



THANK YOU TOM LYMBERY!

Photos provided by Frances Roback, Gray Creek Historical Society. From left to right:

1. Young Tom in the family garden, 1930s (photo Janet Bruce)
2. Tom & Sharon's wedding at the Harrison Church, 1963 (photo Tom L)
3. Tom is announcer at the Kokanee Karnival of Sports, 1973 (photo Tom L)
4. Tom, Gray Creek Store insurance agent, notary, businessman, 1986 (photo Tom L)
5. Tom seals the Gray Creek 100 yr. time capsule in the cemetery, 2008 (photo F Roback)
6. Tom & grandson Chandler Lymbery build a stoneboat, 2012 (photo Seth Plishka)
7. Tom (centre) speaking at the Nasookin Wheel Welcome event, Gray Creek Store, 2011 (photo Steve White)
8. Tom, Frances Roback & Warren Clark plan Tom's upcoming memoir, 2011 (photo Sharon Lymbery)
9. Tom (L) history tour leader, Wedgwood Manor, 2011 (photo F Roback)
10. Tom (L) & family at the Gray Creek Store's 100th anniversary, 2013 (photo Lorena Lymbery)
11. Tom (R), Mike Acres & Ted Sutherland display early chainsaws, 2011 (photo Ron Saalfield)
12. Tom with his BC Community Achievement award from Lt. Gov. J. Guichon (R), 2013
13. Tom in his famous Gray Creek Pass T-shirt, 2017 (photo Janet Schwieger)
14. Tom (R), son Dave (centre) & grandson Chandler (L) at his Greyhound display, Museum Days 2019 (photo Janet Schwieger)
15. Tom holds his father Arthur's portrait drawn by his mother Kathleen, 2022 (photo F Roback)
16. Tom with his two-volume memoir "Tom's Gray Creek", 2023 (photo Janet Schwieger)



Mainstreet Meanderings

by Dee Gilbertson, Editor

SURPRISE TOM!

Last week I was in Gray Creek Store and noticed that Tom has been featured on the front cover of our neighbouring newspapers as there are three plaques hung on the wall commemorating the editions. I emailed Frances to ask if he had ever been on the cover of Mainstreet and she told me he had not. I asked her if I should plan to feature Tom on the cover this month, and she replied with a enthusiastic *yes* - and thankfully aided in the last minute creation of a cover page devoted to Tom, in a myriad of stages from his life. Thank you Frances for all of your help!

As I browse old issues of the Mainstreet and read the contributions of yesteryear I am pleased that Tom agreed with my suggestion that we may begin publishing old articles from the archives! I am sure that long-time residents and newcomers alike will enjoy them as much as I do. Thank you Tom, for the foundation you have spent your life creating. I am grateful to live in a community built on such integrity and soul.

In the role of producing the Mainstreet, I wear a couple of different hats so to speak. Publisher, Editor, Journalist, Owner, Community Member... it is a juggling act like no other I have experienced, though one that I am enjoying as I gain skill and confidence. I generally try not to share my opinions and focus solely on maintaining a space for our community to share theirs.

4) Transportation. Timely and reliable connections to BC Transit and Mountain Man Mike routes are important for East Shore residents who wish/need to access public transportation.

5) Recreation. One of my children was in a performance at the Capitol Theatre this past year. Due to her need (and other classmates) to catch the last ferry home, we were not able to watch the entire show. Instructors are kind to ensure that our East Shore kids can still participate, but if enjoyment of recreational/cultural activities was not limited to ending at 9:00 pm it would benefit not only our East Shore residents, but our small economy as well. People from across the lake do enjoy coming to the East Shore, just as we enjoy visiting their neighbourhoods.

6) Safety. Increased sailings will alleviate some of the increased wait times during the day during the busy times. I have seen numerous travellers run out of water and/or experience heat stroke, waiting for their turn to cross the lake.

7) Ferry Crew. Last but not certainly not least it is my understanding that the majority of the ferry crew as well as Western Pacific Marine and the BCGEU, all support this initiative. I believe it is integral to success to listen to the people actively performing a job. If the employees AND the employer AND the Union agree, there must be something to act on.

REASONS FOR PLANNING TO ATTEND THE CLIMATE ACTION PLAN OPEN HOUSE HOSTED BY THE RDCK:

I appreciate very much the opportunity to gather with my community and be presented with information we can use to form our opinions. I have been made aware that a group of community

Lately I have had conversations with numerous people about two important topics: the Climate Action Plan and the Extended Ferry Service Initiative. Mention either of these topics and one is sure to hear many opinions, ideas, and propositions. The Mainstreet will always be willing to work closely with community members to share information that is of interest to East Shore residents.

This month, I will take the opportunity that this section provides and share with you the reasons that I provided a letter of support to the ferry initiative and why I also support reinstating the Kootenay Lake Ferry Advisory Committee, as well as why I plan to attend the September 11 Climate Action Plan Open House hosted by the RDCK in Crawford Bay.

REASONS FOR MY SUPPORT OF THE EXTENDED SAILINGS INITIATIVE:

1) Employment. I moved to the East Shore from Alberta in 2019 to live close to my parents while raising my children, I continued my 10+ year in the health care field by commuting to work in Kaslo and Nelson. Commuting from the East Shore across the lake was unpredictable, often stressful, and sometimes unsafe. In summer, there are frequent times when commuters must leave their vehicle parked on one side or the other and find alternate transportation for their needs on the other side. In winter, road conditions can cause significant delays, and arriving a few minutes late for a ferry and having to wait 1.5 hours in the cold ferry terminal is very disheartening at the end of a workday, or when a little person is waiting for their parent to come home. The biggest reason the ferry posed an issue to my employment was that I could not arrive on time to work and had to ne-

members from Area E have drafted a covenant that declares the commitment to their community and what they expect from local governance, and have requested their elected representatives to present the covenant with a "Motion to Exit the RDCK Climate Action Plan and all elements of the 100% Renewable Energy Plan and associated spending" to the Board of Directors on or by the September 14 2023 Board meeting. RDCK Board Meeting Minutes are available to the public soon after each meeting on their website, rdck.bc.ca. Unfortunately, the Mainstreet does not have the capacity to print these in entirety each month, but we do strive to transcribe or copy the most pertinent information, so it is easily accessible for East Shore residents.

I look forward to the coming month and the conversation and collaboration it will bring. Let's continue talking and sharing thoughts, it is an essential contribution for our community future!

Subscriptions:

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(Rates may increase in 2024 due to rising print/shipping costs)

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

PUBLICATION SCHEDULE
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.

gotiate with both employers to have an alternative start time than that of my colleagues.

2) Education. My daughter graduated from high school this year and is excited to attend Selkirk College this fall. She will have class Mon-Thurs mornings from September through April. Because she cannot make it to the class prior to start time, she will live in the dormitory and incur the cost on a student loan as opposed to remaining living at home and alleviating this financial burden. Another newly graduated youth that I know attended Selkirk College and had a similar experience, as he was unable to register without securing housing in Nelson because he would be late for the class start time. We are not a far distance from opportunities for continuing education, having to relocate and finance that relocation to attend is uneconomical.

3) Medical. I have heard of local senior citizens sleeping in their car across the water, to ensure they can make it to an appointment on time in Trail. Additional ferry sailings would mean additional access to hospital/medical services not only for individuals but also for our ambulance and emergency services as well. During the busy times, medical appointments across the water are difficult to plan for and attend due to the unpredictability of ferry wait times. There is no access to walk-in care of any kind on the East Shore. Increasingly, I hear that patients attending Creston feel that they are supposed to arrive in Nelson for care, and vice versa. I have been the patient in this circumstance as well. Individuals on the East Shore who are unable to drive and rely on friends/family/public transportation truly require the ferry for their medical visits.

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

DEADLINES

Oct edition - Sept 27
 Nov edition - Oct 25
 Dec/Jan edition - Nov 22
 Feb/Mar edition - Jan 24



Do you have a water well? Do you have a water analysis from your well?

The **Kootenay Lake Geothermal Project** is conducting a geochemical program along the East Shore; analyzing both surface water and select water wells. We would like to broaden our data set to include domestic water wells wherever possible.

Please consider sharing your analyses, as additional water data will assist in a more meaningful interpretation, potentially leading to a community based geothermal (direct-heat) energy project for local economic & social benefit in the future. **All analyses will be kept confidential.**

Please call Gord MacMahon at 250-777-7372 for further information

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!

Dear Editor,

The ArtConnect Society would like to thank our local Lions Club, who generously donated \$800 towards providing water to the Harrison Memorial Cultural Centre, and also Pinnacle/Kokanee Springs Golf Resort for waiving the \$480 yearly water fee. We are grateful for this addition to the comfort and safety of the Harrison and the people who enjoy the concerts and other events. These amenities also add to our ability to rent out this beautiful heritage building for many different kinds of events.

We now have a sink for handwashing, and are looking for a donation of a counter or other structure to support it. We also would like to find a small corner sink for inside the outhouse. Future plans include a proper bathroom, but we are not there yet!

Thanks to the community for your ongoing support,
Lorna Robin, Publicity Director, ArtConnect.

PS: The Mainstreet used to have a "bulletin board" that might be a more appropriate place for thanks and so on, but it seems to have disappeared?

****Editors Note:** *It hasn't disappeared, but it was in an odd spot last month! Now I will peruse some old issues to see if hugs/slugs ought to be in the BB, and perhaps this Community Hero section also? I have been posting the BB online at eshore.ca as well... not sure if anyone has noticed!*

Dear Community,

On behalf of the Riondel Curling Club I would like to thank everyone who participated in our recent fundraising dinner. The event was very well attended and many donated items to a very successful prize draw. Funds raised will go toward replacing our lounge roof.

Your generosity and support will enable the club to continue to offer curling to the East Shore community, from Riondel to Boswell. We rely heavily on your local support to keep our curling fees reasonable while our costs seem to ever increase.

Warm regards,

Fraser Robb, Riondel Curling Club Executive

Dear Editor,

...did you know... that a Bill C15 was passed in 2021? It's adopted under the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP)?

Question 1: What does it actually mean for you & me?

Question 2: Who really benefits from it?

Question 3: What is their definition of 'indigenous'?

Question 4: What could the roll out measures of this legislation look like?

Check it out: <https://parl.ca/DocumentViewer/en/43-2/bill/C-15/third-reading>

...oh, and that the Pope has written extensively on how he sees the future (written 2020 for 2030) for us all too?

Check it out: https://www.vatican.va/content/francesco/en/encyclicals/documents/papa-francesco_20201003_enciclica-fratelli-tutti.html

...see you next month,

a concerned and curious community member

Riondel Ladies Bluebell Classic 2023

Riondel Golf Club once again held the Ladies Bluebell Classic on August 9, 2023, with 39 ladies from various clubs in the Central and West Kootenays participating. Congratulations to Shelley Bumanis, winner of the handicap flight and Gabby Barry, winner of the fun flight. Special congratulations also to Shelley Bumanis for her hole in one on par #4, for which she won a \$5000.00 prize, sponsored by Nelson & District Credit Union East Shore Community Branch.

We would like to thank all the volunteers who made the tournament a huge success. We would also like to thank the following sponsors for their generous donations to our tournament:

Blacksalt Cafe
Kaslo Golf Club
Shelley Bumanis
Kokanee Springs Golf Club
Crawford Bay Market
Lynne Cranna
Crawford Bay RV Park
North Woven Broom
Denca Cabinets
Roxy Stevenson
Gray Creek Store
Save-on Foods Creston
Green Bubble Co.
Ivy Jeffery

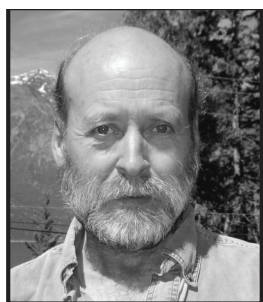


Riondel Rescue Fire&Blotter

YOU CAN FIND THIS
MONTHS UPDATE ONLINE

AT WWW.ESHORE.CA.

Thank you to the entire team of Emergency Responders and Volunteers!



RDCK Area A Update

by Garry Jackman

RDCK Director Area A

Provincial meetings

During the week of September 18, I will have the opportunity to meet with colleagues as well as senior provincial officials to discuss a wide range of topics. High on my list is obtaining a recycling model which is more fair and sensible for rural areas, the downstream impacts of changes to the forestry annual allowable cut with pressures on access to fiber which continues to prompt high rates of private land logging, watershed protection (tied in part to rates of harvesting/logging), discussions around more effective policing, ensuring our local volunteer fire services are not stretched beyond reasonable limits by some proposals from the province to require inspections of rural properties which may have medium to high hazard industrial activity (also potentially very invasive for all of us), and learning more about how some of our neighbouring rural areas are coping with housing issues. Please let me know what is on your mind.

BACK TO THE TOPICS WHICH HAVE SPURRED SOME GREAT COMMUNITY CONVERSATION:

I hope I am not going too far overboard on this topic, and you will let me know if I am, but happily discussions have led to much more broad conversations with our neighbours about what the regional district does. Each conversation, I feel, has been a two-way information exchange, although there is so much history and complexity to the system the RDCK is required to follow when administering services that I see not everyone wants to hear the deep dive.

“Climate Action” has been a very notable trigger phrase. The RDCK does not exist to promote climate action but is responding to expressed

interests from many of you, plus recognizes the potentially expensive downsides if we are not paying attention. When our staff report on any service, whether to propose an operational change, repair a building, replace major equipment (like firetrucks or heavy machinery) they provide comment, as a standard format, on several considerations including financial, legislative, environmental, social, economic, communications, staffing and strategic priorities. This format has been in place for a very long time. During a conversation a few weeks ago, one person expressed concern that climate is the main metric driving decisions. As the conversation went around the room I thought on this for a while and when opportunity arose I clarified that a few years ago when we had lengthy deliberation at Board on whether or not to formally state we (this region) is in a “climate emergency” or “climate crisis” my focus was on setting a staff and Board guideline recognizing climate impacts will cost money (rising fuel prices with carbon taxes), will impact emergency services staff (if flood and fire frequency picks up), will mean different investments (with related costs) in buildings if the building codes change plus we are cut off from federal and provincial grants if we do not consider building measures into new infrastructure to guard against a wider range of hazards, etc. So, my word for the day was “imperative”. I feel it is imperative that we pay attention to climate changes, whether you believe those changes continue at the glacial melting pace of ten thousand years ago or at a more brisk rate, and that we understand the benefits of mitigation. Your local government is not in control of the major shifts (from the feds and province) that some welcome and others reject or perhaps fear, in terms of impacts on their lives and wellbeing. The climate lens does not replace the other metrics in our reports supporting recommendations to the Board, but it is considered and pointed out (whether the recommendation is compatible or not compatible) for our understanding at the time we make decisions.

Along with the benefits of the ongoing conversation as alluded to above, is the renewed interest in our budget which reflects priorities. I was told today that nobody comes out to our budget meetings because we do not promote them. To those who do come out, keeping Electoral Area A as one of the most engaged communities in the regional district, I recognize you are not nobody and I continue to want to hear your input at budget reviews. What do you value and what do you not value in terms of RDCK operations and services?

The other topic which continues to come up is in the Climate Action Plan. There are statements around how many actions are underway, with push back from some stating that should not have happened before they were consulted. Those actions, by and large, were put out for broad public consultation through the transit reviews, the recreation master plans and the waste management plans. Just because those public consultations were not prefaced with the words “climate action” does not diminish their importance. The Climate Action Plan is just completing the list of past, current, and potential future actions which are under consideration and ALSO happens to “tick the box” on carbon footprint or other waste reduction. I like seeing a more comprehensive list than a scattered set of reports.

