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Mainstreet Meanderings

by Dee Gilbertson, Editor
From Riondel Road to Kootenay Bay

In 2019, we moved to Crawford Bay from Alberta. The lack of rentals in the area kept us from moving here any sooner. The following year, we were lucky to find ourselves in our, (hopefully) forever, home here on Riondel Road. Now, in 2023, we are commuting daily to Kootenay Bay. For the decade or so prior to moving to the East Shore, we would visit my parents once or twice a year in Crawford Bay. We fell in love with the area, the people, the lake on these visits; however, we never actually had time to venture to Riondel, nor spent any time in Kootenay Bay, aside from boarding the ferry once to go to Nelson and Ainsworth.

I notice that the daily routine of goings-on in Kootenay Bay is slightly different than that of the daily routine along Riondel Road; different from our little homestead anyway. The birds seem to sing a different tune, the sun rises and sets just a little earlier, and the traffic involves much more noise and volume. The scent of water instead of forest, a light chatter of voices upon the wind, and much fewer chainsaw sounds.

In addition to being the location of the ferry terminal along this stretch of highway, adding to the hustle and bustle in Kootenay Bay is the exciting and much anticipated reopening of The Ladybug Cafe, and the unexpected, yet welcomed, emergence of our new family business (albeit with some homegrown roots), East Shore Art&Wellness Gallery. Kootenay Bay is a hub of activity compared to our homestead abode along the mountain. I love them both, and am grateful to be spending time in each.

Local history informs that the ferry terminal moved from Gray Creek to Kootenay Bay in 1947. Prior to that, Kootenay Bay had been settled by the Fraser family in 1912, growing a small community of approximately 25 residents, mostly ranchers and fruit growers. Having been a flag stop for paddle wheelers before that, the area seems a natural point to pause and bask in the wonder of Kootenay Lake.

Riondel Road, on the other hand, is relatively newer. My understanding (and please, correct me if I am wrong!) is that what we now travel upon from Riondel to Hwy3A, was a "goat trail". I haven't yet found the dates or exact reasons for building the road, though one can assume that as the communities grew, it was natural to connect them with roads. Not far from our home is Deanshaven, which you can read about in Dorothy's Stormy Lake, the first local history book I read a few years ago when given the set by my mom.

Who could have predicted that our home would one day be just down the road from that of Dorothy's little family home. Thank goodness we don't have to row to Ainsworth for the mail!

It is interesting to think about the history in these places we create our routine: that entire lives have been lived, viewing much the same scenery, smelling the same scents, so much in common and yet vastly different in many ways.

Last night, I had the privilege of watching Ellie Reynolds perform "The Matchmaker on the Roof" at Gray Creek Hall. I highly recommend you catch her in action when you can. The show was a remarkably impressive one-woman, musical play, written and performed by Ellie herself. The story is charming and clever, bringing forth sprinkles of tears and laughter from the audience in just the right places. In the conclusion of her performance, she notes the similarities between our ancestors and ourselves and that they often wind up being more similar to us than we may ever have predicted.

These threads that weave through time, linking our presence on the earth, are important. I am grateful to be in a place that values these threads, from one piece of paradise to the next.

I hope you enjoy the May edition of The Mainstreet.

Until next month,

D

Tribute to Kathy Smith

by Mary Donald

As a past Home and Community Care nurse on the East Shore for 12 1/2 years I would like to express my gratitude to Kathy Smith, for 'holding down the fort' at the East Shore Community Health Centre, and before that in the Riondel Medical Clinic, as our intrepid Medical Office Assistant.

Kathy started working for Dr Savoury in the mid-90s in the Riondel Clinic, and then moved to the present East Shore Community Health Centre in Crawford Bay in 2007 when it opened, along with the rest of us health professionals working at that time. Here is a photo of our last day at the Riondel Clinic that summer, with L-R: Mary Donald, Kathy Smith, Dr Ilona Grymonpre.

Kathy had her fingers in many pies, working with the doctors, and making sure everything was in place for running the clinic, making necessary contacts, updating supplies, computer entries, and helping innumerable patients with their bookings and plans over the years. And she did

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!

We would like to thank and recognize the 32 Boswellians who once again have cleaned the highway of garbage and cans, from East Shore Properties to Kuskanook Harbour. We have been doing this for the past 15 years on the Wednesday closest to Earth Day, so we can take the garbage gathered to the transfer station. We use the money raised from the cans and bottles to pay for a hamburger lunch at the Boswell Hall that we all enjoy.

- Jan and Wes Brooks

this always in such a pleasant and compassionate manner, guiding staff and patients. Kathy has a heart of gold and this came through very clearly. She was enjoyable to work with, and with a great sense of humour. To me, it is very important that the work site encourages friendliness and respect. I was always glad to see her when I walked in the door. She was the glue that held all aspects of the clinic together.

Now that Kathy has retired, I wish her all the best in her next chapter, and with enjoyment in being closer to her family and grandchildren. Kathy, you contributed much to our community and we are very grateful!

Editors Note: I spent a brief time working at the ESKLCHC, and I concur with Mary 100%! The extent of Kathy's care and kindness for this community is truly immeasurable. All the best to you, Kathy!

Frack Free BC Day of Action in Kootenay Bay

by Mary Donald

On March 27, people all over the province woke up to thousands of colourful "End Fracking" posters along busy streets and on highway overpasses in 40 communities. And locals here took part in an event at our Kootenay Bay ferry landing, joining province-wide volunteers who unfurled about 100 hand-painted "End Fracking" banners in B.C., to send a message to the public, and our B.C. government highlighting B.C.'s biggest climate problem, that is expanding LNG (liquefied natural gas or methane) projects. This "End Fracking" blitz came after BC approved yet another oil and gas expansion project: Cedar LNG in Kitimat.

Now Cabinet ministers face looming decisions on Tilbury LNG, Woodfibre LNG, Ksi Lisims LNG, phase two of LNG Canada, plus Enbridge's Westcoast Connector gas pipeline.

All of these projects would require more fracking – a highly polluting industrial practice that leaks methane gas into the atmosphere and per-



manently poisons large volumes of fresh water. LNG Canada alone would emit more carbon pollution than every passenger vehicle in BC.

But across the province, people all over are pushing back against the fracking industry, and calling on the B.C. government to keep gas in the ground.





The East Shore Kootenay Lake Community Health Society (ESKLCHS) will be hosting a Health Fair June 17th and here is your official invitation!

We are a volunteer group with a goal of supporting and advocating for the health and wellness of the residents of the East Shore of Kootenay Lake, from Wynndel to Riondel. Our free event will be taking place at the Crawford Bay school. Join us to learn more about health activities and services, and to participate in sharing information about healthy living.

The ESKLCHS Board would be thrilled if you would consider participating in our upcoming Health Fair.

Now that Covid has eased, our Society wants to showcase, with your help, the many facets of health health related programs and services available to our residents of all ages on the East Shore.

Our goals for staging a Health Fair are:

- to provide information on all the numerous health programs, resources, and activities that promote health on the East Shore.

- to attract volunteers and new members to our Society.

- to encourage young people to explore various health related careers.

We are hoping to engage as many different groups as possible and to showcase the multi-facets of health such as Physical, Social,

Spiritual, Mental, Emotional and Environmental. Some examples of our local organizations that spring to mind are: Better at Home, First Responders, Yoga, Keep Fit, Dance, Focus on Health, Acupuncture, the BC Rural Health Network, TAPs, Sound Therapy, and other groups that contribute to our community's well being.

The Health Fair will be held on Saturday June 17 at the Crawford Bay School Auditorium, from 1:00pm to 4:00pm. It is a free event for exhibitors, participants, and all attendees. A table and chairs will be provided to each exhibitor/participant. To register or if you have any questions, please contact the Health Society at eshealthsociety@gmail.com or phone Anne at 250-223- 8510 or Christa at 587-988-0477.

The East Shore Kootenay
Lake Health Society

is
planning a
local: **Health Fair**
June 17

and invites interested
parties to contact them at

eshealthsociety@gmail.com
or
250.225.8510/587.988.0477



Starbelly Jam Music Festival is Back!

by the Starbelly Team

This will be the first festival after COVID, and we all know how the isolation left people and communities feeling. We are revving up to bring back Starbelly's magical energy to the East Shore!

Starbelly Jam is a special festival: great entertainment, great food, great people, lots of happy kids and room to play. We've deliberately steered the festival away from getting too big or becoming too crowded. This festival's success is all about the celebration of life through music, friendship and having a fun time for all, in a safe and secure environment. Not too big and not too small, this is a "just right" festival Goldilocks couldn't help but love!



Yasodhara Ashram Take Part in Celebrating 60 Years!

Yasodhara Ashram turns 60 this year! How remarkable to think that one of the most enduring yoga centres in North America and one of the first in the world to be founded and led by western women is right here on the East Shore.



The Ashram's philosophy is encapsulated by the Temple of Light, which locals have grown accustomed to seeing from the ferry crossing Kootenay Lake. The Temple's eight doors symbolize how the Ashram welcomes people of all cultural and religious backgrounds, ages, genders, sexual orientations and walks of life to experience transformation and healing from the land, teachings and community.

While it can sometimes be easy to overlook local places of interest, Ashram President Swami Lalitananda extends a warm invitation to East

Shore residents to come experience one of the Ashram's onsite or online retreat offerings during its 60th anniversary year.

"We are deeply grateful to be part of the East Shore community and we would be delighted to see local residents at the Ashram this year," says Lalitananda. "I would like to make a special invitation to the younger generations to come for Karma Yoga (selfless service) and be part of our more sustainable, compassionate way of life."

For those interested in visiting the grounds including the majestic Temple of Light, the Ashram is pleased to offer guided tours this year every Saturday at 2 p.m. starting on May 13th all the way through October 21st. There will also be an opportunity to peruse the Ashram Gift Store as part of the tour.

The suggested contribution is \$10. Registration is not necessary - feel free to drop-in at these times. You will be met outside of our Welcome Centre at the front of the Ashram.

How remarkable that six decades after Swami Radha started the Ashram, hundreds of people every year continue to experience well-being and transformation from its on-site and online programs. What a great time to discover (or re-discover) the Ashram on what promises to be a very special year.

Yasodhara Ashram

527 Walker's Landing Road, Kootenay Bay
yasodhara.org



Children under 12 have always been free, and that's no exception this year! Starbelly gives local children a chance to see the world in a safe container, expanding their minds, ideas, compassion, creativity, and so much more. In a world where tiny screens and dopamine-dispensing algorithms are being shoved in the faces of our youth, Starbelly offers a safe space where multiple generations can come together, laugh, dance, sing, and play. To say Starbelly is 'Family Friendly' doesn't nearly do it justice. We are Family CENTERED.

Get your tickets through our website, or apply to volunteer for your chance to attend the festival for free! We are incredibly excited to see you on the dance floor!

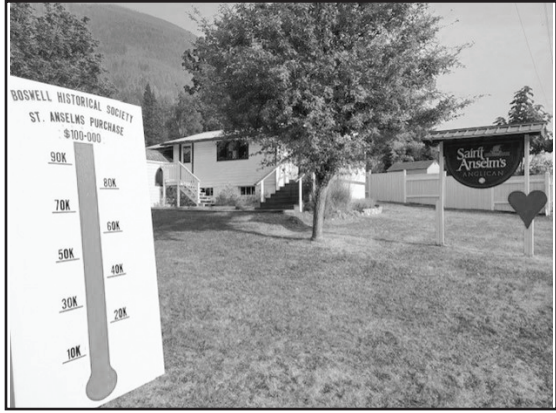
Love, The Starbelly Jam Fam

NEXT DEADLINE
WED MAY 24

An Update on The Heart a gathering place & Invitation to Mother's Day Tea

by Boswell Historical Society

Since completing the purchase of the former St Anselm's Anglican Church last October, the Directors of the Boswell Historical Society have been meeting regularly at The Heart a gathering place and working hard on grant writing and fundraising activities to enable upgrades to the lovely Pan-Abode building. For example, re-



cently received support from the Columbia Basin Trust Resident Directed Grants Program, together with monies generated by Wes Brooks' fabulous Sports Pools, will now permit us to replace the worn and dated flooring. Contributions received in honour of Kay Epp and The Creston Valley Gleaners Disbursement Grant program have contributed significantly towards the funds needed for the construction of an external storage shed and Community Cupboard that we hope to have in place in the coming months. With support from Columbia Basin Trust, and in partnership with Warren Clark, our resident graphic designer and artistic guide, and the Ktunaxa Nation Council (Traditional Knowledge and Language Sector) and Language Sector, we will soon be installing an Honour Wall in our front entrance and constructing new external signage over the summer.

