

*Coming up in
MARCH on the
East Shore*

The Ladybug Cafe Re-opening

East Shore Art & Wellness Open

New childrens program

Group Past Life Regression Workshop (limited seats)

CBESS Fundraising Events for Student Exchange

Social Sundays in Riondel

ArtConnect presents at the Harrison Memorial Centre

SPRING BEGINS

Details inside!

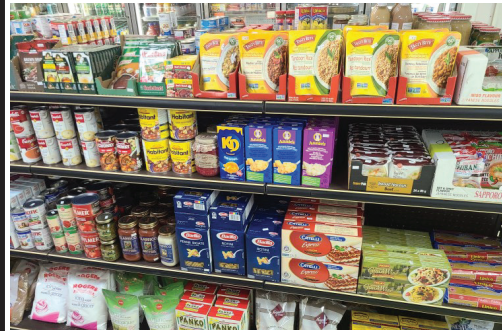


Lakeview's HUGE 30% Off Sale

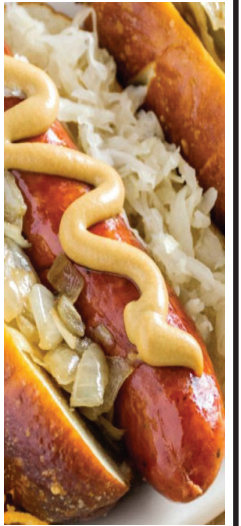
for the first 2 weeks of March, or while supplies last.

Everything on select grocery/dry goods shelves (some small exceptions) will be 30% off at the till. Get in while supplies last!

Also, don't forget that we have **Famous Fritz SMOKED BRATS on a Bun, UberDogs on a Bun and Espresso drinks**, as well as a lovely gift section. Also, and as always: beer, wine, liquor, dairy (including Kootenay Meadows), chips, snacks, gas and so much more!



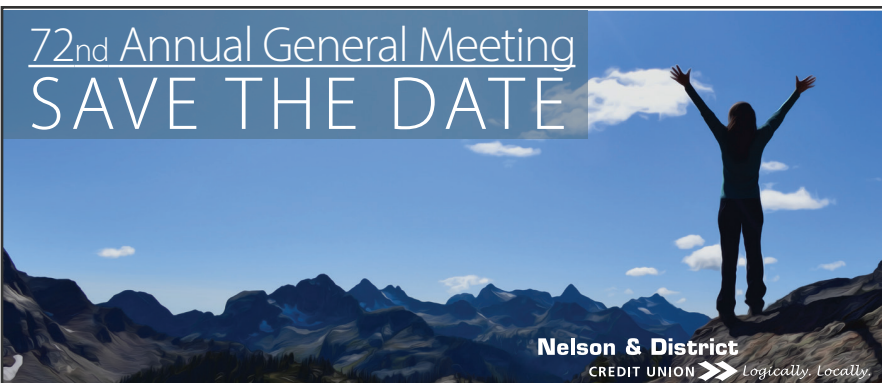
250.227.9367 (Store)
250.505.7697 (Manager cell)
Web: kootenaylakeview.com
info@kootenaylakeview.com
14729 Hwy 3A, Gray Creek, BC



Welcome wee ones!

Introducing:

Ember (sister) and Fox (brother) Wallace, born to Caillie Wallace and Matt Okrainec unexpectedly early on January 30. Proud sister, Zayla, grandparents Ted and Janet, and cousins Alice, Nola, Riley and Margot. They live in Revelstoke but will be visiting Kootenay Lake often.



NDCU 72nd AGM

Tuesday, May 2, 2023
Call to order at 7:00 PM
RSVP for your meeting invitation:

AGM@nelsoncu.com
Please join us for our AGM and the review of 2022. We are currently investigating whether the AGM will be virtual or in-person.

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Crawford Bay, Kootenay/Pilot Bay,
Riondel - all stops in between!

EAST SHORE ACCOUNTING

Randel Ball B.Comm

250-223-8394



**Check out the
Community
Calendar**

See the back cover for local community events and meet-ups taking place this month.

The Calendar is also published on our website www.eshore.ca.

Calendar Posting's are free and can be updated through the month



Mainstreet Meanderings

by Dee Gilbertson

Editor, East Shore Mainstreet

I am anticipating March – will it come in like a lamb, a lion? The past few months have certainly felt like they came in like a lion for my household, and I look forward to finding that routine I mentioned a few months ago in these new circumstances.

I am pleased to report that The Mainstreet can now be found at Seena Bee’s Soap Shop in Riondel, which I and many Riondel residents will appreciate very much. Subscribers are welcome to pick up their copy from there, or can if you are not subscribed you can purchase by leaving payment in the honour system jar. Thank you, Seena Bee’s Soap Shop, a local treasure trove of garden goodness & scented bliss! (Open Mon - Sat: 10am - 5pm).

We have been busy trying new things on The Mainstreet website, www.eshore.ca. Check it out and let me know what you would like to see posted. There is a new page where we have displayed the Bulletin Board pages from the newspaper, and the Calendar page where listings are free, and can be updated throughout the month as needed. We are working on an updated Advertisements Information page as well.

I was able to attend a couple of the events in February, the Networking Event organized by Sara Wolfenber and the Valentines Celebration organized by Lucia Bella. As I put together the calendar for print, and these individual events become visible along with the weekly small meet-ups that happen along the East Shore, I am reminded of what a close-knit community we really are. In a world that seems to be moving ever closer to digitalization of everything, our little community calendar reassures me of the reality we can continue to live in – one of in-person gatherings which far outweigh any digital get-together. There is a camaraderie developed in these events that cannot be rivalled, and much sharing of knowledge and advice that can set us ahead in our individual endeavours and bring us together as a rural community.

My family and I are very excited to welcome you to visit our new store, East Shore Art & Wellness! Located at 16898 Hwy 3A, on the north side of the ferry terminal in Kootenay Bay (formerly The Cabin Restaurant, and prior to that for many years, Fairy Treats). My parents previously managed their own gallery in Crawford Bay for a number of years, and the return of this opportunity to manage another has brought them much joy, which I know will spill over into the community they so enjoyed working with. We look forward to a busy season of exhibiting for sale the excellent and unique craftsmanship of artisans and various other entrepreneurs.

Our Grand Opening is Saturday March 4, from 10-5. Please join us! Coffee, tea and treats from

Red’s Bakery will be provided. We are also welcoming those who may be interested in having their work displayed for sale in our space, to contact us at info@artandwellness.ca.

Our former Editor, Ingrid, shared the iconic East Shore photo below, noting that “If you know, you know”. Which really had me puzzled, and curious!

Another former Mainstreet integral force, having managed the paper from 1991-2001, Janet Schwiagar, provided a related photo which provides some context to Ingrid’s statement.

As the incoming Editor utilizing the already established digital format of The Mainstreet, considering the amount of time and effort that would have gone into compiling this information by hand, on a ping-pong table (or pool table, sometimes!) boggles my mind and provides me new appreciation for the sometimes frustrating computerized method of print creation.

Thank you to everyone who has been part of The Mainstreet team in one way or another. I continue to strive to fill your shoes in a reasonably professional manner!

Taking well deserved literary rests this short month are our columnists Heath and Barb. We will see them back next month!

And a shout-out to my current editing crew, Ingrid, Gef, Ali and my Mom :) I promise, I will get quicker every edition and get this to you with more time to thoroughly review!

Cheers, to all of the March adventures.



Letters to the Editor

Dear Editor,

Could you please add another item to your column, “Common Mistakes in Writing”? This is a mistake that I noticed the editor has made several times in the past two Mainstreet editions. The rule: Most nouns form the plural by adding “s” to the singular. Edition, editions. Street, streets. Not “street’s”, where an apostrophe is used - this is the possessive form, meaning belonging to the street.

Other nouns change their spelling when forming the plural, such as thief, thieves; wife, wives; six, sixes; tax, taxes; army, armies. And of course there are the peculiar English plurals of mouse, mice, etc. You will notice that none of these forms have an apostrophe. None!

Unfortunately, there is one very rare occasion in the English language when an apostrophe is used for the plural, but I won’t tell you what it is. You must look it up for yourself in your book, “The Elements of Grammar”, which every editor should have on their bookshelf. I sincerely hope that you will never again want to, or need to, use the apostrophe for a plural.

I realize that I am trying to plug a hole in the dike with my thumb while the tsunami of apostrophes breaks over us. My theory is that it all began when people started putting up name signs in front of their houses. Do the Smiths (plural) live there, or is the place the Smith’s (belonging to people named Smith)? So many people have used the apostrophe that now many others are confused, thinking it must be the correct way to form the plural. Which leaves a terrible gap, how


to form the possessive?

The apostrophe once held a respectable position in grammar, being used for contractions (as in don’t, meaning do not) as well as for the possessive. Now it is gaining a bad name and losing its (oh darn, that one awkward situation where a possessive does not use an apostrophe) status, poor thing. I have decided to be a champion for the apostrophe and take a stand. Or many stands.

Sincerely,

Lorna Robin - Crawford Bay

MAINSTREET OFFICE DESK



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Boswell - Destiny Bay Grocers
Gray Creek - The Lakeview & Gray Creek Store. Crawford Bay - Green Bubble Co. & Crawford Bay Market.
NEW! Riondel - Seena Bees Soap Shop
 Print and Digital Subscriptions \$40

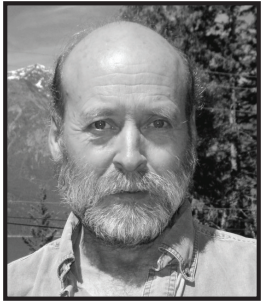
Who is your Community Hero?

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

My community heroes this month are everyone who has donated to the recent Go Fund Me fundraisers for local community members experiencing tough times right now. If you would like contact information to reach out to offer assistance by email or phone, please contact editor@eshore.ca.

EVERY LITTLE BIT HELPS!

Laverne Booth:
<https://gofund.me/15eac41>
Mandy Petrie:
<https://gofund.me/6768aa70>
Cole Little:
<https://www.gofundme.com/help-22year-old-cole-little-conquer-osteosarcoma>



RDCK Area A Update

by Garry Jackman
RDCK Director Area A
Wynndel/East Shore
Kootenay Lake

Budget 2023

As indicated last month, we are in our budget process for 2023 where we update our 5 year financial plan which will set RDCK property taxation for 2023 plus provide estimated budgets for 2024 through 2027. Our fiscal year runs from January 1st through December 31st, but regional districts are not allowed (by provincial legislation) to run deficits in any of our individual services so we have the first few months of a new fiscal year to finalize all expenditures and revenues for the prior year, allowing us to determine what deficits or surpluses occurred in each service by year end. All deficits must be eliminated through the next year taxation or other revenues, so our figures do not firm up until mid February, then we need to have our budget discussions around service levels, how to balance taxation with user fees, etc. We need to vote on a finalized budget by the end of March with “requisition” or taxation amounts for each RDCK service.

I now have the sheets which outline the shifts in tax base across each “member” of the RDCK (11 rural areas plus 9 incorporated municipalities) either due to growth in the tax base (new or renovated houses adding value, subdivided properties, etc) versus the shift in value due to market pressures. The numbers are expressed in terms of a converted assessment which is a means of adjusting for the varied multipliers which are applied to property assessment classes such as residential, commercial or industrial properties. Across the entire RDCK the assessments increased by 13.62% from 2022 to 2023, while the change in Area A was 15.69%. This means that for any RDCK services shared across the entire regional district, our area will carry a little heavier burden this year than the average. That said, the Town of Creston assessment went up more than Areas A, B or C so for services

which we share with the town they will carry a little heavier burden this year. The first cut of potential tax increases across Area A indicated around a 10% tax increase from 2022 to 2023, with some of that being picked up by growth (new houses or lots paying into the total taxation) but most of it being carried by existing parcels.

As I noted last month, the relative shift in your property value versus the shift in value of your neighbour’s property, along with other factors such as new value added to the total tax base in your immediate community where you have a “defined area” tax service will influence the net amount you are taxed, with the total adding up to what the RDCK requested for that service plus a small fee which the province retains. By the time the March Mainstreet comes out there will be two public budget presentations (March 1st on the East Shore and March 2 in Creston) but you can get information from the presentations from me by email or look for the presentations on the RDCK website (rdck.ca). These presentations are in the form of tables plus pie charts and show examples of combinations of RDCK services that you receive. Not every case can be covered, but it provides a good indication of where costs are rising versus staying level.

GRANTS

Last month I started a review of some of the grants which are available through the RDCK. I covered the discretionary and community development grants (one from our local property taxes and the second as a transferred amount from the province). Please look for my February article for details on those.

The most significant grant currently available through the RDCK, aimed at larger projects, is the Community Works Fund (CWF) which is commonly referred to as the federal gas tax fund. This fund is rolled through our provincial association (UBCM) and has a number of funding streams within the program, as well as some opportunities for local groups to apply directly for funding from the federal government. Each funding stream has criteria which must be met for eligibility. The more aligned an application is with the “boxes to tick” in the application form the higher the likelihood of

success. If an application is made to the local area or a number of areas plus one or more incorporated communities (a village, town or city) RDCK staff will review the application and provide some pointers on how to best meet the eligibility criteria.

Another important funding source is the Columbia Basin Trust Resident Directed grants (recently renamed from Community Initiatives Program). The application period for 2023 has closed. Over the past several years Area A has received requests for funding which exceed the allocated funds by three to five times, so some applicants do not receive any Area A funds, some are pro-rated based on a review process and others may receive the full amount requested. Across the RDCK there will be a total of several hundred applications which need to be sorted into the various electoral areas, posted for review and then have the recommendations forwarded to the Board for approval. The Area A review meeting is tentatively set for April 3rd at the Boswell Hall.

Rec 9 applications are invited twice each year with a target to allocate about 60% of the available budget through the spring intake and 40% through the fall intake. The ad for the spring intake deadline and review meeting dates should be in this edition of the Mainstreet. There tends to be more activity along the East Shore in the spring and summer than the fall and winter, hence the targets for 60% and 40% funding splits. We also wanted to ensure every year that there was enough funding to support groups through our winters when it can be more difficult to find suitable recreation opportunities.

The Area A Economic Development Commission (EDC) can also recommend grants for new or emerging economic projects. These cannot be for the exclusive benefit of one or even a few businesses to the potential detriment of others, so there are more restrictions on this fund as set out in the Local Government Act. The EDC meets every few months and applications can be sent through me at any time of the year.

