrive.





## The Marvels of Elderberry

by **Maya Skalinska**  
M.H., R.H.T. Master  
Herbalist, Registered  
Herbal Therapist

Elderberry has a long history of traditional use from all over Europe, documented since ancient Greece, as well as here in North America, used as medicine by many Native American nations. It's been used for rheumatism, hay fever, asthma, croup, headaches, nausea, cardiovascular health, rhinitis, tonsilitis and conjunctivitis on both continents, but where elderberries really shine is in its potent antioxidant, anti-catarhal and antiviral superpowers. Elderberries work great for colds and flus with fever, nasal congestion and cough with excessive mucus production. As a cold and flu remedy, it's been used for centuries, and now we know why this amazing plant works so well.

A research paper published in 2019 found that elderberries exhibited a potent antiviral activity. It was found that the berries can strengthen cell membranes and suppress the entry of viruses into the cells, as well as reduce the transmission of the virus from cell to cell.<sup>1</sup> Elderberries also modulate the cytokine (inflammatory) response of the body.<sup>2</sup> This means the berries can increase or decrease the level of cytokines in a person depending on the situation. This knowledge supports the traditional, long-time, use of elderberry in treating feverish colds and flus. On top of that, they are high in vitamin C, and other anti oxidants that are highly nutritious, as well as many other constituents such as sterols, and tannins that play a role in further supporting our immune systems and helping us with

mucus congestions and fevers.

We have an abundance of elderberry trees on the East shore. The trees that grow here are *Sambucus canadensis*. Most of the research is based on *Sambucus nigra*, which is native in Europe. From empirical evidence and small amount of research, we know both present very similar medicinal qualities.

So, if you want to make your own medicine, safe for the whole family, now is the time to harvest these beautiful berries. There's something special about making your own medicine, and here's how:

### Elderberry Syrup – Makes one liter.

1. Take 2 pounds of elderberries, making sure to remove all the leaves and stems. I find the quickest method is to freeze them first. Frozen berries fall off the stems easily. Also, freezing makes the flavonoids present in all purple berries more bioavailable to our bodies.

2. For a quick method, add about 3 cups of water, and bring the berries to boil. Turn down the heat, and let them simmer for about 20 minutes, or until they are soft. For a longer extraction, add about 6 cups of water and simmer for about 4-6 hours or until you have reduced the water by half. If you want to add spices like nutmeg or cinnamon, and/or freshly grated ginger, this would be the time to do so, letting them simmer with the berries.

3. Let the mixture cool and then pour through a sieve or filter. Press the elderberries to pull out the remaining liquid in a cheese cloth or a nut milk bag. Best to use stainless steel bowl, as the berries will stain plastic.

4. When the mixture is below 37°C, stir in 1 cup of non-pasteurized honey, and add more if you like it a little sweeter. Once completely cool, you can also add some Brandy (one cup or to taste) as this will preserve it longer.

5. Store in a glass jar in the refrigerator, or freezer.

There are no known adverse effects to the above recipe. Unripe elderberries, or improperly prepared elderberry preparations (leaves and stems not removed) can cause stomach upset.

Have fun and enjoy this rich, delicious and healing gift from nature.

*Maya is a Registered Herbal Therapist with BCHA. She offers Iridology, Herbal Medicine and Nutritional Consultations in Crawford Bay and Nelson.*

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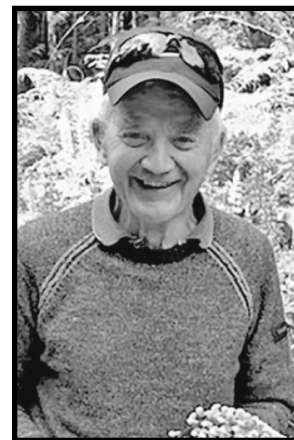
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**Next Deadline: Sept 28, 2022**

## Notice of Passing

**Alex Nilsson**

**Dec 13, 1934 - June 30, 2022**



In Loving Memory ~ Alex Nilsson passed away on June 30, 2022 at the Creston Valley Hospital at the age of 87.

He was born in Sweden and traveled the world before making Creston his home. Alex was predeceased by his parents, three brothers and his wife Nicole.

He leaves behind his children Alexis (Doug) and Nick (Kelly), his sis-

ter Ella, his partner Serena Naeve and his close friends Terje and Christine Munkerud.

Alex had many interesting jobs in different parts of the world before arriving in Creston as the public health inspector for Creston and surrounding areas from Kootenay Lake to Moyie Lake for almost 30 years.

Alex dedicated a tremendous amount of time and effort to the betterment of the town of Creston. Up until his passing, he was still a member of a number of community boards. At his peak, he estimated the number to be over a dozen at one time. Cresteramics, Kootenay Employment Services and Spectrum Farms are only a few of the organizations that benefited from his knowledge, leadership, generosity of spirit and kindness. He saw people who needed his help and didn't wait for an invitation. He just did it.