Community service is a guiding principle for the use of The Heart and honours the history embedded in the tiny St. Anselm's Boswell Church since its founding by the Anglican Diocese. Our commitment to maintain service to the community and to celebrate our local history resulted in critical funding from the Columbia Basin Trust, the RDCK, the Nelson and District Credit Union, the Kootenay Lake Lions Club, and our many other donors to support the purchase of the property. While the building was officially deconsecrated by the Anglican Diocese of the Kootenays on October 7, 2022, we plan to support a wide variety of programs that promote health and well-being. The aim is to create a comfortable, welcoming, and inclusive place that

fosters connections and relationships that contribute to quality of life for East Shore residents. To this end, the Boswell Historical Society is supporting the use of The Heart for weekly practices by the recently formed service choir – The Heart to Heart Singers. Future planned initiatives include a caregiver support group and a monthly food distribution program using our proposed Community Cup-board as a collection site. East Shore groups or organizations who are interested in using The Heart for their community focused gatherings are welcome to contact the Boswell Historical Society for information and availability. Our lovely property will soon be available for small family gatherings and celebrations, and is an excellent setting for small musical performances.

We hope you will join us at The Heart a gathering place on Sunday, May 14 from 1:00pm – 4:00pm, for our annual Mother's Day Tea and Celebration of Local History. This year, in addition to celebrating the many mothers in our midst, we are honouring the memory of Barb Basaraba, Linda Brown, and Kay Epp - three wonderful women and Boswell Historical Society life members, who were lost to our community during the past year.

We encourage you to share your vision for the use of The Heart a gathering place and would welcome you to our Board of Directors should you wish to join us. Boswell Historical Society Board members (2023): Karen Arrowsmith, Neil Arrowsmith, Margaret Crossley, Irene Bischler, John Purdy, Yvette Schenkel, Rolly Trenaman, Tom Wishart



Crawford Bay Hall Board News

by Leona Keraiff

We are organizing a Crawford Bay Community Park Clean Up Day for Saturday May 27 at 9:30am. Suggested improvements are painting the pavilion, weeding the beds at the Community Corner, painting the merry-go-round, raking, trimming, rototilling the playground sand, and general tidying. Please join us and bring any tools you can. Don't forget snacks and water!

The sturgeon release due to take place this month at our Boat Launch has been cancelled. Speaking of the Kootenay Bay Boat Launch, our policy is as follows:

NO commercial or heavy-duty industrial use of this facility without permission directly from the Crawford Bay & District Hall & Parks Association, reached at info@cbhall.ca.

The sign stating the above has disappeared and will be replaced. The concrete ramp, in its present condition, cannot withstand commercial or industrial use.

SPRING SALE TO SUPPORT OUR ASSOCIATION

During Covid-times, our association received a few boxes of unexpected small(er) donations, including some interesting collectibles. To turn these items into funds to support the work we do, we will be hosting a Spring Sale. It will be held at the Community Corner building in the Crawford Bay Park on Sunday, June 4 from 10:00am to 2:00pm. There will also be some annual and perennial plants for sale, possibly books, and whatever else turns up in the next month. Do you want to join us? Table rental will cost \$10. If you are interested, please contact Susan Hlland at shlland@cbhall.ca or 227-9387. You can also check out our Facebook page [@crawfordbayhall](https://www.facebook.com/crawfordbayhall).

After reading 'Tom Sez' in the April issue I was struck by a scathingly brilliant idea! Tom mentions wedding dances being held in the Crawford Bay Hall, where 'the bride's shoe was passed around to everyone for contributions'. Perhaps some of you recall stories of your grandmother's shoes being passed around? If so, please email me at lkeraiff@cbhall.ca, as I would love to share your "Memories & Musings".



Helping Communities Thrive

by Brittny Anderson
MLA, Nelson-Creston

Despite the challenges that the pandemic had on our businesses, com-

munities, and our province, BC bounced back quickly and continues to have one of the strongest economies in Canada. The result is a one-time budget surplus of over \$5 billion from the last fiscal year. It is an advantageous situation for a government to be in.

A large portion of that surplus will go to a program that is close to my heart, helping rural towns and cities thrive. The Growing Communities Fund provides \$1 billion in grant money to help communities across our province deliver infrastructure projects to ensure they have the resources in place to support people.

There are now over 5 million people living in BC and many of the new arrivals are coming to the Southern Interior. BC is known for having one of the highest standards of living in the world. People are flocking here for the beauty and opportunity, and who can blame them?

The secret is out, people are coming to the Kootenays because it is such a marvelous place to live. Take Kaslo as an example. Locals know it is one of the prettiest communities in Canada and now, it's also among the fastest growing in our region. To help Kaslo accommodate the influx of new residents, the community will receive \$919,000.00

from the provincial Growing Communities Fund. This represents almost 20% of Kaslo's annual budget. That infusion of cash will go a long way in helping the village meet locals needs.

The Regional District of Central Kootenay (RDCK) will get over \$4 million in grant money from the same program. Finance Minister Katrine Conroy and I personally delivered the news to RDCK chair Aimee Watson, and she was thrilled. This is a difficult time to be in local government as our communities grow and adjusting to that growth is expensive. Our government designed this fund to equitably help communities manage their growth, invest in infrastructure, and make communities across BC even better places to live.

This investment is a solid one because it's local elected officials and staff on the ground who know what's most needed for their towns, cities, and rural areas. They know best how the funds can help their communities thrive. When presenting the latest budget, Premier David Eby said that "putting resources where they are needed, when we have the ability to do it now, is important," and I couldn't agree more.

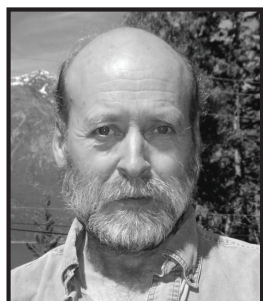
All 188 towns, cities and regional districts in BC are receiving these grants. I worked in local government for nearly three years in Creston, Cranbrook and at the RDCK, then served on Nelson City Council for two additional years before being elected as your MLA. That gave me an understanding of how difficult it is to balance budgets and still deliver the services people need in their growing communities. It's

Continued on page 5...

Continued from page 4...

a tough balancing act and this funding will help them do it. This money will address infrastructure and amenities needs, such as affordable housing, road improvements, childcare spaces, and anything else where the need is identified by local elected officials.

Like I said from the start, it is an advantageous situation for a government to be in, and we are making the best of this opportunity by investing in communities and people across the province.



RDCK Area A Update

by Garry Jackman
RDCK Director Area A

Grants: continued from last month

I have received quite a few questions recently about grant streams. Some federal or provincial streams, plus some run through agencies used by those governments to hold and disburse funds, are open directly to many types of organizations ranging from local government to not for profit organizations. Other funding opportunities may be restricted to local or Indigenous governments. This month I will go into the two main challenges when various groups come to the RDCK and ask for an application to be made on their behalf in order to be eligible. The first issue is capacity within your local government staff and the second is timing between grant program announcements and the submission deadline.

Staff are in place to manage the ongoing grant streams within RDCK services such as funds allocated to libraries or cemeteries, funds allocated through recreation commissions or the discretionary and community development funds. In addition to managing some of those grants, one key staff person is also responsible for managing major funding sources such as those funds flowing from Columbia Basin Trust each year and the funds flowing from the federal government formally known as “gas tax” funding. Each RDCK department also looks for appropriate funding streams to support services they provide, a few examples being recreation infrastructure grants or funding sources targeted at environmental projects such as diversion of organics from landfills.

But when unique requests come in looking for support for a community society (based on eligibility criteria), these need to be looked at on a one-off basis and will fall onto the desk of administrative staff who have substantial ongoing annual workplans. The more work the society does in advance of coming to the RDCK, the easier it will be for staff to determine if this work can be fit in to meet time constraints set by the funding organization, plus whether the work being displaced (while they prepare the one-off grant application through the RDCK) can also meet its own time constraints (such as a report making a particular meeting date, or a public presentation being prepared in time for an engagement session).

Many provincial granting programs have advance notice (for example, of spring or fall intakes announcements) but the final criteria for eligibility might only be published a few weeks prior to the submission deadline. Municipal councils tend to hold meetings where they can approve requests and direct staff every two weeks. Due to the size and complexity of the RDCK, our decision-making Board meetings are only held once a month and our target for publication of our meeting agendas for public scrutiny is one week prior to each meeting, leaving a window of opportunity of only a few weeks which may not align with the application deadlines. So, the key is having information as complete as possible in writing when approaching RDCK directors or staff with requests of this nature.

Recently the province announced a new “Growing Communities” fund which implied very wide-ranging criteria to assist growing communities meet their challenges in service delivery. Shortly after the announcement I received a few emails plus one handwritten letter letting me know various local organizations were looking forward to tapping into these funds. Now that we see the details from the province there are of course some fairly specific criteria attached to the funds. We see that every incorporated municipality in the province received funds directly, with a baseline of \$500K and additional funds based on population. These communities have populations ranging from a few hundred to a few hundreds of thousands, so the smallest communities received the greatest per capita funding. The regional districts also received a base fund of \$500K (across a total population of about 62,500 residents, or \$8 per person) plus 3 per capita allowances; one for total population, one extra allowance for rural base population and the third for rural population growth between 2016 and 2021, which was substantial for Area A.

The net result, however, is a much lower total amount of funding going towards residents outside of incorporated municipalities, especially when you compare the 6 villages in the RDCK, each with considerably smaller populations than Electoral Area A. Councils for incorporated municipalities have discretion over use of their funds, but the RDCK Board appointees also have a say in the use of the RDCK funds. So, my message here is to not have very high expectations as to how far these funds will stretch into our rural areas. We have not yet had the debate on funding allocation, but I will let you know how the discussion turns out.

Volunteer Week

As I am writing this article, we have just passed volunteer week. In our rural areas it tends to come and go with understated recognition, perhaps because so many of our community champions by nature are quietly doing what they do well, content to be relatively unnoticed. I want to say that I do notice your contributions and sincerely thank you. As I have said many times, we could not possibly provide good governance in rural areas, with our many small clusters and related services, without the input and support of volunteers. I also truly appreciate those volunteers who dedicate many hours to reviewing the mass of applications for the annual Columbia Basin Trust Resident Directed funds.

I know it sounds like a broken record, but local

government can always benefit from more volunteers. We finally have enough residents who have stepped up to reactivate the Advisory Planning and Heritage Commission, but more broad representation across Area A would be preferred. Similarly, the Riondel Commission of Management, Rec 9, Economic Development, Sanca water commission and other groups are active but if you are interested in joining a group, please do let me know.

Climate Action Plan

Right at the end of the climate action plan review, we received a huge surge of interest. As I am typing now, the most recent comment I received was 18 minutes ago. That one happened to be in support, while some others are generally opposed, and a few have mixed viewpoints. Based on the input right up to our Board meeting last week, we are extending our public engagement period, likely until some time in July, with it coming back to the RDCK Board in August. I am trying to get one East Shore face-to-face meeting, plus one in Creston for residents in the southern portions of our area. Stay tuned.

As I read the various comments, I see many residents are not aware of some of the very practical measures already underway to save money in service delivery which also dovetail with the ‘climate actions’ promoted by the province and feds. Heat recovery from ice plants to warm an adjacent swimming pool reduces your power consumption at rec centers. Organics diversion to remain within a more economical mode of operation for the Creston landfill site reduces your future operational costs at the landfill, while also reducing the risk of fugitive methane release. Shifting recycling from the heavily taxation-subsidized depot system to the curbside or blue box system, where more of the costs are born by RecycleBC, reduces the taxation subsidy to what is promoted in BC as a supposedly “free” recycling system, putting the onus on your prepaid eco fees on consumer goods as the primary funding source for recycling costs, as opposed to property tax subsidies as required under the provincially-mandated system of using collection depots, where rural communities had previously been deemed to be ineligible for the blue box system. Note statistics across the province suggest the total volumes recycled improve when the curbside blue box system is in place, increasing diversion from landfills and thereby extending the life of the landfill (further future tax dollar savings). These actions are all aligned with provincial and federal climate actions.

When we do receive additional public feedback, I will be looking for where residents have better ideas than those proposed to be explored over the life of the plan, which is not a fixed template but rather a series of paths to consider following as they make sense and as they will be effective for our communities.

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.

NEXT DEADLINE
WED MAY 24



Tales From Shprieland

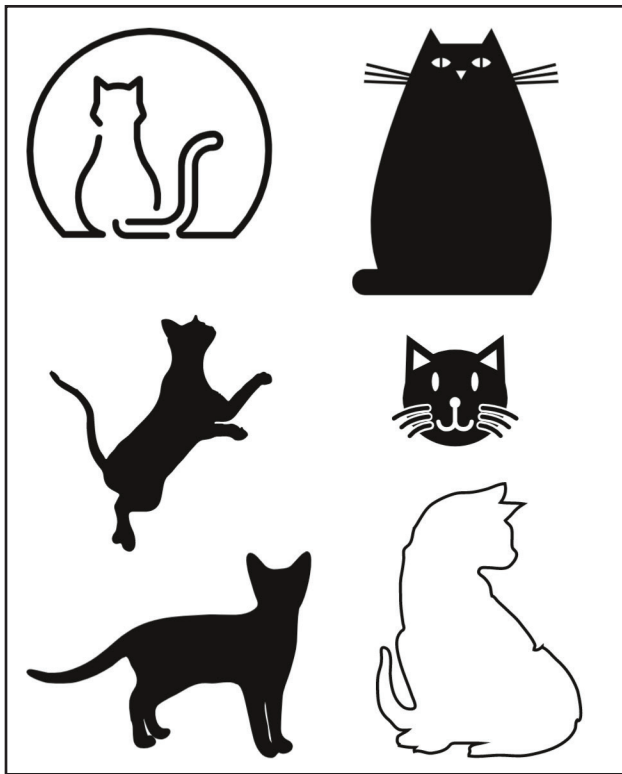
by Heath Carra
Shprieland Studios
www.shprieland.com
Good Catch

The word ‘cat’ is short for ‘catch.’ When cats first domesticated humans, this is what people called them - catches, because clearly we’d been caught.

