

URGENT!!

COMMUNITY SUPPORT NEEDED

Extended Ferry Service?

See Page 3 for more details



Photo of painting by Helen Beauchamp of Nelson, B.C. Website: <https://helenbeauchampart.ca/>

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Mainstreet Meanderings

by Dee Gilbertson, Editor

July was a busy month on the East Shore! Somehow between musical events, kids summer camp, visiting company, Starbelly Jam Festival, and the Culture Tour, we found time to bask in the summer heat on the beach for a good number of hours already this year. The lake seems to have warmed up earlier than it did last year, which will make swimming lessons at Riondel Campground a little easier for the kids to enjoy. We welcome Life Essentials First Aid from Nelson to the East Shore again, providing open water swim safety lessons for children. Sonya is a certified teacher for swim lessons, first aid, babysitting – check out her website <https://www.lifeessentialsfirstaid.com/>.

This month you will find important information about the possibility of extending the Kootenay Lake Ferry service schedule – a change that seems welcomed by a great number of people.

I would like to note a correction to last months reporting of the Health Fair participants where I mistakenly omitted Patti, the Community Health Nurse, and the Nifty Needlers Group.

As I slowly feel more confident in this new role, I continue to learn more each month just by experience. I am also hoping to be able to take an editing course this winter and recall grammar rules and learn newspaper etiquette. I would like to take this opportunity (and just the right amount of space at the end of layout!) to thank you, the reader; for your patience as I learn the ropes, and for your support. The collaborative effort to create this newspaper is truly appreciated by not only myself as I strive to build a business I love to do, but also by many others for a myriad of reasons.

Until next month,

D

THE MAINSTREET OFFICE DESK

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The opinions expressed in this paper are not necessarily the opinions of staff or advertisers. We reserve the right to edit for clarity or brevity & acceptance of submissions is at the discretion of the editor. Diversity of voices is integral to both effective debate and community. We value the core principles of honesty, integrity, independence, accuracy, contextual truth, transparency, respect and fairness at all times.

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 - Chalet guests at KokaneeChalets Resort

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!

Wai Yin (Winnie) Fung and her husband, Johannes Van Der Krabben (who passed about 5 years ago), lived in Riondel for over 30 years. They were both very involved in the community of Riondel. Johannes was a member of the Commission of Management, Cable Society, and was the president for some time for the Hospice Society and Starbelly Jam Society, in the beginning. Wai Yin has been on the board for the Bluebell Manor, the seniors' low-rental apartments in Riondel, among many other volunteer situations where help was needed.

Wai Yin (Winnie) has donated to every charity, silent auction, and for any situation that needed money to help with burned down homes, cancer, and many other hardships in the community. She has supported many artists and a few people in the community who needed help financially. She has always been very generous and helpful in any way she could. Wai Yin is one of the kindest most generous people that I have known in my life, and she has been a silent hero in this community for over 30 years. She has now moved to Australia, with her daughter Jennifer, who went to Crawford Bay school in her younger years and graduated here.

There are many unsung heroes on the East Shore that I have witnessed over the 37 years of living here in this amazing community and I am grateful when they get acknowledged and remembered.

Wai Yin has been my dear friend all these years and I will miss her.

~ Blanche Tanner (Riondel)

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Visit www.eshore.ca to sign up for free email notification of between-editions news.

PUBLICATION SCHEDULE

****NOTE** New in 2024:** Dec/Jan and Feb/Mar will be released in two editions. The rising costs of printing, shipping, and the quiet of winter give reason for this trial.

Deadline for Sept edition - Aug 23
Deadline for Oct edition - Sept 27
Deadline for Nov edition - Oct 25
Deadline for Dec/Jan edition - Nov 22
Deadline for Feb/Mar edition - Jan 24

Letters to the Editor

Dear Community;

So sorry for not having my brother Will Andrusiak's Celebration of Life. My husband was hospitalized. We hope to reschedule for before the snow flies.

~ his sister, Lorraine Edey

Dear Editor;

To all those who helped me through a difficult time, thank you from the bottom of my heart. Whether a hug, a kind word, moral support, or something home-cooked/baked, thank you. Should you need help one day, I hope I can be as giving. This is a wonderful place to live.

~ Anne Ireland

Dear Editor;

Just a note for those people who enjoyed the story "Green Traveller" in the July Mainstreet. Ada Robinson is a Victoria writer, and this was a true story of her venture into the Kootenays. "Green Traveller" was originally published in the Island Writer, published by the Victoria Writer's Society. It was great that she found our local community members to be so helpful.

~ Regards, Lorna Robin

Dear Editor and Community;

Did you know that when you register for anything you are actually making and signing a contract, and that our name on many, if not most, bills, documents, and licenses is capitalized for a reason?

To learn more about what laws we acquiesce to (thinking them mere convention) and how they govern and or restrict us and our actions, you might like to listen to this sometime:

Occult Art Of Law □ University Of London

<https://youtu.be/Ov90nZ2nKJY>

In an interesting lecture, Alan of Salisbury explains how some of our conventions got started!

~ a concerned, local resident

Editors Note: Anonymous content is only permitted in extraordinary circumstances. Given that we have witnessed combative and judgemental reactions to information such as that which this author has submitted, I am accepting the submission. This author made themselves known to the editor and discussed the submission at length. The Mainstreet will never publish derogatory, defamatory, or slanderous content. I believe that fostering a community where everyone feels safe to share information, thoughts, and opinions for discussion is vital to our role as local community newspaper.

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

NEXT DEADLINE
Wed Aug 23

Extended Ferry Schedule Hours by Dee Gilbertson

Meetings have been held recently with members of our community; Brian Coe and Steve Baxter of Western Pacific Marine (WPM); Mike Fenton of BC General Employees' Union (BCGEU); three crew representatives; our MLA Brittny Anderson and Constituency Assistant, Anna Bundschuh; as well as Gary Jackman. The topic of discussion was the possibility of extending the ferry schedule hours to assist in securing the long-term stability of our Kootenay Lake Ferry service.

From the perspective of both WPM and BCGEU extended ferry schedule hours would allow employees to work a day for day service instead of the 6 on, 3 off currently in operation. Crew representatives state that it would be ideal to have a 7 on, 7 off work schedule. It could become a more attractive job to attract local workers as it would allow staff housing options for people from the East Shore to work on the ferry (currently, you must reside on the other side of the lake to be on time for the start of all shifts). This would help in recruiting and retaining staff, much needed as staff shortages become increasingly obvious. Both BCGEU and WPM are writing letters to support extended ferry schedule hours.

You do not need to speak to very many people to hear from community members and tourists alike that an earlier and later daily ferry would be highly beneficial. It would increase access to health services, education opportunities, employment... the list is long, and we need to put it to paper.

Brittny Anderson has expressed support, understanding the issues and agreeing to help our community take the steps to turn a problem into an opportunity.

It is noted that WPM and the provincial government will have a mid-contract review of the 10-year contract in September. As a community, we should provide an informative package to the attention of the appropriate departments, with Brittny's assistance. Letters of support are valuable in showing the need for this extended service. Budgets are already being prepared and we need to act fast if we would like to possibly see this change take effect in 2024.

Next steps:

Attend the Public Information Meeting on **Saturday August 12 at 9:30 AM** (location to be confirmed).

Petitions will be circulated at businesses on both shores between now and August 12. Sign one to show your support!

Letters of support can be sent via the East Shore Mainstreet and are very valuable.

Email editor@eshore.ca or mail to Box 140 Crawford Bay, BC V0B 1E0.

The Kootenay Lake Extended Ferry Schedule Service Request package will be presented publicly to the provincial government in September. The date and more information will be published in the September edition of the Mainstreet.



August Update by Anne Clarotto

The Health Society had 2 major events in June — our first annual Health Fair at the Crawford Bay School on June 17 with the participation of 27 East Shore agencies and groups who provide a broad spectrum of health-related activities and care, and almost 100 attendees from communities along the East Shore; and our Annual General Meeting which was held at the Crawford Bay Community Hall on June 28.

Elected board for 2023 - 2024

Anne Clarotto (Sanca) - President
Peggy Skelton (Gray Creek), Vice President and Chair Strategic Directions Committee
Christa Harstall (Destiny Bay) - Secretary
Lorna Fuchko (Crawford Bay) - Treasurer
Taryn Stokes (Pilot Bay), Communications Director
Karen Arrowsmith (Boswell) - Membership
Yvette Schenkel (Destiny Bay) - Education

Huge thanks go out to retiring board members Linda Cassidy (past president) and Bonnie Pelletier (past vice president) for their years of dedication to East Shore Kootenay Lake Health Society.

The Health Fair was planned as a venue to showcase what is available on the East Shore, to provide a networking opportunity, and to invite the community to participate in a Health Society sponsored event and meet the board members, and to increase the Society membership. All these goals were achieved, and we have received input and learnings that will assist in staging our next Fair! Thanks to Dee at Mainstreet for providing such great coverage in the July edition!

Our Vice President Peggy is also the chair of the BC Rural Health Network, of which we are a member, and this provides us with valuable information and linkages with other rural communities in BC, as well as linking us to provincial initiatives and opportunities. The East Shore Society was honoured to be featured in the BCRHN July newsletter — visit the BCRHN website, click newsletters, and go to the Rural Health Matters July edition to see this feature, as well as a wealth of other information pertinent to those of us living in rural BC.

As a volunteer board we are committed to promoting and identifying the health needs of the East Shore, advocating for, and facilitating fundraising to meet needs, and co-operating with community groups with similar goals. We are also hoping to improve communication with our membership and the community as a whole — starting with regular updates like this to the Mainstreet, to our Facebook page and other Community FB pages.

We have also received a grant from the RDCK which will enable us to conduct a community environmental survey this fall so that we can hear from the East Shore residents as to their health needs, what is working and not, and what could be done. Stay tuned for more information about this as we work through implementation of this process!

In the meantime, please feel free to contact us at eshealthsociety@gmail.com. New members are always welcome (\$5 per year or \$50 lifetime) if you would like to join us!



Crawford Bay Hall Board News by Leona Keraiff

It has been a busy summer of activity at our Crawford Bay Community Park. Dave Hough and Steel Wheels expanded the capacity of the Community Corner buildings' septic system. Cherry MacLagan finished weeding the interior of the tennis courts where many have been playing both pickleball and tennis. The Enchanted Playground was spruced up with the newly painted swings and merry-go-round. Many celebrations have taken place in the Pavilion, and I saw my very first human foosball game set up near the soccer field! Doug and Chuck Anderson of Anderson Plumbing as well as Don Horvath of Plumb Local Plumbing & Construction have helped us tremendously with the parks water system and the Pogreba/Kelly family has been tending the garbage, recycling, bathrooms, and playground trimming. Lastly, we finally have timers on the soccer field irrigation system so less water is wasted, and less stress is placed on the water pump.

Many are using the Kootenay Bay Boat Launch to get access to the gorgeous Kootenay Lake. Thanks to all who generously place donations in the box which helps us to maintain this community asset. I would like to acknowledge Patricia and Les Rae, our newest volunteers at the boat launch who are kindly keeping their eyes and ears on this much used and appreciated area. I would be remiss if I did not mention Susan Hul-

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Crawford Bay Hall & Parks Association

land and her decades' long dedication to the boat launch. We owe her a huge debt of gratitude.

We hope to receive approval this summer from two federal grants which we sent applications to in May 2022 and February of this year. The restoration of the Crawford Bay Community Hall could then begin in earnest next year. As I write this article, the construction drawings are being created by our architect and engineering team.

I would also like to mention that the Starbelly Jam Society is presently transforming our community park into a fabulous festival arena for which I and many others will be happily volunteering and attending.

Enjoy the rest of your summer everyone.



Riondel Rescue Fire & Blotter

by Cory Medhurst
Fire Chief

June - August 2023

Well, what can I say except that I'm sorry? I have missed two months of articles and I am determined to have them all in for August. It seems that my computer was possessed for a while; literally every time I would open the laptop to write the article, one pager or another would go off requiring my attention elsewhere. I think the curse has been broken so here goes.

There has been much loss and devastation in our province over the past many weeks due to the increasing wildfires. With resources stretched thin, an immediate provincial campfire ban was put into effect on July 10 and will remain in effect until conditions improve significantly. A huge thank you to all residents and visitors for adhering to the fire ban and for your vigilance in reporting any and all suspected smoke in the area. **Please call 1 800 663-5555 or *5555 on your cell phone to report.**

Along with land and homes lost to fire this summer, we join our brothers and sisters from around the country to mourn the recent loss of three wildland firefighters, Devyn Gale (BC), Adam Yeadon (NWT), and Ryan Gould (AB) who died while battling the beast. We thank them for their service and wish their family and friends our sincere condolences.

In an effort to not take up the whole paper this month I will get on with our calls to date:

April 30 – A call for a medical emergency in Pilot Bay was attended to by 5 members who assisted with patient care and movement to the ambulance.

April 30 – Within hours of the first call, the crew were paged for another medical emergency in Riondel. 5 members, including 1 off duty Paramedic attended for patient care as they waited for an ambulance to arrive from Creston or Nelson. Nelson had the closest available ambulance with an ETA of 90 minutes. As the call was extremely time sensitive, an emergency response physician, Dr. Sparrow of KERPA (Kootenay Emergency Response Physician Association) was also dispatched and brought over via helicopter. When the ambulance arrived, members assisted with patient movement and then proceeded to set up a landing zone at the Riondel ball diamond. The patient was assessed by Dr. Sparrow before being secured into the helicopter and flown to Kelowna for advanced care.

May 7 – A medical emergency in Gray Creek had 6 members respond, 3 members arrived prior to the other crews and began patient assessment and care until they handed over care to the Paramedics and assisted with patient movement.

May 11 – 1 member responded to a medical call in Crawford Bay to assist Paramedics with patient movement.

May 11 – 4 members responded to a medical call in Gray Creek; 2 members arrived prior to the other crews and began patient assessment while waiting; proceeding to help with patient movement to the ambulance.

May 14 – Another time sensitive emergency had 5 members attend in Gray Creek to assist Paramedics with patient care and movement. Items in the home and yard required moving before loading the patient in a hurry.

May 15 – A routine lift assist, which is a call when there is no serious life-threatening injury had 2 members attend to help navigate a patient from home to ambulance.

May 18 – 6 members attended to a motor vehicle incident on the south Riondel Road. Two members attended to the driver while others set up a safety zone with traffic control and assessed the wreckage, which required many buckets to capture leaking fluid. The driver had self extricated before bystanders arrived and was reportedly unharmed.

May 20 – 2 members responded to a medical emergency in Riondel. The only available members were coming from Gray Creek and Crawford Bay and arrived on scene just as the ambulance was leaving. No help was required, and members returned home.

May 20 – A medical emergency in Riondel had 2 members respond to assist with patient care and movement. Members stabilized the patient until the ambulance arrived.

May 21 – A burn complaint in Riondel had 2 members respond to a residence to find an attended campfire within legal limits. No action was taken.

May 23 – A cyclist was seen falling off their bicycle in Gray Creek. The bystander stopped and called 911 but the cyclist refused help and stated they were fine; no response was required.

May 23 – A medical emergency for an unresponsive person had 6 members respond to Crawford Bay. 3 members arrived prior to the other crews and began patient assessment. When the ambulance arrived, members helped move the patient for transport.

May 31 – A structure fire in Kootenay Bay had 7 members respond to assist. 4 members arrived in personal vehicles to help neighbours deploy local hoses and assess the situation. It was decided shortly upon arriving that the fire was dangerously close to the fire boundary for Riondel and special permission was attained from the RDCK to deploy our fire engines in an effort to keep the fire from spreading into the boundary. Members used almost 8000 litres of water with multiple hoses to bring the fire under control enough for the building owners and neighbours to finish extinguishing the flames. Many questions have been raised regarding fire protection outside of the Riondel boundary which brings up the existing need for our communities to rally together and action a plan. Riondel Fire is rarely granted permission to leave the boundary, especially the further away from the boundary you are. Watch future articles for more about expansion.

June 5 – 2 members responded to a medical emergency in Riondel. Members assisted Paramedics with patient packaging and movement to the ambulance.

June 10 – 3 members, with 1 at home on standby in case they were needed, responded to Gray Creek for a medical emergency. Members assisted with patient care and movement to the ambulance.

June 13 – A call for a tree on fire, resting on power lines in Crawford Bay was declined a response and referred to Forestry and Fortis. A member who happened to be driving near the incident reported that the fire was self extinguishing in the rain and no response was needed.

June 23 – A serious motorcycle accident on the Crawford Bay summit had 7 members respond. The crew set up a safety zone on the highway while assisting the Paramedics with patient stabilization and movement. The driver was self

admittedly an inexperienced rider and misjudged the corner.