For information on grants go to rdck.ca and then from the home page click on “admin” then on the “grants” tab.

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



SKLCSS Update

by Garry Sly
Administrator

AGM: The South Kootenay Lake Community Service Society Annual General Meeting took place on Wednesday, February 15 at 6:30 pm at the Crawford Bay Hall. Many thanks to the community members that attended.

Kids Programming: SKLCSS and a group of dedicated local parents are launching a new program for children between the ages of 6 and 11. We are hoping to have the new program run two afternoons per week after school. It would begin at the end of the school day at 2:45 pm and run until 5:00 pm. We have hired Jacqueline Wedge as the primary Coordinator of the program, and Julie Morin as the secondary Coordinator. We are hoping to have it start in the next few weeks. We are in the process of establishing a name for the program and an email contact. Once we have

these details, we will include it in the Crawford Bay School weekly newsletter, as well as through the Mainstreet Newspaper and website, so that you can contact us if you’re interested in having your child attend. Initially, the number of children may need to be limited to 15 per session, though we will do all we can to accommodate everyone that is interested. The program is made possible through grants from the Columbia Basin Trust, the Nelson and District Credit Union and we hope to receive support from the RDCK as well. Although grants provide the majority of the funding, a small participant fee will be involved to help us raise matching funds requirements, though our intention is to keep these fees very small. We hope to incorporate a wide range of fun activities such as art, sports, and indoor/outdoor games. We hope to have the program continue through the summer as well as throughout the school year.

February Events: On February 4, The Women's Networking Event - Let's Get Down To Business, was held at the Crawford Bay School performance space. Sarah Wolfenberg coordinated the event, which provided a dynamic opportunity for women entrepreneurs to network and share their experi-

ences of owning and operating a small business in the Kootenays. There were 39 participants in attendance from the East Shore and surrounding area. Four incredible guest speakers presented on various aspects of running a small business. Many thanks to Sarah for coordinating this successful event and thank you to Columbia Basin Trust and the RDCK for sponsoring this event.



Featured from Left to Right: Theresa Morris of Kootenay Sound Healing Center. Zan Comerford of Litework Marketing. Sarah Wolfenberg of Kootenay Women Biz. Jenna Madden of Soul Meets Strategy. Megan Rokeby-Thomas of The Ladybug Cafe



Hacker's Desk

by Geoffroy Tremblay

Day to Day Healing

Breathing in, smiling, breathing out, relaxing.

This is an effortless meditation. It was the first meditation that I learned from a Buddhist monk in Montreal. Although really simple, its power lies in the fact that you are attaching a positive affirmation to your breath. Since you are always breathing, the effect of meditation keeps on growing with you. If you do it once, it makes you smile. If you do it all day, it changes your life radically. The repetition and connection to a vital process are at the core of its power.

We could use eating similarly. Each time we eat, we could be healing our bodies. Instead, eating has become one of two things: for entertainment (we eat for pleasure) and for subsistence (we eat only to sustain the body).

We eat whatever we want, led by our taste buds, trends and marketing, until a health issue forces us to change our diet. We then stop eating a particular food to avoid aggravating our situation. Eating has become a commodity fueled by consumerism limited by how much abuse our body takes.

What if eating was a healing practice? Like yoga, every time we eat, we could be helping

our body heal and cure itself of ailments. I create blood clots easily. I am still researching why, but this is a fact. Blood clots can lead to many life-threatening situations. Covid is known to create more blood clots to add to the mix. Many 'long covid' cases are partly due to blood clots in the body.

Of course, there are pills for that, but every drug comes with a price, not only financially but also in taxes on the body. Warfarin, for example, inhibits the absorption of vitamin K. This thins the blood and reduces clotting formation. Vitamin K is also needed to fix calcium in the bones. In the long run, the side effects of warfaring are numerous. When asking my doctor, the answer is, 'Well, it can save your life now, even if it might negatively affect you later.'

In researching what types of food helps to reduce blood clots, I found this list: Ginger, Tumeric, Cinnamon, Cardamone, Black Pepper, Star anise... "Wait a minute! What happens if you mix all these, boil it and add honey and maybe almond milk? You get a really nice chai tea!" It's not the first time that while researching food as medicine, I stumbled upon a very

simple traditional mix of ingredients. A lot of food cultures are centred around food as medicine. For example: while researching the antibiotic properties of fresh garlic, I came across an article explaining how you could use fresh cucumber and yogurt to help absorb raw garlic and protect your stomach. Isn't it exactly what tsasiki is? What about all the ferments in different cultures around the world. They are known for both their healing property and longevity.

This type of healing food will differ from a pill, drinking one chai won't cure you. Having chai every day or some variation will have a long-term positive effect. Changing the habit of eating can have a lasting impact.

Everything we do can become a healing practice. Breathing, eating, working, it all depends on how we approach it. Our North American culture prioritizes quick pleasure and gains over long-lasting positive effects. Enjoy until you break, then use a pill to fix you and return to the merry-go-round until something else breaks. Can we rely more on the old food culture, which prioritizes health and well-being?



Thoughts From the Frog Pot

by John Rayson

Social Media

It is of some interest to look back over the changes that one has observed or been a part of over the last 50 years. We often reflect on the fact that things were much better "in the good old days" and that our fathers and grandfathers saw much greater change than we have. In fact, the "good old days" did not ever exist and we have seen much greater change in our lifetimes than has any other generation.

What a massive change we have seen with communication: the internet. In the late 1960s the internet was used by universities and academics. The first browser, making the internet accessible to the average person, was rolled out in late 1995. Most of us now depend on the internet for much of our news, search and social activity. Who last looked in the encyclopedia for information??

However, the most profound change appears to be that of the use of the internet to enhance connection between individuals, FACEBOOK, now used by more than 3.5 billion people, representing nearly 1/2 of the worlds population. WhatsApp, an app, even allows illiterate farmers in Africa to buy and sell crops online. This app does away with telephone landlines and allows voice communication without the need to read or write. Such an app has a significant impact on the economy of a region such

as Africa.

Recently, I read a book by Maria Ressa: How to Stand Up to a Dictator. Maria Ressa received the Nobel Peace Prize in 2021 for the establishment of an online news outlet, Rappler, based on social media. The newspaper was established in 2012. Maria Ressa is a journalist, born in the Philippines but subsequently raised and educated in the USA. Maria had returned to the Philippines as she was concerned with the increasing authoritarian regime of Duterte and had observed the previous abuses of power by the dictator Ferdinand Marcos. It appeared to her and her cofounders that the regime of Duterte was using social media to further the aims of their increasingly authoritarian regime. She is now concerned with the return to power of the Marcos family with the election of Bong Bong, the son, as president of the Philippines. Maria Ressa now feels strongly that social media has been used as a vehicle of misinformation and should not be used as a news source. She is now under the threat of imprisonment but refuses to leave the Philippines.

Conspiracy theories often present simple, easy to follow and what appear to be "logical" answers to complex issues. Scientific answers are seldom as simple and straight forward, leaving room for further exploration. It is not much wonder that conspiracy theories spread rapidly and widely via social media.

Many individuals and governments, particularly in Europe, are becoming concerned with the lack of regulation of social media and its ability to spread misinformation. Most individuals are unaware of and unconcerned with, the amount of personal information collected on

them as individuals. The term of "capital surveillance" is now being used for the use of our individual data by large corporations, and others [politicians], to market to specific segments of society. Organizations collect an amazing amount of information on individuals. Plus science continues to expand the knowledge of human physiology and cell function. In fact, this accumulation may result in an equation:

$$C [\text{cell data}] \times LD [\text{large data}] = AHH [\text{ability to hack humans}]$$

Does this mean that we as humans will be controlled and programed in the future?

Until very recently, the general consensus has been that Social Media is a good thing and that the ability of individuals to communicate and the rights of "free speech" are paramount. Now, many of the assumptions, with regards the benefits of social media are coming into question. In the U.S.A. social media, such as Facebook, has been totally unregulated. Many European countries have questioned this lack of regulation and are beginning to address such questions. No doubt there are many benefits to social media, but too much power is becoming concentrated to a few individuals: eg. Mark Zuckerberg [Facebook], Jeff Bezos [Amazon], to name only two. Regulation of social media organizations will be a major challenge for governments.



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

Smarter Than Jack or Jill

by Sharman Horwood

The Wisdom of Birds

Migration is a broad subject. Even humans migrate: from a small area in Africa to cross the entire planet. People migrated for a variety of reasons: climate, food sources, water, or just because they wanted to see what's over there. Birds, however, are governed mostly by food sources because of seasonal climate change.

According to *Wikipedia*, the migration of "storks, turtle doves, and swallows was recorded as many as 3,000 years ago by Ancient Greek authors, including Homer and Aristotle." The species that holds the record for the longest migration is the Arctic tern. It travels from its Arctic breeding grounds to the Antarctic each year. The Manx shearwater "migrate 14,000 km . . . between their northern breeding grounds and the southern ocean" (*Wikipedia*), and most of this is across featureless ocean. According to Jennifer Ackerman (*The Genius of Birds*, 2016), they navigate using "celestial cues" from the sun and stars, mental maps, and also the planet's magnetic field. Also, the timing of migration "seems to be controlled primarily by changes in day length" (*Wikipedia*). When the right time comes to migrate, even captive birds will "hop, flit, and flutter. These frantic movements are known as *Zugunruhe*--a German word that meant 'migration anxiety'" (*An Immense World*, Ed Yong, 2022). In fact, "at night, they tended to hop toward the southwest--exactly the direction that, were it not for their cages" European robins would

go, in this case Spain (*An Immense World*, Ed Yong, 2022).

Scientists have come to the conclusion that for many birds, the ability to navigate is primarily achieved through magnetoreception (the ability to sense the Earth's magnetic field and use it as a navigation guide). This geomagnetic field is always present. On Mars, there is barely one at all, but on Earth there is a strong magnetic field that protects the planet. The Australian bogong moth relies on this field. Billions of these moths emerge from the pupal stage in south-easteren Australia, and fly over 600 miles to a few predetermined alpine-like caves in Australia, "despite never having flown there before" (*An Immense World*, Ed Yong, 2022).

Bird migration is full of amazing feats. Several years ago, researchers focused one study on white-crowned sparrows. Normally these birds migrate from their breeding grounds in Alaska and Canada, and head across both the countries to reach their wintering grounds in California and Mexico. In Seattle, researchers captured 30 of these migrating birds, "each a single feathered ounce of fortitude" (*The Genius of Birds*, Jennifer Ackerman). They caught 15 adults and 15 juvenile birds when they passed through Seattle. The birds were transported 2,300 miles across North America to Princeton, New Jersey, and released there. The adults were able to reorient themselves within the "first few hours" and directly set off for California and Mexico. According to Ackerman, "even the youngest adults who had made only one migratory journey in their brief lives found their bearings." Princeton, New Jersey, isn't a hostile climate so the disoriented juveniles might have survived there.

Pigeons, too, have many stories of heroic

feats of navigation and speed. Usually. In April, 2002, Tom Roden recognized a racing pigeon that landed in his loft at Hammersley, Hyde, near Manchester, England. It looked remarkably like his racing pigeon, Whitetail. The bird had disappeared five years previously during a race across the English Channel. Whitetail was a champion bird. It had won thirteen races, and flown fifteen Channel crossings. However, this one race in 1997 was known as the "Great Pigeon Race Disaster." (*The Genius of Birds*, Jennifer Ackerman). More than sixty thousand homing pigeons were released in France. The journey set for them was approximately four to five hundred miles, from Nantes, southern France, to their home lofts spread out across southern Britain. But something went wrong. In places, only a few of the birds managed to straggle in, and the "champion bird, along with tens of thousands of other experienced racers, never made it home that day" (*The Genius of Birds*, Jennifer Ackerman). To this day, no one is sure why. However, after five years, Whitetail did make it home, which is amazing. Researchers would expect that by that time the bird would have forgotten its route, and its home.

Pigeons have some surprising abilities, though. They don't seem very smart, but they are very good with numbers. In laboratory tests, the birds are able to solve the Monty Hall Dilemma about choosing which door will open to reveal the prize (one door hides the big prize, a second door hides a joke prize, like a goat, and the third door hides nothing). This is a statistical puzzle, and pigeons get this problem in relative probability right more frequently than humans. They also are able to "put images picturing up to nine objects in proper order from lowest to highest number" (*The Genius of Birds*, Jennifer Ackerman).

This brings me back to my original problem: do birds get the migration wrong? Apparently they do. Yosemite Sam, a Costa's hummingbird, migrated north from California to arrive in Saskatoon, Saskatchewan. (CBC News, Feb. 5, 2023; I posted it on Facebook, Feb. 8, 2023.) They analyzed his feathers and learned he'd hatched near Yosemite National Park. He is now being kept in a rehabilitation centre for release later in the spring, hopefully near California, or on the west coast of Canada. Why did he get the direction wrong, though? Environment Canada Chemist, Geoff Koehler, says that "sometimes birds just go the wrong way When they go the wrong way they go the wrong way 180 degrees. Instead of going south they go north" not east or west (CBC News). Apparently their magnetoreception directs them north or south, in the direction of Earth's magnetic field.

Migration is a wonderfully complicated adventure, for little birds as well as big ones. Intelligence itself is rarely just one factor, but a combination of others. For pigeons, it might connect with their mathematical skills; white-crowned sparrows' perceptions need other cues as well. Birds are smarter than you might think.