Catches caught humans shortly after the invention of farming. Farms were giant lures for rodents, and once this new human invention was firmly infested, the catches started slinking by to see what all the commotion was about. To the typically hard-to-impress catch, farms were like dinner theatre. They were a smorgasbord of squeaky deliciousness paired with bumbling human pantomime. The catches were intrigued. What’s more, they’d spied the real prize to be caught - people.

Inscribed potsherds from ancient Egypt tell of a powerful catch named Pouncer, who once caught a Pharaoh called Narmer. This Pharaoh had a son, a rug-rat he called Hor-Aha, and as Hor-Aha was taking his first steps across an oryx skin on the palace’s limestone floor, he was pounced upon by Pouncer. Queen Neithhotep laughed and clapped her hands with delight. “Look at the cute kiddy catch!” she cried, and the proud purring thing stood on the toddler’s back, kneading it with its claws while the child began to work up a healthy wail.

Over the millennia, the catches have continued their campaign against us. They pounce into our lives by surprise, and they take their time toying with us, savouring the cat-and-mouse game we play. They’re tickled by how clever we



think we are. And clever we may be, but we’re still easily outmatched by the catch’s cunning.

Once you realize that our catches consider us as caught, it’s easy to see that the term ‘cat-owner’ is an oxymoron. Cat-owned is more like it.

With the rise of “civilization,” we clever humans have imagined ourselves as outside of the animal kingdom somehow. This is nonsense, of course, and it’s generous of our catches to remind us of this. Throughout the rest of nature, the sort of relationship we have with catches is known as mutualism. It’s a symbiotic relationship where both species benefit from their interaction. In this case, the catch receives shelter from the elements, protection from hungry marauders, frequent grooming, and first right of refusal on the vast assortment of cuisine humans have to offer. In exchange, humans gain meaningful labour.

I’m sharing this with you today because I currently find myself as the unfortunate squeaky plaything caught in a tug-of-war between two jealous catches. Neither likes the other, but both consider me theirs. I am the disputed territory between two fuzzy and mewling despot nations.

One of them likes to lay on top of me while I’m sleeping - pinning me in place and smothering me as an exercise of her authority. I’m a catch throne. I’m a human summit that the catch climbs simply because I’m here. She plants herself on top of me and switches her tail like a flag snapping in an alpine gale,

The other one isn’t quite as obvious about her dominance. Instead, she rolls upside down and stretches in a way that triggers my reflexive “Awww!” response. This is the hook, or more accurately - the claw. Cute behaviour like this is just people bait. This is how she snags me. But once caught, she likes to play with her prey for a bit. She pretends to chase a piece of string with a knot tied at the end, but really, who is playing with who here?

If I pretend to swat at it, the catch thinks to itself, I can make the human run around the room with it, acting like an idiot. There, look at him go!

But I’m onto their manipulations. “Listen, catch,” I say. “You can’t treat me this way. I have boundaries.”

“Boundaries meowndaries,” the catch yowls back.

I’m easily chagrined by the catch, so to atone for standing up for myself, I scratch her behind the ear and ask if she’d like more num-nums. “Good catch,” I say. “Good catch!”

She grins at me with satisfaction. Good catch, indeed, she thinks, and she pushes her head back into my hand as her feline chuckle comes out in a purr.



Thoughts From the Frog Pot

by John Rayson

CANADA: A CHANGING SOCIETY

Demographics is defined as the statistical data relating to a population and groups within it. Sounds like a rather boring topic but in fact, demographic statistics are used to manipulate us on a regular basis. Just think, advertising [and of course, not one of us are influenced!] uses population demographics [age groups] to target what we, as individuals, should buy. Have you noticed recently how much advertising is directed to items that a certain age group might use, for example panty liners, adult diapers, hair colouring etc. I am not even going to comment on the amount of drug advertising, with the instruction “ask your doctor”, assuming you have one.

It is not by accident that these specific items are targeted. However, our politicians and leaders should also be using demographics and demographic trends for future planning. We elect them but don’t wish to spend our individual tax dollars to plan for the future, unless we ourselves are going to directly benefit. Please note that the problem with family physician access did not

occur suddenly, but developed over many years, as are the other issues surrounding us.

Last month, I discussed the lack of family physicians, a lack directly related to the aging of our population, and the number of people over the age of 65 with increasing chronic illnesses requiring regular care. Canada presently has 20% of the population over the age of 65, a group expected to rise to 25% by 2035. If one looks further into the data [demographics], we find the country in the world with the greatest percentage of “baby boomers” [those born between 1946-1954] is Canada. Guess who is now well into the over age 65 group? We discover the fastest increasing age group in Canada are those over 80. Please note, 15% of this group suffers from Alzheimer’s disease. How is our society going to care for them? During the same time, the birth rate in Canada has fallen to 1.5; replacement being a birth rate of 2.1 [Birth Rate is defined as the number of live births per thousand of population per year]. I think that those of us who are grandparents are fully aware

of the falling Canadian birth rate. We are not replacing ourselves.

The result of the above trends is an aging population with a falling birth rate. That means less people working and paying taxes to support the over 65 group; that is our reality today. Presently, approximately 3 people are working for each person retired. In the past the number was 10 people working for each one retired.

Canada, in the meantime, is one of only two countries in the world that has embraced immigration as a solution to our problem. We have developed a system of immigration based on enlightened self-interest: self-interest: i.e. it will help solve our problems and, hopefully, maintain our standard of living. I will discuss world demographics and immigration in Canada more fully in subsequent columns.

When considering retirement ages and pensions, we should realize that the age of 65 for payment was set by Kaiser Wilhelm in Germany in 1881. The average life expectancy in 1881 was about forty. Canada started Old Age Pensions in 1927 at age 70, with a means test. Life expectancy was then 61. By 1965, Old Age Pension entitlement had fallen to age 65, with the average life expectancy in Canada of females being 73 and males 67. Today, the life expectancy in Canada is 84 for females and 80 for males. It seems that we might be facing a problem in funding our Old Age Security system.

Think about it.





Rooted in Health

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

Bees are the most important and efficient pollinators, crucial to human nutrition and survival by ensuring we have plant foods on our table. On top of that, bees gift us with nutrient rich medicines and superfoods.

Honey has been used as medicine for thousands of years in every corner of the globe. It is anti-inflammatory, antimicrobial, antioxidant and nutritive. It is an amazing wound healer, throat and cough soother, infection fighter and a superfood for general weakness. It is also delicious and helps make medicinal herbs a bit more palatable. Honey combined with medicinal herbs will ensure proper delivery, driving the medicine deeper in the tissues. Ayurvedic medicine has recommended honey to be used in this way for over 5000 years, claiming that whatever plant medicine you take, taking it with honey will make that medicine much stronger. Now we know why. Due to its impressive carbohydrate properties, our bodies assimilate honey and the plant medicine taken with it at a very efficient rate.

The best part is that combining honey and herbs is super simple, and a wonderful way to make your own, tasty medicine.

HERBAL INFUSED HONEY:

In a jar, layer either wilted fresh or dry herbs with unpasteurized honey. Flip the jar once a day (upside down for one day, and back up the next day), and in two weeks your medicine is ready. Take two teaspoons 2-3 times a day. If

adding to tea, make sure the tea is no warmer than 37°C. Higher heat kills all its enzymes and much of its medicinal properties. This is the reason to always avoid pasteurized honey.

For better sleep, use lavender flowers, and add the infused lavender honey to chamomile tea. For wounds or sore throat, use thyme. For colds and flus, use holy basil, lemon balm, elderflowers or just stick with thyme.

To make the medicine even stronger, specifically for colds, flus and sore throats, add 40-50 drops of propolis tincture to your daily dose. In Greek, pro is before, and polis is city, literally meaning “before city”. The bees make propolis from tree resins and their own saliva. They craft this mixture into a protective wall in front of the entrance to their hive, also to coat the honeycomb cells before the queen lays the eggs, and to clean off any bacteria they might have encountered while out and about collecting pollen.

We too can use propolis as a protector. Propolis is a strong anti bacterial, anti fungal and anti viral. Taken internally, it’s best as a tincture. The tincture needs to be a 1:3 (ratio of propolis to alcohol), and the alcohol content between 75-85%. So, check the labels before purchasing propolis tincture.

Another gift from our little friends is bee pollen, a true superfood. It contains 22 amino acids, 18 vitamins, including all the B’s, 25 minerals, including iron, 59 trace elements, 11 enzymes, 14 fatty acids, which makes bee pollen 25% protein. There are also endorphins, the “feel good” plant hormones!

You can add a tablespoon to your morning smoothie, or make a bee pollen cold infusion, by adding ½ -1 tablespoon of bee pollen to 1 cup of filtered water, and let it infuse overnight. In the morning, strain and enjoy. It makes a

golden infusion full of live enzymes, protein, vitamins, minerals and fatty acids to start off your day. The infusion is recommended for best absorption.

For deeper healing, you can mix this golden infusion to any of your herbal teas, but make sure the herbal teas are cold. Bee pollen should never be heated over 27°C (10° lower threshold than honey). I love the quick jar method for infusing herbal teas and having them on hand in my fridge. Add your herbs (2 teaspoons per one cup of water) to a jar, fill it with boiling water, close the lid and let it infuse overnight. For a rejuvenating tea, a combination of nettle, rose hips and alfalfa is a wonderful way to start your day. Adding a bee pollen infusion makes it a powerful elixir. Bees use bee pollen as brood food, so best not to over consume it. Treat yourself for a couple of weeks per year but avoid using it as a regular daily routine. Bee pollen granules should all have similar size. If you see smaller pieces, or even powder on the bottom of the package, the bee pollen is old.

A quick note on royal jelly. Due to the decline in bee populations, its best to reserve this medicine for what the bees intended: food for the queen. We have plenty other options. Let’s keep the queens happy and fed.

Honey is not safe for diabetes and candida albicans overgrowth. Propolis is not safe with chronic low blood pressure, and anticoagulants (aspirin is OK). Bee pollen can lower blood pressure. All bee products are not safe for newborns (under 12 months) and bee venom allergies.

Bees are amazing and deserve deep respect. If you use bee medicines, local is best. Please do your research to make sure it is ethically harvested and properly prepared. Bee medicines are gifts. Let’s treat them with gratitude and reverence.

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.

A Stitch in Time

by Cherry MacLagan
ESHS Volunteer

Recently, a friend of mine had a container shipped out from the U.K, and he happened to have some extra space for some things of mine that had been left to me by my parents, which since their deaths in 2007 and 2015 had been kept in storage in England. None of these things are very large, or have much monetary value, but to me they are real treasures and with them come memories of both my dear Mum and Dad.

One such treasure is my Mum’s old Singer sewing machine, which was what one of my brothers taught me to sew with in my youth. My Mum was never much of a seamstress, as her time was filled with raising her four youngsters and looking after her mother full time in her failing years, but she did do lots of mending, altering, and patching of our clothes that were often torn, handed down or wearing thin. I so vividly remember her saying that ‘a stitch in time saves nine’ and, like her, my sewing skills have been predominantly directed at fixing things that need mending versus creating new.

This made me think of the article that Maggie wrote for the February edition of the Mainstreet, in which she reminisced over the sorting of her parents-in-law’s belongings. My parents were keepers of just about anything that might be able to be re-used, and they valued absolutely everything they owned after the Second World War, when there were such scarcities

throughout Britain. This included things from my dad’s old leather shoes that the soles had worn off, as the leather might come in handy for some other use, to chests of their parents’ belongings, some of which we could only guess as to their use. Like Maggie and her husband, my siblings and I went on an emotional roller coaster when we embarked on sorting our parents’ things. We shared tears and laughter and found many forgotten memories along the way and were reminded of how much we had to be thankful for.

Time stands still for no-one, so we should learn to treasure every moment and value the things we have. I have inherited my parents’ desire to make things last as long as possible and to hold onto the meaningful things in my possession, whilst letting go of those that simply add clutter to our lives.





Smarter Than Jack or Jill

by Sharman Horwood
Highway to Love

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

It's early in the year, but bears are starting to emerge from their dens, cold and hungry. In Creston, a woman spotted the fresh tracks of a large bear, and in Trail, a yearling cub was spotted high in a tree. They're back.

Bears are large and strong, and they are smart. According to PBS' *Nature* (June, 2008), bears are "considered by many wildlife biologists to be one of the most intelligent land animals of North America." They also have the most developed brains: bears "possess the largest and most convoluted brains relative to their size of any land mammal" (PBS, *Nature*, June 2008). Black bears have good navigation skills, better at finding their way than humans. These bears also have excellent long-term memory. They have to locate and remember where to find good food, and when it will be ready for them to eat. According to the Psychology Department of the University of Tennessee, bear cubs' skill "to form mental maps and remember locations may exceed human ability" ("Bear Intelligence," The Mary T. and Frank L. Hoffman Family Foundation online). Polar bears, for example, need to remember what the ice is like below water as well as above to hunt seals.