Last month I referred to a tracking report for the actions across the ten “pathways” which range from transportation to buildings to water and how to find it. Perhaps we need to stop using the word “plan” in the document, which is currently under review, since there is not a hard plan to push every item on the list but rather need to call it the climate action menu. You can step up and ask for more information about the individual initiatives that are summarized, including access to grants for items such as home heating cost saving opportunities, while others can make their choices. As the group that needs to keep the services funded and running, hopefully hearing what you value and what you do not value along the way, the RDCK Board will make our collective choices from that menu, through majority vote, or will direct staff to look at further options. Today a person asked me why the public does not vote in a referendum on the plan? I replied it is not one thing to say yes or no to, it is a list of potential actions that will be considered in turn. Again, maybe calling it the menu would be preferable to some.

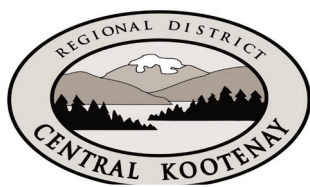
As a reminder, if you go back to the webpage with the RDCK calendar (type in rdck.ca) you will see a series of open house dates including September 5 in Wynndel and September 11 in Crawford Bay.

VOLUNTEERS

One more plea. Community champions who step up to participate in various committees and commissions help me as a director (when going into Board discussions better prepared with broad community input) plus help keep the greater community informed. There are still 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.

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

My apologies to the couple of people who I have taken longer than usual to get back to over the past while.



GET INVOLVED

from rdck.bc.ca

We value your input and want to ensure everyone has

a chance to participate. There is opportunity for all residents to join the conversation. We are reviewing all feedback, compiling it, and will report it to the community and RDCK Board. Your feedback will be presented to the Board before the plan is considered for adoption.

HOW CAN YOU BE INVOLVED?

1. RDCK online information – Check out RDCK Events Calendar regularly and follow RDCK's Facebook and Twitter pages for the latest updates and for more information on the plan, including frequently asked questions. Familiarize yourself with the Draft RDCK Climate Actions and the accompanying Draft Climate Action Workbook. If you prefer a printed copy, email us with your address and we will mail them to you.

2. Online Public Engagement Platform (online) – Join the conversation online at engage.rdck.ca .

3. Dialogue Circles (in person) - We are hosting dialogue circles across the region to learn about

your experience in the RDCK and to understand your questions and concerns. We will be engaging community members with diverse view points in the next few weeks and seeking to learn more about the various issues or concerns being faced by communities.

4. Open Houses (in person) – Beginning at the end of August and running through October there will be opportunity for all residents to join the conversation with meetings across all 11 Electoral Areas and nine municipalities.

CLIMATE ACTION OPEN HOUSES

edited to only include Area A dates. See RDCK website for complete listing

September 5, 2023, 4:00 pm – 7:00 pm

Wynndel Hall (Upper Hall), 5127 Wynndel Rd

September 11, 2023, 4:00 pm – 7:00 pm

Crawford Bay Hall, 16230 Wadds Rd

5. Webinars (online) - RDCK staff held six online webinars to discuss the pathway actions currently underway and actions proposed for the future. These webinars were recorded and are available as reference on the specific pathways. Go to the RDCK YouTube page for all the videos.

Tom Lymbery, Thank You

By Frances Roback, Gray Creek Historical Society

When you think of Tom, who comes to mind? The name behind the iconic Gray Creek one-stop-shop? East Shore chronicler, storyteller, local knowledge keeper, 30-year Mainstreet columnist and local history author? Community promoter, advocate, and marketing genie for all things local? The chainsaw carver of the “Metric-Free” signs? Or the “Ask Tom” guy with the answers for “How’s the fishing?”; “Is the Pass open?”; “What’s this I hear about a gold boulder?”; or “Can you tell me anything about my relative who lived in Gray Creek before the war?”

The answer is all of the above, and more, so much more. Tom is a living legend for community service in our region, with one eye trained on the future, the other on the past.

Now 95, Tom now lives in Nelson with Sharon, his wife of 60 years. Yet his East Shore reach remains strong. He was born in Gray Creek in 1928, the only son of Kathleen and Arthur Lymbery, postmaster, general storekeeper, fruit rancher and farmer. In Tom’s early years, Gray Creek was a tiny lakeside outpost of about 60 people served by sternwheelers. Young Tom served customers in the store; lent his dad a hand with the post office and Greyhound agency; helped tend their two cows; worked in the garden, rental cabins and campground; picked and packed fruit; ran phone messages and deliveries; later logged with a borrowed horse. As a schoolboy he honed his media chops writing, editing, publishing, marketing, and distributing his own newspaper “Geesan News”. During the war he joined the PCMR home guard and patrolled with a Sten submachine gun on the lookout for Japanese fire balloons. His boyhood years of work, writing, and community service became a lifelong pattern.

Growing up in retail and the tourist trade, Tom saw the downside of Kootenay Lake’s resource-based economy at every turn. Kootenay Lake boom/bust cycles in mining, forestry, fruit-growing, transportation, and commerce impacted everyone. East Shore reality was seeing fruit growers, resorts, and start-ups fail. It is a testament to Tom’s extraordinary drive, innovative marketing, and ability to attract and retain customer loyalty that the Gray Creek Store and Auto Camp survived and thrived despite these long odds.

Over 60 years, Tom grew his father’s tiny 1913 general store into a 3-storey emporium of general merchandise, branching into BC books, fireworks, and an extensive woodstove and fireplace business. In 1955, Tom added an insurance agency, followed three years later by a chainsaw dealership, and in 1961 by a rural notary practice. Now passed to the third generation (David and Kris Lymbery), the Gray Creek Store has expanded into building supplies, serving customers’ needs for miles around.

In 1950, Tom opened the first Canadian youth hostel in BC’s Southern Interior. Cheap accommodation (five to seven dollars per night in the 1980s), a wilderness paradise steps from your cabin, and at one time, Greyhound dropped you right at the door. Overnight stays turned into repeat visits, guests became old friends, and some urban ex-pats like my husband Steve White and I never really left.

Tom has served community interests in countless ways. Some we know well, but others may surprise you. He’s been the deputy returning

officer at elections. Fireworks man on Canada Day. Pound keeper for local animals lost and strayed. Unofficial banking and credit provider to longtime store customers when no bank was near. Longtime lobbyist for improved fire and emergency services, health, transportation, and ferry services. Co-founder of the Kootenay Lake Chamber of Commerce and its predecessor, Kootenay Lake Resorts Association (KLRA). A lead lobbyist to build the Gray Creek Pass road, linking West with East Kootenay through Gray Creek and Kimberley. Later, a flag-bearer for the Trans-Canada Trail in our region. To Tom, the two projects promised a memorable wilderness experience, a bumpy thrill ride, and an economic boost to the region.

What else? In 1973, Tom helped to organize a successful media campaign to save the Crawford Bay School’s Grades 11 and 12 from threat of closure. That would have forced families to leave, and discouraged future growth in the region, and Tom wasn’t having that!

Through the 1970s, Tom co-organized the Kokanee Karnival of Sports in Crawford Bay. Competitions from chariot-racing to shake-splitting, peavey log rolling to a chokerman’s race, tree-planting to chainsaw-carving attracted thousands of spectators and their spending dollars to the area. In its heyday it was the largest logging sports show of its kind in the BC interior.

On the environmental front, Tom lobbied for reforestation following the huge 1966 Midge Creek fire across the lake from Boswell. Reforestation was still quite new to local forestry, but BC Forest Service agreed to replant the burned-over areas with a record one million trees.

In the late 1970s, Tom and the KLRA helped to save the Kootenay River from BC Hydro’s scheme to divert the river into the Columbia River at Canal Flats. Imagine the environmental impact to the Kootenay and Columbia valleys!

And in 1986, when clearcutting was common practice in our region, Tom was the chair at a first-ever summit conference in the Gray Creek Hall between local environmentalists, commercial logging and milling reps, and government forestry delegates. This resulted in a ground-breaking integrated forest management plan, which would work with Kootenay’s potential as a world-class recreation and visitor destination.

For 70 years, Tom has been a driving force in the growth and development of our region. Always the community promoter with an eye to the unique and intriguing, Tom created our landmark “Welcome to Gray Creek, Metric – Free Zone, Home of the Gold Boulder” road signs. Our go-to resource guy on all things local, both past and present, is all about helping to keep Gray Creek and his Best Shore front and centre in the public eye.

Tom is a born storyteller, teacher, and chronicler, and he has introduced me to the riches of local history and knowledge. To me, there is no learning experience to match my four years of total immersion in Tom’s memory bank as the editor-et-al of his two-volume “Tom’s Gray Creek” memoir. Tom has been intent on preserving and sharing local stories for decades. For years he’s agitated to have local roads and bridges named for local people to keep their memories alive. Gray Creek’s community archives largely began with the Lymbery and Oliver family archives. Our historical society’s book “Fishes and Wishes and Fruit” (2005) grew out of Colin Haddon’s 1915 diary from Tom’s archives. Stories of Gray Creek founder

Henry Croasdaile, children’s author Catherine Anthony Clark, and countless others came alive through his Mainstreet column and Discovery Tours to sites of historical interest in our region.

Tom’s collegial network of history knowledge-keepers extends beyond our region. Through Tom we’ve learned about work by Ted Affleck, Ron Welwood, Shawn Lamb, Tammy Bradford, and Greg Nesteroff on the Kootenays, Bert Learmonth on Greyhound and sternwheelers, sternwheeler historian Michael Cone, and more.

Tom received the BC Community Service award from the BC Achievement Foundation in 2013, the Heritage BC Distinguished Service award in 2019, BC Genealogical Society’s Family History Book award in 2016, and in 2018, he was one of two in the province to be appointed Fellow of the BC Chamber of Commerce for outstanding service. Well deserved, Tom!

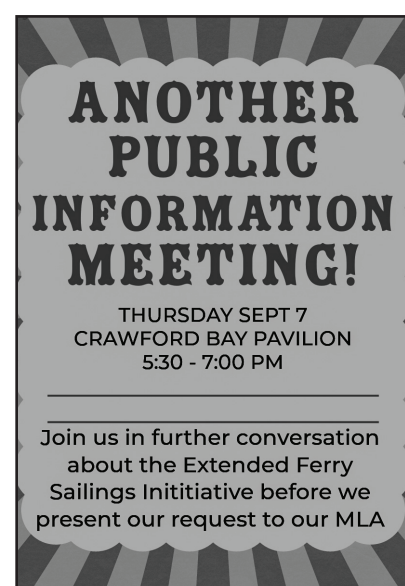
*Here’s to you
Tom! Many
thanks from the
Mainstreet and
community!*

Extended Sailings Initiative Learnings So Far

submitted by Extended Sailings Ferry Initiative Working Group

This conversation is moving along faster than the print Mainstreet can keep up! Visit www.eshore.ca to view the latest information from the Working Group.

In an effort to try and have an in person conversation with everyone concerned, we have scheduled



another Public Information Meeting for Thursday, **September 7 at 5:30 PM** (most likely at the Crawford Bay Park Pavilion). Please attend this if you can, or email us your thoughts if you can’t make it.

It is really important that we gather individual letters of support before September 8. Visit ourferrymatters.ca -- there is an easy to use form to provide this letter. We will gather as many as we can and present them to our MLA Brittny Anderson in mid-September.

Visit www.ourferrymatters.ca and www.eshore.ca for the most up-to-date information.

Thank you to everyone who has signed a petition. We have filled many pages already and continue to gather more.



SKLCSS Update
by Garry Sly

Junior Squad, the new youth program for children ages 6 to 11 years old, will be resuming in September. Our coordinators, Jacqueline Wedge and Julie Morin, will continue programming in early September. We are still waiting to confirm the dates and times but we will contact parents once we know all the details.

Our Seniors Connects (TAPS) program is ongoing and meets regularly at the Boswell Hall, Gray Creek Hall, Crawford Bay Hall, and Riondel Seniors Centre. For more information, contact Ginger Leclerc at Eastshoretaps@gmail.com or on our East Shore TAPS Facebook page.

Nelson Toyota has confirmed that our new Toyota Sienna, which has been on order for 18 months, will be arriving later in October. This new vehicle, which has been made possible by grants from Columbia Basin Trust, the Regional District of Central Kootenay, the Nelson and District Credit Union and BC Gaming Grants, will be used for our youth programs as well as for seniors programming. Many thanks to our sponsors for their financial support. We are continuing to raise funds for the new van since costs rose substantially over the 18 month period but we are only \$3000.00 away from meeting our goal. If anyone wishes to donate to our new vehicle fund, please contact skootenaylakecss@gmail.com.

The East Shore Youth Network program will be ongoing with our Coordinator, Melina Cinq-Mars.



East Shore Youth Network Update
by Melina Cinq-Mars

My name is Melina Cinq-Mars, the new East

Shore Youth Network Coordinator. Preparing and leading the activities for August with the youth has been lots of fun. I'm sharing the new East Shore Youth Network email I will use if you want to **contact me: cbesyn@gmail.com**. I am super happy about the September activities.

Saturday, Sept 9 - Yasodhara Ashram. 1:45 pm-4:30 pm. If you have yet to see the beautiful architecture of the Temple of Light and the historical buildings of one of the biggest employers on the East Shore come for a tour. We will meet at the main entrance by 1:45. Our host will show and describe the history of the Ashram and talk about the architecture of the various buildings on the land. After the tour, I will teach a Hatha Hidden Yoga Language class from 3:15-4:30 pm.

Wednesday, Sept 13 - Tech room at the Riondel Community Centre 3:30 pm-5:30 pm I am excited to finally use the Tech room. There is a set of VR with a nice choice of games. I will also teach basics on how to use WordPress to create your own website, or we can update the East Shore Youth Network Website. If you like to write, bring a write-up about what you like about the Youth Group. We could post some of your pictures of youth doing fun activities around the East Shore on the website. I will also bring board games if you do not feel like doing any of the technology options.

Friday, Sept 22, Pro-D Day - Kokanee Mountain Zipline from 10:20 am -5:05 pm. Participants must email me at cbesyn@gmail.com to

reserve their place asap since there are only 10 places available. The Youth Network will subsidize part of the cost. We are asking participants to pay \$35.00. Please, e-transfer to skootenaylakecss@gmail.com. If fees are a barrier to attending, please let me know in the reservation email. We will meet at 10:20 am at the Kootenay Bay ferry terminal, hike the Old Growth Cedars, have lunch (bring your own), Zipline, and get back on the 4:30 pm ferry from Balfour.

Thursday, Sept.28 - Tech room at the Riondel Community Centre from 3:30 pm-5:30 pm. VR with an excellent choice of games. WordPress website. PLUS...board games!

In October I am starting to plan **Helping Hands Day**, a fun community event. The day consists of youth and all-ages community members offering a day of volunteering to our seniors: window washing, wood stacking, garden closing, leaf raking and similar chores. Seniors seeking help and willing volunteers can **register by emailing susannedill88@gmail.com or calling Susanne at 250-227-9350**.

Coming up on **Oct.20** is the Babysitter Bootcamp in Nelson from 10:15 am to 5:15 am. The cost is \$50/participant. Youth between the ages of 11 and 14 can participate. You can **register at cbesyn@gmail.com**; spots are limited. I'm looking forward to attending these activities with the youth! Let me know if you have any suggestions for activities or events.

We are currently looking for a second youth coordinator for our East Shore Youth Network. Please contact skootenaylakecss@gmail.com if you are interested. Another way to help is by volunteering. Let me know if you want to be involved.

I wish you all a smooth transition back to school.



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 at 2:00 PM. 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 the beach!

Market in the Pavilion!
Riondel Park & Campground
Sat, Sept 2 from 10AM - 2PM



September Update
submitted by Taryn Stokes

Just a short update this month as we prepare for the fall. The Health Society has a Facebook page, and we are working to keep it updated with news and society initiatives. We can be found at ESHealthSociety or by searching for the East Shore Kootenay Lake Health Society.

The BC Rural Health Network, of which the Health Society is a member, is leading a study with the University of British Columbia and the Social Planning and Research Council of BC to understand the gap between rural community voices and decision-making at the Health Authority and Provincial levels. The survey is brief and links to it can be found on our Facebook page. We encourage your participation.

