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**Who have you
seen in YOUR
backyard this
spring???**



Photo submitted by S. Albrechtson of Gray Creek.



A big shout-out to our Emergency Responders! THANK YOU!
Left to right: Susan Tesoriere, Cory Medhurst, Michael Ashton



**EAST SHORE
KOOTENAY LAKE
COMMUNITY HEALTH SOCIETY**

**HEALTH FAIR
SATURDAY
JUNE 17**



**AT THE CRAWFORD
BAY ELEMENTARY
SCHOOL FROM
1:00 - 4:00**



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Mainstreet Meanderings

by Dee Gilbertson, Editor

The Flurry of June

The East Shore seems officially in the throes of spring now. The scent of freshly picked spring onions fills my kitchen, mixed with a wafting of purple lilac in the height of its blossom stage. I find it nearly distracting as I try to motivate myself to take my seat at my desk rather than head out to the garden. After the spring of 2022, this year's emergence from winter has felt like a mini summer. I enjoy the pronounced seasons of the Kootenays. Spring is so vibrant; Summer the epitome of summer; Fall is both warm and cool; and Winter is so very short, compared to my experience growing up in Alberta, where it stretches for months upon months.

The busyness of this month is apparent in the vehicle traffic, most pronounced while waiting for the ferry in Kootenay Bay, over a long weekend or when the Kootenay Pass must close. It is also apparent perhaps in the number of Letters received—thank you! The effort of organizing this newspaper feels well worth it, as this wonderful community continues to provide the support needed to keep publishing. This forum is valued by many, and I know that I appreciate the differences of opinion that might occur as we are a country founded on Freedom of Speech and this must remain true. Thoughtful, caring, concerned—these articles and letters from the East Shore Community ARE the Mainstreet, and I am truly enjoying putting them together.

Until next month,

D

Letter to the Editor

The Editor was recently contacted by a concerned community member of Pilot Bay regarding the dumping of boating waste into Kootenay Lake, particularly waste that is evident within Pilot Bay.

The picture is only one example of what is seen every summer. Can you imagine trying to explain what this is to your grandchild and why it happens in today's society?

With another boating season on the horizon, it is timely that this message be broadcast to all users of Pilot Bay, Sawdust Cove, and our beautiful lake in general.

Pilot Bay and Sawmill Cove are used as a domestic water supply and, therefore, discharge or dumping of sewage is not permitted and is punishable by law, according to the BC Parks website.



Letter to the Editor

Dear Mainstreet,

On April 22, I lost my beloved sister Wendy Scott of Riondel. Many of your readers may remember Wendy's long-time Mainstreet column "Pebbles," which she wrote until about a year ago. Others may recall her beautiful soprano singing voice at gatherings such as the community Christmas party, Remembrance Day, and with the choir at the Riondel Community Church and Harrison Memorial Church. She was also a familiar face at the Riondel Library and an organizer for the Riondel Community Church and Garden of Remembrance. Many of you will recall the Celebration of Words literary event that Wendy spearheaded annually (pre-Covid) at Dutch Harbour. Going back a couple decades, Wendy worked at Dr. Savoury's medical clinic in Riondel, alongside Kathy Smith (recently retired from a long career at the East Shore Clinic in Crawford Bay). Wendy was sociable and lively and other folks may remember visiting with her at local eateries and gathering places.

My main objective in writing is to thank all the people who made it possible for Wendy to live at home this past year as she began experiencing health difficulties. For this, I will always be immensely grateful. Having your loved one at home is a huge gift - both for her and for those who love her. Wendy was able to spend her final days in peace, calm and grace at home, and said, numerous times, "I'm so glad I'm home."

The people who made Wendy's time at home possible and deserve the lion's share of my gratitude are Christian McStravick of Mary Ann's

Way home care, whose compassion, skill, knowledge and professionalism are without equal in my experience. Christian's associate Barb Kuhn provided absolutely wonderful compassionate care to Wendy as well - and kept me in tune on our many impromptu vocal duets that Wendy enjoyed immensely - or so she said. I'm also grateful for the assistance of Interior Health caregivers Murielle Hielema and Noelle Wilkinson who brought companionship, charm and considerable caregiving experience to our home, and to the professional help of a number of home-care nurses (Emily, Patti and Emmett), and to Susan Dill's friendly care. Thanks are due too to Wendy's supportive and caring Nurse Practitioner, Jamie Ingram. As well, the visits of the Community Paramedic Cory Medhurst truly brightened Wendy's days (as well as keeping track of her vitals), and Cory's role with the Ambulance Service was frequently needed and very very much appreciated.

From the bottom of my heart, thank you everyone We are planning a Celebration of Life for Wendy at The Harbour at Riondel (formerly Dutch Harbour) on Friday July 7, and we'd love to celebrate Wendy's life with you.

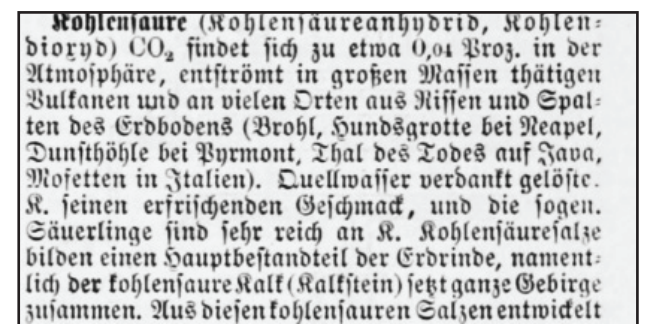
Sincerely, Shirleen Smith (Wendy's sister)

Riondel, BC

Letter from a concerned resident by Sylke Plaumann

I have read the entire RDCK Climate Action Plan and it leaves me concerned as I feel this is not a real problem we need to address.

In 1890, the world's most famous (at the time) encyclopedia *Meyers Lexikon* (German) states on page 917, "carbon dioxide concentration in the atmosphere is 0.04 %".



And today, *Wikipedia* (based on numerous scientific publication) says, "the current global average concentration of CO₂ in the atmosphere is (0.04%) ". So, CO₂ concentration in our atmosphere has been unchanged for over 130 years. The RDCK created an entire workbook to reduce carbon dioxide emissions, but what about all the real problems we are having, like, micro plastic in the ocean; pollution of our air, our water, and our land with toxins; genetically modified organisms; and the rise of autism spectrum disorder among our children (<https://www.cdc.gov/ncbddd/autism/data.html>)?... The list is long.

Let's get serious; don't let bureaucrats push you around. No more fear., There is always a way. Humans are built to find problems and solve problems., Let's create a better world for our children.

So, why not put our heads together and find some real solutions for some real problems?

Article, Promotion, Opinion,

or just something you might like to share?

OPEN FOR SUBMISSIONS

Boat waste from commercial and pleasure water-crafts is considered pollution once expelled into a water body and not only looks unappealing but also contaminates a water supply that supports surrounding communities. Wastewater can contain nitrates, phosphates, and pathogenic organisms such as E. coli that are harmful to the lake and to human health.

Recently, a pump-out station was installed at the Prestige Lakeside Resort. For only \$10, boaters can dispose of their wastewater in a way that's safe for other users and for the lake.

Kootenay Lake is the heart of the West Kootenay, and a valuable resource within the community. The lake supports the communities along its shorelines and an array of fish and wildlife. Illegal release of boat wastewater poses a serious threat to the health of this delicate ecosystem. If you witness pollution, including illegal dumping of boat wastewater, within provincial park boundaries, please contact a local conservation officer via the Report All Poachers and Polluters line at 1-877-952-7277 (RAPP).

Thank you and please respect our beautiful lake for us and all future generations.

Lorne Haas, Pilot Bay

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!

THANK YOU COMMUNITY!

The ArtConnect board is very pleased to tell you that we raised \$5244.59 at our May 14 Silent Auction and Rummage Sale. The money will be used to pay down the mortgage on the Harrison Memorial Cultural Centre, and will also help leverage more funds from granting organizations.

We would like to thank the following businesses and people who made beautiful donations for the Silent Auction: Kokanee Springs Resort, Newkey's, Floriferous, North Woven Broom, Barefoot Handweaving, Ladybug Café, Norse Arts, Green Bubble Co., Red's

Bakery, Merv Robertson of Art and Wellness, Forge & Furnace Gallery, Kokanee Chalets, Hub Pub and Eatery, Flickering Goddess, Stones and Weave, Brenda Panio, John & Bonnie Pelletier, Kristine McGuinty, Cherry MacLagan, Karen Arrowsmith, Susan Snead, Gray Creek Store, Starbelly Jam, Crawford Bay Market, Scotty Buxton, Mary and Jim Donald, Patrick Alexandre, Tara Shanti, Rockwood Café, The Pepper People, and East Shore Mainstreet newspaper. Our local businesses are asked for many donations and we sincerely appreciate their support. Please support them in return.

A huge thank you also to Wherpeter for organizing the music, Miroslav for tech support, Tram's Delicious Vietnamese Spring Rolls and also Yoan with her special savory tarts, and the stalwart volunteers: Brigitte, Bonnie & Bob, Yoan, and Jack. We could not have done it without you. Finally, to everyone who contributed to the rummage sale, the others who spontaneously helped out, and to all those who came out to enjoy a beautiful and fun afternoon. Thank you!

- From ArtConnect Society board members
Cathy White, Nicole Plouffe, Zora Doval, Lorna Robin, and Lois Wakelin.

CBESS School Garden

by Shannon Lanaway

A great big holler out of gratitude to Kevin Bentley for all the amazing support of the Crawford Bay Elementary and Secondary School Garden! Over the last 7 years. I have not found a more supportive, hardworking, and dedicated community member to this cause. Today, another thank you goes to Kevin for the final delivery of soil to top up remaining garden boxes in the School Garden.

Thanks also goes out to the CBESS Parental Advisory Committee for the recent financial support for the purchase of this soil.

A special thank you goes to Johnny from the Shabby Shack for donating \$600 worth of wood to build up garden beds for optimum drainage and red wiggler worms. Also, thanks to Virginia LeMesurier and her daughter, who have been dedicated to weeding and generously sharing seeds from Creston.

As of this week, parents, community members, and students are all welcome to come volunteer Tuesdays or Thursdays in the garden behind the school. Volunteer gardeners of all skills and energy levels are welcome to help for an hour or two after school (2:45) to fill up the remaining garden beds and help love up our school garden. The School Garden committee is inviting donations of any used wheelbarrows, shovels, clippers, seeds, and manure.

Another thank you to the many cooks and volunteers over the years of the Hot Lunch Program who have hauled compost out to feed the garden, rain, snow or shine. The garden beds are richer in nutrients and have more worms as a happy, healthy result.

As I am taking an educational sabbatical next year, Sarah Delpont has graciously volunteered to be the school point-person for the up-coming year.

Much gratitude to the School Garden herself, to the many birds and the elementals for the many hours I have spent sharing time with students planting, watering, and tending to the plants. It has been a pure joy and honor. I hope to return with various seeds from my travels.

With much gratitude.

“And I don't think a lot of people appreciate that, they might think you need a degree or a diploma course – but to start things rolling, you just need the EMR course.”

While things have improved greatly for local recruitment, there are still a few under-staffed stations in the region, so efforts to hire more people continue. You can find out more about local opportunities during Paramedics Week, May 21-27. For residents of Kaslo, the BCEHS is holding a recruitment session on Friday, May 26.

Thomas says it's a rewarding career.

“It is an opportunity to support and help your community and neighbours,” she says. “And it's an incredible profession. It's not your 9 to 5 position, you have an opportunity to travel all over the province. Start in New Denver, move to Vancouver Island, up north... it's a career that can take you wherever you want to go. It's pretty unlimited right now.”

New contract already improving conditions for province's paramedics

by John Boivin

Local Journalism Initiative reporter, Valley Voice

British Columbia's emergency health workers are finding themselves in a pretty good place as they mark Paramedic Services Week in the province in 2023.

“It's an exciting time to join BCEHS,” says Sara Thomas, the manager of clinical operations for Kootenay West. “With changes to the collective agreement, it's creating quite a bit of excitement on the recruitment front – being able to offer living wages, more full-time and part-time jobs – is going to go a long way to recruiting and retaining paramedics on a local level.”

A 15-year veteran of BC Emergency Health Services in New Denver, Thomas oversees 80 staff at six local stations, from Riondel and Nelson to her home community. And she says she's already seeing the new collective agreement generate more interest in the career.