In order to understand just how smart bears can be, consider how well they are learning to coexist with humans. Garbage dumps are apparently simpler than scrounging food that hasn't yet matured in spring. Until fruit develops, and insects grow their larvae, bears get calorie rich food from what we throw away. Being omnivores makes bears smart. Grizzly bears, for example, have a wide variety of food: roots, bugs, carrion, deer, moose, elk, deer, salmon, shrubs, berries, and beehives (*A-Z Animals*, Maxwell Martinson). According to *A-Z Animals*, 90% of bears' diet consists of vegetation. Last year, early in the spring, by the side of the Riondel Road, a cinnamon-coloured black bear, about two years old, was tearing up

the new grass, tossing it in the air, and munching on some pieces. The young bear was playing, enjoying the sunny day while foraging for food.

Grizzlies, polar bears, and Kodiak bears have to be adaptable in order to hunt. Grizzlies are known to stalk their prey, which takes planning and forethought. Not all hunts are successful--nor are they for humans--but these large bears do need to be able to plan ahead. Their experience has taught them to imagine--and plan--the best way to attack a large animal, like caribou. Otherwise, they wouldn't survive.

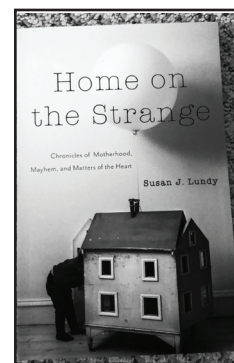
Black bears have been known to use tools. In one video clip on Facebook, a bear used a clothesline to reach a bird feeder full of rich seeds. The bear climbed up a tree, placed a forepaw on the top line, and its feet on the lower line. It then sidled out to the birdfeeder, ate until nothing was left, and then retraced its airy steps back to the tree. In Alaska a brown bear was observed picking up a rock and using it to scratch its face (CBC *News*, Shannon Quinn, Aug. 22, 2014). Bears regularly use certain trees to scratch away their winter coat, and the pests irritating their skin. At the Washington State University Bear Research Education and Conservation Center, researchers went a step further. They hung a glazed doughnut up out of the reach of a group of grizzly bears. Then the scientists placed a tree stump under the doughnut to see if the bears would use it to reach the sweet treat. If they did, then the researchers would push the stump over on its side, and roll it away. They wanted to see if the bears would try to move it back and use it again. A nine-year old bear named Kio did exactly that (CBC *News*, Shannon Quinn, Aug. 22, 2014). If the stump wasn't available, she would move a plastic box instead that was easier to manipulate to get to the doughnut. The researchers, by the way, did point out that doughnuts were not the bears' usual diet: "We do give sweets as special treats, but not as a major part of their diet."

Bears will go to extreme lengths, though, to get something sweet. Recently in Earl's Cove, B.C., a black bear broke into Sharon Rosel's car. She was storing cans of pop in the car. At about three in the morning, Sharon's dog started barking, loudly. When she looked out the window there was a bear outside beside her car. The bear smashed her car window. The animal started taking cans of pop out of the

car, starting with Orange Crush. According to KCRA *News* (posted online), the bear drank 69 of the 72 cans of pop stored in the car. (Cars are not safe places to store food - bears are strong.) The animal didn't crush the cans. It pierced them with its teeth and then slurped the pop out. The bear figured out how to get the pop out of the car, and then the best way drink it from the can.

In 1981, according to Parks Canada, 83 kilometres of the Trans-Canada Highway that passes near Banff was upgraded. Fencing was added on both sides of the highway to reduce the risk of vehicles colliding with local wildlife. To improve the situation, overpasses and underpasses were added for the animals to use to get from one side to the other. Although slow to start, both black and grizzly bears found the crossings useful, according to DNA studies. Although "most of the bears using the crossings were too young to breed, the new study found that almost half of black bears . . . and almost 30 percent of grizzly bears . . . bred successfully" on the other side of the highway (CBC *News*, Emily Chung, Feb. 18, 2014).

Bears are proving to be smart and quite adaptable, using human technology as well as tools in order to feed themselves. In addition they will use these opportunities to find mates.



Book Review

by Tom Lymbery
Home on the Strange

by Susan J. Lundy
Heritage Publishing
\$22.95, 185 pages

I never thought I would read a book about a lady raising two daughters, recording everything they said from the earliest age, to adulthood, much less write a book review about one, but here it is! Her daughters, Danica and Sierra are just two years apart in age, close enough that their mother could keep track of them easily. They lived on Salt Spring Island, one of the Gulf Islands on the western BC coast, so she was always catching ferries to take her girls to swim meets and soccer games.

She bought and believed most of the books on motherhood, but fell behind when the book said that children should know about sex by the age of 2, as she didn't get on with it until Danica was 5.

My wife, Sharon, found a convenient way to discuss this delicate subject with our son and daughter. She drove, while they sat in the back seat of our 1957 Chev. With no eye contact, all three were able to discuss virtually everything that came to mind, and this continued for some years. If you are looking directly at someone, you are hesitant to ask questions that could be vital.

Susan Lundy got her two girls through high school and college. When they were settled with professions and employment, she met a new partner. He was different from her first husband, as they always argued extensively, and he left it all to her to bring up the girls.

She found she was much more in love with the new man, so she married a second time at the age of 49. The divorce was amicable so they continued to visit with all of the relatives on both sides of the family.

Susan Lundy writes a very readable book for your bookshelf. She also wrote "*Heritage Apples*" (Touchwood Editions), which we have on the shelf at Gray Creek.

Kootenay Lake Ferry Schedule - check DriveBC for updates

The summer schedule is generally in effect from the third week of June until after the Labour Day weekend.

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

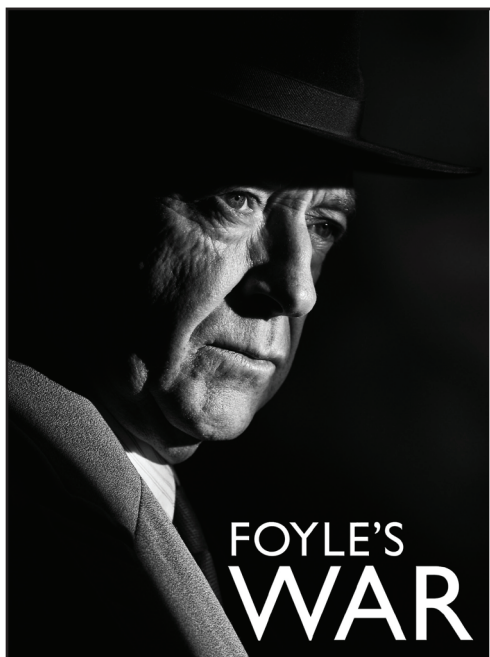
Vessel Name	Departure from Balfour Terminal		Departure from Kootenay Bay Terminal	
	Summer	Winter	Summer	Winter
Osprey 2000	6:30 am	6:30 am	7:10 am	7:10 am
Osprey 2000	8:10 am	8:10 am	9:00 am	9:00 am
Osprey 2000	9:50 am	9:50 am	10:40 am	10:40 am
M.V. Balfour	10:40 am		11:30 am	
Osprey 2000	11:30 am	11:30 am	12:20 pm	12:20 pm
M.V. Balfour	12:20 pm		1:10 pm	
Osprey 2000	1:10 pm	1:10 pm	2:00 pm	2:00 pm
M.V. Balfour	2:00 pm		2:50 pm	
Osprey 2000	2:50 pm	2:50 pm	3:40 pm	3:40 pm
M.V. Balfour	3:40 pm		4:30 pm	
Osprey 2000	4:30 pm	4:30 pm	5:20 pm	5:20 pm
M.V. Balfour	5:20 pm		6:10 pm	
Osprey 2000	6:10 pm	6:10 pm	7:00 pm	7:00 pm
Osprey 2000	7:50 pm	7:50 pm	8:40 pm	8:40 pm
Osprey 2000	9:40 pm	9:40 pm	10:20 pm	10:20 pm



**Seldom
Scene**
by Gerald Panio



We all have our comfort foods, some literal, some metaphorical. In regards to the latter kind, one of my favorites is any story where a salt-of-the-earth, decent man or woman, takes on the powers that be; in the guise of corrupt politicians, arrogant CEO's, racist demagogues, rogue paramilitaries, etc. - and wins. Hands down. No pyrrhic victories. These are self enclosed worlds where karma is restored, and the



world breathes easier for a short while. These stories, for a few precious moments, convince me that justice is not blind. These heroes - for that's what the protagonists of these narratives are - wield varying armaments, which range from nothing more than dedication, hard work, and keen intelligence; to whatever lethal weapon(s) lies within arm's reach. Some of my favorite heroic comfort foods these days include Louise Penny's Chief Inspector Armand Gamache, Iona Wishaw's Lane Winslow and Inspector Darling, Midsomer Murders' DCI Tom Barnaby (John Nettles), John Thaw's Inspector Morse, Michael Connelly's Hieronymus Bosch (in both his book and television incarnations), Justified's U.S. Marshal Raylan Givens (as played by actor Timothy Olyphant), and Lee Child's Jack Reacher (in both the novels and the most recent TV serialization with Alan Ritchson).

And one more - DCS Christopher Foyle, in Anthony Horowitz's *Foyle's War* (2002-2015). I had watched most of this TV series' eight seasons a few years ago, and recently rediscovered the DVD's in the Riondel Library. I decided to take a second look. It took me one episode to realize why I had been drawn back to these stories. By the time I'd reached the end of the last season of *Foyle's War*, I felt as if someone had told me I'd have to go back to eating Greek yoghurt and tofu after living on basil-lemon crab linguine and fettuccine carbonara. Christopher Foyle is the archetypal rock of decency on which even the madness of wartime chaos and evil must break.

By the time Michael Kitchen first signed on to play Foyle in 2002, he was a veteran actor with about 100 previous acting credits in both film and television. He was the perfect fit for Horowitz's creation, a man who speaks little, sees and hears everything, asks few questions,

and exacts a heavy price from those who underestimate him. That *Foyle's War* didn't earn Kitchen a single BAFTA (British Academy Film Award) is in itself a crime, which I would love to see Foyle set right. There seems to be some kind of a conspiracy to not reward actors in the sorts of roles I'm focusing on in this column. No BAFTA's for Kitchen or John Nettles, no Emmy Awards for Timothy Olyphant or Bosch's Titus Welliver. Also nada for Mark Harmon, who helmed NCIS as Leroy Jethro Gibbs for 19 seasons. What the hell? Are these actors just so good at what they do, that no one handing out awards notices something magical



is happening? You'd think they might clue in after 8, or 18, seasons. The only exception: John Thaw, who picked up 3 BAFTA's for Inspector Morse. Go figure.

Foyle's War would have been compelling for Kitchen's performance alone, but writer Anthony Horowitz also added a wealth of historical detail



about the war years in Britain, from May 1940 to post-war 1946. Horowitz did a lot of serious research for each episode, and time and again touched on events and English war-time issues of which I had little or no knowledge. These included xenophobia, British fascism, profiteering, "funk holes," the Women's Land Army, the black market, the Special Operations Executive (SOE), cryptography, appeasement, anti-Semitism, sabotage, and bomb disposal. And that's just a couple of seasons' worth. As I rewatched the series, I couldn't help but pull several books off my library shelves: Anthony Beever's *The Second World War*, Juliet Gardner's *The Blitz*, William Shirer's *The Rise and Fall of the Third Reich*, Richard Overly's recently-published *Blood and Ruins*. I'm still reading them. *Foyle's War* deserved BAFTA's just for reminding us how much more there is to learn when it comes to the history we think we know. As one fan of the show pointed out, the history comes first, the mystery is second.

I don't want to slight the strength of the supporting actors in *Foyle*. Welsh actress Honeysuckle Weeks is the ideal foil for Foyle, an irrepressible, impulsive, recklessly curious, young woman who is hired by the Mechanized Transport Corps to be the DCS' driver. We see her evolve as the series progresses; gaining confidence, finding and losing loves, becoming more socially and politically aware, marrying, stumbling a little as her war-time role ends and her peacetime role

seems uncertain.

Also working alongside Foyle is Detective Sergeant Paul Milner (Anthony Howell), a younger man, whose life in the military is cut short by a serious leg wound in Norway in the earliest days of the war. Foyle offers Milner a way out of his bitter, convalescent funk by hiring him as his junior officer. Julian Ovenden plays Andrew Foyle, Christopher's son, who is a fighter pilot for the RAF. Andrew is Foyle's direct stake in the war effort.

Late in the series, Ellie Haddington steps in as Hilda Pierce, a woman who is a key player in the SOE's shadow war against Germany. In 1946, she is working with MI6 as part of the Cold War spy game. Pierce is a memorable presence in the series, paying the ultimate price for a lifetime of operating in moral grey areas where dubious ends don't begin to justify appalling means.

