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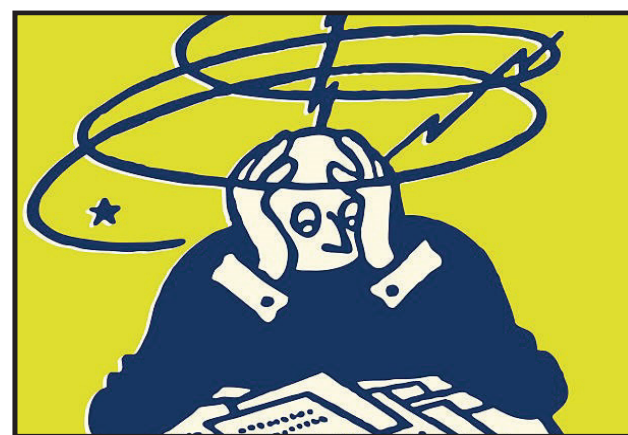
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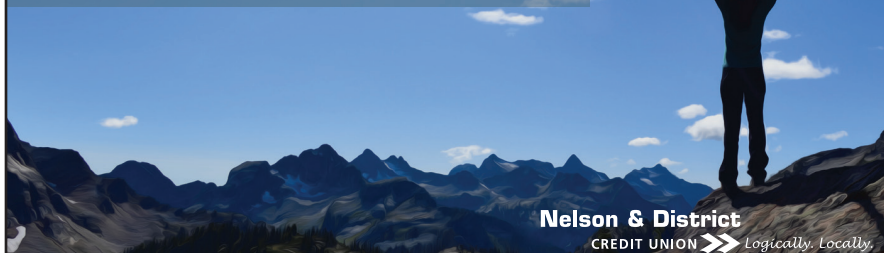
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Crawford Bay, Kootenay/Pilot Bay,
Riondel - all stops in between!

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72nd Annual General Meeting
SAVE THE DATE



Nelson & District
CREDIT UNION >>> *Logically. Locally.*

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. NDCU is hosting
in-person at the Adventure Hotel,
Nelson. RSVP and join us.

PAC PLANT SALE FUNDRAISER

Saturday, May 13th / 10am - 3pm

@ the CBESS School Garden



*Drop off on May, 11th & 12th / 12 - 3pm / info: cbess.pac@gmail.com / phone 250 505 6489

Coordinated PAC fundraiser and community garden event to raise funds for identified areas of support;
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For more information, phone toll-free 1 (844) 776-3747, ext. 3



Mainstreet Meanderings

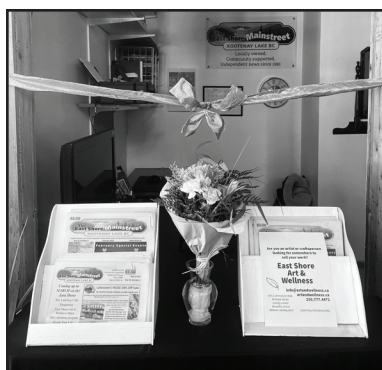
by Dee Gilbertson

Editor, East Shore Mainstreet

On Saturday, March 4, a surprise retirement party was held for our former editor, Ingrid Baetzel. The event was held at the end of the opening day for East Shore Art & Wellness, the new venture my family has embarked upon beside the ferry landing in Kootenay Bay. The location has always been a restaurant, ever since it was built in the late 1980's. From Fairy Treats to The Cabin, this lake front venue provides ample indoor and outdoor space to house a wide variety of artistic work, wellness items, and a functional event space, as well as an office for The Mainstreet! It is the perfect complement to the new Ladybug Cafe. This year in Kootenay Bay, you can dine, shop, socialize AND beach walk when waiting for the ferry, or come just-because!



On page four you will find the speech that Heath Carra read to Ingrid at the party. Having been invited to cut the ribbon on the new Mainstreet office, Ingrid did not seem to wonder why so many of her friends and family were gathered upon her arrival to the event. After all, The Mainstreet has been held lovingly in her circle for two decades, plus a year - it was not really surprising that the number of attendees were better known to Ingrid than to myself. Having convinced me to do a photo shoot at the onset of my involvement with The Mainstreet, it was also likely no surprise that I requested a photo shoot of our former editor cutting the ribbon for the first-ever office space...



designated solely to the creation of The Mainstreet. The surprise, I think, dawned upon her as Heath read and we waved our newspaper flags.

Thankful to have Ingrid nearby and ready to answer even the silliest of questions from me, the gathering to celebrate her contributions to the East Shore through the Mainstreet was heart warming, to say the least. The past few months have been daunting - I do not have a background in any of the professional skills normally re-

quired of an editor, graphic designer, writer, etc. I do have a genuine love for this community, and a passionate belief in the right to freedom of expression in our country. In a time when so much of our society communicates solely on social media, and our publications have become corporate entities, holding onto the opportunity The Mainstreet provides is immeasurably valuable.

It is my hope that as I gain experience with the technical skills of this new role, as well as earn the trust that ensures an understanding and informative editor, I will gather a support group similar to the one that met Ingrid to celebrate her time and dedication in the role of Mainstreet editor. Already, perhaps by virtue of inheritance or just sheer luck, I feel incredibly supported. People like Ali George and my mom Donna Steeves, who have volunteered to help with copyediting (which will relieve both my eyes and sanity!), each writer who contributes articles, Ingrid and Geoffroy who remain close at hand when needed, my family for their patience at the end of each month as I slightly lose my mind - for a few brief moments - and especially the readers, who continue to bear with me as I gain footing on this unexpected journey along The East Shore Mainstreet.

This month, I would like to welcome a new yet traditional newspaper column - The Horoscope. kindly brought to us by Michael O'Connor. I am also working to integrate the website and the paper, so please visit eshore.ca to check out the updates!

THANK YOU

Dear Editor,

On January 24, while at work at the Market, I kept dropping things with my left hand. I have Fibromyalgia, so I thought it was related to that. Two days later my left hand went completely numb, then my left eye drooped, and then half of my tongue went numb.

It was at that point that I called our wonderful First Responders, and they were there within minutes. I was transported to Creston, and then on to Cranbrook, where they discovered a large blood clot in my carotid artery, and that I had had a stroke. I was then taken by air ambulance to the Intensive Care Unit in Kelowna General Hospital. I spent three and a half weeks in KGH. Blood thinners dissolved the large clot that had gathered, and I needed life-saving surgery on my carotid artery to clear an obstruction there.

I have been very well taken care of every step of the way and treated with kindness and compassion. It has really been a very scary time for me, and it is true that it changes a person when they face their own mortality.

I have shared this journey on-line with many dear friends and family. It has been incredibly healing for me, and I have been able to express my love and gratitude for everyone on that forum. As I know many of our East Shore community members are not on Facebook, I wanted to share this letter with you, dear Editor, in order to express my gratitude.

Throughout this whole ordeal, I have been overwhelmed with love, kindness, and support from my beloved friends and community. From visits in the hospital, to people bringing my son Benjamin food and watching out for him before he could join me in Kelowna; financial support,

either directly to me or through the very thoughtful GoFundMe page; dear friends arranging my ride home, and picking me up in Kelowna; gifts of food, healing supplements and healing treatments; physical help to clean my home; help with packing and moving; and unparalleled emotional support. The list of people is lengthy, I have thanked them all personally and am sincerely overwhelmed by the outpouring of love, and kindness, and generosity.

Thank you to each one of you dear souls that have reached out to me, helped financially, given me love, and all the hugs... I am embraced in love.

I am so grateful, to be alive and to have you all in my life. I am blessed to be part of this incredible community and I know that this outpouring of love has helped me through the most challenging time in my life.

Sincerely, Mandy Petrie

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!

CATHY WHITE of Gray Creek

For her humble, genuinely compassionate, selfless acts of community, which she ought to know mean so much to so many! Thank you Cathy, for all that you do.

APOSTROPHE BLUES

Come all of you Mainstreet-ers

Please listen while I tell

How that cursed apostrophe

Is causing us such hell.

It's missing where it's needed,

It pops up where it's not,

So here's a little ditty

To try to sort out what we've got.

That 'squiggle has two meanings -

Possessive and Contraction,

So what to do, and what to use,

Which one to call for action?

It's Contraction when the ' stands for a missing word like "is" or "not", as in "The lake's deep", or "The lake isn't deep."

It's Possessive when the ' applies to something which belongs to something else, such as "The lake's depth is ..." (ie "The depth of the lake is ...").

Possessive plural nouns? Move the ' after the "s": "One dog's paws are sore"; "Two dogs' paws are sore." But they can be tricky. It's "New children's program", not "New childrens' program", and not, as in the March Mainstreet, "New childrens program."

This ditty isn't pretty

But one final word?

If the noun's a simple plural,

Best leave it undisturbed.

As in "Apostrophes are a pain", not "Apostrophe's are a pain." And as in "Calendar Postings are free", and not, as in the March Mainstreet, "Calendar Posting's are free."

PS: Kudos to Lorna Robin for drawing attention to this pesky, persistent Mainstreet problem.

Frances Roback

LNG Expansion in BC

As a preamble to my letter to our MLA, I would like to point out that there will be a public forum on this topic being held on Thurs April 13 at 7 PM in the Nelson United Church. This forum is being sponsored by The Nelson Chapter Council of Canadians, Doctors and Nurses for Planetary Health Kootenay Boundary and the West Kootenay Climate Hub. BC faces big decisions on further development of LNG, gas fracking and pipelines. The decisions the province is about to make will make or break BC's commitment to emission reductions and doing our part to turn back the climate crisis.

After presentations from experts, a local panel will field discussion with the audience. Local provincial politicians and candidates will have an opportunity to present their positions and take questions. A ZOOM stream of the event will be available. See a poster advertising this event in this Mainstreet.

March 10, 2023 Brittny Anderson, MLA for Nelson-Creston

Dear Brittny Anderson,
I am writing to you, as my MLA, with my deep concern and angst about the climate emergency we are now in and our huge need to address this impending calamity.

As you well know, we have experienced frightening episodes of wildfires, non-stop dangerous smoke, extremely powerful winds and drought here in the West Kootenay. And we know it is only going to get worse, according to climate scientists.

As the UN Secretary General Guterres has said, "We are rushing on the highway to climate hell, with our foot stuck on the accelerator." He has repeatedly warned the global community that we are now in "Code Red" of urgency re the climate unravelling and that "we must not expand any further fossil fuel projects." And Premier David Eby, has also voiced this message, prior to taking office.

NEIGHBOURS SAVE THE DAY

Robert and I are eternally grateful to our neighbours, Ted McLeod and Ann Lindsay.

On Thursday evening, Robert and I had just returned from a day in Nelson, put things away, we had just got the fire started and were sitting down to rest when we heard this banging and clumping around going on upstairs. Robert went running, I am thinking a deer, or a bear has gotten on the roof or something, Robert comes running back down, "The roof is on fire". Grabbing our fire extinguishers, he yells "Fill some pails!".

Ted had seen the fire from his place above the Garden House, came rushing down and was busy with his shovel banging on the fire and stamping it out by time Robert got up to the roof. Ann called 911 and talked to someone who said the fire service could not come to a private home as we are out of the fire area. So, she thought "I'm going to call the neighbours". She started calling and soon Helene shows up with a large fire extinguisher. In the meantime, Robert and Ted had the fire under control.

Then Andrew shows up as he was on his way to the Thursday Fire practice in Riondel. We asked him to come and make sure the fire was completely out. He said he is a new volunteer, so he called the other firefighters, and three showed up without the fire truck, but with the "crash" truck. They checked everything out and were soon on their way.

And yet your government is carrying on with the expansion of LNG and fracking in NE BC, ignoring all these dire warnings. And causing irreparable damage to the Peace River valley, with the Site C Dam being built to power this LNG expansion, by flooding arable land which could feed all of North America and provide unlimited agricultural jobs and food security. And also of course a slap in the face of Indigenous Peoples by desecrating their sacred land and burial sites, and polluting precious aquifers. It is all unconscionable. And damaging.

Greenwashing cannot change the facts. Gas (mostly methane) is not a stepping stone to reducing GHGs, as some think. This is because it leaks and vents to the air throughout all processes: the fracking of shale rock, its ongoing production, transportation and its usage, then releasing CO2 when it is burned. And it takes massive amounts of polluting energy to compress it for shipping overseas. And as you no doubt know, methane traps 86 times more heat than CO2, accelerating the greenhouse heating effect.

I am writing to ask you to please insist your government (our government) cease fracking in BC. There is no safe world where fracking companies continue to extract gas and export it.

As you hold a Masters Degree in Environmental Science, I am shocked that you are not demanding this cessation of destructive LNG expansion by your government. When you were elected MLA, many of us had hopes that you would effect the needed change in the government, because of this very background. The climate crisis is more than a political issue; it is an ethical, moral issue of survival. I am enclosing a new report from Vancouver's Wilderness Committee to illuminate these worrisome facts. And I will close with this quote: "The greatest threat to our planet is the belief that someone else will save it." - Robert Swann

Yours sincerely, Mary Donald

Whew! Honestly, we don't know how long it might have been for us to figure out that the roof was on fire. Ted has a sore leg but he bounded across the field down to our house, and was calling us by phone as he started pounding out the fire. We are so grateful- he saved our house if not our lives.

We learned a few things: the fire extinguisher should be large and up to date, and we needed to know how to use them. Did you know you start at the base of the fire and work up? Also, did you know that if there is a chimney fire, in order to close it up, throw some water or a wet towel in the fireplace, and the steam can often put out the fire.

Although residents in Crawford Bay, and I believe Pilot Bay, are out of the Riondel Fire Service – the volunteers will show up; just not with the fire truck, and it can take a bit of time to respond.

Here is the most important thing: we need all able-bodied people to go to Fire Practice on Thursday nights in Riondel. Apparently, plans are underway for a Crawford Bay fire sub-station, but it is up to the community to prove there are enough volunteers.

So, thank you Ted and Ann, Helene and all of the neighbours. It feels good to know we are in touch with each other and able to respond when needed.

Laverne Booth - 250-551-6020

FIRE CHIEF NOTE, follow-up to "Neighbours Save the Day"

Thank goodness for neighbours!! Yes, we were alerted to the fire and yes, it is out of the Riondel fire boundary. I let dispatch know that we were responding in the Rescue truck with three members and that one member was in Crawford Bay and was granted permission to go to the scene for medical aid. We also had a crew arriving at the hall for back up if they were granted permission to leave the boundary with fire apparatus. Please note this is highly unlikely if it is not a government asset (like the school) and must be authorized from the top of the RDCK which takes time. BC Forestry should have been alerted as well, who in turn may have authorized us to leave the boundary with the Wildland truck, providing we have enough crew for a second response if needed. It's all quite political and tax based, but basically, we who live outside of a fire boundary (Pilot Bay to Wyndell), pay an extreme amount for house insurance but no amount for a fire service or First Response (this is being paid for through a yearly grant from Emergency Management BC for road rescue, and Riondel taxpayers). When our crew arrives at a structure fire outside of the boundary, we are there to help medically but of course our training as firefighters also kicks in, however we just don't have the equipment. So yes, thank goodness for neighbours! Our members (who live from Gray Creek to Kootenay Bay, and of course Riondel) that are trained First Responders carry jump kits, which enables us to respond to a scene from home while the rescue truck and ambulance are coming, saving crucial time. Again, fire is a different beast and requires major public input to make a change.

