

# REQUEST TO LOCAL MLA:

*Please advocate to extend the schedule and reinstate the Advisory Committee for the Kootenay Lake Ferry!*



Photos: Top left by Andrea Betke; pictured left to right is Dee Gilbertson, Ben Bellward & Brittny Anderson. Top right by ES Mainstreet; Osprey 2000 pulling in to dock at Kootenay Bay terminal. Middle left photo by ES Mainstreet; Ben & Emily Bellward, Brittny Anderson. Bottom left by Megan Rokeby-Thomas; pictured left to right are Captain Jay Ward, Emily Bellward, Ben Bellward, Dee Gilbertson, Brittny Anderson, Brian Coe. Bottom right by ES Mainstreet; pictured left to right is Captain Jay Ward, Ben & Emily Bellward.



*See page 3  
for details*



## Mainstreet Meanderings

by Dee Gilbertson, Editor

Well, September was an unexpectedly busy month.

Through July and August the stream of visitors to our area was steady while in September they seemed to ebb and flow like the tide. I expected September to be the beginning of quiet, and indeed it was, it just took a couple weeks longer than I had assumed!

The height of activity for myself was certainly presenting (along with my two youngest children and a few other community members) our MLA, Brittny Anderson, with an official request to extend the sailing schedule of the Kootenay Lake Ferry system. Please find that letter following, and know that we have also collected (at last count) over 600 signatures and over 90 letters of support.

I also attended the Regional District's Open House regarding their Climate Action Plan. I look forward to hearing more details about in-person focus groups and continuing the communication regarding these important plans in our local area.

It has been brought to my attention that the Mainstreet has a tradition of a Christmas Greetings Fundraiser that I would like to uphold. Proceeds from space purchased for Christmas Greetings in December will all be donated to the local Food Hamper Drive. Please submit your Greeting and payment by Nov 22. Cost will be by donation.

In the same spirit, please check out the advertisement from Newkey's Place about their Christmas Auction Fundraiser.

I will leave off here, to save room for the letter to our MLA - thank you for reading!

### THE MAINSTREET OFFICE DESK

PO Box 140,  
Crawford Bay, BC V0B 1E0  
Phone: 250.551.8800/Web: eshore.ca  
**Editor: Dee Gilbertson** (since 2023)  
**Writers:** Community (*thank you all!*)  
**Article? Letter? Etc?:** email editor@eshore.ca  
or call 250.551.8800 for alternative arrangements

*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**

### PUBLICATION SCHEDULE

**NEW!** 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.

### KOOTENAY LAKE FERRY INITIATIVE LETTER

September 10, 2023

Attn: Brittny Anderson MLA Creston-Nelson  
433 Josephine Street Nelson, BC V1L 1W4

Dear Brittny,

We are writing to request that you strongly and urgently advocate for extending the ferry service on Kootenay Lake with earlier and later sailings as well as for the immediate reinstatement of the Kootenay Lake Ferry Advisory Committee.

The ferry schedule that was in place for fifty years prior to the year 2000 had a first sailing at 6:00 AM and a last sailing at 1:10 AM. Service was significantly reduced with the introduction of the Osprey 2000 twenty-three years ago. Our community is growing rapidly with an eighteen percent increase in census population in the last five years. There will very likely be further increasing demand for reliable transportation, access to healthcare services, employment, education, business opportunities, and other necessary services.

We have collected over four hundred signatures on our Kootenay Lake Ferry Extended Sailings Petition since the end of July. Utilizing the previously created website, www.ourferrymatters.ca, we have received since the end of August eighty-eight submissions in support of earlier and later sailings. Eighty-nine percent of respondents noted access to treatment and emergency medical care as a top priority; eighty-nine percent the importance of access to family, extracurricular activities, and entertainment; and seventy-four percent the necessity of access to employment, education, and business opportunities. Submissions are continuing to be received.