“The number of on-call or casual positions is drying up with this implementation of regular part-time and full-time positions in rural and remote areas,” she told the Valley Voice. “I think we're finally shedding the \$2/hour shroud that we've been wearing for years.”

In February, the province's paramedics voted overwhelmingly (96%) in favour of the new contract, which will see wages increase up to 13% over the next three years. The contract also provides for a six-fold increase for those on-call wages (from \$2/hour to \$12/hour). The contract also offers a \$1,000 mental health benefit for the 4,600 paramedics and dispatchers, as well as better provisions for leave of absences, paid education programs, and stronger language to protect seniority rights for part-time workers.

The contract will remain in effect until March 2025.

INTEREST GROWING

The government said it hopes the contract will support better recruitment and retention of staff across the province – and Thomas says they've already seen an uptick in interest in the profession.

“It's been great. I did a ‘Coffee with a Medic’ in Nakusp about a month and a half ago, and it was really exciting to walk into the bay and see this hub of activity,” she recalls. “I did a couple of interviews on the spot, and my colleagues did a few more. We interviewed six people on the spot that day. In years past, that would have been unheard of.”

Thomas says another enticing aspect of the contract is how it makes it a lot easier to receive training you need locally. More full-time and part-time local jobs also makes recruiting local workers simpler.

“Years ago, the model was, if you wanted to go full-time after seven or eight years, you'd go down to Vancouver, secure a full-time spot, then work your way back like a salmon, closer to the few-and-far-between local full-time positions,” she chuckles. “Now there may not be a full-time position in your station, but you can look next door and neighbouring stations there's a good chance there's something a lot closer to home than there was in years past.”

You can get started a lot faster than you'd think, Thomas says. There's not a high barrier to an entry-level job.

“We're not only offering paid courses, but paid-to-take-them courses, and that's brand new. We are offering those courses in the community. We just ran one for New Denver and Salmo, and they did their EMR course in two weeks. And that course – along with two weeks of in-house training – is enough to get you started in your career as a paramedic.



Crawford Bay Hall Board News

by Leona Keraiff

We recently received grant approval in the amount of \$3216.67 from the Resident Directed (ReDi) program set up by the Columbia Basin Trust through the Regional District. Formerly this was the Community Initiatives Program. We will be improving the septic field at the Community Corner building at the Community Park. We appreciate receiving support to increase capacity in this space from 10 to 50 users per day.

We want to give a huge shout out to community volunteers Dave Hough and Susan Hulland for installing the new Bat Pole on the hall grounds. Heather Gates, representing the Wildlife Conservation Society Canada organization



(who generously donated the Branden bark) as well as the Kootenay Community Bat Program, assisted in the installation. Our objective is to entice the bats to roost in their new home/location, and to vacate the hall before we start the restoration. Please cross your fingers that this works! The bats

are endangered, and we are obligated to try to help them.

We want to acknowledge Paul Hindson of Kokanee Chalets, who is mowing the park grounds with the understanding that the money we would normally pay him will go towards the hall restoration fund. Kokanee Springs Resort is also doing a huge community service by continuing to mow the park's soccer field. They have been doing this for many years now and we are grateful.

On **Saturday June 4** there will be a **rummage sale** at the Community Corner building in the park. Proceeds are in support of the hall restoration. Questions can be directed to shulland@cbhall.ca.



Strengthening Community Bonds and Fostering Economic Growth

by Forrest Demman, President of KLCC

It is with great pleasure and enthusiasm that I assume the role of President of the Kootenay Lake Chamber of Commerce. As a passionate advocate for our community, I am honored to have the opportunity to contribute to the growth and prosperity of our region. I am a business owner from Wynndel; I operate Big Tree Electrical, a company that works in all areas of the electrical trade.

With a rich tapestry of businesses, entrepreneurs, and residents, our community boasts a vibrant and diverse economic landscape. The Kootenay Lake Chamber of Commerce, as a leading voice of businesses in the area, plays a vital role in fostering collaboration, facilitating growth, and driving positive change.

First and foremost, I would like to express my gratitude to the dedicated individuals who have served in leadership roles before me (specifically Megan Rokeby-Thomas and Herve Blezy), shaping the Chamber's mission and building strong foundations. Building upon their achievements, my vision for the Chamber revolves around three core pillars: community engagement, advocacy, and economic development.

Community Engagement: Our community's strength lies in its people, and fostering meaningful connections among businesses, residents, and organizations is paramount. I am committed to creating platforms that facilitate dialogue, networking, and collaboration, allowing us to tap into our collective knowledge and experiences. By hosting engaging events, workshops, and forums, we aim to nurture a supportive environment that encourages growth, innovation, and a sense of unity. As a business owner from Wynndel, I think it is especially important that all along the East Shore, businesses and organizations have meaningful connections.

Advocacy: The Chamber serves as a powerful advocate for businesses, ensuring their voices are heard at all levels of decision making. We will actively engage with government agencies, policymakers, and stakeholders to champion the needs and concerns of our members. By advocating for favorable business conditions, streamlined regulations, and infrastructure improvements, we aim to create an environment that empowers businesses to thrive and contribute to the overall well-being of our community.

Economic Development: Our Chamber is committed to driving sustainable economic growth and prosperity. We will work collaboratively with local businesses, industry partners, and government bodies to identify opportunities for expansion, attract new investments, and promote tourism in our region. By leveraging our collective resources and expertise, we can cultivate an environment that supports entrepreneurial ventures, encourages job creation, and enhances the overall quality of life for residents.

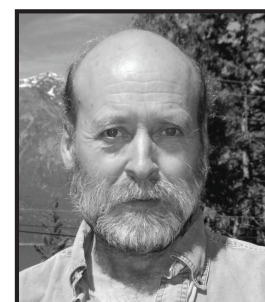
In addition to these key pillars, I recognize the importance of active communication and engagement with our members and the broader community. Our Chamber will strive to provide valuable

resources, timely information, and support services tailored to the needs of our diverse business community. We are here to listen, understand, and respond to your concerns, ensuring that your voice is heard, and your interests are represented.

I invite all businesses, entrepreneurs, and community members to join us in our mission to strengthen and grow the economic fabric of our region. Together, we can create a thriving business community that benefits us all.

I am excited about the journey ahead and look forward to collaborating with each one of you. Feel free to reach out to me directly at 250-977-3477 or visit our website at kootenaylake.bc.ca to learn more about how the Kootenay Lake Chamber of Commerce can support you and your business.

Together, let's pave the way for a prosperous future.



RDCK Area A Update

by Garry Jackman
RDCK Director Area A Plan

Plan is one of three words which are stirring a great deal of conversation lately. One of the other words is climate. The third is action.

We all plan. Some plans are truly unique, marking a departure from the norm which many would take note of. Making a once-in-a-lifetime plan to travel abroad may be one such plan. Other plans may be better described as a record, if not a refinement, of fairly routine steps we take each day. As a refinement of routine, you may plan to vary the route of your daily walk tomorrow. As an example of a documented plan, you may predetermine a number of possible meals for coming weeks, then document the needs to make those meals by writing down items on a shopping list. The list, or plan for shopping, need not signal a major departure from the norm, since you will probably continue to eat no matter what is on the list or plan. It is just a record to highlight meaningful items to be considered at the point in time when decisions or purchases are to be made. The plan or shopping list is a guide as you review the actual options in front of you at the time you are actually in the store. That is how, to a large degree, I view the RDCK climate action plan.

So, if you are still reading, I must convey my thanks, and hope you recognize that I am not looking to stir controversy further or to totally align with any particular viewpoint, but rather would like to point out how the RDCK has been shopping for choices to make for several years, for several reasons, and with some rather good results from time to time. From past experience, plus in view of anticipated challenges, we have written down an elaborate shopping list for actions that may make a great deal of sense, at the right point in time. Being a rather long list, the plan has been sorted into ten streams of activities that the RDCK is involved in.

Some of those activities are mandated for action by local government through provincial legislation, while other activities are optional for action by local government. Some activities, in my

Continued on page 5...

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



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

Continued from page 4

opinion, need to remain squarely with provincial and federal governments. All too often, a government will push decisions and related costs onto local property tax bills, while the local government is already quite aware of its current responsibilities and the potential return on investment for taking certain actions which fall appropriately within its jurisdiction. Examples of areas where local government is mandated to step up are resource recovery (which I went into last month and will elaborate on further below); emergency planning, response, and recovery; building inspection; and similar services which are tied to health and safety. Services that local government, in rural areas in particular, are not obliged to pursue are recreation (indoor and outdoor), rural fire halls, road rescue, first responder support for BC ambulance service, operating water systems, and a host of other services that end up falling under local government largely because residents voted to have them established and operated by local government.

Let's look once again at resource recovery, which includes supporting recycling programs, organics diversion and managing the residual waste which, in our communities, is commonly sent to a landfill. The three are closely interrelated and the proposed shifts in how we manage the waste system are in the resource recovery plan. That document invited public input but apparently did not contain the same trigger words as the climate action plan, even though the resource recovery plan actions overlap with the climate action plan. For example, you will find some reference to methane production in landfills in the climate action plan. Along this theme, there is work to be done at some of the RDCK landfills, but the Creston landfill already has a methane recovery system, which includes a cap liner above closed sections of the landfill

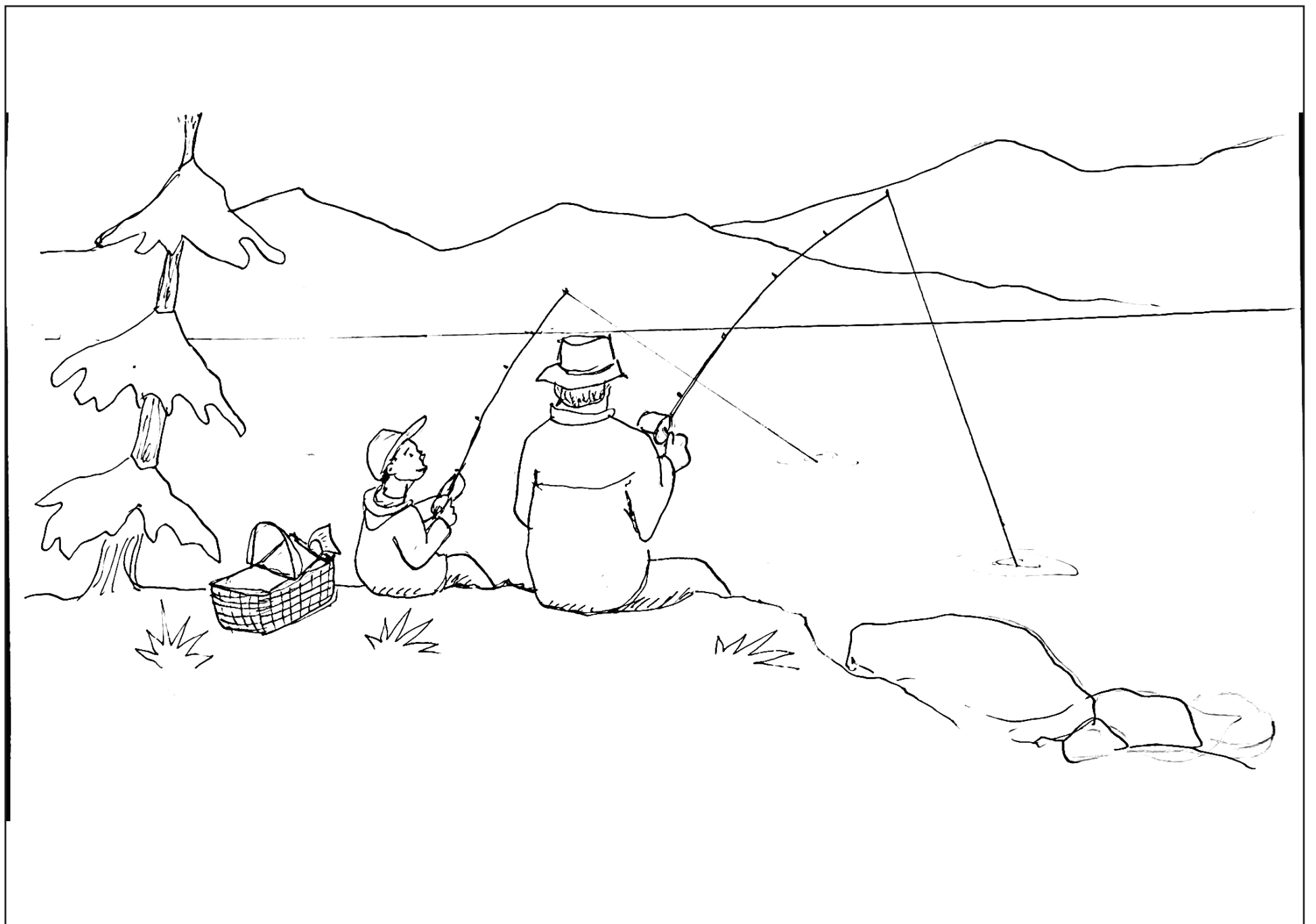
plus methane collection piping within the waste mass. The cap liner serves two purposes, as it also prevents rainwater from entering the waste pile, reducing landfill leachate. The diversion of organic material to the onsite composting facility further reduces leachate. Together, those are parts of the plan to obtain approval for future cells within the landfill to be built as self-attenuating, with the hopes of avoiding an estimated \$10M capital cost plus increased ongoing operational costs. Send me an email if you want more details.