The Health Society will also be conducting a community environmental survey this fall about the health needs of our East Shore residents. These will be in-person sessions at various East Shore communities. We will publish more information on this in the fall on our Facebook site, so stay tuned.

New members are welcome to join the Health Society and we can be reached at eshealthsociety@gmail.com.



Call for 2024 RDCK Local Conservation Fund projects now open
submitted by Kootenay Conservation Program

Kootenay Conservation Program (KCP), which works in partnership with the Regional District of Central Kootenay (RDCK) to administer the RDCK Local Conservation Fund, is now accepting applications for 2024 projects.

“The RDCK Local Conservation Fund supports projects that help conserve local fish and wildlife, habitat, and other conservation values,” says Juliet Craig, KCP Program Director. “For \$15 per parcel per year, landowners are helping conserve and restore areas around Kootenay Lake and in the Slokan Valley.”

The RDCK Local Conservation Fund is a tax-based service that each year provides dedicated financial support to local projects ranging from ecosystem restoration and wildlife conservation to human-wildlife conflict mitigation, water quality monitoring, and more. From 2010 to 2022, the fund disbursed 44 grants totalling \$535,000, and has helped raise over four times that amount in external grants and in-kind support – a substantial return on investment. In

October 2022, residents of RDCK Area H voted by referendum to join the service, expanding the service area to the Slokan Valley, and demonstrating residents’ commitment to healthy wildlife, habitat and water for now and future generations.

Applications can be submitted by non-profit organizations and Indigenous Nations for projects within RDCK Electoral Areas A, D, E and H* (*new for 2024). Community groups and individuals can partner with an eligible organization to apply. The deadline for applications is 4:30 p.m. PT on October 31, 2023. If you have a new project idea, it is highly recommended that you contact KCP prior to submitting an application to discuss your project idea.



Photo by Kayla Tillapaugh

Photo caption: The RDCK Local Conservation Fund has contributed to restoration activities at the Harrop Wetland complex in Sunshine Bay Regional Park initiated by the Friends of Kootenay Lake Stewardship Society.

In 2023, six projects successfully received RDCK LCF funding: habitat restoration for beavers along the Duncan Lardeau River floodplains by the British Columbia Conservation Foundation; expansion of Harrop Wetland Restoration by Friends of Kootenay Lake Stewardship Society; protecting Indigenous cultural values and fish and wildlife habitat on Kootenay Lake by Ktunaxa Nation Council; human-wildlife conflict mitigation through an electric fence cost-share program by Lardeau Valley Opportunity LINKS; Kootenay Lake Watershed monitoring by Living Lakes Canada; and bat habitat enhancement and roost monitoring by Wildlife Conservation Society Canada.

To learn more about the RDCK Local Conservation Fund and how to apply please visit <https://kootenayconservation.ca/rdck-local-conservation-fund/>. For phone or email inquiries, please contact KCP Local Conservation Fund Coordinator Kendal Benesh at 1-844-775-2722(Ext. 203) or

kendal@kootenayconservation.ca.

ABOUT KOOTENAY CONSERVATION PROGRAM

Kootenay Conservation Program (KCP) is a partnership of 85 organizations that work together to protect clean water, conserve important wildlife habitat, and steward the land to allow for healthy, functioning ecosystems in the East and West Kootenays. Learn more at www.kootenayconservation.ca.




RDCK Local Conservation Fund Request for Proposals

Kootenay Conservation Program (KCP) and the Regional District of Central Kootenay (RDCK) are seeking proposals for projects that will benefit conservation in the rural areas around Kootenay Lake and the Slokan Valley, specifically Electoral Areas A, D, E and H* (*new for 2024) within the RDCK.

The purpose of the Fund is to provide local financial support for important projects that contribute to the conservation of our valuable natural areas. Funding is available through the RDCK Local Conservation Fund for conservation projects that result in the reduction to a known threat to biodiversity, and that support fish and wildlife, habitat, natural areas, and healthy watersheds.

Priority will be given to projects that are technically sound and effective and provide value for money through partnerships with other funders. Proponents must be a registered non-profit organization, First Nation, or local government. Unqualified groups or organizations may partner with a qualified organization. A Technical Review Committee will review project proposals and make recommendations to the RDCK for final funding approval.

To apply for funding, go to <https://kootenayconservation.ca/rdck-local-conservation-fund/>. Review the Fund’s Terms of Reference (paying particular attention to Section 8 – Fund Design) and Application Guide, and then apply using the application forms provided. Please contact KCP to discuss ideas for new projects or to address any questions prior to applying for funding.

The closing date for project submissions is **4:30 pm PDT October 31, 2023**.

Project proposals must be delivered by email to kendal@kootenayconservation.ca.



Crawford Bay Hall Board News
by Leona Keraiff

On behalf of the Crawford Bay & District Hall & Parks Assoc. I would like to express my sincere appreciation to the Starbelly Jam Society; specifically, Robert Boker, Howard Sempf Brandon Turlock, Don Horvath, and their teams for their care of our community park. The festival was fantastic, and they returned our park to us relatively unscathed. Kudos to David Kale also and his team as they filled some nasty gopher and potholes.

As I have mentioned in past articles, there are some bats making their home in our community hall. By the time you read this the pups should be able to fly, allowing us to start plugging the holes which have enabled them to roost in the hall. We want to discourage their re-entry next spring when we hope to start the restoration. If anyone reading this is interested in helping with this prevention, please contact me: lkeraiff@cbhall.ca. We have been advised that ¼ inch hardware cloth is the most useful. We appreciate any ideas and help.

As I write this it is pouring rain outside our windows, and I am delighted. I heard on the news that the community hall in Scotch Creek has been destroyed by the wildfire. As our Association sees great value in community halls, the residents of Scotch Creek have our deepest sympathy. Let’s all take great care of ourselves and our neighbours throughout the rest of this fire season. It is not over yet.



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 10-2.

A Song of Mourning and Hope

By Cherry MacLagan

Two weeks ago, I had a phone call from my one of my brothers in England and his opening words were, "I hope you're sitting down". I knew instantly that this was to prepare me for some bad news, but the last thing I expected was to hear that a very good friend of ours had taken his own life just a few days prior. Our friendship dated back to the 70's, and although we did not see one another on a regular basis we always kept in touch, and I thought our friendship would never die regardless of the miles between us. My first reaction was to look back at photos and recall happy memories of fun times and then I got thinking of how music was a big part of our lives during our college days.

This song has always been a favourite of mine and it seems particularly poignant to me now, as James Taylor wrote it when he received the news of a friend's suicide back in 1968, but it also has a message of a hopeful yearning for the future.

ARTIST: JAMES TAYLOR / FIRE AND RAIN

Just yesterday mornin', they let me know you were gone / Suzanne, the plans they made put an end to you / I walked out this morning and I wrote down this song / I just can't remember who to send it to

I've seen fire and I've seen rain / I've seen sunny days that I thought would never end / I've seen

lonely times when I could not find a friend / But I always thought that I'd see you again

Won't you look down upon me, Jesus / You've got to help me make a stand / You've just got to see me through another day / My body's aching and my time is at hand / And I won't make it any other way

Oh, I've seen fire and I've seen rain / I've seen sunny days that I thought would never end / I've seen lonely times when I could not find a friend / But I always thought that I'd see you again

Been walking my mind to an easy time / My back turned towards the sun / Lord knows, when the cold wind blows / It'll turn your head around / Well, there's hours of time on the telephone line / To talk about things to come / Sweet dreams and flying machines in pieces on the ground

Oh, I've seen fire and I've seen rain / I've seen sunny days that I thought would never end / I've seen lonely times when I could not find a friend / But I always thought that I'd see you, baby / One more time again, now / Thought I'd see you one more time again

There's just a few things coming my way this time around, now / Thought I'd see you, thought I'd see you, fire and rain, now / Let music be with you in both hard and happy times.



Rooted in Health

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

Herbal oils, Vinegars and Oxymels

Crafting herbal oils, herbal vinegars and oxymels (medicated vinegar and honey) are a great way to use up the kitchen herbs you may have an abundance of from your garden and turn them into delicious medicinal foods. Kitchen herbs like oregano, rosemary, thyme and foods like garlic are packed with medicinal properties. They all have anti bacterial, anti viral and anti fungal properties, and they all help with digestion. Garlic is excellent for the cardiovascular and immune system, rosemary for the cognitive and circulatory system, and so much more. Making a herbal oil from these amazing plants and using it as a base for your salad dressing or drizzled over your favorite dishes not only makes your meal delicious, but also supports your body in many of its functions.

To make a simple herbal medicinal oil, all you need is a good quality extra virgin olive oil and whatever herbs you have on hand. For the olive oil, organic is best, and make sure it comes in a dark glass bottle. Great herbal options: sage, thyme, rosemary, basil, tarragon, cayenne, oregano & garlic. Any combination of these herbs work.

Quick method: Combine 1 cup olive oil with 1/4-1/2 cup fresh herb or 1/8-1/4 cup dried herb, in a small saucepan on medium heat (up to 375°F) for about 5 minutes. Remove from heat and let it cool to room temperature. If using fresh herbs, transfer them to a bottle, add infused oil and seal. Store in fridge for up to 1 month.

Maceration method: Add herb to oil (same ratios as above), seal and let it sit for 3-4 weeks in a warm place away from direct sunlight. Shake daily. The maceration method is my preferred method as there is no heat added, and I find allowing the herbs and oil to "marry" for a month gives it a deeper flavor and a stronger extraction. Strain and enjoy.

I love mixing medicinal oils with herbal vinegars for a very flavourful and medicinal dressing.

Herbal vinegars and Oxymels

- Basic rules: 1 part fresh or dried herbs to 2-3 parts Apple Cider Vinegar (ACV).
- Fresh herbs: wash, dry and chop or mince.
- Place herbs in jar, add ACV. Ensure the herbs are covered with 2 inches of ACV. In case the ACV gets soaked in, top it up with extra ACV, covering another 2 inches above herbs. Cover and place out of direct sunlight. Shake daily and infuse for 2-6weeks. Store in fridge for up to 6 months.
- Oxymels: Any medicated herbal vinegar can be turned into an oxymel by adding honey and blending using blender or whisk.

Some great options for herbal vinegars include anise, basil, caraway, fennel, garlic, ginger,

lemon balm, nettles, oregano, red clover, rosemary and spearmint.

Here's an old herbal recipe for a high vitamin, mineral, bone building, liver and lymph tonic vinegar:

- ¼ cup of each: dandelion root*, yellow dock root*, wilted nettle tops (available only in spring, use 2-3Tbsp dried if making it in fall), wilted chickweed and any other kitchen herbs you have handy, dry or fresh (optional).
- 2-3 cups Apple Cider Vinegar
- Follow directions from above and infuse for 6 weeks.
- Use in salad dressing as vinegar, make it into an oxymel or take with molasses as a blood building medicine and natural iron supplement.
- 1 Tbsp =150-200mg completely absorbable calcium!

*When harvesting wild plants, make sure to correctly identify each species. Take only what you need, making sure there are enough plants left to guarantee pollination and reseedling for the future. Harvest at least 30m (100 feet) away from any roads and 50m (160 feet) from golf courses and other areas of possible pollution, spray or contamination.

Enjoy the abundant medicinal gifts our common kitchen herbs and wild plants continue to give us.

Maya is a registered Herbal Therapist with BCHA. She offers Iridology, Herbal Medicine and Nutritional Consultations in Crawford Bay and Nelson. For more information please email: mayaskalinska@yahoo.com

Defending Against Wildfires: FireSmart Homes Amidst Smoky Skies

information gathered from Andrew Doran, Wildfire Mitigation Specialist / Local FireSmart Representative Electoral Areas E & F-East, A-North; Captain: Balfour/Harrop Fire Department.

Although summer is beginning to wind down, wildfire season is currently at its peak in British Columbia. It is still prime time to think about protecting your home from the threat of wildfires. Our province, currently shrouded in a smoky haze, underlines the urgency of this concern.

With wildfires wreaking havoc across the province, readiness is paramount. To shed light on protecting our homes, we've engaged in a conversation with Andrew Doran, the RDCK Wildfire Mitigation Specialist (WMS) representing the northern area of the East Shore. His insights underscore the importance of FireSmart practices, particularly for East Shore residents, where the current smoky backdrop serves as a somber reminder of the threats we face.

In times of smoky skies, WMS Doran's advice resonates even more: "Most homes lost in wildfires are ignited by blowing embers from fires up to 10km away. It's crucial to make our homes as ember resistant as possible, especially given the wildfire scenarios we're witnessing now."



RDCK Wildfire Mitigation Specialist Andrew Doran performs a home FireSmart Assessment

So, what can we do? Let's start with the roof. "Embers find refuge in the smallest crevices," warns Doran. "Regular maintenance, such as cleaning gutters and installing ember-resistant vent covers, can be a game changer in preventing attic fires."

The woodpile by your home? It's time for a strategic relocation. FireSmart recommends maintaining a 10-metre distance between heavy combustibles and your structures.

For those who cherish their decks, there's a FireSmart solution. Enclosing or screening the area below and keeping it free from leaves & debris can deter embers from settling in 'kindling' under your deck.

And hey, green thumbs, don't despair! Your garden can be both beautiful and FireSmart. Move combustible coniferous plants away and trim those bushes and trees – especially the ones close to your home – to reduce the risk of flames reaching your house.

Focusing on the first 1.5 meters of your home is a game-changing strategy. WMS Doran says, "This zone is a crucial battleground against ember ignitions. Embers can easily find their way into combustible materials this space and, once ignited, can rapidly escalate into a full-blown structure fire." By maintaining this "ember-free" perimeter, we create a buffer that substantially reduces the risk of ignition and helps shield our homes from the grasp of wildfires.

In the midst of yet another record-breaking fire season, fortifying this critical zone becomes even more pressing. Embracing measures like using non-combustible building materials, clearing away debris, and keeping vegetation well-managed can significantly enhance our homes' defenses. Remember, a little effort within this close range can yield significant safety dividends, creating a front-line barrier against the ember-driven fires that threaten our homes.

As we grapple with hazy skies caused by fires elsewhere in the province, the urgency of FireSmart practices cannot be overstated. WMS Doran's words ring true: "Being FireSmart is

about making calculated adjustments to reduce the chance of home ignitions and enhance the safety of our homes."

As we cherish the remains of summer on Kootenay Lake amidst a hazy backdrop, remember that a little effort today can translate into substantial peace of mind tomorrow, ensuring that our cherished haven remains secure in the face of wildfire challenges. Stay FireSmart, East Shore!

You can have a Wildfire Mitigation Specialist provide a free FireSmart Assessment. Rebates of up to \$1000.00 are available from the RDCK FireSmart program to help cover the costs of protecting your home. Sign up for a FireSmart Assessment or find out more at rdck.ca/firesmart or call (250) 352-1539.



Earn a rebate up to \$1000 to FireSmart your home

get a FREE home assessment with a Wildfire Mitigation Specialist



RDCK.CA/FIRESMART

250.352.1539

firesmart@rdck.bc.ca



From the Frog Pot by John Rayson Immigration Issues

In previous columns, I commented on some of the demographic issues that Canada faces. Immigration is an important issue for Canadians as we welcomed approximately 451,000 immigrants in the past year and have plans to attract a further 403,000 in each of the next 3 years for a total of 1.2M.

Canada has a falling birth rate, presently 1.4 plus an aging population with the percentage of population older than 65 to rise to 25% by 2035. As our population ages, fewer individuals are working to support retired individuals and our demands on the health care system are increasing. An aging population has a rising incidence of dementia [Alzheimer's], chronic diseases and cancer. These factors will increase the demand for and cost of health care. It will not be only the cost but the need for increased personal that will be a factor. In addition, Canada is faced with a falling rate of productivity, and we have decreased our spending on Research and Development.