Alex was also well known in the Creston sports world. If a club didn't exist, he started it. From soccer to cycling to skiing to tennis to golf. You name it, he played it. His feats of endurance are the stuff of legend, both organized and of his own invention. He cycled from Creston to Calgary in 24 hours with his friend Terje. They then cycled from Creston to Vancouver in 48 hours. His crowning achievement was his roller ski across Canada adventure from Vancouver to Newfoundland in 3 months.

Alex was an extraordinary man who lived an extraordinary life.

In lieu of flowers, friends wishing to make a memorial contribution may do so to the Nicole Nilsson Memorial Hospital Fund c/o Creston Valley Community Foundation Box 701 Creston, BC., V0B 1G0 or to the Creston Hospice Society, PO Box 612, Creston, BC V0B 1G0. Celebration of Life to be held September 17, 2022 at 11 am Creston Room in the Creston & District Community Complex.

## Notice of Passing

**Barbara Griffiths Kniert**  
1921 - 2022



Barbara passed away peacefully at the Stuart Nechako Manor in Vanderhoof, BC August 6, 2022, aged 101.

Barbara was the sixth of seven children born to Richard and Dorothy Deane who had settled at

Deanshaven, south of Riondel, in 1910. Over the next 30 years, the Deanes moved back and forth between Canada and England, and in 1921 Barbara was born in Chichester.

Barbara remembered being sent to boarding school in England with younger sister Ruth. They went by boat over to Ainsworth where they caught a bus to Nelson, a train to Montreal and a ship to England. Quite an adventure for young teens!

Barbara was in England when World War II broke out. She drove farm tractors with the Land Army and then she and Ruth trained as physiotherapists. In 1944, Barbara married Pat Griffiths, a fighter pilot in the RAF. After the war, they emigrated to Canada and lived at Deanshaven until 1953, when Pat joined the BC Forest Service. In those days, the Forest Service transferred their employees often and the family lived in Deer Park, Kettle Valley, Prince George, Fort Fraser and Fort Nelson.

Pat and Barbara loved travelling in the north and kayaking in their Folboat. They paddled the Yukon, Nahanni, Thelon and Churchill rivers, never carrying a gun or any kind of communication with the outside world. On the Thelon they paddled for 23 days without seeing another human being.

Sadly, Pat died of a heart attack in Fort Nelson in 1981. They had started to build a retirement home at Deanshaven, and Barbara eventually moved back to finish the house. In 1986 she married Laurence Kniert and they had 11 happy years together, often travelling north in the summer.

In 2006 Barbara moved to Fraser Lake to be near family and lived independently until well after her 100th birthday.

She is survived by daughter Gerry Irwin (Wayne), son Glenn Griffiths (Debbie), seven grandchildren and 16 great grandchildren, sister Sheila Deane and brother Tim Deane. Predeceased by husbands Pat Griffiths and Laurence Kniert, brothers John and Richie Deane, sisters Helen Butling, Anne Hawkes, Katherine Walker and Ruth Barradell-Smith.

A funeral mass was held August 10 at St. Andrew's Parish in Fraser Lake.

## Memorial Wall

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

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



**SERVICES DIRECTORY/CLASSIFIEDS**

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

**AUTOMOTIVE/MARINE**

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

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

**BUS/ORG SERVICES/ANNOUNCEMENT**

**CIRCLE OF FRIENDS ART & CRAFT SHOP**, Riondel, BC. Open Thursday, Friday and Saturday from 11:00 am to 3:00 pm, June 30th to September 5th

**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. wvharder@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)

**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: alexandralianephillips@gmail.com

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

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

**EAST SHORE HOSPICE** - Confidential palliative care support for individuals living with life threatening illness, support for their loved ones. ES Hospice can provide trained volunteers to provide respite care to give family caretakers a break and provide companionship for the patient. Contact Susan Dill: East Shore Hospice Coordinator via the Health Centre: 250.227.9006 or cell 250.505.4915 or home at 250.227.9350. Hospice related books on care, grief and mourning are available. eastshoreshospice@gmail.com

**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 HEALTH**

**CARE AID** - Christian McStravick of Mary Anns Way, 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: 1 (800) 278-8716 or email: christianmcstravick@gmail.com

**REGISTERED ACUPUNCTURIST, LISA SKOREYKO R.A.C.** 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:** Harrison 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:** Massage practitioner using tuning forks, foot reflexology and energy balancing to create a balanced full body massage and tune up. Astrological counseling with 40 years experience. Bach Flower and other flower essences available. For appt: call 250.225.3520.

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

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

**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.

**YARD/LANDSCAPING/SITE PREP**

**TREE SERVICE, RESIDENTIAL** - Fully insured Limbing, Pruning, Topping, Falling. Danger Tree Assessments and now offering brush chipping and hauling. 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.

*Want to Contribute?*

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

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

**HEY YOU!** Crawford Bay Hall & Park Facility Rentals

Crawford Bay's Community Hall, Community Corner Building and Park Pavilion are now available for rent.

Info: [bookings@cbhall.ca](mailto:bookings@cbhall.ca)

Planning a wedding?  
Holding a meeting?