As pointed out last month, a further benefit to the shift which is in progress comes from the three-stream curbside collection of organics, recyclable material, and residual waste. Curbside collection tends to result in higher percentages of diversion. The total volume of residual, or garbage in bags, sent to the Creston landfill annually is one important metric to observe in order to qualify as a self-attenuating site. We are close to the limit now, so diverting more of the organic and recyclable volume of material, as our population using the landfill grows, is part of the plan to remain within a more economical mode of operation for the Creston landfill site. This also shifts more of the recycling costs (don't believe anyone who tells you the system is free in BC) from the heavily taxation-subsidized depot system to the curbside or blue box system where more of the costs are born by RecycleBC. You have prepaid for the RecycleBC system when you purchased your packed goods. The goal is to reduce the taxation subsidy while also aligning with climate actions. The point to take away is that our ongoing analysis and planning has been the sensible, cost-effective approach for the Creston site, and a similar path is proposed in both the resource recovery and climate action plans for the other, larger landfill

sites in the RDCK. This thoughtful approach can be applied to all nine of the other categories of activities within the plan.

To date, I have received a roughly balanced response from residents who are in support versus those generally opposed to the RDCK having a climate action plan in place, while a few residents have mixed viewpoints. At the end of the earlier climate action plan review, we received a huge surge of interest, followed by what may be a record number of in-person attendees at our April Board meeting. We decided to extend our public engagement period and will reschedule the proposed open house community engagements. I see two reasons for this. One is to allow people to put more of their concerns in writing so staff can prepare examples of how the points raised by residents will or will not fall into the plan. The other reason is to allow people to rethink what the discourse is intended to achieve. My question to our neighbours is this: do you view this as an opportunity to express your world views about what ultimately may be two dystopian futures from either extreme viewpoint (i.e., overreacting governments and control-based fears versus underreacting governments and climate catastrophe fears)? The actions of local government are important, so I am looking to create a forum for discussion around our actions. I am not looking to create a stage for the world-class debate. Personally, I am looking for your ideas on what to do that we are not already doing, what to do better, or what not to do within the local realm. As stated above, this plan is just a record to highlight meaningful items to be considered at the point in time when decisions are to be made.

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.



Local Grant Recipients

Please note, this information has been transcribed from rdck.ca. Further information can be found there.

Discretionary Grants AREA A

SKLCSS – Jr Squad Summer Day Camp -\$2,500

Community Development Grants AREA A

East Shore Trail and Bike Association – Trail map updates and printing- \$1,000

Resident Directed (ReDi) grant funding

A total of \$1,402,026.37 in funding will be allocated to 312 different project proposals.

Area A Total \$35,205.67 - recipients listed on RDCK website. Too many for the paper!

Rec9 Spring Grant Recipients

Senior Citizens Association, Branch 96 \$520.00

CB&District Hall&Parks Assoc. -Insurance \$5,584

Boswell Memorial Hall \$3,880

Trails for Creston Valley Society (TCVS) \$4,148

SKLCSS – Fitness Centre Liability Insurance \$991

SKLCSS – Riondel Outdoor Pickleball Courts \$901

East Shore Circle of Friends Society \$630

East Shore Trail and Bike Association \$4,503

Riondel Golf Club Society \$975

CB&District Hall&Parks Association – Park Benches \$901

The Boswell Historical Society \$901

East Shore Hospice



In The Moment

by Maggie Kavanagh
ESHS Volunteer

With spring ever so present, I am reminded of some of our earlier intentions around honouring and remembering family and friends who have passed or have made a deep impact in our lives. These intentional memories have been expressed in different ways around our home, inside and out.

As we go through our spring cleaning, with a deeper cleanse of items we no longer use, we pause to reflect on our surroundings and recognize the areas outside that were created for introspection, reflection, and beauty specifically, with an intention to remember. We have two beautiful waterfalls, both designed and created by our friend Alex, who lives in Riondel, who is currently recovering from a serious accident. His wife, Elvira, is just as special and has been working very hard to keep their greenhouse and garden flourishing, as well as taking care of Alex and their home. Thank you to all who have assisted in their process. Should you feel inclined, please send them some positive energy and/or a prayer to help them along their healing journey.

Alex put so much of himself into these projects, ensuring they would fit in with the forest and natural environment, and collecting all the rocks he used from those scattered throughout the property. His design also included considering how a natural waterfall occurs in the local creeks. He also envisioned the native plant life

surrounding them. We have guests who ask, “Is this waterfall a natural part of the property?” Alex is at one with all that he creates.

There is so much energy and emotion wrapped up in these spaces and the people in our lives we associate with these places, and it challenges us to think about someday leaving them behind as we consider downsizing. When we eventually move, we hope Alex will continue to assist us in creating special meditative and prayerful landscape features on our future property.

Dear East Shore Residents

by Susan Dill

I write today to announce my resignation from the position of Hospice Coordinator for the East Shore. Serving in this role has been an incredibly rewarding experience; I must now move on to pursue new opportunities.

I would like to express my deepest gratitude to the entire community for the unwavering support I have received throughout my tenure. The compassion, dedication, and kindness demonstrated by the community members, volunteers, and staff have made a lasting impact on me. It has been a privilege to work alongside remarkable individuals who share a genuine commitment to providing exceptional end-of-life care.

I am confident that the transition to the capable hands of Cherry MacLagan as the new Hospice Coordinator will be seamless. Having had the pleasure of working with Cherry closely, I can attest to her exceptional skills, compassion, and dedication to our mission. Her extensive experience in the field, combined with her ability to connect with patients and families, make her the perfect fit for this position. I have no doubt that under Cherry’s guidance, the hospice program will flourish and continue to provide care to those in need.

Additionally, a new board will be formed for the organization. The infusion of fresh perspectives, ongoing support, and innovative ideas that a new board brings is essential for the continued growth and success of the hospice program. I am confident that they will provide guidance and ensure the program’s sustainability, ultimately benefiting the individuals and families who rely on our services.

I will always cherish the memories and experiences gained during my time at East Shore Hospice. Accept my sincerest gratitude for the opportunity to have served as Hospice Coordinator. I extend my thanks to the entire organization, including the board, volunteers, donors, and, most importantly, the community. The connections forged and the lives touched will forever hold a special place in my heart. I am proud to be part of such an exceptional community.

I will ensure a smooth transition by working closely with Cherry during the handover period. If there are any specific tasks or projects that you would like me to assist with during this time, please do not hesitate to let me know.

Although I am bidding farewell to my role as Hospice Coordinator, I am confident that East Shore Hospice will continue to thrive and make a difference in the lives of those facing end-of-life challenges and wishing to stay at home.

Thank you once again for your support and the incredible journey we have shared. I wish you, Cherry, and the new board success and fulfillment in all your endeavors.

With warmest regards, Susan

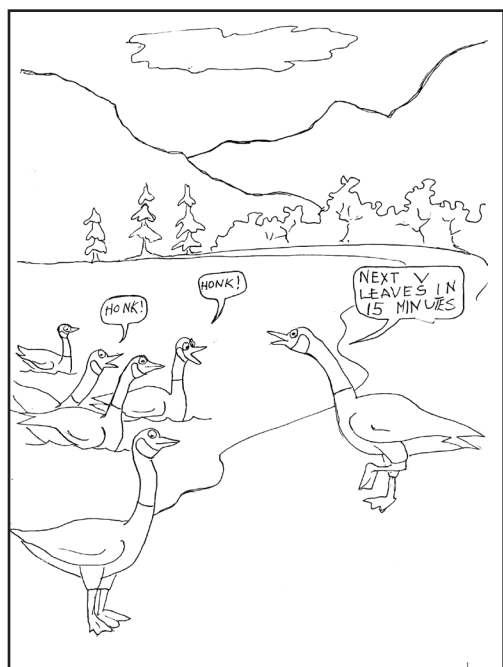


Riondel Rescue Fire&Blotter

by Corey Medhurst
Fire Chief

Thank you Corey, for your dedicated writing of this column and for the service provided by yourself and your colleagues. Unfortunately, the ambulance has been busy and Corey was not able to provide a report to include at time of printing. We do however, have a deep and sincere appreciation for all that the Riondel Recue team and local paramedics do for our community members.

THANK YOU



East Shore Hospice



Hospice Information

East Shore Hospice volunteer care is free of charge and is avail-

able 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 Cherry MacLagan, East Shore Coordinator, at 250-505-4915 or by email at eastshorehospice@gmail.com

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’, and at the Hospice Office in Nelson on Tuesdays between 10:00 AM and 2:00 PM.



Rooted in Health

by Maya Skalinska

M.H., R.H.T (BCHA)

Wildfire Smoke:

Protective measures

with natural medicine

Wildfire smoke is a noxious irritant to our respiratory system, and with prolonged exposure can trigger all types of allergic reactions, as well as chronic illness. The smoke is a complex mixture of toxic particulate matter, gases such as carbon monoxide and nitrogen oxide, and volatile and semi-volatile organic compounds. Once inhaled, the microscopic toxic particles get trapped in our respiratory system, and eventually get into our bloodstream via the lungs.

Irritation from wildfire smoke can easily become chronic if not addressed immediately or, better yet, prevented wherever possible. Here are a few of the common symptoms:

- Coughing or wheezing
- A scratchy, dry throat
- Irritated sinuses
- Shortness of breath
- Rapid heartbeat
- Chest pain
- Headaches
- Stinging, burning, watering eyes
- A runny nose
- Nosebleeds
- Headaches

Many of the symptoms above stem from congestion within the respiratory system. The mucus build up is a mechanism for defending against toxins, and for most of us, our bodies are capable of dealing with exposure. But accumulative exposure can cause long term effects

on your health. Even though long-term studies are still lacking, we are already seeing some common chronic issues such as asthma, acute bronchitis, pneumonia, COPD, and cardiovascular issues.¹ Those with pre-existing respiratory and cardiovascular illnesses, as well as smokers, children and elders, are at higher risk.

“Epidemiological studies have demonstrated significant associations between wildfire smoke exposure and declines in lung function among non-asthmatic children (Jacobson et al. 2012, 2014), and increases in physician visits for respiratory problems.”²

We’re seeing these types of findings all over the globe, many coming from Australia, Europe and California’s reoccurring wildfires, and their respective spikes in hospital visits.

Other than the obvious measures like staying indoors, keeping your house free of air pollutants (no air fresheners, scented dryer sheets, scented candles, etc.), using HEPA filters, and wearing masks (welder masks are great), here are some important natural preventative and therapeutic measures:

1. Stay hydrated. Water will help flush out the toxic particles.
2. Irrigate your sinuses by using a Neti pot. It will moisten and soothe the inside of your nose, and remove pollutants that get trapped in your nasal passages.
3. Increase antioxidant foods and herbs to protect you from oxidative damage caused by inhaling smoke. Increase amounts of fresh fruit (berries are best) and vegetables of all colors; ideally, aim for eight servings per day. Also, drink peppermint, lemon balm or stinging nettle tea. From your spice cabinet: cloves, cinnamon and marjoram all carry an impressive antioxidant content.