The major strategy, our federal government has

to address these issues is to increase immigration. This strategy may have some problems as the countries that have been our main source of immigrants to date have been China and India.

China, until very recently, was the largest country in the world. China is now faced with a falling birth rate [1.2] and has the largest aging population in the world. China did have a one child policy for 30 years [1980-2010] but attempts to correct the low birth rate have not been successful. It appears that the one child policy merely compounded a trend that would have occurred in any event but now exacerbates the aging issues. Including increasing demands for pensions and health care. China does not now appear to be the major source of "cheap labour".

India has now become the largest country in the world with a population exceeding China for the first time in 300 years. India's fertility rate is now 2.0 [replacement 2.1], occurring 22 years sooner than expected. India's economy is rapidly improving and many educated Indians, even those educated in the U.S., are either remaining in or returning to India to further their career.

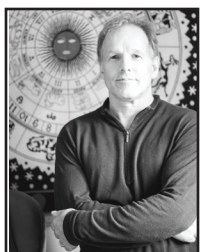
Fertility rates in all east Asia and Pacific countries continue to decline and presently stand at 1.5. A falling rate includes such countries as South Korea, Thailand, and Singapore. Fertility rates are, also, falling rapidly in countries such as the Philippines and Indonesia. World population may in fact decline not increase, over the next

decades. Let's hope that climate change and the necessity for people to move will bail us out.

The above are only a few of the world problems. Many Canadians feel that immigrants drive wages down, are a burden on the social fabric [including health care] and do not contribute to the tax base. None of these factors are true and in fact all studies indicate that immigrants have a positive impact on the society.

Canada has some unique problems. We are a small country with a large geography [second largest land mass in the world after Russia] and yet much of our land is uninhabitable. If you draw a line from Windsor, Ont. to Quebec City, then 50% of Canadians live in a line south to the American border. Many new immigrants go to Vancouver and Toronto, cities with major housing problems. Canada does not have a plan to increase affordable housing and the Federal government is not increasing funding for immigration services. Quebec is responsible for their own immigration laws and actively discourages new immigrants from settling in Quebec.

Canada has been built on immigration and desperately needs further immigration at this stage, but it would appear we are woefully unprepared.



Horoscope for Sept 2023

by Michael O'Connor
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 www.sunstarastrology.com

September marks the last official weeks of summer yielding to Autumn on September 22, as Equinox. September begins with both Mercury and Venus retrograde bringing added complexity. The challenge is to face and even embrace the dynamic with aligned intentions.

This month's tip will elaborate on this theme of focus, yet there will be others as well. Given the complexities and catastrophic dramas underway in the world, this article will weave a more complex and layered perspective than usual. Since Mercury will be in Virgo, it serves to increase the scope and quality of our critical thinking. So, get ready, because this article will challenge you to do just that.

This year, September is a Universal 16/7 month. While September is ever the 9th month of the year, the Universal Month number advances by 1 number every year. This powerful number 16 shares an association with Mars and the sign of Cancer. This combination can prove to be quite harsh, but can also manifest constructively, as with a renovation project. As ever, it all comes down to how the energy is expressed and the attitude regarding it. In the Tarot, 16 is called The Tower.

When accurately understood, the Major Arcana of the Tarot provides a system of understanding human psychology. While it is generally categorized as an 'esoteric' subject, the themes it re-

veals are features of daily life. Since we are in critical analysis Virgo time, it is appropriate to delve into a deeper examination of it. Just to be clear, the Tarot can be described as 'the child' of the parents of Astrology and Numerology, of mother and father.

veals are features of daily life. Since we are in critical analysis Virgo time, it is appropriate to delve into a deeper examination of it. Just to be clear, the Tarot can be described as 'the child' of the parents of Astrology and Numerology, of mother and father.

Regarding number 15 and its association with the Devil in the Tarot, if it is known for anything, deception is at the top of the list. This includes deception of self and of others. The archetype of the Devil indicates orientations to deceive others, yet more generally it refers to the many ways in which we deceive ourselves. Assumptions of objective perception constitute the main expression of self-deception, and this can otherwise be

understood as a form of egocentrism, which can be further understood as emotional, security bias anchored in idealistic notions that support our beliefs and unconscious pride.

So, August was a 15/6 month and the Devil sure lived up to its reputation with vicious forest fires on one hand and major floods on the other, all over the world. The tragic devastation is shared among many communities, complete with losses of properties and even lives, the closer consideration of which is horrifying. While any such catastrophe is epically large when experienced firsthand, the annihilating scourge that was visited upon Lahaina on Maui, Hawaii arguably ranks as the largest, in scope and magnitude, anyway. Videos of Lahaina revealed it to be more like a furnace than a wildfire, the unusually high heat temperatures of which literally melted cars to the ground!

The fact that some houses, many of the mansions near the water, for example, were left intact with green lawns and all while right across the street of every house literally reduced to fine ash, is among the more perplexing facts that are difficult to rationally reconcile in light of official reports of major brush fires amplified by an exceedingly rare hurricane. It is as though the street was cut and divided with a surgical laser. Understanding the physics and the thermodynamics of such facts is a discussion we should have. As the saying goes, "when all other possibilities are considered and ruled out, whatever remains, however impossible, improbable, or conceived, is the answer".



Yet, as thorough as strict logic is, human psychology is strongly influenced by emotions, beliefs and ideals which have long been understood to have a blinding effect on people's perceptions. Modern psychology refers to this bias-blinding effect as 'cognitive dissonance'. To the extent that anyone is not aware of this term or the implications of it, is the extent to which it is most likely operative. It essentially works to exacerbate the beliefs-driven ideologies that blinds a person to the facts. This is true of words in general. The more we understand the meaning of words and the meanings and concepts they imply, the more our perceptions of reality are illumined by knowledge. And, the less we understand regarding words, the more susceptible we are to be ignorant, in the sense of lacking knowledge, as opposed to that of the rude attitude also associated with the term. This form of ignorance can also be understood as denial, but the best term is cognitive dissonance, which is why if all you do is understand it, you have done something important for yourself, your family and society, in general.

Belief, bias, and cognitive dissonance is the subjective perspective that science has long endeavored to overcome in its pursuit of 'pure objectivity' and rigorous logic. However, it has not succeeded in doing so due to the very nature of reality and of perception. Not only has notions of pure objectivity been proven to not be even possible due to the subjectivity of perception and the paradoxes of duality, but most people do not endeavor to decipher the facts with the rigor of a scientist, journalist, or ardent truth seeker of any other mode, in the first place. Some do, but these are the fewer.

This aspiration is directly associated with what spiritual teachers have described over the ages as 'the path', referring to the journey to 'have'

versus 'be' the ego and thereby raise one's awareness and response levels above instincts and survival to intuition and the higher levels of perception it implies. In this regard, it should be noted that although commonly assumed to be synonyms, 'instinct' and 'intuition' are qualitatively as different as are the liver and heart.

Rather, it is more common for people to frame their perceptions of reality with beliefs that support feelings of security; another example of cognitive dissonance. Ironically, the facts associated with these beliefs, limited as they usually are, are both asserted and defended with staunch rigor. Moreover, cognitive dissonance is something we are all susceptible to, even highly educated people. In fact, sometimes higher education and even higher I.Q. levels in people reinforce it because they are that much more convinced that, due to the knowledge and intelligence, that they see reality "as it is". This is how the subtle and illusive principles of cognitive dissonance works. So, if you are not aware of this term and its deeper meaning and implications, you are that much more susceptible to high levels of bias which will then generally be interpreted as facts.

Recognizing this and acknowledging this common form of bias, (which also lends to popular perceptions and attitudes often referred to as "common sense"), is also a challenge because it requires higher levels of intellectual determination and integrity to acknowledge and recognize. This more accurately defines the notion of common sense further revealing the fact that there is little agreement regarding what it 'actually' is.

This mode of intellectual integrity can be basically understood as the humility to accept that the accumulated facts logically ordered in one's mind may all amount to falsehoods.

Yet notions of 'common sense' are further de-

fended with staunch attitudes, as though everyone agrees what it is which, of course, they do not.

Popular cognitive dissonance and its sidekick term 'common sense' is further reinforced by factual things and realities in one's environment and life in general. While common sense is a term that refers to what seems obvious, it leans towards assumptions. Ironically, it basically reveals that people's perceptions and interpretations of life and reality are biased and based more on assumptions and beliefs than facts. For example, someone may assert that a certain perspective is false because it was labeled as 'fact checked' on social media. Or they may refer to a source like Reuters, for example, and assume that it is conveying final facts.

Both of these so-called proofs are actually beliefs, as with having faith in or believing that these sources are reliable. The assumption then is that anyone and everyone would see it accordingly. When this attitude of 'certainty' is projected upon larger realities, conflicts arise because different people feel differently regarding what they deem to be certain. This mode of assumption also finds expression in daily life regarding the little things too. Until and unless this is acknowledged and recognized, genuine discussions regarding truth are more fully activities of

Continued on page 11...

...continued from page 10.

people casually sharing thoughts and ideas that are assumed to be understood. Especially regarding larger social realities linked to areas of focus such as politics, economics, and other areas like environmental concerns, for example.

Achieving a higher level of objectivity for the sake of arriving at deeper truths is a level of self-awareness and self-honesty that also requires a combination of humility and courage, along with truly sincere, deliberate and determined awareness. In other words, to be strong enough to say words like, 'I was wrong', 'I apologize', or attitudes, such as 'I am sincerely open to discussions and am willing to consider new interpretations of my self and reality'. Resistance to this more common form of bias and control in conversations can be generally categorized under the heading of 'Ego'.

Of course, we all have 'it' - an ego. Yet, the more we operate as though we 'are it' the less we 'have' it and the more susceptible we are to the unconscious reactions of cognitive dissonance. This is where the entire discussion takes a sharp turn to the deeper end. As it is, when the lack of awareness of 'being' versus 'having' an ego is strong, especially in people anchored in pride, conflict occurs. Of course, this is a common aspect of life, and it has always and continue to be a source of conflict and drama the world over.

These kinds of humble phrases as listed above

uphold security is hit or challenged, it will be experienced as discomfort and fear leading to fight, as with anger, or flight, as with dismissal, both of which will occur subconsciously and will be reinforced by cognitive dissonance, which when defended, leads to an array of rationalizations, sometimes well documented and elaborate. All of these can be understood as proactive endeavors to understand guided by instinctual reaction.

Yet, if these rationalizations were further examined, they would often be recognized as either ultimately false and more fully an expression of belief, perception, and interpretation than fact. It is true that, as mentioned, we are all susceptible to cognitive dissonance, but only if and when we are aware of it and willing to acknowledge it are we able to break free from the emotionally reactive and blinding tendencies of it. Doing so requires deep sincerity, conscious effort, patience and commitment.

Generally, the structures of our perception provide a sense of security which is reactively clung to. Again, unless one is consciously aware and willing to restructure their emotional and belief-driven perceptions, they will defend them as though their life depends on it. This can be described as ego-survival, which is, in turn, activated by the reactive instinct to survive. In this regard, the expression may manifest assertively.

Returning to number 15 and its association to the Devil in the Tarot, description terms include brass, brazen, belligerent, aggressive, voracious, determined, deliberate, strategic, unsympathetic, unapologetic, unscrupulous, justified, rationalized, and imposed.

This is where we arrive at the next number in the sequence, which is 16 and which is the number for September 2023.

In the Major Arcana of the Tarot, 16 is The Tower, which is regarded as among the more difficult of the 22 cards that comprises this segment of the

when shared in our more personal and intimate relationship interactions are also very helpful, but due to their absence, many relationships suffer and fail. In short, cognitive dissonance reminds us that life is much more like English Literature than it is like math class, which is oriented to conclusive facts. This means that the so-called facts are more often interpretations because of biases reinforced by beliefs, in-turn reinforced by emotions. It is our emotions that lead us to reactive rationale associated with perpetuating comfort, familiarity, and security.

So, we as humans are invariably biased in our beliefs and unless and until we acknowledge this, they become rigid assertions.

Among the reasons for the rigid reaction to other considerations of fact is that one's larger perspective of reality both reinforces bias and is upheld by it. In other words, considering other interpretations of reality is like a renovation in one's perceptions, one's 'frame of reference', and this is not only uncomfortable for people, but also tends to prove threatening to one's sense of security, and the subconscious, emotional reaction for the sake of security can be described as fear, or even as terror.

The notion of considering that one's perceptions and interpretations of reality are based on falsehoods terrifies people and it is this very subconscious reaction to this fear that closes their mind to any further consideration or discussion. In daily discussion, when this fear-triggered guarding assumed interpretations of reality that

Tarot, (of which there are 3: 22 Major Arcana, 40 Minor Arcana, & 16 Court Cards).

Negatively, the Tower is symbolic of old structures toppling. Positively in this regard, the Tower can be understood as a process of renovation.

So, it should not be assumed to be negative, per se'. The main question is whether the toppling of the old structure is deliberate, as with a renovation project, or reactive, as with an earthquake, for example. In this regard, it is the instinctual reaction to survive, which includes our comfortable, familiar, and secure perceptions, interpretations and rationalizations that tend to become more rigid over time as our emotions that bind them act like cement. This is due to our progressively lower levels of energy that begin to be felt as early as about 30 years of age, closely following our Saturn Return.

So, 16 is a number related to destruction, at worst, and renovation, at best. While these themes can be directed at physical realities, they can also be interpreted in terms of mental and emotional changes. These can occur without our consent, which is encompassed by the earthquake metaphor, or they can be understood as changes one might choose consciously and deliberately. When it comes to our perceptions and interpretations of reality, the process enters a much more sophisticated mode of approach. Again, in its most positive expression, 16 is symbolic of a deliberate renovation process. It can occur physically, but also mentally and emotionally.

The process requires grit, courage, and determination to recognize, for example, that the otherwise nice carpentry work is hiding black mold. As this metaphor goes, the mold is idealistic notions or wishful thinking that are obscuring security-driven beliefs. In other words, not as the facts are but as we would like them to be to perpetuate our ideals.

These are examples of how cognitive dissonance works and it is so widespread it is a veritable pandemic.

September Horoscope

by Michael O'Connor

www.sunstarastronomy.com

Aries (Mar 21-Apr 19) Mars in Libra provides an edgy approach to relationships. With Venus retrograde early on, the combination could provoke passion assertively or even abrasively. Tune in to use this energy consciously and constructively.

Taurus (Apr 20-May 20) A creative cycle supported by critical analysis is yours to harness. This impulse began weeks or even months ago, so it is about the next level of momentum. Creating beauty at home somehow is highlighted.

Gemini (May 21-Jun 20) You are in a mood to play hard and work easy. Mini trips and adventures are a source of joy. You want to engage and play with others. Losing yourself in the moment could have a healing effect.

Cancer (Jun 21-Jul 22) An accelerated pace keeps pushing. The orientation to learning will prove extra strong this month. Obtaining new knowledge will likely prove fun, inspiring, and empowering, especially if the experience comes with social engagement.

Leo (Jul 23-Aug 22) While a shift from fun, games, and entertainment to more practical interests is likely, you will still want to express yourself in big and beautiful ways. The main difference now is that you will want to be remunerated.

Virgo (Aug 23-Sep 22) You are in a progressive mood. Your focus is sharp, and you are excited to take new leads and strides. An assertive push to weave logic and imagination is indicated. Sharing cultural interests and philosophical views is featured.

Libra (Sep 23-Oct 22) Dealings with others may prove challenging this month. Issues regarding money and investments are likely. You will likely have to pay closer attention to the details. Good thing your will and drive are experiencing a boost.

Scorpio (Oct 23-Nov 21) The time has come to bring your dreams and goals more fully into reality. Your success now requires both inner work and outer efforts. Deciphering which worn-out attitudes need to be deleted is important.

Sagittarius (Nov 22-Dec 21) The spotlight is directed to your public and professional life this month. Doing what you can to increase your confidence is featured. Focus to get organized and clarifying your priorities.