Quick story: I joined the Fire Hall a couple of years before the referendum regarding a fire department in Crawford Bay failed. I joined so I could get a head start on the training for when we did get a hall in Crawford Bay. Well, I'm still on the department and still training for that day... as are the other members from Crawford Bay, Gray Creek, and Kootenay Bay. Laverne is right in saying we need more members, but we also need much more. Garry Jackman and the RDCK have done some work on the idea of a standalone hall, or a satellite department. Plans were started with an unrealistic final build amount for what we require, which were declined by Garry, who then asked the working group to redo the quote with a much lower amount. I believe this is where it stalled. Also, there has never been a list of people who would commit and dedicate the time to join and train weekly for the roll. A new service would require 20 members, a satellite would require 15 members, IF Riondel had 20 members. That's 35 members for a satellite. We have 13 at the moment, with a max of 18 at any given time. It would require 40 people to have 2 single services, and a lot more property tax dollars. The idea would be that the decrease in house insurance would offset the increase in property taxes, but really, it's about having that protection and knowing that there are trained people out there who can and will drop everything in an instant to help, with one phone call. It's about peace of mind, especially for new community members who haven't quite grasped the new Fire Hall thing. When it comes to First Responding and the funds required to respond, the RDCK approached the government to increase taxes minimally across the East Shore, excluding Ri-

Continued on Page 4...

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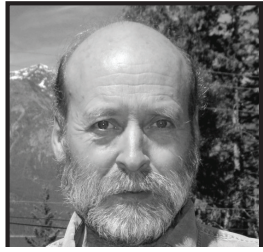
ondel, to help cover the program. The government replied by stating that the two services should be separated. Talks ended there. A satellite hall would also solve this issue and keep the services together.

What needs to happen? Joining the department isn't enough, although it's a start and is encouraged! We need a dedicated working group of people from Gray Creek to Pilot Bay to become the voice behind a satellite service. Properties have been researched with one section of land dedicated, I believe, in the new Regional Park for a new hall. The work has been started, and the community needs to get on board and talk with Garry Jackman about moving forward and making this happen. Our current members are all in favor of a satellite service and will assist where we can. I'm always open to discussion as well and can be reached by cell (250) 551-1352. This is the Fire Department cell phone, monitored 24-7 for emergencies; 911 is always your first call. A neighbour phone tree also works until a department is arranged.

As for chimney fires, yes. If it's a wood stove, dampen everything down and throw the contents of a cup or more of water into the flame and shut the door, the steam should put out any flames. Repeat if necessary until you can safely clean out the box of wood. Fireplaces require a bit more action with shutting down the flu and pouring water on and off to create that steam, and shutting the doors if possible but limiting air flow as much as possible. Fire extinguishers... a small kitchen one is designed for that - a small kitchen fire. A rural house should have one large extinguisher and many smaller ones throughout the home where you can access them and they make sense. When using an extinguisher, it's best to remember PASS - Pull the pin on the extinguisher to break the seal; Aim the nozzle at the base of the fire, from a safe and effective distance (usually labeled on the extinguisher); Squeeze the handle to discharge chemical; Sweep the nozzle from side to side aiming the chemical at the base of the fire. See, now you're all 1/32" closer to being trained! You got this.

I'm glad everything worked out and yes, all praise to neighbours! Happy April everyone.

Cory Medhurst - 250-551-1352



RDCK Area A Update

by Garry Jackman
RDCK Director Area A
Emergency Services

Recently, an event which may have resulted in a very serious house fire occurred on the East Shore. I heard some of the conversation around the event, recognizing community members pulled together to help neighbours, and that some of the measures we have in place for community support were activated. Conversations following such events, which have occurred in various East Shore locations without fire services coverage over the past years, can tend to bring up many questions. In these conversations regarding the very recent event, some good points were raised about how services vary across our communities. I want to take this opportunity to elaborate further.

I suppose the point to begin with is to note that it is mandatory for Regional Districts to provide some emergency services, while other services are only provided where both residents (voters/landowners) agree to the service, plus a service case analysis indicates it is possible to safely and effectively provide that service. I refer to "voters/landowners" because voter assent to establish certain new services may be structured in various ways. The reference to "safely and effectively" is used because a fire service must have the right equipment and sufficient number of trained personnel to operate safely under the Regional District. Where this is not achieved to a particular standard, we sometimes see ad-hoc fire brigades form, which would not be part of RDCK Emergency Services group.

Currently, there are five emergency - related services being funded by the RDCK within all or portions of Electoral Area A, which extends from just south of Wynndel, to north of Riondel, and includes a large area on the west side of the south arm of Kootenay Lake. These are the mandatory service of Emergency Communications 911 and Emergency Planning across all of Area A, the non-mandatory service of Jaws of Life (more aptly described as a combination of first responders and road rescue given the bylaw amendments over the years) which applies across all of Area A, and the "defined area" services of Riondel Fire Protection and Wynndel/Lakeview Fire Protection. Emergency Planning Service S157 is paid for through taxation of all residents of Areas A, B and C plus the Town of Creston, while the Emergency Communications 911 service is paid for by all members of the RDCK, except Nelson and Castlegar, which have unique arrangements.

Over the past few years, some shifts in service delivery have been made. The Wynndel/Lakeview Fire Service was unable to maintain the required level of volunteers to provide a fire protection rating which would allow properties within the protection area to receive the benefit of reduced home insurance rates. Further, the ability to respond with the safety of the members in mind was a limiting factor on whether the members of the response team would be able to enter a burning building (interior operations) or just try to contain the fire from the outside (exterior operations). This decline in volunteers was resolved by putting the operations of that service under contract through the Town of Creston, where they have paid fire fighters in a "work experience" program, who would respond along with any available Wynndel volunteers to ensure

the response was as effective as it could be. The Riondel fire service has also faced challenges in recruiting volunteers. The change for that and other services was to provide more training and administrative support, and in the past few years the situation has improved markedly. A pending shift on the horizon is the "Jaws of Life", or road rescue/first responder service which I will expand on below.

The Riondel members share our "Jaws of Life" service area with the Town of Creston fire service, having a dividing line at the Akokli Creek bridge. The members from Riondel are highly proactive, which I personally believe represents the wishes of our residents along the East Shore, in responding where they see a reasonable need. That may be situations such as critical lift assistance to help our ambulance crew move a patient out of a home with difficult access, or even to get from the house to the ambulance in situations where driveways and yards pose challenges to access, especially during some winters; to arrive as first on scene for motor vehicle incidents to stabilize the vehicle when it left the roadway, cut into a vehicle to enable extrication of the driver or passengers, provide first responder medical assistance, and with their vehicle emergency lights provide measure of control of an accident scene if the flagging crews dispatched through MoTI (highways) or the RCMP have not arrived. Some similar services are provided by the Boswell Emergency Volunteers, although they do not have vehicle extrication tools like the Riondel Fire Service has.

I believe our emergency responders have done a very good job over the years, but funding through a shared service model has resulted in some debates around priorities. At this time, the Creston Fire Service will provide the vehicle extrication services for areas under their jurisdiction, which includes Wynndel and communities north to Akokli Creek, but are not providing the medical first responder service for many calls, and only occasionally providing lift assistance. This variability in service provision, when compared to the services outlined in the bylaw, has been the topic of discussion, as has the allocation or split of funding between Riondel and Creston. It may well take most of this year to sort through, and the process of sorting what is equitable and what is most needed is part of why the topic has been referred to the Ministry of Municipal Affairs for guidance.

I have received a number of questions about how new one-time funding from the province, (foreshadowed by provincial budget announcements), will be allocated. The RDCK has not received the funds, nor the full criteria for administering the funds, so until that occurs there is no response to be provided. The wording I have seen is very general, which seems to have sparked a lot of interest and expectations. If the amount allocated directly to the RDCK is only shared between the 32,500 rural residents, it would still be a much lower allocation per capita than the much larger amounts allocated directly to incorporated municipalities within the RDCK, whose combined population is around 30,000. To me, understanding whether the "RDCK" funds are only intended for rural residents, plus coming up with the model to distribute among our 11 electoral areas, is the next conversation once we hear the criteria or restrictions from the province.

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.

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- River
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- & Fish

ARRIVING SOON!

Annual flowers,
perennials,
trees & shrubs



Riondel Rescue Fire & Blotter

by Corey Medhurst
Fire Chief

Spring seems to be arriving in good old “Kootenay time” fashion, slow and steady. With it comes ideal conditions for burning all of the branches, leaves, and dried grass left over from the snow melt. Many plumes of white smoke can be seen throughout the area from residents busy burning their yard waste. These plumes can tell a trained eye a whole story from a distance. We learn to “read smoke” as part of our regular training by looking at four attributes of smoke: volume, velocity, density, and color. The color of the smoke can give a lot of information on its own. When it comes to open burning in the yard, white or grey smoke is a sign of clean, dry fuel (wood, leaves etc.) being burned. As smoke gets darker, or becomes black, it is a sign that other fuels, such as plastics or garbage are involved, or possibly worse yet, a structure. Of course, the amount, thickness and the speed at which smoke rises are also taken into account. It’s usually pretty straightforward to recognize an open burn plume from that of a wildfire or structure fire, but whenever you are unsure, call it in to forestry at 1 800 663-5555 or (*5555 from a cell phone).

March was another busy month for our crew with the following calls to date:

February 25 – A call for a lift assist in Crawford Bay had two members respond. The members helped Paramedics with patient movement from the home to the ambulance. Lift assists, whether emergent or routine, are usually asked when the Paramedics on scene require help moving equipment with people strapped on them, to the

leaving the hall. The first members on scene assessed the patient while waiting for the ambulance to arrive and proceeded to help with movement to the ambulance.

March 11 – Four members responded to a medical emergency in Riondel to assist with patient assessment and movement to the ambulance.

March 12 – A medical emergency in Riondel had three members respond to assess a patient while waiting for both Paramedics to arrive on scene. The crew then assisted with patient movement to the ambulance.

March 22 – Four members responded to Gray Creek for a medical emergency. First arriving members assessed the patient while waiting for the ambulance to arrive. All members then helped move the patient to the ambulance for transport.

March 23 – A call for a structure fire in Crawford Bay was denied for fire response as it is out of the fire boundary. However, four members responded in Rescue601 for public safety and medical aid if required. When the crew arrived on scene, the fire had been extinguished by the homeowners and neighbours. Sparks from the chimney landed on dry pine needles and a tarp that was on the roof, which then caught fire. A neighbour walking nearby noticed the fire and called for help. As mentioned, our crew attended for medical First Response only, fortunately no one was injured, and the crew returned to the hall in time for practice.

March 26 – A call for a possible wildland fire in Crawford Bay had six members responding, but were called off before leaving home. The caller said they could see flames on the mountain

ambulance because of distance, road (driveway) and weather conditions, or urgency.

February 26 – A medical call in Crawford Bay had four members respond to assist Paramedics with patient care and movement. If one can imagine, the evening before saw an incredible amount of snow which made a long driveway inaccessible by vehicle. This required multiple hands on the equipment to carry the patient out to the ambulance.

March 2 – A call for a motor vehicle incident (MVI) at the junction of Highway 3A and Riondel Rd had six members begin to respond to the scene when they were stood down before leaving the hall. A semi truck had jackknifed on the highway, and was blocking the north bound lane requiring traffic controllers. As there was no entrapment, vehicle fire, or injuries we asked dispatch to refer the scene to the highways department. Fire departments are trained but not licensed or insured to be traffic controllers and are unable to provide the service, with few exceptions such as securing our crew’s safety on an emergency scene where rescue activities are ongoing, preserving evidence in fatal MVI’s, or in the event of an environmental emergency.

March 4 – A medical emergency in Gray Creek had six members respond to assist Paramedics with patient assessment and care.

March 6 – A morning call for help with a propane leak in Gray Creek was declined by our dispatch as it is out of our fire boundary. There was no page received for this call, but the Officer in Charge noticed an email regarding the situation.

March 6 – A mid-morning call for an emergency lift assist had five members respond to Crawford Bay to help Paramedics with patient

above the Golf Course as they drove through Crawford Bay. Earlier in the day, a resident was seen burning slash on their property, which was near that location. One member, who lives close, took a drive by to confirm that it was the same fire. No action was taken.

As burning season continues and many people have many questions surrounding open burning, I have borrowed Forestry BC’s article with useful information, links, and numbers:

Category 2 open fire: This category refers to fires, other than a campfire, that burn:

- material in one pile not exceeding 2 metres in height and 3 metres in width
- material concurrently in 2 piles each not exceeding 2 metres in height and 3 metres in width
- stubble or grass over an area that does not exceed 0.2 hectares.

Category 3 open fire:

This category means an open fire that burns:

- material concurrently in 3 or more piles each not exceeding 2 metres in height and 3 metres in width
- material in one or more piles each exceeding 2 metres in height or 3 metres in width
- one or more windrows (row of cut hay or small grain crop)
- stubble or grass over an area exceeding 0.2 hectares.

Before you burn:

- Before lighting a fire, even if the burn category is not currently prohibited, ensure you are properly prepared, aware of the conditions and following open burning regulations:

movement. three members that were close to the address arrived to help and were able to stand down the two members that were on route.

March 6 – Just over an hour from the last call the crew was paged to attend the propane leak in Gray Creek with a full crew and two trucks. The main propane tank at Gray Creek Store had sprung a leak, which instigated a response from Environment Canada. Our Regional Deputy and Assistant Fire Chiefs were dispatched to assess the situation and decided the leak warranted shutting down the highway. Six members and two trucks responded to do the rare task of traffic control, or road closure, and were prepared in the event of propane ignition. Although this is not in our fire response area, we were able to respond with special permission granted by our Regional Board or designate. The initial call that was declined was at 09:30, with the call for service coming in at 12:20 which demonstrates the time required to authorize a fire response outside of the fire boundary.

March 6 – During the previous incident another medical emergency in Crawford Bay came across the radio requiring two members to leave in the Rescue truck and follow the ambulance back to Crawford Bay. The members helped with a fast move of the patient and returned to the previous scene.

March 9 – A call for a lift assist in Gray Creek had four members respond to assist with patient movement. Steep stairs and an icy driveway required many hands on the equipment. The first members on scene were able to help and call off the members on route.