4. Steam inhalation with essential oils will help expel the toxic particles, clear passages and reduce sinus irritation and congestion. Add one drop of any of the following essential oils to a bowl of boiled water (removed from heat): cedar, pine, spruce, eucalyptus, or rosemary. Lean over the bowl (not too close to the steam as it can burn) and cover your head and torso with a sheet. Breathe deeply for up to 10 minutes. Use the same essential oils in a humidifier. Alternatively, you can add a handful of fresh thyme or rosemary (1-2 Tablespoons dried), pine needles or cedar branches to a pot of water, bring to a boil, remove and inhale as above.

5. For herbal preparations, the use of demulcent herbs is best, as they soothe irritated mucus membranes, moisten, and cool; a perfect combination for dryness and heat caused by the smoke. Licorice root tea is a great soother, as well as a cold infusion of marshmallow root. Use 2-3 tsps. per one cup cold water and let it infuse overnight. You can also use marshmallow leaf combined with mullein leaf or plantain leaf as a tea. Plantain (which grows all over our area) is wonderful, as it soothes and helps break down the mucus that tends to accumulate due to excess smoke inhalations.

The key here is preventative measures. If your body is giving you signs of possible irritation, it is best to do something about it now, before it manifests itself into something more serious. Chronic illnesses take years to develop. If your body is giving you signs of trouble, it’s wise to listen and be proactive.

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

1. <https://particleandfibretoxicology.biomedcentral.com/articles/10.1186/s12989-020-00394-8>

2. <https://ehp.niehs.nih.gov/doi/10.1289/ehp.1409277>



Thoughts From the Frog Pot

by John Rayson

A Changing World

Over the past months, we have been inundated with reports of climate change, inflation, and rising interest rates and have been led to believe that the world is faced with a rapidly rising population that we will have great difficulty in feeding.

Malthus predicted massive famine and resulting deaths due to rising population in the 1700s, and Paul Ehrlich made the same predictions in *Population Bomb* in 1968; neither seems to have occurred. The “Green revolution”, resulting in unprecedented gains in food production, negated these predictions. I had a recent discussion with a Saskatchewan farmer who works on a large tract of land with all the latest equipment and techniques; he questioned the assumption that we could continue to increase production limitlessly in the future.

Last month, I wrote on the changing society in Canada; many of these changes are not limited to Canada. Over the past few months, I have read a number of provocative books that call into question ‘facts’ we often make with re-

gards to our own country and the world. I refer in particular to two publications: *Factfulness* by Hans Rosling from Sweden and *Empty Planet* by Darrell Bricker and John Ibbotson, both Canadians. Both books are based on statistics from the United Nations and verified by the authors.

As an example, in *Factfulness*, Rosling poses the question as to how many years of education the average female receives in the world. He asked this question of world leaders at the Davos conference; they had the same results as monkeys throwing darts at a board. The answer, to most individuals’ surprise, is nine years [we are not discussing quality but number of years]. His figures come from the United Nations.

In *Empty Planet*, we find the United Nations makes projections for high, low, or medium growth rates of world population; the figure of eleven to twelve billion by 2100 is usually given. However, this is the high figure; in fact, the low projection results in a total population of seven to nine billion. If the low projection is correct, then the population of China in 2100 will be six hundred and seventy million, not the present one point four billion or greater as projected. [Please note: In the past month, India has surpassed China in population and is now the largest country in the world. This is the first time in 300 years that China has not been the largest country.]

At the same time, birth rates are dropping in most countries. Birth rate is the number of live

births per thousand population. The number required for replacement is 2.1. The birth rate in China is 1.6, and despite changing the one child policy and encouraging more children, this rate is not changing. China now has the world’s largest aging population. India just announced a birth rate of 2.0, which is twenty- two years earlier than expected [note that this is below replacement]. India will, however, continue to grow, as the majority of the population is under twenty-five and thus will have children.

Birth rates are falling in most countries, including Canada [presently 1.67]. A falling birth rate follows the movement of increasing numbers of people to large cities with the resulting increase in education of women. As education of women increases, women tend to marry later and have less children, a worldwide phenomenon with very few exceptions.

The only apparent solution to a falling birth rate with a resulting aging population would appear to be immigration. Remember in Canada, presently, there are only 3 workers for each retired individual, whereas previously there were 10. Canada is one of only two countries in the world with a positive immigration policy. The other, by the way, is the USA, and their rate of immigration as a percentage of population is far less than Canada.

It is my intent to comment further on Canadian immigration policy in the next column.



Smarter Than Jack or Jill

by Sharman Horwood

Self-Domestication

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

Why did some animals become domesticated, and others did not? In the past, scientists believed that wild animals associated with humans because the behaviour benefited the animal. In fact, they have in the past assumed that wolves developed into dogs because they first followed humans; they scavenged from their kill, and later became habituated to the presence of humans. This led to the wolves taking a place in their barns, and subsequently homes, protecting humans and being fed in return. However, as we've seen with the "friendliness" gene, that was not the case. Certain wolves with that genetic profile may have selected association with humans because of it.

Self-domestication is a little more complicated. It is more a process of adaptation, and previously only humans and bonobo chimps have demonstrated it. Domestication is the process where humans "have bred animals to maximize traits such as friendliness, sociability and a docile temperament" ("Wild Elephants May Have Domesticated Themselves," in *New Scientist*, by Corryn Wetzel, April 3, 2023). Self-domestication, on the other hand, is when the animals select those qualities on their own.

You would think that is rare--and in some ways it is--but humans are self-domesticated. Despite our history of war and continuing aggression, humans have chosen to enhance qualities like friendliness, sociability, and equable temperaments so that we can live socially--in safety and in productive, collaborative groups. Humans have chosen "social behaviour from which the group as a whole benefited, such as intelligence, soft skills, emotional intelligence and . . . individuals with an antisocial personality disorder" have been cast out from the group (*Wikipedia*). Scientists think this process began over 300,000 years ago, during the Pleistocene.

In the past, another animal that has self-domesticated is the bonobo. Bonobos are a type

of great ape very similar to chimpanzees, and "along with the common chimpanzee, the bonobo is the closest extant relative to humans" (*Wikipedia*). They live primarily in the Congo Basin in Central Africa. According to Frans de Waal, bonobos "are capable of altruism, compassion, empathy, kindness, patience, and sensitivity" (*Wikipedia*). However, some primatologists reject this, but not entirely. They say that de Waal is using observations of captive bonobos instead of wild ones. Nonetheless, bonobos are unusual. Unlike chimpanzees, bonobos exhibit calm behaviour. Bonobo social groups are more stable than chimpanzee groups, suggesting that self-domestication "reinforces stable social structures" (*Wikipedia*). Evolutionary anthropologist, Brian Hare, has claimed that because bonobos show significantly less aggression than chimpanzees, adapting their social behaviour with more "intergroup tolerance," they have domesticated themselves.

Other animals have also shown that they are changing, becoming self-domesticated. Red foxes, for instance, in British cities are showing the first signs of this. They are starting to evolve distinctly from their wild cousins; they have developed shorter jaws and smaller brains (*Wikipedia*). According to British biological anthropologist Richard Wrangham, "self-domestication involves being in an environment that favors reduction in aggression, including interspecific and intraspecific antagonism, for survival" (*Wikipedia*). These animals are adapting to an environment that requires less aggression and calmer behaviour and doing so without any external selective breeding.

Cats have long been associated with humans, changing their behaviour in order to cohabit with us, as have dogs (though we now know about the "friendly" side of their genetic development). With cats, scientists believe they associated with us because that increased their chances of survival. They could hunt rats and mice more easily, keeping them out of the grain we stored for food. As a result, "these cats were tolerated by people, supporting their evolution to deviate further from their wild counterparts" (*Wikipedia*).

However, does this mean that other animals can--and will--domesticate themselves? At the moment, researchers think that elephants are doing just that. Limor Raviv at the Max

Planck Institute for Psycholinguistics in the Netherlands has been looking at wild African elephants. She and her colleagues have found that, like humans and bonobos, these elephants "display similar behaviours." They "are social, play, have a long childhood and care for the offspring of others in their group" ("Wild Elephants May Have Domesticated Themselves," in *New Scientist*, by Corryn Wetzel, April 3, 2023). They also have shortened jawbones, "a trait shared by many domesticated animals--and show restraint in aggression towards others" ("Wild Elephants May Have Domesticated Themselves," in *New Scientist*, by Corryn Wetzel, April 3, 2023). Raviv and her colleagues looked for similarities between the genome of wild elephants and domesticated animals. They found that 79 of wild African elephant genes "were associated with domestication in other species" ("Wild Elephants May Have Domesticated Themselves," in *New Scientist*, by Corryn Wetzel, April 3, 2023) which, since humans and elephants aren't related genetically, suggests that "domestication can evolve convergently in the multiple branches of the mammal evolutionary tree" ("Wild Elephants May Have Domesticated Themselves," in *New Scientist*, by Corryn Wetzel, April 3, 2023). At this point, researchers don't have the genome data on the Asian elephant, but Raviv suspects that the same might have occurred there as well.

Some scientists don't agree with using the term domestication. Melinda Zeder at the Smithsonian National Museum of Natural History, Washington, D.C., claims domestication is a "mutual process between two species" and in using that term, the researchers are "muddying the waters" ("Wild Elephants May Have Domesticated Themselves," in *New Scientist*, by Corryn Wetzel, April 3, 2023). However, Raviv and her team aren't stopping, even though there might be a better terminology to explain the phenomenon. They are now looking at seals, dolphins, whales, and bats for signs of self-domestication.

Animals show intelligence in so many ways, and with self-domestication they might even be showing a tendency to alter their genetic behaviour in favour of intelligence. Or is a change in their genome altering their behaviour? No matter which is the case, animals are developing more intelligence. Just ask my cat as she trains me to give her the "right" food.

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

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Seldom Scene
by Gerald Panio



Buddy: Daddy, do you think me and that wee girl have a future?

Pa: Well, why the heck not?

Buddy: You know she's Catholic?

Pa: That wee girl can be a practicing Hindu, or a Southern Baptist, or a vegetarian Anti-christ, but if she's kind, and she's fair and you two respect each other, she and her people are welcome in our house any day of the week. Agreed?

Films about the sectarian violence in Ireland are, understandably, grim affairs. I'm thinking of movies like *The Wind That Shakes the Barley* (2006), *Bloody Sunday* (2002), and *Michael Collins* (1996). I imagined that Kenneth Branagh's *Belfast*, set in August 1969, at the beginning of the 30-year conflict between Protestants and Catholics that came to be called the Troubles, might be more of the same. The Troubles was a time of riots in the streets, sectarian "cleansing" of neighborhoods, bombings, sniper attacks, barricades & checkpoints, tanks in the streets, and paramilitary forces run amuck. Given the current brutal state of affairs in countries like Ukraine, Yemen, the Sudan, and Somalia, I wasn't sure that I wanted to add in more darkness. But I've been an admirer of Kenneth Branagh's work as both actor and director since his outstanding *Henry V* (1989), and I was certain that the autobiographical story of his family's experiences in

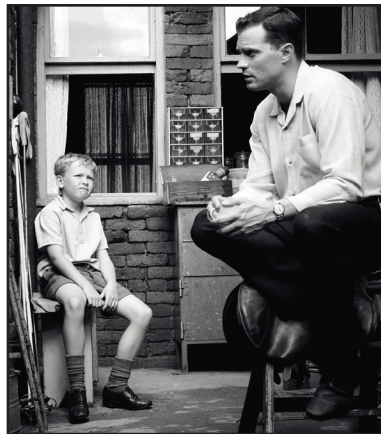


Belfast at the beginning of the Troubles would be something more than just anger and loss.

I was right. Although the violence of that time is inescapable and appalling, Belfast is, above all, the story of an ordinary family and the love that binds them together and roots them in their neighborhood. Touches of wry humor ("The Irish were born for leaving. Otherwise, the world would have no pubs.") and moments of joy are woven throughout the film. The music of Van Morrison--with songs such as "Down to Joy," "The Bright Side of the Road," "And the Healing Has Begun," and "Carrickfergus"--sends a warm, bright light through darkening shadows. I'd forgotten how important a role Van Morrison's music had once played in my own life, along with Irish recordings by The Chieftains, The Bothy Band, Clannad, and The Pogues. There are a couple of musical scenes in Belfast that I rewound & replayed several times because they made me smile. I'll get back to these scenes later.