Capricorn (Dec 22-Jan 19) Paying attention to the details of the bigger picture is a central theme now. Yet, there is also the danger of getting lost in the details, so keep returning to the macro view as necessary to stay balanced.

Aquarius (Jan 20-Feb 18) Clearing the old to make way for the new is an important theme this month. This may include subjective perspectives and breaking out of your comfort zone, at least enough to be more productive.

Pisces (Feb 19-Mar 20) Deepening bonds on relationship fronts is important now. This could include your professional as well as your personal life. This will require that you give more. Decipher where and how your contributions could be greater.

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Seldom Scene

by Gerald Panio



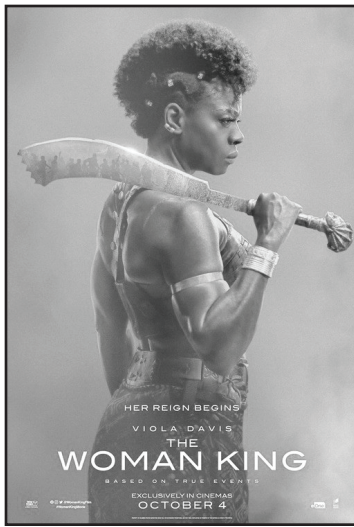
“The European colonists of the nineteenth and early twentieth centuries described Africa as ‘the Dark Continent’. According to them it was without civilization and without history, its life ‘blank, uninteresting, brutal barbarism’, in the words of Professor Egerton of Oxford University. So strong were their prejudices that the geologist Karl Mauch, one of the first Europeans to visit the site of the twelfth-century city of Great Zimbabwe, was convinced it could not be of local origin, but must have been built by some non-black people from the north as a copy of Solomon’s temple in Jerusalem. The Tory historian Hugh Trevor-Roper wrote in 1965, ‘There is only the history of the European in Africa. The rest is largely darkness.’” --from Chris Harman’s *A People’s History of the World*

Bear with me. There is an actual movie review buried deep inside this month’s column. It just needs a lengthier-than-usual preamble. That preamble starts with my confession that my knowledge of African civilizations and African empires was, until quite recently, limited to the dynasties of Egypt and to African sculpture that had influenced the revolutionary art of the Cubists and the German Expressionists. And I’m not even sure that I was truly aware of ancient Egypt as *African*. With its hieroglyphs, its great temples, its pyramids, its tombs & mummies, its *Book of the Dead*, Egypt seemed its own hermitically sealed, wondrous world. It never occurred to me to try to connect it with its roots in previous African cultures, or with other empires that rose and fell across the continent. As a kid, my Africa was Tarzan’s playground--endless jungle, with wild-life and small, isolated tribes providing exotic backdrops for one of the earliest superheroes. In school, ancient Egypt excepted, African history began and ended with colonialism and slavery.

What changed for me? In the past decade, I began to come across articles (in *National Geographic* and elsewhere) on remarkable civilizations I’d never heard of--the Kingdom of Kush, the Mali Empire, the Songhai Empire, the Great Zimbabwe, the Kingdom of Dahomey. These were empires of vast wealth, powerful armies, great cities, impressive literacy, and complex cultures. In their heydays, their cities were some of the largest in the world. Timbuktu’s Sangkore University had a library of over half a million manuscripts. There are more pyramids in the area around the ancient Kushite capital of Meroe than there are in all of Egypt.

I also came across a copy of Basil Davidson’s *African Empires*, published in 1971 as part of the Time-Life Great Ages of Man collection. Written over 50 years ago, *African Empires* is still a revelation for anyone unfamiliar with pre-colonial Africa.

And in 2019 I had a chance to visit Paris’s new musée du quai Branly - Jacques Chirac. This museum contains one of the world’s finest collections of indigenous art, including over 140,000 artifacts from Africa. Don’t just take my word for it that this visit was an eye-opener--the musée du Quai Branly has an excellent website that allows you to browse through much of the collection and immerse yourself in the full breadth and depth of Africa’s cultural heritage.



For most of us, when it comes to Africa there’s a lot to unlearn or learn for the very first time. So, you can understand why I would eagerly anticipate the release of a film based on the history of one of the empires I’d been ignorant of for so long. That film was Gina Prince-Bythewood’s *The Woman King* (2023), starring Viola Davis as the leader of the Agojie--an Amazon-like unit of female warriors who acted as the King’s Guard in the Kingdom of Dahomey (now Benin). *The Woman King* is history and mythmaking combined. In its passion, violence, and poignancy, the story has an impact like something Homer might have written had he been born in equatorial Africa. The hand-to-hand combat of the battle scenes, waged with machetes and spears and knives, is as fierce as any beneath the walls of Troy. I might have preferred a gentler tale of the booksellers of Timbuktu or the artists of the Tassili plateau, but then we wouldn’t have a movie filled with powerful, beautiful black women in a setting many people don’t even know existed. Nor would we have a film where most of the department heads are either women or people of color.



Ironically, it was the massive success of *Black Panther* in 2028, the Marvel Comics film about an imaginary African civilization, that greenlighted Gina Prince-Bythewood’s long-cherished dream of making a film about the warrior women of the historical Kingdom of Dahomey, one of the few nations where women participated fully in decision-making and had active roles in defense.

Actress Viola Davis is phenomenal. Her General Nanisca is Achilles incarnate--but with brains, humanity, and leadership skills. Davis is utterly convincing; her Nanisca is one of the most memorable characters I’ve seen on screen. How is it that Ridley Scott’s *Gladiator* (2000) could have picked up 5 Academy Awards and *The Woman King*, every bit as good a piece of filmmaking on every level, from acting to costume design to make-up to set design to musical score, didn’t receive a single nomination? This is a film you watch the first time for the story it tells, but then a second and third time to take in the sheer beauty of the faces, the texture and coloring of clothing, the passionate choreography, the make-up and hair styles, and the marvelous re-creation of the king’s palace, court, and capital city--all triumphs of detail and attention to aesthetics.

The time is 1823, when the slave trade was well on its way to decimating the African empires that were profiting from it. European slavers racked up huge profits, and stood by while African nations warred with one another to provide a steady supply of prisoners of war to be sold to the English, the Portuguese, and the Dutch. As one of the Agojie leaders says, “The slave trade is a poison that is killing us.” In *The Woman King*, Dahomey’s enlightened new ruler suggests an alternative history that might have played out had profits been made from something other than human misery. King Ghezo (John Boyega)

is willing to listen to Nanisca when she tells him there is just as much wealth to be made from the sale of palm oil, with no blood price to be paid.

The Dahomey kingdom is also under threat from the nearby Oyo empire and its several allies. The commander of the Oyo army is Oba Ade (Jimmy Odukoya), a ruthless killing machine and slaver who had once held Nanisca captive and used her as a bedmate for himself and his soldiers.



The Woman King’s violent narrative is tempered by the introduction of Nawi (South African actress Thuso Mbede), a spirited young woman whose refusal to acquiesce to marriage to a wife-beating rich power-broker provokes her father to abandon her at the palace gates as an “offering” to the king. Much of the first half of the film centers around Nawi’s training and her building of emotional ties with fellow trainees and Agojie veterans--including Nanisca and her fierce lieutenant, Isogie (Lashana Lynch). There’s also a minor storyline centered around Nawi’s attraction to a young Portuguese visitor, whose father is Portuguese but whose mother is from Dahomey.

All of the principal actors in the film trained for four months to get in shape for the fighting and dance sequences. They were taught the Kali fight system out of the Philippines--a knife-fighting style--as well as jujitsu and Chinese wushu. Reflecting the fact that dance may have been the main form of artistic expression in many African civilizations--more important even than sculpture or painting--*The Woman King* devotes as much energy to dance as it does to combat.

Sadly, the shadows of the eventual destruction of so many African communities, empires, and kingdoms by European colonizers is hard to shake off as one watches the film. *The Woman King* ends in victory for the Agojie and King Ghezo, but we know this can’t last. The slave trade will expand to affect millions, the Maxim machine gun will crush resistance, and even human sacrifice will make a comeback as certain tribes make desperate attempts to curry gods’ favors. The machete, which for the Agojie is the aesthetic and martial equivalent of a Samurai’s katana or a Saracen’s blade will, in the late 20th century, become the bloody tool of genocide in Burundi and Rwanda.

But if we can’t banish these shadows, we can at least be grateful for all those willing to work so hard to bring us stories that challenge the darkness and light up the past.





Tales From Shprieland

by Heath Carra
www.shprieland.com

Hot Water Tank Naiad

Ever since our first ancestor crawled from the sea, we've had a fraught relationship with the spirits of water.

Sometime in the late Carboniferous period, some cheeky tetrapod defied the gods by paddling up from the primordial nursery on their four flippers. Such insolence broke our mother's heart, and she hasn't forgiven us since. Her whole pantheon of lesser goddesses and gods of lakes and rivers, nixies and sprites of fountains and wells, and riparian spies like water horses and selkies, they mistrust those of us that walk on land. The insult and betrayal still smart. They may have forgiven the whales, mostly, but the rest of us better watch our step. And though we've reached an uneasy truce, water spirits are still quick to anger. Take my hot water tank, for example.

There's a naiad of modern indoor plumbing whom I've started calling Tempest. She creeps the copper pipe other spaces between our wall studs and floor joists. Most of the time, she's happy enough to quietly convect in her electric

tank under the stairs, but last month she got a bit pissed off with me. Pissed off on the basement floor!

In 1889 Edwin Ruud invented the first automatic heated storage tank. Though we might regard it as a marvel of modern plumbing, to water spirits, it's a blatant example of our chutzpah. It's a water shackle. Like aqueducts and wells, it's just another manacle we've clapped on water in our treasonous subversion of the natural order. They find our hubris insufferable, and that's why she broke free.

But I want to be friends with Tempest.

I replaced that yucky old Ruud tank with a nice new one, but when I unboxed it, she noticed it was dented, and thought I was making fun of her. I raced out and bought her a replacement, but she didn't care. She blew out the hot water nipple and repeated her statement on the floor. I cleaned it up and bought a third tank. She grudgingly accepted this one, but she still burst a garden hose and sprayed a fountain in through the garage door. After that dried up, she went after the irrigation line in the garden and began detouring Holiday Creek through our basement.

Finally, desperately, we appealed to a higher power. We went to the lake.

I don't know who the local matriarch is exactly, but I suspect she's something like a vodyanitsa.

A scaled and staring goddess stretched on the valley floor, lounging from Kuskanook to Argenta, flexing her webbed fingers, smoking her water pipe, and blinking fishy eyes at bathers on the beach and the slow trawling boats cutting wakes above her.

The etiquette for placing requests with testy water goddesses begins with stripping naked and plunging into her waters. If you want to anger a lake deity, go into the water fully clothed. They hate that. They'll tolerate bathing suits, but only just. Water knows us. It thinks our pretenses with clothing are blasphemy. And who could blame her? The romance of our cyanobacteria age is still too keen in her memory. She still remembers when it was just us and her and the rocks. Our intimacy was once complete. She's known us since we were prokaryotes, for goodness' sake. We used to nurse at her thermal vents. We can't fool water. She is pragmatic and implacable. But she does have a sense of humour. She flows through my house like she flows through me, in one end and out the other. It's her way. Flow. She's patient and methodical, and she always gets her way.

So being nice to water is the best advice. And show her a bit of skin when currying her favour. She likes that. This is why plumbers have that butt crack thing going on. In trade school, they learn that if you flash your bits at the water goddess, she's more likely to bless your connections.



Smarter Than Jack or Jill

by Sharman Horwood
Music as Evolution

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

According to Charles Darwin, the creation of music is a precursor to cognitive evolution in both humans and animals: "*The changes in physiology, cognition and brain chemistry and morphology induced by music have been studied . . . , providing evidence that music may affect animals similarly to humans*" (*The Descent of Man*, by Charles Darwin). This view has become known as "Evolutionary Musicology (a subfield of biomusicology that grounds the cognitive mechanisms of music appreciation and music creation in evolutionary theory" (*Wikipedia*). All of that is a mouthful but it essentially pinpoints music as a precursor to creating language, and hence to developing intelligence. And it includes many kinds of animals.

For Darwin, human bipedalism initiated the process by imparting a sense of rhythm to humans, and to other animals. The simple act of walking gave humans our perception of rhythm. Surprisingly, insects in particular use it as well. Male katydids rapidly move their front wings to create a mating song that will attract females. (Katydids, by the way, don't have ears; they use "a slot-like open space on their knees." [in *AZ Animals*, "10 Animals that Sing" by Krishna Maxwell, 2023]). Crickets, on the other hand, have multiple songs. Their wings "are designed to produce sound and to amplify it" (*AZ Animals*, "10 Animals that Sing" by Krishna Maxwell, 2023). Like the katydids, they use courtship songs, but they also have rivalry songs. Crickets vary their songs depending on the temperature, suggesting they're telling other crickets what the weather is.

Courtship is the primary purpose of song among insects, and among Mexican free-tailed bats, and field mice. Male mice sing at such a high pitch that humans can't hear them. Female mice can, however, and they're very particular about choosing their mates based on their song. Female

mice generally choose the males that are "better at singing than others--some songs attract many females, and others none at all" (*AZ Animals*, "10 Animals that Sing" by Krishna Maxwell, 2023). Although animal songs are generally repetitive, Mexican free-tailed bats "can change their songs so their female listeners do not lose interest" (*AZ Animals*, "10 Animals that Sing" by Krishna Maxwell, 2023). They, too, will use song to warn away rivals.

There's even a fish that sings, in a manner of speaking. Oyster toadfish use song to attract mates as well. To human ears, their song sounds like just a grunt or a hum, but each toadfish has its own song. It can be heard both under water, and above it.

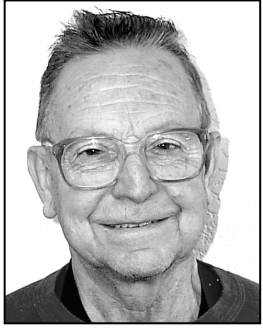
Whales are the most prolific when it comes to songs: the number of songs, and their purpose, are highly varied. They, too, use song to attract mates, but they also use them "to communicate over the vast distances of the open ocean" (*AZ Animals*, "10 Animals that Sing" by Krishna Maxwell, 2023). Beluga whales used to be called "sea canaries" because of their odd cries that are similar to bird calls. Sailors perceived it as singing. Orca pods have complex songs, each group having a different song. A pod can be identified by its "dialect," in fact. Humpback whales are the masters at creating songs. Often their songs originate in groups off the coast of Australia. These songs become "hits," popular among humpbacks, who pass them on to other humpback whales farther away. These songs have been heard as far north as Alaska. At the same time, the groups around Australia are inventing--or modifying--new ones that then become popular in their turn, traveling out among other humpbacks as they migrate from the warm tropical waters to the northern cold ones. (I would love to understand what they're saying.)

Scientists are beginning to recognize that animal music is a possible precursor to language. In the past they've been treated as two entirely different faculties since "speech functions were thought to be localized in the left and music functions in the right-hemisphere of the brain" (*Frontiers*, "*The Relationship Between Music and Language*" by Lutz Jäncke, 2012). Scientists then thought that both hemispheres were needed to

process music information as well as language information. However, now there is "emerging evidence that speech functions can benefit from music functions and vice versa" (*Frontiers*, "*The Relationship Between Music and Language*" by Lutz Jäncke, 2012). Whatever brain hemisphere is involved, humans adapt language to situations, such as the new words to communicate concepts (for instance, biomusicology, not recognized by my computer or the dictionary). However, humans are not the only animals to do so. Cats, for example, create a language that is used only with their human owners. Another cat wouldn't recognize what the sounds mean. (Those of you who are cat owners will recognize them and respond accordingly: it's dinner time!)