March 11 – A medical emergency in Crawford Bay had seven members responding, with two from Riondel who were called off before

- Establish a fuel break around your Category 2 or 3 burn or fire guard around your campfire.
- Ensure someone is always monitoring the fire so it doesn't spread beyond its intended size. At least one person equipped with a fire-fighting hand tool must monitor the fire at all times.
- Do not burn when venting conditions are "Poor" or "Fair", check online for venting index.

Anyone lighting a Category 3 fire must first obtain a burn registration number by calling 1 888 797-1717. These numbers are logged into the Open Fire Tracking System (OFTS) along with details about the registered burn.

Thursday evenings, it’s time to come and 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. We hope to see you at practice soon!

NOT YOUR AVERAGE VOLUNTEER GIG
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Join us. Be a volunteer responder. | RIONDEL FIRE/RESCUE SERVICES
Call 250.551.1352



Tales From *Shpaxieland* by Heath Carra The Key to the East Shore

Some say a newspaper is like a ship. If this is true, then the East Shore Mainstreet had her keel laid down by shipwrights Janet Schwieger, John Smith, and Lorna Robin in 1991, and she was launched into the waves of readership in July of that year. She began as a sleek four-page schooner, crewed by skillful locals who experimented by adding masts and sails, adjusting her trim, and tacking her into the wind of East Shore life.

In January 2002, Ingrid assumed command of the Mainstreet. The paper was 11 years old when Ingrid donned her peaked newspaper sailor's hat, saluted briskly, and shouted into the wind, "Stand by to make sail! Indent new paragraphs! Lay aloft and loose topgallants! Capitalize proper nouns, and clear away the jib!"

Contributors to the paper all just looked at one another and blinked. It's easy to let metaphors run away with you sometimes.

Anyway, Ingrid assumed the helm, and she sailed the paper through the sometimes turbulent seas of public opinion for the next 21 years. It's no small feat captaining a paper in a community like ours. One must fearlessly brave tempests of typos while crashing through swells of contributor's articles and deftly navigating the jagged reefs of reader subscriptions. Compiling it is like sorting through tangles of rigging while being hit in the face with the spray of letters to the editor. And always, there's the relentless draw of the print deadline swirling like a maelstrom and threatening to suck the whole enterprise down

into the abysmal deep.

But all great voyages eventually end, and as she sails this mighty ship into port, there is cheering on the pier. Once the newspaper is securely moored, and the gangplank is lowered, Dee is the first welcomed aboard. It's customary at this point to assemble contributors', subscribers, and advertisers on deck for the change of command ceremony. This lets everyone know who is now in charge, so there won't be any mutinous talk once the paper is under full sail again. The two captains exchange some spirited banter, Ingrid hands over her fancy hat, and she wishes Dee fair winds and following seas, before smacking her on the butt and coming ashore to accept the jubilation of the crowd.



Everyone is excited to hear her adventures. After all, she's been at sea twice as long as Odysseus, and she's at least twice as cute. She snogs a couple of random sailors, high-fives young editors-to-be, and then the crowds part as they present her with the key to the community.

This is a medieval tradition that honours figures of great distinction - valued members of the community that have earned the trust of those they've served.

For over two decades, Ingrid has navigated small-town journalism in the service of the East Shore. She's unfurled the paper sails of the Mainstreet, and she's carried us safely through both the calm and the tumult of nearly a quarter century. She's been a liaison for this community - helping us all speak to one another, bringing residents together despite the disagreements that

threaten to pull us apart. She's encouraged us to hear one another and to respect our differences as we travel together into this new millennium. And as a source for local info, she is unparalleled.

"Ingrid. Is it true we're in shark infested waters?" "Ingrid. I heard a rumour we're headed for an iceberg?" "Ingrid. Ingrid! We've struck a shark infested iceberg. What should we do?!"

With her cool head and her courageous spirit, Ingrid has been an invaluable voice of reason, helping us make sense of our nonsensical world. By her deft steering of this little paper, she's provided a means for us to communicate with one another, and that is no small feat.

For her years of bravely broadcasting the voice of the community, for her intrepid informing, and for her selfless spellchecking, we're proud to present her with this key.

Ingrid is a trusted friend of the East Shore, and from this moment forth, no door shall be locked to her. This key grants her free access to all our homes so that at any time of the day or night, she can come in and drink our beer or eat our

ice cream. Ingrid is our Santa of the newspaper slot, and today we salute her.

So wave your newspaper flags in the air, launch the fireworks, and fire the cannons - our great heroic editor has returned home to us in victory!



Thoughts From the Frog Pot by John Rayson Healthcare Funding

Initially, I had planned to devote this column to demographics, a process which documents many of the changes that are occurring within our population. Demographics is the statistical data relating to populations and particular groups within it.

Our changing demographics have a direct effect on the stresses that we see occurring within our health system. We have an aging population, with an increasing percentage over 65. As a society we are living longer, and more individuals are living with chronic diseases: e.g. diabetes, high blood pressure, and chronic obstructive airway disease; to name only a few. We know that as we age the complexity of disease increases and the amount of health care we require increases.

In 2010, fourteen percent [14%] of the population was over the age of 65. That percentage is now nineteen [19%] and is projected to be twenty-two percent [22%] by 2030. Of even more concern, is the fact that in 2010, five people were working for every retired person, whereas today there are only three point three [3.3] working. Imagine what that does to government tax reve-

nues that pay for our healthcare.

With this background, we now have a new funding model for family physicians; a made in BC solution which should provide great assistance in increasing the supply of family physicians. The new payment model was implemented in BC on Feb. 23, 2023.

The new model is an alternate payment mechanism [alternate to basic fee for service model] and is known as the Longitudinal Family Physician [LFT] payment model. The funding will reimburse family physicians for the time spent with patients, indirect care and the complexity of the patients' condition. It will reimburse physicians for time spent in record keeping, lab review, and time spent in discussion with other physicians regards care. This model, "made in BC", has been introduced and agreed to by the Provincial Government and adopted by the Doctors of BC. The new funding arrangement begins the process of care based on time spent with and the complexity of the condition of the patient and not fee-for-service. This new funding mechanism will result in a substantial increase in compensation for family physicians, an increase that was necessary to attract and retain family physicians.

The new model has been embraced by at least half of family practitioners in BC to date, and should do much to alleviate the shortage of family physicians in the province. The model is not a full capitation system as family physi-

cians will continue to be private contractors and responsible for their own staffing, office rental and general overhead. The new model does assist in addressing these needs.

Implicit in the model is the "rostering" of patients to particular physicians. The government of BC plans to begin such a digitized rostering system in the summer of 2023 [I think citizens are much more concerned with having a Family Physician than having the right to move physicians easily]. The model does not provide for facility care [i.e. Hospital or long-term care] or after-hours care. The model does not address the issue of the use of ancillary medical personnel [i.e.: nurse practitioners, medical assistants, dieticians etc.] to provide a team approach to medical care. One can only hope that these absences will be addressed in the near future.

On balance, the **Longitudinal Family Practice** model goes along way to assist in alleviating the shortage of family physicians in the province and is a major step in the reformation of the system. We must, however, appreciate that this "crisis" developed over many years and will not be solved overnight. The new funding should, over time, attract more family physicians to underserved areas, thus providing more patients with the service of a Family Physician.

As patients we will require patience. *Honoré De Balzac* [a French novelist of the 19th century] stated: "all human power is a compound of time and patience."



Rooted in Health
by Maya Skalinska
M.H., R.H.T (BCHA)
Gentle Spring Cleansing

Spring is the best time to do a gentle cleanse. Just as you would do a spring cleaning in your house, it's also good to do a spring cleaning in your body. Our bodies, like our homes, need a little refreshment, a good sweep and elimination.

These days, we are flooded with harmful substances that cause toxic build up and stress to our bodies. Pesticides, herbicides, heavy metals, food additives, household and personal care products, pharmaceuticals, as well as habit forming substances such as sugar, nicotine and alcohol are all toxins that can accumulate and build up in our tissues, compromising our health. Even though our bodies are brilliant, and constantly working on detoxification and elimination, it is nice to give a little help. Proper elimination of toxins is crucial to health, and a gentle cleanse gives our eliminatory organs a little boost, a helping hand, which our bodies surely appreciate.

The idea is to give your body a break. Stop the flood of toxic substances coming in and feed it with a diet and herbs that support healthy elimination. Your body will immediately take advantage of the toxic break and do some needed repair and deep cleansing.

The best and safest way to do this is, for two weeks, eat whole foods only. Focus your diet on high-fiber plant foods, fresh greens and sprouts. Complex carbs such as whole grains, legumes

(soaked overnight) and seeds are important, as they encourage movement in the digestive tract, promoting cleansing action. A daily dose of garlic and raw pumpkin seeds will help get rid of parasites. Add plenty of asparagus, avocados, and walnuts, as they help detoxify the liver. Drink up to eight glasses of water every day.



Water is perhaps the most important detoxifier.

It is also important to avoid all acid-forming, mucus-forming and high-sugar foods. The general rule is no sugar of any type (stevia is OK), no dairy (butter is fine as it does not contain lactose), and no flour products such as breads, baked goods or crackers. Limit red meat to once or twice in the two weeks and focus on wild fish and organic chicken or turkey. Also, stay away from alcohol and all deep-fried foods to give your liver a break.

Even though there are so many delicious meals you can have without the sugar, flour and dairy, I find many thinking, "What do I eat?" So, for a super simple menu plan, how about some eggs with steamed greens like spinach, chard or kale topped with olive or coconut oil and sauerkraut or kimchi on the side. Or oatmeal (rolled or steel cut oats) loaded with berries, nuts or nut butters, coconut oil and /or butter. For lunch, a

quinoa salad with any vegetables you like and a homemade nutritional yeast or a simple olive oil, lemon and garlic dressing. I love adding baked yams, chickpeas and greens to mine. Homemade soups are also super easy, fast and great on a colder day. For dinner, a protein like fish or chicken with veggies on a side (stir-fried, roasted or fresh all work), topped with your favorite homemade dressing or just butter. For snacks, fruit with almond butter, nuts or dips like hummus with vegetables all work great. It's a great time to get creative with your meals. After two weeks you will be inspired to eat a healthier diet as you will feel the difference.

For gentle cleansing herbs, add dandelion leaves to your salads. Grind and sprinkle milk thistle seeds into your salads or soups. Purchase "gobo" (burdock root) and have it as a side dish for dinner at least twice a week. Add extra cilantro and parsley to all your meals. Add one tablespoon of ground flaxseeds to your meals daily. Juice made from carrots, beets, ginger and turmeric root is a fantastic way to start your day. Include dandelion root, nettle tops, and red clover tea daily, or purchase an organic detox tea and drink three cups per day.

Cleansing is not appropriate for pregnant or breastfeeding women, or anyone who is extremely weak and suffers from deficiencies.

Only clean tissue has the power to function at its highest potential, and detoxifying is the first step to health and rejuvenation. Treat your body to a cleanse diet and enjoy the extra energy and overall wellbeing that cleansing brings.

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



Hospice Information

East Shore Hospice volunteer care is free of charge and

is available in your home. 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.

HOSPICE VOLUNTEER TRAINING

Have you been called to work in the end-of-life and grieving realm?


Nelson Hospice's 30 hour basic training is filled with rich personal exploration and in-depth pedagogical and experiential training to equip volunteers and community members to companion clients (and loved ones) at the bedside. Topics include Spirituality of dying, Grieving, Physiology of dying, Working with pain, Communication and Navigating with clients.





- April 14th (6-9 pm)
- April 15th (9 am -5 pm)
- April 16th (9 am -5 pm)
- May 6th (9 am -5 pm)
- May 7th (9 am -5 pm)

Lakeside Place,
813 Nelson Ave, Nelson Bc V1L2N8

 **\$125**

To sign up or for more information, please contact info@nelsonhospice.org or apply at <https://nelsonhospice.org/volunteer-for-hospice/>

Purpose
by Cherry MacLagan
Volunteer, East Shore Hospice

I recently returned from a much-needed visit with family overseas and on my return, I was struck by a couple of feelings - the first of which I found reassuring and the second, disconcerting. The first feeling was one of coming 'home' as opposed to being a visitor here, and that is not only due to the beauty of the place where we now live, but also to the new friends that I am making within this community. The second was the fact that I felt a lack of purpose.

This led me to look up in the Dictionary the

meaning of the word 'purpose', and this is what it said: "noun: 1 the reason for which something is done or for which something exists, 2 resolve or determination. Verb, formal: have as one's objective."

I think that I have felt a lack of purpose ever since I moved away from Alberta nearly three years ago, when I left my identity as Midwife behind, and, despite continuing to being involved to a small degree with the profession in that province, my life is no longer driven by those who have chosen me as a care provider. Of course, there is always the love and reassurance of those you hold most dear, including family, old friends, and the nurturing space of your home and surroundings, but sometimes it is easy to lose sight of one's goals and the reason for which we are here.

During one of our Hospice meetings a month or two ago, the group had to identify some causes of loss and mourning, and there were a surprising number of things that people identified. For me, I continue to mourn the loss of my profession. That being said, after we experience any kind of loss, especially when we lose a person in our lives, someone dear to us, it changes our perspectives on our purpose in life itself. It can make us flounder such that we must re-think our purpose, which perhaps gives us the opportunity to become even more grounded with who we are.

This recently resounded me again when an elderly member of the community said, quite adamantly, "I need to feel useful."

I wish everyone purpose in life, and for those who have suffered any kind of loss, a renewed purpose that perhaps will help see them through troubled times.



Smarter Than Jack or Jill
by
Sharman Horwood
The Friendly Mutation

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

Biologists have wondered about the evolution of the relationship between humans and other animals. Genetic studies are revealing some of the reasons how this may have started, and that relationship isn't what the biologists expected. Originally, particularly with dogs, the researchers assumed that humans raised wolf pups as companions and for work, such as hunting or killing pests near their homes. However, genetic research is revealing a different scenario, in particular a genetic mutation they're calling the "friendly" mutation.

Biologists now think that the mutation is similar to one that happens in some humans. Williams-Beuren syndrome "occurs when people are missing a chunk of DNA containing about 27 genes" (*Inside Science*, Nala Rogers, July, 2017). The syndrome brings a collection of physical characteristics, including "heart defects, intellectual disability and an affinity for music" as well as outgoing, bubbly personalities (*Inside Science*, Nala Rogers, July, 2017). It's hard not to like a person who has this syndrome. In 2010, scientists realized that a similar mutation exists in dogs. In a study involving 225 wolves and 912 dogs, scientists looked "for parts of the genome that have been shaped by

selection since dogs diverged from wolves" (*Inside Science*, Nala Rogers, July, 2017). They found one group of genes that was significant, "suggesting that it or other genes near it were important in dog evolution" (*Inside Science*, Nala Rogers, July 2017). This region of the genome is similar in both humans and dogs, and it is close to the sequence of genes that is missing in people who have Williams-Beuren syndrome.