The casting of Belfast is flawless. Front and center is 9-year-old Buddy, played by Jude Hill in his first movie role. The film's story is told largely through his eyes, and he doesn't strike a false note. Whether it's communicating the terror of being caught up in a Protestant mob, enjoying camaraderie of hanging out with his grandfather, panicking at the thought of being forced to move away from his neighborhood, or pining after the cute blonde girl sitting across from him in his classroom, Jude is a natural. Equally at ease are Lewis McAskie as Buddy's older brother Will, Lara McDonnell as Buddy's tomboyish, troublemaking pal Moira, and Olive Tennant as beguiling classmate Catherine. I've seen child actors in other films that made me wonder why anyone would ever have children, but Kenneth Branagh seems to be able to get the best possible work out of his actors, whatever their age. Ciarán Hinds and Judi Dench provide gruff, loving gravitas as Buddy's grandparents, showing us why an extended family is something to be treasured.

Buddy's life is lived out in the streets nearest home, where everyone knows him and looks out for him. A sheltering surrogate family. Catholics and Protestants living side by side. *Belfast* has some wonderfully whimsical conversations as Buddy tries



to figure out the differences between religions, providing a child's perspective on churchgoing ("I've had too much God for one day") and such bewildering Catholic concepts as confession. The local Protestant minister spices things up with a hellfire-and-brimstone sermon about the narrow road to salvation and agonizing torments awaiting those who stray.

On the day the film's story begins, August 15, 1969, Buddy's safe neighborhood begins to blow apart. Protestant mobs start targeting Catholic homes. Small-time gangsters use violence as a screen for extortion, bullying, and revenge. Barricades of paving stones, barbed wire, and burnt-out automobiles appear overnight. British troops move in. Life still goes on, but what was once a neighborhood becomes a battleground.

Buddy's young parents, played by Catriona Bell and Jamie Dornan, agonize over the future of their family. His mother, much like Buddy himself, can't imagine leaving the only place she'd ever lived. Her husband, who spends long periods of time away from Belfast, working as a tradesman in England, is excited at the prospect of starting a new life in a distant, exotic land of promise such as Canada or Australia. Theoretical discussions become pressing as the street violence escalates and Buddy's father is offered a promotion and permanent work in England.



Both Buddy's parents and his grandparents are what the old cliché calls "salt of the earth," defined by the dictionary as "very good, honest, and reasonable" people. Not perfect, by any means--Buddy's father gambles and likes his time in the pub with his mates; Buddy's mother is stressed by dealing with debt and raising two boys pretty much on her own. But everyone is trying to do the right thing, holding on to what's most precious in their lives.



That's where the musical scenes I mentioned come in. In one scene, we see Buddy's parents dancing in the street, totally in love, like a young Fred Astaire and Ginger Rogers. Or like an Irish tango. Bell and Dornan are superb together. In the second scene, at Buddy's grandfather's wake, his father belts out a love song for his wife that's as passionate as anything Romeo whispered in Juliet's ear.

As one might expect in an autobiographical screenplay written by Branagh himself, movies play an important role in Buddy's life. He watches westerns like *The Man Who Shot Liberty Valence* and *High Noon* on the family's tiny black & white TV. He's treated to movies at the local cinema when the family budget allows. On one memorable occasion, his dad takes the family to *One Million Years B.C.*, which he lamely defends as "educational for the boys." I, too, remember thinking that Raquel Welch was pretty educational when I was in high school.

Digressing slightly, I have to say that I'm a sucker for an Irish accent. One of my greatest pleasures in watching *Belfast* was simply listening to the lilt of the dialogue. (Nowadays, though, I often tend to turn on the English subtitles for films because I find that the sound mixes forces one to strain to catch everything that's being said. And that's even when no accent is involved. The problem, perhaps, is something to do with contemporary soundtracks being engineered for sophisticated multi-speaker home entertainment systems. I get clearer dialogue off old VHS tapes.)

Buddy's family has to make the decision whether to ride out a looming civil war or leave everything and everyone they know behind. Their final choice is hinted at in one of the lines of poetry that Buddy's grandfather is always quoting. In this case, the line is from W.B. Yeats's "Easter, 1916": "Too long a sacrifice can make a stone of the heart." The Troubles threaten to turn hearts to stones for those who stay. One of Belfast's most powerful symbols turns out to be a box of laundry soap that Buddy loots from a local supermarket when he's swept up in a street riot. The box winds up sitting forlornly on the family's living room table, a *reductio ad absurdum* of the violent chaos that's upending their lives. That box of laundry soap, both ridiculous and yet a true sign of the times, could be the definition of pathos. Kenneth Branagh doesn't preach to us; he invites us into his family. It's an invitation I'm glad to accept.

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June 2023 Mainstreet 11



Walton Rowboats by Tom Lymbery

When my dad first settled in Gray Creek in 1911, the first thing he bought in Nelson was a Walton rowboat,

which he had shipped to his home via the *SS Moyie*. There were no roads, and power boats were scarce. Dad had done competitive rowing in 8s while he was at Cambridge University. The problem he had was that someone would borrow his rowboat, then leave it on another beach two miles away. Dad mostly solved this when he married my mother, Kathleen Warren, in 1921. He gave her the rowboat, and as she was not local, people were hesitant about asking her.



In his Walton rowboat, Arthur Lymbery heads to Picnic Bay across the Bay from Gray Creek. Photo: Tom Lymbery

Cedar-built lapstrake or clinker-built rowboats were built with overlapping planks. Their edges were carefully planed to fit exactly. A problem with wooden boats was that they needed to be kept wet or else they leaked. My dad tied an endless rope from the shore to a float with pulleys at both ends. The boat was tied so that it was always floating, and could be reeled in when needed. It needed bailing to get the rainwater out.

I found an ad in the *Nelson Daily News* for a

special order Walton with a beam of about six feet, and bought it. The man who built it had wanted to take his entire family fishing — only to find that none of them wanted to go fishing, so he sold it. His name, BJ Broadfoot, was painted on it, along with the name of the boat, *Busy Bee*.

Nearly all East Shore tourist resorts rented Walton rowboats, so they all had the same problem with leaking. They rented the square beam models so that outboard motors could be used. Earl Wilson of Sanca Park sanded some of his rentals, then sealed them with fiberglass and resin, which stopped the leaking. I did the same with the *Busy Bee*, but before I could put it in the water, the entire coating on the transom fell off—I had not realized that the oil from the 2-cycle motors prevented the fibreglass resin from sticking. I had to resand and wash it with alcohol before it would work.

These boats needed the best of clear cedar, with no knots at all. I saw how the Wirsig family's Gray Creek sawmill carefully set aside knot-free cedar, as these boards brought a premium price.

Norman Hamson tells me his dad had four trucks, and one project was hauling the clear cedar from WW Powell sawmill to Walton's boat shop on the Nelson waterfront (next to what is now Chahko Mika Mall.) Norman sometimes drove a truck hauling cedar, and tried to help keep his dad's business running when he became ill. They also hauled shavings that Walton's burned to provide steam for their operation. When the Kootenay Forest Products sawmill burned down in 1957, that was the end of Walton's because of the lack of clear cedar. But by then, Norman had found a job with Finning Tractor.

Walton's faced some competition when all the Japanese Canadians were banished to the BC interior from the coast in the early 1940s. Sam Matsumoto, a very experienced boat builder, arrived with other Japanese internees. Sam established a small boatbuilding business, Matsumoto & Son, on the North Shore across from Nelson. There, he built many cruisers, launches and

tugboats. Like other boat builders, Matsumoto & Son also constructed small pleasure boats such as the unrestored rowboat at the Nelson Museum. In 1950, Sam returned to the coast and established Matsumoto Shipyards on Burrard Inlet.

When Walton's ceased production, so ended a business using the Kootenays' bountiful cedar. Cedar has natural oil that makes it surprisingly rot resistant. Cedar was used for all the framework and walls of the sternwheelers, as well as buildings, shakes, shingles, power poles and many other uses.

Thanks to those who contributed to research: Michael Cone, JP Stienne at the Nelson Museum, Ron Lang, Greg Nesteroff, Frances Roback, Janet Schwieger, and Norm Hamson.

TOM SEZ

by Tom Lymbery

Is a swallow called a swallow because it flies with its mouth open to catch the insects it eats?

The snow on Elephant Mountain is nice to look at, directly across from Lakeview Village in Nelson, where Sharon and I now live. Still, I miss the wide expanse of Kootenay Lake from Gray Creek Hall.

The flowering cherry tree by Gray Creek Store did bloom in April this year, when the temperature unexpectedly warmed up. The earliest it has ever bloomed was April 20, which was some years ago.

Ferry congestion on May 4, 2023, could have virtually been prevented if Highways' plans hadn't been politically disturbed. With half the distance for the ferries to travel from Kootenay Bay to Queens Bay, hourly service could handle a surprising volume of emergency traffic.

The war on yellow broom (*Cytisus scoparius*) is on. Some people are cutting it back, and others have machines digging it up. Each seed pod contains 10,000 seeds, which can still grow after fifty years in the soil. We sometimes see people digging it up to take home to Alberta, but it doesn't survive winters even in Creston.

The ferry officials are at least telling us that the Kootenay Bay ferry landing will have a roofed shelter

for walk-ons, but not the heated one we had asked for.

Gray Creek Pass Report

The Epic 1000 Cycle race is scheduled to leave Merritt at 8:00 AM on June 24, so early riders will be tackling the pass later that day.

Late reports say that the road is open to 16km, close to Oliver Lake. It may be passable by the end of May; passable but not open, as the forestry service wants to make sure it is graded and driveable by any standard vehicle before they change their signs to Open. Terry Turner reports that on May 23, he had to drive through snow to get to Oliver Lake, and there is a big pile of snow before the summit, so there is no chance that the road will be passable this May.



Photo: Gray Creek Pass opening Aug 1990 (2015,001 Geo & Flo Commandeur, photo by Flo). Found in Mainstreet records.

NELSON DAILY NEWS, MONDAY, MAY 20, 1946 — 7

KOOTENAY FLEET GROWING AS ORDERS COME FOR WALTON

One of Nelson's busiest industries is Bert Walton's boat yard, where orders have piled up to the point where Mr Walton sees a solid year of work ahead of him. The Government has asked for two large river scows, for Dominion Survey work. A nearly completed cabin cruiser will take to the water as soon as the last touches are put on and the 120 H.P. engine installed. About 25 rowboats will be built this summer.

On the repair side, there are two Forestry Service outboard motor boats awaiting attention, and the Dominion Government cruiser, "Marion" will soon go on the ways

for annual overhaul.

400 CRAFT

In 1911, William Walton came to Nelson from Lower Ontario and set up his boat building business on the Kootenay Lake. Since that time, he and his son Bert have built over 400 assorted power launches, inboard and outboard small craft, and canoes. These are the boats that make up the main bulk of the Kootenay fleet.

During the war, Bert spent a great deal of the time on the Coast applying his skill to building life-boat for Canada's new 10,000 on freighter.



RDCK postpones Climate Action Open Houses

Media Release
May 18, 2023

Nelson, BC: The Regional District of Central Kootenay (RDCK) regrets to announce the postponement of the RDCK Climate Action Open Houses, which were scheduled to take place from May 23 to July 5, 2023. This decision has been made in response to recent safety concerns and is driven by the RDCK's commitment to ensuring the well-being and safety of all attendees.

"We apologize for any inconvenience this may cause, but at this time postponing the open houses is the responsible course of action," said Stuart Horn, RDCK Chief Administrative Officer. "Our primary objective is to create a safe and respectful environment for all participants to share constructive feedback. We value the input from the public and want to ensure all members of the community have a chance to participate without the fear of intimidation. We understand the disappointment this announcement may cause, however, we firmly believe prioritizing the safety of our staff, attendees, and the community as a whole is paramount. The RDCK's intention is to have a fulsome consultation process and the open houses will be rescheduled as soon as possible."

The Board has committed to work with residents, emphasizing the need for the RDCK to prepare a more comprehensive approach in coordinating consultations within communities. The Board will not be adopting the RDCK Climate Action plan in August 2023. This decision aims to provide staff members with additional time to present recommendations for a revised timeline for public consultation.