Consider renting the  
**BOSWELL MEMORIAL HALL**  
Booking/info: Melody Farmer  
at 250-223-8443

*Next Deadline:*

*Sept 28, 2022*

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

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



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

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



# 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](http://www.labonlinebooking.ca)  
for Lab Appointments

## PRIMARY CARE PROVIDER

### DAYS: SEPT 2022

**Sept 5, Mon: NO COVERAGE**

**Sept 6, Tue: NO COVERAGE**

**Sept 7, Wed: Dr. Moulson/Jayme Ingram**

**Sept 8, Thur: NO COVERAGE**

**Sept 9, Fri: Jayme Ingram, NP**

**Sept 12, Mon: Jayme Ingram, NP**

**Sept 13, Tue: Jayme Ingram, NP**

**Sept 14, Wed: Jayme Ingram**

**Sept 15, Thur: Dr. Moulson**

**Sept 16, Fri: Jayme Ingram, NP**

**Sept 19, Mon: Jayme Ingram, NP**

**Sept 20, Tue: Jayme Ingram, NP**

**Sept 21, Wed: Dr. Moulson/Jayme Ingram**

**Sept 22, Thur: NO COVERAGE**

**Sept 23, Fri: NO COVERAGE**

**Sept 26, Mon: Jayme Ingram, NP**

**Sept 27, Tue: Dr. Moulson/Jayme Ingram**

**Sept 28, Wed: Jayme Ingram, NP**

**Sept 29, Thur: NO COVERAGE**

**Sept 30, Fri: Jayme Ingram, NP**



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. V0B 1E0

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

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

## ADVERTISING RATES

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

**\$45** - 3.25w X 2.5t

**\$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.

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

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

**FOR FULL COLOUR, ADD 30%**

## Hours of Operation

### Resource Recovery Facilities

**Crawford Bay Transfer Station**

May 1, 2022 – November 5, 2022

9:00 am – 3:00 pm

Sunday, Tuesday & Thursday

**Boswell Transfer Station**

Year Round

11:00 am – 3:00 pm

Wednesday & Saturday



[rdck.ca](http://rdck.ca)

250.352.8161 | [wastedept@rdck.bc.ca](mailto:wastedept@rdck.bc.ca)

## CHURCH/MEETING CALENDAR

### RIONDEL COMMUNITY CHURCH

Everyone welcome.

### 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/](http://yasodhara.org/about-yasodhara/satsang/)) or YouTube ([youtube.com/user/yasodharaashram/](https://www.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](mailto:cbess.pac@gmail.com) for info.

### ALCOHOLICS ANONYMOUS:

Every Wednesday Night.

7 pm at Crawford Bay Corner Building, 15990 Hwy 3A  
(1 hour mtg.) Closed, Big Book Discussion

BALFOUR		KOOTENAY BAY		
Winter	Summer	Winter	Summer	
6:30	6:30	7:10	7:10	AM
8:10	8:10	9:00	9:00	
9:50	9:50	10:40	10:40	
	10:40		11:30	
11:30	11:30			
	12:20	12:20	12:20	PM All times are Pacific (PST).
1:10	1:10		1:10	
	2:00	2:00	2:00	
2:50	2:50		2:50	
	3:40	3:40	3:40	
4:30	4:30		4:30	
	5:20	5:20	5:20	
6:10	6:10		6:10	
7:50	7:50	7:00	7:00	
9:40	9:40	8:40	8:40	
		10:20	10:20	

Osprey 2000 • MV Balfour

The summer schedule is generally in effect from the third week of June until after the Labour Day weekend.  
All times are Pacific Time (PST).

September 2022 *Mainstreet* 15

**Next Deadline:**  
**Sept 28, 2022**






Starbelly Jam Presents **THE MISERY MOUNTAIN BOYS**

A night of whirling swing & jump blues. With good time dance beats to follow selected by **DJ LADY V**

Friday, October 7 @ Gray Creek Hall  
doors opens 7 pm show starts at 8 pm

\$30 adult, \$20 youth (ages 13-19) Children under 12 are free  
Capacity is capped at 100. Advance ticket purchases are strongly advised  
Tickets available at [starbellyjam.org](http://starbellyjam.org) & Dog Patch Pottery in Crawford Bay

**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 Fund supports projects that lead to clean air, safe water, habitat for fish and wildlife, natural areas, and healthy watersheds.


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 28, 2022**

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




**Gray Creek Store**  
Building Community Since 1913  
Mon-Sat, 9 to 5:30 Sun, 10 to 5

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We have your new woodstove in stock!  
All the wood gathering tools you need too!



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**250-227-9315**  
[orders@graycreekstore.com](mailto:orders@graycreekstore.com)  
[www.graycreekstore.com](http://www.graycreekstore.com)



**LEARN TO BUILD WITH CORDWOOD MASONRY**



**HANDS ON Workshops**  
Saturdays, September 10, 24 and Oct 8, 2022  
11 am to 3pm

Learn about: building with cord wood, make wall mixes, practice building basics, enjoy a simple vegetarian lunch, meet others and share possibilities.

**REGISTER TODAY - space is limited**  
**250-551-6020**  
[eslearningplace@gmail.com](mailto:eslearningplace@gmail.com)  
\$50/person.

Work exchanges possible.  
Organized by Crawford Bay Commons