Scientists used to believe that we adopted wolves--and hence, their descendants, dogs--but because of this discovery, they now believe that wolves who developed this mutation were the ones that became friendly with humans, and scavenged from them. Bridgett von Holdt, an evolutionary biologist at Princeton University in New Jersey, looked at 18 dogs and 10 wolves, "all raised with regular attention from human caretakers" (*Inside Science*, Nala Rogers, July, 2017). She and her associates looked at "how hard the animal worked to solve a puzzle box" as well as how much time the animal voluntarily spent near humans. They discovered that most of the animals worked hard to solve their puzzles, but that the dogs "tended to look at the human" instead of the puzzle. They focused "on the puzzle box only when left alone" (*Inside Science*, Nala Rogers, July, 2017). Wolves, on the other hand, weren't interested in being near humans, though humans had raised them. They were interested in the puzzle.

Studies like this one have changed current theories in dog domestication. Carlos Driscoll, a geneticist studying cat domestication, says that the next step is to study the same genes "in everything from cats to goats" (*Inside Science*, Nala Rogers, July, 2017).

Why do animals form friendships? Accord-

ing to *The Nature of Things* "The Secrets of Friendship," friendships have sound survival consequences. Animals with friends are more likely to survive in general, as well as when it comes to disaster. In the case of macaque monkeys studied on an island off Puerto Rico, they literally scratch each other's backs to form these friendships. They invite other monkeys to become friends by smacking their lips and bobbing their heads at the same time. If they have a friend, if there's food available, that friend won't chase them away. Friends share food. Mutual grooming is also important to keep each other healthy by getting rid of disease-carrying ticks and fleas. Also, after a hurricane devastated the island, macaque friends shared shade, necessary and scarce among the storm-ravaged trees of the tropics.

Humans don't smack their lips or bob their heads to win a friend, but friendship is important in our lives as well. People with friends tend to live longer, and experience better health. However, when does that social brain start developing? At five months old, the process has already started in babies. They reveal "intense brain activity when shown social videos," an intensity that diminishes when they look at other kinds of video (*The Nature of Things*, "The Secrets of Friendship"). Also, in studies of young adults of college age, friendships grow stronger when they do the same activities together, such as playing sports or going to movies. Humans make friends when they feel others have similar interests and attitudes as well. Perhaps these are our ways of bobbing our heads to invite friendship.

Interspecies friendships have been studied mostly in dogs. (Personally, I would like to see them studied in cats, too; I have had pet cats who tried to help if I was upset or hurt, and also when I sang.) Dogs are good models to examine because of the complex behaviour that's involved, and using that subsequent information to identify genetic mutations. Juliane Friedrich at the University of Edinburgh also adds that they will help us "to better understand the biological mechanisms underlying this close interspecies bond" (*New Science*, Jason Arunn Murugesu, June, 2022).

Dogs do tend to respond to their humans as they would to one of their own. In one study, a human was placed in a box with a doorway that could be pried open easily. Then that person's dog was allowed into the room. It had to choose where to go: into a maze that led to the box, or beside it to a dish of delicious food. The man or woman in the box would shout "Help!" loudly several times. Most of the dogs quickly helped their human companion instead of eating the snack (*The Nature of Things*, "The Secrets of Friendship"). The animals hadn't been trained beforehand.

Dogs may have begun as work animals, but they are now our friends, present in our homes, and in most of our activities. They help on farms by herding animals. They search baggage and parcels, looking for smuggled drugs, or banned foods. They also guard our homes, act as guide dogs, and visit the elderly or the sick. And they have proliferated. In Canada there are approximately 7.9 million household dogs, and 8.5 million cats. Whatever the genetic mutations are that brought this about, it has been a smart evolution for the animals, or what television's *60 Minutes* called the "survival of the friendliest."



Crawford Bay Hall Board News
by Leona Keraiff

On behalf of our Association, I wish to extend heartfelt thanks to the RDCK for their approval of our Community Works Fund (formerly gas tax) application. We will soon receive the \$140,000 we requested to help with the hall restoration.

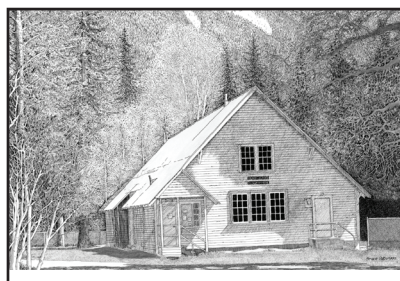
We are working with the Kootenay Bat Program folks out of Kaslo. As we have written in earlier articles, there are bats roosting in the hall attic a few months of the year. We need to find them a new home before the roof is replaced on the building. Please stay tuned for more information as we work towards this goal.

We have been approached by the Freshwater Fisheries Society of BC, who have been contracted by the Ministry of Forests to arrange white sturgeon education programs and releases into Kootenay Lake. As our Association is the steward of the Kootenay Bay Boat Launch, we have been contacted for permission to do this release next month. Please watch for posters on the local store and post office bulletin boards for info about times, dates, etc.

A reminder, as it is cycling season - Rick Bell and Ann Hagen generously donated two "test driven once" bikes to our restoration project. If you or someone you love could use a bike please check out our FB page @crawfordbay-hall. There are also posters up on the above



mentioned bulletin boards and on the East Shore Pre-Owned Buy Sell Free site. The value of the bikes is approximately \$700. We hope to sell them for a comparable price with the money going into the Hall Reno Fund.



We still have about 20 Bruce Paterson coloured prints of the Crawford Bay Community Hall. They are 13 x 19 inches, unframed and priced at \$25 each. We started off with 50 and are grateful to all who have purchased them. The CB Market has some as do I (lkeraiiff@cbhall.ca) The 5x7 black and white blank greeting cards (same image) are still available at The CB Market, The Forge & Furnace Gallery, Barefoot Handweaving, and Seena Bee's Soap Shop. They are \$4 each or 4 for \$15. A beautiful keepsake of a local historic building which will soon have a new look.

Thank you for your continued support.



**Seldom
Scene**
by Gerald Panio



“We didn’t talk about our bodies. So when something like this happened there was no language for it. And without language for it, there was a gaping silence. And in that gaping silence was the real horror.” - Autje, in *Women Talking*

It was inevitable that I would include a review of *Women Talking* (2023) in this column. I’ve admired Sarah Polley’s work as an actor since I first saw her in Atom Egoyan’s *The Sweet Hereafter* back in 1997. *Away from Her* (2006) and *Take This Waltz* (2011) revealed that she was just as talented behind the camera as she was in front of it. And ten screenplays and her first book of essays, *Run Towards the Danger*, released last year, proved she’s also no slouch as a writer. Her screenplay for her latest outing as a director, *Women Talking* (2023), has just earned her an Oscar.

I’ve followed the career of Canadian writer Miriam Toews since I had a chance to include her novel *A Complicated Kindness* on one of my high school reading lists. Toews’s Mennonite roots in Manitoba have led her to explore issues of the intersections of faith, society, and free thinking.

And actor Frances McDormand, whose parents were both Canadian, has been a force to be reckoned with since her breakthrough role in the Coen Brothers’ *Fargo* in 1996. *Fargo* earned her the first of her four Academy Awards.

So you can see why, when I learned that there was a film out there directed and written by Sarah Polley, based on a Miriam Toews novel, and produced by Frances McDormand, I would have high expectations.

I wasn’t disappointed. Although the events described in *Women Talking* take place in an



undefined rural setting that could be anywhere in North America, Toews’s novel is based on an appalling story of sexual abuse that took place in a Mennonite colony in Bolivia between 2005 and 2009. Eight men from the colony were convicted of raping 150 women and young girls, possibly using a narcotic spray on their victims and their families. Awakening after the assaults, the victims were completely disoriented, with no clear memory of what had happened to them. Blame was assigned to husbands or to demonic forces. It took years before the Mennonite elders realized the gravity of the situation and eventually caught one man trying to break into a house. He implicated seven other men.

The situation was so horrifying that, after considerable debate, the elders took the unheard-of step of turning the accused men over to authorities outside of the community. All eight men were eventually tried and sentenced to 25 years in prison.

Women Talking makes one crucial change in the narrative. In the film’s story, the elders--all men--decide to bail out the accused and bring them back into the community. The abuse will be handled “in house”. The women affected will be asked to forgive their abusers as an act of Christian charity, and move on with their lives.

That isn’t going to happen.

Or at least it isn’t going to happen until some of the women who have been most traumatized gather together and look at their options.

The dozen or so women who gather secretly in one of the community’s huge barns see three choices for their future: (1) do nothing, forgive and continue on with their lives; (2) stay in the community and fight back; (3) leave. It’s an intense debate, and almost the whole of the film



takes place in that barn as we see how these women try to regain control of their lives. The third option, leaving, seems almost inconceivable to women who have had virtually no contact with the world outside their community, are largely illiterate, and would be forced to leave behind sons, brothers, and husbands.



Yet the first two options are, for many of the women, equally or even more appalling. The sexual abuse has been so brutal, so widespread, and so little credited for so long that forgiveness seems to make a mockery of justice, leaving all of them open to a continuation of the same nightmare. Fighting back threatens an irreversible escalation of violence, and runs directly counter to the Mennonite embrace of pacifism.

A heavy toll has already been paid. At least one of the women who was attacked has committed suicide. Others suffer from a form of PTSD, like victims of a war they didn’t know was happening. Some women are bearing the children of the men who raped them. Livestock and community property will be sacrificed to bail out the accused.

The women who gather in the barn range in age from pre-teens to matriarchs. Ona (Rooney Mara) is one of the young women bearing her attacker’s child. She’s almost saintly in her

calm strength, her empathy, her warm smiles, and her willingness to sacrifice a life with the man she loves to guarantee the safety of all. Mariche (Jessie Buckley) has spent her whole married life accepting that the husband who beats her and her children has been given to her by God and cannot be denied. She hates herself for her own surrender. Nettie (August Winter), among the most vulnerable of those attacked and impregnated, has compensated by taking on a masculine persona, “Melvin,” and speaking only to the younger children. Salome (Claire Foy), consumed by rage, has literally declared war. Mejal (Michelle McLeod) has panic attacks when buried memories are pushed toward the light. Agata (Judith Ivey) and Greta (Sheila McCarthy) are matriarchs in the time-honored tradition of women who fully understand the power of faith, prayer, and ritual to bind a community. Yet they, too, must struggle with the realization that they have undeniably enabled the violence which has shattered the lives of so many of the women under their stewardship. And Frances McDormand has a small but powerful role as Scarface Janz, another matriarch, whose iron will and traditionalism will never allow her to admit that anything can challenge the way of life she has chosen. She will pay any price for her faith. She will never leave.

The younger cast members round out the ensemble, as does the lone male, Ben Wishaw, who plays the role of August, a young man who has come back to the community that had previously banished his mother for her unorthodox views. University-educated, August is now the teacher for the boys in their small school, and has been called upon by the women gathered in the barn to record their discussions and decisions. Ona loves him, while some of the other women contemptuously dismiss him as a “failed farmer” who teaches only because he can’t do a real man’s work.

The film’s cinematography, by Luc Montpellier, is dark and low-keyed, matching the somber colors of the women’s clothing and the weathered greyness of the barns and outbuildings. The soundtrack, by Oscar-winning Icelandic composer Hildur Guðnadóttir, is similarly restrained.

By the very nature of its subject matter, *Women Talking* courts controversy. Film reviewer Gabrielle Marceau, writing in *Sight and Sound*, pulled no punches: “*Women Talking*: this formulaic feminist drama is shackled by its own didactic tactics. Though her personal investment in the material is beyond doubt, Sarah Polley falters here with a sanctimonious script and insipid cinematography, glazed over with an unreal patina of fantasy.” Ouch.

Marceau clearly saw a different film than I did. I’m writing about the *Women Talking* that addresses hearts and minds in a passionate dialogue where nothing less is at stake than the reconciliation of faith and liberation--faith in traditions that honor work, family, and dignity, and build strong communities; liberation from the shackles of fear, illiteracy, paternalism, servitude, and the dead weight of the past that values a woman’s body infinitely more than her mind.

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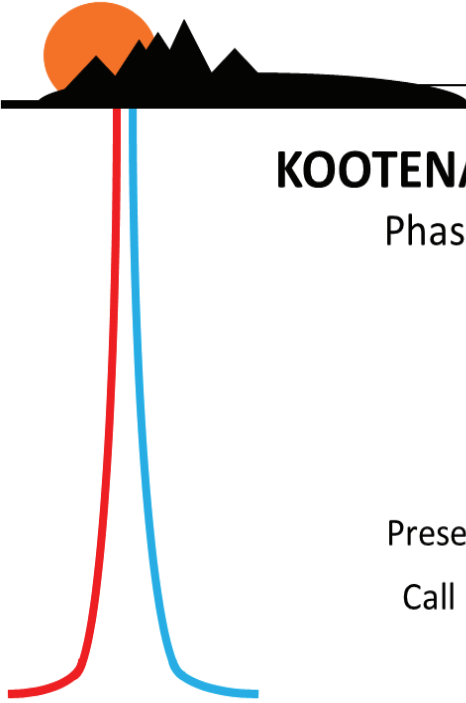
Hackers Desk
by Geoffroy Tremblay
Kootenay Light Web

There is a new initiative in the community! A group of entrepreneurs (Kootenay Light Web) installed an infrastructure to host our data on servers in Kalso and Nelson. I had the chance to meet with a few of the group members, and it's fascinating.

What does it mean to have our data hosted locally? Google, Amazon, Facebook and Apple all fight to have a piece of your digital self. Your digital self comprises your primary identity, social security number, bank account, and credit card. Then your phone number and primary email address. This would be the 'core' of your digital self.

From there, you have all your other accounts attached to this. Your social network accounts are all linked through your primary email, your Netflix, Amazon, Apple, Gmail, and any other account that sells your data for cheap. All that gets centralized to create your online persona.

All the searches you are doing online, all the conversations with different people on messenger and by email, and all the files you keep on the cloud get funnelled into this one persona. All that data is used to make more money online. But also to influence what we buy and why we buy it. We see the apex of marketing.



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With the different algorithms in use, they can predict when someone is about to make a purchase if someone is addicted to a particular behaviour. They can tell much more about who you are than most people. But they can also change core beliefs and the culture at large.

If marketing is a chess game with the human mind, the machines won a few years ago. The general population is now dominated mainly by algorithms, which will only worsen. Give it a couple generations, and we won't even know how it all started.

The problem is that algorithms are everywhere.



In the movies that we watch and the music we listen to. Most news channels regurgitate the same messages.

I read a friend's gopher post last week, and she mentioned: "I would watch more movies if they were not trying to program me to behave a certain way." I feel the same. Many modern media have an agenda to reinforce this idea of disillusioned consumerism; this defeated humans' life of unaware and unhealthy.