"While it is a difficult decision to postpone the meetings planned, the Board welcomes these measures, which prioritize safety, foster effective public engagement, and demonstrate a commitment to a thorough and inclusive decision-making processes," said Aimee Watson, RDCK Board Chair.

With the feedback received to date the RDCK wanted to pause the process and plan an appropriate engagement and consultation timeline in

order to meet the needs of our residents. We encourage residents to continue to provide feedback and questions as we prepare for the open houses throughout the RDCK.

The Draft RDCK Climate Actions is a proposed four-year guidance plan, focused on identifying supports that reflect the diverse needs of RDCK residents. The draft action plan - RDCK Climate Actions and accompanying Climate Action workbook are available to the public and the RDCK is seeking feedback from the community.

This is an opportunity to correct some of the misinformation that has been circulating in the public and on social media. It has come to the attention of the RDCK that inaccurate information has been shared, causing confusion and misunderstanding among the public. To clarify:

This is a guidance plan not a regulatory plan. What does that mean? This means that adoption of this plan will provide staff Board direction to explore opportunities through projects and programs that could support greater resilience in your community and are aligned with community needs. We want to work with you to understand what makes sense in your neighborhood.

The concept of 15-minute cities is not included in this plan. The RDCK is not planning for 15-minute cities.

The RDCK remains committed to providing reliable information and promoting transparency on RDCK Climate Actions. Members of the community are encouraged to stay informed by reading all material on the RDCK website.



We, the Board of Directors for the East Shore Kootenay Lake Community Health Society (ESKLCHS), are excited to host our very first Health Fair and everyone is invited!

As an introduction, one of our mandates is to promote and enhance health care for the East Shore, from Wynndel to Riondel. Our volunteer Board is advocating for the health needs of our community, by partnering and collaborating with other community groups, provincial health programs, and other networks with similar goals. To learn more about our Society and the numerous health programs, resources and activities available in our community please join us at the Health Fair! Save the date and come out on June 17 at the Crawford Bay School from 1:00 – 4:00 PM.

Confirmed participants thus far are (with more possibilities in the works!):

- Riondel Seniors Association
- Kootenay Sound Healing Centre
- Yoga
- East Shore Mainstreet Newspaper
- East Shore Art&Wellness Gallery
- Fitness - Boswell Hall
- First Responders - Boswell
- Ambulance Society - Riondel
- East Shore Therapeutic Action Plan for Seniors (TAPS)
- BC Rural Health Network (BCRHN)
- Dance - Riondel
- Riondel Arts Council
- Focus On Health
- Quantum Healing Explorations
- Better At Home
- Herbalist/Naturopath
- Boswell Nifty Needlers
- Riondel Fire and Rescue
- Emergency Health Services
- Kootenay Lake Community Church
- East Shore Hospice
- Mental Health and Healthy Schools

A variety of fun activities are being planned for all age groups, and there will be opportunities for our high school students to engage with health care providers whose careers may be of interest to them.

To get a more in-depth view of the past year's accomplishments of the East Shore Kootenay Lake Community Health Society, please come out to our Annual General Meeting on June 28 7:00 PM at the Crawford Bay Community Hall.

We hope to see you soon!

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East Shore Community Health Center
June 2023

- | | |
|-------------------------|---------------------------|
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| June 2 - J. Ingram, NP | June 19 - J. Ingram |
| June 5 - J. Ingram, NP | June 20 - Dr. Piver |
| June 6 - Dr. Piver | June 21 - J. Ingram |
| June 7 - J. Ingram, NP | June 22 - Dr. Piver |
| June 8 - Dr. Piver | June 23 - J. Ingram |
| June 9 - J. Ingram, NP | June 26/27/28 - J. Ingram |
| June 12 - J. Ingram, NP | June 29 - Dr. Piver |
| June 13 - Dr. Piver | June 30 - J. Ingram |
| June 14 - J. Ingram, NP | |
| June 15 - Dr. Piver | |



**ANNUAL
GENERAL
MEETING**



**WEDNESDAY
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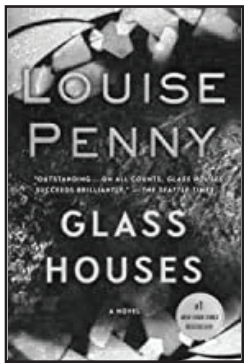


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SATURDAY
JUNE 17**



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For The Love of Genre

by Sharman Horwood

A Matter of Conscience

Many of you are already fans of Louise Penny's mysteries, but there are still others who are not. *Glass Houses* (2018) might be a good introduction for strangers to Penny's work. Her writing is clear, yet thick with symbols, along with references to other work and traditions. The term "glass houses," of course, refers to the saying that people who live in glass houses shouldn't throw stones. In other words, don't be critical of how others live; the damage you do will turn on you as well for the wrongs you have committed, a template of what occurs in this book.

At the start of the novel, Sûreté du Québec's new Chief Superintendent Armand Gamache is on the witness stand. He is testifying in a case of murder. The courtroom is tense, and the Crown Prosecutor seems to be attacking Gamache as much as he is the defendant in the trial. Gamache is very uneasy. It is a time in his career when he feels he is "standing on the side of the quiet road, in the middle of nowhere" and he is "at the intersection of truth and wishful thinking" (p. 40) as the new director of the Sûreté. He is faced with the corruption that has lingered in the force; he must now come to terms with the reality of fixing the Sûreté's problems. He feels he is on the "road to nowhere" (a possible reference to the Talking Heads' song). The police have lost the war on drugs, and now he must stop the spread of that corruption into Quebec communities because of the drug cartels.

This murder, he thinks, is typical of many of the issues he must now try to solve.

Sitting in the witness stand, being drilled by a Crown Prosecutor who obviously wants him to appear as typical of this past corruption, Gamache looks back at the murder and the odd events that led to it. They all took place in his village, Three Pines, a normally peaceful community with its spread of unusual characters: the crazy village poet and her duck, the bistro owner and staff, the resident artist, and bookstore owner; the eclectic blend of a typical village population.

The day after Halloween, a strange figure turns up in Three Pines. The town's tradition is that everyone stays at home on the evening of Halloween for the children going door to door for their treats. Then on November 1, during the day, the adults dress up in costume to celebrate a brief start of winter. One of the people, however, turns up in a very odd costume: black robes and a mask, reminiscent of the V in *V for Vendetta*, but this mask is black. This figure's presence is chilling, "as though a bell jar, like those put around dead and stuffed animals, had been placed over" the village (p. 50).

The figure stands in one place on the village green all day. And the next. A new member of the community, Matteo, explains what the figure is. It is a Spanish tradition, *a cobrador del frac*, a kind of debt collector. At one time in Spain, a cobrador was hired when people did not pay their debts. It followed them, dressed in a formal suit and hat, carrying a briefcase with the words "Debt Collector" printed on it. The cobrador is from a time when the Spanish court system for recovering debts was weak. Matteo tells the village, "He's hired to follow the debtor.

Always keeping a distance, never speaking to the person, but always there." The cobrador publicly shames the debtor into paying what he or she owes. The figure's presence takes away the debtor's reputation and good name.

Or so the modern version of the *cobrador del frac* was practiced. There is an older version, however, one that goes back centuries, and that one is there to collect a different kind of debt, a moral one. That figure acts as a conscience, condemning those who've done wrong to their community, their people. The *cobrador del frac* in Three Pines resembles that figure, complete with robes, hood, and mask: a moral debt collector, a kind of conscience. Everyone feels the presence of the cobrador in Three Pines.

When murder does occur, no one is surprised, but who and why is the story of this novel. The body is found in the basement of the local church, a spot that was used for rum-running during Prohibition, a reference to crimes of the past in southern Quebec.

According to Booklist, Three Pines "is a sublime metaphor for the precariousness of harmony," referring to the Eden-like qualities of the village. Library Journal also sees the community as "touched by the evils of the outside world," a village that "remains a singular place away from time." As Gamache tries to solve this murder, he is trying at the same time to come to terms with the crimes that plague the rest of Quebec: his new responsibility.

Unfortunately, *Three Pines*, the television series on Amazon Prime has been cancelled, though it was done very well, and it was popular. However, there are still all the other Louise Penny novels to read during a lovely Kootenay spring.



ArtConnect presents

Saturday June 10 Three Great Sopranos & Piano

Sunday June 25 Piano virtuoso at the Harrison

by Zora Doval

Our Society wishes to thank everyone for their participation in our first yearly Silent Auction & Rummage Sale on Mother's Day. The event was beautiful and the weather was our ally. I enjoyed seeing people sitting on pews in the shade of our guardian trees, then people browsing through rummage items, others bidding on silent auction items inside the church. There was a galore of everything imaginable and even a few items hard to figure out what their function might be! Much fun and laughter! Excellent food, Thai and local! The musicians settled on the higher grounds under a tent, and the sound of music carried all over the yard. A picture of perfect happiness in a little paradise on Earth we fondly call "The Shore".

On the 20 of May, we welcomed big, full-sound festival dance band Night Howl to our premises and it sure was with some trepidation that we decided to give a try to a band with such a powerful soundscape. Our audience loved this gorgeous, high-energy band full of positive vibrations, and people danced beautifully. It was one of those nights filled with special magic.

I have already promoted the concert on **Saturday, June 10** several times, so please refer to last month's article or visit our website artconnect.cc for more information. Be assured that this will be a great concert, combining three beautiful female voices and a very skilled accompanist on piano. No opera this time, but a variety of genres, from contemporary classical, folk, through jazz, ballad, improvisation, etc. The three ladies are professional performers and masters of their (vocal) instruments. They always deliver a deep musical experience. Please come and enjoy their performance.

On June 25, we will host a very unique event that will feature Metis artist Daryl Verville, who rates among the most talented classical pianists in Canada and who now lives in Nelson. He has recently released a classical music video that was partially shot at the Harrison church! He has agreed to premiere his video in our venue on June 25. On the same occasion, he will also release his recently published book *Epistles to the Pope*, a very candid work dealing with the issues of residential schools in Canada. Daryl's father was one of the many Indigenous/Metis children abused by the clergy.

The book is a descent into his family history, an archetypal hero journey into the depths of one's own psyche, a skillful employment of Jungian analysis, with music ultimately serving as a saving grace. During the event, we will hear excerpts from the book, see the video which was shot locally on the shore of our lake and at the church, and see another video recently shot at the University of Victoria depicting Daryl and his virtuoso friend performing the famous Concerto in A minor by Edvard Grieg on two Steinway grands. This amazing piece of music by Grieg was composed for piano and orchestra and is sometimes played by two pianos, with one piano mimicking the entire orchestra. Both parts are hard to master. To top it all up, Daryl kindly agreed to play some pieces on our old rustic piano. It will be a very special treat for the residents of the East Shore to hear this level of talent. I hope you can all make it to the Harrison on that day. Admission will be by a suggested donation.

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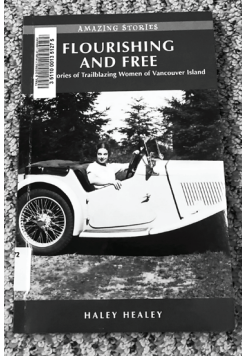
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Book Review

by Tom Lymbery
Flourishing & Free: Memories of Trailblazing Women of Vancouver Island

by Haley Healey, Heritage House Publishing. 144 pages, \$9.95

Included are Amelia Conolly Douglas, the wife of BC's first Governor, Sir James Douglas.

Amelia was born in Tompson, Manitoba to a Cree mother and her father was William Conolly, who was a fur trader for the North West Company, which merged in 1821. She spoke French and learned English. Infant mortality was an accepted fact of life, and she lost five of her ten children to it. There are fifteen more stories of strong women in this book, so it is well worth a space on your bookshelf.

On Their Own Terms: True Stories of Trailblazing Women of Vancouver Island, by Haley Healey, Harbour Publishing \$9.95 141 pages

Since these two books are so reasonably priced, I suggest you get them both. Emily Carr and Cougar Annie are both featured in this book.

Along with others that you will be surprised to read about. Cougar Annie's amazing story of establishing a Post Office at Boat Basin on the west coast of Vancouver Island, and then starting a plant nursery to increase stamp sales - her book is still selling well.



Wonder No More New Business on the East Shore!