Crawford Bay Hall Board News

by Leona Keraiff

I am happily reporting that many bookings have been received of late! Our facilities are being utilized and joyful noises are resounding once again. Thank you. The Community Corner building in the Crawford Bay Community Park hosts Tai Ji Monday to Friday mornings at 6:45. Numerous meetings have been scheduled there lately also. This space has a small kitchen, bathroom, hot water, a meeting area, and is heated. The park's outdoor pavilion has also received summer bookings. It is gratifying to know folks are choosing our community park for their family celebrations. Did you know there is a youth dance class in the Crawford Bay Community Hall on Thursdays at 3pm? The youth group has been making use of the hall as well. Twice a month the TAPs group meets in the small hall for lunch, usually on Thursdays. BC Parks has discovered our hall and is doing spring training sessions here for the second consecutive year. Contact us: bookings@cbhall.ca At the time of this writing we are completing or have completed numerous grant applications which, if approved, will greatly improve our

Association's ability to serve our community as the steward of the Crawford Bay Community Hall and Parks as well as the Kootenay Bay Boat Launch. I would love to write some more Memories & Musings articles, but I need subjects! If any of you out there in Mainstreet land have a story to tell or photos to share that involve the Crawford Bay Community Hall I would love to hear from you. lkeraiiff@cbhall.ca

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Crawford Bay Hall & Parks Association

Next Deadline

Weds March 29



Rooted in Health

by Maya Skalinska
M.H., R.H.T (BCHA)

Food as Medicine – Beets

This beautifully bright colored vegetable is one of the most nutritionally diverse, local super foods. With the shifting of the seasons and the temperatures still staying low, root veggies such as beets are fabulous in warming stews, soups or just simply roasted.

Beetroots are a good source of fiber, potassium, manganese, iron, an assortment of vitamin B's, copper and magnesium (1).

Red beets contain betaline, a strong anti-inflammatory phytochemical, which also has exceptionally high antioxidant activity. Yellow beetroots have greater concentrations of lutein compared to red beets. Lutein protects the eye from degenerative diseases such as cataracts and macular degeneration.

Beet greens are not only delicious, but also very nutritious. They are high in calcium, vitamin A, carotenoids (antioxidants that help protect against chronic diseases), vitamin C, and iron. 100 grams of beet greens contain 50% of the recommended daily allowance for vitamin C. Beet greens also contain higher levels of lutein and zeaxanthin, another carotenoid that also promotes healthy vision.

Historically, going back to Hippocrates (4th century BCE), the primary medicinal use of beets was to detoxify the blood and cleanse the

kidneys, liver, bowel, and gallbladder (2).

Interestingly enough, we now know that beets contain high amounts of glutamine, an amino acid which plays a major role in immune defense. And, along with betaline, plays a major role in the body's Phase 2 detoxification, a process when broken down toxins are bound to other molecules so they can be excreted from your body.

Other than the high nutrient content, immune supportive activity and detoxification, beets also help lower blood pressure and dyslipidemia (a high level of cholesterol, triglycerides, or both in the blood), due to their high nitrate concentration (3). Dietary nitrates are converted to nitrites, which are known vasodilators (compounds which cause blood vessels to expand). This significantly decreases blood pressure in healthy adults. An interesting study found that beets can also prevent endothelial dysfunction (damage to inner lining of arteries) therefore inhibiting platelet aggregation, which also in turn lowers blood pressure (4).

The nitrates in beets not only help lower cholesterol, triglycerides and blood pressure, they also aid in smooth muscle relaxation and increase exercise endurance. Professional and amateur athletes are increasingly adding beet-root juice to their exercise regimen, observing an increase in stamina and decision-making speed through the action of nitric oxide. Nitric oxide causes vasodilation of blood vessels and increases blood flow to muscles, therefore increases oxygen, glucose, and other nutrients, feeding muscles for better performance. For those of you who suffer from low blood pressure, please be cautious. If you have too much beet juice it can drop your blood pressure to dangerous levels.

There is also one amazing homemade medicine, starring beets, that I highly recommend. It's called beet kvass, a lacto-fermented beet drink. It holds all the medicinal attributes mentioned above, and because its fermented, there are a few bonuses. Due to the lacto-fermentation, all the above nutrients are more readily available



to your tissues. On top of that you are creating live probiotics that are not only fabulous for your whole digestive system, but also by feeding your microbiome, you are strengthening your immune system. There are many great recipes online. I follow Sally Fallon's recipe from her *Nourishing Traditions* book:

Beet Kvass

Three medium or two large organic beets, chopped coarsely, ¼ cup whey (which I make from organic yogurt), one tablespoon sea salt and roughly 1.5 liters of filtered water. Add it all to a sterilized jar, cover with water, stir well and lightly screw on the lid (to allow the gases out). Keep at room temperature for two days and then transfer to fridge. Best is to drink ½ cup, twice daily. Also great in salad dressings.

The whey speeds up the fermentation. You can use salt only, just use less water and ferment for 1-2 weeks.

Increased stamina, immune support, blood cleansing, cholesterol and blood pressure lowering, healthy vision, strong anti-inflammatory actions and a very impressive nutritional profile are all wonderful reasons to incorporate this wonderful vegetable in your daily diet. For gardeners out there, beets are super easy to grow, the roots store great for winter and the greens, blanched, freeze very well. Also, there's nothing better than beet kvass made from fresh beets! A fabulous super food to grow in your garden.

References:

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4. Zand J, Lanza F, Garg H, et al. All-natural nitrite and nitrate containing dietary supplement promotes nitric oxide production and reduces triglycerides in humans. J Nut Res. 2011;21(4):262-269.

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

Barefoot Handweaving



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Insurance Check-In

by Angie Prentice

Senior Account Executive
Central Agencies Ltd.,
Vernon, BC
Cell 250-540-1000



What should I do when I have a claim?

The first thing is to stop any further damage from happening, and then call your Insurance broker/agent, giving them as much information as possible about the circumstances and damage. Take photographs if it is safe to do so. Your broker/agent will contact your insurance company on your behalf and should be an advocate for you if needed. Do not forget to ask what expenses you may be entitled to and for how long if your home is unfit to live in. It is always a good idea to take pictures of your items in cupboards, closets, and save electronically if you can. This way, if you have a total loss you will remember all your personal items.

I run a small business from my home. Does my home insurance policy cover my business?

There is a small amount of coverage in a home insurance policy for some of these items when a business is declared. It is usually not enough to cover the replacement at full cost. It also does not protect you against any liability claims. You would typically need a general liability policy to ensure your financial interests is protected.

What is the difference between Flood and Water Damage coverage?

Flood damage, or as some others call it, Overland Water, occurs from events such as overflowing of lakes and rivers, severe rain, or even sudden snow melt, whereas water damage covers broken pipes, sudden leaks or overflows. Keep in mind the key is sudden and unexpected damage. Insurance does not cover the lack of maintenance.

Next Deadline:
WEDS MAR 29

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February 8, 2023

Dear Premier Eby,

The BC Rural Health Network and the Centre for Rural Research at UBC were delighted to have been invited to the Throne Speech on February 6th, where we had the opportunity to exchange information with the members of your Rural Caucus, including your newly appointed Parliamentary Secretary for Rural Health, Jennifer Rice and the Parliamentary Secretary for Rural Development, Roly Russell.

We are grateful for the additional focus on healthcare and housing in the Throne Speech, as well as the recognition of the challenges faced by our healthcare system due to the pandemic, record respiratory and flu season, toxic drug crisis, aging population, and rapid growth in communities that requires additional resources. However, we were disappointed that there was no specific mention of the unique challenges and inequities faced by rural communities in accessing healthcare.

We are appreciative of the appointment of Jennifer Rice to the role of Parliamentary Secretary for Rural Health and Roly Russell's continued efforts in Rural Development. We have found our interactions with members of the Rural Caucus this week to be very positive. We have also met with other members of your rural caucus who were not available for this meeting, including Ministers Conroy and Cullen. We found these meeting to be positive and a good

indication that rural voices are being heard.

To optimize health outcomes through best policy and decision-making processes, our charity is eager to improve the collaboration between rural communities and policy makers, but we need resources and support to do so.

As an apolitical, non-partisan group, we believe that health is a non-political area that should be focused on solutions. Unfortunately, there has been a lack of investment in community outreach and input into the public health system, which has led to a disconnect between rural residents and policy makers. We hope that Jennifer Rice's focus on Rural Health will finally create the much-needed connection with rural communities and bring rural solutions to the forefront.

Rural communities face unique challenges that cannot be addressed through the same solutions applied to urban settings. We need system changes that are created through a rural lens and include the lived and living experiences of community members (residents, health care providers and community leaders). While the important investment has been made in including rural physicians, patients, Indigenous peoples, and municipality representatives in health planning, no investment has been made to represent rural communities themselves.

Investing in authentic rural community engagement will result in improved health outcomes and restore trust in the public health system. The COVID-19 pandemic has only exacerbated the divide between rural residents and the government, and without engagement at the grassroots level, this divide will continue to grow. We urge the government to prioritize community engagement and investment in rural

solutions, and we stand ready to assist in any way we can.

With respect, we also remind the Premier of the Canada Health Act, which states that every province must provide insured services that do not impede or preclude reasonable access to those services for insured persons. This includes availability, accessibility, accommodation, medical liability protection, and comprehensiveness. We hope that Jennifer Rice will champion this cause and work towards ensuring equitable access to healthcare for all rural residents. Thank you for your time and consideration.

Yours in health and wellness,

Paul Adams

Executive Director - BC Rural Health Network

The BCRHN is the healthcare voice of the rural residents of British Columbia and seeks better health outcomes for all people, through solutions-based approaches with governments, and information provision to residents.

The BCRHN is grateful to live, work, and be in relation with people from across many traditional and unceded territories, covering all regions of British Columbia. We are honoured to live on this land and are committed to reconciliation, decolonization, and building relationships in our communities.

cc: Minister Conroy, Minister Dix, Minister Cullen, Minister Whiteside, Minister Osborne, MLA Russell, MLA Anderson, MLA Babchuk, MLA Rice, MLA Routley, MLA Sandhu, MLA Simons, MLA Bond, MLA Furstenau, Peggy Skelton, Colin Moss, Bob Store, Jude Kornelsen.

CBESS High School Students Need Your Support!

by Heather Davies, Parent

Our students have the tremendous opportunity of taking part in a reciprocal exchange program with students from Quebec. To support the Quebec students while they are staying on the East Shore there will be fundraisers happening to make their stay memorable, including a RAFFLE DRAW!

The CBESS students, and their families, would like to ask for your help with acquiring donations for this raffle. Suggestions of items include gift certificates, art, chocolate, soaps, weaving, gift baskets, etc.

For further information contact Petra @ 250-777-3908 via email petraborhaven@gmail.com or speak with any of the other students/parents involved. Items can be dropped off @ Norse Arts from spring break on. Thank you for your support!

Fundraising Events:

Bottle Drive & Raffle Tickets – bottle drop off and ticket purchases available before all events.

SurfSet Fitness Classes @ Crawford Bay School gym March 2 & March 9 - 4pm & 5pm

Movie Nights w/snacks @ Crawford Bay School – 2 screens 1 adult & 1 youth; w/sitters – March 4 & 11 - 6pm

SurfSet Fitness Classes @ Crawford Bay School gym March 6 - 6pm & 7pm

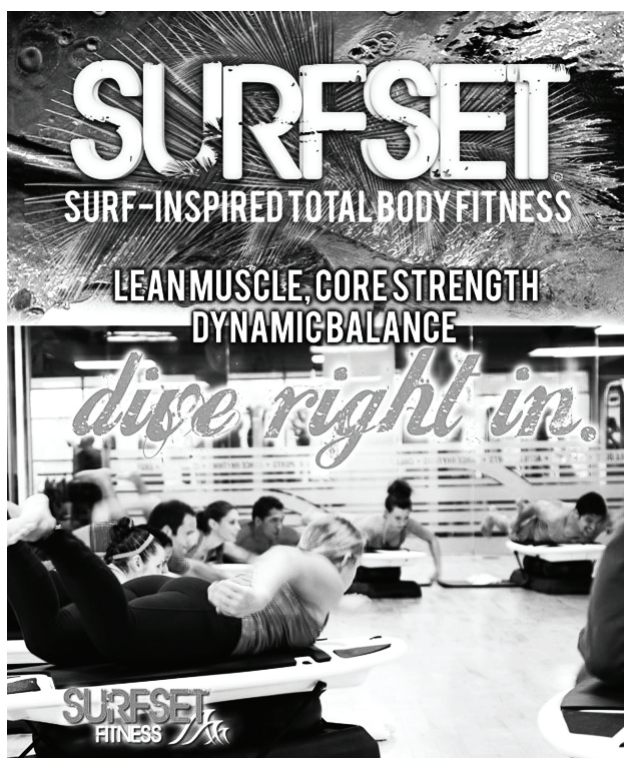
Car Wash & Bake Sale @ Community Corner April 7
BBQ/Games/Movie/Draw @ Crawford Bay

School - April 22nd Afternoon – Exchange students will be here so let's show them our community spirit!

Classes

For information or to guarantee a spot email heather@shadowsfitness.com. Please let us know in advance if you require babysitting.

These classes are intended to be a fun way to help raise funds for the class trip! Minimum donation of \$10 per class is appreciated, 100% of donations go to the cost of the class trip. Onsite babysitting available by donation. Comfortable, non-baggy clothing - no shoes on the boards. Classes will run for 45 minutes, please arrive a few minutes early to familiarize yourself with the board.



LADYBUG REOPENING SOON!

The Ladybug is reopening we are excited to say, Sometime in March but we don't know the day. The building is designed to amaze, To so many, we owe so much praise! We want to be clear that we are open, not done, This Ladybug will continue to evolve and have fun, Constantly growing and changes to see, Looking to benefit our community. The biggest change now, is we'll have indoor seating, We'll be open all winter and look forward to meeting. Our kitchen is big enough to dance a Ladybug Jig, Our Porch is the size that could host a gig. So, while we don't know exactly when we'll be back, We're having trouble waiting and that's a fact. We're overflowing with joy as to what the future will bring, Who knows, you may even hear our Ladybugs sing. So someday in March, our OPEN sign will illuminate, The exact date, we're leaving to fate, But soon we'll be back serving our community, In my heart, that's where we're meant to be.

Huge Ladybug Hugs and Thank you's to:

- Community Futures of Central Kootenay
- Hulland and Larsen Construction Ltd.
- Graciebear Contracting
- Sullivan and Stone Concrete
- O'Connor Electric
- Plumb Local Plumbing (Don Horvath)
- Tratech Mechanical
- Steel Wheels Contracting
- Fortis BC





**Seldom
Scene**
by Gerald Panio



Pool halls were crowded during the Depression. The more people lost their jobs, the more people there were to hang around. The customers didn't have much money, but there were a lot of them. POOL HALL BURNS DOWN--5,000 MEN HOMELESS. That was a common joke, but it wasn't funny....

'[My wife] never got mad, which irked the hell out of me. Well, she did get mad once. She sent me down to the corner store for a loaf of rye bread, and a week later I phone her from [a pool hall in] Cincinnati and said: "They don't have rye." Yes, that pissed her off.'