June 25 – five members responded to a time sensitive medical emergency in Crawford Bay. Members assessed the patient and began care while waiting for the Paramedics. The patient was loaded quickly for transport.

June 28 – A motor vehicle incident in Boswell had seven members respond. A truck had lost control and left the highway resulting in being high centered but unharmed. The driver refused medical care and was left with the RCMP to have the vehicle removed from the ditch.

July 2 – A motor vehicle incident north of Riondel had four members responding to assist before being called off. The occupant on the motor scooter refused medical attention and the Paramedics were able to stand us down before leaving the station.

July 3 – three members responded to a medical emergency in Kootenay Bay to assist Paramedics with patient care and movement.

July 13 – A medical emergency for a domestic cat attack in Crawford Bay had four members attend. Members ensured the scene was safe and assisted Paramedics with patient care and movement.

July 14 – A routine lift assist in Riondel had three members attend to help Paramedics with patient movement.

July 19 – five members attended to a motorcycle crash in Gray Creek. The occupant mentioned that the corner came out of nowhere and he lost control. Members quickly stabilized the patient and began assessment while waiting for the ambulance which was returning from Creston after a separate call.

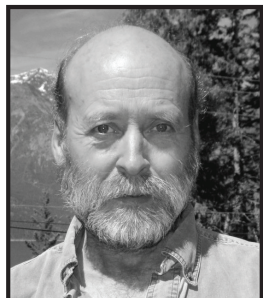
July 22 – A motor vehicle incident involving an ATV rollover in Boswell had five members respond. A Boswell First Responder, on scene before our crew was in Gray Creek, confirmed that the occupant was refusing medical aid and canceled the crew on route. Members stood down and returned to their homes.

July 22 – two members responded to a medical call in Riondel and assisted Paramedics with patient movement.

July 26 – A call for smoke sighted north of Riondel had 1 member respond to assess the situation. A resident from Kaslo noted a plume of smoke above Pebble Beach and called it in, but as he was on the phone with 911 the smoke dissipated. When our member reached the forest service road, he met with a crew from a logging company and asked if he had seen anything. The response was yes, they had just blasted while making a road which caused the plume. There was no fire and no response required.

As the summer heat continues with the real threat of fire at any time, we encourage everyone to have a plan in the event of an evacuation of the area. Have your grab and go bag ready to leave your home in an instant, have a look online at www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc/build-an-emergency-kit-and-grab-and-go-bag for ideas of what to pack and for how long; know where to go and how you will get there.

Thursday evenings, it's time to come and meet a great group of peeps and join our team of professional volunteers. We meet every Thursday night from 7PM–9PM at the fire hall in Riondel. Go online to www.rdck.ca/EN/main/services/fire-services/volunteer-as-a-firefighter.html and fill out the application. I hope to see you at practice soon!



RDCK Area A Update

by Garry Jackman
RDCK Director Area A
Volunteers

Following up on last month, at each of our regular Board meetings I can make recommendations for appointments to RDCK committees/commissions. For the upcoming Board meeting on August 17, I can put your name forward if I have your request by email to me on or before August 7. There are positions where you can step up in a pro-active role for the Rec 9 Commission, the Riondel Water and Drainage Advisory (modified from the previous inclusion in the Riondel Commission of Management), the Sanca Water Advisory and the Area A Advisory Planning and Heritage Commission. Requests coming in later can go to the September meeting.

Background on climate actions

A little more on this topic which is generating high levels of interest. Often during conversations about climate actions residents are surprised when I remind them that about two thirds of the “actions” in the plan are underway. As I noted last month, many of those actions are in response to changes instigated by the provincial or federal government. Some just make good sense in terms of service delivery (transit improvements) or reductions in future capital costs (East Resource Recovery Committee actions to contain waste management costs).

Back in August of 2021 our staff was asked to pull together a tracking report for the actions across the ten “pathways” which range from transportation to buildings to water. In the July 2023 Board meeting package, you can find a copy of the report to the end of 2022. Go to rdck.bc.ca where you will see a calendar on the screen. If you are looking at the site in August, then you will need to use the back button at the top left of the calendar to go back to July. Hover over July 20 and you will see “Regular Open Board Meeting”. Click on that and you are at the page where you can scroll down to the “Open Board Addenda” where you can click to download the entire meeting package. Note the “Agenda” line above is a less complete package as it did not include the minutes from the committee meetings held the day prior to the Board meeting.

In the addenda package go to pages 418 through 433. The first few pages are a staff update while the rest has specific actions with the status for each. You will note some are progressing well, such as the transit ridership building back (post COVID) to 220,000 rides in 2022 and increasing further in 2023 according to interim reporting. You will also note that as of December 31, 2022, we had not purchased any electric vehicles for the RDCK, but the first one may be purchased in 2023 as a trial. We have numerous vehicles including smaller (mostly hybrid) vehicles for bylaw officers, building inspectors and staff to check-out of a general pool to use to get to meetings or presentations. Then we have many pick-ups for our fire services, water system service vehicles and light vehicles used by various services. We also have heavy vehicles such as transit buses, firetrucks, water tenders (for fire services), waste hauling trucks and a variety of loaders and other heavy equip-

ment used at waste management sites. We are not looking at electric fire trucks or garbage trucks. We will look at lower carbon fuels for larger vehicles such as hydrogen as the commercial market develops. I see more provincial announcements around electric buses (focused on the lower mainland, as expected) so at some point we may see some provincial support for some of those.

Under buildings, you will see the residential and commercial buildings will be following the provincial codes as it changes. A few hundred residents had signed up for voluntary retrofits which provided them access to grants. Each year, as maintenance is required, many RDCK buildings receive energy upgrades.

The resource recovery plan covers waste management (recycling, diversion, and residual management) which I have spoken to frequently. As noted previously, the east subregion which includes Electoral Areas A, B and C, plus the Town of Creston, is meeting its key objectives.

For topics such as water, you will see many actions are around education, although there is a focus on locating and repairing system leaks. The RDCK has had several projects over the past years to replace the older pipe in various water systems. I know the mention of water meters distressed some residents. If you are on your own water box, share a point of diversion (through a provincially issued water license) or are on one of the numerous private water systems in the area then you will either be on your own or talking to your system operator. If you are on one of the RDCK systems, then you will have received updates over the past few years about the strengths and weaknesses of your system and will have a sense of what capital upgrades are in the works. Low water flows are an issue for some and therefore metering makes sense in the short term for a few of the systems, especially around rural Creston where some agricultural consumption is on systems which also serve homes. Metering is a method to bill fairly plus track major leaks through time-of-day readings. Options to provide dedicated agricultural water are under consideration, beyond every farm/orchard drilling more and more wells which appear to be lowering the water table in a few high use locations. There are several other “pathways” such as wildfire, agriculture, flooding and geohazards or energy that you may want to look at.

If you go back to the webpage with the RDCK calendar you will see, starting on August 24 in Slocan, a series of climate action open houses. Dates to note for nearby locations are August 29 in Creston, September 5 in Wynndel and September 11 in Crawford Bay.

Growing Community Fund and other grants

Earlier this year the provincial government announced a substantial grant program to assist “growing communities” which I have mentioned in a previous article. The motion directing our finance group to allocate the funds included \$150K for the Riondel Community Center, \$92K for the Wynndel/Lakeview Fire Service, \$115.4K for the East Subregion Refuse Disposal Service, \$241.7K for the Recreation complex in Creston (which alleviates some taxation for the southern portion of Area A),

\$25.6K for Area A Regional Parks, \$19.2K for the Riondel water utility, plus some allocations which are shared across numerous rural areas. I believe this was, overall, a fair allocation of the funds the RDCK received although I do not think the province used an appropriate formula to allocate between rural and urban areas overall. In July we also managed to finalize the contract to provide \$675K (from a federal program) to support East Shore Internet Society through upgrades being provided by Kaslo Infonet.

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

2023 Gray Creek Regatta

Come to the Gray Creek Regatta held at the The Lakeview on the east shore of Kootenay Lake September 2nd and 3rd, 2023.

The first Gray Creek Regatta was held in the summer of 1922 and included a greasy pole climb, a ‘bang and go back’ race where competitors would speed out into the lake and return, and a ‘tilting’ event where competitors standing in small boats would try to knock each other into the water or capsize the other boat using a long oar. Spectators and participants arrived in various boats from all parts of Kootenay Lake including the sternwheeler SS Moyie. Copious amounts of ice cream were consumed.

In 1923 a distinctive trophy, the Gray Creek Challenge Shield, consisting of deer antlers mounted on a wooden shield, was created by local resident George Oliver, with yearly winners getting their name engraved on a silver plaque mounted on the shield.

The original regatta ran until 1925 and then went into hiatus until 1974 when it was resurrected as a sailing regatta. The first regatta of the modern era had eight entrants and was run from a Volkswagen camper van parked on the beach on the beach in front of the Deane’s cabin with the horn serving to signal the starts and finishes. The regatta benefits from the generally reliable thermal winds in Crawford Bay and grew to a peak of 95 participants in 1984. The event has run continuously since 1974 moving to the Gray Creek Auto Camp and then more recently to The Lakeview.

The Gray Creek Challenge Shield holds plaques for each year’s winners, is now more than double its original size, and is only slightly younger (and slightly less prestigious) than Canada’s other long running sporting trophies, the Grey Cup and the Stanley Cup. The regatta has drawn participants from around the Pacific Northwest all vying for the chance to etch their name in history on the Challenge Shield.

This is the year to dust off your boat, uncoil those lines, hoist those sails, and come join the Kootenay Lake Sailing Association on the east shore of Kootenay Lake for some good fun, a Saturday night BBQ, and of course some sailing, at the historic Gray Creek Regatta.

For more information please contact: kootenaylakesailing@gmail.com

A Mainstreet Interview

by Dee Gilbertson

Thanks to Ingrid for the connection, I had the opportunity to have a phone interview with Ian Torino, aka Junk. I will admit that I have not listened to a lot of this genre of music; I know some '90's basics and the catchy radio-played tunes, but I hadn't heard any rap/hip-hop music that really resonated with me until I searched out Junk on Spotify in preparation for the interview.

What strikes me as different from other artists of this genre is the lyrics, which carry meaning, as well as the flow and rhythm of the beats, which feel natural. As I said, I am certainly not an expert in this genre, but if you listen to a few of his songs (self written, I should add) you can see why those who do love rap music, are adding Junk to their playlists and buying tickets to see him perform live.

After his high school years on the East Shore, Junk has pursued a love of prose and rap music well into the realm of success. He opened for Ludacris at the Stampede this year and has performed with a long list of well-known and successful artists across North America and Europe.

When I asked what brought him to embrace rap music and the industry, he told me that when he moved from Germany and was learning to speak English, rap was quite helpful. He also believes that what sparked the



trajectory of his path is the love of prose that was encouraged and taught by his high school English teacher, Doreen Zaiss, as well the support of this small community. He recalls rushing to the ferry to get to Nelson for rap duels and missing the last ferry so having to stay in Nelson and being late for school the next day. The fact that teachers and staff never penalized him for this is a fond memory; perhaps they could see the passion and opportunity arising.

The site of many hours practice, and where he came up with the name for his first group, Karpe Diem, Gray Creek Hall will host his upcoming concert, "Coming Home" on Friday, September 8 along with Dayton Seifrit aka Depth and Martin Schutter aka Dutch Master (whom happens to be the first friend he made when moving to Canada).

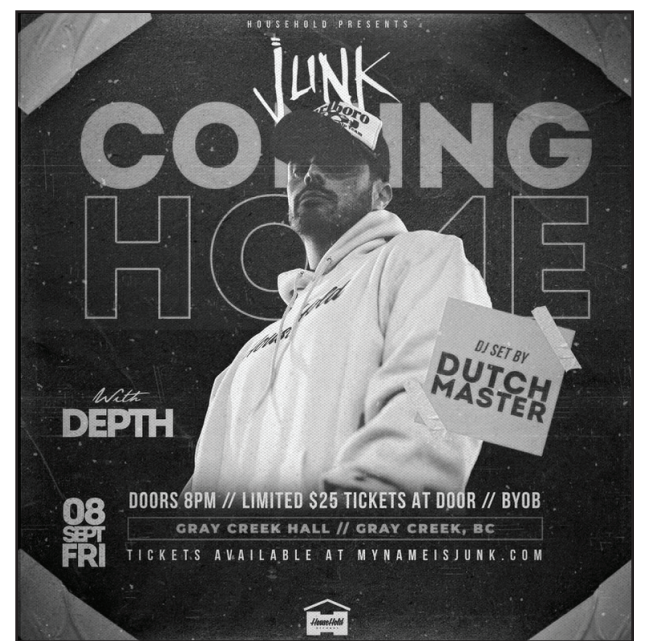
Junk is very much looking forward to a visit back on the East Shore. Having travelled extensively in the past 15 years, he notes that the East Shore is a special place, full of unique talent ... and that feeling of "coming home", which seems to be a common feeling among people around here. Welcome home Ian aka Junk; I look forward to the show and hope you have just the restorative Kootenay visit you need as you launch into your next realm of success!

Tickets: <https://www.showpass.com/junk-live-in-gray-creek-coming-home/>

"JUNK: The hometown hero coming back to his roots with Dutch Master and Depth. Come enjoy a fully local line up of Hip-Hop, Soul and House.

Junk is a forever evolving and extremely versatile rapper who has been steadily building respect in the hip hop community for a decade. With over 15,000,000 streams of his music and hundreds of performances across 40 +

countries under his belt, Junk is poised to level up. Not only a beast live but also in the studio, Junk has released over a dozen projects and has collaborated with well known artists like Caskey, Merkules, Ritz, Flipp Dinero, CyHi The Prynce, Millyz and Snak the Ripper (who released multiple projects of Junk's via his Stealth Bomb Records imprint). Junk has toured across North America and Europe with Tech N9ne, Onyx, Merkules, Mayday, Snak the Ripper, Locksmith and Abstract Rude and has also headlined several successful Canadian tours. In 2021 his album Lions Eat Goats went number 1 on the Canadian iTunes rap charts. 2022 he released Wake Me Up When It's Over, a full LP without features. It charted at No.2 in Canada and he supported the album with a massive 22 show cross country tour and 8 music videos to accompany his self proclaimed favourite work. His tracks have been featured on Spotify's Northern Bars, New Music Friday, and Viral Hits Canada playlists, and he is building a solid foundation for himself due to his talent and his work ethic." – showpass.com"



Message to the Community

by the Riondel Community Park & Campground Society

North Bay beach in Riondel has always been

a safe harbour; a great place for recreation and relaxation. During the mining years the park and beach hosted community picnics, Canada Day celebrations, swimming lessons, all manner of private events and, because there were no nearby visitor accommodations, the occasional camper.

Commercial camping began after Cominco operations closed in the 1970's and North Bay Beach became one of the few places to safely access the lake without trespassing. The land above the beach was leased first to the Riondel Commission of Management and later to a community society, which kept that access available. As Riondel became more of a retirement community, residents were not as interested in beach activities and North Bay Park became known as "the campground".

North Bay Park is now leased from Teck by the Riondel Community Park and Campground Society. Now that Riondel is becoming a more demographically balanced community the current board is very committed to ensuring that use of the park is versatile for everyone. The successful campground operation is vital to



provide revenue for leasing the grounds and maintaining amenities, but maintaining community access to the park and beach is a very much a priority for our volunteers.

If this is an objective that is important to you, we invite you to become part of the solution. The Annual General Meeting for the Riondel Community Park and Campground Society is coming up on September 30 (time to be confirmed and posted in September edition). As a member you will be updated and consulted through meetings and newsletters. Three board members need to retire this year; do you have any interest in being part of the decision-making process? Our very helpful staff makes it easy to be a board member. We have a clean-up day just before opening day on May 1 every year; bring a rake and wheelbarrow and join us. If you are using the beach and facilities, please carry out everything you bring with you to keep the beach from becoming littered with garbage. A community board is only as strong as the support the community gives, and the condition of our beautiful park and beach will reflect this. Enjoy your summer!



August Update
by Garry Sly

On behalf of the South Kootenay Lake Community Services

Society, I would like to say a big thank you to Eowyn Lawrence Fry who has been our East Shore Youth Network Coordinator this past year. We really appreciated her commitment to the East Shore youth and dedication to creating a diverse range of programming. She is moving on to new opportunities and we wish her all the best.

We want to welcome Melina Cinq-Mars as one of two new Coordinators for the East Shore Youth Network this year. She has several activities planned for August and she can be reached at eastshoreyouthnetwork@gmail.com. If anyone is interested in working with East Shore youth and creating innovative programming for young people, we have posted the job for the second Coordinator position. The position requires approximately 10 hours per week and will be working directly with Melina to provide exciting opportunities for East Shore youth. For more information and details on the position, please contact Garry Sly at skootenaylakeccss@gmail.com

Continued on next page....