Aside from the quality of the acting, and the storytelling, a historical series such as *Foyle's War* rises and falls based on the quality of its production team; the production designers, set decorators, art directors, costumers, lighting technicians, and cinematographers. Always operating on a limited budget, *Foyle* never strikes a false note. This is very much a lived-in world, from the starred tape on the windows to help protect residents from imploding glass, to the meticulously recreated interiors, and the clever use of silhouettes to mimic fields of Spitfires. There's not a trace of "staginess" here. Watch these programs with a friend who lived in Britain during the war years, and they're likely to be as caught up in the visuals as they are in the story itself. For most of series, Adam Horowitz worked closely with an expert from the British Imperial War Museum to ensure that he was honoring the memories of veterans and civilians. I think it also helped that only three or four 100-minute episodes were produced each season. This kept storylines from thinning out, and provided time needed for in-depth research and careful production design.

If the executives at the CBC were really on the ball, they'd look at *Foyle's War* and realize that Iona Wishaw's *Lane Winslow* series, set right here in the Kootenays just after World War II, could do for this period in Canadian history exactly what Horowitz and his team did for southeast England. But I won't hold my breath. *Three Pines*, a well-crafted series based on Louise Penny's novels, was cancelled after its first season. In a review of *Three Pines* at RogerEbert.com, critic Brian Tallerico wrote: "And through all of the chaos, there's Gamache, smiling in the sixth episode as he calmly says to a young woman, 'I'm going to find the bad guys.' We'll never grow tired of that." Damn right. Except that the people sitting behind the desks don't seem to be listening. Hey! I'm talking to you here. Bring back Gamache. Make Lane Winslow's world come alive for us. Get with the program. Foyle will teach you everything you need to know.

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SILENT AUCTION items include fabulous works of art; donations from community artisans; gift certificates for restaurant meals, wellness, and golf; tools, and many other treasures.

THE RUMMAGE SALE will take place outside and will have something for everyone! Donations can be brought to the Forge & Furnace Gallery in Crawford Bay, or phone one of the numbers below. – (No large appliances or furniture please. Rummage donations must be able to fit into a car.) To donate, phone:

Cathy (Gray Creek, Boswell) 403-304-2622 Zora (Riondel) 250-777-1856
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Central Kootenay Lake's community non-profit ISP.

NEW LOOK & FEEL COMING SOON

Work is currently underway to enhance the look and feel of our website and online banking services. Stay tuned for the launch to members late May - early June 2023.

Nelson & District
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Early Freight Trucks

by Tom Lymbery

When the CPR opened its new rail line on the West Shore on January 1, 1931, people from Kuskonook and up the East Shore were left without any source of supply. This was about to change, for in April that year, the new highway link was completed from Gray Creek down to Creston. Greyhound began to carry passengers on daily trips to Calgary. Imperial Oil and Shell trucks delivered gas to East Shore stores. There was even an attempt to boat supplies across to the East Shore from the CPR station at Tye, but this was unhandy. So a man with an open truck started a business to deliver supplies from Nelson wholesalers to East Shore stores. He covered his load with a tarp but soon needed a better roof. His truck was designed to be cranked down to eight feet in order to board the SS Nasookin through the eight-foot-high freight door.

At first there was no restriction in starting a trucking line, so competition soon appeared. Nelson had many small trucking lines to Salmo, Nakusp, Trail and elsewhere. In the 1930s, Goggins was the best known of our local truckers, but with three trucks running, my dad would give his orders to the first one to arrive in the ferry lineup. Anyone who lingered too long at Bysouth's beer parlour in Kuskonook missed out.

All the truckers wore uniforms, emulating the Greyhound drivers. All material - 100 pound sacks of cement, cattle feed and everything else - had to be bodily picked up and carried. This was long before forklifts, and even two-wheel dollies were few and far between.

The ferry charge for trucks was three dollars each way, so it took many shipments at 25 cents to produce a profit. Most of the business came from Nelson wholesalers, so the return trips from Creston were mostly deadhead (empty). But occasionally people had their groceries shipped from the Co-Op store in Creston.

Once the highway was extended from Gray Creek to Kootenay Bay and the new drive-through ferry M.V. Anscomb had taken over, there were no more restrictions on truck height. Semi-trailers were still not common, but did increase each year. The ferry tolls stayed the same from 1931 until October 1963 when BC removed all bridge and interior ferry tolls.

During the 1939-1945 war, Shaw, our local trucker, lived at Lakeview in Gray Creek with his family. In 1945 a Nelson moving company took over, with Bill Townsend of Nelson as their driver. A few years later, Bill bought the trucking business, named it Nelson Creston

Transport, and took on two partners, Bert Dylke and Walt Palmer. They hauled full loads of milk daily from Creston cows to Palm Dairies in Nelson in five gallon cans, and returned the empties the following day. Around 1963 Palm Dairies gave them a week's notice that they were replacing milk cans on their run with a stainless steel tanker, and they lost the contract. Bill bought out the other partners, and ran his trips solo - one day south, and back the following day.

We came to know the Townsend family well. They always stayed in our campground during their holidays, and when Bill was on his regular schedule he joined his family there for the night. Bill is the best remembered trucker on the lake route, and a legend among the Gray Creek campers. Bill's wife Joyce took time off from her job at Nelson's WW Powell Co, sorting white pine matchblocks for Eddy Match, and separating out the knots for local home furnaces. Their daughter Pat (McConnachie) boarded with us and worked two summers in our store and cabins in 1957-58. She was one of the best employees we ever had. After she took courses in typing and shorthand at Nelson Business College, her first job was with a Nelson chainsaw dealer who told her she wouldn't know what sprockets and the like were. She told him, "But I worked at Gray Creek Store where we sold all sorts of chainsaw parts." Pat continued to holiday in Gray Creek after she married, and brought her husband and kids here. Their red tent is pictured on the cover of my second "Tom's Gray Creek" book. There are more stories and pictures of Bill Townsend and his family in the book - if you don't have a copy, you'll find the book in a local library.

In the 1950's, Greyhound lost the Post Office contract to a semi-trailer running between Cranbrook and Nelson. The driver, B. Bjornson, dropped off our mailbags after crossing on the late ferry, and as I worked late, he sometimes stopped to talk - often about the Riondel cars which he could see from his higher cab. His tales were mostly fiction, but one seemed to be more plausible - when a Riondel mother took her baby up to the ferry's snack bar to get the milk warmed up, her husband hopped into the back seat to get cozy with a woman there.

With the 1963 opening of the Creston - Salmo Skyway, bigger trucks were on the road. Soon Safeway opened a big store in Nelson. That was the beginning of the end for small stores serviced by Bill's trucking line. Bill sold his business to a Cranbrook trucker and retired.

In 1978 Gerry Abele was building a much larger store for us. We bought all the fixtures (no stock) from Cranbrook Mercantile, a three-storey department store that had gone bankrupt. We filled one large truck and half a second one with display fixtures from glass shelving to centre aisle displays. These Gaston Huchet

modified for our second floor, and we expanded our clothing sales.

As the Cranbrook trucker made occasional trips over the Scabway (Skyway) and back down the East Shore, he got us to sell oxygen and Liquid Carbonic acetylene. His wife delivered a large truckload of fiberglass insulation batts for our new building.

For our opening day in July 1979, all of us - David, Lorena, Demaris and Rainer Heilke - were scrambling to move stock from the old store. Gaults sent us a large shipment of clothing, and surprisingly we filled most of the shelves.

In 1975, Brian and Laura Simpson bought the Lakeview in Gray Creek. Brian became the grocery and Coca-Cola distributor for the East Shore, while their son David ran the local newspaper, Kootenay Lake Review, for about a year. Today Western Family trucks deliver weekly groceries from Calgary, and often make a second trip for the vastly expanded Crawford Bay Market.

We used to fetch supplies from Nelson and Creston, but since our store has grown, more operators ship directly to us. We get a B Train of lumber most weeks. Hardware comes from Coast Distributors in Kelowna. We sell and install wood and gas stoves all over the Southern Interior, and our stainless-steel chimneys come in full semi-loads from the Montreal manufacturer.

TOM SEZ

by Tom Lymbery

If you remembered to bury some carrots last fall, you will now be enjoying a delicious carrot flavour you hadn't expected.

Gray Creek Pass opening has been as early as June 14, but it is more likely to be a day or so before July 1. I am waiting to hear from Dr. Lennard Pretorius in Kamloops, as to whether there will be an Epic 1000 Race over the Pass this year.

In 1946, when those in services that had been stationed in England, with its unusual place names, heard people singing "Aspey de la Zouch Chasalavey by the Sea". Relatives in England told us that there was no such place - not realizing that it was a spoof.

It's skunk cabbage season again, with those early yellow flowers in swampy areas.

In the 1950's, Gray Creek Hall had a reputation of being "the place to play", and Valdy and Long John Silver booked our hall (at different times). Our store did the booking, which was \$20 per evening and a \$20 deposit.

Mike Acres began servicing chainsaws at age 15, at a service station in Grand Forks. He spent all his life selling and servicing chainsaws. Mike's historic chainsaw collection is on display at The Son Ranch, ten miles west of Grand Forks. It is well worth a few hours visit.

When the fronds of bracken have fully leaved out, it is safe to plant anything outdoors without the danger of frosts. Bracken is a single stemmed wild fern that grows almost everywhere. Please don't try pulling it up, it has sharp fibers that will cut your hands.

The flowering cherry tree by the store will flower in May this late year, but it has been in bloom as early as April 20 in previous years.

I am researching Walton Boats as I grew up rowing these cedar boats, designed and built in Nelson. Bert Walton also built the Ladybird for Nelson barber Lewis Gilbert, which held speed records for years. This was powered by a 16 cylinder WW1 Liberty aircraft engine and required a mechanic to accompany it any time it was operating.



In 1964, Creston was sending tourists over the new Salmo-Creston highway, bypassing our East Shore. To encourage more visitors to come up the lake, Kootenay Lake Resorts Association erected this sign between Creston and the turnoff. Bill Townsend trucked the sign to the site from Lane Falls (Holbrook Falls) - FOR FREE. Photo courtesy of the Creston Museum & Archives.



Quantum Healing Explorations

by Elisa Rose

Previously in this publication, I wrote about past life regressions. Here, I am going to share some examples of how a past life regression can show a person something other than a "past life".

Time, as we know it, operates quite differently in different dimensions. When we are outside of our human experience, when we are between lives for example, time as we know it does not work in the same way. Because of this, when we are deciding our next incarnation, based on what our soul wishes to experience and how we wish to grow, we may choose as our "next" life, a time in the distant past, or even simultaneous to the one we are living now. The sequence of our incarnations does not always progress in a linear fashion.

For example, a soul may need to experience something in this era, with the set of parameters in this particular time and place, in order to have the experience needed and lessons learned to then do whatever they need to do "next" in ancient Rome.

Another exception to a past life not being a past life is when a soul remembers another soul's past life. This could be shown to a client in hypnosis to show them an example of a way of being or a perspective that would assist the person in their current life. But there are other reasons as well.

A soul who has never incarnated on this planet as a human may actually prepare for the experience by reviewing several other souls' earthly past lives, through the Akashic records.

I have had a client who was a first timer to earth. She had no "past life" to regress to, only an experience of being one with the All, and then making the emotional decision to leave that place and go to Earth to help raise the vibration. Before incarnating in her current body, she viewed several other earth life experiences to get an understanding of what it would be like here.

When a past life is seen in a guided regression, you don't always know for sure if it is your own soul's past life, but one way to guess is by noticing the emotions present. Is there a lot of emotion? It is probably yours. If not, well, it's difficult to know for sure, but your intuition will help in answering that.

In a one-on-one QHHT session, I will often ask the Higher Self of the client, while in a deep hypnotic trance, if the life they were just shown was their past life. Sometimes the answer is a simple yes or no, sometimes it is a more complicated "yes, but..." with an explanation which may clarify things, or may lead to many more questions!

As an example, in a recent session I had with a friend, she saw herself as a redheaded giant Orion-human hybrid, describing the beautiful feeling of oneness and connectivity to all the people and plants around her. As this hybrid man, he had never felt fear, because of this interconnectivity. His life was ended suddenly when a person of average human size saw him and shot him out of fear.

Here is a segment of the session with an explanation from the Higher Self:

E: Is this one of A's past lives?

A: We can say that... You have no idea how this works, so. There's not such linear thinking.

E: If you could say it another way, how would you say it?

A: It's a memory from her collective consciousness higher self, because we are many.

E: But A in this lifetime has carried the effects of the wound from this shot?

A: When she wants to connect to that feeling of oneness, she can't because she is fixed on the shot. So she needs to release the wound, of having died so quickly and this negativity and feeling of fear that has penetrated her with the shot. She needs to release this to be able to reconnect to this collective consciousness.

E: Where is this stored in her body?

A: In her tummy. The fear is stored in the second and third chakra.

E: What did she need to learn from this experience?

A: She needed to learn there's no good or bad, there's no judgement. Things happen and they are experiences. It's just the way things are and you don't need to put a label on everything.

This is just one example of a variation on a past life. Just when you think you are beginning to understand the idea of past lives, there are so many exceptions, and so much more to learn! I keep a very open mind and encourage others to do the same.