Since initiating this conversation in our community over the summer, we have learned of examples such as an elderly people sleeping in their vehicles in order to be on time for medical appointments. Community members of all ages being stranded in Nelson after emergency room visits. Youth being stranded at the ferry terminal due to the transit bus being late to the last ferry. Young adults being unable to attend secondary education due to the fact they would be fifteen minutes late for class (yet the norm has become for our high school students to commute to

Nelson via School District bus services). Extracurricular activities across the lake are difficult to access due to unpredictable wait times and the timing of the last ferry. Driving to the last ferry at night in the winter is a real safety concern as well, with countless stories of risky commutes and even a fatality along the highway up the lake of the communities family physician. We have heard from individuals and businesses on either side of the lake who cite the ferry schedule as being an absolute barrier to employment.

We urgently need a reliable and accessible ferry service. An extended ferry schedule would address many of the priority concerns cited by residents as well as improve public transportation integration, accessibility to healthcare, employment, and education; as well as promote community inclusivity and connectivity while reducing regional disparities.

Providing the necessary support and linking with other transportation services would decrease the need to use the Kootenay Pass and also provide opportunity for reduction in personal vehicle use, which would assist in provincial carbon-reduction goals.

Implementing an extended ferry schedule would also enhance tourism in the region, allowing Kootenay Lake to equally promote the area's destinations and attractions, drawing in more visitors. As a result the local economy would benefit from increased tourist spending, job creation, and increased investment in the tourism sector.

A reliable and extended ferry schedule is essential during emergencies or natural disasters to assist with the evacuation of residents and the transportation of vital supplies and relief materials.

After much conversation with all parties involved it is our understanding that Western Pacific Marine could greatly improve its ability to attract and retain employees by implementing an extended ferry schedule and changing to a day-for-day employment contract with the ferry crew; a model already existing for the other in-land ferry systems. This would also allow for staff from neighbouring crews to cover for Kootenay Lake staff given the same schedule. Negotiations between WPM, the BC General Employees Union, and the crew members should be ongoing and this is why the Kootenay Lake Ferry Advisory Committee was created in the early 2000's. The last meeting we can find record of is 2006.

Considering factors such as public welfare, economic growth, improved connectivity and accessibility, we strongly urge the government to approve extended ferry service on Kootenay Lake.

As we know there are other important issues regarding the ferry service, we also strongly urge the government to immediately reinstate the Kootenay Lake Advisory Committee as a means for all involved parties to work together to build a reliable and accessible ferry service.

Thank you for considering this important matter.

Sincerely yours,

Kootenay Lake Extended Ferry Sailings Initiative  
Community Working Group

c/o East Shore Mainstreet Newspaper

Megan Rokeby-Thomas, Ladybug Coffee

Dee Gilbertson, East Shore Mainstreet Newspaper

Gisela Conrad, Bocalino Restaurant

Daryl Shuel, Community Member and Commuter



## 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!**

### Tribute to Anna Rose Community Physiotherapist

by Mary Donald

It has recently come to my attention that Anna Rose retired from being our community physiotherapist this past year. I would like to thank her for all her years of caring service and helpful therapy to countless patients, including my family.

As I was the community nurse, and with both of us operating out of the East Shore Community Health Centre, it was quite wonderful to be able to just walk down the hall to her office to gain her insight and advice in treating common patients. And vice versa where our fields of care overlapped. I always appreciated her intelligence, thoroughness and expertise in body mechanics. And always her cheerful easy-going manner, as well!



Here we are in the photo with a sample vertebral column in 2013, with Anna on the right.

So I extend a big THANK YOU to Anna for all the years you were here for us. How lucky we were to have such an excellent physiotherapist right here in our own community.

May you enjoy your retirement for years to come!

## Local Youth Rides Into First Place!

- submitted by Lisa Wilkinson

Makayli Wilkinson, graduate of Olds College, currently working for Cottonwood Falls Animal clinic, has been training to compete in Chilliwack 2023 Nationals, BC Provincials. She has finished the weekend placing 1st!



A little write up from Makayli:

Game face in 3..2..1... once again I will be travelling down to Chilliwack with Ella Wilkinson as my travelling buddy and family support this year. Humongous thank you to my wonder-Mom Noelle Wilkinson for helping support me

financially as I

continue to chase my dreams! We will be leaving tomorrow after I'm done work.