ESYN logo

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The Jr Squad program completed a three-week summer day camp in Riondel during July. Jacqueline Wedge and Julie Morin, Coordinators, created fun outdoor activities for approximately 18 children each day. Thanks to everyone who participated and helped with the program. Thank you as well to Lucia Labelle and the Riondel Campground for hosting the camp and the Riondel Community Center for allowing us to use the gym. SKLCSS has sent out an online survey to all involved parents to gather feedback about the program. We look forward to reading your responses. All responses are anonymous, and the feedback will help us improve the program in the future. If you didn't receive a survey and would like one, please email Garry Sly at skootenaylakecss@gmail.com.

Save our Natural Health Care Products

by Susan Snead

New regulations are coming out of Health Canada. They are trying to overregulate natural health care products which many Canadians rely on for pretty much everything. The excuse concerns "safety" and the action is to regulate natural products in the same way pharmaceutical drugs are.

"Existing standards and regulations are already in place and have been for some time now" states Yarrow Willard a herbal product manufacturer and son of Terry Willard owner and founder of Wild Rose Herbal College. "Over 60% of tincture blends and herbal powders have had to be pulled off the market already" states Willard. Even so Health Canada is passing new bills to regulate the health industry even more. Companies are already leaving Canada because of higher fees and over regulation. This is to the detriment of the health care industry and for those of us who use herbs and supplements in our daily life.

The Adverse Data Reaction Base which was created through Health Canada in 1965 began recording adverse health side effects from both natural products and pharmaceuticals drugs. In an interview with Laura-Lynn Tyler Thompson entitled Canada's Attempt to Ban Supplements, lawyer Shawn Buckley states that no one has died from taking health products. In this interview linked below he found that many thousands of people would have died had they not taken a certain heart supplement especially after the medical professionals had sent patients home stating there was nothing more the doctor could do for them. "Why then is Health Canada going out of their way to create this appearance of harm, it's just not there?" states Buckley.

Meanwhile there are many more deaths recorded

Jr. Squad does not have any activities planned for August but will resume in September.

EAST SHORE YOUTH NETWORK SCHEDULE AUG 2023

August 5 – Drop-off at 3:40 pm and pick-up at 10:15 Kootenay Bay ferry terminal. Water park, BBQ in Park and Art Walk in Nelson <https://www.ndac.ca/nelson/>. All participants need to sign a special waiver as exhibitions happen in various locations throughout Nelson and we may not always stay as a group. Email eastshoreyouthnetwork@gmail.com for a waiver or sign it at drop-off.

August 10- 6:30-8:30 pm. Riondel Golf Club. Meet at the Riondel Golf Course. Golf Clubs are available.

August 16- 9:00-till about 11pm. Movie to be announced. On the patio at the Art & Wellness Gallery in Kootenay Bay. Youth need to stay on-site for the duration of the movie.

August 21- 10-1 ish. Historical water line hike in Riondel. Meet at the trailhead. It's a good hike to do when it's hot and smoky as the canyon is cool and moist. Pack a lunch, 1L of water and snacks will be available.

August 30- 7-10 pm. Propane fire pit. Location to be confirmed. Look on the eastshoreyouthnetwork@gmail.com calendar for location closer to the date.

because of pharmaceutical prescription drugs. Acetaminophen, also called Tylenol, contributes to approximately 40 deaths per year. How many of us have witnessed TV ads promoting a new pharmaceutical drug that states it "may cause death" as well as "harmful side effects?"

So why is Health Canada once again targeting the health supplement industry by proposing new and significant fees to import, manufacture, and sell natural health products, along with new labeling laws? Think of how this will affect our health food stores and the natural products people rely on. Companies making and distributing herbal products will be required to spend 100's of thousands of dollars to upgrade once again to comply with government regulations. The new packaging alone will contribute to more waste and pollution in the environment. This will raise the cost of natural health care products so no one can afford to make, package, import, sell or buy them.

Does anyone really believe that Health Canada has our best interests at stake? I appreciate the medical professionals for the role they play in diagnosing and attending surgeries when someone is in dire need. But we know that pharmaceutical drugs don't correct a problem but rather assist in controlling it. Whereby natural products grown in nature and prepared by trained herbalists give the body what it needs to heal the problem; to assist the body in healing itself.

It's very important for Canadians to have a voice & choice in how they wish to live their life!

It is evident that Canadians for the most part like being told what to do by people we feel are in authority. Right now, however, our government is in the process of inhibiting our freedom of choice in how we want to live our own lives. More fees, more applications, more strict laws and more rules to follow with guidelines, are being pushed on Canadians at an alarmingly fast rate in all areas of life.

Job Posting

ESYN Program Coordinator

July 25, 2023

South Kootenay Lake Community Service Society is seeking a second Program Coordinator for the East Shore Youth Network. This is one of two Contractor positions and would be approximately 10 hours per week. Coordinators will be responsible for the development, implementation, evaluation and supervision of recreational, cultural and social programming for youth, as well as front line facilitation. Outdoor recreational experience is an asset since the Youth Network has various outdoor equipment such as kayaks, camping gear, and snowshoes.

The Duties:

Develop, promote, implement and evaluate recreational, cultural and social programs and special events for youth aged 12-18 residing on the East Shore of Kootenay Lake.

Design/implement events in collaboration with youth and parent advisory committee

The Candidate(s):

- Characteristics: flexible, fun, responsible, respectful, good listener & communicator, strong leader, able to collaborate, self-directed, team player.

- Required: BC Driver's License, Vulnerable Sectors Check and Drivers Abstract, Technology and Social Networking skills, Contractor insurance (expense covered by the ESYN)

- Assets: Experience working with youth & doing program development, experiential facilitation, Lifeguard and First Aid training.

The Position:

- Start date : Immediately

- Competitive wage starting at \$25/hr

Please submit a cover letter and resume by email to skootenaylakecss@gmail.com. Position is open until filled

Questions may be directed to Garry Sly at 250-505-2634 or at the email above.

This is happening from the regulation of building codes and spilling into the control of the farming industry. The list goes on. Where is the process to include Canadians in the decision making and why is this government that we seemingly voted into power now taking the power of decision away from us the people?

Right now, adverse decisions are being made for us that will not only effect Canadians in the coming years but for generations to come.

"If we don't act immediately consumer prices will rise and consumer choice will decline" Those who value the Natural Health Care industry are being asked to write their Members of Parliament with an outcry to repeal Bill C47 section 500-504 on the amendment to the food and drug act that will affect the future of Canadians for generations to come.

You can find information on this through <https://www.saveoursupplements.ca> and the links below.

<https://www.facebook.com/LauraLynnTT/videos/790936389194339>

URGENT MESSAGE Are we facing the end of most Natural Health Products in Canada by 2025? https://www.youtube.com/watch?v=ow_36E6xWco



Rooted in Health

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

Improving Cognitive Function

The brain is our most complex organ with over 100 billion neurons and branches with over 100 trillion connections. It's quite a network going on up there. Two thirds of this brilliant network is composed of fats. The myelin sheath, a protective membrane surrounding each neuron, is composed of 30% protein and 70% fatty acids. As we age, we naturally suffer from oxidative damage which causes a decline in these fats. This results in cognitive impairment, most noticed as memory loss, but for many this progresses to dementia or Alzheimer's. So, what to do?

Consuming antioxidants to counter the oxidative damage, and healthy fats to replenish and build up the fatty acids lost, are two components to maintaining a healthy brain.

For healthy fats, essential fatty acids are most important. They are called essential fatty acids because our body does not produce them, therefore we must get them from our diets. Specifically for brain health we need omega 3 EPA and DHA fatty acids. The absolute best source is fish, and for vegetarians, chia seeds, flax oil, walnuts and purslane. Because we don't live on the coast, and fresh fish is not so readily available, supplements come in handy. Omega 3 supplements need to be of highest quality, ideally using small fish such as mackerel and sardines. Large fish absorb various heavy metals, plastics and other toxins. Small fish do not live as long therefore have less chance to pick up these toxins. Pur-

chase your supplements from health food stores, never from large scale groceries stores, as they tend to carry the cheaper brands that do not perform toxicity testing. It's worth spending a little more and be sure you're not adding a toxic load to your body.

Next are oleic acids. These are monounsaturated fatty acids with highest levels found in extra virgin olive oil, almond oil and hazelnuts. Make sure never to heat extra virgin olive oil higher than 374°F/190°C. A higher temperature will denature the long chain fatty acid and create more oxidative damage. For frying, avocado oil is the best, healthy choice.

The last, but certainly not least important fat is a medium chain fatty acid found in coconut oil, butter, and ghee. The ideal is a daily combination of the above, prioritizing omega 3 fatty acids, followed by monounsaturated fatty acids, and smaller amounts of medium chain fatty acids.

For the antioxidants, fruits, veggies, herbs, medicinal mushrooms, and "superfoods" are the way to go. Blueberries are our local superfood. Researchers found that blueberries increase the brain's natural process that clears out the accumulation of toxic proteins, basically a detox for your brain. The toxic proteins, if not cleared out, cause tangles that have been correlated to dementia and Alzheimer's. Turmeric has been shown to also assist in this very important detoxification process.

Blueberries also increase dopamine levels, a neurotransmitter in charge of efficient memory, attention and problem solving among many other functions.

Two servings or more can boost your concentration and memory for up to five hours. Freezing blueberries has an additional benefit. The freezing results in cracking of the skin's cell membranes, making the antioxidants more accessible for absorption.

High amounts of antioxidants also stimulate blood flow, therefore oxygen to the brain, another important component to keep your brain happy.

As far as herbs, my favorites are Ayurvedic herbs called Medhaya Rasayanna, a group of herbs specific for cognitive function. In western terms we call them nootropics. They have been used for over 5000 years to improve your intellect, in Ayurvedic terms: To invoke the sattvic mind – calm, compassionate, loving and relaxed. These herbs have been heavily studied with impressive results.

Bacopa monnifera is a powerful brain tonic found to increase circulation and oxygen to the brain, regenerate neurons, support and calm the nervous system, and has a specific action in memory improvement.

Gotu Kola in Ayurveda is known as the "Divine Goddess of harmonious creativity". This amazing herb pairs beautifully with bacopa, specifically for improving memory, delaying oxidative damage related to aging, and regenerating nerve tissue.

Lion's mane is a medicinal mushroom with numerous studies backing its ability to not only stimulate nerve regeneration but also optimize neurogenesis, creation, and growth of brand-new brain cells. If you're going to choose one herbal support for improving cognitive health, this is the one I would recommend.

There are many more proven nootropics such as Holy Basil, Ashwagandha, Rhodiola and Calamus, fabulous herbs to look out for when choosing an herbal combination for your brain.

Cognitive decline is real, and preventative medicine is the best tool to slow down the damage and stay sharp well into our elder years.

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



Book Review

By Cherry MacLagan

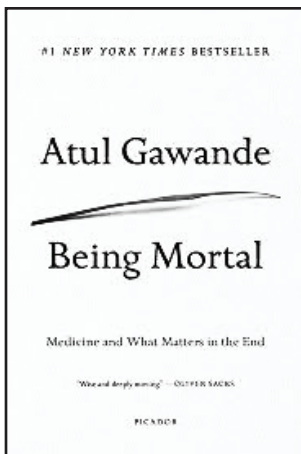
Being Mortal

Last month, I read the book *Being Mortal* by Atul Gawande, who is a surgeon in Boston and the author of three other bestselling books. In this book, Atul Gawande explores aging and death, and how both are handled, or sometimes mishandled, by the medical profession. The author is in a unique position as a practising surgeon to see how the impact of medicalizing care at the end of life can, in fact, have profoundly negative outcomes on individuals and their families.

I found this book both thought provoking and touching. The author brings to light several situations where he was professionally involved in the decision-making of some of his patients, and people he knew personally, during times of serious health decline and end-of-life crises. But even more personally, he tells of his own family's suffering through his father's illness and, finally, his death. Unlike some in the medical field, Atul Gawande shows how patients in the terminal stages of illness can maintain important qualities of life, rather than dwelling on the grim facts of death. He talks of courage being the strength needed to face an unknown future, which is everyone's destiny.

The examples Atul gave really struck me, of the medical profession's reluctance to accept that continued treatment of a patient who was beyond cure caused more suffering rather than improved quality of what life they had left. I think that inability to accept being mortal can sometimes prevent us from seeking care beyond cure. Rather than undertaking drastic measures to keep an individual alive, which increases not only their suffering, but the suffering of their family and loved ones who are witness to that suffering, perhaps the better alternative is to have the courage to live to the very end.

I would like to end this month's article with a quote from *Being Mortal*: "**At least two kinds of courage are required in aging and sickness. The first is the courage to confront the reality of mortality — the courage to seek out the truth of what is to be feared and what is to be hoped. Such courage is difficult enough. We have many reasons to shrink from it. But even more daunting is the second kind of courage — the courage to act on the truth we find. . . . One has to decide whether one's fears or one's hopes are what should matter most.**"



Hospice Information

East Shore Hospice volunteer care is free of charge and is available

in your home, and it offers support for those living with chronic illness, some of whom might be nearing end of life, to enhance the quality of life. Hospice care does not replace nursing care, home support, or any other professional service. A hospice volunteer can be a caring listener with an open heart and mind, who is also comfortable sitting in silence and just being present. This support can also give the caregiver(s) some respite to care for themselves. This means that the caregiver can have time away from the caretaking role. We also offer grief support, for those who are struggling with loss and feel they need to have someone walk with them through their grief journey.

If you or someone you know needs Hospice Care or you would like more information, please contact Cherry MacLagan East Shore Hospice Coordinator at 250-505-4915 or by email at info@eastshorehospice.org. In addition, there is a free Library with hospice related books and some DVDs 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 10am-2pm.



Smarter Than Jack or Jill

by Sharman Horwood
What Exactly Is Tool Use?

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

Recently, on a television nature program, they showed a tusk fish dropping a clam on a particularly shaped rock in order to break it. The narrator claims that the fish was using the rock as a tool, and that not many fish are tool users, suggesting the tusk fish was more intelligent than others. However, certain vultures drop animal bones from a great height in order to break them on the stones below. Then they can dig out the marrow, the nutritious center of the bone, and eat it. That is much the same as the tusk fish, and neither is really tool use when you're looking at intelligence.

Historically, scientists thought that only humans made and used tools. However, in the 1960s Jane Goodall proved them wrong when she discovered that chimpanzees stripped the leaves off of twigs, and used the stem to poke into termite or ant mounds. The termites and ants then clung to the invading twig as the chimpanzee drew it out. Then the ape could eat the insects. This is learned behaviour, but the chimpanzees are manipulating one object in order to use it for another purpose (you can see the exact definition on *Wikipedia* under the category of "Tool Use By Non-humans"; it is a tongue-twister).

There are creatures that use what appear to be tools, but they are not. The bolas spider, named after the throwing weapon of the gauchos in South America, makes a ball of its silk and throws it at an insect, then pulls it in. According to Robert W. Shumaker, one of the authors of *Animal Tool Behavior*, "It's very complex . . . Very dramatic. But all available information tells us that it's completely controlled from this animal's genetic history." It's programmed behaviour, "not

something the spider figured out" (*NPR Online*, "Myth Busting: The Truth About Animals and Tools," by Jon Hamilton, Dec. 23, 2011), and therefore not tool use.

Many animals create and use tools. New Caledonian crows, for example, shape twigs into hooks to use on prey inside tree bark. Chimpanzees, of course, and other primates are known for making tools: "wild chimpanzees make wooden spears for hunting," for instance (*NPR Online*, "Myth Busting: The Truth About Animals and Tools," by Jon Hamilton, Dec. 23, 2011). Orangutans, too, are surprisingly creative, and persistent. When Jon Hamilton was interviewing Shumaker, they were standing in front of the orangutan enclosure at the Indianapolis Zoo. One orangutan, Knobi, became curious. She wanted to touch his microphone. Jon Hamilton moved it away from the barrier, thinking she couldn't reach it. She immediately walked off, returning with a tree branch. "She's making a reaching tool to try and get your microphone," Shumaker explains (*NPR Online*, "Myth Busting: The Truth About Animals and Tools," by Jon Hamilton, Dec. 23, 2011). Knobi begins to break off one forking limb so that the branch will poke through a hole in the steel mesh.

Surprisingly, polar bears in the wild have been known to use tools. Evidence of this is mostly anecdotal, early Arctic explorers maintaining that there were "polar bears getting up on a cliff and hurling great chunks of ice down on something like a walrus to kill it," Shumaker states. Apparently, in zoos, polar bears "often throw objects with great force and accuracy" (*NPR Online*, "Myth Busting: The Truth About Animals and Tools," by Jon Hamilton, Dec. 23, 2011), thankfully not at the trainers.