--from Robert Byrne's McGoorty: *The Story of a Billiard Bum*

Sometimes, after a heavy dosage of modern blockbusters, one can forget how truly beautiful some of the old black & white films were. Incredible lighting, deep-focus photography, stunning close-ups, atmosphere to burn. I was reminded of all this when I recently showed Robert Rossen's 1961 masterpiece *The Hustler* for a Marquee Mondays movie night. I wrote about this film years ago, but I'd like to give it another go. It has stayed on my mind, undoubtedly helped by the fact that almost every week for the past ten years or so I've played on a circa 1920s full-sized Brunswick snooker table in our local Community Centre.

The Hustler picked up two Oscars, one for Best Cinematography and one for Best Art Direction. You can pretty much pick any scene in the film and see why it deserved those awards. The cinematographer was Eugen Schufftan, the inventor of the special effects Schufftan Process for combining live actors with miniaturized models. He was an outstanding cinematographer, working in Germany, France, England, and America with some of the world's finest directors. He had a rich background as a painter, sculptor, designer, and architect, and in 1975 received the Billy Bitzer Award for "outstanding contribution to the motion picture industry." Rossen and Schufftan shot *The Hustler* in Cinemascope, a format usually reserved for epics and big action films.

Robert Rossen made only 10 films in his short and troubled life. He was only 57 when he died in 1966. Aside from *The Hustler*, two of his best films were *All the King's Men* (1949) and *Lilith* (1964). Rossen struggled with alcoholism, and both his life and career were derailed by the communist-baiting witch hunts of the House Un-American Activities Committee. Initially blacklisted for refusing to testify against his colleagues, Rossen later succumbed to the pressures of prolonged unemployment by going back to HUAC and identifying the 57 co-workers as Communists. The blacklist was lifted, but his actions broke lifelong friendships and damaged careers. As with another HUAC collaborator, Elia Kazan, one is caught between respect for their work as filmmakers and distaste for their less-than-heroic participation in one of the uglier episodes

of American history.

Rossen himself was a pool hustler during his younger years (he'd once even written a pool-themed play), and there's an authenticity to the film that he made from Walter Tevis's novel that's obvious to anyone who has spent time shooting pool in bars and (now virtually extinct) pool halls. The film was shot on location, and Rossen even hired real street thugs for walk-on parts. As a university student, one of my regular haunts when visiting the downtown core of Vancouver was Seymour Billiards, which opened its doors two years after *The Hustler* was released. Fast Eddy and Minnesota Fats would have felt right at home there. It was the mecca for serious pool in Vancouver, with 36 full-sized 6 x 12-foot round-cornered Brunswick tables, huge charcoal portraits of pool-playing greats, and one of the coolest neon signs in the city. On weekends, I'd spend an hour or so just running balls by myself, watching the heavy action on some of the other tables. I would have had to have been a hundred times better player than I was before any of the regulars would have taken the remotest interest in me.

When I was in my teens in the 70s, almost every small town in the country still had at least one pool hall. During the games heyday in the early 20th century, billiards was a more



popular spectator sport in the U.S. than either football or basketball. In the mid-1920s, there were over 42,000 licensed poolrooms, many with more than 50 tables each. Championship tournament games drew 4,000 paying spectators and made front-page news. Daly's Billiard Book, published in 1913, sold more copies than any other book devoted to sports or games ever published.

All gone to dust now. The game suffered the most precipitous decline of any sport (with the possible exception of horseshoes). The last time I checked, about five years ago, there were only two pool halls in Vancouver that deserved the name. I don't know if there's a single one left anywhere in the interior of British Columbia. *The Hustler* gave pool a huge shot in arm when it was released, but the effects faded with time. Martin Scorsese's sequel to *The Hustler*, *The Color of Money* (1986), managed to earn Paul Newman his only Best Actor Oscar and once again triggered another small-scale resurrection of the game. Now, it's back to the dark ages, with no one being able to afford the floor space needed for a poolroom. The last authentic pool hall still standing in B.C., East End Billiards on East Hastings in Vancouver, has survived only because the owners purchased their building decades ago and don't pay rent. Seymour Billiards closed in 1999, replaced first by a parking lot and then by condos.

Damn, sorry about the digression. I love the game and its history. But let me get back to the movie. *The Hustler* is actually two movies. The first is the story of up-and-coming

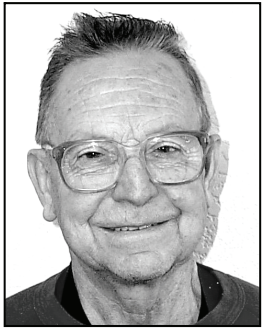
young pool hustler Eddie Felson (Paul Newman), who wants to make a name for himself by winning \$10,000 in a match-up with Minnesota Fats (Jackie Gleason), the reigning king of the New York pool scene. Fats' throne room is the famous Ames Pool Hall, near Times Square. It's also his dance floor, because he moves around the table with an athlete's grace. Gleason himself was a first-rate pool player in real life, and this was the best non-comedic role of his long career in film and television. Newman said that he'd never picked up a cue before he started training for the film. That he looks as convincing as he does is a tribute to both his acting skills and the weeks of practice and coaching before the film started shooting. He trained with the best--the film's pool consultant was Willie Mosconi, one of the finest and classiest players to ever pick up a cue. The assistant director for *The Hustler* said that watching Mosconi on the set was "like watching a great violinist or great cellist. There was nothing he couldn't do when he went to work at that pool table." A couple of the most jaw-dropping pool shots in the film were done by Mosconi; most were done by the actors themselves.

Fast Eddy is a prototypical young hustler, traveling around the country with an older partner who handles the money and helps set up the cons. It's a nomad's life, living from hand to mouth, living out of a suitcase, a life where lasting relationships are impossible. There's no exaggeration in the film; it perfectly captures the highs and lows of the hustling life, where players run every kind of con imaginable, drawing on a combination of otherworldly skill and shameless chutzpah.

The Hustler is the best window into pool you'll ever see on the screen, and at the beginning of this column I've given you a couple of quotes from the best book ever written about the pool hustling life. Robert Byrne, who has himself written several excellent books on how to play the game, interviewed Danny McGoorty a few months before his death from cancer in 1970. McGoorty may not have been a candidate for a humanitarian-of-the-year award--he was a con artist, a drunk, a womanizer, a general pain-in-the-ass--but he was also a world-class billiard player, a guy with enormous respect for the game, and a one-of-a-kind storyteller. You need the real thing to capture a world peopled with characters with names like Bob the Horticulturalist, the Alhambra Flash, the Yakima Kid, and Game-ball Shorty. The only way anyone could ever make a better pool movie than *The Hustler* would be by turning McGoorty's autobiography into an 8-part miniseries on TV (just like they did with the chess-based Walter Tevis novel, *The Queen's Gambit*).

Where there are hustlers and big-time gambling, there are backers and oddsmakers. George C. Scott makes your skin crawl as Bert Gordon, a predator who sees Fast Eddy as both a meal ticket and road-kill. The interactions between Gordon, Fast Eddy, and Minnesota





Tom's Corner
by Tom Lymbery

Workhorses

Colin Haddon's 1915 diary tell us there were at least five workhorses in Gray Creek - the Smiths, Len Clark, Sam Birkbeck, and the Olivers had two. Colin desperately needed to rent a horse to cultivate his upcoming orchard, as well as forever having to move large and small stone, skid logs out to build a pigpen, and firewood. The regular horse rent was one dollar per day, and as bonus, bachelor Colin would be offered a meal when he returned the horse at the end of the workday.

We rented a horse when we could, to plow,



cultivate, and put manure around the fruit trees. Any spare horse time was used to pull a stone boat

to remove that never-ending stone. The original eight-foot-wide road to Eardley-Wilmot's angled through our orchard. At long last that road was closed, so I prepared for plowing right across the former road. This entailed moving a tremendous amount of stone and dumping it down the bank of the old road on a curve into the bush.

In 1953, Fred Smith died of lung cancer, and left me his share in Queenie, an older workhorse. The remaining share in her was owned by Max Benthien, and this arrangement worked out well. We only occasionally needed a horse in

the summer, mostly for hauling hay. Max had the summer pasture for the horse and I could use her in the winter for skidding firewood and some logging. Queenie taught me much about skidding. She slowed up coming down the steep cemetery trail, so the logs didn't slide into her back legs. And she soon learned to stop automatically before crossing the highway, to make sure no cars were coming.

The only saleable logs at the time were white pine, so I would skid those down to the sandy beach below our store. When the Kootenay Forest Products tug was gathering logs that had slipped out of their booms, it would stop by to float the ones I had logged. I also salvaged as many of the KFP logs that had slid out of their booms as possible, as KFP paid a dollar each for those. I didn't have an outboard motor, so I would row out to collect what logs I could find, drive rafting dogs with a ring on the top to tie a rope to them, and tow them back to our beach



for the tug to pick up. One winter I was cutting down the larger trees around our orchard. They

grow more as they receive more light. I was skidding them across the slope of the orchard, but unfortunately it was a winter like 2023 when the snow had all gone by the end of January. Without snow, gravity was pulling the logs sideways behind Queenie, which made extra effort unavoidable for both me and the horse. Queenie was over 30 when I found her dead one morning in our stable. As ever George Oliver came to the rescue with a smaller horse to skid Queenie's body out to a suitable burial spot. This was George's DOWNHILL horse, so



named because he would falter heading uphill on George's trapline, but

all too willingly came downhill. At that time George was raising mink and marten in pens for furs. He fed them horsemeat, which in those pre-electric years was stored in a walk-in freezer built by his son, Johnny, and powered by a Briggs & Stratton motor set up by John's brother Jim. The Downhill Horse later became part of the meat supply for the penned animals. For the next winter, I borrowed a lively young gelding from the Wirsig's. This horse was used for pulling logs up and out of a deep pond at the Wirsig's Gray Creek Forest Products sawmill, and developed a jump-and-a-lunge to do this. It was fortunate I didn't suffer a broken leg from his sudden lunges while I was logging with him. I had to keep him tied to a stump while I chained up a load of logs to skid down to a landing on the highway for the next sawmill truckload. This horse would also quit smartly at four pm - the sawmill's quitting time - then skid my log to our barn instead of to the landing. So each morning after harnessing the horse I had to head him uphill through the deepest snow to get him somewhat broken in before going back to the log pile.

In 1971, I bought a used 8N Ford tractor with a front snowblade from a dealer in Creston, and my years with workhorses came to an end. We still kept cows for milk and meat for many years.

Fats is a microcosm of everything that's admirable and rotten in sports at the highest level. And make no mistake about it, games like three-cushion billiards demanded incredible levels of skill and concentration--the world's best players averaged just over one point every time they stepped up to the table in a 50-point game. It was like having to hit a home run every time you came up to bat.

I said that *The Hustler* was two stories. To be honest, I was so caught up in the pool stuff since I first watched the movie decades ago I'd completely forgotten how powerful that second story was. Fast Eddy winds up in a fraught relationship with a young woman, Sarah Packard, that he meets in a Greyhound bus station. She's bitter, cynical, full of self-loathing. She's an alcoholic, resentful of the lameness that she blames for robbing her of the life she dreamed of having. For a while, Sarah starts to believe that Eddy might be the one to give her back some of what she has lost. When she finally realizes that she matters less to him than the games he plays, her already-fragile world is crushed into three cruel words lipsticked onto a mirror. Canadian novelist David Adams Richards might have been thinking of Eddy and Sarah and Bert Gordon when he titled one of his novels *For Those Who Hunt the Wounded Down*.

Critic Roger Ebert wrote that *The Hustler* "is one of those films where scenes have such psychic weight that they grow in our memories." Amen to that, I say. Rack'em up, Fat man.

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TOM SEZ
By Tom Lymbery

- We all seem to get many requests to join different political parties, but if I prefer Social Credit, where do I apply?
- With the lake level dropping towards its low point on March 31, be prepared for beach cleanup. The tools and equipment you need are in stock at Gray Creek Store - peevies, galvanized chain and more.
- The World Cup of Soccer has a team from Greece entered, sponsored by a brothel, as prostitution is legal in Greece. Quite possibly, the sponsor's best customers are the players themselves.
- Money can't buy happiness, but it can buy books (which is essentially the same thing).
- The Yukon Quest is a 1000-mile sled-dog race that runs alternatively between Whitehorse and Fairbanks, Alaska. This year it runs from Whitehorse.
- Another day has passed when I don't have to use algebra.
- Holidays can be hellish, lose yourself in a bookshop, and all will be well (ish).

*Article, Promotion, Opinion,
or just something you might like to share?*

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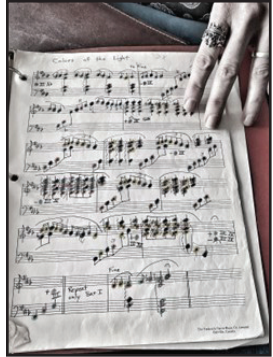
Updated Advertising Information Coming Soon!



Artery-Fartery
by Jacqueline Wedge
Thistle&Moon Art
Academy

March

This month I have the wondrous privilege to interview Jennifer Berukoff (previously known as Jennifer Moore). Jennifer has been around these parts for 15 years and tells me that anything to do with her art is deeply intertwined with music: they are inseparable.



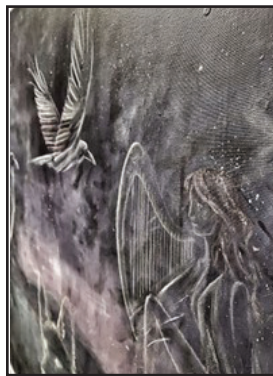
Q: Tell me more about this!

A: My first instrument, as an 8-year-old child, was a folk harp (smaller than a concert harp, and without the pedals... less fancy), and I learned from someone who taught with the colour method (she

thought a visual aid was helpful for children's learning). That rainbow really inspired me, and I started with weekly lessons. Even chromatic scales were coloured, and our lessons incorporated fancy colouring pencils. For some projects, she got us colouring things, and based on colours that we chose, she would create compositions for us, with our names, and our chosen colours. This had a deep impact on me as a child, and I felt excited having someone create a composition with me and perform it in recitals. Viola, piano, and flute were other instruments that I tried. I LOVED going to lessons! It was an oasis for me. A sanctuary. This all eventually led to recordings with other students (including my mom, who had a huge impact on my creative development, overall. She had also created her own colour compositions throughout the years, leading to a publication of a CD and a songbook). My entire musical life has been a kaleidoscope of colours.