Owning our own data, and using local services for our email, file sharing, and social media, is a first step toward getting our sovereignty. Deciding as a community to detach from the corporate greed who resell our data at our loss. We regain our independence and common sense by disconnecting from this centralized exploitation hub. Having a smaller social network and communication system also helps foster a greater understanding of the community!

So where do we sign up!

Well, the work is happening as I write this, and they are not yet ready to release their services to the public, but they are moving forward quickly! Keep your eyes and ears open for Kootenay Light Web, and as soon as they open their door, I'll make sure it's posted on the Mainstreet website!

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Mother's Day Sunday
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Mothers Day Sunday
 May 14 from 1:00 to 4:00 PM

Mothers Day Strawberry Social

The Riondel Seniors are sponsoring another community building event, which we hope will not be snowed out like the Christmas Tea!

The Seniors Room at the Riondel Community Center will be open for a come-and-go tea, with delicious strawberry shortcake.

The Media Lab next door will also be open, particularly for portraits of Mom, or for Mom.

It is all free!
 We hope to see you there!



Tom's Corner

BC Public Works
BC Highways Department
by Tom Lymbery

One hundred years ago there was no through

road to the many small communities along the East Shore. The lake was our highway. Stern-wheelers provided most of the transportation we needed, and rowboats and foot trails filled in the rest. But in 1930, CPR planned to suspend its sternwheeler service to the East Shore, leaving communities stranded. The time was right for the province to step up, build a road up the East Shore, and combine with lake ferry service. It is a combo we rely on to this day. - F. Roback

As Kootenay Lake is navigable water, all its wharves and docks used to be built by a Dominion government crew headed up by Doug Male of Nelson. The crew visited most wharves regularly and replaced any damaged or rotting planks with new planks of coastal fir 10" wide and 3" thick, even if parts of the old planks were still solid. The discarded planks were simply thrown onto the beach or into the water. This provided a convenient source of free lumber for people like my dad, and as Colin Haddon recorded in his diary.

Our roads, on the other hand, were built by BC Public Works (now BC Highways), with an annual allocation of about \$300 to each community. A foreman directed operations and paid three dollars daily to each local man on his crew. Gray Creek's road crew included Norman Anderson, Max Benthien, several Oliver men, Colin Haddon, and my dad. Over several years they succeeded in building three miles of road from Gray Creek Store south to Len Clark's house. While the old Gray Creek pack trail to Crawford Bay was being upgraded to an eight-foot-wide road by hand-drilling and blasting, local men were able to get work on that project as well. My dad would milk his cow, row up the bay for three or four miles, work nine hours on the job, and then row home in time to milk again. As Colin Haddon lived on the trail he could walk to the work site, and wrote in his diary that the foreman was sometimes there to supervise - and sometimes not.

When the CPR decided to extend its rail line in 1930 along the west shore between Kootenay Landing and Procter, it became necessary to build a road up the East Shore served by a ferry. BC Public Works signed a contract with General Construction of Vancouver to build a highway from Kuskonook as far as Ginol's Landing in Boswell (near what is now the Glass House). Their most expensive undertaking was to build a Howe Truss bridge with overhead wooden frame over Sanca Creek. The bridge served well



Burden's Rock cut, 1929.
GCHS archives.

until a major creek flooding event in June 1955 took it out along with several other bridges in our region.

The remaining section of road north to Gray Creek was built by day labour. A camp for the workers was

set up near the job site, then moved a few miles further, leap-frog fashion, as each section of road was completed. The biggest impediment was at Burden's Rock, where the crew took the entire winter of 1929-30 to hand-drill, blast, and clear. The first car reached Gray Creek on May 20, 1930.

By 1931 the new highway was passable. For the first two years BC had chartered the SS Nasookin to shuttle traffic between Fraser's Landing (near Balfour) and the end of the road at Gray Creek. Then in 1933 the province purchased the sternwheeler from the CPR and converted it to a lake ferry. The first ferry trips were from Fraser's Landing to Gray Creek. Canadian Greyhound immediately began a daily bus service through Gray Creek to Calgary. The buses brought daily mail to Gray Creek, Boswell and Sanca post offices, and three days per week they also delivered mail sacks for Crawford Bay and Kootenay Bay to a mail contractor who met the bus at Gray Creek.

In 1946, Dawson, Wade & Co was contracted to extend the highway beyond Gray Creek to Kootenay Bay. Big equipment was brought in, and the old Depression-era relief camp on Wilmot Road near Weasel Creek was refurbished for the construction crew. Above the lake the new road had to be drilled and blasted through solid rock, leaving a trail of white dust along the route. By the spring of 1947 the road was passable, and the Nasookin made her final trip from Gray Creek on June 28, 1947. The new MV Anscomb drive-through ferry took over the next day at the new ferry terminal at Kootenay Bay. Greyhound service became more frequent. I took the first coach in 3 days in 1949 and made a trip to Edmonton. In that same year our new highway was paved from Kootenay Bay to Kuskonook, and we lost the dust and washboard. The stretch from Kuskonook to Wynndel was too narrow and was not paved for several more years.

In about 1934 Lawson Hephner of Boswell became our first road foreman. With his legendary shoveling ability, Johnny Oliver worked for years on the highway, and he was able to get his dad George on as well. George was forced to retire at the mandatory age of 65. If he had been allowed to work just six months longer, he would have been able to receive a pension.

As it often snowed more in Kootenay Bay than in Boswell, BC Public Works stationed trucks and plows in a separate depot on the Kootenay Bay hill. In those early years, Johnny was only able to plow at 15 miles per hour, which allowed snow to build up along the roadside and made the lanes narrower. When the Greyhound stopped at our store, all traffic had to wait until the bus moved on to a wider place in the road. Nelson had to send a grader out to push back the snow.

In October 1963 the new Kootenay Pass opened between Creston and Salmo - the highest main highway in Canada. Our East Shore highway was renumbered 3A, while the Salmo-Creston Skyway became Highway 3. We lost 32 years of daily Greyhound service. Nelson driver Red Sutherland took many East Shore residents on that sad final ferry trip to Nelson and back. We called the new Skyway route "The Scabway". Not only had the new bypass affected local traffic, but also made it too easy for Creston people to tell travelers, "Take the new road", not realizing that those going on to Penticton would never leave any

revenue for Creston and East Shore businesses.

Our Highway 3A continues to be an essential route at times when the Kootenay Pass is closed to traffic. BC Public Works changed its name to Highways Dept. in 1956. (I haven't attempted to explain the controversial "Move to Queen's Bay" campaign to move the Balfour ferry terminal to Queen's Bay. Suffice it to say that Herve Blezey, a Boswell genius who never gives up, is still pursuing this essential change.)



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TOM SEZ

by Tom Lymbery

Don't let March winds set your chimney afire. Book a cleaning soon by emailing redpointchimney@gmail.com or phone 250.354.3489

Deep in the heart of taxes" is the April song. Please plan a visit to Gerrard in early May to see the annual Gerrard rainbow spawning - see 20 pound males jumping right out of the water to impress the females.

Look for the flowering cherry by our store - it can bloom as early as April 20th.

West Kootenay snowpack is reported as 84% of normal for this time of year.

The Mexican government planned on entirely removing salt shakers from restaurant tables, as salt is so bad for your health. Many of us eat more than sufficient salt from the food we eat. The World Health Organization says we all eat too much salt.

The March - April 2023 issue of Canadian Geographic magazine features an article on the loon, whose plaintive call has four meanings, and is surprisingly familiar to all Canadians, even though many have never seen one. It brings me back to the days when our National Film Board would bring a generator and occasional B&W Movies to Gray Creek Hall, and the one I remember most was "The Loon's Necklace".

Ron Lang of Balfour has saved three examples of Walton rowboats and hopes to find somewhere to display these. My Dad had three of these, lapstrake cedar, made in Nelson, and I grew up rowing these.

Who remembers wedding dances at Crawford Bay Hall, when everyone in the community was invited? I remember two, when the bride's shoe was passed around to everyone for contributions. Most of us would donate about twenty dollars, so this was a great benefit to the bride, about to set up housekeeping for the first time. I have never been able to find out where this custom came from, can you?



Thailand Motorbikes

by Paul Hindson

My friend Ivy sat at the

kitchen table looking at me “Come on, should I push this button or not?”. She had kindly mapped out all my flight info for a two-month trip to Thailand this winter. “What the hell?” I replied, tossing her my Visa card.

In early January, I stepped off the plane in Bangkok and got hit with the 35c heat and humidity. The 12-hour flight straight west of Vancouver had taken my friends and I deep into tomorrow. For the next two months, we would be 14 hours ahead of friends back home.

Thailand is a big, beautiful country with scenic mountains in the north and ocean in the south. For the “Farangs” (foreigners), there is a good system of trains, buses, and aircraft to get around the country.

I was immediately drawn to the motorbikes. I first threw a leg over one as a 13-year-old and have been riding ever since, topping 50 years now (an old fart, I know!). My current stable has a 650cc, an 1100 and a 1200; standard fare in North America where long distances require big bikes, and in any case motorbikes here are viewed as a recreational vehicle, not any serious form of transport. Anything under 500cc is considered a starter bike, or too feeble for our roads.

So, it blew me away that the Thailand bikes are, well, tiny! Mostly scooters, the most common



size is 125cc then 160 and a very few around 300cc.

They are also everywhere. Every second vehicle is a motorbike and boy do they use them! Clearly a tool, carrying multiple people - the record number I saw was six - little kids standing on the seat, mom on the back eating noodles or doing her makeup; people live on these things.

Bangkok is a swarm of humanity, with over five million people. Everywhere, the streets are plugged with vendors, pedestrians, shops of all kinds, etc. Often back alleys are so tiny only motorbikes can get through.

In downtown Bangkok, we went on an elevated walkway over a busy street. In heavy traffic, all the motorbikes sneak around the cars and get to the traffic light, then take off when it turns green. For an old biker like me, there is nothing like the sight of 50-100 bikes all taking off from the light at once, engines wailing, vying for position like some crazy Mad Max race.

I didn't have the guts to ride in Bangkok, but when we got to the smaller mountain town of Chiang Mai, I rented a brand-new Honda PCX

160. Back home, ‘king of the road’ Harley Davidson produced 195,000 motorbikes last year, slightly down from their pre-Covid average of 250,000.

Honda, also recovering from Covid, produced just over 17 million in 2022. The Honda Super Cub bike, introduced in 1958 and still in production, is the most produced vehicle of any kind in the world, with sales well over 100 million.

I soon learned why the Thais like these little bikes. Small and narrow, they fit through any gap in the always heavy traffic and the riders are absolute masters at it. Used to just sitting in line at a traffic light on my big bikes at home, I would get passed by a string of bikes all headed for the front. I soon found myself following along, using my little 15hp beast to get through and take off at the green light.

It struck me that the car drivers didn't mind that the bikes were doing this - it's just the way things work. If you tried that in Canada, guys would be opening their doors, cursing you out, calling the cops, etc. This was my first clue that I might be in Motorcycle Heaven!

I took a couple of highway trips on the little Honda; one to a mountain town called Pai, and another to Chiang Rai. I was surprised at how much power it had, easily cruising at 90-100kmh. I soon learned the oncoming traffic will squeeze you when trying to pass. There were cows on the switchbacks going to Pai, and the stuff that comes out the back end of them. Yuck!

There were also some crazy jungle roads, an ancient trail to a hot spring in the middle of nowhere, and some steep mountain grades, all handled with no fuss by my little bike.

A couple of weeks later, in a little town called Prachuap on the Gulf of Thailand, a chance encounter at a restaurant set the agenda for the rest of my time in Thailand. “Artie”, a big loud teddy bear of a man, biker and Vietnam vet struggling with the effects of Agent Orange (a friend of mine here on the East Shore suffered the same and passed away years ago), had several bikes and an unofficial rental business with his Thai wife. I had priced out “big” 300+cc scooter rentals at 1200 Thai Baht – C\$50/day. Artie had a beautiful Yamaha X-Max 300 and rented it to me for 500THB - \$20/day. Yippee!

All scooters have a handy trunk under the seat to carry your stuff, but this bike had a cavern with easily enough room for two helmets and a backpack. It also had a top box, and Artie lent me luggage and a wet suit. What can you say about people in this world who give you their trust, no questions asked?

I set out going south on Hwy 4, a 4-6 lane interstate that runs the peninsula between the Gulf of Thailand and the Andaman Sea. The road was a zoo: sleepy B-train drivers swerving around, and pickups piled 15 feet high with God knows what, threatening to fall off in front of me.

Eager to get off the interstate, I stopped for breakfast in Ban Krut. I scoured Google Maps and found a lovely 2 lane through the countryside into Chumphon.

Most bikes have a cell phone holder on the handlebars so you can access Google Maps while riding, essential for Farangs like me.

Did I mention they drive on the left? All 4+ wheel vehicles are RHD – right hand drive- but of course motorbikes have no such reminder. Usually, it's pretty obvious with the traffic, but on a lonely road... It only happened a couple of times: I was cruising along and holy smokes, suddenly I'm on the wrong (right) side! I imme-

diately moved over. Phew!

Thailand's rainy season is June to August, but rainstorms can break up the hot sunny weather anytime. Threatening clouds coming into Chumphon became a deluge that had me soaked in five minutes and I was forced to hide under a garage canopy for an hour or so.

The sun came out and I rode on to Ranong, my clothes soon blow-dried by the 30+c wind. Still a 4-lane, the super curvy road wound its way out of the hills toward the Andaman Sea, and I followed the tire marks from others cutting off the corners.

I spent a day cruising the Ranong ports on the beautiful Andaman Sea and took a swim in a jungle waterfall.

Well rested, I set off for Phuket and cruised over the long bridge onto the famous island. Traffic was insane, stoplight to stoplight on multi-lane urban roads. Souped-up bikes of every description once again snuck to the front awaiting the green light. The lights often have a display counting down the number of seconds to the green, creating a drag race scenario. My bigger bike had better acceleration, and the local street rats took exception to this, blowing by me, determined to beat the Farang at the next light. I found all this absolutely hilarious, laughing in my helmet.

I visited the famous Patong beaches, but they were too much for me. Thousands on the beaches and mile after mile of hotels, restaurants, bars, tattoo parlours and brothels. A younger person might enjoy it, but for me it was like descending into hell.

I soon left for the quieter beaches of Krabi, Ao Nang, and Ko Lanta. Ko Lanta is a beautiful island inhabited by Muslims. These were some of the most happy, kind, lovely people I have ever met. Quite a sight to see one, two, even three Muslim women riding a bike, their Hajibs flowing in the wind. A crazy snake show had this guy surrounded by King Cobras ready to strike. Throughout Thailand there are dark-eyed ‘good’ monkeys and grey baboon ‘bad’ monkeys, that will run up and steal your hat, glasses, even your wallet. Muay Thai, a type of kickboxing, is everywhere, and I went a few times to the stadium rings to watch fighters, both young and old, perform.