At the zoo's elephant enclosure, Tim Littig, a senior trainer indicates a mother elephant, Kubwa. She has a baby named Kalina, a small baby elephant, but Kubwa's previous calf was even smaller, so small that she couldn't reach high enough to nurse. The elephant trainers placed a stool in the enclosure, and Kubwa "would move the stool around so the calf could stand up on" it to nurse (*NPR Online*, "Myth Busting: The Truth

About Animals and Tools," by Jon Hamilton, Dec. 23, 2011). Technically this made the calf the tool user, but Kubwa understood how to use it, moving the stool to where the small calf could climb onto it.

Dolphins, of course, play with just about any object. Most of the time, these objects are just used as toys, "but they become tools when used to manipulate another object or creature for a specific purpose" (*NPR Online*, "Myth Busting: The Truth About Animals and Tools," by Jon Hamilton, Dec. 23, 2011). According to Jodie Baker, the trainer in charge of marine mammals at the zoo, they do that a lot: "If you walk by the pool and there's a dolphin playing with a toy, they'll typically throw it in your direction to get your attention." (My cat still does this sometimes when she wants to play, placing a toy on my feet for me to throw for her.) According to Shumaker, "that's a form or tool use known as baiting or enticing." However, one day one of the dolphins used a sharp tile to scrape algae from the pool's bottom so they could eat it. Wild dolphins near Australia will sometimes put a piece of sponge on their rostrum (nose), and use it to root around in the sand for fish like flounder hiding there.

Another form of tool use is even more interesting. Sometimes when great apes are under great stress, or experiencing profound sadness, they will make symbols as tools, such as "a female who had an infant who died," Shumaker tells Hamilton. "That female would create something that researchers called a doll and then [she] treated it exactly as she had treated her infant that had recently died" (*NPR Online*, "Myth Busting: The Truth About Animals and Tools," by Jon Hamilton, Dec. 23, 2011). The doll is a symbol of her missing infant, and it's a tool that gave her emotional support.

Tool use by animals is much more common than previously thought. It may "indicate different levels of learning and cognition" (*Wikipedia*). While for some, tool use might be "largely instinctive and inflexible" (*Wikipedia*), as with the bolas spider, in others creative tool use demonstrates a level of cognition, and intelligence.

Media release:

New research uncovers heavy metal contamination surrounding the Elk Valley coal mines originating from dust produced during mining

Submitted by Wildsight

WHAT'S IN THAT DUST DRIFTING OFF COAL MINES IN THE ELK VALLEY?

That's a question Wyatt Petryshen, Wildsight's mining policy and impacts researcher, set out to answer. He undertook a comprehensive study of airborne dust coming from mountaintop coal mines in the Elk Valley. While extensive research has been done on the negative impacts mine effluent has on aquatic ecosystems, research on air quality impacts has lagged.

Petryshen's research discovered elevated concentrations of selenium, silver, germanium, nickel, uranium, vanadium, and zirconium, with higher levels increasing the closer the samples were to the mines. Dust produced during mining operations drifts into the air and is transported and deposited throughout the landscape, facilitated by regional winds and local topography.

"This work is especially relevant as Canada and BC look to expand critical mineral mining, renewing our need for better risk assessment

and mitigation strategies to protect community health and the environment," says Petryshen. "The implications of this study are significant as it demonstrates the extent and spatial distribution of contaminants originating from fugitive dust emissions surrounding mountaintop mines and some of the controls to its distribution in mountain regions."

The research was based on analyzing elemental concentrations in moss samples gathered from 19 locations surrounding the Elkview Mine and the town of Sparwood. Moss samples were found on the ground, on deadfall, in tree stumps and within the tall, sparse grasses that grow in the Elk Valley.

Moss biomonitoring is a widely used technique dating back to the 1970s. It's a cost-effective and relatively easy-to-use methodology because researchers can assess multiple elements and can constrain timeframes of contamination to the last 2–3 years. Moss absorbs atmospheric pollution directly into its tissue, acting like a sponge for contaminants.

As Canada's largest metallurgical coal-producing region, the Elk Valley has documented multiple water contamination issues from the mines. Mountaintop removal coal mining has also been associated with health impacts for people living nearby, including significantly higher rates of morbidity and mortality from cardiovascular, kidney, respiratory, and dental disease, as well as higher rates of cancer.

Air quality monitoring stations at five locations in the Elk Valley currently monitor particulates, nitrogen dioxide, and ozone; however, there is currently no recurring environmental monitoring of heavy metals that may be spread through the air. Petryshen says he is optimistic that this study will launch further investigations into the concerning spread of dust from Elk Valley mines.

"I am hopeful that future work will continue to explore how dust emissions from mountaintop mines are transported and deposited in mountainous regions, and how implementing new mitigation strategies for different aspects of the mining, processing, and transport process can reduce environmental and community exposure to fugitive dust emissions."

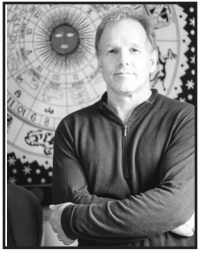
For more information, contact:

Wyatt Petryshen: wyatt@wildsight.ca

Links: Full study: <https://www.sciencedirect.com/science/article/pii/S240584402304450X>

Mining effluent on aquatic ecosystems study: <https://www.science.org/doi/10.1126/science.1180543>

Windrow Mountain Lake, Alberta contamination study: <https://pubs.acs.org/doi/full/10.1021/acs.estlett.2c00677>



Horoscope for August 2023

by Michael O'Connor
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1.800-836-0648 -

www.sunstarastrlogy.com

TIP OF THE MONTH:

Under the bright light of a Full Moon in Aquarius, August 2023 begins with a bang! Then again, due to the strong influences of Jupiter and Uranus in Taurus, which is the 'signature sign (most prominent) despite the Leo Sun and Aquarius Moon, the more accurate term might be 'boom'. The distinction is that the boom is deeper and potentially involves more gravity and earth-shaking magnitude. Especially with the boosts from Jupiter and Uranus, this term describes Taurus more accurately.

That August begins and ends on a Full Moon adds to the excitement. Two Full Moons in a solar month means that the second one is a 'Blue Moon' and, since the Moon will be close to Earth in its elliptical orbit, it is also dubbed a 'Super Moon'. Admittedly, neither of these popular labels holds much weight in Astrology, actually. Still, they do add some spice and given the current tone, it is quite welcome. That the second New Moon will be in mystical Pisces suggests that the sound of its beat could prove muffled, like an underwater explosion. I will elaborate on the quality of the New Moon seed in my Weekly Horoscope, so stay tuned for that. If you are not already subscribed, visit my website www.sunstarastrlogy.com.

While there are many possible repercussions that stem from this core theme, due to the many unfolding, overlapping destinies that comprise the drama of life, principle among them is the changing economy. The push for digital and global currency is playing a major role in the world and constitutes a very deep and protracted revolution of evolution with world-wide implications. But there is much more at play here that even the ever-important politics of money.

While there are many possible repercussions that stem from these events, due to the many unfolding, overlapping destinies that comprise the drama of life, principle among them is the changing economy. Regarding the August 1 chart, regarded as a whole, there are underlying themes of change and transformation associated with principles of equality, fairness, and justice at play. Many of these dynamics are already underway, yet they stand to be amplified this month. Some of this certainly stems from the repercussions of the social, revolutionary movie: The Sound of Freedom. Some assert that this movie, launched on July 4, Independence Day in the United States, is the spark that will ignite the flames of cultural warfare escalating matters to a whole new level.

The massive, global turn-out of viewers going to the cinema to watch this movie is its own indication that humanity is awakening from a general, collective impulse to seek gratification by way of escapist activities rather than direct attention to issues that really matter. Since the tragic realities of this world-wide issue of human trafficking and slavery for all manner of horrific reasons is much more than a pebble in the show or thorn in the side, it is a knife stab in the heart. In this case, it is the heart of humanity.

Thus, more than social justice is at the epicenter of this focus and, beyond the emphasis on cultural wars, this theme can be better described as a spiritual war. Despite many still blurred with sleep in their eyes, this movie is serving to awaken humanity to realize just how deep the international network of corruption reaches. That this corruption transcends greed and includes literal crimes against humanity, significantly

deepens the issue in a such a way that it will not be idly swept aside as humanistic networks the world over will make every effort to harness the rising awareness levels that this movie is activating. This can be understood as cornerstone theme foundational to the Age of Aquarius and the collective challenges that lie ahead.

Adding to the details of this complex and massively pivotal plot associated with the general focus of our collective attention, Venus, the ruling planet for Taurus, also plays a leading role. The fact that Venus turned retrograde on July 22, which was the same day the Sun entered Leo, is all part of the finer details of this plot, as we head into August. Technically, Venus turned Rx while the Sun was at 29 Cancer. The takeaway theme, here, is because 0 and 29 are critical degrees, technically referred to as 'Anaretic' degrees emphasizes themes of overcoming and requiring patient, focused deliberate purpose. This describes the implications of the realities associated with overcoming the deep issue of human slavery which ironically is more active than ever before in human history. That this fact is so significantly unknown is testimony to the corruption associated with the media and at a global scale.

Regarding, the bigger time picture of August, Mercury turns retrograde in Virgo on August 23. So, Mercury will overlap with Venus with both planets retrograde for about two weeks, as the retrograde cycle of Venus in Leo continues until September 3rd. Keeping in step, Mercury turns Rx just hours after the Sun enters Virgo and its Rx cycle ends on September 15.

Interestingly, Venus will be in Leo the entire time that Mercury will be in Virgo. It is not uncommon for Mercury and Venus to interact in such ways as the two fast-moving inner planets share close celestial association and can be understood to be ever in close interaction. Yet, their rhythms and respective cycles are especially noteworthy currently.

Summarizing the wider-angle view, Venus entered Leo on June 5th and will only enter Virgo on October 8, thus she will have lingered in Leo land for just shy of 4 months! Mercury, again in close, rhythmic step, remains in Virgo until October 4. Interestingly within a few days of each other, Mercury will enter the Libra, the sign ruled by Venus, and Venus will enter Virgo, the sign ruled by Mercury. This is technically referred to as 'Mutual Reception' between these two planets and is traditionally regarded as 'auspicious'.

So, the follow-up to the bang and boom of August will include influences linked to the critical thinking of Virgo closely aligned with the with fairness and justice-seeking interests of Libra. More on that next month.

On a few final notes, August is a Universal 15/6 month. This is a very assertive number and can even prove to behave quite boldly and irreverently. Positively, though, the assertive pace can be expressed with integrity and principle-driven courage beyond all concerns of public opinion this challenging people to break free of their ego-centric attitudes to give more attention to larger issues. At a more personal level, committed relationships tend to deepen or end during these cycles.

Hot is a keyword for Leo time, literally and figuratively. Watch for iconic and powerful figures, and larger entities too, exiting the stage or are reborn into something new. The sudden death of iconic and controversial Sinead O'Connor Hard work is generally indicated, more than play, as people drive to recoup what was lost of the past few years. So, look for the openings to breathe and center and focus to stay cool in the heat, as required.

Since this entire overview perspective refers to the wider, generic perspective, how these energies will manifest in your life is subject to a wide array of other more personal factors. In short, these can be understood as the finer, specific

details of your personal destiny. This is how the principle of wholes within wholes works. Yet, at least the Horoscopes will offer a fractal perspective for more practical awareness and perhaps conscious, deliberate action as well. The monthly Horoscope is brief, and more elaboration of themes can be found in my Weekly Horoscope, which you can subscribe to for FREE on my website.

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Aries (Mar 21-Apr 19) You are in the game to play to win. Your resolve to work hard will be evident. This includes thinking critically. Be careful of over-attachment to outcomes and how things should go. Positively, you could win big.

Taurus (Apr 20-May 20) August might amount to working easy and playing hard. You want to be fair, but you also want the edge. As the game goes, there are winners and losers. You will push to win, especially if motivated by the welfare of family.

Gemini (May 21-Jun 20) An ardent determination to get to the bottom of things are already keeping you busy as August begins. You will have to work harder to stay organized, but it will prove invaluable and even necessary for success.

Cancer (Jun 21-Jul 22) A busy cycle that began in early July continue through August. Clearing doubt and anything else to feel empowered will prove important. Your powers of critical analysis will rise steadily into September.

Leo (Jul 23-Aug 22) Taking new leads and strides is a central theme this month. Persistent efforts are your best bet, however, so avoid taking on new projects before existing ones are complete. Focus to persevere to accomplish.

Virgo (Aug 23-Sep 22) A busy time both behind the scenes and directing your focus to manifest the dreams and goals you envisioned earlier is in the spotlight. The time is right to push hard to advance your position with pointed determination.

Libra (Sep 23-Oct 22) Deciphering who are you friends and allies and who are not is featured this month. This process may require some soul searching. Patience is a keyword yet may require relative seclusion to focus without interference.

Scorpio (Oct 23-Nov 21) The spotlight is on your public and professional life. This includes working with new tools and strategies, yet also requires letting go of methods, approaches habits and attitudes that no longer serve.

Sagittarius (Nov 22-Dec 21) As eager as you are to enjoy cultural activities, there is also an emphasis on more serious and sober matters. Completely cutting loose and letting go into the spirit of the moment is ideal yet practicality may prove more fulfilling.

Capricorn (Dec 22-Jan 19) You have entered a somewhat complex period of change and transformation. This can be a good thing if that is what you want. Be open to advice as well lest you get lost in your own perspectives.

Aquarius (Jan 20-Feb 18) The emphasis is on relationships this month. Desires to deepen bonds and intimacy levels are indicated. Some measure of effort and even of research and study may be required to truly understand and take an informed approach.

Pisces (Feb 19-Mar 20) Tending to your health and that of your overall lifestyle in general is emphasized this month. Accessing the support of others may prove more helpful than usual, but you may still resist. Be willing to give more to achieve your goals.

Bridging Traditions

by Chuck McNab

First Nations Meets Yoga

I have been thinking about the question of “*Who am I?*”. When I first came to the Ashram, I was looking for something better. I didn't know anything about yoga. I began to relearn a lot of things, and this has helped me find out who I am.

Being from First Nations background, I know that my family has a rich spiritual background. I lost touch with this when I was growing up.

In our native culture a lot of things aren't written down, so the yoga teachings have been a way for me to understand more what my spiritual beliefs and understandings are. I find they're all interconnected somehow and being able to put words to these — what would you call them? cosmic questions? — are helping me understand who I am.

I find this is what Swami Radha's and Swami Sivananda's teachings really do— they help me put words to emotions and feelings and wonderings that I knew were there, but just couldn't put words to.

I have been living at the Ashram for nine years and during this time I have been reconnecting with ideas and beliefs that have been with me all along. Being here has helped me understand what they are and bring them forward in myself and in my life. The ones that were already there have been enriched. There are core teachings in my beliefs like love, gratitude, and respect. A lot of these are in the teachings that Swami Radha talks about in the Kundalini System.

Bridges

My sister is also on a spiritual path, and it was through her that I first heard about yoga. When she received her spiritual name Shakti, I didn't know what it meant. Later, I found out it was the feminine spiritual power within. It totally goes with her.

This connects for me with what I think is the biggest thing in being here—the respect for women.

In our native culture we have a deep respect for our women as well. They are the life givers, and they are respected and protected. I find that this connection has been a really nice way for me to give back and to reconnect with that aspect of my own spiritual beliefs.

Another connection is the Divine Light Invocation and a practice we do at Satsang called Aarti. I find that doing Aarti is very similar to a smudge ceremony—being able to cleanse myself, offering prayers to my higher self and to a higher being—a creator.

My partner and her mom were my connection to the Ashram. They talked about Swami Radha and the teachings when I was around, but I didn't really understand. They talked about the Divine Light Invocation and the Light, but I didn't know what this was either.



I was living somewhere which wasn't a good environment for me so when my partner passed into the Light and her mother asked if I wanted to come to the Ashram, I said, “Oh, yeah, sure, I'll check it out.” We came for a ceremony that we offered for my partner.

Walking My Path

Coming from where I was and where I wanted to go—the Ashram offered a different path than what I was used to. I had been yearning to find a different path than the one that I was walking. I was going in the right direction, but it was at a slow pace, and I found that I had to do something that would be taking a bigger step instead of little, tiny steps. Being here has been that bigger step.

I would like to reach out to people who are struggling with addiction and are looking for a new way—wanting to explore a better way, instead of finding a replacement for the addiction. I have found that the different types of yoga really help to explore and deconstruct the beliefs that go along with and are attached to addiction. I know that a lot of people would be willing to explore a different avenue.