Q: Have you been a musician this whole time, all these years?

A: No, there was a break: At 16 I stopped taking lessons. I was getting bullied, severely. I shut it all down, completely. Suddenly, this whole musical experience was just gone. The bullying had shut down my creative side. I didn't go back to music until I was 27.



Q: What happened there?

A: What I did in those 11 years was get involved in the film industry, getting swallowed up in a production office in Toron-

to and then Vancouver. I had moved to Vancouver with my first husband Jake when I was 23, working long days in film production. An opportunity came up to switch to the art department, literally because Jake saw an old sketch of mine, a drawing of a fox, and exclaimed "I didn't know you could draw!". He told his partner in the props department, and I was hired to do composite sketches, calligraphy, a book of spells, and other various drawings. This felt AMAZING!!

Like it was what I was meant to do all along!

Q: What was your introduction to PAINTING?

A: The same year, Jake brought home a keyboard (he was a props guy, after all, bringing home a plethora of awesome things) and I was suddenly re-teaching myself piano. He was a champion of my art and music: used supplies and tools, equipment, vellum, easels, all these available materials catalysed my new ventures into painting. Using said materials, while simultaneously reading / experiencing the book "the Artist's Way" by Julia Cameron, led to a collection of acrylic paintings, like nothing I've ever



experienced before; it all exploded out of me. It was like someone turned a switch. What I liked about them was that they were what I wanted to look at, and not based on someone else's standards. My own visions, my own concepts, what comforted me, what appealed to me. It was my therapy (and still is).

Q: When did you start showing your work?

A: It all started with ink drawings and water-colour greeting cards: a dear friend saw my stash of illustrated cards and encouraged me (pushed me out the door) to sell them at the old Crawford Bay store. This took away the fear of showing my art to the public. This was MY ART, and it's a vulnerable feeling to put it out there. Another dear friend who was involved with "Art Connection" at the time, happened to see one of my acrylic paintings sitting on my easel, and asked if I would participate in the show with her on the East Shore. I figured so many people wouldn't like my art, so I was hesitant, she responded "Yeah, Jen, what about the people who WOULD like it? Don't you care about THEM?" That thought hadn't ever occurred to me, so I agreed. That show opened so many doors for me, it WAS a connection. I started doing pet portraits for people, having my work in galleries on the East Shore, Nelson, and Creston.

Q: Could you talk about what makes you want to paint?

A: My work is definitely inspired by nature, especially the magical beauty of the East Shore.

Everything that surrounds me is my inspiration, moves me: maybe an interaction I've had with the wild animals around me, other people's ephemeral beach art, the mountains all around us, my dreams, and even the people who I love. I often incorporate female energies into my work, which I naturally do without necessarily understanding why (I'm ok with that. I'm learning as I go).

Q: What are you working on now?

A: I'm playing a new instrument that my husband Corey brought into my life: a much more elaborate digital piano than I've ever played before (he sings, and I would love to collaborate with him in the near future).

As an employee of the local golf course, working in the gardens is incredibly inspiring, visually. Corey encouraged me to take this job, and I have so enjoyed the work and the fodder for my artistic journey. The natural aesthetics, the play of light, the pollinators, the birds, the established perennials, are a joy to work with. For me, as an artist, I am burgeoning with ideas for new paintings.



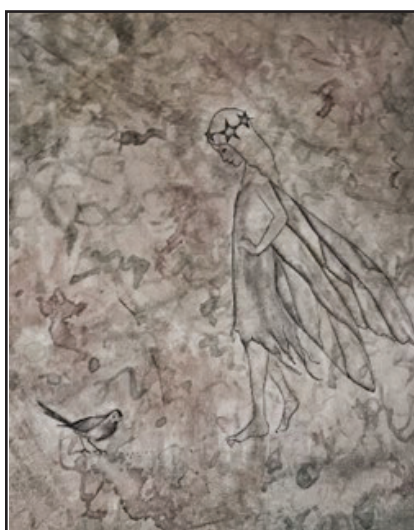
As I wrap up this lovely talk with Jennifer, as we sit in front of her window overlooking the lake and majestic mountains that surround us, a movement outside

catches our eyes, on a skinny cherry branch. It is a small grouse, just hanging out, as if a signal for us. Nature is a strong force, it speaks volumes, and I think it's louder around Jennifer. Crank up the volume, darlings!

~Our little art prompt for this month involves nature, too. Not everyone can draw animals as well as Jennifer: they can be elusive and difficult. I'm asking everyone to draw a SIMPLE piece of our natural world, something you pick up from the ground, perhaps. Rocks on a beach, driftwood, stark winter tree branches, dead berries on twigs, an old scrunched-up pinecone, crispy leaves poking out of the snow, animal tracks!... so many amazing things around here to inspire a little drawing (or 12?). Take a walk outside, really look at your environment. And draw.

ART EVENTS THIS MONTH:

The soft opening of the East Shore Art & Wellness Gallery, located at the old Fairy Treats location (also formerly the Kootenay Cove Café and The Cabin). Come check out the artists represented at this incredible place, and chat with them if you are interested in displaying your own work. Donna and Merv had so many beautiful things to make your eyes happy in their previous shop, I can't wait to see what will evolve in the new space!



The East Shore is awe AND art inspiring! The Mainstreet welcomes you to recommend artists for interview, submit your own art related news, and share in the creativity!

Please send any photos of your Artery-Fartery projects you might like to share to office@eshore.ca. This is the only portion of Mainstreet that will accept and publish Anonymously.

- Dee, Editor



210+ GROUPS CALL ON B.C. TO FULFILL OLD GROWTH PLEDGE AHEAD OF FEBRUARY 25 RALLY IN VICTORIA

ORGANIZERS EXPECT THOUSANDS OF DEMONSTRATORS AT THE LEGISLATURE NEXT WEEKEND

FOR IMMEDIATE RELEASE

February 15, 2023

Unceded Lekwungen Territories (Victoria, B.C.) – Organizers behind the United For Old Growth rally say momentum is building for a giant mobilization in Victoria in less than ten days. Rallying behind a declaration signed by more than 210 organizations, participants in this march and rally will call on Premier David Eby and the BC NDP government to honour their promise to move faster to protect old-growth forests and reform forest stewardship across the province.

Signatories include the BC General Employees Union (BCGEU), the BC Poverty Reduction Coalition, the Greater Victoria Teachers' Association and the BC Teachers' Federation Committee for Action on Social Justice. Initial signatories to the declaration are the Union of BC Indian Chiefs (UBCIC), Elders for Ancient Trees, Sierra Club BC, Stand.earth, and Wilderness Committee. Many of the hundreds of endorsing groups are organizing contingents to join the February 25 rally.

“Make no mistake, due to decades of lack of oversight and mismanagement, old growth forests in BC are in a state of disaster,” said Chief James Hobart of the Spuzzum First Nation. “The priority of the BC NDP government seems to be to continue to greenlight the old-growth onslaught, but together we can send a clear message to the NDP and change that light to red.”

The February 25 event will begin with a march from Centennial Square at noon, followed by a rally on the front lawn B.C. Legislature at 1:30 p.m. Rally organizers are inviting everyone to attend and to bring banners and art for the march.

Speakers and performers at the rally include:

- Chief James Hobart, Spuzzum First Nation
- Kwakwaka'wakw Hereditary Chief David Knox, Kwakiutl First Nation
- Janelle Lapointe, Afro-Indigenous climate justice and Indigenous rights organizer, Stelat'en First Nation
- Elder Bill Jones, Pacheedaht First Nation
- Rainbow Eyes, land defender, Da'naxda'xw/Awaetlala First Nation
- David Suzuki, legendary environmentalist and broadcaster
- Dr. Karen Price, independent ecologist and provincial Old Growth Technical Advisory Panel member
- Christina Enns, Tla-o-qui-aht/Dakota youth
- ANSWER Women's Drum Group

The walk from Centennial Square will be led by drummers from local First Nations, and feature a strong artistic component –for several months

hundreds of artists and volunteers have been creating banners, mobile murals and 3D art pieces in preparation for the rally.

The United We Stand for Old Growth declaration calls on the BC government to keep its promises, including to immediately halt logging in the most at-risk forests; provide full financial support to First Nations and implement a just transition for forest communities; and ensure all forest-related decisions uphold First Nations Title and Rights.

“Old-growth forests are a critical element to prevent the worst ravages of the climate crisis. Not only are they carbon sinks, but they stop erosion, prevent forest fires and inhibit flooding,” said Tara Ehrcke, Ditta Cross, and Sarah Newton of the BC Teachers' Federation Committee for Action on Social Justice. “We owe it to those already suffering from climate catastrophes, and to all the world's children, to do everything in our power to maintain a liveable planet. The government has set up a blueprint for primary forest protection: we have to ensure they act on it.”

The declaration is gaining steam ahead of a February 25 march and rally, as thousands of people prepare to come together for old-growth forests on the unceded territories of Lekwungen-speaking peoples in Victoria, B.C. The rally is being held on Eby's 100th day in office, aligning with the timeline of his pledge to accelerate action on old growth within his first 100 days.

“The strategic review panel made its recommendations long ago. Why are logging companies, even the government's own logging company, BC Timber Sales, still logging in deferrals? This is a pointless and harmful game. The stakes could not be higher; the very future of our children is at risk. BC has already been experiencing devastating floods, landslides, and forest fires; what more must happen for government and big business to stand in solidarity with their fellow humans and the ecosystems that keep us all alive?” said organizers with Old Growth Revylution, which is hosting a parallel rally in Revelstoke on February 25. The BC NDP government promised to implement all 14 recommendations from the Old Growth Strategic Review in 2020, including to immediately stop (or defer) logging in the most at-risk old-growth forests. The recommendations had specific implementation timelines, ranging from six months for deferrals to three years for establishing a robust monitoring system – but to this day not a single recommendation has been fulfilled, and old growth and at-risk forests mapped for deferral are still being destroyed. Over the same period, over 1,100 people have been arrested while peacefully defending old-growth forests in multiple regions of B.C.

The United We Stand for Old Growth Declaration remains open to additional signatories. Groups are encouraged to sign prior to the rally on February 25 and attend the demonstration with their community.

Contact:

For rally logistics questions, including accessibility:

Torrance Coste, torrance@wildernesscommittee.org, +1 (250) 516-9900

Jackie Larkin, jlarkin@gddc.com, +1 (250) 478-7604

For interview:

Chief James Hobart, chief@spuzzumnation.com, +1 (604) 860-3571

Tara Ehrcke, tara.ehrcke@icloud.com, +1 (250) 886-9386

For other inquiries:

Tegan Hansen, tegan@stand.earth, +1 (250) 354-3302

Jens Wieting, jens@sierraclub.bc.ca, +1 (604) 354-5312

Poster design: Emily Thiessen



NEW DEMOCRAT

BC GOVERNMENT CAUCUS

MEDIA RELEASE

For Immediate Release

February 3, 2023

NDP MLA says people in the Creston Valley will benefit from funds to reduce the risks of disaster related to climate change

CRESTON– New Democrat MLA Brittny Anderson says that people in the Creston Valley will benefit from provincial funding to help reduce risks from future disaster related natural hazards and climate change.

“Our communities need to be prepared to mitigate the risks of climate change. The Creston Valley has experienced the impacts of climate change first hand,” said Brittny Anderson, MLA for Nelson-Creston. “This funding will help to ensure that the community is prepared and people are safe.”

The Regional District of Central Kootenay is receiving \$278,124.37 in funding for the Creston Valley Flood Management: Defining “Safe for the use intended” project.

A total of \$23.9 million from the Community Emergency Preparedness Fund (CEPF) will support communities to better prepare for, mitigate and respond to climate-related emergencies such floods and extreme temperatures.

The Disaster Risk Reduction – Climate Adaptation stream under the CEPF supports the Province's Climate Preparedness and Adaptation Strategy. The CEPF is administered through the Union of BC Municipalities (UBCM) and funds projects that strengthen the resilience of First Nations and local governments in responding to and preparing for natural disasters and climate change.

Learn More: <https://news.gov.bc.ca/releases/2023EMCR0003-000140>

Media Contact: Laura Parent, 778-401-5518



REGIONAL DISTRICT OF CENTRAL KOOTENAY

MEDIA RELEASE

RDCK Board Highlights February 2023/Proposed RDCK Five-Year Financial Plan

At the Special Board Meeting on Friday, February 17 a draft of the 2023-2027 Financial Plan was provided to the Board. The latest projection is an 11 to 12% average increase in taxes for RDCK residents, although this is highly variable depending on the area or municipality the resident lives in. The range across the areas is from about a 5% to 24% increase. The Castlegar and District Community Complex arena floor repair, estimated at \$1.5 million, is driving the large increase in Castlegar and the surrounding areas. Increases in fire protection service costs are also contributing to some of the more substantial increases. Some of the change in taxation is also driven by shifts in assessment.

Asset management will have an increased focus across most services. This will increase costs in the short term, but will pay dividends with improved financial planning, asset availability and service delivery over the mid to long term.

The RDCK will host seven hybrid public meetings (in-person and online) and one online public meeting through February and March which will allow the public in our various sub regions to comment and provide feedback on the proposed five-year Financial Plan. Follow the link for the complete meeting schedule.

Kootenay Lake Local Conservation to fund 2023 projects

The Board approved \$74,376.50 in grant funds for the Kootenay Lake Local Conservation Fund to be spread among six different projects. The fund provides grants to support local conservation efforts in Electoral Areas A, D and E focused on the conservation of water and aquatic systems, as well as wildlife and habitat. Here are the six projects:

RDCK BOARD HIGHLIGHTS

- Grizzly Bear Coexistence Solution/Lardeau Valley Opportunity Links - \$11,500
- Expansion of Harrop Wetland Restoration/Friends of Kootenay Lake Stewardship Society - \$14,662.50
- Protecting Indigenous Cultural Values and Fish and Wildlife Habitat on Kootenay Lake/Ktunaxa Nation Council - \$10,000
- Bat roost habitat monitoring in the Kootenay Lake Region/Wildlife Conservation Society of Canada - \$20,441
- Habitat restoration for beavers along the Duncan and Lardeau River Floodplains/BC Conservation Foundation - \$10,000
- Kootenay Watershed Science/Living Lakes Canada - \$7,773

Curbside Collection Consultation

The RDCK is seeking the public's feedback on a curbside collection service in certain parts of RDCK Electoral Areas. Households in Electoral Area's D and K are not part of the service proposal due to their distance to RDCK waste disposal facilities for processing organic waste. From now until April 21, 2023, the RDCK's Resource Recovery Department is holding a public consultation aimed at receiving resident input on a proposal to introduce curbside collection services for household waste (garbage, recycling and organic waste) to Electoral Area residents within potential service area boundaries. Residents can view the proposed service areas, collection services and provide feedback to the RDCK at <https://engage.rdck.ca/>.