For info on Quantum Healing Hypnosis Technique (QHHT) or to book a session, visit elisarosestudio.com or email elisarosestudio@gmail.com.



east shore trail & bike association Trail Report & Spring Membership Drive

by: Farley Cursons

ESTBA Executive Director

"May your trails be crooked, winding, lonesome, dangerous, leading to the most amazing views. May your mountains rise into and above the clouds." Edward Abbey

Spring is always an exciting time as the snow recedes and we begin to strategize our initial trail clearing efforts and continued enhancement projects. It's been an interesting winter where we had an early snowpack that receded in February and then some significant accumulation in early March. In mid-February a number of the ESTBA Directors were able to ride up the Fraser Hill Viewpoint and Historic Waterline Trails as they were mostly bare. Now (in late April) as we look to access some locations for post winter clearing, some accesses still have snow.

Trail areas that are now clear of snow include the Pilot Bay Provincial Park, Fraser Hill Viewpoint Trail, William Fraser, Woodlot, the Historic Waterline Trail and of course the Crawford Bay Wetlands Trails. There is still some significant water run-off in many areas which we have been addressing. Spring conditions for sure!

In recent weeks, as the snow has receded, we

have begun clearing the Crawford Peninsula Trail network starting at the north end. We still anticipate some significant windstorms which will be timed with final clearing of the more remote areas of the network. We're always happy when we have a chance to speak with trail users when we're out working. If you encounter our crew operating chainsaws, please use extra caution and wait a moment until we see you and can let you know it's safe. Keep dogs leashed.

We have had some access changes at the south end of the Crawford Peninsula. Formal access to the trails on private land has at this time been discontinued in the Cortiana Bay/Cape Horn area. Hikers on the Upper Levels and Southern East Shore Trails will see preemptive signage informing them of the changes. We understand and respect the landowners' wishes to not have publicly advertised access across their land. We are encouraged to know that the new owner is conservative-minded and wants to protect the area from development. If you find yourself on a trail not indicated on our trail map, it is likely headed toward private land. ESTBA doesn't advocate use of these private land trails unless you have permission from the landowner.

Thanks to funding from Columbia Basin Trust and the Area 'A' Economic Development Committee, we have made significant improvements to our remaining crown land trail network at the south end of the peninsula with additional enhancements coming to the East Shore Trail. We're working with RSTBC and Peninsula Woodlot Licensees to develop an access trail down to Picnic Bay and further on to an additional prominent viewpoint across from the Lakeview in Gray Creek. These segments

are on crown land and are part of the RDCK's Official Community Plan under 'Parks and Recreation'.

ESTBA manages and supports management of over 40 km of multi-use non-motorized trails which include Crawford Peninsula, Pilot Peninsula, Crawford Creek Regional Park, Lockhart Creek, Trans Canada Trail, the Riondel Heritage Trail, and Historic Waterline Trail. A complete list of authorized trails that we manage and promote can be found on our website. Our trail map is also on the website with physical maps at the information Booth in Crawford Bay as well as many local businesses.

Management of the East Shore trail networks would not be possible without support from the RDCK Area 'A' Recreation 9 Commission, the RDCK Area 'A' Economic Development Commission, the Trans Canada Trail Society, Recreation Sites & Trails BC and the Columbia Basin Trust.

Thanks also to all the local trail users who let us know about trail issues through social media. While you can sign up for an ESTBA society membership anytime, May is our annual membership drive month. We have membership options for youth, adults, family, and business/organizations. Does your business or organization promote and/or benefit from well managed recreation trails on the East Shore? A \$50 business/organization membership goes a long way to supporting our management efforts ensuring your clients and guests have a great time exploring our beautiful area. Our website also has a super easy-to-use 'Donate' button if you're able to support this amazing community asset further. Go to www.estba.ca. See you on the trails!



For The Love of Genre

by Sharman Horwood
Back to Classic

Sometimes I like to delve into an older book that is still a great read. A number of books in fantasy and in science fiction are now classics because they are so well done, like *Lord of the Rings* (*The Hobbit* was written in 1937, and *Lord of the Rings* released in 1954-55) and *Dracula* (published in 1897). All of these are great reads, despite their age. *The Vampire Tapestry* (1980) written by Suzy McKee Charnas, has also become a classic horror novel. *Interview With The Vampire* (1976), by Anne Rice, caused a sudden general interest in the possibilities behind this theme: the immortality, the transformation, the hunt for food (i.e. human blood). Just a few years later, *The Vampire Tapestry* was released, and though it didn't reach the same sales volume as Rice's novel, nor the much later Stephenie Meyer's *Twilight* novels (2005), Charnas' novel is still regarded as an excellent horror novel, and a classic vampire story.

Charnas' novel follows a period in Dr. Edward Lewis Weyland's life as a vampire. The book consists of five novella-length chapters, each a stage in Weyland's development. He is, ironically, a professor of anthropology, beginning his career at a college campus in the eastern U.S., the Cayslin Center for the Study of Man (Charnas was a master of irony at times). The first novella centers on Katje de Groot, who works at the same college. She knows Dr. Weyland and attends one of his public lectures on "The Demonology of Dreams." At the lecture, the subject

of vampires is brought up by a student, and Weyland describes what the life of a modern vampire would be like, including a detail that fangs would be too obvious; a real vampire would more likely have something like a needle under its tongue for sucking blood. Then the vampire could feed more easily, and less obviously.

The next day, when Katje compliments Dr. Weyland on the lecture, he suggests she attend his sleep study. When he escorts her from the lab, he takes her to his car where he attempts to feed from her. Apparently, a simple pressure on a certain neck vein interrupts the flow of blood to the brain, causing unconsciousness. Katje resists, and shoots him twice before getting away. On campus, authorities later regard this attack as an attempted rape. They ignore Katje's claims of a vampire assault.

In the second chapter, Dr. Weyland's is rescued. However, his rescuers decide to capitalize on his state by pawning his car. They tend to his injuries, but when they see him drink blood to recover, they sell him to Roger. He lives in Manhattan and holds Weyland captive in his spare bedroom, watched over by his nephew, Mark. Roger shows the vampire to his friends, putting him on display for a fee. Gradually, this leads to the interest of a self-proclaimed spiritualist, Alan Reese, and Roger urges him to market Weyland to people interested in watching him feed and willing to pay for the pleasure.

At this part of the novel, Charnas' skills as a writer become more apparent. She starts to explore the depth of Dr. Weyland's vampire hunger. When he's forced to go without feeding, the vampire states that he becomes "bitterly hungry" (p. 99), and refers to this desire as a "merciless appetite" (p. 104). As a result, "rather than a supernatural, magical or undead being Dr. Weyland is a living being of a separate spe-

cies," according to Love Vampires (an online site for vampire fiction discussions). They also call the novel "intelligent" and "thought-provoking," which it is. Weyland associates therapy with vampirism: that he and the therapist are "not smoothing the world over but adventuring into it, discovering its true nature, and closing valiantly with everything jagged, cruel, and deadly" (p. 171). Later in the novel, a friend mistakes him for human, and says, "We're social animals, Ed. It's too cold and lonesome for us out beyond the edges of the human herd" (p. 263), exactly where Weyland is, regardless of his beginnings. As readers, we don't know if he was ever human, nor do we know how or why he is a vampire. Now he is a separate species that preys on humans.

As a novel, *The Vampire Tapestry* was a finalist for the Nebula Award, and the Locus Award, awarded by Locus Magazine's annual readers' poll. The characterization of Dr. Weyland becomes increasingly human throughout the progress of the story, and though readers come to sympathize with him, he is still obviously a vampire. "*The Unicorn Tapestry*," the third novella in the book takes up Weyland's life after he escapes Alan Reese. This novella was the winner of the 1981 Nebula Award for Best Novella, and was also a finalist for the 1981 World Fantasy Award. In other words, the first two novellas/chapters are a little rough, but Charnas' skill as an author gets better and better throughout the entire tale. According to The New York Times Book Review, *The Vampire Tapestry* is "among the genre's few modern classics," and a very readable story.

Although spring is here, with brighter skies and songbirds visiting our yards, a good vampire tale like this can still keep you up at night. I do recommend *The Vampire Tapestry*.

Art Connect presents

A Gift for Mothers Day & The Three Sopranos!

by Zora Doval

Here's an idea... bring Mom, Dad, and the kids on a "treasure hunt" on May 14. At the Harrison Memorial Cultural Centre, the afternoon entertainment (1 - 4 pm) will include a Silent Auction and a Rummage Sale – so you can spend a lot, or a little, and still have lots of fun while contributing to the preservation of this 103 year old heritage building, which is a treasure in itself. And there will be live music to enjoy as you rummage... how great is that?

Treasures to hunt down include contributions from local businesses: Kokanee Springs Golf Resort, Floriferous, Green Bubble Gardens, Newkey's, Norse Arts, North Woven Broom Co, The Forge and Furnace, Stone and Weave.... to name just a few! Also many people have dug into their attics and produced that special something that needs a new home. There will be some wonderful paintings, tools, masks, and much much more. Come and check it out!



This event will be in support of the mortgage payments that our society committed to when purchasing this heritage gem. We have 5 years to pay the mortgage and we need the support from all of you. Of course, nobody can predict the future, but it seems that our community is steadily growing. People from urban areas are moving in and many have interest in music, arts, healing modalities and culture in general. A beautiful venue with excellent acoustics will be appreciated.

One thing to remember: Commander Harrison was a fussy old man and insisted on quality. If you saw the foundation you would understand that it is overbuilt. It is solidity itself. The walls are straight, the wooden floor does not squeek. The inspector who inspected the building for us before the purchase assured us that although its chronological age might be over 100 years, its true age is 40! He said that with proper care, the building can last another few hundred years. Wouldn't you like to be part of this history?

The auction and rummage sale will be a very fun event and we have received some gorgeous donations to chose from. We have some musical acts confirmed but there will be plenty of open mic time for local musicians.

THE 3 GREAT SOPRANOS, AT LAST !

On Saturday June 10, we will welcome the Three Sopranos & piano to our venue. Some of you know that this act was long in the making, for sure! It was scheduled for February and had to be postponed due to poor weather conditions.

Some of you already hold tickets so just come to the door! This will be another amazing show featuring the three beautiful female voices in the Kootenays - Noemi Kiss, Kathleen Neudorf

and Malaika Horswill. We already know the wonderful Christoph Martens and his mastery of piano. The repertoire will not be opera, in case you wondered. It will be varied and include songs of different musical genres, from folk, jazz, (contemporary) classical, Wailin' Jennys, Mountain Man, Moira Smiley and much more. Beautiful, funny, stirring songs, some a capella, some with piano accompaniment. Please don't miss it.

We are selling tickets at the Crawford Bay Market and on Eventbrite artconnect.cc.



Zora Doval, President of the ArtConnect Society, is pictured with Fraser Robb, Secretary of the Kootenay Lake Lions Club, who is presenting a donation of \$800 to upgrade the water system at the Harrison Memorial Cultural Centre.

RDCK Board Highlights

submitted by Dan Elliott

Communications Coordinator, RDCK

April 2023

RDCK CLIMATE ACTIONS

With close to 100 residents in attendance to raise concerns over lack of engagement, the Board supported the request to delay adoption of the RDCK Climate Actions to the August 17, 2023 Board meeting to allow for continued public engagement. The RDCK Climate Actions is a proposed four-year guidance plan, focused on identifying supports that reflect the diverse needs of RDCK residents. Staff will continue the process of setting up public consultations in communities throughout the RDCK to engage residents on the Climate Actions plan and respond to all questions from residents. Details of these events will be released at a later date. For more information on the plan, including frequently asked questions, go to www.rdck.ca/climateaction.

If you have any feedback on the RDCK Climate Actions, please click here to submit your response or email ClimateAction@rdck.bc.ca.

REGIONAL FIRE SERVICE REGULATORY BYLAW

The Board adopted the Regional District of Central Kootenay Volunteer Fire Service Regu-

lation Bylaw and adopted the Regional Volunteer Fire Department Service Level Policy. The new bylaw applies within the service area of all RDCK operated fire departments. The bylaw refines the scope of service and limits of fire department jurisdiction, regulates pre-incident planning, and introduces fees for services and mechanisms for cost recovery while addressing an increasing level of regulation as set by the Office of the Fire Commissioner. The Bylaw and Policy were developed in a collaborative fashion with fire service professionals to modernize the regulatory framework, ensure a safe working environment for our responders, and maintain the RDCK's commitment to the safety of our residents.

EMERGENCY SUPPORT SERVICES IN NELSON AND CASTLEGAR

The Board direct staff to enter into two separate Memorandum of Understanding (MoU); one with the City of Castlegar and one with the City of Nelson to deliver Emergency Support Services (ESS) and Emergency Operations Centre training efforts. ESS provides short-term basic support to people impacted by disasters and relies on trained volunteers, provided by the RDCK, to deliver those services. This MoU ensures Castlegar and Nelson are supported from responders across the RDCK.