There's a lot of negativities with addiction and people think, “Oh everybody's bad”, but you don't really know the person, so you can't really judge.

I was already making steps before I came to the Ashram to find a different path than what I grew up with. My first time at the Ashram was mostly to show respect and compassion for my lost loved one because she really wanted to come here, but she couldn't. So, I came to the Ashram to be here for her.

The next year was to be here for myself, and then the next few years it was for the community. Then it turned into being here for my mother-in-law because she can't come here as much as she really wants anymore. It is amazing how close we became after my partner passed away. The connection was built because of the changes I made for myself, by just being here—and for being who I am without the clouded judgment of my past. So, I'm able to carry on their presence.

Remembering What I Know

When I first came to the Ashram I thought, “Oh, I don't know anything about yoga.” The more I learned, the more I realized I had been doing yoga for a long, long time—like forever. It reminded me of things that I already knew. It has helped me recognize the things within myself that help support me to better myself. It has helped me let go of things that were attached to addiction.

One example is pranayama and controlling my breath. I remember calming myself down and taking some nice, deep breaths. Then I learned that pranayama is a yoga teaching that helps control the mind and helps with concentration and meditation.

Another example is the Kundalini System. The first three chakras have helped me look at my core beliefs and how I use my imagination. Following these steps and seeing the cycles from the perspective of the fourth and fifth chakras has helped me rebuild my core beliefs and use my imagination in a better way—and direct it where I want to go.

Following My Inner Knowing

Today I have a better understanding of who I am and who I want to be. The teachings have really taught me to be aware and allowed me to have gratitude for my efforts and my experiences. My past experiences teach me and help me understand where I want to go. They have taught me exactly what not to do—to not repeat the same thing over and over.

Here at the Ashram, I have built ideals and have been able to achieve certain goals—things that were eating away at the back of my head—like going to school and being able to graduate.

I remember back in the 1990s when I was 18, I

was two credits short of being able to graduate. I didn't want to go to summer school because I was too busy being a young kid and wanting to party. Not going to summer school and not graduating stuck with me for all those years until I came to the Ashram. That's when I had the idea, “Hey, maybe I'll go back to school.” Just knowing it's not too late to change things that happened in my past helped me realize I could change where I wanted to go in the future.

Going back to school and being able to walk across the stage with my little cap and throw it up in the air and get my diploma — I didn't really need it. It was more my inner self that needed it. It was an achievement that I achieved on my own and it was a different alternative to hanging onto things that were wasting energy.



Bridges On My Path

Before coming to the Ashram, I used to volunteer in the community I lived in and once I was here, I found that Karma Yoga is kind of like volunteering, but in a different way. I didn't realize I was doing Karma Yoga before I came. It's been another connection I've made with the yoga practices.

Being able to help the Ashram community has led to going out in the local community as a volunteer. Through the support of an Ashram resident who was a first responder at the local fire department, I was encouraged to sign up as a volunteer firefighter. I took another step and became a first responder and then trained for medical emergencies. This has been amazing for me because I really enjoy helping people. Being out in the community, meeting people and helping them really brings a lot of inner joy.

Karma Yoga, the yoga of selfless service, is just being able to offer without expecting anything in return. I realized this was what I was doing before I came to the Ashram. Selfless service is helping where help is needed.

Sacred Teachings Within

What I would like to communicate is that there is a path there and the Light is always shining in all of us. The practices and the teachings are deeply ingrained in a lot of people, and they don't realize it. From my own experience I know that we don't really know what's in us until we try. I found there are many beliefs I've carried within that just needed my inner knowing to shine Light on, so I could see more clearly. Being where I am today and giving myself the gift of the practices—new and old—has been the best thing I've done for my path so far.

Chuck McNab is Cree First Nations from George Gordon's First Nation Ka-nēwo-kaskwatēw in Saskatchewan. He moved to Yasodhara Ashram nine years ago. In addition to being an inspiring example of Karma Yoga (selfless service), Chuck is a Yasodhara Ashram teacher of Hidden Language Hatha Yoga, Kundalini Yoga and Dream Yoga. He serves in the local community as a volunteer firefighter and first responder.






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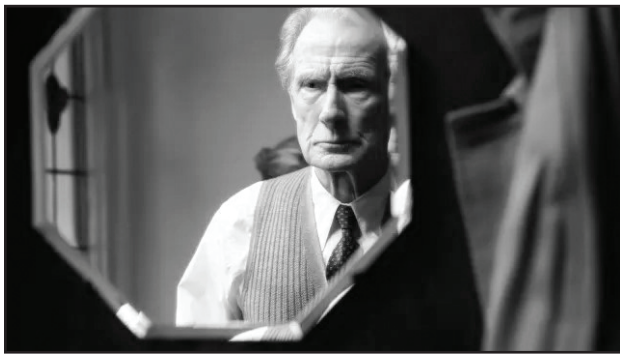
by Gerald Panio



"It's the rabbit we're after!" --Mr. Williams.

Early on in *The Impermanence of Broccoli*, her radiant new collection of essays and photographs on gardening and the life lessons drawn from its passionate pursuit, Alanda Greene reflects on how the physically small world of her garden stands in relation to the overwhelming challenges our planet currently faces:

"Growing my own garden is such a small step compared to the enormity of these environmental challenges, but it is still significant. Over the years, I can tally the savings in packaging, fuel, other transportation costs, freshness and vitality. Measured in a cup for cup or pound for pound comparison of what is saved compared to the big picture of what is being used up, it seems nothing. But small acts are not nothing. Systems thinking shows that very small behaviours can significantly alter the functioning of very large systems...."



Alanda's words stayed with me as I watched Oliver Hermanus's *Living* (2022), a brilliant reprise of Akira Kurosawa's classic *Ikiru* from 1952. In both films, the central character redeems an empty life through the creation of a physical space, a children's playground, not much bigger than a typical garden. In *Living*, the storyline allows us hope, however fragile, that a single playground may indeed alter the functioning of a very large system. Kurosawa's ending was bleaker, but he made his film a scant few years after the end of World War II, with its horrors fresh in mind.



Living was nominated for two Oscars at the 2023 Academy Awards ceremony (for Best Performance by an Actor in a Leading Role and Best Adapted Screenplay). That seems to me like faint praise for a film that I would call a master class in the art of cinema. The screenplay is by Kazuo Ishiguro, a leading British novelist whose awards include the Booker Prize in 1989 and the Nobel Prize in 2017. The soundtrack, by Emilie Levienaise-Farouch, is one of my current favorites, evocative & understated. With the film set in 1953 London, costume and set design become critical. Costume Designer Sandy Powell has won three Oscars

and received 12 other nominations. Her work in *Living*, in everything from pinstripe suits to casual dresses creates character in itself. Production Designer Helen Scott and Set Decorator Sarah Kane have no Oscars, no nominations. They're just really, really good at what they do.

Cinematographer Jamie Ramsay also is Oscar-less but, based on the evidence of *Living*, that will soon change. His camera moves with a dancer's grace, his manipulation of focus--both deep and foreground--is extraordinary, and his lighting of scenes is as much the work of a painter as it is of a technician. Ramsay also worked with subtle film tinting to capture something of the feel of Fifties cinematography--the Douglas Sirk and Ealing Studios looks. After you've watched *Living*, you may find that the next film you see comes up seriously flat in visual impact department. And then there's Bill Nighy. Playing the central role of Mr. Williams, bureaucratic cipher incarnate, Nighy elevates the entire film to a higher plane. Nicknamed "Mr. Zombie" by a younger employee, Williams is a suit inhabited by a man. His job at Public Works at the London County Council is to steer paperwork into oblivion, into ever-mounting "skyscrapers" of file folders that will gather dust until they're erased from memory. He ensures that the half-dozen employees in his section of Public Works do the same. A life-sucking role model, Williams makes sure that the "skyscraper" on his desk is the tallest and his voice is the driest. Nighy, a highly respect, veteran actor, plays very much against type here. He has the almost impossible task of convincing us that his character is both dead inside and longing for resurrection.

The catalyst for change is when Williams learns that his stomach cancer will kill him within months. He's suddenly forced to take a long, hard look at who, and what he has become. It's not a pretty picture: a suddenly meaningless career, an estranged family, a social life restricted to one movie a week. Profoundly disillusioned, he stops coming to work and wanders the city, aimlessly adrift.



It's a random encounter with an insomniac writer, Sutherland (Tom Burke), in a late-night café that starts him on the road to redemption. Like Virgil guiding Dante through the circles of hell, Sutherland chaperones Williams through burlesques and carnivals. Sutherland doesn't know what to make of his catatonic charge, until the moment in one nameless bar when Williams begins to sing an old ballad called "The Rowan Tree," and a lifetime's worth of heartbreak becomes palpable. This stands as one of the more sublime moments in recent film.

Williams is too far gone for a full-on (or even half-hearted) plunge into hedonism. It's hard to party when you're spitting up blood. He does end up with a new hat, though.

His second guide is a secular angel, Ms. Harris (Aimee Lou Wood), a young woman who's the only female employee in his office. She runs

into him in the street, and she's mystified and fascinated by the actions of this fusty old man that she's only ever seen, as much dead as alive, behind his office desk ("There's so much more to you!" she exclaims). On a whim, Williams invites her to lunch at Fortnum & Mason, one of London's poshest department stores. He's drawn to Harris's zest for life, to her faith in her own bright future.

After that one afternoon together, Williams continues living in limbo for several weeks. The loneliness becomes unbearable, and he stops at Ms. Harris's new place of work and invites her join him at the movies. They both know their relationship is an impossible and improbable one ("This isn't really very nice, is it, Mr. Williams? Are you infatuated with me?"), but Williams desperately needs her light for long enough to find his own. And in their final brief moments together, he does.



Back again in his office, newly energized, he takes charge of one of the numberless files for projects that, despite being punted from one department to another, hasn't been abandoned by the original advocates. In this case, is a group of working-class women ("the ladies from Chester St.") who want to turn a sewage-saturated, rat-infested bomb site in their neighborhood into a children's playground. For these women, "Mr. Zombie" becomes one of history's strangest knights in shining armor.

Director Oliver Hermanus and screenwriter Ishiguro make the interesting dramatic choice of telling part of Williams' story through the perspective of a fresh new employee in William's office, Peter Wakeling (Alex Sharp). Wakeling shows us who Williams once had been, how much he'd lost, and what glimmer of hope there might be for a different future. The "new guy" had once joked that he was "ready for battle." Thanks to Mr. Williams, perhaps he is.

Having watched *Ikiru* decades ago, and after watching *Living* a second time, I realize that the story here is one of those absolutely perfect ones--like *Cyrano de Bergerac* and *Romeo and Juliet*--that will always find new tellers in new lands and other times. A faceless man or woman, guided by companions from the world they've lost sight of, finds a way to do one small thing that will change others' lives, and their own. Not a denial of death, for death will not be denied, but the heroic insistence that, against all odds, our fate can be our own. Franz Kafka's *The Trial*, Charles Dickens' *Bleak House*, T.S. Eliot's "The Love Song of Alfred J. Prufrock," and Terry Gilliam's *Brazil* have already shown us what happens if we stop insisting.

NEXT DEADLINE
Wed Aug 23



Tales From Shpaxieland

by Heath Carra
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Lawn Care

Every 584 days, Venus and Earth make their closest approach to one another, and every time Venus teases Earth about her funny haircut. This started in the 17th century when English nobles got the idea to express the absurdity of their wealth by having large stretches of land cultivated with grass lawns.

“Ha!” Venus laughed as she rolled up beside Earth in 1623. “What happened there?”

“Hey, don’t planet shame me. It’s just a new thing I’m trying. It’s called a lawn-do.”

“A lawn-do? That’s the stupidest thing I’ve seen since Saturn’s hula-hoop,” Venus teased.

“Oh yeah?” Earth said as Venus rolled past. “That’s pretty rich coming from someone with pancake volcanoes.”

“That’s not funny, Terra,” Venus called back over her shoulder. “You know I have an atmospheric disorder.”

“If you live in a glass planet, you shouldn’t throw meteors,” Earth called back.

As years went by and suburban lawns stretched around the globe, the teasing only got worse. The planets’ last meeting was on January 8 of 2022 when Venus rolled up and said, “Hey, grasshole.”

“I told you not to call me that, fartmosphere,” Earth quipped back.

“Oooo, fartmosphere; did you come up with that one on your own or do you get Your-Anus to write your insults for you?”

“Firstly, they pronounce their name Yer-an-us,” Earth said. “And secondly, there’s so much sulphuric acid in your atmosphere that you smell like farts.”

“Yeah, yeah. I got it, bristlehead. It’s just not funny.” And Venus continued past.

The next close encounter of the two planets is going to happen on August 18, and Earth is already getting antsy about it. As I was pulling my mower out the other day the ground trembled beneath me and Earth said, “Listen you little cosmic cosmetologist, if you’re getting ready to cut my grass, I want you to raise the blade. You’ve been shaving it too close on those high spots in the yard and it’s giving me a patchy look.”

I stopped and looked at the ground between my feet. “Cosmic cosmetologist?”, I said.

“What?” Earth replied. “I’m a cosmic body, and you’re doing my cosmetics.”

“Technically, I don’t think the Earth is considered cosmic,” I said.

“Really?” Earth said. “You’re going to argue semantics with me? How would you like an earthquake?!” she rumbled.

“Alright. Alright. Easy on the high spots. I got it. Anything else you’d like, Your Highness?”

“A little less cheek from the planetary parasite would be nice for starters,” she said. “Then go gently with the trimmer. You’re nicking my trees and catching the lower leaves on that bush.”

“Don’t trim the bush. Got it,” I said.

She started to say something else, but I yanked on the cord and my mower roared to life.

I went easy over the Earthy protuberances and used extra care around the trees and shrubs, and after a couple of passes through the fescue I felt like I’d created a nice youthful, feathered effect.

“Venus is going to hate it,” Earth said when I was done.

“I don’t know,” I said, flicking a stray blade with my finger. “I think it makes you look wistful. It complements the clouds off your mountain peaks and the spray off the tops of your rolling surf.”

“Venus calls me artificial and thinks I should act my age.”

“Pfft! What would a hot head like Venus know?”

“But what if she’s right?” Earth worried. “I’m four and a half billion years old. Isn’t it undignified to be all blinged out on satellites at this age? Costume jewellery, that’s what Venus calls them.”

“Pfft!” I said again.

“She told me she was doing greenhouse gasses before they were popular, and that I’m a copy-cat. She thinks I decorate myself with cities and spend so many resources on lawn care because I’m insecure about always being in her shadow. I pointed out that I’m just in her shadow when she passes between me and the sun, and that only happens twice every 110 years or something.”

“Maybe it goes to your head when you’re named after some love goddess,” I replied.

“But what does that make me then?” she shot back. “Venus’s earthy granola sidekick?!”

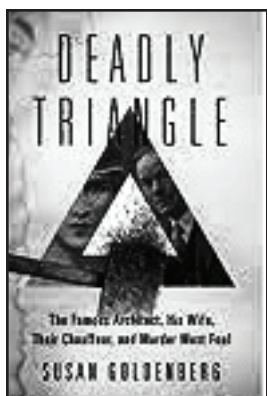
I winced at the temblor in her tone and tiptoed gently as I eased my mower back into the shed.

“Listen!” she snapped. “If you little grubs are going to take it upon yourselves to be my personal planetary stylists, I expect you to do it right. If I get teased one more time, there’ll literally be hell to pay. If you thought the Hadean eon was hot, then wait till I go super-Venus on the lot of you!”

“Alright,” I said as I hesitated at the shed door. “What did you have in mind?”

There was a pause for a moment as the planet under me considered. “Something that speaks of refined elegance, non-conformity, and has a timeless quality,” she said.

I thought for a moment as I opened the door and rolled the mower back out. “So, something like a bouffant in the front, dreadlocks on the side, and a ducktail in the back?” I said. “No problem.” And I yanked on the cord of the mower one more time.



Book Review

by Tom Lymbery
Deadly Triangle
by Susan Goldenberg
Dundurn Publishing,
\$29.95, 272 pages.

Francis Rattenbury,
newly qualified as an

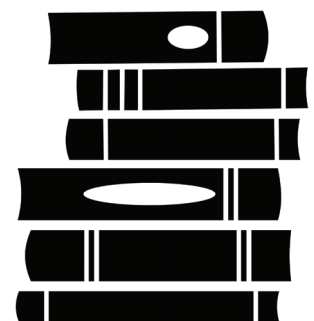
architect at the age of 22, in England arrived in Victoria in 1902. He was just in time to enter in a contest to determine the architect to build the BC Parliament buildings. He submitted his qualifications, including photos of a building he had designed in England. He also called himself a “BC Architect” which gave him an advantage over those from other places. He was declared winner of this prize contract, and soon began plans and construction.