Community Advisory Committee Bylaw

The Board adopted the Drainage, Water and Wastewater System Community Advisory Committee Bylaw. This bylaw is part of ongoing RDCK efforts to improve governance of RDCK – owned water systems and establishes a mechanism for communities to provide input to the RDCK on the operation of their local water system. The role of a Community Advisory Committee is to provide constructive and objective input regarding matters related directly to a water system and to help facilitate effective communication with water users in the community.

Resource Recovery Facilities Regulatory Bylaw

The Board adopted the amended Resource Recovery Facilities Regulatory Bylaw. The changes to the bylaw include a 10% price increase in tipping fees at all RDCK landfills and transfer stations, due to the significant increase in operating costs (fuel, labour, insurance and supplies) experienced over the past year. As well, the

amended bylaw provides new definitions and regulatory modifications to improve operational efficiencies. This will help to clarify the acceptance of certain materials, including tires, uncontaminated soils and drywall as mixed waste.

Climate Action Ambassadors

To help deliver the RDCK's climate action plans, the Board supports the development and delivery of the 2-year Climate Action Ambassadors program in partnership with Youth Climate Corps – Wildsight. The goal of this program is to help create a presence in the community to engage with residents, inform them of our many different programs and share resource information. The focus will be on resource recovery, wildfire mitigation, FireSmart, WaterSmart, rebates for energy efficient home retrofits and construction, as well as community services.

Kootenay Lake Flood Impact Analysis

BGC Engineering has provided the RDCK with an analysis of economic losses that may result from elevated lake levels in Kootenay Lake. The purpose of the work is to broaden the understanding of potential Kootenay Lake geohazard impacts and provide best practices for managing reservoir geohazard risk. To read the report, click here and go to page 496.

RDCK Quarterly Report

The Board received the 2022 Q4 Quarterly Report which details the current projects and initiatives of the RDCK. Please follow the link to the most recent RDCK Quarterly Report.

Director's Reports

RDCK Directors provide monthly reports outlining what they have been working on. Visit the RDCK website to read the February reports in the Board minutes (agenda item 4.5, pg. 271).

***Editors Note: Included here are just Area A amounts, due to space constraints.**

Community Development Grants

AREA A

Creston Valley Food Action Coalition – Creston Valley Cookbook \$1,817.50

Community Works Fund

AREA A

Crawford Bay & District Hall & Parks Association – Community Hall Repair, Restore and Retrofit \$140,000

Recreation Grant Applications

Electoral Area A - Recreation Commission No. 9

Non-profit groups can submit recreation grant-in-aid applications to the Recreation No. 9 Commission by **no later than noon (12pm) Wednesday, March 29, 2023.** Late applications will not be considered for Spring Grants.

Please visit the RDCK website for Recreation grants to apply.

<https://rdck.ca/EN/main/administration/grants/recreation-grants.html>

The Recreation No. 9 meeting to review applications is scheduled for **Monday, April 3, 2023 at 2pm on WebEx teleconference.** The login details will be posted.



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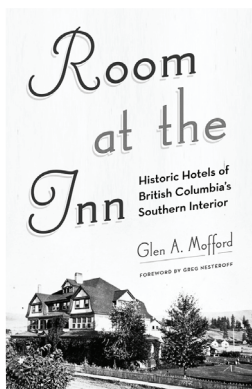
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Book Review

by Tom Lymbery

Room at the Inn

By Glenn Mofford

May 2023, Heritage Publishing, \$26.95 272 Pages

Glenn Mofford had this book completed and being edited at Heritage when he suddenly passed away two years ago. So, it is most important that Heritage has gone ahead with publication.

Glenn was most active on his Facebook Page as he toured a great number of BC Hotels, taking photos and researching museums and older residents for detailed information (as well as enjoying a glass of beer or two at those still operating). Facebook fans, including myself followed these avidly, expecting his book to be the second to be based on social media, following "Lost Kootenays", which has sold more than 6000 copies across Canada.

I made friends with Glenn, and we traded our books – my two-volume "Toms Gray Creek" for Glenn's books "Aqua Vitae" and "Along the E & N". We stocked his books in our book department at Gray Creek Store. Glenn was interested when I told him about growing up in the house and store built by my dad out of recycled parts from the CPR's splendid Kootenay Lake Hotel, using timbers, doors, widows and flooring when that hotel was dismantled in 1929-30.

Glenn chose the hotels pictured and detailed in this new book – visiting towns, inspecting those still operating, but most of all with references and information from all his Facebook friends.

This new book won't be released for sale until May 15, 2023. This is my first time writing a book review months before publication, but Heritage has asked me to write this review and sent me a digital print out to read.



Riondel Arts Club
by Sharman Horwood
Mainstreet Columnist

An early spring suddenly snuffed out by the weather? That's what it feels like today. Hopefully, the cold snap won't last, but it does open up more time for creativity before yard work takes over your life.

The Riondel Art Club is continuing to hold its two main shows: one in the hallway of the Riondel Community Centre; the other is in the Nelson & District Credit Union (we thank you for your support). We hope you stop by and look at what we've done. We do want to hear what you think.

In the meantime, on Tuesday afternoons at 1:00 (also at the Riondel Community Centre), Gerald Panio gives very interesting art history lectures. On March 7, he plans to talk about Canadian painter, Mary Pratt. She is known for her photo-realist still life paintings, although she did paint other subjects. On March 14, Gerald will show a video taken from the *Power of Art* series on Pablo Picasso. Then, on March 21, Gerald will give a lecture on Andrew Wyeth, a controversial painter, both admired by critics and sometimes not. He was a realist painter, and worked in a regionalist style. On March 28, Gerald will show an episode from *Art of the Western World* on the High Renaissance. Everyone is welcome and if you're not a member of the Seniors' Association, a drop-in fee is charged.

If you have any desire to paint, draw, or do mosaics, the Art Club meets on Tuesdays, starting at 10:00 a.m. at the Riondel Community Centre. Stop in, and if you're interested, come and try out your pencils, paints, or tiles. Beginners are welcome!

Tuesdays

@ *Riondel Community Center*

Art Room

East Shore Reading Centre

by Taryn Stokes

Librarian

Happy March to all. We've had another blast of winter - a good reminder to keep your wood pile and book shelf stocked.

February was a short and quiet month as we had 109 items checked out and served 27 of our library members. We again added 19 items in February including books by authors Natasha Lester, JD Robb, Amy Meyerson, Steve Berry, Jojo Moyes, and Elizabeth Hay. With the recent media attention on artificial intelligence it is worth noting that these are indeed all real people writing these books!

I recently read "Gather" by Richard Van Camp about the joy and power of storytelling. This book is a short but influential discussion on how storytelling connects us as a society and gives suggestions on how to be both a better storyteller and listener. He shares personal stories from his life and others that he has had the fortune to hear. This book resonated with me as it emphasized that everyone has unique stories to tell and our lives are richer when we understand each other better.

Another novel worth noting is "Atomic Anna" by Rachel Barenbaum. This is a story that spans three generations of women working together to prevent the Chernobyl disaster. Although this book has an element of time travel it is not the stereotypical 'science fiction' story. The plot revolves around the individual paths of three different characters: a nuclear scientist, an artist, and a teen math prodigy. Science fiction in society has generally been reclassified as speculative fiction but if one thinks too hard and too long it seems like every novel could be considered speculative fiction. Perhaps if you have avoided the 'science fiction' section it is time to revisit these books.

We can be reached at 250-777-1492 or via email at escomlib@gmail.com. Our address is 16234 King Road, across from the Crawford Bay Hall. We are pleased to host the Hospice Library collection at our location as well. You can follow us on Facebook (@escomlib) to stay current on all our new books and activities. Take care and happy reading to all.



ArtConnect

By Zora Doval

Nikko Forsberg
at The Harrison
Memorial Center

In March we will be very lucky to welcome Nikko Forsberg, a Nelson-based jazz guitar player, to our shore. Nikko has been a major musical force for over two decades in Nelson and the surrounding region. He has a unique sound with a vocal style that is soothing and intimate. His guitar stylings test the boundaries of harmonic and melodic improvisation. Nikko's jazz standards are daring and modern, while paying homage to the traditions of the great jazz masters. Nikko is constantly soaring to higher levels of musical expression. Whether it's a burning bossa nova or a crushing ballad, he will take you to a place where love and heartbreak meet: the magical and mystical land of jazz.

If you love good music (jazz specifically), innovation, and creativity, you must hear this talented player. You will be pleasantly surprised and well entertained. At ArtConnect we make it our aim to bring quality to our new cultural venue. Please come and support us with your attendance.

**Are you an artist or craftsperson
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sell your work?**

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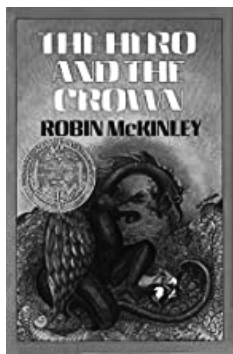
Multiple artists

Caring curator

Beautiful venue

Website coming soon

16898 Hwy 3A Kootenay Bay



For The Love of Genre

by Sharman Horwood

The Awkward Hero

In 1984 Robin McKinley's "*The Hero and the Crown*" was released. At the time, and to this day, this fantasy novel is listed as Young Adult. However, the story has more depth than YA's usual fantasy novels, and in it the line between adult and young adult is blurred. This book transcends that boundary and, like Tolkien's "*The Hobbit*", is a very good read for everyone.

Arlbeth, the king of Damar, has married a northern woman. She has red hair and pale skin, and his people fear her. They believe she is a witch, and that she has married their king in order to bear a child that will have noble blood. They are half right. When Aerin is born, and her mother dies, she has inherited her mother's features: fiery red hair, pale skin. Unfortunately, Aerin grows up tall and awkward, more athletic than graceful, and she shows no sign of bearing the Gift: a magical talent, known as '*kelar*', that only comes with noble blood. Other members of her father's court, such as Galanna and her friends, taunt Aerin, making her miserable. They spread rumours that Aerin is a witch and also illegitimate. Galanna persuades her to eat the poisonous *surka* leaves, challenging her by saying that if Aerin has royal blood, and the Gift, she will live. Aerin becomes very ill, but she doesn't die.

She has one friend, and that is Tor. He is the male heir to the throne (not her father's son), and Tor cares very much about this awkward girl. Aerin spends much of her time

alone. Tor teaches her how to use a sword, how to ride well, all the athletic skills that only warriors know and young women don't. At the same time, she befriends her father's war horse, Talat. Talat was wounded in battle; one hind leg was injured and didn't heal well. She tends the wound, since others don't, and learns to ride Talat as a war horse: first by walking him, then by riding him, strengthening his weak leg.

Word comes to Arlbeth that a dragon is terrorizing one of the villages; it is killing their stock, and chasing people. Large dragons used to prey on Damar's people, but not for many years. Now only the smaller ones cause trouble. Aerin decides that she and Talat might be able to kill this one. In her research about Damar and its dragons, she has learned to make *kenet*, an ointment. This will protect her and her father's horse from dragon fire. She manages to find and kill the dragon, but not easily even though it is small. Aerin thinks she has proved herself a valuable warrior, but her father still regards her as a young woman, unable to take her place as his daughter in court, and also too weak to be a good warrior.

However, another dragon is sighted. It is a large one, as big as the old ones, and its name is Maur. Unfortunately, King Arlbeth cannot send his soldiers to kill it. A northern kingdom is raiding the holdings at the top edge of Damar, and he must send his troops to protect his people there. He tells his daughter that she mustn't try to kill Maur: this dragon is too big and too dangerous. He says they will hunt it when they return. Of course, Aerin doesn't listen to him, and she sets out to do just that. Thus begins a journey that leads to one enormous dragon, and later to amazing wizards, both good and bad, as well as a testing of Aerin's skills.

At the time the novel came out, McKinley

said she "writes about strong heroines because" she strongly felt girls have a potential to be "doing things" (*Wikipedia*). She wrote several novels that retell classic fairy tales ("*Beauty: A Retelling of the Story of Beauty and the Beast*" [1978], "*Spindle's End*" [2000]; a retelling of Cinderella; "*Rose Daughter*" [1997]; and "*Deerskin*" [1993]), giving the tales a "feminist twist." In McKinley's versions, the novels feature strong female heroes. These young women don't wait to be rescued. They take active roles in defending themselves, and setting the course of their own lives. According to McKinley's biographer, Marilyn H. Karrenbrock, "McKinley's females do not simper, they do not betray their own nature to win a man's approval. But neither do they take love lightly or put their own desires before anything else" (*Wikipedia*). McKinley's approach won her great respect as a fantasy writer, from both men and women.

The prequel to "*The Hero and the Crown*" is "*The Blue Sword*" (1983): It won the Newbery Honor. In 1998 her novel *Beauty* won the 1998 Phoenix Award Honor and in 2022 McKinley was named a Grand Master by the Science Fiction and Fantasy Writers Association.

However, despite its honours, "*The Hero and the Crown*" is a beautifully written novel. Its story is meticulously developed and surprising, though it follows some usual fantasy tropes. It is a good read, and it has become a fantasy classic for people of all ages.

Next Deadline:
WEDS MAR 29

What is a Past Life Regression?

by Elisa Rose Shaw

Level 2 QHHT Practitioner

For info on QHHT or to book a session, visit elisarosestudio.com or email elisarosestudio@gmail.com

What is a past life regression? A past life regression is when a person is led backwards in time to experience themselves in another body, in another time and another place. This perspective is what the soul has experienced in another incarnation, previous to this one. The person perceives their appearance, gender, the people around them whom they may recognize from this life and what they did in that lifetime.