After almost three weeks of riding, eating excellent Thai food, and swimming in the ocean, I sadly headed north back to Ranong and Prachuap to hand in the bike and begin the long journey back home. I had a couple of days in Bangkok before flying out, but I missed having the bike outside waiting to take me wherever I wanted to go.

The Thai drivers are good drivers. There's a lot going on and they pay attention. Not once my whole time riding did I get cut off or have someone turn in front of me, a common occurrence riding motorbikes in Canada.

The scooters I rode had fuel consumption of 2-3 litres/100km, often carrying 3 people. Compare that to one person in a 3500lb. car getting 10 litres/100 km. The efficiency is obvious.

Back home, the tan on my knees from riding 3000km in shorts is starting to fade. In bike withdrawal, I've been digging out my bikes and going on some cold rides. My bikes are giant compared to the mighty little machines I had overseas. I thought I knew everything about bikes, but I my time in Thailand added a whole new dimension to my experience.

Enjoy your spring, everyone!



RDCK Board Highlights March 2023

RDCK Adopts Five-Year Financial Plan

The Board adopted its 2023 – 2027 Financial Plan Bylaw, an annual requirement which must be completed by end of March each year. This year’s budget was focused on asset management, an increase in fire protection service costs, a return to pre-pandemic levels of activity, as well as a significant repair to the Castlegar & District Community Complex arena floor. Residents are encouraged to review the financial plan and reach out to staff or Directors with questions.

The RDCK hosted nine hybrid public meetings (in-person and online) and one online public meeting through February and March which allowed the public in our various sub regions to comment and provide feedback on the five year Financial Plan. See RDCK website for this year’s budget presentations.

Charge Up Grant

The RDCK was successful in its grant application for the Columbia Basin Trust Charge Up Grant. The funding provides \$142,500 to cover 75% of the cost for three initiatives; the supply and installation of a solar array system for the Creston & District Community Complex, purchase of an electric vehicle (EV) for the RDCK fleet, and the supply and installation of an EV charger for the RDCK Lakeside office in Nelson. The remaining balance of funding for these projects will be covered by the recreation

facility, the general administration service and Local Government Climate Action Program grant funds.

Regional invasive species strategy

The Board direct staff to enter into a contribution agreement with Central Kootenay Invasive Species Society (CKISS) for the development and coordination of the regional government invasive species working group. The program will cost \$15,000 and provides annual training and resources for operational staff (CKISS), develop region-wide educational materials and provide expertise and consultation. Invasive species are non-native plants and animals that become well established because they do not have any natural predators or controls. By taking action now, the goal of the program is to help mitigate economic, ecosystem and operational costs in the future. For more information go to <https://ckiss.ca/>.

Dog control bylaw for Electoral Areas A, B and C

The Board authorize staff to prepare a service establishment bylaw for dog control of dangerous dogs within Electoral Areas A, B and C. The intent of the service would be to enable the RDCK to respond to dangerous dogs where there is a public safety issue. The RDCK does not intend to regulate barking or wandering dogs through this service. As part of the process a terms of reference will be developed to describe how this service will be delivered.

Riondel Community Centre roof modifications

The Board awarded the contract for the Riondel Community Centre roof replacement to Heri-

tage Roofing and Sheet Metal Ltd. The project is estimated to start in early May with completion by June 30. the community centre is an important hub within Riondel and is used for a multitude of activities.

Mosquito control program

The Board approved the RDCK enter into a five-year services agreement with Morrow Bio Science Ltd. to provide the mosquito control program service in a portion of Electoral Area D and the Pineridge community. Since 2001 the RDCK has coordinated a mosquito control program in this area with a focus on targeting floodwater mosquitoes. For more information on the program go to www.rdck.ca/mcp.

Director’s Reports

RDCK Directors provide monthly reports outlining what they have been working on. Click here to read the March reports in the Board minutes (agenda item 4.4, pg. 220).

Discretionary Grants (only Area A listed here)

- Friends of Kootenay Lake Stewardship Society – 2023 Osprey Nest Monitoring \$500.
- Friends of Kootenay Lake Stewardship Society – 2023 Kootenay Lake Shoreline Cleanups \$695.96.
- Creston Curling Club Masters Division – Provincial Masters Curling \$500.
- BC Senior Games Society Zone 7 – 55+ BC Games

Community Development Grants (only Area A listed here)

- Bluebell Manor Society – Bluebell Manor Expansion \$10,000



Energy Step Code changes for new home construction - Step Code 3 required starting May 1

<https://www.rdck.ca/EN/meta/news/news-archives/2023-news-archive/energy-step-code-changes-for-new-home-construction-step-code-3-required-starting-may-1.html>

Neighbourhood Emergency Preparedness Program – Helping to build a self-sufficient community

<https://www.rdck.ca/EN/meta/news/news-archives/2023-news-archive/neighbourhood-emergency-preparedness-program-helping-to-build-a-self-sufficient-community.html>

Lifeguard shortage to affect pool hours

<https://www.rdck.ca/EN/meta/news/news-archives/2023-news-archive/lifeguard-shortage-to-affect-pool-hours.html>

RDCK Climate Actions

<https://www.rdck.ca/EN/meta/news/news-archives/2023-news-archive/rdck-climate-actions.html>



For The Love of Genre
by Sharman Horwood
A Standalone Tangent

Laurie R. King is known for her best-selling Sherlock Holmes/Mary Russell novels, and they are very good. After Sherlock Holmes retires, he meets his neighbour: young Mary Russell who is studying for her degree in religious studies (*The Beekeeper's Apprentice*, 1994). In subsequent novels, Holmes leaves retirement and trains Mary to investigate crime in the subsequent 18 novels. He also marries her. That doesn't sound plausible, but it does work in the novel. However, as good as this series is, King has also written some outstanding standalone novels. (My personal favourite is *Folly*, 2001).

Back to the Garden, 2022, is her current standalone novel. It takes place on a large estate in California, not far from Los Angeles. The estate belongs to three generations of the Gardener family. As the older generations pass away, the youngest grandsons, Rob and Fort, inherit the estate. When Rob takes control of the property in the late 1970s, he turns it into a commune--called The Commons--to spite his grandfather.

Earlier, in a dispute with the same grandfather, otherwise known as "the old bastard" by both of the grandsons, Fort left. He travels to India and pursues Eastern spirituality. Rob, too, has left. He enlists and goes to fight in Vietnam. Later he tries to return home, to the estate, without success. King is known for showing "the effects of war on soldiers as they attempt to find their place when returning home" (Wikipedia). He and his grandfather fight, and he abruptly leaves

again, winding up in a commune in Oregon.

The story of this estate is the core of this novel. It is "about a building that encapsulated the past hundred years from the era of the robber baron to that of the social media influencer" (p. 73). One phase of this history is Rob's commune years, lasting for almost five years. On June 22, 1979, they hold a music festival, calling it Back to the Garden, a prominent spiritual theme throughout the novel. One of the events scheduled shortly after the festival is the installation of an enormous statue, created by Gaddo, a famous feminist artist. The statue is called the Three Eves: Eve the Creator, Eve the Preserver, and Eve the Destroyer. As one curator points out, "great art is not comfortable" (p. 43). Gaddo had reached a phase in her work that was decidedly macabre.

The concrete foundation for it is laid, and while they wait for the cement to harden and cure, the music stage is set up over it. Unfortunately for the commune, this Midsummer Eve seems to be a turning point for the group. As an amicable commune that has done well, they mysteriously begin to drift away after the festival. They leave it then in Rob's hands to manage.

Approximately 50 years later, after the estate has been turned into a historical trust, the buildings and formal gardens restored to their former elegance, the administrators have to relocate the Three Eves. The ground underneath is giving way, and the statue has tilted to one side. When the crane swings the massive joined figures away, however, a number of bones drop from it across the field.

Inspector Raquel Lang, from the Cold Case Unit in San Francisco, is sent to investigate. Her biggest concern is that these bones belong to a victim of The Highwayman. During the 1970s he raped and killed several young

Barefoot Handweaving
Warm cozy straw building, warm colours and warm hearts for this year!
Open ... sometimes 227-9655



Riondel Art Club

by Sharman Horwood

According to www.gardensillustrated.com, gardens "can represent the beginning of life, symbolise love and passion and they can . . . relay a space of comfort, reliance and hope (Feb. 2, 2023). With the warm weather, your eyes are eagerly focused on the new plants, trees, and shrubs that are showing their beautiful new growth.

Don't forget visual art however. If you are at all tempted to try your hand at painting, drawing, or mosaics, please stop by the *Riondel Community Centre's Art Room* on Tuesdays, starting at 10:00 a.m. Beginners are welcome, and we were all beginners at one time.

On Tuesday afternoons, at 1:00, Gerald Panio is continuing his fascinating art lectures. On April 4, he will show a short film from *Art of the Western World*, on the High Renaissance. The following week, he will give a lecture on American abstract expressionist, Grace Hartigan. She was an important member of the vibrant New York School of the 1950s and 1960s. The week after that, on April 18th, Gerald will show a film from Simon Schama's *The Power of Art*, on Mark Rothko (surprisingly, one of my favourites). On April 25, Gerald will give a lecture on William Blake, a pioneering figure in the visual art of the Romantic Age. Everyone is welcome, but there is a drop-in fee of \$5.00 if you don't belong to the Art Club.

The Riondel Community Centre's hallway has been painted, refreshed for spring, our work, rehung on its walls. Stop by and tell us what you think. Or see our work in the Credit Union, in Crawford Bay, if you haven't, already.

In the meantime, think of nature as your art, and consider coming to the art room to try another way of creating.

**Tuesdays @
Riondel Comm.
Center - Art
Room**

Continued from page 14...

woman who were hitchhiking through southern California. Lang is anxious to find more of his victims, and arrest the man they think was the killer. At the Gardener estate, this means searching through the archives, some of them rather chaotic from the days of *The Commons*. Identifying the gender and name of the victim proves to be difficult. Who was the victim? Did anyone disappear after the music festival? And was the culprit the Highwayman?

Laurie King is a successful writer, and has been from the start when her first book, *A Grave Talent* (1993), won the 1994 Edgar Award for Best First Novel. She's received other awards, many of them, since then. Classifying her is difficult, since the novels can't be called cozy mysteries; some are more historical, with a larger range of characters. She doesn't indulge in the sweep of current thrillers that have flooded the mystery market. She does, however, in this novel rely on what has become a standard in the field: the serial killer. Nonetheless, *Back to the Garden* doesn't read like the others. Instead this novel is a thoughtful look at the evolution of communal living, the ideas that thrived within it, as well as the weaknesses that ultimately lead to its downfall.

Personally, I have enjoyed her Sherlock Holmes/Mary Russell tales. Her standalone novels, like this one, sometimes work, but not as well as the Holmes/Russell novels. *Back to the Garden* is a good read if you're looking for a relaxing mystery that has an interesting, well-plotted, story, qualities that Laurie R. King does very well.



Art Connect
presents
April concerts
at The Harrison!
by Zora Doval

April is such an exciting month, with the arrival of spring, the time of inspiration and renewed commitment to life. Spring is youth... spring is beauty; spring also is music in the air. At **ArtConnect**, we are happy to offer two incredible events for your enjoyment; a theater performance and a classical guitar concert. I would not be able to advise you on which event to attend! Do as I am going to do – come to both! You won't regret it.

An *Unconventional Life* or *Dare to Dream*, featuring Noemi Kiss & Lynn Van Duersen on Sunday, April 16 at 4:00 PM. After a very successful debut in April 2018 and multiple subsequent performances throughout the West Kootenay region, "An Unconventional Life", an inspiring musical drama about a young Jewish woman who challenges the status quo, is returning to the stage for a limited East Kootenay tour in April 2023.

A two-woman show inspired by the movie *Yentl* and Barbara Streisand's singing, it is a story about a Jewish girl in the male dominated society and her courage to dream big. We will enjoy the beautiful voice of Noemi Kiss, a now semi-local soprano from Hungary, interpreting the famous songs written by Michel LeGrand and Lynn Van Duersen's narration. I have not seen the play myself, but I know that it has an innovative concept and I am certainly very curious what it will be.

The concept for this show originated when Nelson soprano Noemi Kiss asked Kaslo thespian Lynn van Duersen if she could create a theatrical narrative that would link the songs from the movie *Yentl* (starring Barbara Streisand with music by Michael Legrand) which was adapted from the book "The *Yeshiva Boya*" (1962).

Imagine a time when girls were denied a formal education. When they were supposed to stay home, learn the skills of a homemaker, get married and raise a family. Imagine, if a young girl wanted more for herself. "An Unconventional Life" is the story about such a girl.

Written as if speaking to a young graduating class, they tell her story with spoken word and song. The play examines gender inequality and what it means to challenge boundaries set by society; and one young woman's journey to find her way in a male dominated world without losing herself.

With financial support from the Columbia Basin Trust and Columbia Kootenay Cultural Alliance, Noemi and Lynn are excited to bring "An Unconventional Life" to a wider audience. In Crawford Bay on Sunday, April 16 at 4:00. In Fernie on Friday, April 21 at 7:00 PM, at The Arts Station. In Kimberley on Saturday, April 22 at 8:00 PM, at Centre 64.

A Classical Guitar Concert with Emma Rush on Sunday, April 30 at 4:00 PM. We are very lucky to welcome this marvellous guitar player and master of her instrument to our venue. Emma rates as one of the top female classical guitar players in Canada, and she will be coming all the way from Halifax! Emma will play selected pieces from her extensive repertoire which ranges from purely classical through Latin/Spanish to contemporary. She brings a wonderful sensitivity to her playing. Besides being a great performer, she is also a teacher who leads workshops and masterclasses. She performs internationally.

You can get your ticket online at artconnect.cc or at The Crawford Bay Market and at the door!

As always, we will serve refreshments at \$3 kind donation, and we advise you to bring a pillow to sit on, as the pews are hard. We are still looking for donations of pillows!

East Shore
Reading Centre

by Taryn Stokes, Librarian



Happy April to all! We've had a taste of spring and an opportunity to delay any chores with a good book outside.

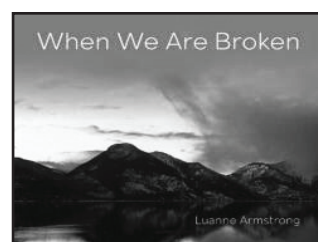
March, especially Saturdays, was busier as we had 192 items checked out and served 36 of our library members. We added 14 items in March, including books by Vincent Lam, Kelley Armstrong, Janie Chang and Gabrielle Zevin. At the time of writing, eight of these new books are currently checked out.