However, he was not a likeable person and was disrespectful to everyone, including those he worked with. However, his wonderful stone building graces the inner harbour of Victoria. He seized the opportunity to design the Empress hotel, the Bank of Montreal and the court-

house in Nelson, BC. He also speculated on the Grand Trunk rail line and its hotels on the way to Prince Rupert, but that deteriorated with the sinking of that Rail’s principal in the sinking of the SS Titanic. Rattenbury also lost out, investing in small paddle-wheelers in the Yukon Gold Rush (his boats were too small)

He married in Victoria and had two sons. He traded his wife badly and divorced, which was almost unthinkable at that time. He married again to Alma, who bore him a son, John in 1928. Rattenbury was drinking heavily and moved the family to Bournemouth, England where he rented a large house. They employed an 18-year-old Chauffeur (George Percy Stoner) who also did other jobs around the house. Before long Alma took the young man as a lover, as Rattenbury’s drinking got out of hand.

But the Stoner was jealous, and one night in a jealous rage he beat Rattenbury about the head, so badly that the older man died a few days later. He was immediately charged with murder and Alma employed a lawyer to defend him. This book delves extensively into the court case, while another book by author Terry Reckstein, hardly reports on the proceedings. While the court case was going on, Alma drowned herself.



By this time, it was wartime, 1942 and John Rattenbury was sent to Canada, as many other young people were, in case the Nazi invasion caught them. John became a boarder at St. Georges boarding school at the age of 14, - the same time I started at St. Georges, so we became friends. He knew about his past, but naturally never talked about it. (Who wants to remember that your mother drowned herself while your father was killed by an 18-year-old who was hanged for murder?). John and I cycled all over Vancouver, enjoying the good and bad parts of the city. He went to the US and became successful, working with the famous architect Frank Lloyd Wright. I wanted to keep track of John, but our paths were completely dissimilar. He did return once to St. Georges to report on his life, but I was unable to be there.



Building the CPR's Missing 30 Miles

by Tom Lymbery

In 1898, the CPR completed its Crowsnest rail construction as far as Kootenay Lake. It

then crossed the Kootenay River on trestles to its Kootenay Landing transfer point at the entrance to the lake. There train passengers boarded the *SS Moyie* and other sternwheelers to continue on to Nelson and beyond. Tugs and lake steamers pushed railway barges loaded with train cars all the way to Nelson, and later to Procter, at the end of track.



The little No. 30 steam locomotive at work on the new CPR line between Kootenay Landing and Procter, 1929-30. It was built in 1913 by the Porter Steam Locomotive Works, Pittsburgh, PA. Photo: Nelson Museum, Archives & Gallery.

Rail completion had been promised from the start, but for the next 30 years the CPR continued its rail service by water. As cumbersome as it was, this rail shuttle was still more economical than going to the vast expense of laying 30 miles of track on the steep west shore of Kootenay Lake with its unending bedrock and many twists and turns along the route.

The Nelson Board of Trade continued to bring the matter up, as they really needed that direct rail connection.

I believe the construction of the final section of track was triggered by the collapse of the Surprise Creek bridge on the CPR main line in the Rogers Pass, on January 28, 1929. The bridge fell in minus 40 F weather, killing two men.

The CPR immediately diverted all trans - Canada rail traffic to the Kettle Valley route in southern BC. All available sternwheelers, tugs and barges were put to work between Kootenay Landing, Procter and Nelson. The carloads of coke to the Trail smelter were disrupted. The entire east-west transportation system seemed in disorder.

Almost immediately work started on the project to complete the missing 30-mile section of track on the west side of Kootenay Lake. Construction was entirely accessible from the lake, so tugs and sternwheelers could drop off materials, supplies and men where needed. I don't know where the dynamite was produced, but prodigious quantities were needed. CPR supplied the surveyors but much of the construction was handled by groups of workers who bid on short sections of rock. Sometimes they did well and sometimes they lost out. John Kastren of Gray Creek worked for some of these subcontractors, as did Joe Karpowich of Boswell.

A narrow-gauge steam locomotive was used on moveable sections of track to haul away large pieces of rock, as were hand-pushed flatcars on wheels on temporary rails, like the one at Burden's Rock Cut in Gray Creek. The CPR No.

30 narrow-gauge "saddle tank" steam locomotive laid down light rail to operate on and pulled the heavy standard gauge rail into position. (The saddle tank served two purposes - to provide the necessary water and to preheat the water before it was used to make steam.) That little locomotive was originally a logging engine hauling railway ties from the Canyon area to the Great Northern Railway on the Kootenay Flats, before Dutton & Grant Construction put it to use on the CPR construction project. We have Tammy Bradford of the Creston Museum to thank for this information.

Gradually the new line inched along, the deadline being January 1, 1931 to connect to the existing line at Procter.

Across the lake, Lil West and her husband had started Destiny Bay resort in Boswell with a small store. The store closed at 5 pm, but the Wests remained open later. Workers on the west side rail project would paddle logs across the lake to buy tobacco and chocolate bars from the Wests.

They did meet the deadline - on January 1, 1931 the *Nelson Daily News* ran a headline that the first train had made it through the Crowsnest Pass all the way to Nelson. The Kettle Valley line was now complete - no longer was rail service disrupted by the need to move trains by water. The little No. 30 locomotive sat awkwardly on a Procter beach for years, until Watt acquired it, cleaned and painted, for his museum in Yahk. It is now on display at the entrance to the Creston Museum with an information-packed interpretative sign.

As soon as the CPR opened the new rail line, most of the lake steamers were docked and taken out of service in Procter, their crews laid off. The *SS Moyie* remained in service to Kaslo, Johnsons Landing and Argenta.

On the East Shore, BC Public Works (later Highways) had crews working to complete the road from Kuskonook and Creston as far as Gray Creek. They then leased the *SS Nasookin* to operate as their ferry, with three round trips daily between Frasers Landing (one mile west of Balfour) and Gray Creek. Canadian Greyhound immediately started daily trips between Nelson and Calgary.

But Boswell was left in the lurch by the loss of daily sternwheeler service to deliver mail and supplies, to transport passengers, and to ship its



A railway barge loaded with baggage cars is pushed across Kootenay Lake by the *SS Moyie*, 1920's. Photo: GCHS (Don Karpowich)

abundant fruit harvest to markets. Daily Greyhound service filled the gap for passengers, mail and express. But Boswell cherry growers found it impossible to ship their boxed cherries on the dusty, rough, bumpy road. Cherry sales were only possible to passing tourists. Boswell had a large packing shed by the wharf (now marina), so they were still able to ship freight carloads of apples when the CPR spotted a barge with freight cars on board at the Boswell wharf. Boswell apples were grown for the English market, but

during WWII England no longer had the dollars to purchase their apples.

In later years the big Boswell packing house was rebuilt as the Welcome In (sic) Motel.

Special thanks to Ross Banner of Gray Creek and Kimberley for suggesting this article, to Jean-Philippe Stienne of Nelson Museum, Archives & Gallery for the photo of the No. 30 locomotive, and to Tammy Bradford of the Creston Museum for documenting it so well. Visit Nelson Museum's amazing online photo series on building the Procter to Kootenay Landing railway link: <https://www.flickr.com/photos/touchstonesnelson/albums/72157626410327133/>



Kootenay Landing turn-of-the-century postcard. Ebay

TOM SEZ

Kootenay Lake Lions Club had a successful July 1 at the Crawford Bay Park with lots of burgers and ice cream. The Many Bays band played in the pavilion for more than two hours, augmented by the Creston Band and others.

The battle against yellow broom (*cystitis scoparis*) is unending. Some are digging up the roots and some are burning all the surface growth. Each seed pod contains 10,000 seeds that can still grow after 40 years in the soil. We see people digging broom up to take to Calgary, but it won't grow even in Creston because the nights are too cold.

Ferry officials are telling us that there will be a roofed shelter at Kootenay Bay for those walking onto the ferry, but not the heated one we had asked for.

If you stir cooking oil into your kale, it makes it easier to scrape into the trash.

When typesetters set up newspapers in years gone by, they evened off every column using "fillers" - short items to fill the space. Some of these were interesting tidbits. I was interested in these, so this was the start of Tom Sez in the Mainstreet.

At the 2023 Calgary Stampede Layne MacGilvray won the Cowboys Rangeland Derby, a replica trophy, a cheque for \$50,000 and a brand-new Chev pickup as well as the Guy Weadick award (Guy Weadick started the Stampede in 1912). Lorne is Canadian from the town of Halkirk, Alberta, population 112.

The FIFA Womens World Cup of soccer starts July 20, 2023 with Canada's first game tied with Nigeria. Canada plays in a group of four with the final August 20, 2023. In Perth, Australia, Canada defeated the Republic of Ireland 2 to 1. Canada has to win two of their games in the group of four to move up to the round of 16.

Gray Creek Pass Report.

This years' improvements are hard to explain, as the pass stays closed. These are the biggest efforts since the road opened in 1990. We will be very interested to inspect what has been done.

News Release

Bat Pups Learning to Fly

For Immediate Release – Kootenays
July 24, 2023

Are you noticing more bats around your house or property? You are not alone! Mid-summer is the time when landowners typically notice more bat activity, may have bats flying into their house, and occasionally find a bat on the ground or roosting in unusual locations.

These surprise visitors are often the young pups. “In July and August, pups are learning to fly, and their early efforts may land them in locations where they are more likely to come in contact with humans”, says Elodie Kuhnert,



Kootenay coordinator with the Got Bats? BC Community Bat Program. As noticed in the last two years, heat and smoke may also cause bats to use unusual roost sites.

If you find a bat, alive or dead, remember to never touch it with your bare hands. Bats in BC are known to carry rabies at a low level; this is why it is important to avoid any contact. If you must move a bat, use a trowel or similar tool, and always wear leather gloves to protect yourself from direct contact. Talk to your children to make sure they understand to never touch,

play or try to rescue injured or sick-looking bats. If you suspect a bite or scratch from a bat, immediately wash the area with soap and water for 15 minutes. Also contact your public health or your doctor as soon as possible, or go to the emergency department. For more information on rabies please refer to the BCCDC website <http://www.bccdc.ca/health-info/diseases-conditions/rabies>.

“Bats are important to our ecology and economy. They are the main consumers of night flying insects. Unfortunately, bats are in trouble, and half of the bat species in BC are listed as ‘at risk’,” says Kuhnert.

Bats are often found in close association with humans, as some species (such as the Little Brown Myotis) have adapted to live in human structures, and colonies may be found under roofs or siding, or in attics, barns, or other buildings. Female bats gather in maternity colonies to have a single pup in early summer, where they will remain until the pups are ready to fly.

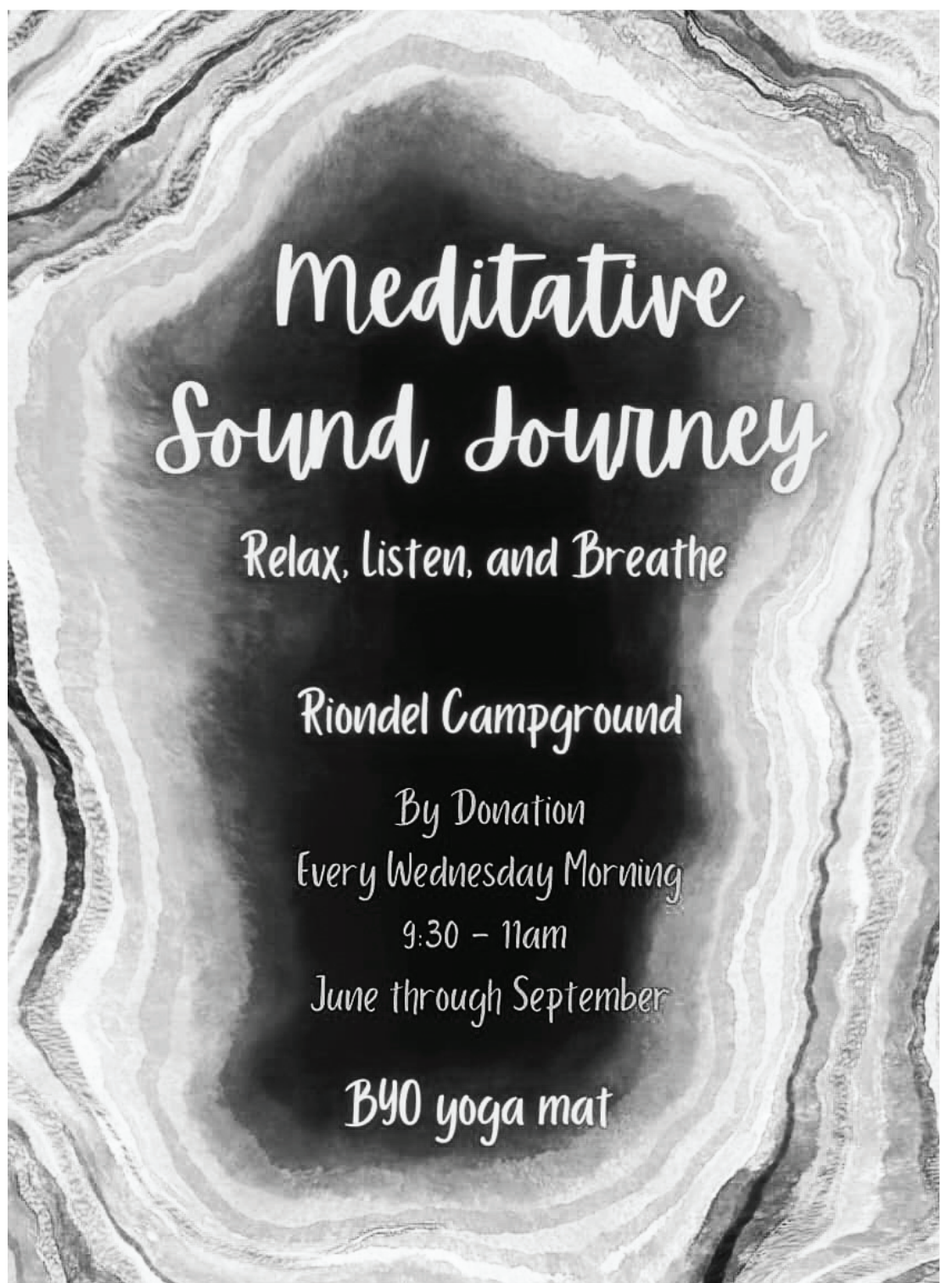
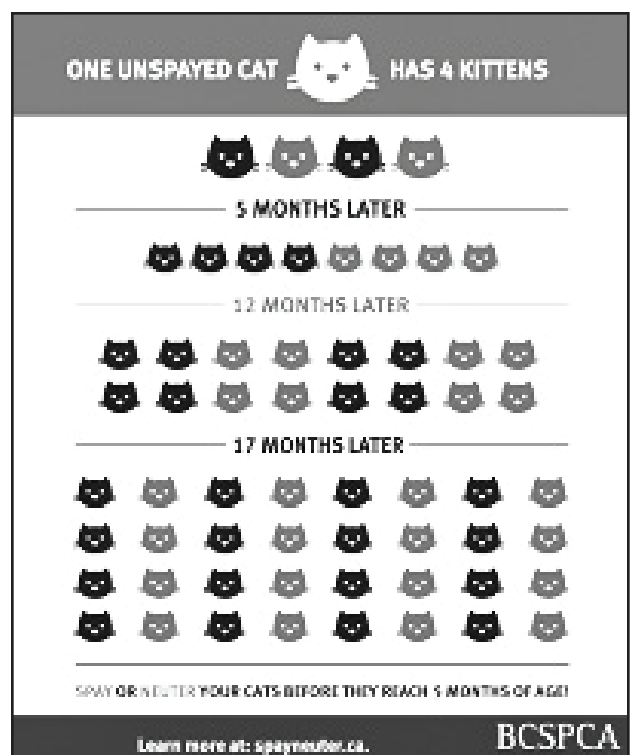
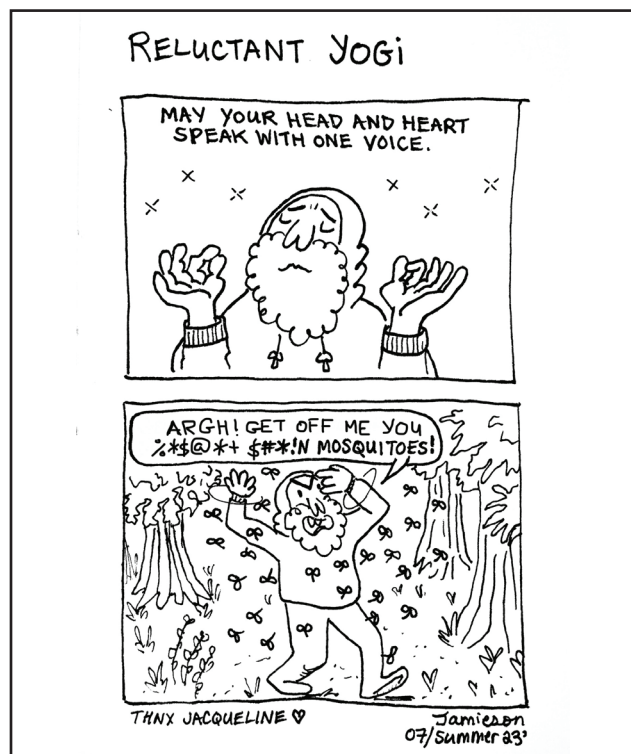
“Having bats is viewed as a benefit by many landowners, who appreciate the insect control. Others may prefer to exclude the bats,” says Kuhnert. Under the BC Wildlife Act it is illegal to exterminate or directly harm bats, and exclusion should only be done in the fall and winter after it is determined that the bats are no longer in the building. If you have bats on your property, the BC Community Bat Project can offer advice and support.