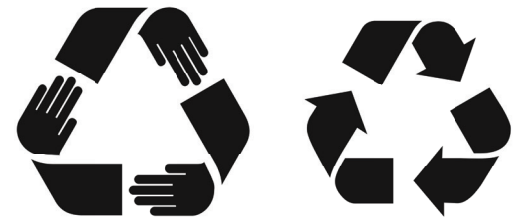
by Jen Newcomen

Jonas and Jen will be offering alternatives to our plastic waste management. Have you ever wondered what happens to your plastic waste after you drop it into the recycling bin? So have we.

Our company, Clevergreen Power, will render your colourful plastic waste and will reform it into new, beautiful, useful, durable consumer items. Clevergreen Power is a company that is focused on clever ideas, green solutions, and empowering people.

In its first phase, the company will be based in Crawford Bay. The concept is to collect plastic waste locally and from surrounding communities to process on site and to create long lasting, new consumer products out of 100% post-consumer plastic. The first year we will focus on producing garden furniture and flowerpots, small kitchen and bathroom items, as well as light fixtures and lamp shades.

We think this business will fit in well with the existing artisans in Crawford Bay. We also hope to be present at markets and festivals throughout the year. The business will expand further, and we are planning to also have an online



shop. Over time the variety of products will grow and soon we hope to have an open concept building to display production, to give our customers a hands-on experience and witness the production on the spot.

Up until 2018, countries in Asia were the primary market that accepted plastic waste for recycling generated by Canadians. Currently, overseas markets are severely limiting material they accept, which offers opportunity to develop a robust domestic market to collect, process, and recycle plastic in Canada.

Would you support Clevergreen Power with sorting your hard plastic to drop off at our site in Crawford Bay? Starting Sunday, June 11 we will be on site at Vibe Juice Bar in Crawford Bay to receive your clean, label-free plastics.

Most beautifully coloured hard plastics are #2 HDPE. That is what we will start with. We will also start accepting #1 and #4 soon, however as of now, we cannot use soft plastic (ie. plastic or bread bags). Please complete our survey online: www.clevergreenpower.ca/survey. Thank you, gracias, merci, danke.

Jen & Jonas



Riondel Art Club

by Sharman Horwood
Riondel Arts Club

Spring is definitely warming up our world, calling to our plants and flowers to display their art. I trust as you admire it, that you are thinking creatively as well.

In the Riondel Community Centre, a new display of our art has been put up in the hallway. Some of the work is old, and some is new. Please come and look at it--tell us what you think.

And if you think you might like to try some painting or drawing, please stop by. As a group, we are there on Tuesdays, from 10:00 in the morning. If you're experienced with water colours, acrylics, pencils, or other types of media, you are welcome. If you have no experience, come anyway. Beginners are always welcome. All of us started somewhere, and we are a supportive, friendly group. We have drop in fees of \$10, and annual \$100 dues for membership.

Unfortunately, Gerald Panio will not be giving any art lectures during the summer. He is taking a break. However, he does plan to start them again in September. We will be looking forward to that.

At this time we would like to mention the passing of Sheila Arnott, a dear member of the Art Club. She was a good friend to us all, a clever artist, and we miss her very much.

The warmer weather, the beauty of the natural world around Kootenay Lake is so inspiring. I hope you are enjoying this art as well as the art you create yourself over the summer.

East Shore Reading Center

by Taryn Stokes, Librarian

Happy June to all. This is the season for new books! We have had a shipment of new books nearly every week and have added 44 items to our collection. We had 149 items checked out and served 31 of our library members at this point in the month, with still another two open days at the end of the month.

Some of the new books this month include ones from eagerly anticipated series authors: - Anne Hillerman, Elly Griffiths, Iona Wishaw and James Patterson.

New on the shelves is a debut novel from Tom Hanks - *The Making of Another Major Motion Picture Masterpiece*. Although we are very familiar with Hanks as an actor and film-maker, he has previously published a collection of short stories. This novel draws upon his film experience, telling the story of the creation of a modern-day superhero movie. It spans time periods from World War 2 to the 1970s to present day as a movie director discovers and adapts a comic book drawn by a nephew, inspired by his soldier uncle.

We added a handful of donated DVDs as well as some books. Thank you so much for the donations. It is often amazing that we can keep adding to our DVD collection. If you are looking for a certain show, it is worth taking a look at the library selection.

We are open Tues and Sat from 12-3PM and can be reached at 250-777-1492 or email at escomlib@gmail.com. Our address is 16234 King Road, across from the Crawford Bay Hall. We are pleased to host the Hospice Library collection at our location as well. Follow us on Facebook, @escomlib, to stay current on all our new books and activities. Take care and happy reading as we approach summer.

THE MAINSTREET OFFICE DESK

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Special Thanks: To Ali George, for editing help. To Geoffroy Tremblay, for technical and layout support. To Ingrid Baetzel, for answering so very many questions. To Donna Steeves, for all that you do that enables me to do what I do!

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.

The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake and is available at the following retail locations:

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

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Kootenay Diving - Serving the East Shore for 20+ yrs. Specializing in mooring buoy installations and in-lake water pump placements. *Our job is your peace of mind.* Bart Bjorkman 250-254-5076/kootenaydiving@protonmail.com/kootenaydiving.com

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

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

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

MUTUAL FIRE INSURANCE of BC. Quotes on Homes, Mobiles, Farms & Tenants. Seniors discounts at 55. Home Protection; No Claim; New Home. ph/fax 250-428-7937, broker Virginia Harder. wvharder@shaw.ca

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

HULLAND AND LARSEN CONSTRUCTION Experienced residential construction & custom finish work. 250.551.2915 or 250.505.3570. (see ad in contractor section)

SAMURAI HARDWOOD FLOORING: Sales, Installations, Tile, Stairs and Millwork www.samuraihardwood.com 2505513764.

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

ALEXIS PHILLIPS, M.A., R.C.C. - Registered Clinical Counsellor specializing in complex trauma, relationship issues, grief & loss, anxiety & depression. Apptmnt/consultation, call 250-509-0368. Email: alexandralianephillips@gmail.com

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

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

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

KOOTENAY SOUND HEALING CENTRE on Riondel Road, offering Sound Healing treatments, Gong meditations, Astrology consultations, Workshop/Event space, Acutonics® classes, and products. www.kootenaysoundhealing.com 250-225-3518 theresa@kshc.ca

PROVINCIALY REGISTERED HEALTH CARE AID - Christian McStravick of Mary Anns Way. Providing confidential, home-based support for individuals, and their family members. Home health care, respite care, and hospice care. (800) 278-8716 / christianmcstravick@gmail.com

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

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

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

SUSAN SNEAD: Massage practitioner using tuning forks, foot reflexology and energy balancing to create a balanced full body massage and tune up. Astrological counseling with 40 years experience. Bach Flower and other flower essences available. For appt: call 250.225.3520.

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

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

YEAR ROUND SHORT TERM ACCOMMODATION. Bluebell Cottage in Riondel. Can sleep up to 10 people. Newly renovated, warm and cozy. 250-551-7953. Openings still available for the holidays.

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

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

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

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

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

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

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

Riondel Community Library Open 10-12 Mon, Weds, Thurs, Sat. 2-4 Tues 250.225.2242 the_librarian@bluebell.ca library.riondel.ca
East Shore Reading Center Tues&Sat 12:00-3:00 16234 King Road Crawford Bay. 250-777-1492 / escomlib@gmail.com
RIONDEL COMMUNITY PARK & CAMPGROUND Online Booking Portal Opens May 1 2023. Visit www.riondelcampground.ca.
LAKESIDE PATIO RENTAL - KOOTENAY BAY Contact info@artandwellness.ca. Available for small group/private functions.

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

ES Art&Wellness Lakeside Patio: available for small private functions, no kitchen services. Email info@artandwellness.ca for more info.

CHURCH/MEETING

RIONDEL COMMUNITY CHURCH

Everyone welcome.

KOOTENAY LAKE COMMUNITY CHURCH

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

YASODHARA ASHRAM

Satsangs available anytime online at yasodhara.org/about-yasodhara/satsang/ or youtube.com/user/yasodharaashram

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.



Horoscope for June 2023

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

Tip of the Month: June is a Universal 13/4 month. This number implies themes of deepening commitments and symbolic processes of death and rebirth. The big themes this month include Jupiter in the early stages of its transit through Taurus, Pluto retrograde re-entering Capricorn on June 11, and Summer Solstice on June 21. The very day of solstice, a triple conjunction of Moon, Venus and Mars in Leo are suggestive of a playful and passionate season, if laced with some degree of drama linked to adjusting to the disintegration of social norms, structures and institutions that have served their time.

Aries (Mar 21-Apr 19) The emphasis on practical matters will prove strong for much of June. From finances to gardening, you will be keeping it real. Home and family is featured. Yet, the emphasis will progressively shift to love and romance.

Taurus (Apr 20-May 20) June begins and ends on a busy and dynamic note. Expect to be covering a lot of ground attending to a variety of fronts. This could well include renovations, new build projects and home improvements.

Gemini (May 21-Jun 20) A busy time both inside and out continues this month. Security needs and interests linked to family will yield to a more animated mood early on. Fortunately, your energy levels will be high. Yet, you may be asked to give more.

Cancer (Jun 21-Jul 22) If you outer world does not look different, how you perceive it is. New beginnings indicate returns for prior efforts. This is a powerful time and you are 'seeing the light' again. Love is in the air all the while.

Leo (Jul 23-Aug 22) You have entered a dynamic and determined cycle. The focus could

largely turn to the studio, lab or quiet study, but you will be focused on real results. This will include reaching beyond familiar boundaries perhaps even to foreign lands.

Virgo (Aug 23-Sep 22) A strong emphasis on your public and professional life is indicated now. Outer success may be determined by both inner work and administrative diligence. Your ability to set and achieve goals and your will to succeed are the timeless factors.

Libra (Sep 23-Oct 22) You have entered an adventurous cycle. Karmic returns will positively include rewards and opportunities. Meeting new people could lead to romance and even a change of status. Get clear and what you want and need.

Scorpio (Oct 23-Nov 21) Things are getting hotter. Positively, you are feeling passionate. Negatively, you and others are getting burned. Then again, torching toxic connections could prove liberating and empowering. Be discerning.

Sagittarius (Nov 22-Dec 21) Gemini time is especially social for you. This year it includes cultural interests and the prospects of romance. Confusing family matters could arise late month requiring empathy and psychological understanding.

Capricorn (Dec 22-Jan 19) The need to adjust your perspectives seems likely this month. This includes by new knowledge and unlearning regarding prior understandings. Your ability to reconsider your overall approach could prove profitable.

Aquarius (Jan 20-Feb 18) A focus on home and family will linger all month. It will take on a creative and playful tone if you have a good attitude regarding the efforts required. Love sparks grow steadily all month with teasing allure. Yet, it will be your ability to shoulder deeper responsibilities together that will deeper bonds of intimacy the most.

Pisces (Feb 19-Mar 20) Many new thoughts, ideas, plans and strategies are accumulating in your mind. Transferring these to paper and then action could prove easier than usual. Just be sure to include the resolve to complete whatever you begin.



IN LOVING MEMORY



Sheila Arnott, a much loved long-time resident of Riondel, died peacefully of heart failure in Sidney, BC on May 16th at 91 years of age, with family by her side. Sheila was an accomplished artist and a long-time member of the Riondel Arts Club. She will be sorely missed by all who knew her.

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.



b	e	a	c	h	w	e	r	f	f	h	t	f	c	v	b	g	s	d
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LOCAL ART & GIFTS
EAST SHORE
 ART & WELLNESS GALLERY



Open Wednesday to Monday 10:00 - 5:00
 Lakeside patio available for small private functions
 16898 Hwy3A beside the ferry terminal



Welcome...

We are very excited and grateful to welcome four local holistic practitioners to our space! Please read their individual biography information on this page, where you will also find direct contact details for further information.

Our Gallery opened on March 4 of this year, and since then we have been busy renovating, rearranging, planning, and networking. If you have had a chance to come through the doors, we hope you will do so again as we now have 40 artists/vendors on display and the number is growing. Please spread the word, if you know of anyone who creates works of art, natural products, and the like then send them our way!