PERMISSIVE TAX EXEMPTION POLICY

The Board adopted the Permissive Tax Exemp-

tion Policy, effective immediately. Permissive tax exemptions are issued by local governments to exempt eligible properties from property taxation for a specified period of time. The policy outlines a consistent and equitable approach to the evaluation of applicants for the issuance of permissive tax exemptions. As well, it outlines eligibility criteria, provide applicants, a schedule of dates for notice, application and exemption approval, and provides a consistent evaluation criteria by which staff will develop their recommendations for Board granting of the exemptions. Examples of properties eligible for a permissive tax exemption are facilities or land owned and held by an athletic or service organization for recreational use by the public, places of worship, agricultural or horticultural society halls or venues, and art galleries or museums owned by not-for-profit organizations.

OOTISCHENIA COMMUNITY SOCIETY PLAYGROUND

The Board approved the RDCK enter into a lease agreement with the Ootischenia Community Society for the purpose of developing a community park/playground on an unused portion of the RDCK's Ootischenia Fire Hall property for a 10-year period. This project will create a public space for local residents to gather for healthy recreation and community connection, and will be developed and operated by the Society. Originally identified by the Society in 2018 as a priority, this community park is a direct result of the efforts of these dedicated community members.

FINANCIAL GRANT IN AID ACCOUNTABILITY

The Board directed staff to prepare a draft policy that requires entities receiving funding through RDCK financial grant services to provide better documentation of their activities during the RDCK's budget process. Financial grant services are those where the RDCK collects taxation for service from a defined local area, but does not directly deliver the service. The services are delivered through third parties, typically a society. Typical services delivered this way include local cemeteries, museums, community halls and some libraries. The policy will ensure additional accountability for taxation funding received.

AUDITED FINANCIAL STATEMENTS

The Board approved the unqualified 2022 audited financial statements by BDO Canada. Audited financial statements provide a consolidated and independently verified overview of a local government's financial activities over the course of the previous fiscal year and its financial position at the end of that year. Go to page 441 of the Board package to view the audited financial statements.

DIRECTOR'S REPORTS

- RDCK Directors provide monthly reports outlining what they have been working on. Visit rdck.bc.ca.
- Discretionary Grants (Only Area 'A' listed here)
- Friends of Kootenay Lake Stewardship Society – 2023 Kootenay Lake Summit \$1,500
- East Shore Kootenay Lake Community Health Society – Health Fair \$800
- Community Futures Central Kootenay – Kootenay Cannabis Council 2023 \$1,500
- KRSS Parent Prom Committee – 2023 KRSS Grade 12 Prom \$500



East Shore Reading Centre

by Taryn Stokes
Librarian

In April, we had 141 items checked out and served 31 of our library members. We added 37 items, including new books, DVD donations and book donations. Of the new books, we have some Canadian authors - Michael Christie, Monique Gray Smith, Elizabeth Hay and Zoe Whittal.

One interesting book donation now on the shelves is *A Most Intriguing Lady* by Sarah Ferguson, Duchess of York. Set in the Victorian era, it is about an amateur sleuth who also happens to be the daughter of a Duke.

We also have a set of three books of short stories by various authors, about Sherlock Holmes. The books are edited by Laurie R. King, the best selling author of various Mary Russell-Sherlock Holmes novels. These books caught my eye because of the many contributing authors including Michael Connelly, Cory Doctorow, Sara Paretsky, John Lescroart, Anne Perry, John Connolly, Alan Bradley, Lee Child and Neil Gaiman.

Rounding off our book donations, we have added to our Robert Galbraith collection with *Lethal White* and *Career of Evil*, and our Marie Benedict collection with three more historical fiction books. Thank you to our donors for these additions to our shelves.

We are open Tuesday and Saturday from noon until 3:00pm, and 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 East Shore Hospice library collection at our location as well. You can also follow us on Facebook (@escomlib). Take care and happy reading this spring!



Riondel Art Club

by Sharman Horwood

April was a good month for our art community. On Saturday, April 22, Ted Wallace put on a successful show in the Riondel Community Centre. He has painted 21 Tarot cards, the Major Arcana. Gerald Panio wrote the booklet that went with them, and he gave readings to those who were interested. (The cards are now for sale at Barefoot Handweaving in Crawford Bay.)

Are you considering doing some painting or drawing? Even as a beginner, you would be welcome at the Arts Club in Riondel Community Centre on Tuesdays, starting at 10:00am and continuing into the afternoon. You can come at any time during that period. We are a friendly group and welcome newcomers.

On Tuesday afternoons, at 1:00pm, Gerald Panio is continuing with his fascinating art history lectures. There is a \$5.00 drop-in fee for anyone who's not a member of the Art Club. On May 2, Gerald will show a short video from *Art of the Western World*, "The High Renaissance." On May 9, there will be a lecture on Kent Monkman, a Canadian First Nations artist. He works in painting, film/video, and installation. Later, on May 16, Gerald will show Waldemar Januszczak's video on "The Ornate Excess of the Rococo" period. (Januszczak is always entertaining.) Then, on May 23, Gerald will give a lecture on Prudence Heward, a Canadian figure painter, who was known for using acidic colour (a sculptural treatment). On May 30, Gerald will show another video from *Art of the Western World*, "Realms of Light: The Baroque." May will be an interesting month.

In the meantime, enjoy your creativity, and feel free to come join us as we do the same.

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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 May 1 2023. Visit www.riondelcampground.ca.

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-lakeccs@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

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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.

Better at Home

Funding provided by Valley Community Services facilitated by a local Coordinator

VOLUNTEERS NEEDED!

Contact 250-505-6717 for more information.



Riondel Rescue Fire&Blotter

by Corey Medhurst

Summer is coming, and so is the dry sea-son! Let's all be vigilant and watch for unusually large plumes of smoke in the area and always call it in to forestry at **1 800 663-5555 or (*5555 from a cell phone)**. They'll know if it is a registered fire or not and will act accordingly.

April was an average month for our crew with the following calls to date:

April 5 – A mental health emergency in Crawford Bay had 5 members respond to a staging area with our local ambulance. As the incident was further investigated by the RCMP they realized that the call was actually in Cranbrook. The crew was stood down and returned to their daily work.

April 5 – 4 members responded to Crawford Bay for a medical emergency. The crew assessed and cared for the patient while waiting for the Creston ambulance to respond; our local ambulance was on another call and unavailable.

April 13 – A sleeping occupant of a vehicle in the ferry line gave concern to the lot attendant when she couldn't wake the person; orders were given from the Captain on the boat to call 911. 5 members were responding to assist the ambulance crew when they were called off. Paramedics were able to rouse the occupant and determine they were ok.

April 23 – Another medical emergency in Crawford Bay had 5 members attend to assist Paramedics with patient care until the ambulance arrived and proceeded to help with patient movement.

April 27 – A call for a wildland fire on Riondel Rd saw 7 members respond in all 3 apparatus; our Engine, Tender, and Rescue trucks. Landowners were burning large slash piles on their property when the wind picked up, creating multiple spot fires which the couple could not handle alone. Luckily some neighbours called in for help. The crew deployed our water bladder with Wajax pump and 3 hand lines to combat the spot fires while soaking the ground back to the massive burn piles. The crew spent 4 hours dousing the area to ensure there would be no further spread, the piles were left to burn out. These large fires were not registered with the Province, there was not enough person power or hand tools and no machinery or water available to keep the fires contained. In addition to poor planning and no preparation prior to lighting the fires, the piles were left unattended the previous evening. Conservation Officers were notified by dispatch and attended the following day to speak with the landowner. There were no structures involved and no injuries were reported.

April 27 – Shortly after cleaning up from the fire call we had 5 members respond to a medical emergency in Gray Creek. The crew assisted with patient assessment and then movement when our local ambulance arrived.

As burning season continues and the season gets drier, I am reprinting the following useful information. Registering your yard burn is free, easy to do, and is not a government plot to take control of your land or charge you a fee. See below for the number and have a look online for the regulations before you light.

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



Horoscope for May 2023

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

Tip of the Month: In a Universal 7-Year, May is the month for seeing oneself and the world and in the world in new ways. This includes intentionally shifting perceptions, opening to new interpretations, taking fresh approaches, re-considering self-concepts, and breaking free of old patterns. The combination of Mercury Retrograde, Mars in late Cancer, a Lunar Eclipse in Scorpio on May 5, Venus entering Cancer on May 7, the Sun conjunct Uranus on May 9, Jupiter entering Taurus on May 16 the day Mercury resumes direct motion, a Taurus New Moon May 19, Mars entering Leo May 20, the Sun entering Gemini May 21 just a few hours after Mars forms an exact opposition to Pluto in Aquarius, are some of the main indicators.

Aries (Mar 21-Apr 19) Last month's 2nd New Moon in Aries culminates to ignite your resolve. With your ambitions running strong, patience may be your greatest challenge. Dig deep to understand your core motivations and clear any inner blocks.

Taurus (Apr 20-May 20) Although probably off to a slow start, the momentum will build steadily this month. Breaking out of the gates after some delays, your horns will be transformed into wings. So, just be conscientious regarding those below...

•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:
- 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. This alerts BC Wildfire AND the local fire departments that a large burn is happening and you will also receive the requirements to burn your piles, such as having water, tools, and machines if required..

Gemini (May 21-Jun 20) A whole new sense of individuality has been steadily emerging. Like seeds gestating underground, the sprouts have yet to show but will before June begins. Get ready to express a new version of yourself.

Cancer (Jun 21-Jul 22) The seeds of new beginnings were sown over the past several weeks. This is perhaps especially true in your public/professional life. These have likely synchronized with an ardent determination to enter new territory.

Leo (Jul 23-Aug 22) A philosophical cycle predominantly oriented to wisdom will cease soon. In its place, you will enter a cycle of practical realism. It may take a few weeks but the momentum will build progressively.

Virgo (Aug 23-Sep 22) A steady series of activations are contributing to changes in your daily rhythm. These will culminate as strong feelings about the need to make some changes regarding habitual attitudes and choices.

Libra (Sep 23-Oct 22) The Sun in Taurus indicates a cycle of transformation. Your focus is likely to be inside and out. Basically, an emphasis on purging and cleaning will be countered by creative designs with returns in mind.

Scorpio (Oct 23-Nov 21) Your focus has turned to your relationship life. The ground of this is linked to your lifestyle habits and attitudes. A rebellious push for freedom that began in late March is like a flame that will ignite a torch.

Sagittarius (Nov 22-Dec 21) A playful and sporting cycle served to fuel your ambitions and now you are beginning to get traction. Desires for power have been firing for many weeks now and this focused determination will continue and deepen.

Capricorn (Dec 22-Jan 19) Your core ambitions and resolve have been ignited. These have contributed to a more edgy mood. Expect your drive to increase. Meanwhile, family matters will increase, manifesting as complex currents and bigger waves.

Aquarius (Jan 20-Feb 18) The days of May will inspire you to get industrious close to home. You will have to give more and doing so may not be so fun, but the time is right and you will be glad you did when the warm weather really arrives.

Pisces (Feb 19-Mar 20) Creative inspirations in support of a new set of goals and ambitions continue to guide your focus. These may still be in the idea-generating and planning phase, so at least do that. Expect your resolve to get progressively hotter.

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MEMORIUM



In Loving Memory

Maurice (Maury)

Anthony Murphy

Feb 23, 1926 ~ Apr 7, 2023
(age 97)

Maury Murphy lived a full life dedicated to family, community, and country until passing away on April 7, 2023 in Kaslo, BC at the age of 97.

Maury was born in Red Deer, Alberta on February 23, 1926 to James and Janet (Hart) Murphy. The Murphy family, including his older sisters Lucille and Margaret (Peg), and brother John, moved to their orchard farm in Erickson in 1927.

After graduating from high school in Creston, Maury joined the Royal Canadian Navy and served from 1944-1946. Maury started as a radar operator on the HMCS Midland (corvette) and then served on the HMCS Prescott on convoy duty in the Atlantic: he was on the English Channel on V-E Day. After V-E Day, Maury returned to Canada and served in the Pacific on the HMCS Woodstock until he was discharged in the spring of 1946. Maury was a member of the Creston Legion Branch #29 for 79 years.

Upon return to Erickson, Maury partnered with his sister and brother-in-law, Lucille and Arvid Samuelson, in a delivery service, "S&M Coal & Cartage".

In 1950, Maury met Irene Carter, who had just arrived in the Creston Valley for her first teaching job. Maury was quickly smitten and after a determined courtship, they were married April 12, 1952. Maury purchased his parent's farm and lived in Erickson with Irene throughout their 67 years of marriage. Maury was a loving father of their 3 children, Sheila (1955), Kevin (1958) and Janice (1962).

Maury was a keen orchardist, always learning new techniques, sharing his fruit with family and friends, employing many workers, and was known for his interest in tree grafting. As most small orchard farmers, Maury had another job: he worked for the East Creston Irrigation District for 37 years, retiring as Superintendent in June 1991.