In March, we had a visit by Garry Jackman, our RDCK Area A Director, and Saara Itkonen, Library Director for the Creston Public Library. Most of the funding for the East Shore Reading Centre is through a reading centre grant from the RDCK. During the visit, we learned more about the services available in Creston. We are now able to provide Creston Library Cards at our location in Crawford Bay. Electronic services such as eBooks, audio books, and movies are accessible. A Creston Library card also allows access to materials at the Nelson Public Library. If you want to know more about accessing electronic services, please call or send an email.

The reading centre also receives a grant from the Nelson & District Credit Union and this year received a Columbia Basin Trust Technology Grant.

Another source of funding available to the reading centre is through charitable donations. There are only a handful of registered charities along the East Shore, and the East Shore Community Library Society is one of them. Charitable tax receipts can be issued for your donation, upon request. Thank you to the RDCK for our annual operating grant!

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 also follow us on Facebook (@escomlib) to stay current on all our new books and activities. Take care and happy reading this spring.



Book
Review

by Tom Lymbery
When We are Broken

by Luanne Armstrong

Publisher MAA Press, \$30.00, 74 pages

The left hand pages each have one of Luanne's amazing photos, while the opposing page carries Luanne's descriptoin of the subject, embellished by her thoughts. She walks every day to the lakeshore with her two dogs, taking photos of the ever changing lake. Luanne has lived all her life on the East Shore, south of Boswell.

She has written 25 books, but this is the first one exclusive to her photographs, so is a very different book. You can enjoyu the photos and accompanying article from start to finish, or pick it up and open it at random, still getting very much enjoyment.

Boswell book designer Warren Clark has done his excellent work on yet another memorable Kootenay book.

Of Luanne's books, my personal preference is "Blue Valley", as she writes about growing up on the famliy farm, making hay, picking cherries and apples, milking cows, and all the farm chores, all the while wishing she had the freedom of the neighbouring O'Neil girls who could ride their horse anywhere, anytime.

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 - Riondel Open Thu, Fri & Sat from 11:00-3:00 Jun 30 to Sept 5. Unique gifts and art!

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@kshc.ca

PROVINCIALY REGISTERED HEALTH CARE AID - Christian McStravick of Mary Anns Way. Providing confidential, home-based support for

BULLETIN BOARD

individuals, 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@kootenay-soundhealing.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.

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

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

CRAWFORD BAY HALL & COMMUNITY CORNER BUILDING - available for community events, wedding receptions, workshops etc. Non-smoking facilities. bookings@cbhall.ca

HARRISON MEMORIAL CULTURAL CENTRE An intimate heritage venue for weddings, funerals, concerts, in Crawford Bay. artconnect.cc/esartconnect@gmail.com

CRAWFORD BAY TRANSFER STATION: March 12-Apr 30 Open 9-3 Sun&Tues

Boswell Transfer Station: Open 11:00 am-3:00pm Wed&Sat

Riondel Community Library Open 10-12 Mon,Weds,Thurs,Sat. 2-4 Tues 250.225.2242 the_librarian@bluebell.ca library.riondel.ca

East Shore Reading Center Tues&Sat 12:00-3:00 16234 King Road Crawford Bay. 250-777-1492 / escomlib@gmail.com

RIONDEL COMMUNITY PARK & CAMPGROUND Online Booking Portal Opens Apr 15-30 for stays of 7-14 days, and May 1 for stays of 1-14 nights. Visit riondelcampground.ca for more info.

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 & Junior Squad Parent Committee Meetings held approx. bimonthly. Email skootenay-lakeccss@gmail.com for meeting info

AA: Every Wednesday, 7pm at Crawford Bay Community Corner Building. 250-808-9577

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!**

CHURCH/MEETING

RIONDEL COMMUNITY CHURCH

Everyone welcome.

KOOTENAY LAKE COMMUNITY CHURCH

Come & join us Sundays at 10am. Coffee fellowship after the service. 16190 Hwy 3A, Crawford Bay: 250 505 8286

YASODHARA ASHRAM

Satsangs available anytime online at yasodhara.org/about-yasodhara/satsang/ or [youtube.com/user/yasodharaashram](https://www.youtube.com/user/yasodharaashram)

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Mass 2:00 PM Sunday

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.

MARQUEE MONDAYS

Movies every Monday at 7pm.

Riondel Community Ctr Seniors Room

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,

FOR SALE

Yamaha M450, 44" Cherry Satin upright, made in the US in the early 2000s, great condition, gently used. \$3000 firm, you move (we may be able to help load). Contact Ali @ 250 505 3243

Yamaha stereo equipment with 5 speakers, receiver, disc player. Excellent condition. \$350.00. Contact 250.225.3555

FOR EMERGENCY CARE CALL 911

DOCTOR DAYS

East Shore Community Health Centre

| | |
|------------|-----------------------------|
| April 3, 4 | Jayne Ingram, NP |
| April 5, | Jayne Ingram, NP; Dr Piver* |
| April 11, | Jayne Ingram, NP |
| April 12 | Jayne Ingram, NP; Dr Piver* |
| April 14 | Jayne Ingram, NP |
| April 19 | Dr Piver* |
| April 24 | Jayne Ingram, NP |
| April 25 | Jayne Ingram, NP |
| April 26 | Jayne Ingram, NP; Dr Piver* |
| April 28 | Jayne Ingram, NP |

*Locum bridging coverage

No coverage on days not listed.

The Fitness Place

OPEN 5:30am-10:30pm

(with select hours closed for cleaning/school use)

MEMBERSHIP PRICING:

1 Month - \$30

3 Months - \$60

1 Year - \$200

Inquiries can be made by emailing
eastshorefacilities@gmail.com

**We are currently looking for
volunteer Gym Supervisors, in
exchange for free membership!**

Yard & Garden Waste — Seasonal Free Tipping

Fee to dispose of up to a single load per day of
Yard & Garden waste is waived during the month of **APRIL**:

**Boswell & Crawford Bay Transfer Stations
Creston Landfill**

Quantities greater than 2.5 m3 must go to the Creston Landfill.
Site Staff reserve the right to limit the number of loads disposed by any customer, based on available space.
Visit our website for more information.



rdck.ca/gardenwaste

250.352.8161 | RRdept@rdck.bc.ca

EMPLOYMENT

East Shore Hospice EMPLOYMENT OPPORTUNITY

P/T coordinator for the East Shore

(4-6 hours per week/\$20 per hour)

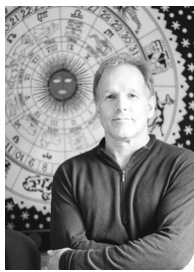
Duties include: Basic administration; Volunteer/
Training Coordination; Community Education;
Client Services

Previous experience in the non-profit sector,
knowledge of the philosophy of Hospice/Palli-
ative Care, and computer proficiency are essen-
tial. Experience in social work or community
support preferred.

For a complete job description, please visit:
<https://drive.google.com/file/d/1owC0Fi0Eyl-7nTNzoet41W4nf3RZPSBaB/view?usp=sharing>

For information about our organization, please
refer to the Nelson and District Hospice Society
website, www.nelsonhospice.org. You can also
go to the contacts page and click on East Shore
Hospice. Email resume and references to: info@nelsonhospice.org

BULLETIN BOARD



Horoscope for April 2023

by Michael O'Connor
sunstarastronomy@gmail.com
1.800-836-0648 - www.sunstarastronomy.com

Tip of the Month: April is a dynamic month. Mars edging through Cancer is activating impulses to renovate and getting to the bottom of things. Mercury entering Taurus on April 3 supports a steady focus to get things done. The first Full Moon of Spring occurs in lovely Libra on April 6. Venus sauntering through Taurus enters Gemini on April 11 indicates attention to the details and inspirations to socialize. The New Moon on April 19 is a Solar Eclipse! The Sun enters Taurus just 4 hours later and the Moon contributes to a triple conjunction with Mercury and Uranus the very next day as Mercury turns retrograde. Step into spring fully by cleaning, renovating, planning and executing action mode.

Aries (Mar 21-Apr 19) You are in the mood to shake your world! Two consecutive New Moons in your sign reveal a dynamic impulse to explore new horizons. An ardent quest for new opportunities finds you taking leaps out of your comfort zone.

Taurus (Apr 20-May 20) A momentous dynamic is building that will progressively come to your full awareness. Even as April begins, you are energetically expressing new desires. By month's end you will be fully in action mode.

Gemini (May 21-Jun 20) Stepping out to assert a new sense of your individuality with adventurous impulse will lead you to engage new people and explore new places. The seeds of fresh encounters are featured with prominent potentials for romance!

Cancer (Jun 21-Jul 22) The pioneering energies of Aries are strongly activating your public and professional life. New impulses are guaranteed yet do come with some caution. Be ready and willing yet be sure to read the fine print in all new ventures.

Leo (Jul 23-Aug 22) Visionary inspirations are inspiring new strategies. A yearning for more attention will steadily grow. You are ready to confront any fears or emotional blocks lending to resistance and procrastination for the sake of success.

Virgo (Aug 23-Sep 22) A transformational cycle continues through April and even into May. This is your opportunity to shed old skins to reveal new possibilities. Be willing to work inside and out which includes ambitious resolve and brainstorming for ideas.

Libra (Sep 23-Oct 22) The activations of Aries reveal expansion on social fronts. You feel determined to express a new version of yourself. Avoid leaning on the past and look to the future by being fully present. Affirm: There is only now and next!

Scorpio (Oct 23-Nov 21) Spring is the season for new projects and expressions. With Jupiter entering Taurus next month, you are wise to use this time to prepare for social and professional expansion. Harness Mars to breakthrough.

Sagittarius (Nov 22-Dec 21) The energies of Aries are activating a playful and sporting mood. Your ambitions have taken a determined turn, yet you may have to direct them to tackle resistance patterns. Step out to maximize social stimulation.

Capricorn (Dec 22-Jan 19) The Cardinal Mode of Aries is activating your own. It is activating your warrior spirit. At worst, this could prove hazardous on relationship fronts. The key is to harness the full measure of your discipline to delegate with integrity.

Aquarius (Jan 20-Feb 18) Many new thoughts, ideas and even new modes of perception, interpretation and self-concept are transforming you. This process will continue for many months but it is in its initiation stages now.

Pisces (Feb 19-Mar 20) New ambitions are rising quickly now. The time is right to engage with creative outlines. See a bigger picture of possibility encompassing a list of strategies, plans and projects. Expect their implementation to take time but start now.

Better at Home

*Funding provided by Valley Community Services
facilitated by a local Coordinator*

VOLUNTEERS NEEDED!

Just a few hours a week can make such a difference to someone. Do you want to help local seniors stay connected to their community and remain independent? You can make a difference by giving a helping hand. Volunteer with Better at Home today!

- * grocery shopping
- * coffee chats
- * transportation to medical appointments
- * phone check-ins

Contact 250-505-6717 for more information.

COLOURING CONTEST!

Pick up your April page at East Shore Art&Wellness for a chance to win a gift certificate to a local cafe of your choice.

MAINSTREET

OFFICE

DESK

Box 140, Crawford Bay, BC, V0B 1E0
Editor: Dee Gilbertson (since 2023)

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**Destiny Bay Grocer - The Lakeview -
Gray Creek Store - Green Bubble Co -
Crawford Bay Market- Seena Bees Soap
Shop - East Shore Art&Wellness**

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Notice of Passing



With heavy hearts we announce the passing of
**Reuben
James Johnson**

A true Kootenay kid, Reuben James

Johnson will be laid to rest in Gray Creek, BC, on the lake, amongst the forest and mountains that were his home. Those who were close to him knew how deeply he cared for his friends, and how fiercely he loved his family. Reuben's true passions were mountain biking and making music. He was a talented craftsman, a steadfast friend, and a surprisingly good cook. He is survived by his younger brother Bruce, his mother Margaret, Sean his stepfather, and his father Dean, his grandmother Eveline, his partner Savannah, and his unborn son Bentley, as well as too many friends and family to mention. He will be greatly missed by many. A celebration of life will be held at a future date and will be announced when when we can give him a proper send off. Anyone wishing to make a donation in his honour is encouraged to support youth related programs and organizations.

Notice of Passing



Stevie Ann Jukes
February 19, 1956 - March 3, 2023

Stevie died peacefully at home with her family by her side. Stevie had a good life. She loved being on the East Shore. She rode her bike most of the year. She

rode to Crawford Bay every morning, carrying the products she wove to Janet's weaving shop. She loved weaving and creating beauty with colour and patterns. She paddled her kayak in the winter months when she couldn't ride her bike. She loved working in her too big garden. To her, it was just right.

Thank you to the BC medical system and the many health professionals involved with her care. We have deep gratitude for these wonderful people.

Notice of Passing

Doug Carnegie

December 30, 1933 - March 5, 2023
Resident of Creston, B.C.

Celebration of Life: Saturday, March 18, 2023 at 2:00 pm at G.F. Oliver Funeral Chapel. 225 15th Avenue N, Creston, B.C.

To send flowers to the family or plant a tree in memory of Doug Carnegie, please visit our Tribute Store - <https://www.gfoliverfuneral-chapel.com/obituary/Doug-Carnegie/sympathy>

Notice of Passing



**Gertraut Clara
"Gertie" Casemore**
1934-2023

On Monday, March 13, 2023, Gertraut (Gertie) Clara Casemore (nee Wirsig) passed away at the age of 88 years. A larger-than-life-figure, Gertie was many things to many people: a mother, grandmother, great-grandmother, friend, travel companion, accountant, and fierce defender of what she believed in.

Born on October 14th, 1934, in The Pas, MB, Gertie was the fourth child out of six siblings born to Frida and Oscar Wirsig. As a child, the family moved to Sundre, Alberta and later on to Gray Creek, BC where the Wirsig family became a foundational part of the small community. On December 29th, 1956, she married the love of her life, Harold Omar Casemore, and they had four children: Kathy, Ralph, Lori Anne, and Chris.

The young family moved to Lister in 1972, where Gertie stayed until 1996 after Harold's death in 1989. In a strange twist of fate, she had 33 years with him and 33 years without him. In 1982, she became a grandmother for the first time, and then eight further times after that. In 2012, she became a great-grandmother, and had six great-grandchildren.

For those that knew her, Gertie was a force of nature. She loved travel, conversing with her "Coffee klatsch", keeping up on the news, and having a healthy debate at any time. Determined and strong, Gertie was a supportive friend and neighbor, always willing to lend a hand (or ear) to anyone that needed it.

Gertie was predeceased by her husband Harold Casemore and son Ralph Casemore.

Gertie will be lovingly remembered by her children Kathy (Ron) Castellarin, LoriAnne (Ken) Sharpe, and Chris Casemore, grandchildren Michelle (Jesse) Lapierre, Adam (Kelsey) Casemore, Tyler (Rebecca) Casemore, Chelsea Castellarin, Casey Sharpe, Randy Sharpe, Luke Casemore, Sophie Casemore, and Aimee (Geromy) Piva, as well as six great grandchildren.