Website: www.artandwellness.ca

Email: info@artandwellness.ca

Ph: 250.777.4471



Andrea Wilson

Andrea has a deep reverence for the inherent wisdom of the human body. She has been a bodyworker for over 18 years and a Registered Acupuncturist and

Traditional Chinese Medicine

Practitioner for the past 6 years. Motivated by innate curiosity and a true desire to help others, Andrea is grateful to be of service.

Within her practise, she aims to help others tune into their own innate body wisdom. This always includes guiding the nervous system to settle into the parasympathetic state (which is also known as "rest & digest"). From this place of deeper relaxation, the body may restore and regenerate itself. This is the place where healing happens.

During treatment, she draws from a vast toolbox of methods which may include acupuncture, massage, acupressure, cupping, gua sha (scraping), moxibustion, tuning forks, cranio sacral and intuitive touch. If required, she may recommend a herbal formula, as well as dietary and lifestyle shifts. Each treatment is individually tailored depending on the client's needs.

In her free time, Andrea loves spending time enjoying the beauty of the surrounding lands she is privileged to call home. Being in nature helps her recharge and is some of her favourite medicine.

Website: www.innerpath-wellness.com

Booking Link: <https://innerpath-wellness.jane-app.com/>

IG: @innerpath.wellness / Ph: 250-551-5767



Lee Reidl

I am a Sound and Puo' shk i'a ni Tameana practitioner, living on the East Shore of Kootenay Lake, who delights in working with groups and individuals. My childhood in Europe and

South America seeded a love of archetypes, symbols, and crystals. These ingredients, coupled with my healing journey, brought me to work with sound. I am a student of Acutonics®, and work with Acutonics Planetary frequencies through forks and hand chimes. I also integrate Tibetan singing bowls, crystals, and traditional Wisdom practices into treatments. As a Tameana practitioner, I use the frequency of crystals and the power of symbols, to activate geometry, which transmutes and transcends blockages in the energy fields. This practice aligns all layers of Self - physical, mental, emotional, spiritual, and astral - across timelines and dimensions. Tameana is ancient Galactic knowledge that has returned to our consciousness in the last 16 years. It is very supportive for navigating the planetary evolution happening at this time. Everything vibrates, and thereby has a frequency. When our personal frequency experiences resonance in a Sound or Tameana session, our inner capacity to re-member is awakened. This process of vibrational entrainment encourages relaxation, which supports healing. When all layers of Self emanate a harmonious frequency, our capacity to attract synchronicities and open possibilities aligned with our greater purpose is nurtured. This is the movement of opening to Life, and returning to the Love that we truly are. I look forward to working with you.

Email: congruentlee@gmail.com



Christina Rella

Christina is passionate about helping people identify and resolve disturbances in their nervous system so they can heal and transform their lives. She is a

certified mindfulness meditation teacher and biodynamic craniosacral therapist and teacher, serving Nelson and Kootenay Bay, BC. She has spent years practicing meditation, yoga, and craniosacral therapy to heal her own nervous system and is continually amazed by the inherent self-healing power of the human body and mind. Call (250) 551-4110 or email seawithin@pm.me to book a free half hour biodynamic craniosacral consultation and mini session.

RCST® Biodynamic Craniosacral Therapist

Website: www.seawithin.ca

Ph: (250) 551-4110



Melina Cinq Mars

To harmonize the body, mind and heart desires is the core intention of the services I offer. I have been an active, certified, yoga teacher and Thai Yoga Massage practitioner since 2004. I love learning and

exploring various healing modalities, which keeps my classes and treatments rich and inspired.

Weekly yoga classes are built in a progressive way, starting with simple positions, and adding variations to accommodate all levels and ages. Offering lots of freedom to explore each posture and suggestions of alignment, combined with visualization, to empower each participant to make their own choices as is right for their body. I am available for private yoga sessions to personalize your practice. Yoga mats and blocks can be provided.

Thai Yoga Massage is a non-intrusive massage. It is offered on a mat on the ground, over one's clothing. It focuses on pressure points from the Ayurvedic energy line system, combined with stretches and manipulations. Massage promotes energy and relaxation all at once. After a Thai Yoga Massage, you will have a similar feeling to the one you experience after a good yoga class; relaxed, energized, and free from tensions. I can incorporate the use of tuning forks during the session, as I am certified in Acutonics.

I look forward to moving and breathing with you!

WEEKLY HATHA YOGA
 FRIDAYS 9:00 TO 10:30 AM.

SLIDING SCALE \$10-20.

THAI YOGA MASSAGE
 BY APPOINTMENT FRIDAYS:

1-HR SESSION \$75.00 / 1.5-HR \$90.00

Website: www.Yinyogi.com

Email: melina@yinyogi.com

Ph: 250-509-4111



Tales From Shprieieland
by Heath Carra
Shprieieland Studios
www.shprieieland.com

Nude Modeling

I've never taken off everything for a stranger's camera before, but last month the opportunity arose, and I decided, you know, why not? You only live once, and besides, she's probably seen all of this before anyway.

Some guys might have been a bit nervous, but not me. I was excited to try it out. A real artist can find a way to bring out the real you that lies hidden inside, which is what I was anticipating. I was fascinated to see her vision.



She was a real professional. She even joked with my wife when she dropped me off. She said she'd try not to keep me for too long, but my wife told her to take her time. She was going to the kitchen store and was looking forward to shopping in peace for a change. They shared a laugh as one passed me off to the other, and that was that.

Making small talk, she led me into her studio and started taking snapshots right away without having me take off my shirt or anything. I was a bit surprised, but I trusted her and went with it. She posed me to the left. She posed me to the right. She took shots from behind. She took full frontal photos, but that whole time I was still in my t-shirt and pants. "Let's get you to lie down on the bed," she said, and I thought, alright, here we go. But again, it was more of the same.

I'm a little embarrassed to recall it now, but of course, my clothes didn't matter. She was like one of those public speakers that vividly imagines a vast naked audience. She saw right through my clothes. She saw through my skin! That's right - she was an X-ray photographer. It's the new fad in erotic photography. Bare skin is so last decade. Bare bones are the new hot.

"Oooo, yeah! Work that lumbar. Work it!" she said. Snap, snap. Snap, snap.

After a while, I was able to relax, and I really got into it. It felt natural posing on the bed for her as she took pictures through my organs and connective tissues.

Afterward, she asked if I'd like to see the photos, and I was a bit apprehensive, but I said I would. I think I might have blushed. I mean, it's an intimate thing seeing yourself without your flesh on. I share everything with my wife but call me shy; I've never exposed my spinal column to her

before. But here I was with this stranger as she pointed at pictures of my most private parts and said, "It's nothing to be ashamed about. A lot of guys have a curve like that." And her finger delicately traced the arc of my scoliosis.

I never knew X-rayed pictures could be so dignified and classy,



especially considering the graphic penetration of her process. I mean, she even took a close-up of my sacroiliac! I blushed again.

After I'd said goodbye to her, and I climbed into the car with my wife, I don't know how to describe how I felt. Lighter somehow, I guess. Freer, maybe. More seen and understood. Like inside of us all, there's a hidden part that longs to come out and play. The responsibility of always being there to hold us up is great, and for the most part, our skeletal system is strong and stoic, but at times it's also fragile. It can't be easy being the bedrock of our bodies, being the one to remain inflexible, always working behind the scenes, never the one in the spotlight. The skin is the actor on stage - overly emotional and tender, but used to having all the eyes upon it. But it's good to remember that we have a reclusive sensitive part that's hidden deep inside too. This is a truth we can feel right down in our marrow.

Photo from website www.caminocreativo.net



Hacker's Desk
by Geoffroy Tremblay
Creativity and Playfulness

I had the opportunity to participate in a workshop with Nicolas Cambas a few weeks ago. Lee organized the event, and although she had only positive feedback from his teaching, I wasn't initially convinced. I am generally hesitant to trust a male spiritual teacher.

Sharing a bottle of wine and a good dinner, I realized Nicolas was a geek about human evolution. The workshop blended shadow work, archetypal understanding, symbolism, playfulness, community, and improvisation. This opened and released parts of myself that hadn't seen the light of day in a while.

His teaching is a much-needed convergence of modern psychology with shamanic wisdom. Modern psychology can only bring you to a "functioning" state which lacks giving sense to your life, while spiritual life often assumes a sound mind from the practitioner. Using the best of both worlds ensures a rapid, complete process.

Creating a mental, emotional, and social foundation before spiritual practices is not new.

In *Kundalini Yoga for the West* Swami Radha recognized that the spiritual teachings from the East needed to be prefaced with a foundational psychological approach.

When asked how Tibetan Buddhism deals with self-hatred, the Dalai Lama took a moment with his translator. He then explained that there was no term in Tibetan for self-hatred. He had to adapt the Buddhist teaching accordingly.

I'm also pursuing training with Carlos Leon. He is trained in psychotherapy, shamanism, kabbala, tantric Buddhism and Chi kung. He firmly believes that we all experience generalized neurosis, and we must first heal that part of our society before entering any spiritual teachings.

I agree; we are experiencing a general delusion which helps us cope with reality. As a Canadian, I am, by default, a polluter, and exploiting most of the world. Most of the goods I purchase are being made or harvested by modern-day slavery. The amount of CO2 I produce is much more than anyone else. Being part of the 1% of society (any family with income over 30k is part of the 1% of the world's richest) puts me on top of a society of abuse. I am somewhat, without much choice, part of the problem. To cope with this, neurosis and dissociation are two of the primary psychological processes which save me from more tremendous suffering.

Meditation and yoga might help me to soften the blow of modern society, but what is needed is this more profound shadow work of archetype.

So how to get started? Sleep is a significant factor in well-being. Unfortunately, over 60% of the population has trouble sleeping. Getting back to a balanced sleep pattern is primordial. Dreams, considered our nighttime therapy, can then be regained to help further our mental stability.

Creativity and playfulness are other aspects explored in Nicolas's workshop. Most of us seldom play creatively, tremendously affecting our well-being and evolution. Imagination is one of our human powers, but we are slowly losing access to it because of mass media and social networks.



"Imagination is more important than knowledge. For knowledge is limited to all we know and understand. Imagination embraces the entire world, and all there ever will be to know and understand."

Albert Einstein

Sleep, dreams, play, and imagination might sound unimportant, but they are our foundation for well-being and spiritual evolution.

A profound transformation of society must start with a significant change in my personal relationship with myself, but it doesn't mean it must be painful and severe. Playfulness, creativity, and dreams can be at the center of our well-being!

To read more about Nicola Cambas: <https://www.caminocreativo.net/>.

NEXT DEADLINE
WED JUNE 21

EAST SHORE EVENTS



JOIN US

BCEHS BC Emergency Health Services
Provincial Health Services Authority

Provincial Health Services Authority

Upcoming Events:

Please visit us at:

East Shore Kootenay Lake Health Fair

Saturday June 17

1:00- 4:00pm

Crawford Bay School Auditorium

Onsite applications and walk-in interviews

Questions Call: Susan 250-505-8380

BC Emergency Health Services

@BC_EHS

@BC_EHS

@BCEHS Careers

SPECIAL EVENTS:

Saturday, June 17 CBESS Auditorium

ESKLHS Health Fair

Saturday, June 18 Boswell Hal

Fathers Day Breakfast

Saturday, June 24

Souls Jam

Wednesday, June 28 CB Hall

ESKLCHS AGM

July 3 10:00AM Mackey Park, Boswell

East Shore Freshwater Habitat Society AGM

Father's Day Breakfast

Sunday June 18

8:30-10:30AM

Boswell Memorial Hall

Tickets at the door: \$15

(\$5 for kids under 12)

WEEKLY EVENTS:

SATURDAY

Dance Riondel CommCtr 10:00am

Knitting Riondel CommCtr 10:00am

Gong Journey at KSHC 12:30 pm

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 9:30am

Riondel Art Club 9:00am

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

EAST SHORE KOOTENAY LAKE COMMUNITY HEALTH SOCIETY

ANNUAL GENERAL MEETING



**WEDNESDAY
JUNE 28 7:00 PM
CRAWFORD BAY
COMMUNITY HALL**

ESHEALTHSOCIETY@GMAIL.COM
OR LINDA AT 250-223-8341

Saint-Jean

Baptiste

JAM

June 24 2023

7 to 11pm



Bring your drinks
\$10/ADULT
Text Valéry
250-201-9441



1-line Event Listings are FREE and also posted on our website calendar at www.eshore.ca.

Contact editor@eshore.ca