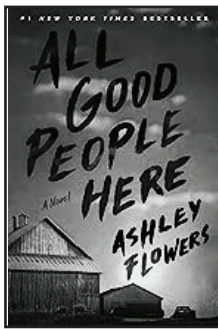
You can keep bats out of your living space by keeping doors and windows closed and ensuring window screens do not have any holes. If you find a live bat in a room of your home, open the window and close interior doors until the bat leaves, or follow the steps here: <https://batworld.org/what-to-do-if-youve-found-a-bat/>.

“Cat predation is a very common cause of death of bats in BC, which is bad for bat populations and potentially exposes the cats, and their owners, to rabies,” says Kuhnert. Keep cats indoors, particularly overnight when the bats are most active, and ensure all cats are vaccinated for rabies.

For information on safely moving a bat if necessary and to report bat sightings, landowners can visit the Got Bats? BC Community Bat Program’s website (www.bcbats.ca), email kootenaybats@gmail.com, or call 1-855-9BC-BATS ext. 14. The BC Community Bat Program is supported by the BC Conservation Foundation, the Habitat Conservation Trust Foundation, the Forest Enhancement Society of BC, the Habitat Stewardship Program, the Government of BC, and the Columbia Basin Trust, the Kootenay Lake and Columbia Valley Local funds, and the Columbia Valley Community Foundation.

Photo 1: Baby bats, called pups, are born hairless, but soon grow fur, begin to fly, and may end up in surprising places. Always wear thick gloves if you must move a grounded bat, and contact the BC Community Bat Program for guidance. Photo by Okanagan Community Bat Program





A Bit of This and Some of That

by Sharman Horwood

To be honest, I didn't want to review *All Good People Here* by Ashley Flowers (2022).

She's a new author, this is her debut novel, and she's getting very good reviews. On the cover, above the title, the banner claims it is a "#1 New York Times Bestseller." I'm no longer fooled by that. Many books are made the same statement without being anywhere near worthy. Clearly, a number of people liked this novel. In my opinion, however, some plot twists and characterizations in the book don't work, and the plot has a couple of very large holes in it. In other words, I'm leaving the opinion up to you.

Margot is a journalist, teetering on the edge of failure with her work. She grew up in the small town of Wakarusa, Indiana (several place names use indigenous names, but the characters are all white and very Christian which may be a parody of mid-western local culture). She returns there to help her Uncle Luke. In the past year he has lost his wife Rebecca to cancer, and is now trying to cope with the sudden onset of dementia. Luke always paid Margot particular attention while she was growing up: making her special dinners or snacks when she visited, playing games with her when she came, and calling her "kid" throughout her life. According to Margot, Luke "was more of a dad to her than her father had ever been" (p. 6). Now that he's having difficulty, Margot wants to help him. But the town of Wakarusa is a trap for her: it's full of the past, and Margot's there because she can't let its history go.

The novel is told through flashbacks to the past, and then jumping to Margot's experience in the present. Twenty years ago, her best friend was January Jacobs, and January lived across the street from Uncle Luke. January and Margot played together whenever they could. They were "best" friends. One night, January's mother Krisy finds her daughter at the foot of the basement stairs. She's been struck across the back of the head, and the child is dead. Someone has written in red paint across the kitchen wall: *That bitch is gone. This is what you get.*

Within two days after Margot returns to Wakarusa, another child goes missing. Five-year-old Natalie Clark in Nappanee, Indiana, has vanished. Though it's twenty years after January's murder, the people of Wakarusa keep drawing parallels between January's death, and the newly missing Natalie Clark. Margot doesn't think this isn't a coincidence. There has to be a link. Not much is similar between the two cases, except for the fact that they were both girls of approximately the same age. These are small towns, however, and no one has forgotten what happened to January.

Margot can't separate the two cases, either. Her editor wants her to write a story covering Natalie Clark's disappearance. Adrienne cautions Margot to stay well away from January's murder. She says Margot is too close to that tragedy, and right now the public wants to hear about the new incident. Nothing new can be said about the past. Margot is pressed for time, though. She tries to interview whoever she can in Wakarusa because that's closer to Uncle Luke who has deteriorated badly. She writes a long piece on January, and tries to point out that the similarities--their age, the location of the two towns--suggests that whoever has abducted Natalie is probably the same person who killed January.

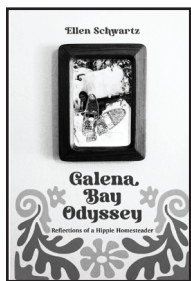
Adrienne, her editor, isn't pleased, nor is her superior. Margot is fired. She doesn't tell her uncle, nor the people she's interviewing. She carries on with what was her job, certain that she can find the right evidence for a link between the two crimes. She hopes she can salvage what is left of her professional life, and care for Luke at the same time, by writing an extensive piece that reveals January's murder, and the possible perpetrator of Natalie's kidnapping.

Everything is going wrong for her, however. Her landlord informs her landlord that rent is due on her apartment in New York. She thought she had sublet it while she is away. She can't get in touch with the man who promised to take it over, and she has to pay the rent out of a rapidly dwindling bank account.

The plot twists keep coming as well. January's mother committed suicide about ten years previously and public opinion in Wakarusa thinks that was because she was guilty of her daughter's murder. January's twin brother hasn't kept contact with his father, or with anyone in Wakarusa, and he might have witnessed something that night. Margot finds herself investigating January's murder, not Natalie's disappearance. She learns that there were two men who seemed to be stalking January all those years ago, attending her dance recitals, taking photos of her, and Margot is appalled to learn that one of them was Uncle Luke.

And then she remembers the disappearance of another girl: Polly Limon. She's the same age, and also lived in a nearby town.

This novel is definitely a page-turner, and though the plot is hit or miss, sometimes it does work. In my opinion Flowers relies too much on stereotypes and colloquialisms. However, the reviews are generally good. You will have to decide for yourself whether or not this is a book for you. Summer's almost over--this novel might be the perfect beach read.



A Kootenay Story

by Dee Gilbertson

Last month, I was given a freshly printed copy of Ellen Schwartz's book *Galena Bay Odyssey: Reflections of a Hippie Homesteader* (Heritage House Publishers) and was offered the opportunity to have a telephone interview with the author. I tried to read the entire book in the one-week span between the book arriving in the mail and the scheduled interview and was only a few pages from the end before speaking to Ellen. I called her from the beach in Kootenay Bay — a fitting interview spot given that the location of her book is just north of here, in Galena Bay.

The book itself was interesting—a retrospective glance into her very fond memories of the eight years she and her husband spent homesteading in the 1970s. Ellen was pleasant to speak to — our initial greeting exchange felt like good friends meeting in a favourite coffee shop. She expressed her never-dampened love for the Kootenays, describing it as feeling like home. Living in Vancouver since her departure from Galena Bay, Ellen is a writer of children's books. This book is her first venture into another genre.

Starting in the United States, Ellen's story

begins with her graduating from high school and joining a farm commune. She meets interesting people, one of whom is Bill, her future husband. Life on the commune is fun and intriguing, but the real desire is to head north to Canada. The United States in the 1970s is not conducive to the ideals of young people such as those who seek out the commune. They are looking for a better way of life and a return to Nature. Together, along with their friend, Ellen and Bill begin the hunt for Canadian soil to call their own.

Settling in Galena Bay, the trio have many unique experiences learning to live off-grid in a remote area of the British Columbia wilderness. The dangers are real, the beauty majestic, and the people standoffish at first but grow to feel like family as time progresses. The recollection of the time when her own family comes to visit is humorous— from explaining the learning experience of building an outhouse with an unnecessary second seat to the farming of chickens and escapades with bears, her family is surprised, and perhaps flabbergasted, at her choice to live as she does. By the time they head home though (as I have experienced with my own company visiting the Kootenays) they seem to accept and have a glimmer of understanding as to why someone would choose to remain in the Canadian wilderness.

Ellen's story feels like many stories I have heard of people who moved to the Kootenays seeking the simple connection to Nature that our hectic society so often lacks and, for one reason or another (typically due to a lack of finances) are unable to stay. These folks express a feeling of leaving a piece of their hearts in the Kootenays, and Ellen is no different. Ultimately having to make her home elsewhere due to the lack of ways to make money (after no lack of trying different jobs and means of finance), Ellen tells me that these days seem different. With the ability to work remotely and the increase in population in local communities, there is more opportunity to be able to make the cash needed to create a life in the Kootenays and so, perhaps, more ability to make lifetime homes for those who feel the calling to be here.

With a tone of reminiscence, she tells me she is coming to the Kootenays in the coming weeks as part of a book tour and to visit family. I hope she feels welcomed with open arms as she comes back to the mountains, valleys, lakes, and streams of her heart's home, a place where so many of us feel compelled to stay as long as possible.

I encourage you to read this book. As a local resident or touring visitor, it is sure to intrigue you!



Riondel Art Club

by Sharman Horwood

The end of July, and summer has only a month to go. It's a creative time, a time to read or paint and relax before the bustle of fall starts.

At the moment the Art Club has a display of Sheila Arnott's art work. A talented painter of flowers--among other things--her paintings are worth seeing. They are up in one section of the Riondel Community Centre hallway. Stop by and see what Sheila was able to do.

We also have our work still displayed in the Nelson & District Credit Union in Crawford Bay. (Thank you, ladies, for your support.) We also have some of our art still showing in the Community Centre hallway, if you're curious about what we do.

If you're interested in pursuing art, or curious about it, please drop by on Tuesdays. We start at 10:00 a.m., and continue until noon. There is a \$10 drop in fee for anyone who wants to come by and paint or draw along with us, but that money does go toward a membership should you decide to join. We are a friendly group, and very supportive of beginners (we were all beginners at one time).

Enjoy the rest of the summer and the glorious views of the lake. It is a wonderful time of year.

East Shore Reading Center

by Taryn Stokes, Librarian

Where has the summer gone?! Hopefully you have found some great books to read. We added 30 books this month including novels from popular authors such as Cecilia Ahern, Lorna Barrett, Steve Berry, Marie Benedict, James Lee Burke, Linda Castillo, Paul Doiron, John Irving, Stephen King, Daniel Silva, Brad Thor, and Ruth Ware. Some Canadian authors include Ian Ferguson, Robyn Harding, Michel Jean, Shari Lapena, and Catherine McKenzie. We are also happy to say that we have local author Alanda Greene's newest, *The Impermanence of Broccoli and Other Lessons from the Garden*.

It has been a busy July as we had 257 items checked out and served 41 of our library members. It is fantastic to see all our members actively enjoying the collection. We have an extensive DVD selection spanning numerous shelves totalling nearly 1600.

Our children's reading program will continue through August. A child returning a library book will be treated with an ice cream cone coupon after telling us a little bit about the book. One book I heard about was *Frog and Toad are Friends* by Arnold Lobel, a classic from the 1970's! Thank you to Screaming Cream Ice Cream Shoppe and Ladybug Coffee for their contributions to the program.

We are open Tuesday and Saturday from 12 until 3 pm and can be reached at 250-777-1492 or escomlib@gmail.com. Our address is 16234 King Road, across from the Crawford Bay Hall. We are pleased to host the Hospice Library collection at our location as well. You can also follow us on Facebook (@escomlib) to stay current on all our new books and activities. Take care and happy reading!



Art
Connect
presents
by Zora Doval

Gabriel Palatchi at the Harrison!!!

True Argentinian Tango, Latin Jazz and more!

Wednesday, August 9 @ 7:00 PM

We are extremely fortunate to welcome the amazingly talented Argentinian piano virtuoso **Gabriel Palatchi** to give a performance at the Harrison Memorial Cultural Centre in August. His music is a unique blend of Latin rhythms, jazz, funk, tango, and world music influences, resulting in a sound that is uniquely his own. His live performances are virtuosic and simply breathtaking. His charismatic energy radiates from the stage, captivating audiences and drawing them into his musical world. His tangos are unforgettable. Please do yourself a favour and join us for what promises to be our best concert of the year. Get that tango outfit out of the closet and enjoy some dancing with your neighbors. This will be another amazing night filled with the magic of high energy Latin music! Please do not miss it!

Tickets are available online at artconnect.cc and at the Crawford Bay Market. Refreshing beverages will be available for a \$4 donation.

So much good music at the Harrison this summer!



Gabriel Palatchi is set to perform on August 9



Local musician Kenji Fukushima joined Julio Flores on the stage for a cool duet July 16.



A full house enjoys Bardic Form on June 30.

Join us at the Riondel Community Centre Gym for our August Long Weekend Book Sale.

Sat Aug 5 from 10-3

&

Sun Aug 6 from 10-1



DVD's, puzzles, children's items, fiction, non-fiction, paperbacks, hardcover books, and more.



**You will find something for everyone.
Get your summer reading.
Find a treasure you have been looking for.
Enjoy the wealth of stories, ideas, and inspiration available.
Recycle some reading.
See you there!**

BULLETIN BOARD

CLASSIFIED ADS

\$60 Annually \$30 BiAnnually \$10 Month

BUSINESS ANNOUNCEMENTS

Insurance Certification requires professional chimney installation – we are the pros – Gray Creek Store, 250.227.9315

BUSINESS SERVICES

Fax service, photocopies, (with no PST/GST) Tom Lymbery – Notary Public, 250-227-9315, fax 227-9449, 250 551 0423 for Notary Public.

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

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.

ANNELY ARRAK Licensed Esthetician, Healing Treatments. 23 years on the East Shore offering facials, European pedicure, waxing, is relaxing, crystal healing, Ayurvedic treatments. Whatsapp or phone +1 503 878-1711 annely_arrak@hotmail.com

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

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.

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

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

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

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.

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

Better at Home VOLUNTEERS NEEDED!

Contact 250-505-6717 for more information.

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

OPEN FOR SUBMISSIONS

NEXT DEADLINE

Wed Aug 23

IN LOVING MEMORY



Barry Morcom

Mr. Barry Morcom, beloved husband of Alma-Lynn Morcom and the late Norma Jane Morcom, passed away peacefully at Creston Valley Hospital, surrounded by his family on June 24, 2023, at the age of 73 years.

Barry will be lovingly remembered by his wife Alma-Lynn Morcom, his sisters Janice Lynn Crawford and Sandra Gail Walker, his children Terry (Sandy) Smith, Heather Morcom, Gordon (Charlene) Zacher, and Boyd (Bonnie) Zacher, his grandchildren Rayna-Lynn Smith, Kenzy-Dean Smith, Kourtney Morcom, Jaralyn Eldridge, Ainsley Zacher, Avery Johnson and Aidan Johnson as well as his great grandchildren Kyler-Dean Smith, Adalyne Eldridge and his beloved friends.

Barry is predeceased by Mary Winifred Emmett (Mom), Gordon Francis Morcom (Dad), Susan Mary Enns (Sister), and Richard Francis Morcom (Brother).

Barry had a love for adventure and an even bigger love for his family. Barry lived a life full of fishing and adventure. Alma-Lynn was his forever fishing partner and the love of his life. They built their dream home (The Bears Den) in Boswell, BC. Where they lived happily and made many great memories with their friends and family.

Friends wishing to make a memorial contribution may do so to the Riondel Volunteer Fire Dept., PO Box 94, Riondel, BC, V0B 2B0.

Condolences for the family may be offered at www.crestonvalleyfuneralservices.ca

Funeral Arrangements entrusted to Creston Valley Funeral Services.