Maury was a lifetime member of the United Church and served as a trustee for many years. Maury continued his service to community as an active member of the Creston Lions Club for 72 years, joining in 1951. Maury was the Club's representative for "sight preservation and action" and his dedication to this cause enabled him to collect more than 70,000 pairs of prescription glasses that would find their way to people around the world that might not otherwise have the gift of sight. Maury also served as Club Secretary for over 30 years; Chairman of the Blossom Festival Queen Pageant; long-time overseer of the Lions' mint sales; representative of the Club for Christmas Day hospital visitations and presentations of gifts to patients and extended care residents for over 50 years; and he was a regular volunteer at events served by the Lions Club's mobile kitchen. Maury also led the Lions Club's Adopt-a-Highway program for many years, which saw the clean up of litter along Highway 3A and maintenance of the Lions Club's Viewpoint pavilion. In October 2022, the Creston Lions Club dedicated and renamed the pavilion to "Maury & Irene Murphy" in recognition of the services of Maury and his wife Irene. In 2019, Maury was recognized for his services by Lions International by being awarded the Melvin Jones Award. This is the highest recognition possible for a Lions Club member. Maury was also honoured and humbled to be awarded Creston's Citizen of the Year in 2019.

Sister-in-law Kathleen Hood once said that she couldn't remember Maury ever saying no to someone in need. Maury didn't say a lot, but he sure did a lot.

Maury really enjoyed visiting with family and friends, as well as fishing, photography, bird watch-

ing, square dancing, round dancing, and many RV holidays, travelling all the way across Canada as well as all over B.C., Alberta, Alaska, Yukon, the Western United States, Ireland and Mexico.

Maury is predeceased by his wife Irene (2019), sisters Lucille (1990) and Peg (2010), and brother John (1986). Maury is survived by his son Kevin (Margaret); daughters Sheila (Ray) and Janice (Gordon); grandchildren Jennifer (Matt), David (Jessica), Kevin, Mike (Amanda), Connor, Kate (Noah), Erin, and Clayton (Sandy); and great grandchildren: Hannah, Beau, Carter, Cohen, Claire, Jack, Mabel, Artie, Luke, and Maddy. Maury also leaves behind many beloved friends, cousins, nieces and nephews and their children. Maury's dedication to his family, friends and community will never be forgotten and he will remain in our hearts forever.

A Celebration of Life will be held at 2:30pm on Sunday, October 8, 2023 at the Trinity United Church in Creston, BC.

The family would like to thank the Creston Home Support workers, Susan Markine, the staff at the Swan Valley Lodge (Creston), and the staff at the Victorian Long Term Care of Kaslo, for all the loving care given to Maury. The family would also like to thank Maury's other "families" for their love and support: his Creston Lions Club family and his United Church family.

In lieu of flowers, donations may be made to the Creston Lions Club or the Creston & District Historical & Museum Society.

Note from Tom Lymbery: Maury supported Kootenay Lake Lions when Creston Lions sponsored our club, and was a feature visitor whenever we had an anniversary.



In Loving Memory

June Cook

June passed away Dec 14, 2022. She was 94 years old. June was born in Kaslo, BC, daughter of June and Bill Fraser of Kootenay Bay, BC. She spent a happy

childhood with her parents and siblings, Bob, her older brother (deceased), Marge, her older sister (deceased), and Don her young brother, at the family home on Ledlanet Ranch, Kootenay Bay. June received her education at Crawford Bay, Vancouver and Nelson. In 1950, she received her Bachelor of Science degree in House Economics from the University of Alberta and a year later, her diploma in Dietetics from the Royal Jubilee Hospital in Victoria, BC. She enjoyed her career as a dietician at Fort Camp, UBC, School for the Deaf and Blind, several BC hospitals and after moving to Kelowna, working for the Kornel family in their long term care facilities. June was happily married for 62 years to her husband George who died in January, 2015. She was proud of their four daughters Trish, Nancy, Marion and Jennifer and of their husbands Gerry Miller, Nelson Cobra, Dennis Babey and Rhys Williams. She enjoyed her nine grandchildren and three great grandchildren. She loved her garden, her bridge games, her many trips overseas, especially those to third world countries. She showed concern for those less fortunate than herself and tried in her own way to help them. June led an optimistic and happy life. Donations in her memory can be made to Indspire Canada, a national Indigenous registered charity that invests in the education of First Nation, Inuit and Metis people for the long-term benefit of these individuals, their families and communities, and Canada. A memorial service will be held at the Harrison Memorial Cultural Centre at 1pm on August 8, 2023. If you knew June, please join the family to remember her.



In Loving Memory

Clinton George

'Clint' Scanlon

July 7, 1944 – March 29, 2023

It is with great sadness that we announce the passing of Clint Scanlon, at the age of 78, with family by his side

on March 29, 2023, at the Kootenay Lake Hospital in Nelson, BC, after living a fantastic life.

Clinton was born on August 7, 1944, in Nipawin, Saskatchewan, to parents Oscar and Helen Scanlon. He was raised with his brother Lester and attended most of his schooling in Cardston, AB.

On March 8, 1965, he married Karen Pitcher, of Cardston, Alberta. Soon after, they moved to Nelson, BC (1969) with daughter Shelley. In 1970, Clint and his father purchased Western Auto Wreckers and their first tow truck soon after. Their son Cory was born in 1971.

In 1993, Clint and Karen asked Cory to come home to help with the family business. The three generation have successfully grown Western Auto into a thriving 52-year operation. He was very proud when his son Cory took the reins to continue the family business.

In 2020, Clint was honored with a 50 years of service award from the Nelson Police Department for his dedication to the community. He always enjoyed being part of and giving back to Nelson.

Clint was an avid hunter and fisherman and loved to snowmobile. In his younger years, he was a champion stock car driver in southern Alberta. He also enjoyed owning and restoring classic automobiles.

Clint is survived by his partner Charmayne, his children Shelley & Cory Scanlon (Catherine McRae), grandchildren, Tarik, Zakaria, & Yousef Bikhandafne, Braeden McRae, Tanner & Marshall Scanlon, nieces, nephews, other family members, & friends.

Dad was pre-deceased by his parents Oscar and Helen, brother Lester and baby sister. He will also be remembered fondly by the Western Auto family.

We would like to extend a huge heartfelt thank you to Dr McKechnie. His grandchildren have been given the gift of fabulous memories because you went the extra mile with him. Special thanks also go to Dr Walker, Jen, and Andrew at the Nelson Clinic Pharmacy, the first responders, everyone at Home Support, and all the great people at KLH. You have all made his path much easier and our experience bearable. Cory would like to extend his complete appreciation to his crew at Western Auto for keeping the doors open and serving the community while he said goodbye to his dad.

There will be a procession at noon on Thursday, April 6, starting at Western Auto Wreckers to the City of Nelson Cemetery where Clint will be laid to rest.

A Celebration of Clint's life will follow at 2:00 pm at the Rod & Gun Club, 801 Railway Street, Nelson.

In lieu of flowers, we suggest a donation to the Kootenay Lake Hospital Foundation To leave a personal message of condolence please see Thompson Funeral Service website: <https://www.thompsonfs.ca>

Note from Tom Lymbery: When I first visited Clint's home above the highway from his business, I was amazed at all the car's chained up around his house - repossessions by ICBC and others. He told me he had an alarm system for those who came with hacksaws at 2 am, trying to steal their cars back.

MEMORIUM

FOR EMERGENCY CARE CALL 911

PCP Coverage May 2023

East Shore Community Health Centre	
May 1, Monday	Jayne Ingram, NP
May 2, Tuesday	Jayne Ingram, NP
May 3, Wednesday	Jayne Ingram, NP
May 4, Thursday	Dr Piver*
May 5, Friday	Jayne Ingram, NP
May 8, Monday	Jayne Ingram, NP
May 9, Tuesday	Jayne Ingram, NP
May 10, Wednesday	Jayne Ingram, NP
May 11, Thursday	Dr Piver*
May 12, Friday	Jayne Ingram, NP
May 15, Monday	Jayne Ingram, NP
May 16, Tuesday	Jayne Ingram, NP
May 18, Thursday	Dr Piver*
May 23, Tuesday	Jayne Ingram, NP
May 24, Wednesday	Jayne Ingram, NP
May 25, Thursday	Dr Piver*
May 26, Friday	Jayne Ingram, NP
May 29, Monday	Jayne Ingram, NP
May 30, Tuesday	Jayne Ingram, NP
May 31, Wednesday	Jayne Ingram, NP

*Locum bridging coverage

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.

MAINSTREET OFFICE DESK



Box 140, Crawford Bay, BC, V0B 1E0

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

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- Crawford Bay Market- Seena Bees Soap Shop - East Shore Art&Wellness**

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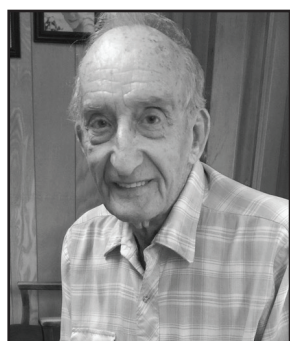
In Loving Memory

Margaret Elizabeth
Johnston

Of Calgary, Alberta, passed away peacefully with her family by her side on April 14, 2023, at the age of 89 years.

Originally from Ireland,

Margaret was a long-time summer resident of East Shore Cottages, Gray Creek. She could often be spotted at the Riondel Golf Course on Ladies Day. Margaret will be lovingly remembered and missed by her family and friends. She is survived by her husband of 55 years, Colin; her daughters Cara (Kelly) and Fiona (Ché); her four grandchildren Spencer and Kenton Kaup, and Felix and Xavier Elkin; her brother Brian (Sara) McMurry and nephews and families. Condolences, memories, and photos may be shared and viewed at www.MHFH.com. A full obituary may be viewed online at: www.mcinnisandholloway.com.



In Loving Memory

Bill Zyha

Born on December 1, 1931 passed away on March 27, 2023 in Creston, B.C. at 91 years of age. Resident of Destiny Bay, B.C.

Funeral Service - April 6, 2023 at 11:00am at the Boswell Community Hall, 12374 Boswell Rd, Boswell,

In lieu of flowers, friends and family wishing to make a memorial contribution may do so to Creston Valley Hospital "Equipment Fund", 312 15 Avenue N, Creston, B.C. V0B 1G0

b e a c h w e r f f h t f c v b g s d
a r n k f l d h f g r a d u a t i o n
r s i w a r t y u i o m h g f d s f d
t d b g t a h h r w e r d s f k d g g
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s g d d e t t t m h g p h f a i g j y
a h s s r f f u n i d o j h s u g h t
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p t n g d c e l e b r a t e m v i s e
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e c s u m m e r s o l s t i c e d n y
r i h j k l i y g f d d v l h d s o m
t g j k g f s a s d v b h y t r e l g

- Beach
- Hot
- Swimming
- Artisan Shops
- Iced Tea
- Bright
- Summer Solstice
- Father's Day
- Graduation
- Longest Day
- Fun
- Summertime
- Camp
- Celebrate
- Ice cream

Thank you to Sophie Bellward for her contribution of an East Shore specific word search, made from scratch!

CRESTON VALLEY BIRD FEST 2023



Where the Birds Are...
MAY 12-14



Plant/Book/Bake Sale
Join us at the
Boswell Memorial Hall
Saturday May 6
10:00 - 2:00

*Mothers Day
Strawberry Social*
Sunday May 14
Riondel Community Center
Seniors Room & Media Room
1:00 - 4:00 pm

**Dave Lovett Memorial
Fish Fry**
Sat May 13 6:00 PM
Tickets: \$30
(kids under 10 \$12)

**Mothers' Day Tea &
Celebration of Local History**



The Boswell Historical Society invites you to join them at
**The Heart
a gathering place**

formerly, the St. Anselm's Anglican Church, in Boswell

Sunday May 14 from 1:00 - 4:00
Fine Art Raffle & Gift Draw
Music by "The Heart to Heart Singers"
Refreshments by donation



SPECIAL EVENTS:

Saturday, May 6
Plant/Book/Bake Sale Boswell Memorial Hall
10am-2pm

Saturday May 13
CBESS PAC Plant Sale Fundraiser 10am-3pm
Dan Lovett Memorial Fish Fry 6:00pm Boswell Memorial Hall

Sunday May 14
Rummage Sale Harrison Memorial Center
1-4pm
Riondel Seniors Strawberry Social 1-4pm
Boswell Historical Society Tea & Celebration of Local History 1-4pm

Event Listings are FREE and also posted on our website calendar at www.eshore.ca.
Contact editor@eshore.ca

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; Hot Lunch Program, Annual Secondary Students Travel, and Elementary Music Programming.



6 YEARS | GROWING INTO LIGHT
Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE

JOIN US IN 2023!

Yoga Journey
Guided Retreats
Self-Guided
Retreats
Karma Yoga
Guided Tours
(Saturdays mid-May to mid-October 2:00pm)
yasodhara.org
250.227.9224



WEEKLY EVENTS:

- SATURDAY**
- Dance Riondel CommCtr 10:00am
 - Knitting Riondel CommCtr 10:00am
- SUNDAY**
- Gong Journey at KSHC 12:30pm
 - A Course in Miracles Study Group 2:00pm
- MONDAY**
- 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
 - Riondel Art Club 9:00am
 - Art History – Riondel Comm Ctr 1:00-2:30pm
 - 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
 - WalkAMile/EssentialStrength 10:00-11:00am
 - Bridge Riondel CommCtr 1:30pm
 - Karate 5:00pm
 - Alcoholics Anonymous 7:00 pm
- THURSDAY**
- Tara Shanti Yoga ZOOM w/ Maggie 9:30am
 - 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