Excited and feeling good and ready to compete at the 2023 Chilliwack CVI and BC Provincials/Canadian Nationals. Each competition I have competed in this I've always gone up another level. I've now exceeded the level I intended to compete in for the year (Intermediate Canter) and will now be competing in Advanced Canter. I am extremely nervous and pushing myself out of my comfort zone, with some hard competition and against some girls who have been in this level for some more time than I. But I'm going to take it as it comes. Try not to create unrealistic expectations and have fun!!!

Super excited to showcase what I have been working so hard on and get a baseline for where I will be for the next competitive season. I got this!!!!

(PS super excited to see some friendly faces and friends I haven't seen in a while).

### SUBMISSION DEADLINES

Nov edition - Oct 25

Dec/Jan edition - Nov 22

## Dear Friends,

During COVID, I realized that for me relationships are more important than opinions. Because of that, I refused to discuss being pro or anti vax.

Our need for kindness, respect and relationship is crucial, and we can't afford to be divided at this critical time.

As someone who has paid attention to the effects of climate change for decades I lose sleep over record forest fires, smoke and the resultant threats to our health. Yet many of us are openly hostile towards our local government's efforts to address climate change.

I've checked with RDCK staff, and there's no plan to take away wood stoves or gas powered vehicles, and fifteen minute cities aren't a thing in the Kootenays. They want better transit, more support for local agriculture and better emergency preparedness.

## MEDIA RELEASE

September 26, 2023

### Request to Local MLA:

*Please advocate to extend the schedule and reinstate the Advisory Committee for the Kootenay Lake Ferry!*

Members of the East Shore Kootenay Lake community (Area A in the Regional District of Central Kootenay) boarded the Osprey 2000 to present a request that the MLA for their area, Brittny Anderson, strongly and urgently advocate at legislature for the ferry schedule to be extended with earlier and later sailings and for the Ferry Advisory Committee be reinstated.

The small community working group has received over 600 petition signatures and over 90 letters since August in support of earlier and later sailings for various important reasons.



The Advisory Committee is an important component to efficient communication regarding issues that concern the ferry and surrounding communities. Further information can be found at [www.ourferrymatters.ca](http://www.ourferrymatters.ca) and [www.eshore.ca](http://www.eshore.ca).

*“We urgently need a reliable and accessible ferry service.”*

-end-

Contact: Dee Gilbertson, East Shore Mainstreet Newspaper.

E: [editor@eshore.ca](mailto:editor@eshore.ca). P: 250.551.8800.

Photo 1 by Megan Rokeby-Thomas: pictured left to right is Captain Jay Ward, Dee Gilbertson, Brittny Anderson, Brian Coe, Emily & Ben Bellward. Photo 2 by Dee Gilbertson: Osprey 2000 docking at Kootenay Bay, September 2023.

## Letters to the Editor

### Did You Know...

1)...that an international group of over 1600 science signatories (Nobel Laureates, Professors, Physicians, Engineers, Geophysicists, Environmental Consultants, Paleoclimatologists among them) agree that there is no climate emergency?

Read about it yourself on Youtube: There is No Climate Emergency, a Message to the People - Clintel

2).....that the people of Peterborough, Ontario have spoken up to have their community taken out of that bracket???

Read/listen to it on Youtube: Reverse the “Declarations of Climate Emergency” Maggie Braun

- a concerned community member

We need to bring our best and wisest selves to this pivotal moment.

Future generations are counting on those of us alive today to do the right thing. I hope we can find it within ourselves to work together for a future where all can thrive.

Diana van Eyk - Winlaw, BC

### Subscriptions:

**Print \$40 / Digital \$30**

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

**Visit [www.eshore.ca](http://www.eshore.ca) to sign up for free email notification of between-editions news!**

Meet On Mainstreet (A new monthly column - let's get to know the folks in our community!)



**Luchy Labelle**

In a somewhat belated introduction as she has been in the role for quite a number of months, please meet Luchy - our

local Better at Home (Valley Community Services) coordinator.

Organizing volunteer efforts to bring helping hands to community members in need, the organization is always in need of extra help. If you would like to discuss how you might be able to participate, or if you need a hand with things such as picking up groceries, getting to appointments, light housework, or companionship, a chat with Luchy is always welcome and can begin the networking connection that can support community at its roots.