WEEKLY EVENTS:

SATURDAY

Dance Riondel CommCtr 10:00am

Knitting Riondel CommCtr 10:00am

Gong Journey at KSHC 12:30 pm

Yoga at Riondel Campground 10:00-11:00am

SUNDAY

Gong Journey at KSHC 12:30pm

A Course in Miracles Study Group 2:00pm

MONDAY

WalkAMile/EssentialStrngth Riondel 10-11

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

Meditation 7:00pm

Pool – Riondel Comm Ctr 7:00pm

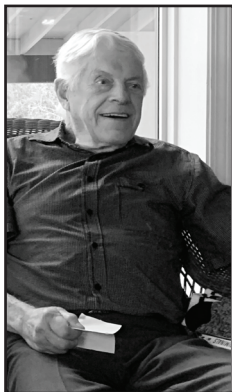
WEDNESDAY

Sound Journey at Riondel Campground 9:30am

Hatha Yoga w/ Melina – Boswell 10:00am

Gong Journey at KSHC: 2:00 pm

Idwal (Ed) Williams



Celebration of Life

August 12, 2023 2:00 pm
Boswell Memorial Hall

12374 Boswell Rd.

Luncheon & beverages to follow.

Please join us to celebrate Ed.



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.

Primary Care Provider Schedule

Weds, August 2	Dr A Piver*
Weds, August 9	Dr A Piver*
Mon, August 14	Jayne Ingram, NP(F); Dr A Piver*
Tues, August 15	Jayne Ingram, NP(F)
Weds, August 16	Dr A Piver*
Mon, August 21	Jayne Ingram, NP(F); Dr A Piver*
Weds, August 23	Dr A Piver*
Mon, August 28	Dr A Piver*
Weds, August 30	Dr A Piver*

*Locum bridging coverage

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

Many Bays Comm. Band Practice 6:00pm

FRIDAY

Yoga Art&Wellness Kootenay Bay 9-10:30am

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



Wendy Louise Guimont

Our beautiful Wendy Guimont, aged 65, passed away peacefully on July 8, 2023 in the comfort of her home surrounded by family. She fought a courageous battle against Stage 4 pancreatic cancer; inspiring us all with

her strength and bravery.

Wendy was born to Don and Betty Rankin in Nanaimo, BC. She went on to achieve her Bachelor of Music in Performance at the University of Victoria. For over 45 years, she taught piano to over 2000 students, trained hundreds of teachers, and was the MYC coordinator for Western Canada and California. Wendy was also the resident pianist for the East Kootenay Symphony, the Sun Valley Song Choir and the chair for the EKMTA for many years.

On August 9, 1980 Wendy married Rod Guimont. They had two beautiful daughters, Penny and Gina, and settled in Cranbrook, BC. In recent years, Rod and Wendy then became grandparents; this was a gift that Wendy cherished more than anything.

Wendy survived a previous fight with cancer in 2007, which inspired Rod and her to live life to its fullest. They spent many blissful years at their home in Riondel, enjoying golf, hiking, fishing, biking and spending time with their wonderful West Kootenay friends. Their winters were spent RV'ing in the south.

Wendy's legacy of gratitude, joy, positivity, unlimited work ethic and immense strength will forever be remembered by everyone whose lives she touched.

Wendy is preceded by her father, Don Rankin and sister, Penny. She is survived by her mother, Betty Rankin, husband Rod, daughters Penny (Jeff) and Gina (Jared), and four grandchildren, Laine, Ella, Esmae and Bodie.

The family would like to thank Dr. Lowden and the Oncology team at the EKRH, the home-care nurses, and all the friends and family who have supported them throughout this 17 month battle.

In lieu of flowers, at Wendy's request, donations can be made to the East Kootenay Music Teacher's Association.

A Celebration Of Life will be held at the Cranbrook Alliance Church on August 11 at 1:00 pm. Colourful and bright attire encouraged!



SPECIAL EVENTS

WINE TASTING at CB Market Aug 4

MARKET in Riondel Aug 5 10-2

BOOK SALE in Riondel Aug 5/6 10:00am

PARADISE PPL at Souls Paradise Aug 12

YOGA w/Melina at Souls Paradise

Aug 13&20

TUNE UP FEST Souls Paradise Aug 19

GRAY CREEK REGATTA Labour Day Wknd

PATIO PAINT NIGHTS Art&Wellness Aug 19&26

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

Visit our website www.artandwellness.ca to stay up to date with events and offerings at the Gallery outside of our regular open hours for shopping Wednesday through Monday from 10:00 to 5:00.

We now have 55 artisans work on display!

We thank all of our contributors for their presence in our Gallery. Without you, none of this is possible -- and we are certainly enjoying what is evolving so far!

Our lakeside patio is available for small, private, events. Rates range from \$25.00 to \$150.00, depending on number of people (max of 30).

We welcome you to stop in the next time you are waiting in the ferry line-up, or make a special trip to see what's new.

Enjoy the rest of summer!



**Recognizing
 Subtle
 Symptoms with
 Craniosacral
 Therapy**

by Christina Rella
 RCST®, Biodynamic
 Craniosacral Therapist

My intention in writing this article is to bring awareness to the importance of the body and how it communicates through subtle or overt symptoms. Symptoms are good! They are the body's way of letting us know something is out of balance. We can choose to either ignore symptoms or we can support our health by making small changes. If we wait too long symptoms can turn into an expensive health crisis.

There was a time when I experienced symptoms. Because they were minor, I convinced myself it was normal. Over time I began to feel lethargic and lose energy. My brain was in a fog, so much that I could not complete a course I had paid \$10,000 for! I started waking up at night in a panic feeling like I was dying. My eyes would shake, and my face would twitch when I was nervous. The tipping point came one day when I was crossing the road and I noticed my legs were stiff and my whole body was tense. I could not manage my symptoms anymore and I decided to listen to my body and get some help. I started by seeing a Chinese Medicine Doctor and then I was led to biodynamic craniosacral therapy.

It was through my work with craniosacral therapy that I learned more about how the body works. The body holds onto our stories in its cells and its tissues. Every experience is recorded. Sometimes when an experience is too over-

whelming, we are not able to fully process it in the moment. When this happens, the experience gets repressed in the nervous system causing a disturbance. Sometimes the disturbance is very subtle and sometimes very noticeable. I had a few impact accidents in the past and there were patterns of shock being held in my nervous system.

Had I not found craniosacral therapy I would still be in a state of shock. I was unknowingly living in fear and lack. Each imprint in my nervous system influenced my thoughts and my beliefs and created the life I was living. I was alone and struggling to survive.

Now, my life is flowering in beautiful new ways. I live in a state of natural abundance and peace on land that connects me to my natural rhythms. I'm in a loving relationship and have a fulfilling profession. Also, I have my brain power back! I was able to complete a two-year teacher certification in mindfulness meditation and a two-year foundational training in biodynamic craniosacral therapy which I am now teaching.

Craniosacral therapy has many benefits! It works by unwinding the physical and emotional patterns and conditions in the body and nervous system. Some of the things I see often are relief from pain, healing from physical and emotional trauma, resolution of conditions with unknown



Thanks to Finley & Austin, visitors to the East Shore, for rescuing a lost frog in the Gallery!

**Gallery
 Collaboration
 Information**

We are always open to discussing potential opportunities!

Please email info@artandwellness.ca to start the conversation.

This is our busy season and appreciate your patience as it may take a few days to get back to you.

Thank you!

EAST SHORE
 ART & WELLNESS GALLERY



EAST SHORE
 ART & WELLNESS GALLERY

Patio Paint Night

**SATURDAY, AUGUST 19 & 6-9
 SATURDAY, AUGUST 26 PM**

\$20 PER PERSON. ALL SUPPLIES PROVIDED.

Please RSVP
 as space is limited.



artandwellness.ca / info@artandwellness.ca

causes, and the general restoration of health and well-being resulting in a better quality of life.

Craniosacral therapy is not energy work. It is based in science and the physical anatomy and physiology of the body. As practitioners we attune to the health which is also the life force energy in the body and known as Qi in Traditional Chinese Medicine or Prana in the Yogic tradition. We listen for areas in the physical anatomy where the life force energy is not flowing and is bound up in a condition or pattern. By attuning to these areas, the patterns begin to unwind, and the life force energy is set free. The body can then begin to restore health and homeostasis.

When injuries or symptoms are left for longer periods of time they generally (but not always) get harder to treat meaning more sessions and a larger healing commitment is needed but from my experience the body is capable of healing almost anything. If you are interested in biodynamic craniosacral therapy, you can email me at: seawithin@pm.me to book a free 15 min phone consultation.

As you learn to listen to the body and how it communicates you also begin to reclaim your power to be healthy. You don't have to wait for a health crisis before receiving support. Healthy individuals make healthy communities.



The Ladies of the Lake

By Annely Arrak

23 summers ago, Khyati from Sacred Journey World Imports and Art Gallery, came to the spa in Nelson to have a treatment with me.

Khyati explained to me that the people from the East Shore go to Nelson with a list of things to accomplish, and if they do have a massage or facial on the list, by the time they catch that ferry and drive home, the benefits are almost gone. Khyati and Murielle invited me to offer treatments at "Sacred Journeys" in Gray Creek.

I used to come once a month, in summers twice a month. I would bring all my equipment, tools, and products, setting up in a blue room overlooking the lake. In those days I would come for three days as I worked at the spa in Nelson full time. Work from 9am till 10pm, watching the sun rise and set and admiring the lake as it would change from calm to storm and everything in between. I was introduced to the most close-knit female tribe - "ladies of the lake". They loved me and I loved them back. I gave a pedicure to Sarah at her home right after she gave birth to her daughter. I treated all the female family members that came for Bob and Bonnie's wedding anniversary. Heidi charmed me to come to her house for treatments. Heidi and Kevin had a very memorable wedding anniversary party. You see, I not only treated the people, I was also included in parties and going-ons. Ten years ago, while I was in Toronto, Rowan's then 92-year-old mother broke her hip. I visited her at the hospital emergency room and gave her a hot oil massage right there. Later when she was transferred to rehab, I gave her manicure and pedicure there as well. No-one would go to Starbelly Jam without first visiting me for a wax or pedicure. Even waxing was relaxing. Those were the days!

Before my workday I would walk down the highway to stretch and move my energy. After the workday I would go down to the lake for skinny dipping. I used to stay right at the Sacred Journeys Gallery, at times sleep on my massage table. I would bring my food from Nelson as I did not have much time to go out to eat. At times dashing back to catch the ferry on my way out of East Shore, Terry from the Black

Salt Cafe would make me a panini to-go. Terry would bring me a to-die-for brownie when she came to her late-night treatment, to keep my blood sugars up. Terry and Todd are the most hardworking couple I know, working on their feet 15 hours, 7 days a week all summer. Other times, after I would park my car at the ferry lineup, I would go to Bocalino's and Gisela would make me a pizza, soup-to-go, and a scoop of home-made ice cream, a family recipe from her native Switzerland. On my way to spa days I would stop at Gisela's to give a treatment to her mom. Her dad would be at the kitchen baking European sweets and always sending me away with few treats.

As we all know the only constant thing in world is change. There are no Sacred Journeys spa days anymore. Covid came and went. In June of 2020 Christina invited me to offer treatments after the ban was lifted. She as a massage therapist, me as an esthetician, had not been allowed to practice our trade. Several years I came and offered mobile services to the core group of the ladies of the lake, one year setting it up at Janaki and Jake's cabin, the next year at Brigitte and Fred's, and last summer at Rowan and Taz's. Some ladies waited for the whole winter for a facial or wax! Ali does not bother to go to anyone else for her treatments. I was not around from late 2020 till summer 2022. When Galadriel from La Gala Jewelry drove me to the ferry last October, I told her; "Next summer I will be at the East Shore". Sure enough, Sandra's cabin in Crawford Bay became available for me this summer. I still cannot believe I am here. Now I am the one who catches 7:10 ferry with a list of things to accomplish in Nelson, getting caught in traffic and struggling to find

CUSTOMIZED FACIAL

Deep cleansing, exfoliating, facial massage with crystal wands, two masks, aromatherapy, energy medicine.

EUROPEAN PEDICURE

Foot soak, exfoliation, nail shaping, polish, massage.

WAXING

Legs, bikini, Brazilian, underarms.

Annely Arrak

CRYSTAL HEALING

Crystals are placed on chakras and the palms of your hands. Inc. Facial massage with crystal wands and hand massage. Every treatment is customized for individual needs.

AYURVEDIC INDIAN HEAD MASSAGE

Sit in a comfortable chair fully dressed. Inc. upper back, hand, arm, neck and face massage. Scalp is rubbed with warm oil. Perfect for people who think too much or work on computers.

AYURVEDIC ABHYANGA FULL BODY MASSAGE

Deeply nourishing and soothing treatment using warm oil. Inc. lymphatic drainage, bringing one to balance. **Pure love!**

+1 (503) 878-1711

parking. By early afternoon I cannot wait to get back to the peace and quiet of the East Shore.

Now that I reflect on it, the ladies of the lake guided my path to Mexico. Diane recommended a spa in Tulum. When I approached Yaan Spa, they thought I was sent by the Creator. Yaan Spa was voted one of seven best spas in the world by *Conde Nast Traveller* in 2017.

I was born and raised in Estonia and grew up behind the Iron Curtain of Soviet Union mind control, without of freedom of speech or travel. I escaped in 1991 and immigrated to Toronto, Canada.

I am so grateful to be in the Koots since 1997, where I have met so many beautiful people who have enriched my life and together, we created some amazing memories. When you treat a person intimately as in the services I

provide; be it during a facial, a Brazilian wax, Ayurvedic massage, or looking into the soul of a person during crystal treatment; one inevitably becomes close very fast. In small communities you get to know each others' children and spouses, joys, and sorrows.

Nowadays I spend my summers in Kootenays, winters in Mexico and spring and fall in Oregon where I have my grandchildren.

I am here 'til Canadian Thanksgiving, open and available to all the men and women, both residents and visitors of the East Shore, offering esthetics and healing treatments.

"A graduate of the famed Edith Serei School of Esthetics, Annely, has mastered some of the most time-honoured techniques for healing and rejuvenation from around the world. As a meditation practitioner of over 30 years Annely has always sought to bring her clientele a nurturing, restorative, peaceful, healing, balanced spa experience."



EAST SHORE EVENTS



East Shore Properties For Sale



AT HOME IN

THE KOOTENAYS

Single Family



12-16321 Woolgar Rd
MLS# 2472018



15127 Oliver Rd
MLS# 2470418



14504/ 14506 Hwy 3A
MLS # 2470722



15181 Gray Creek Rd
MLS# 2470205

RV Lot



Lot 20 -16082 Woolgar Rd
MLS# 2472323

Lots



Lot 9 Selkirk Rd
MLS # 2469378



Lot 3 Crown Creek Rd
MLS# 2469298



14448 Hwy 3A
MLS# 2466240



Lot 3 Crawford Creek Rd
MLS# 2470659



Lot 48 Crawford Creek Rd
MLS# 2471209

Commercial



16070 Hwy 3A
MLS# 2471195



16095 Hwy 3A
MLS# 2471811

For more information or to view:
Sheena Sobkiw
Century 21 Veitch Realty
250.254.4580
sheena@homeinthekootenays.ca

SHEENA SOBKIW

Villas At Kokanee Springs Resort



1/4 Share Villa 223
MLS# 2469104



Villa 221
MLS# 2468713

Gray Creek Regatta 2023

Visit the Lakeview Store and campground on the Labour Day long weekend to celebrate the 101st anniversary of the regatta and the 100th anniversary of the Gray Creek Challenge Shield!

This is the year to dust off your boat, uncoil those lines, hoist those sails, and come join the Kootenay Lake Sailing Association for some good fun, a Saturday night BBQ and of course some sailing, at the historic Gray Creek Regatta.



For more information:
kootenaylakesailing@gmail.com
http://bit.ly/graycreek2023

WINE TASTING

CRAWFORD BAY MARKET

PLEASE JOIN US FOR WINE TASTING AUGUST 4 FEATURING SKIMMERHORN WINERY FROM CRESTON



www.eshore.ca

Bring a yoga mat & water

July 9 & 16
August 13 & 20
11am

\$18
75 min

BEACH YOGA
with Melina Cinq-Mars

<http://www.soulparadise.ca>

Paradise People

August 12 2023
6pm To 10pm

\$15/Adult

Bring your drinks, chair & smile

Jurassic Mike

www.soulparadise.ca
Text Valéry 250-201-9441

Decorate your campsite! Wear your costume!

Bring your drinks & chairs

TuneUp Fest

August 19th 2023
6pm \$20 adult

Performance By:

Howling Dan
Morgan Rael
And Friends

Zabel Trio
Morgan Rael
Patrick Alexandre
Isabelle Drolet

Parking on Pilot Bay Rd

text Valéry for infos @ 250-201-9441
www.soulparadise.ca