She will be fondly remembered for her quick wit, indomitable personality, and dedication to her family and her community.

A Funeral Service will be held on Saturday, March 18, 2023, at 11:30 am at the Redeemer Lutheran Church with Pastor Harry Haberstock officiating. Burial will follow at the Lister Community Cemetery, Lister, BC.

In lieu flowers, the family asks that friends make a memorial contribution to the Creston Valley Hospice – Palliative Rooms, PO Box 612, Creston, BC, V0B 1G0.

Notice of Passing:

Marie Spicer



Sadly, our dear friend and community member Marie Spicer has passed away.

She will be deeply missed by her two sons, Leif and Peter Wells, her grand-

children, River and Farley, and former husband John Wells. Marie's loving sister Sue Dionne, husband Bruce and sons Paul and Roger are also left to mourn her loss.

Marie and her dog Koko were avid walkers gracing the streets of Riondel, often many times a day. She loved going to Crawford Bay beach and wetlands, referring to it as "the biggest dog park in the world."

Marie touched the hearts of many with her witty and positive approach to life. She lived in the moment and was available when someone needed a shoulder to cry on and an ear to listen.

Marie was raised on the Malahat on Vancouver Island. A loggers daughter, her father left that industry to become a ferry boat Captain and moved the family to Gabriola Island. The ocean was in her blood.

As a young woman, Marie joined a theater group and traveled across Canada with the troupe. Later Marie's clown persona, Jeanne, would entertain many a folk during the summers at Starbelly Jam music festival. She loved to sing and recalled the words to many old songs, having spent countless memorable moments singing with her sister Sue and musical grandmother "Capi."

Her accomplishments were many.

Marie and her family moved to the East Shore from Nelson in the early 1990's to manage Tara Shanti Retreat Center, then owned by Robert Borrie, who had turned the large mansion into a bed and breakfast. The family then bought a home in Riondel, where they settled. Marie secured a position as housekeeping manager at Ainsworth Hot Springs, travelling the ferry, back and forth each day for a few years. After leaving Ainsworth, Marie went back to school and became an Education Assistant and began working in the new Crawford Bay School and some schools in Nelson.

After retiring, Marie continued working in a volunteer capacity over the years. She supported the hot lunch program, community greenhouse projects and was on the board of the Bluebell Manor.

Marie was a part of a woman's group for many years and has an extended family of friends who will miss her deeply. This includes folks all over the East Shore as well as Nelson and Kaslo.

Hers was a life well lived.

There will be a celebration of Marie's life this summer on Friday July 21st in Riondel. The location and time will be announced by the family closer to that day.

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.





2nd Annual PAC Plant Sale Fundraiser
by CBESS PAC

Join us on Saturday May 13 from 10:00am-3:00pm at the CBESS School Garden (N/W corner of main building). for a coordinated PAC fundraiser and community garden event to raise funds for identified areas of support: Hot Lunch Program, annual Secondary students travel, and Elementary music programming.

Area Gardeners! Please consider planting extra seeds or taking extra cuttings for donations as you plan your own gardens **Donations:** We are welcoming a variety of plant donations! Succulents, bedding plants, hanging baskets, potted plants, accent foliage & seeds. Donation Drop - Off May 11/12 from noon to 3pm. Kindly bring your donations to the Crawford Bay School Garden (north end of building). Drive slowly.

- Plant donations are to be stored inside the garden or in the wire fence/cage just outside the gate entrance.
- Please indicate plant variety with labels/tags and any special instructions. Invasives should be clearly marked.

- Plants requiring storage in the greenhouse should be delivered on Friday or Saturday morning if at all possible.

- Donations can be brought on the event day (May 13) before 10am

- There will be water available for plants if needed.

- Volunteers will be present on the drop off dates. If you don't encounter a volunteer, be assured that the plants will be tended to before the end of the day so the deer don't get em!

For more information: 250 505 6489 or cbess.pac@gmail.com. Thank you so much for your support!

Kootenay Lake Geothermal Project April 2023 Update
by Gord McMahon

Background: Kootenay Lake and the central Kootenay's have several commercial hot spring resorts and numerous hot spring occurrences and is recognized to have abnormally high geothermal heat flow. Research conducted through South Kootenay Lake Community Services Society saw Phases One and Two provide a better understanding of the geological attributes of these anomalous geothermal conditions. Phase Two (2022) has highlighted an area of primary interest along Crawford Creek where there is an existing hot spring (32°C). In October of 2022 Selkirk College lead a drone based Geospacial investigation using LiDAR (Laser Imaging Detection and Ranging) and Total Infrared (TIR) survey over a portion of Crawford Creek. This program identified compelling thermal anomalies over an extended portion of Crawford Creek, suggesting an active geothermal system is present in the area.

Phase Three will focus on the Crawford Creek area with more detailed follow-up of the three leads identified in Phase Two. Detailed investigations at Crawford Creek will include geological mapping of the fault/fracture systems believed to be responsible for the thermal anomalies, plus a focused geochemical sampling program. All identified seeps and springs will be georeferenced and monitored throughout the summer. Monitoring stations will also be established to measure seep and spring flow to



Yarns of a Back Alley Shepherdess
by Barbara Kuhn
It's Spring!

I am feeling inspired to sit outside and spin! It's almost warm enough to do that!

There is still a slight chill in the air, so the sunshine will just have to help me do the other things on my list. Spinning requires sitting down in a chair, and very little movement. Both feet and hands are involved, as my little Ashford Kiwi wheel has two foot peddles. I tell everyone that it's better than just one; it keeps my brain balanced!

It seems we made it through another winter. I only had to shovel off the roof of my trailer a few times. Keeping the chimney clean (it is only a 3-inch flue) took more effort but was well worth it. My tiny woodstove kept things cozy for me and my visitors this winter. I'm glad I don't have to feed it nearly as much now.

Easter is coming up. The harbinger of that season is the basket of little foil-covered chocolate eggs within easy reach on the counter at the Riondel Store. Very tempting for everyone; they are a nice small treat. Well, only if you limit the amount!

My granddaughters were talking about an Easter Egg hunt. That is something that their Kootenay Bay grandparents usually do with them every year. They get so excited finding candy and toys strategically placed in the yard behind bushes and trees. The Easter Bunny is really good at hiding things. A nice tradition.

I am asking myself about traditions these days. I don't hear of many people following anything like that anymore. I wonder what new traditions can be started to honour the way we did things in

understand the potential size of the geothermal resource. All collected data will be integrated into a multifaceted geothermal model which will help quantify the resource and support future activities including potential drilling.

Encountering geothermal fluids in the 40-80°C range, with strong and sustained flow rates, could lead to the development of a commercial-based, pilot geothermal direct heat demonstration project within two years.

Economic Development: A geothermal reservoir that yields sufficient heat content and fluid flow rates will present a range of Direct Heat applications prospective for the Kootenay Lake area, along with numerous low carbon opportunities that would lend themselves to sustainable economic community development. Cold weather climates in the northern hemisphere such as Alaska, Iceland and the Netherlands have demonstrated geothermal derived heat can sustainably grow agricultural products year-round.

Geothermal direct heat applications have expanded greatly in recent years, providing many examples of how worldwide best practices approaches can be applied in the Central Kootenay's region. Direct heat applications would provide local employment, year-round food production, economic development and a low carbon sustainable energy source.

An Open House is planned for Monday April 24 at 7pm in the Crawford Bay Hall. There will be a presentation on the project, results to date and future planned initiatives. This will be followed by a Q&A. Call Gord MacMahon (250)777-7372 for details.

the past and the way we do things now?

I suppose where we always need to start is by talking to people who practised traditions before. We can decide what we like about the old traditions (if anything), and maybe tweak them to make a new one. It would be fun to find out what people used to do to mark special occasions in their lives.

Do you have any traditions that you practice on holidays? Where did you learn them? Why do you continue to practise them?

I would love to hear from you. Please email me at barbaramkuhn@yahoo.com. Enjoy April!

CRAWFORD BAY
COMMUNITY HALL &
THE PARK FACILITIES
ARE AVAILABLE FOR
YOUR NEXT FUNCTION



email: bookings@cbhall.ca
Crawford Bay Hall & Parks Association

south
kootenay
lake
**art
connect**

A private, treed location ~ excellent acoustics ~
~ an intimate heritage space ~ and a bell !

Harrison Memorial Cultural Centre

16074 Crawford Creek Road, Crawford Bay, BC

Available for your wedding, funeral, concert,
poetry reading or art exhibit.

www.artconnect.cc

esartconnect@gmail.com

ArtConnect presents at The Harrison Memorial Cultural Centre in April...

An Unconventional Life or Dare to Dream

Featuring Noemi Kiss

& Lynn Van Duersen

Sunday, April 16 at 4:00 PM

A Classical Guitar Concert with Emma Rush

Sunday, April 30 at 4:00 PM

Boswell Memorial Hall
Spaghetti Dinner
Saturday, April 29

WEEKLY EVENTS:

SATURDAY

Dance Riondel CommCtr 10:00am
 Knitting Riondel CommCtr 10:00am
 Riondel Library 10:00am
 Boswell Refuse Station 11:00 am

SUNDAY

Crawford Bay Refuse Station 10:00am-4:00pm
 Gong Journey at KSHC 12:30pm
 A Course in Miracles Study Group 2:00pm

MONDAY

Riondel Library 10:00am
 WalkAMile/EssentialStrngth Riondel 10-11am
 Pickleball Riondel CommCtr 2:00-4:00pm
 Marque Movie Night Riondel 7:00pm

TUESDAY

TAPS Riondel Comm Ctr 9:30am
 Tara Shanti Yoga w/ Maggie Kavanagh 9:30am
 Crawford Bay Refuse 10am-4pm
 Gym Time For Kids Riondel CommCtr 10-11
 Riondel Art Club 10:00am
 Riondel Library 10:00AM
 Art History – Riondel Comm Ctr 1:00-3:00PM
 Riondel Library 2:00pm
 Karate 5:00pm
 Sweet Tuesdays Singing Practice GCH 6:30pm
 Meditation 7:00pm
 Pool – Riondel Comm Ctr 7:00pm

WEDNESDAY

Hatha Yoga w/ Melina – Boswell 10:00am
 Riondel Library 10:00am
 WalkAMile/EssentialStrength 10:00-11:00am
 Boswell Refuse Station 11:00am
 Bridge Riondel CommCtr 1:30pm
 Gong Journey at KSHC 2:00pm
 Karate 5:00pm

Alcoholics Anonymous 7:00 pm

THURSDAY

Tara Shanti Yoga ZOOM w/ Maggie 9:30am
 Riondel Library 10:00am
 Yoga Riondel Comm Ctr 10:00am
 Bingo Riondel CommCtr 1:00pm
 Pool – Riondel 1:00-3:00pm
 Pickleball Riondel 2:00-4:00pm

Many Bays Comm. Band Practice 6:00pm

FRIDAY

WalkAMile/EssentialStrength 10:00-11:00am
 Pool – Riondel 1:00-3:00pm
 Karate 5:00pm
 Seniors Games Night Riondel 7:00pm
 Gong Journey at KSHC 7:00pm

APRIL EVENTS

FREE INTRODUCTION TO BIODYNAMIC CRANIOSACRAL THERAPY

Wednesday April 12th, 5:30-6:30pm
East Shore Art & Wellness
 in Kootenay Bay
 (the old cabin restaurant)

Register with **Christina**
 seawithin@pm.me
 (250) 551-4110

Body Intelligence
 Become a Craniosacral Therapist



Kootenay Lake Chamber of Commerce
 by Herve Blezy
Annual General Meeting

The Kootenay Lake Chamber of Commerce is a diverse group of area businesses connected for the common goal of promotion and vitality of the economy of the East Shore of Kootenay Lake.

Working together to build a thriving community is about sharing ideas, problem solving, developing friendships, and belonging. We actively participate in the East Shore community. Our Chamber region encompasses Wynndel to Riondel. The KLCC has initiated and supported many community-building programs, like high-speed internet, trails, environmental projects, and celebrations like Canada Day. The KLCC has a very active membership of over fifty businesses and meets regularly.

Join us in building our community! Our 2023 AGM is being held at the Sirdar Pub this year on **Saturday, April 29 at 2:00PM**, and will host special guest speakers. We welcome new board members and hope to see you there!

Tulsa
NATURALS

Tickets **Sat April 15**
 Adv \$15 Finger Food and refreshments all proceeds to the Youth Group
 Door \$20 **DOORS 7PM Dancing!**

GRAY CREEK HALL

SPECIAL EVENTS:

- Weds, Apr 5 6:30 PM**
ESIS Fibre – Town Hall Meeting
- Wed, Apr 12 5:30PM**
Free Intro to Craniosacral Therapy
- Wed, Apr 12 3:00-8:00PM**
CBT Town Hall in Riondel
- Sat, Apr 15 12:00-4:00PM**
CBESS Auction Fundraiser
- Sat, Apr 15 7:00PM**
Tulsa Naturals Live
- Sun, Apr 16 4:00PM**
ArtConnect Presents “An Unconventional Dream”
- Sat, Apr 22**
Family Constellation Workshop

CBESS STUDENT EXCHANGE AUCTION FUNDRAISER

@ East Shore Art&Wellness (beside the ferry terminal in Kootenay Bay)

Sat April 15 12:00-4:00pm

Over 50 donors from all over the West Kootenays! Exciting items, such as but not limited to:

- Summit Cycle & Sports merchandise,
- a Kootenay Lake Aviation lake tour.
- Gift certificates to restaurants, golfing, art, hair cuts, motel/cabin rentals, and interior design consulting.
- Merchandise items such as clothing, boots, honey, charcuterie/picnic gift box, pottery, coffee, chocolates, board game, puzzles and much more!

For more info contact petraborhaven@gmail.com or 250-777-3908

- Mon, Apr 24**
GeoThermal Open House 7:00pm
- Sat, Apr 29**
Boswell Memorial Hall Spaghetti Dinner
KLCC AGM 2:00 PM
- Sun, Apr 30 4:00 PM**
ArtConnect Presents “Classical Guitar”

The Nelson Chapter Council of Canadians, Doctors and Nurses for Planetary Health Kootenay Boundary and the West Kootenay Climate Hub are sponsoring a public forum on the big decisions BC faces on further development of LNG, gas fracking and pipelines. The decisions the province are about to make will make or break BC’s commitment to emission reductions and doing our part to turn back the climate crisis. After presentations from experts, a local panel will field discussion with the audience. Local provincial politicians and candidates will have an opportunity to present their positions and take questions. A ZOOM stream of the event will be available.

LNG FRACKING PIPELINES

BC’s big decision on methane

NELSON Public FORUM

7 pm Thursday April 13 2023
 Nelson United Church SMALL DONATION