Luchy can be reached at 250-505-6717 or betterathomeeastshore@valley.services.



**Message to the Community**

by the Riondel Community Park & Campground Society

Thank you to all of our volunteers, staff, visitors, and community members for another wonderful season at the Riondel Community Park & Campground!

The campground will be closed for the season Oct 15. See you next year!



**Riondel Rescue Fire&Blotter**

YOU CAN FIND THIS MONTHS UPDATE ONLINE AT WWW.ESHORE.CA.

Fire Practice is every Thursday evening in Riondel - all interested volunteers please check it out!

**SUBMISSION DEADLINES**

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



**Crawford Bay Hall Board News**

by Leona Keraiff

On behalf of the Board of Directors of the Crawford Bay and District Hall and Parks Association I would like to invite you to our Annual General Meeting on Thursday, November 30, at the Crawford Bay Hall at 7:00 pm. We are very near, at last, to sharing restoration news. We are always in need of more Directors and volunteers. If you are looking for a way to contribute to your community we can find a wee task for you, for sure.

More construction news. Our webpage is now live! Our home page can be found at: www.cbhall.ca. It is a work in progress but we hope to make it easier for you to enjoy our facilities.

Thanks to Lorna & Bob Fuchko for a wonderful donation of Christmas decorations for the exterior of the hall, similar to the ones at the community park. We hope to have them on display during the holiday season.

As the Summer/Autumn seasons wind down and we gracefully slide into Winter, we want to thank you all sincerely for choosing to spend your valuable time enjoying our community facilities. The hall, park, pavilion, community corner building and boat launch have all been well used these past few months.

Lastly, it is time for the revival of our community Christmas dinner, don't you think? I hope there is a group interested in organizing this lovely community celebration once again. Our hall eagerly awaits you.



The Board of the East Shore Kootenay Lake Community Health Society is planning four Town Hall meetings; to be held in Riondel, Crawford Bay, Gray Creek and Boswell. Yes, we are targeting the month of October! It is your opportunity to be heard about access to essential health services on our East Shore - what's readily available, what's missing now, and what would be ideal for the future. Venues, dates, and times will be announced very shortly.

At the Town Hall meetings we look forward to gathering your input which will be presented to Interior Health, Kootenay Boundary Division of Family Practice, the Regional District (who provided the grant funding to make this possible), relevant Ministry of Health representatives, and back to you, our East Shore Community.

Any questions please contact eshealthsociety@gmail.com

And on another note, Focus on Health workshops, under the leadership of Margaret Crossley and Natasha Goldsbury, are ready to launch again Monday, October 30 at the Boswell Memorial Hall! Featured will be the East Shore Kootenay Lake Community Health Society Board. Please come out to hear about what's new at the Crawford Bay Health Center and the Board's various exciting initiatives underway. For more information about the workshops please contact Margaret Crossley at margaret.crossley@usask.ca

**MEDIA RELEASE**

**Divers explore historical shipwreck**

FIRST DIVE ON BC LAKE WRECK SINCE 1997

Between August 28 and September 2, 2023, a team of experienced scuba divers re-located and dove on the remains of the 25m (84 ft) sternwheeler *City of Ainsworth* in Kootenay Lake, BC. The *City of Ainsworth* was lost during stormy conditions on November 29, 1898. Its whereabouts were unknown until 1990 when it was discovered at a depth of 110 m (360 ft) after intensive searching through combined efforts of several government and public organizations.

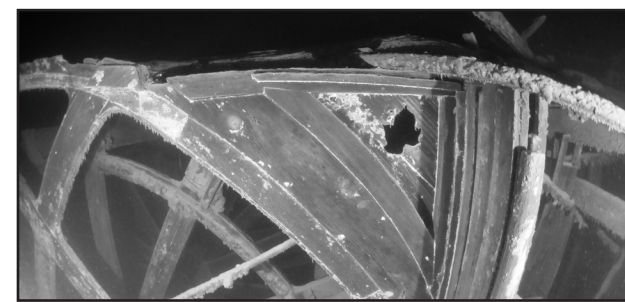


In 1997 two divers conducted two dives on it, which at the time were the deepest scuba dives on a wreck in Canada.