What a person sees during a past life regression is what is appropriate for them to see at the time they are seeing it. It may not make sense at first as the images are starting to appear, but eventually a story emerges and a lesson or connection to the present becomes clear.

Some people who do this for the first-time wonder if maybe they are just "making up" what they are seeing. So how do you know if you are making it up or if it really is a past life? The short answer is, you don't; but you must trust what comes to you, and go with the story.

The longer answer is (actually, a question), "Out of all the millions of things you could be making up at that moment, why is it this particular story, at this particular time?". In that relaxed state,

perhaps after setting an intention or asking a question before the journey, why is this what you are "imagining"? Also, how does it feel? Does it resonate with you? Do you feel an emotional connection to the story? In any case, there is always a reason for what you are shown.

In a group past life regression setting, people are guided to see a past life and then to write it down immediately afterwards, so that everything is recorded before it fades from memory. Participants are then invited, if they wish, to share their experience with the group. I encourage people to give voice to what has emerged during this state, as it allows one to express the aspects of oneself and state of being that largely remain unexpressed in our day to day lives.



In a one-on-one Quantum Healing Hypnosis session, the client is in a deeper trance state. I

ask many questions and they answer throughout, and the entire hypnosis journey is recorded. In this setting, I can investigate deeper and get more clarity on what the client is seeing, thereby getting to its essence, and allowing the person to have as viscerally complete an experience as possible. Also, the Higher Self is able to explain the deeper reasons for what is shown and answer any other important questions the client has about their life.

Experiencing a past life can reveal reasons for things in the present life, release trauma or emotions that have been stored since that life or remind you of aspects of yourself that you have forgotten. Your experiences are unique, the meaning given to them are personal and the way you arrived to where you are is unlike anyone else's journey. When you start to realize how varied we all are and all the types of people, so called bad or good, that we've been, that led us to who we are today, it becomes easier to let go of the burden of judging others.

Plus, it's fun! You never know what you are going to experience in a past life regression, and it's cool to see and to know that you are more than your current personality self.

Group Past Life Regression Workshop

Saturday March 18 at 12:00PM

Community Corner 15990 BC-3A, Crawford Bay.

Sign up by emailing elisaroseforever@gmail.com or text/call 250-505-0128.

CLASSIFIED ADS

\$60 Annually \$30 BiAnnually \$5 Month

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.

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.

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

MUTUAL FIRE INSURANCE of BC. 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

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. samuraihardwood.com 2505513764.

TURLOCK ELECTRICAL CONTRACTING LTD. (See colour ad in this issue for more information.) 250-227-9688 or 250-551-4671 Licence # LEL0098331

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.

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 indi-

viduals, and their family members. Home health care, respite care, and hospice care. (800) 278-8716 / christianmcstravick@gmail.com

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

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

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

SUSAN SNEAD: 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. wmorris33@gmail.com 250-225-3518

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.

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.

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

EMPLOYMENT OPPORTUNITES

Seeking Registered HCA & Homemaker Please submit resume to info@maryannsway.ca.

Intimate, private, heritage venue for weddings, funerals, concerts.
Harrison Memorial Cultural Centre.
artconnect.cc /esartconnect@gmail.com

RIONDEL REFUSE AND RECYCLE
Monday & Thursday
8:30 - 11:00

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 Doug Anderson at 250-227-6966 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

CBESS PARENT ADVISORY COMMITTEE (PAC) Meetings held at 4:30 pm at the Crawford Bay School on the first Wednesday of the month. Email cbess.pac@gmail.com for info.

East Shore Youth Network Parent Committee Meetings held approx. bimonthly. Email skootenaylakeccs@gmail.com for meeting info

ALCOHOLICS ANONYMOUS: Every Weds. 7 pm at Crawford Bay Corner Building

Sweet Tuesdays Singing Practice Every Tues 6:30 pm at Gray Creek Hall

Improv for Adults Every Fri 7:00 pm at Gray Creek Hall

Gym Time for Kids: Every Monday from 10-11 at Riondel Community Center. **Bring indoor shoes!**

MARQUEE MONDAYS
Movies every Monday at 7pm.
Riondel Community Ctr Seniors Room
March 6: Cyrano (2021)
March 13: King Richard (2021)
March 20: The Sweet Smell of Success (1957)
March 27: Belfast (2021)
April 3: Nightmare Alley (2021)
April 10: Iyengar: The Man, Yoga, and the Student's Journey (2018)
April 17: The Matrix Resurrections (2021)
Everyone Welcome
(membership not required)
Admission by Donation

NEW! THESE PAGES CAN BE FOUND ONLINE AT WWW.ESHORE.CA

Farmers Institute
Annual General Meeting
Boswell Memorial Hall
Wednesday March 15
2:00 p.m.

Hours of Operation Resource Recovery Facilities

Crawford Bay Transfer Station
March 12, 2023 – April 30, 2023
9:00 am – 3:00 pm
Sunday & Tuesday

Boswell Transfer Station
Year Round
11:00 am – 3:00 pm
Wednesday & Saturday



rdck.ca
250.352.8161 | RRdept@rdck.bc.ca

FOR EMERGENCY CARE CALL 911

DOCTOR DAYS

East Shore Community Health Centre

March 1	Jayne Ingram, NP
March 2	NO COVERAGE
March 3	Jayne Ingram, NP
March 6	Jayne Ingram, NP
March 7	Jayne Ingram, NP
March 8	Jayne Ingram, NP
March 9	NO COVERAGE
March 10	Jayne Ingram, NP
March 13	Jayne Ingram, NP
March 14	Jayne Ingram, NP
March 15	Jayne Ingram, NP
March 16	NO COVERAGE
March 17	Jayne Ingram, NP
March 20-31	NO COVERAGE

Dr. Moulson away on sick leave in March

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/) or YouTube ([youtube.com/user/yasodharaashram/](https://www.youtube.com/user/yasodharaashram/)).

**MOST HOLY REDEEMER
CATHOLIC CHURCH, RIONDEL**
No Mass until April 2023

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

A Course in Miracles Study Group (ACIM)
Meets weekly at Tara Shanti on Sundays @ 2-4pm (no charge). Call or text Maggie @ 250 777-4868 first.

The Riondel Community Park & Campground online priority booking for 7-14 day stays will open April 15 at 10:00AM.

Fees must be paid in full at time of booking and are non-refundable. The portal will be open for regular bookings on May 1 at 10:00 AM. Further information can be found at www.riondelcampground.ca.

We look forward to the 2023 season!

East Shore Hospice is looking for Volunteers. Training to be on April weekends in Nelson.

If you have the compassion to sit with a neighbour or community member, to lend a hand and an ear, then you are needed.

Contact: Susan Dill @ eastshorehospice.com or 250 227 9350,

or the Nelson Hospice nelsonhospice.org to complete an application and learn more.

Pet RX Delivery: TEXT 250 354 3082 or EMAIL makayliwilkinson@hotmail.com

Sarah Nicole Kozlowski
Registered Massage Therapist

SarahNicoleRMT@gmail.com • 778-385-6100

Myofascial Release, Joint Mobilizations, Neuromuscular Techniques and Craniosacral Therapy intermixed with soothing applications of traditional Swedish massage

Contact for details regarding my current Winter Promotion.
Runs until March 20, 2023

Located in Crawford Bay



VOLUNTEERS NEEDED!

By Dee Gilbertson

Editor, East Shore Mainstreet

The East Shore is fueled by supportive, caring folks from Riondel to Wynndel, and beyond. Lending a hand to a local group or organization lightens the workload for other members, and provides great social opportunities for everyone!

Most groups are actively accepting new members - if you are interested, speak to a member! They will be more than happy to update you on the latest happenings, I'm sure.

I believe we have one group that does not currently have enough members to meet regularly, and encourage anyone possibly interested to contact Garry Jackman regarding the Area A Land Use Planning Advisory Committee and other groups he can help direct to.

I also know that our local Better At Home organization, funded by Valley Community Services in Creston, is also in need of volunteers to assist seniors with getting to appointments, small errands, and support around their homes.

East Shore Hospice is also in need of more wonderful helpers, please see their advertisement on this page.



Riondel Community Library

Books * DVD's * Periodicals

10:00-12:00 Mon, Weds, Thurs, Sat

2:00-4:00 Tuesdays

1511 Eastman Ave Riondel 250.225.2242
the_librarian@bluebell.ca www.library.riondel.ca

East Shore Reading Center

Tuesdays & Saturdays 12:00-3:00

16234 King Road, Crawford Bay

250-777-1492 / escomlib@gmail.com

You're Invited!



Please join us for a Sunday Social every weekend in March at the Riondel Community Centre from 11-2



Refreshments provided. Donations gratefully accepted.



The new Media Lab will be open also! Come check out the professional camera and video equipment and virtual reality setups.

- kindly organized by our local Better At Home Coordinator



Update on Cole Little

By Ali George

Last October, 22-year-old Cole Little (son of Ron and Cindy Little of Crawford Bay) was diagnosed with osteosarcoma, the same type of cancer that Terry Fox had. Surgery was needed to remove a tumour on his pelvis, and as a result, he lost half of his pelvis, as well as his tailbone, and is having to learn how to walk again.

Cole and his family are thrilled to share with you that Cole's first post-surgery scan has shown that he is CANCER FREE!! They are so grateful for the financial support that has come from our beautiful community (and beyond). The gofundme page (<https://www.gofundme.com/f/help-22year-old-cole-little-conquer-osteosarcoma>) that was started for Cole by family friend Kathy Neeves has raised just over half of their \$50,000 goal.

Cole has been released from the hospital as a full-time patient, and has now been able to acquire the customized wheelchair that he needs in order to be an outpatient at the GF Strong Rehabilitation Centre in Vancouver. He is working so hard at recovering his mobility. With the help of specialized equipment like forearm crutches and a special brace to support his pelvis and hold his ankle in place, Cole will walk again. Some of these essential items are partially covered by insurance, but the remaining costs are still significant and will continue to add up over the next two years of Cole's recovery.

Please consider making a donation on Cole's gofundme page, or if you already have, please pass this article and the link on to others. Cole has shared that the support that he has received so far is what keeps him going. Many, many thanks to those who have donated so far.

Next Deadline:

WEDS MAR 29

NOTICE OF PASSING



Kay Ellen Epp

It is with broken hearts and overwhelming disbelief that we announce the passing of the most amazing wife, mother, grandmother, sister and friend that we will ever know. Kay Ellen Epp passed away peacefully in the Kelowna ICU after a short battle with cancer on Saturday February 4th, 2023 at the age of 70 with family by her side.

Those who knew her were in the company of a true gem. She loved to love. She had an open door and open heart for all. She was an all or none, no nonsense woman who made others smile just being in her presence. Her energy was infectious and her spirit strong.

She was born in Cranbrook on April 9, 1952 to Owen and Muriel Sherratt. She was the eldest of 5 siblings and was full of passion and energy always. As a youngster she loved playing basketball, volleyball, track and field, enjoyed drama club and loved being around people. That continued her whole life. She married her sweetheart Ken Epp in 1972 and they later welcomed two children into the world. Connie and Jamie had the pleasure of being witness to the amazing life they built together. As time passed, Kay enjoyed playing slow-pitch, being involved with Canadian Women In Timber, her grad committee girls (who met for lunch multiple times a year even when no reunions were being planned), fishing at the lake and volunteering her time with multiple organization, including the cancer society and most recently serving as a director on the Boswell Historical Society Board. Her greatest passion was always curling and many bonspiel weekends created lasting memories for all teammates. While her legacy lives on in so many of the things that she did, her latest passions are the ones that those close to her will miss the most. Her love of baking, gardening, the slice of heaven and labour of love she created for all at Kootenay Lake and really loving her family and friends well, will never be forgotten.

Kay had a positive outlook on everything, was a hard worker and did a variety of jobs. She started her working years waitressing at the Apollo which she loved, then went on to drive taxi for CPR and was hired at the newest store in town, Woolworths. She then attended Trail Business College in the early 70's and proceeded to work as a legal secretary before beginning her career in the forest industry with Crestbrook. She worked for CFI and Tembec for 35 years. When that abruptly came to an end, she was devastated but quickly found an incredible, supportive work environment at the College of the Rockies. She spent almost 10 years working first as an auxiliary and then finding her "home" in the College Bookstore. Her final part-time retirement career was as a marriage commissioner and we never saw her more suited to a job than bringing happiness to a new couple on their special day.

Kay is survived by her loving husband Ken Epp and their children; Connie (Ron) White and Jamie Epp, grandchildren; Jayden and Carter White and Fenway and Frances Epp, 3 sisters; Irene (Jerry) Bischler, Jean (Kelly) Easton and Sandra (Travis) Preston as well as 1 sister-in-law; Lou Walkden. She is also survived by Ken's siblings; Wayne (Bev) Epp, Janet Jackett, Ron (Pat) Epp, Barry

(Lynn) Epp, sister-in-law Val Worobec, as well as many nieces, nephews and cousins. She was predeceased by her parents Owen and Muriel, her infant grand-daughter Dylan Epp, her brother Glen Sherratt and brothers-in-law; Garnet Jackett and Keith Epp.

There will be a celebration of her life on Saturday February 25th at 2:00pm at the Cranbrook Alliance Church with all arrangements entrusted to McPherson's Funeral Services. Kay's celebration will be live streamed if you are unable to attend in person.

Memorial donations in Kay's honour to the BC-SPCA, BC Cancer Foundation, Boswell Historical Society or a charity of your choice would be appreciated by the family.

NOTICE OF PASSING

*In Loving Memory Of
Charlie J.L. Moreau*

August 1952 — November 2022

Charlie (Charles) Joseph Leon Moreau was born in Redvers, Saskatchewan and was raised in Bellegarde, Saskatchewan. He was one of twelve siblings. He is predeceased by his parents Author and Julie Moreau and two brothers, George and Albert.

Charlie lived in British Columbia, where he was married to Linda Caston for 37 years. They have a daughter Elya and son-in-law Freddie Yoho who reside in Ohio U.S.A.

Charlie and his family loved in Nelson, Crawford Bay, Riondel and finally Cranbrook. He passed away at Cranbrook's East Kootenay Regional Hospital on November 6, 2022.