Does language represent the development of cognition, or intelligence? Darwin seemed to think so. In *Descent of Man*, he states that "the imitation of musical cries by articulate sounds may have given rise to words expressive of various complex emotions." In other words, communicating these emotions ultimately results in communicating information, not just in humans, but in all animals. In humans, scientists have suggested that bipedalism may have led to an understanding of rhythm, that in turn led to perceptions in pitch, rhythm, and harmonies, otherwise known as "musicality." These may have brought survival advantages, by stimulating certain behaviour. Synchronizing with a group, for example, as in orca pods, leads to better feeding opportunities and hunting strategies. Music "may facilitate social cohesion, improve group effort, reduce conflict, facilitate perceptual and motor skill development, and improve trans-generational communication" (*Wikipedia*). This description fits groups of chimpanzees, as well as orcas. The collective behaviour of many species requires some form of communication, and perhaps through language the emergence of basic cognitive functions.

The next time a cat--or dog--walks up to you and expresses something, which may be affection or something as simple as a demand for food, the sounds and rhythms the animal uses may signify the development of language, and language leads to intelligence.



Keeping Food Cool Without Electricity

By Tom Lymbery

Tom's local history column has appeared in the Mainstreet for 30-plus years. Beginning

with this issue, we revisit some of Tom's earlier articles, updated with more stories and photos that have come our way. This one was originally published in August 1996. - Frances Roback, Gray Creek Historical Society

How do you keep food without a refrigerator? Before electric power arrived on our shores in 1952, only a very few Gray Creek families owned fridges. These were powered by Pelton wheels, a kind of water-powered turbine set in a creek or gravity water pipe to drive a hydro-electric generator. This gave reasonably reliable power to run a refrigerator.

East Shore people fortunate enough to have water rights on a creek or spring had it a lot better than those who had none. From very early on, small power plants were included on some water licences. In 1912, for example, Cmdr. Matthew Harrison in Crawford Bay had electric lights at Freckleton (now Wedgwood Manor), powered by a Pelton wheel on water piped from Burden Creek.

Until recently, the remains of a huge wooden water wheel could be seen on McFarlane Creek across from the Lakeview store. After the Gibbises bought the Lakeview store in 1946, they added pre-fab tourist cabins and had Gray Creek's Tom Oliver build an overshot water wheel on the creek to generate electric power for the resort. But just after Wilf and Ida Kocher took ownership of Lakeview in 1950, the axle on the water wheel went out of kilter, and it never operated again.



The Lakeview water wheel in Dec. 1975, with Laura Simpson at lower left. Sadly it only ran for a few years in the late 1940s before it quit for good. Photo: GCHS 2020.004 (Laura Simpson)

To keep our milk and cream cool, our family used a small stream which had been diverted by flume and ditch to our store and campground from Gray Creek. Our family always kept a cow or two, and a small cement box in the stream, covered with a hinged wooden lid, held bottles of her milk upright with cold creek water flowing between them. If a customer in the store wanted a quart of milk, Dad called on one of us to fetch it from the milk box. Steady customers simply helped themselves. The day's cream from our cream separator went into lard pails. These were placed directly into our stream and weighed down with bricks to prevent them from floating downstream, especially at times when the water level rose.

For the bottles of pop in our store we used an evaporation cooler. This was a lidded tin box of unglazed tile, assembled with sections of galvanized tin. Water poured over the top was channeled down so the side panels stood in water. In principle, the hotter it was the more the water evaporated, and the cooler the soft drinks became. But in actual fact they were only slightly cooler than the air temperature. Our butter cooler used the same principle - a dome of unglazed pottery with a hole on top. We filled it with water and placed it in a dish to evaporate and cool. At least it kept the butter from melting into a puddle!

You could also dig a hole in the ground, which again was cooler than the air temperature. Some houses or cabins had a trapdoor or lid built into the floor, with a box underneath for storing perishables. A more sophisticated version used a dumbwaiter to crank the box down into the basement.

A meat safe - a screened box kept outside in the shade - kept cooked meat and bacon. When the freight truck brought our week's meat it had to be cooked immediately. That meant firing up the wood cookstove, which made the kitchen even hotter. The best solution was to eat it as soon as possible - that way we got it before the flies did. Bacon and ham were a great deal saltier than they are today, as they had to survive in room temperatures. Bacon came in a slab with the rind left on. That only made it chewier. We scraped and sliced off the mold before we cut the bacon rashers. But somehow bacon beetles got through the screening, so we had to watch out for them.

Your safest bet was canned meat, corned beef or sausage. Canned bacon was good, but expensive. Then WWII began, and food shortages and rationing became a reality. Our store received a government order to return all full cases of corned beef in stock. Partial cases were to be "frozen" - held in stock and not sold. That was the only "frozen" thing we had in those pre-fridge days. But home-corned beef could always be made if you had a five-gallon crock and could leave the meat to pickle in brine in a cool place for at least two weeks.

Pigs were a popular option for homesteaders living off-grid and pre-grid. Pigs had large litters which grew quickly, they disposed of your kitchen waste for you, and at butchering time you could use everything but the squeal. A 1917 diary from the Smiths' Earsham Ranch in Gray Creek (now East Shore Properties) includes this "Pork Pickle" recipe for 100 pounds of meat. It calls for eight pounds of salt, two pounds of brown sugar or molasses, a quarter-pound of mixed spices, and two tablespoons of saltpeter (a preservative). (Please don't try this at home.)

Meat and fish were often put up in preserving jars. Carol Hawkins of Crawford Bay recalled her mother boiled the meat for three hours in jars sealed with rubber rings and glass lids, and said no one got sick from eating jarred meat. Her late husband Cliff Hawkins remembered preserving elk or deer steaks in a five-pound lard pail. The steaks were first seared on both sides, then stacked between layers of pork fat in the lard pail, topped with a good layer of fat to seal the stack, and stored in the root house. The meat would last for months. Whenever the Hawkins wanted a steak, they would simply scrape off the fat, enjoy their steak dinner, and reseal the remainder. Roasts were stored in larger tins in the same way.

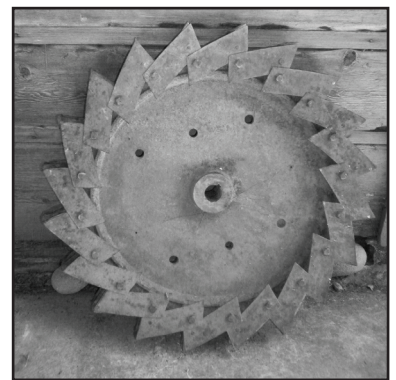
Ice? We didn't have any. The lake never froze and we didn't have a pond to cut ice from. The Frasers of Ledlanet Ranch in Crawford Bay used Fraser Lake for their ice, but it was a lot of work. The ice on the lake had to be kept clear of snow to allow it to freeze deep enough to be worthwhile cutting into blocks. And it so did, down to a depth of two feet or more. The ice blocks were stored in their icehouse well insulated with sawdust.

Ice for the sternwheelers was produced commercially on Mirror Lake near Kaslo. Railways used quantities of ice in their reefer cars, and their "air-conditioned" passenger cars were cooled by blocks of ice in boxes underneath the cars. CPR had extensive ice production on Osprey Lake between Summerland and Princeton. The Great Northern Railway (GNR) cut ice extensively at Otter Lake at Tulameen, north of Princeton. During the January-February ice-cutting season, GNR ice trains up to 100 cars long moved through Princeton on their way to the Wenatchee fruit country in Washington. The books say that ice-cutting was largely over by the 1920s when commercial refrigeration became economical enough to produce ice, instead of having to store vast quantities of it. But I remember seeing ice being cut on the North Saskatchewan River in Edmonton in 1949. This was upstream of the city. Downstream the water was warmer due to the discharge of sewage into the river. And besides, who wants sewage in their drinks?

In the late 1940s, George Oliver built a freezer to store horse meat for his mink and marten fur farm in Gray Creek. It was powered by a Briggs & Stratton engine, which was ruinously expensive to operate. We sold ice cream cones straight from the shipper (a padded insulated container) as soon as it came off the freight truck, and stored any unsold ice cream in George's freezer house.

A more successful walk-in freezer was built by George's neighbours Jim Burge and Charlie Jones on their Caribou Ranch. It was powered by a Pelton wheel on a gravity pipeline from Croasdaile Creek. For many years they rented out their freezer shelves, and we used to hike up there to fetch some frozen sausages. The Burges' freezer ran for years, even after the powerline arrived here. It was the source for the ice we made in plastic dishpans for our campers, but as summer progressed it took longer and longer for these to freeze solid.

When the East Shore powerline was finally energized in May 1952, we had light, but not everyone had refrigerators and deep freezes right away. Not only were these major purchases, but what you had grown up without, perhaps you didn't feel the need of!



This Pelton wheel from Caribou Ranch was made from an old circular saw flywheel by Charlie Jones during WWII. It produced enough power to run Jim Burge's shingle mill, but fell short when it came to sawing logs in his lumber mill. GCHS (Tom Lymbery); Photo: F. Roback

TOM SEZ

by Tom Lymbery

- The Gray Creek Sailing Regatta happens again at Lakeview in Gray Creek on the Labour Day weekend, September 2 – 3.

- Sharon and I went to a well attended memorial conference for Dr. Roland Procter who passed away September 8, 2022. In 1972 Dr. Procter, a newly qualified medical doctor at the McGill Clinic in Toronto, came to Kootenay Lake just as the CM&S CO (COMINCO) was closing the Bluebell Mine at Riondel as well as their basic medical clinic. Procter was accompanied by Mary (Donald) a nurse also newly qualified at McGill. They took over the company's Clinic and we were very pleased to have a full time Doctor on the East Shore. My mother, Kathleen Lymbery had recently come down with a terminal heart condition, so she became their first patient, and they guided her through her final days.

- Expressions you never hear anymore – “Guys don't make passes at girls who wear glasses” and “Candy is dandy, but liquor is quicker”.

- I hope everyone remembers the plaintive whistle of a train in the night. When diesel locomotives first appeared, their whistle sounded like a croak. A coast logger, Gerry Wellburn setup an experimental area, isolated away from houses. He eventually came up with the whistle that today's locomotives use.

- When we were in high school at St Georges boarding school, we found a map of Africa with a country in the middle with the name Twat. No rivers or cities nearby and the map was professionally printed - not the work of someone making a joke. Hard to believe and we asked a teacher who had no explanation, either. And we didn't have a camera capable of photographing a map in 1946.

- The reason that a dog has many friends is that he wags his tail, instead of his tongue.

- In earlier years BC Forest service had the right to take any men out to a forest fire. They would slash out a trail to a suitable spot for a camp where they employed a cook. Johnny Oliver at the age of 15 would be employed packing supplies to the cook. The crew would slash and scrape a trail around the fire to contain it – all were paid 25 cents an hour.



Post Festival Update

Greetings East Shore,

As the echoes of music begin to fade and the last traces of laughter and joy settle, we find ourselves filled with an overwhelming sense of gratitude. The spirit of unity and togetherness that blossomed during the rebirth of Starbelly left a lasting mark on our hearts and souls.

To each and every one of you who made this event possible, whether through volunteering, offering your unwavering support, or simply being a part of the festivities, we extend our heartfelt thanks. Your dedication and enthusiasm transformed Crawford Bay Park into a vibrant tapestry of melodies, laughter, and connection. The success of this festival is a testament to the incredible strength of our small rural community.

A special note of gratitude goes out to the exceptional volunteers who went above and beyond the call of duty. Your tireless efforts and boundless energy breathed life into every aspect of the festival. From set up and tear down to feeding hungry mouths, your kindness and dedication did not go unnoticed. You are the true heroes of this event.

To our cherished community and neighbours, we extend our sincerest appreciation for your patience and understanding. We recognize that the festival may bring certain disturbances to everyday life, and we are grateful for your willingness to endure the temporary inconveniences. Your



graciousness speaks volumes about the bonds that tie this community together. Thank you for opening your hearts and embracing the festival with such warmth and enthusiasm. Your presence transformed the event into a celebration of the unique spirit that binds us together. The support you showed, both in terms of attendance and encouragement, reinforced the idea that we are more than just neighbors – we are a family.

This festival was more than just a gathering of music and merriment; it was a salve for the soul of our community. In a world often filled with challenges and uncertainties, the festival served as a source of healing and rejuvenation. It brought us together, fostering new friendships and renewing old ones, reminding us of the strength that lies in unity.

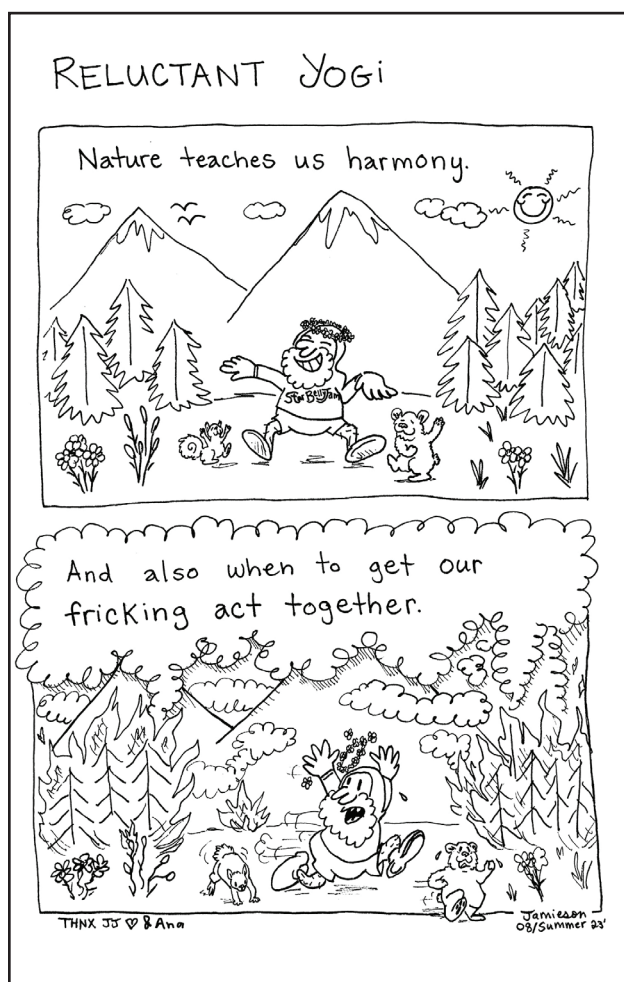
As the memories of this year's festival settle into the fabric of our community's history, we carry forward the lessons of camaraderie, compassion, and the profound impact that collective effort can achieve. Together, we have shown that even in the quiet corners of our world, magic can happen when hearts align.

Finally, we are pleased to announce that in 2024, from July 5-7. We invite you to once again align hearts and create magic at Starbelly Jam.

With deepest gratitude, The Starbelly Jam Fam

GRAY CREEK PASS REPORT

The road is finally open with no restrictions. The crew working on the project stayed at Paul's (Kokanee Chalets) in Crawford Bay remarked that even with a gate at least ten vehicles drove through daily, impeding the work.



ONE UNSPAYED CAT  HAS 4 KITTENS



5 MONTHS LATER



12 MONTHS LATER



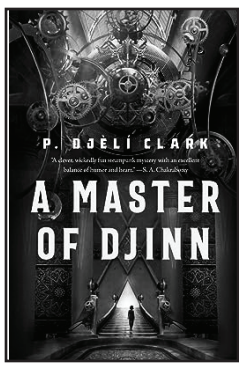
17 MONTHS LATER



SPAY OR NEUTER YOUR CATS BEFORE THEY REACH 5 MONTHS OF AGE!

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BCSPCA
SPRING FOR ANIMALS



For the Love of Genre

by Sharman Horwood
Steampunk!

Steampunk is a sub-genre of science fiction. It's not a broad category, but it is a popular one. The main principle is that it takes place in a Victorian era culture, but with elements of magic, mysticism, and technology that is beyond that age. The movie *The Golden Compass* (2007), based on the first novel in Philip Pullman's trilogy, *His Dark Materials*, is a wonderfully realized Steampunk drama. (Unfortunately, they did not film the sequels. Instead all three novels were filmed for television.)

According to P. Djèli Clark in his lively novella, *A Dead Djinn in Cairo* (2016), the Steampunk elements in his story are a blend of "mysticism and machines" (p.2), and that mixture sets off the premise for his novel *A Master of Djinn* (2022), a book I do recommend.

The novel is essentially a murder mystery, but placed in a Steampunk world. A group--"The Hermetic Brotherhood of Al-Jahiz," formed in the late 1890s--promotes the heritage of al-Jahiz, who opened their world to the djinn, as well as angels, ifrits, and other supernatural beings. Al-Jahiz "bored a hole into the Kaf, the other realm of the djinn" (p. 25), giving these magical creatures access to Earth. Magic thus entered the world. England "recovered skills of alchemy and the mystic arts" (p. 6), along with most other countries. Not all of them respond well to the sudden change. In the United States, for example,

magic was "met with persecution" (p. 82).

The primary locus for this magic is in Egypt. It finds a home there and it transforms Egyptian culture. After "the return of the djinn, esoterics and spiritualists" (p. 64) flocking to the country, Egypt welcomes them, and boasts of its "modernity. Women attended schools and filled the booming factories. They were teachers and lawyers" and they'd been granted suffrage (p. 31). As a result of the transformation, "Cairo brought in people from all over. Some looking for work or drawn by stories of mechanical wonders and djinn" (p. 80). And there are mechanical wonders. Along with airships, and driver-less carriages, there are "spectral goggles" that reveal traces of magic. There are also boilerplate eunuchs--these are automatons, able to speak and carry messages, doing much of the basic tasks in the workplace. Clark is particularly inventive with his "machines."

In 1912, The Hermetic Brotherhood of Al-Jahiz calls a meeting to celebrate their hero and all of his accomplishments. They gather relics to safeguard them, almost religiously worshipping al-Jahiz. An uninvited guest attends the meeting, and just after it arrives, all of the Brotherhood is killed.

Fatma el-Sha'arawi is an investigator for the Egyptian Ministry of Alchemy, Enchantments, and Supernatural Entities. She has been assigned the job of solving this brutal mass murder. She is joined by an assigned rookie partner she does not want, and a female friend--Siti--who she welcomes. Together the three interview various djinn, including the Marid (a class of djinn) and Ifrit, all present in Egypt once "the weakening of the barriers between the many realms" (p. 105) changed the world entirely. These three travel through a Cairo that is inhabited by a wide mixture of people. Some worship the ancient Egyp-

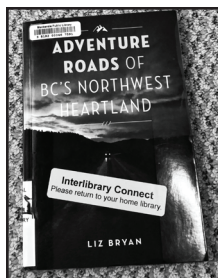
tian gods, while others worship other entities, including those manifesting in this new Egypt.

Their investigation takes them to strange places in Cairo. One of the first is a nightclub where they meet with a group of black musicians from Louisiana. And their friends, one of them a Marid. They also go on a police raid in the City of the Dead, el-Arafa. The increase in immigrants, particularly to Cairo, means an enormous increase in poverty. They camp or squat among the tombs and their ruins, the living invading the territory of the dead.

The investigators face prejudice among the wealthy, both for being not rich, and for Siti's Sudanese background. She is dismissed by them as a black servant, and therefore probably a thief. Also, as investigators, they come face-to-face with the creature that murdered the Brotherhood. It is attempting to develop a following among the Cairo poor, and when Fatma and Siti attend a rally, they are attacked. Fatma begins to wonder exactly who this creature is: it is enormous, and masked. Could it be the reincarnation of al-Jahiz?

P. Djèli Clark is a pseudonym for Dexter Gabriel, an assistant professor in the History Department at the University of Connecticut. He wants to keep his speculative fiction separate from his academic work, and thus uses a name that refers to griots--traditional West African poets, historians, and storytellers.

Clark's work has been nominated for award after award, and although he is a relative newcomer (his first work was *A Dead Djinn in Cairo* in 2016), he's won several: The British Fantasy Award, the Locus Award (twice), Nebula Award (twice), and been nominated for many others. Sometimes he tries a little too hard to be trendy, but *A Master of Djinn* is still a good read. I hope he writes more, and develops this as a series.



Book Review

by Tom Lymbery

Adventure roads of BC's Northwest Heartland

by Liz Bryan, Heritage Publishing. 224 pages

Liz Bryan takes you mile by mile along many of BC's little travelled back roads, giving you a sense of adventure that's new to you. This will lead your travels into beautiful scenery.

For years I have wanted to follow highway 20 from Williams Lake all the way to Bella Coola and it appears to me that this book gives me the only opportunity I shall ever get to that trip.

Liz suggests you make the trip to Fort St James, north of Prince George. I strongly recommend this, as this is the oldest settlement by Europeans in the west. Later Governor of BC, Sir James Douglas was stationed here and married his Metis wife here. When the BC Historical Federation had its annual conference in Prince George a tour bus took us to Fort St James, and we had bannock and beans and then toured the fort buildings which have been carefully preserved. This book includes a photo of the Bush Pilot Memorial plane, but our bus driver got stuck on a back road without finding it.

This book has ten chapters for ten different back roads, so you can pick up this volume and choose where you want to travel next, either in person or in your mind.

East Shore Reading Center

by Taryn Stokes, Librarian

Happy fall to everyone! With the weather cooling and smoke hopefully clearing it is a great time to pick out a few books.

We added 20 books this month including novels from popular authors such as Dean Koontz, Ann Patchett and Kathy Reichs.

The Annual General Meeting for the library society was held in July. We are pleased to announce that we will once again be open Thursday evenings from 6 to 8 PM, starting in September. This will offer additional flexibility for our members but is dependent on usage and volunteer availability. We also hope to have an author reading at the library in the fall.

Another exciting occurrence in the fall is the ordering and arrival of fall books. Many of our favourite authors have new books forthcoming. I find non-fiction books challenging to order because there is so much variety in interests. If there is a particular book that catches your eye, please let me know by email (below) and I can order it.

We are open Tuesday and Saturday from noon until 3PM (and starting September, Thursdays from 6 to 8PM) and can be reached at 250-777-1492 or via email at escomlib@gmail.com. Our address is 16234 King Road, across from the Crawford Bay Hall. We are pleased to host the 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

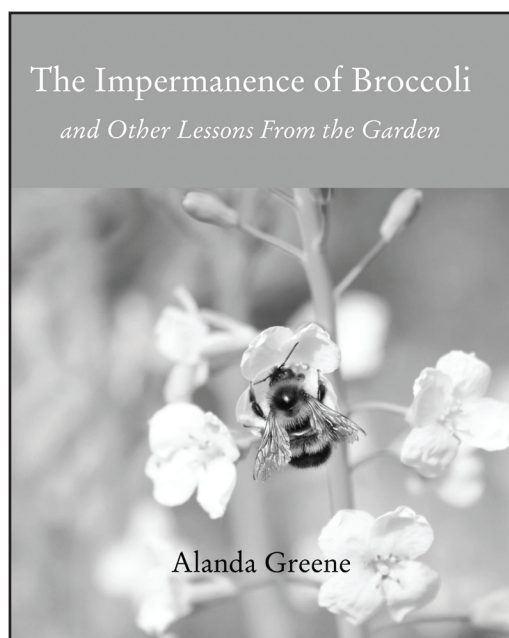
LUCAS MYERS PLAYING AT HARRISON

We have had a very busy concert season at the Harrison Memorial Centre so far and it is not yet over. The quality of our performances has been steadily rising from virtuosic guitarist *Emma Rush*, *Night Howl's* show, through a high energy flamenco band *Bardic Form*, culminating recently in the amazing piano solo performance given by virtuoso *Gabriel Palatchi*. And let us not forget the beautiful night with the Mexican guitar virtuoso *Julio Flores* with local master players *Kenji Fukushima* and *Morgan Rael*. We were blessed with steadily high virtuosic caliber of musicianship. Our lovely venue is now definitely on the map and gaining reputation for "good entertainment each time".

And there are more good things to come this fall. In October we will be fortunate to welcome *Lucas Myers* with one of his plays -- an incredible treat! The "*Cromoli Brothers*" won the Best Comedy Award at the New Zealand International Theater Festival. Lucas is known for his accessible, thought-provoking kind humour. This super talented actor has performed in many of the major theatres across Canada as well as touring internationally to the US, England, France, Switzerland, Mexico, and New Zealand. We are in the process of negotiating, so please watch out for posters.

A Mainstreet Interview

The Impermanence of Broccoli and Other Lessons From the Garden - by Alanda Greene



This book was published in late spring by local author, Alanda Greene. In August, she engaged with Mainstreet in a conversation about how it came to be and why it matters to her.

Congratulations on this. Can you tell us what inspired you to write this book?

Thank you. I've gardened for much of my life and have found that both the work and the place encourage a quiet, reflective process that

evoke musings and insights. Over time I noticed this process was also one of learning, that as I learned about the garden, I learned about myself, about life. An invitation to write an article for a magazine on the theme of death as it related to the garden was a great opportunity to collect and articulate some of those musings and learnings. That piece of writing led to another magazine's request for more like this, resulting in 23 articles over several years, published as an intermittent column called *Lessons From the Garden*. Regular positive feedback gave the idea of bringing them all together, that perhaps other gardeners would resonate with the themes, find they echoed their own experiences.

Can you talk about the kind of learning you experienced, the lessons the garden inspired?

The book title itself is also the title of a chapter that began one early spring when broccoli seedlings emerged. I realized how these tiny plants were broccoli, would be broccoli in a couple of weeks and still be broccoli when I later steamed them for a meal. Through spring, summer and fall as the various stages of broccoli manifested in different forms, I experienced a viscerally felt insight into the concepts of impermanence and ceaseless change. These ideas weren't new, but I felt them in a new way, as if my whole being perceived it. What the garden was teaching me was a great deal more than just the meaningful processes of growing healthy food, contributing to food sustainability and finding refuge from

the anxiety, despair and overwhelm stimulated by our current global situation.

Some chapters are about personal learnings that emerged when the quiet of the garden allowed me to perceive concepts, expectations, biases, habits, and beliefs that act in my life. This felt important because these patterns often function at an unconscious level. I want to be aware of them in order to have choice as to how they influence my actions and often obstruct my best intentions. These times of dire need on our planet call for being aware in order that our choices can alleviate harm.

The chapter titled *Raspberries as Agents of Change* resulted from recognizing how certain perspectives, particular ways of looking at situations, can feel compellingly to be the right way. For all the token nods given to tolerance and respect for different views, a lot of positions are held with an "I'm right and you're wrong" stance. The polarized positions so vehemently defended these last few years exemplify this. Seeing from a different angle, a lesson revealed from the raspberries, is an antidote to such imbalance of perspective.

The two chapters on weeds reflect learning about perceived flaws in myself, about how I should be but aren't, about where these ideas come from and about what qualities I want to strengthen and what I wish to eliminate. Like weeds in the garden, it's a work in progress.

From 23 chapters, do you have a favourite, or one that you would describe as the most important lesson?

Not a specific chapter but a theme recurs in the book about connecting with the non-human world and realizing that there is knowledge and wisdom contained in it and that this is accessible to humans. Indigenous peoples regularly offer the teaching that all beings are connected, often spoken of as "All my relations." Wendel Berry - the 89-year-old writer, environmental activist, and farmer - said, "If you don't know where you are, you don't know who you are." The connections with soil, plants, and animals that a garden offers develops a perception of where each of us is, part of this web of life on the planet.

Another important lesson is that small choices can have large consequences, as we have learned from systems thinking. Believing that any person, or place like a garden, is too insignificant to make a difference in the huge scope of difficulties we are facing is a limiting idea that can be challenged through connection with the non-human world. Choose actions consciously no matter how small they seem. Conscious choice comes from knowing yourself. You can learn about yourself in the garden. You can learn to make the kind of conscious choice that serves the living web of being.

The book can be purchased at East Shore Art & Wellness in Kootenay Bay, at Barefoot Handweaving in Crawford Bay, and at Otter Books in Nelson.

Riondel Art Club by Sharman Horwood



Summer is ending, unfortunately. I am pleased that we did have rain, and not too much wind to make life difficult. This leaves a good time to be creative in the coming month.

At the end of August, the art club will be changing the paintings we have hanging in the Riondel Community Centre hallway. Please stop by to see what is new, what is old, and what you may like.

I am also very pleased to announce that Gerald Panio will be giving his Tuesday afternoon art lectures, starting September 12. On September 12, he will give a lecture on Gustave Courbet. Courbet was a 19th century French painter who led the Realism movement. On September 19, Gerald will show a film: Waldemar Januszczek's video on "Rococo's Descent into Madness." Januszczek is always entertaining. Next, on September 26th, Gerald will give a lecture on Canadian artist Kathleen Munn. She is a pioneer of modern art in Canada, "though she remained on the periphery of the Canadian art scene during her lifetime" (*Wikipedia*). On October 3rd, Gerald will show a video: Michael Grant's *Art of the Western World*, "Realms of Light: The Baroque." The lectures and videos will take place on Tuesday afternoons, starting at 1:00 p.m. There is a drop in fee for non-art club members.

And if you're at all interested, even slightly, drop by and see if you would like to join the art club. We meet every Tuesday, starting at 10:00 a.m., and we do welcome newcomers. Everyone can paint or draw--try it!



Below is an excerpt from the FoKLSS Annual report, which can be found in its entirety on the eshore.ca website.

"Formed in 2012, Friends of Kootenay Lake Stewardship Society (FoKLSS) is a not-for-profit organization dedicated to sustaining a healthy Kootenay Lake for future generations.

Kootenay Lake is a long, narrow, ultraoligotrophic lake bordered by the Selkirk and Purcell mountain ranges in southeastern British Columbia. The lake connects numerous quaint mountain communities and holds immense cultural, spiritual, environmental, economic, and recreational value. Kootenay Lake's sensitive aquatic ecosystems are impacted by altered water levels, altered shorelines, urban runoff, littering and pollution, erosion and disturbance, low nutrients, and climate change. A local history rich in environmental advocacy has created a culture of concerned citizens who want to see the lake thrive for future generations. We believe that on-the-ground stewardship action and environmental education is the best way to build upon this legacy and continue to promote sustainability and resilience in an increasingly uncertain future.

This report provides an overview of our 2022 accomplishments thanks to the support of our community of members, volunteers, partners, and supporters."

Visit www.eshore.ca to view the report.

NEXT DEADLINE

Weds Sept 27

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

Bluebell Publishing: Administrative Services
Contact Dee at 250.551.8800 or editor@eshore.ca

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.

ANNELYARRAK 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@kootenaysoundhealing.com, 250-225-3518

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

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

James Linn - tree falling services on the East Shore. Contact jlinn6586@gmail.com / 250-354-3417

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.

Market in the Pavilion!

Riondel Park & Campground

Sat, Sept 2 from 10AM - 2PM

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

NEXT DEADLINE

Weds Sept 27

**NEW! FIND THESE
PAGES ONLINE @
WWW.ESHORE.CA/
BULLETINBOARD**

IN LOVING MEMORY

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, Sept 6	Jayme Ingram, NP; Dr Piver*
Fri, Sept 8	Dr Deans; Jayme Ingram, NP
Mon, Sept 11	Jayme Ingram, NP; Dr Piver*
Tues, Sept 12	Jayme Ingram, NP
Weds, Sept 13	Jayme Ingram; Dr Piver*
Thurs, Sept 14	Dr Deans
Fri, Sept 15	Jayme Ingram, NP
Mon, Sept 18	Jayme Ingram, NP; Dr Piver*
Tues, Sept 19	Jayme Ingram, NP
Weds, Sept 20	Jayme Ingram, NP
Thurs, Sept 21	Dr Deans
Fri, Sept 22	Jayme Ingram, NP
Mon, Sept 25	Jayme Ingram, NP
Tues, Sept 26	Jayme Ingram, NP
Weds, Sept 27	Jayme Ingram, NP
Thurs, Sept 28	Dr Deans

*Locum bridging coverage

In Memory of Will Andrusiak

Will's sister Lorraine Edey, of Kimberley, and her family, along with his brother Jim and family, of Australia, are pleased that you can share a few minutes to remember Will.