Charlie worked in Saskatchewan, Manitoba, and in British Columbia. In B.C. he worked for Cominco (Trail), The Nelson Post Office, food and other deliveries from Nelson to as far as Argenta and Johnson Landing, He did landscaping around the Nelson and Riondel areas and was an orderly at the Willow Haven Nursing Home (Nelson) where he met his wife Linda (co-worker). They lived in Nelson and then moved to Crawford Bay with his family and then on to Riondel. When living in Riondel, Charlie did lawn care for some of the seniors in the area. The only thing he complained about with this job was the weeds, especially the dandelions.

He would whenever possible pitch in when help was needed even when he as in pain.

Charlie enjoyed cooking, fishing and going for walks with his faithful dog Kelly Anne who is predeceased. He played hockey with the medical team in Nelson. He loved travelling especially by Amtrak train to Ohio to visit family. He loved to sing and also spending time reading his Bible. Through it all, his delight was in his Lord and Savior and with his wife, daughter, and son-in-law.

The Celebration of Life is planned for May, in Crawford Bay at Kootenay Lake Community Church and interment in the Crawford Bay Cemetery. May was his favourite time of year. Charlie will be sadly missed. In lieu of flowers, donations may be made to your local Mental Health Organization. Cards can be dropped off at the Celebration of Life.



East Shore Hospice
by Maggie Kavanagh

East Shore Hospice volunteer care is free of charge and is available in your home, and it offers support for those living with chronic illness, some of whom might be nearing end of life, to enhance the quality of life.

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

We also offer grief support, for those who are struggling with loss and feel they need to have someone walk with them through their grief journey.

If you or someone you know needs hospice care or you would like more information, please contact Susan Dill East Shore Hospice Coordinator at the East Shore Community Health Center Hospice Office at 250 227-9006.

In addition, there is a free Library with hospice related books and some DVD's on care, grief, and mourning. The library can be accessed both here on the East Shore at the Crawford Bay 'Reading Room', via Susan Dill, and at the Hospice Office in Nelson on Tuesdays between 10am-2pm.

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.

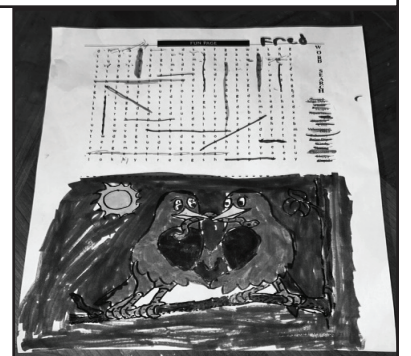
Visit the unique woodland cemetery on Oliver Road South and contact **Tom at lymbery@netidea.com** for a handsome brass plaque.



4KIDS!

Text/Email a photo or Mail/Drop off the original of your child's coloured page for a chance to win a \$5 gift certificate to a local cafe of your choice.

February Winner:
Fred, Age 6





Riondel Rescue
Fire & Blotter

By Corey Medhurst

Winter. Still here, still cold. Ugh. That's all I can think to say about it. As I write, it looks so beautiful and sunny out the window; but open that door and SMACK. The cool, crisp winter air hits whatever skin you have exposed, reminding you that spring is not yet here. However, the count down is on for warmer weather, spring road conditions, and more visitors venturing out on our Main Street. Remember to leave yourself enough time to get where you're going safely. Gravel on the road with increased traffic, and eventually motorcycles (if it actually warms up) creates dust with poor visibility and can be as slick as ice. Go slow, be safe, save our wildlife, and yourself.

February was a busy month for our crew with the following calls to date:

January 27 – 3 members responded to an urgent lift assist in Riondel to help paramedics move a patient from their home to the ambulance. Access to the home was down a long, snowy path which was not easily maneuvered with the cot.

February 2– A medical call in Crawford Bay had 6 members attend. The first crew to arrive administered oxygen and assessed the patient while waiting for our local ambulance. Once the paramedics had the patient ready, the crew helped with moving to the ambulance.

February 5– 3 members were called down on the way to a medical call in Kootenay Bay. A person in medical distress was parked in the ferry line, waiting to be taken to Kootenay Lake Hospital, when their symptoms worsened. An ambulance was called but would have arrived

after the ferry departed. The patient embarked the ferry and was met in Balfour by an awaiting Nelson ambulance.

February 6 – An emergency lift assist in Crawford Bay had 5 members respond to assist paramedics with patient movement. The emergency was less about the patient's condition, and more about catching a ferry, which was holding for the ambulance. More wintery conditions made moving the cot to and from the home difficult in a time sensitive situation.

February 17 – A vehicle down the embankment, near the junction of Highway 3A and Riondel Rd had 5 members responding to assist. The first members on scene were able to confirm that the incident had occurred earlier in the day with no occupants harmed; they called down the members that were on route and returned home.

February 18 – Another urgent lift assist in Riondel had 3 members attend to help with the paramedics with patient movement. This urgency was the patient's condition and not a ferry; as well as a long, snowy path which stood between the ambulance and the home requiring many to navigate the cot.

February 19 – A medical emergency in Gray Creek had 8 members attend to help paramedics. The call type that was given to the crew from our dispatch was of a life threatening nature, possibly requiring many hands. When the first crews arrived they were able to quickly assess the situation and patient and determined the incident to be less urgent than the original message, but just as important as any medical call we attend. The crew helped move the patient from the home to the ambulance.

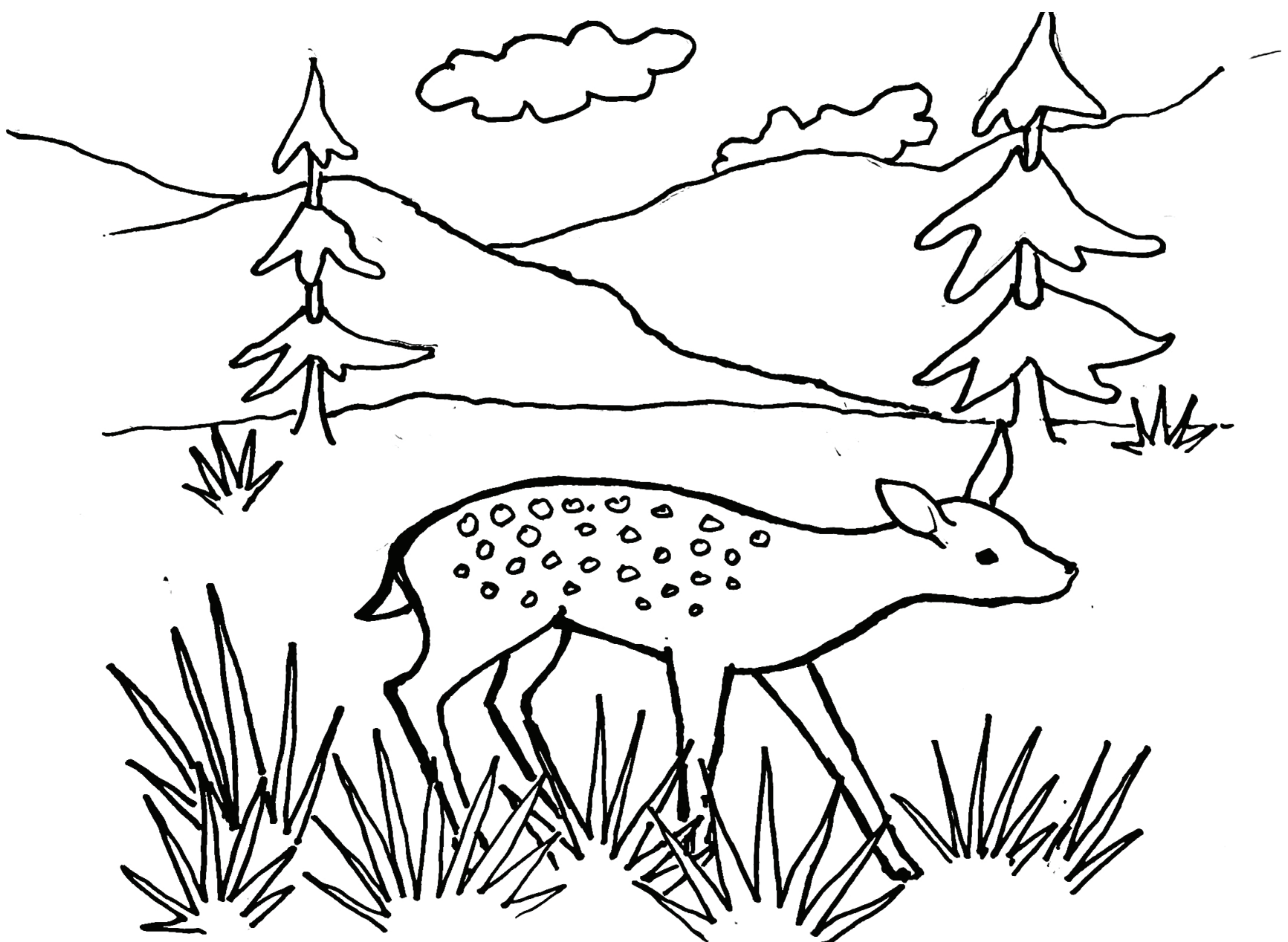
February 21– 5 members responded to a medical emergency in Crawford Bay. Members assessed and assisted a patient while waiting

for the Creston ambulance to arrive. The crew helped with patient movement when the paramedics were ready. Our local paramedics were unavailable for this call as they were on an earlier call and were on their way to Creston.

February 23 – A medical emergency in Riondel had 4 members begin to respond before being called off. The ambulance dispatch confirmed that our assistance was not required and were stood down.

Last month amongst our busy calls and regular practice we enjoyed a visit from our Regional Training Officer, Dan Zayak. Dan is stationed at the RDCK Fire and Emergency Services (FEMS) office in Nelson and is in charge of everything training for all regional departments. His position was created last year to assist our in house Training Officers with fire suppression and First Responder training, develop and execute regional training opportunities, and standardize procedures across the region. The main purpose for RTO Zayak's visit was to deliver a brand new AED to us, or automated external defibrillator, and the training to go with it. We also refreshed on the life saving skill of CPR while trying out the new system. All of our members were in attendance for the hands on training. The machine has been put into service, while our old and expired machine has been retired with thanks for it's many times used on scene.

Now that spring may be arriving, it's time to get outdoors on a Thursday evening and help your community in times of need. Get off the couch and come meet a great group of peeps 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 and fill out the application. Hope to see you at practice soon!



MARCH EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Tara Shanti Yoga @ 9:30 Karate 5:00 Sweet Tuesdays Singing Practice 6:30 @ Gray Creek Hall Meditation Circle @ Tara Shanti 7:00	1 Yoga with Melina 10:00 @ Boswell Public Budget Consultation 5:30 @ Riondel Karate 5:30 Alcoholics Anonymous 7:00	2 Tara Shanti Yoga ZOOM @ 9:30	3 Karate 5:00	4 East Shore Art&Wellness OPENING DAY
5 Sunday Social – Riondel 11-2 Tara Shanti ACIM @ 2:00	6 Gym for Kids 10:00	7 Tara Shanti Yoga @ 9:30 Karate 5:00 Sweet Tuesdays Singing Practice 6:30 @ Gray Creek Hall Meditation Circle @ Tara Shanti 7:00	8 Yoga with Melina 10:00 @ Boswell Karate 5:30 Alcoholics Anonymous 7:00	39 Tara Shanti Yoga ZOOM @ 9:30	10 Karate 5:00 Improv 7:00 @ Gray Creek Hall	11
12 Sunday Social – Riondel 11-2 Tara Shanti ACIM @ 2:00	13 Gym for Kids 10:00	14 Tara Shanti Yoga @ 9:30 Karate 5:00 Sweet Tuesdays Singing Practice 6:30 @ Gray Creek Hall Meditation Circle @ Tara Shanti 7:00	15 Yoga with Melina 10:00 @ Boswell Farmers Institute AGM 2:00 Karate 5:30 Alcoholics Anonymous 7:00	16 Tara Shanti Yoga ZOOM @ 9:30	17 Karate 5:00	18 Group Past Life Regression WORKSHOP 12:00
19 Sunday Social – Riondel 11-2 Tara Shanti ACIM @ 2:00	20 Gym for Kids 10:00 FIRST DAY OF SPRING	21 Tara Shanti Yoga @ 9:30 Karate 5:00 Sweet Tuesdays Singing Practice 6:30 @ Gray Creek Hall Meditation Circle @ Tara Shanti 7:00	22 Yoga with Melina 10:00 @ Boswell Karate 5:30 Alcoholics Anonymous 7:00	23 Tara Shanti Yoga ZOOM @ 9:30	24 Karate 5:00 Improv 7:00 @ Gray Creek Hall	25
26 Sunday Social – Riondel 11-2 Tara Shanti ACIM @ 2:00 Art Connect Presents Nikki Forsberg 2PM	27 Gym for Kids 10:00	28 Tara Shanti Yoga @ 9:30 Karate 5:00 Sweet Tuesdays Singing Practice 6:30 @ Gray Creek Hall Meditation Circle @ Tara Shanti 7:00	29	30	31	

EVENTS

Welcome to the Mainstreet Calendar!

This calendar is subject to change. Changes will be published on the Mainstreet website eshore.ca to the best of our ability, as soon as possible. Delays may, however, be inevitable.

Sign up for notifications!

We promise not to spam you. Sign up for website notifications to receive cancellations/updates to events posted on the calendar, submission deadline reminders, and truly pertinent between-editions information.

Event Details

To find event details such as cost, registration, and location information of events listed here, please visit the Calendar page on our website www.eshore.ca.

EAST SHORE Art & Wellness

OPEN WEDS-MON
10:00AM - 5:00PM

CLOSED TUESDAYS
16898 Hwy 3A Kootenay Bay
(formerly The Cabin Restaurant)

250.777.4471
WWW.ARTANDWELLNESS.CA

You're Invited!

Please join us for a Sunday Social every weekend in March at the Riondel Community Centre from 11-2

Refreshments provided.
Donations gratefully accepted.

The new Media Lab will be open also!
Come check out the professional camera and video equipment and virtual reality setups.

- kindly organized by our local Better At Home Coordinator

Youth Showcase
by Dee Gilbertson

Editor, East Shore Mainstreet

The East Shore is home to many artisans, some with exceptional talent even with a lack of much experience.

This month we feature an artistic duo, Abi Harris and Leigha Bellward! Collaborating on a project at Thistle & Moon Art Academy, they created this mandala with complementing sides.