A brief history of Will's journey through a less than rewarding life:

He was born on August 17, 1944, in Cranbrook, B.C. when his parents lived in Moyie. They moved to Tye, and then a couple of years later in 1948, to Procter. Willie attended primary school in Procter and secondary school in Riondel when the Andrusiak family moved there in 1955.

Willie studied at UBC for three years until mental illness limited his future.

He spent the rest of his life in Riondel, where he felt secure, and benefited from an understanding and caring community. Living there was one of the few good things that he was able to appreciate and enjoy. His siblings are thankful for the comfort and thoughtfulness provided to Will. May he finally rest in peace.



In Memory of Bernice English

Bernice passed away peacefully on July 31, 2023 at the age of 101 at the Creston Valley Hospital from a stroke.

Bernice was born on April 14, 1922 in Saskatoon, SK to parents Charles and Hazel Billard.

Bernice lived independently in her own home until the end with her little dog Keisha, which was her wish. She was a great Equestrian rider and won many trophy's in cross country endurance riding in Alberta and the United States.

Bernice is predeceased by her parents Hazel and Charles Billard, her husband Douglas English.

She is survived by her daughter; Nancy, son; Jim (Judy), grandson; Brad (Darcy) and granddaughter; Lauren.

Online condolences can be made at www.crestonvalleyfuneralservices.ca.

Funeral arrangements were trusted to Creston Valley Funeral Services, 218 Northwest Blvd PO Box 749 Creston, BC V0B1G0, (250) 428-0186



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

Sound Healing Kootenay Bay - by appt
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
Acupuncture & Massage Kootenay Bay - by appt
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
Craniosacral Therapy Kootenay Bay - by appt
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 & Massage with Melina in 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

East Shore Youth Network Schedule

Sept 9 - Yasodhara Ashram and 1-hour yoga session from 1:45 pm - 4:30 pm.

Sept 13 –Tech Room at the Riondel Community Centre from 3:30-5:30 pm.

Sept 22 - Kokanee Mountain Zipline – RSVP required; waitlist may be in place.

Sept 28 - Tech Room at the Riondel Community Centre from 3:30 pm-5:30 pm.

Oct 14 – Annual Helping Hands Community Event 9am - 4pm

Oct 20 - Babysitter Bootcamp in Nelson from 10:15 am to 5:15 am – RSVP required, waitlist may be in place.

Contact Melina @cbesyn@gmail.com to sign up!



SPECIAL EVENTS

Boswell & District Emergency Volunteers Corn Roast

Sat, Sept 02 @ 5:00 PM

Market at Riondel Park&Campground

Sat, Sept 02 10Am-2PM

Public Info Mtng - Extended Sailings

Thurs, Sept 7 @ 5:30PM

JUNK at Gray Creek Hall

Fri, Sept 8 @ 8:00 PM

Climate Action Plan Open House

Mon, Sept 11 @ 4:00PM

Boswell Historical Society AGM

Fri, Sept 29 @ 4:00 PM

Riondel Community Park&Campground Society AGM

Sat, Sept 30 @ 2:00 PM

Boswell Fall Fowl Feast Dinner

Sat, Sept 23

Weekly Event Listings are free!

NEXT DEADLINE

Weds Sept 27

As the season winds down...

by Dee Gilbertson

We bid farewell to our friend Leah this month as she moves back to the East Kootenay for winter. We very much enjoyed her company and appreciated her help and skills immensely! As such, the Wellness Room rental of Saturdays is now available. Interested practitioners may contact info@artandwellness.ca for more information.

The East Shore Youth Network utilized the patio space for a late-evening movie and six ladies enjoyed Patio Paint Night led by our talented artist Tracey Samphire.

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. Please note, we are slowly updating our site to include examples of all our artisans work. It has taken a little longer than anticipated.

We now have 59 artisans work on display! We are looking to increase our collection of local books for sale so if you are, or know of, a local author with a book for sale please send them our way.

We also are pleased to now have cold water, small snacks, and Happy Gut kefir water available! If there is a healthy product you would like to see on our shelves, let us know.

Andrea Wilson

Andrea has a deep reverence for the inherent wisdom of the human body. She has been a bodyworker for over 18 years and a Registered Acupuncturist and Traditional Chinese Medicine Practitioner for the past 6 years. Motivated by innate curiosity and a true desire to help others, Andrea is grateful to be of service.



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

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

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

Wellness Space & Patio Rental

Inquiries: info@artandwellness.ca

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

We thank all of our contributors for their presence in the Gallery. Without you, none of this is possible -- and we are certainly enjoying what is evolving so far. The feedback from visitors has been really wonderful, and we look forward to building on the what has been established so far.

We hope you will 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 remaining days of summer!

We are always open to discussing potential opportunities!

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

Lee Reidl



I am a Sound Therapy and Puo' shk i'a ni Tameana practitioner living on the East Shore of Kootenay Lake. I work with groups and individuals in public and private spaces throughout the region. My childhood in Europe and South America seeded a love of archetypes, symbols, and crystals. These ingredients, coupled with the experience of working with diverse kinds of practitioners on my healing journey, have brought me to work with vibration. For me, this work is deeply joyful and holds both aspects of remembering and emergence. I am a student of Acutonics® and work with Acutonics Planetary frequencies through tuning forks and hand chimes. I also weave Tibetan singing bowls, crystals, and traditional Wisdom practices into treatments. Sound Therapy and Acutonics are a very relaxing experience. This work is also effective in initiating and fortifying a desired shift in life: from the physical to the metaphysical. Sound therapy is a complementary practice. It works with other modalities such as herbal supplements, self-reflection, and relaxation techniques or physical exercise to enhance the benefits of everything else. As the vibration from the sound tools travels through the water in our bodies, emotions, thought patterns, and physical impediments are accessed non-invasively. Spaces and places in the deepest parts of our being can soften, open, and utilize the frequency to transform inner resistance into receptivity. When we are relaxed and receptive it is easier for our personally innate and unique wisdom to direct us toward healing and integrating wounds, misalignments, and patterns that have inhibited us from living fully and expressing our entire selves.

As a Tameana practitioner, I use the frequency of crystals and the power of symbols to activate geometry to transmute and transcend blockages in the energy fields. This practice aligns all layers of Self - physical, mental, emotional, and spiritual - across timelines and dimensions. Tameana is ancestral Galactic knowledge that has returned to our collective consciousness. It is very supportive for navigating the human and planetary evolution happening at this time. We are taking a big step into the expression 'We are Made of Stardust.' That stardust is waking up inside of our cells and consciousness.

Everything vibrates and thereby has a frequency. When our personal frequency experiences resonance in a Sound or Tameana session, our inner capacity to re-member is encouraged. The process of vibrational entrainment enhances relaxation. Relaxation is foundational to increasing inner peace, harmony, and coherency. This is another way to speak of healing. When all layers of Self emanate a harmonious frequency, our capacity to attract synchronicities and open possibilities aligned with our greater purpose and deepest

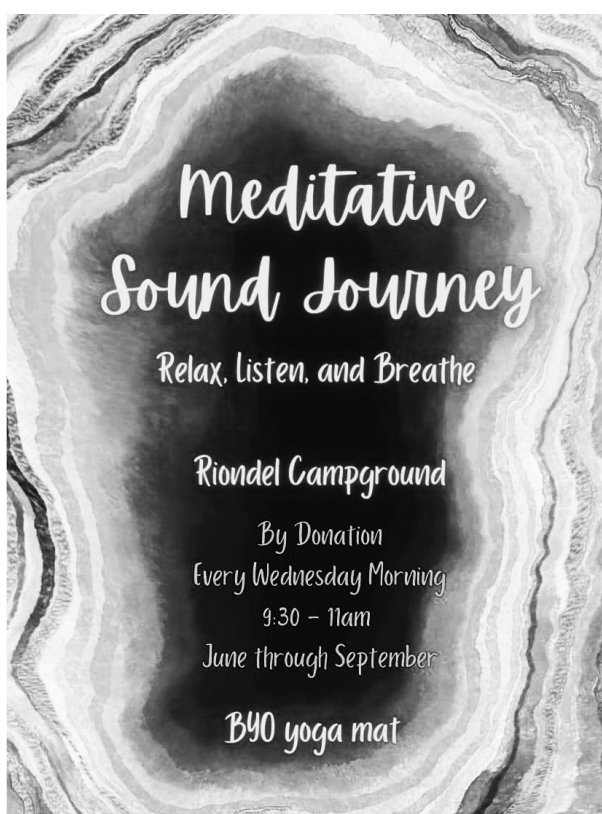
Continued on page 23...



Acupuncture
& Chinese Medicine
Andrea Wilson, R.TCM.P, R.Ac.

@ East Shore Art & Wellness
16898 Hwy 3A Kootenay Bay

Book online @
www.innerpath-wellness.com
250-551-5767



Meditative
Sound Journey

Relax, Listen, and Breathe

Riondel Campground

By Donation
Every Wednesday Morning
9:30 - 11am

June through September

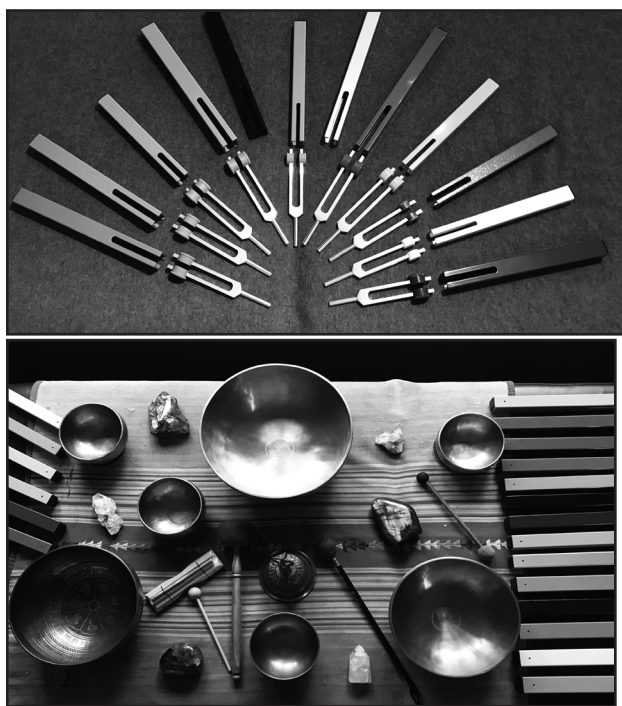
BYO yoga mat

...cont' from page 22

Joy increases. This is the movement of opening to Life. Expressing the incredibly unique and beautiful Self that each one of us embodies. We are all remembering ourselves back to the Love that we are.

Private Sessions are available on Mondays by appointment at the East Shore Art and Wellness Gallery. Public Sound Baths by donation continue through September on Wednesday mornings at the Riondel campground 9:30-11 am. Regular group events take place in Creston, the Slocan Valley, and Castlegar. Private sessions can be available on these travel days. Private group events and individual sessions beyond the listed times are available. I am happy to travel and offer sessions in homes and community locations.

Please contact me via email at congruentlee@gmail.com for bookings and questions. I look forward to working with you.



Christina Rella

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 started as minor, I convinced myself it was normal. Over time I began to feel lethargic and lose energy. My brain was in a fog, I could not concentrate or sit still. 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 in its tissues. Every experience is recorded. Sometimes when an experience is too overwhelming, 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 that were causing imbalances throughout my entire system.

Had I not found craniosacral therapy I would still be in a state of shock. I was unknowingly living in subconscious fear. The trauma of each impact still living in my tissues. Each imprint in my nervous system influenced my thoughts and my beliefs and created the life I was living. At that time, I was alone, and it felt like a struggle to survive.

After experiencing craniosacral therapy, my life started flowing in beautiful new ways. The shock that was living in my body has been released. I now live in a state of peace on land that connects me to my natural rhythms. I'm in a loving relationship and I have a fulfilling profession that supports others' health. Not to mention, 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 that get stuck 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 causes, and the general restoration of health and well-being resulting in a better quality of life.

Craniosacral therapy is not only energy work. It is based in science and the physical anatomy and physiology of the body. As practitioners we attune to and nourish the health of each individual. The health is 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

Melina Cinq Mars

To harmonize the body, mind and heart desires is the core intention of the services I offer. I have been an active, certified, yoga teacher and Thai Yoga Massage practitioner since 2004. I love learning and exploring various healing modalities, which keeps my classes and treatments rich and inspired.



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

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

I look forward to moving and breathing with you!

life force energy is not flowing and is bound up in a physical condition or pattern. By attuning to these areas with presence and touch, the patterns begin to unwind, and the life force energy is set free. The body can then begin to restore health and balance homeostasis from within.

When injuries or symptoms are left for longer periods of time they generally (but not always) get harder to treat meaning more sessions might be needed. 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 your 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. Nourish the health of your body and keep illness away.


Healthy individuals make healthy communities.



— SEA WITHIN —
CRANIOSACRAL
BIODYNAMIC HEALTH

CHRISTINA RELLA, RCST®
Registered Biodynamic Craniosacral Therapist
East Shore Art & Wellness, Kootenay Bay

Ignite the natural healing forces within your body



- Restore health
- Heal trauma
- Release tension
- Settle into stillness

email: seawithin@pm.me to book a free 15min Phone consultation to see if this work is a fit for you
Or call (250) 551-4110 to book a session

EAST SHORE EVENTS

WELCOME BACK!



SD8 welcomes all students and families back to school on Tuesday, September 5!
Find your school at sd8.bc.ca/schools



School District 8
Kootenay Lake

Please drive safely,
watch for children and
yield to school buses.

Boswell & District Emergency
Volunteers Corn Roast
Saturday, September 2, 2023
5:00 p.m.
Fall Fowl Feast Dinner
Saturday, September 23, 2023

Annual General Meeting

The Boswell Historical Society is
hosting their AGM

Friday, Sept 29 4:00 PM at

The Heart a gathering place



POTLUCK
DINNER TO FOLLOW.
EVERYONE
WELCOME!

PS: Along with the AGM, there will be "a great unveiling" of our new signage, the honour wall, a commissioned painting by Karen Arrowsmith, and launch of the new external storage and community cupboard initiative.

Annual General Meeting



SATURDAY
SEPT 30 2:00PM
AT THE PAVILION IN THE
PARK/CAMPGROUND

As we bid farewell to our retiring board members we invite anyone with interest in being part of the board to come down and meet the team. Thank you for your ongoing support!

ANOTHER PUBLIC INFORMATION MEETING!

THURSDAY SEPT 7
CRAWFORD BAY PAVILION
5:30 - 7:00 PM

Join us in further conversation about the Extended Ferry Sailings Initiative before we present our request to our MLA



East Shore Properties For Sale



AT HOME IN

THE KOOTENAYS

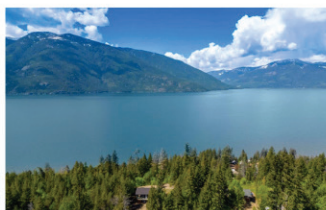
Single Family



12-16321 Woolgar Rd
MLS# 2472018



15127 Oliver Rd
MLS# 2472637



14504/ 14506 Hwy 3A
MLS # 2470722



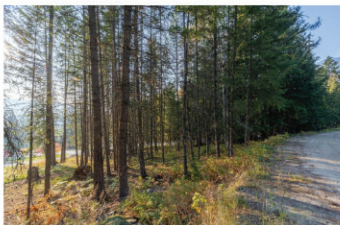
15181 Gray Creek Rd
MLS# 2470205

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