Sept 1, 2023			
The City of Ainsworth			
Team	Time In	Time Out	
1st: Brian	10:03	12:17	
2nd: Johnny	10:03	12:33	
Sept 2, 2023			
SS City of Ainsworth			
Team	Time In	Time Out	
1st: Alan	10:25	11:48	
2nd: Glenn	10:25	12:26	

Over the past week utilising advanced techniques, which included close circuit rebreathers, and a breathing gas mixture of 10 percent oxygen and 70 percent helium, divers Brian Nadwidny, Johnny Ryan, Glenn Farquhar, and Alan Drake were able to put 2 divers at a time on 3 occasions. Surface support was supplied by John McCuaig, Terina Hancock and Cathie McCuaig. With only 10 minutes allowed on the bottom the time to take pictures and video was limited however the footage showed there has been a lot of collapse over the years. Average dive time was 2 and a half hours.

Brian Nadwidny - Explorers Club MI '18 nadwidny@gmail.com / 250-432-9253



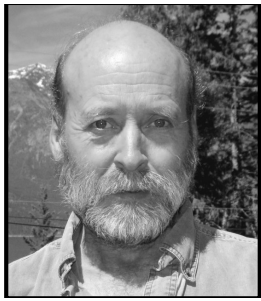
Bottom Photo (from left to right): John McCuaig (Edmonton, surface support), Brian Nadwidny (Kaslo/Cranbrook, Diver), Terina Hancock (Edmonton, Support diver), Glenn Farquhar (Langley, Diver), Alan Drake (Vancouver, Diver), Johnny Ryan (Airdrie, Diver). Not shown-Cathie McCuaig (Edmonton, shore support)

First Photo: Alan Drake coming up from his dive on the City of Ainsworth.

Photo 2: Slate with dive times for the teams.

Photo 3: Iconic maple leaf carved into the port and starboard side of the paddle wheel cover.





## RDCK Area A Update

by Garry Jackman  
RDCK Director Area A

### Budget – To Do Or Not To Do

When money is tight, whether due to inflation or unexpected expenses or simply loss of regular income, options can be very challenging. For many the first option is to look for new or extra income, another is to stop doing some of the things we used to do. For our most challenged community members this may mean impacts on healthy diets, housing challenges and much more. For others the adjustments may be more subtle, but still impactful. For some the concept of budgeting may be a daily exercise, having so few options that opportunity and immediate needs overshadow the ability to set longer term budgets.

All governments in Canada have greater latitude than our most challenged families, with the ability to adjust income sources. This comes primarily in the form of fees and taxation along with the ability to borrow at very favourable interest rates compared to many residents. For the federal and provincial government they also have the ability to simply run a deficit, without actually committing to a fixed repayment scheme as would be the situation for a borrowing, but to defer the debt to future generations. This is where I might insert my personal observation, within my limited realm of knowledge, that each and every federal and provincial government which have declared over the decades that they have “slayed the long-term debt” or taken direct action to reduce long-term debt is grossly exaggerating reality. For decades our federal and provincial debts have sat at levels where the interest payments have consumed a massive portion of the annual revenues. When interest rates fall, due to international influences, our debt repayment becomes a smaller portion of the annual revenues, so government can either pay down debt or have extra cash to spend or both. Not, in my observation, due to good governance but more a situation of fortunate timing, and taking credit where credit is not due.

Your local government cannot run annual deficits, except when forced by emergency situations, in which case the deficit is required to be repaid within the service the following fiscal year. Our

financial plans span five years at a time. The taxation set for the impending fiscal year is fixed once submitted to the province while numbers for the following one or two years tend to be the most meaningful projections, with the last few years of a financial plan being subject to inflation, growth and the unexpected or unplanned events which will result in changes to projections for expenditures and revenues as the years roll along.

Previously I have written about making decisions now that are in preparation for expected costs. More on that below. We just saw how in the City of Cranbrook they had to shut down two of three ice surfaces for this season, on very short notice, due to a serious structural assessment of a facility. I do not know the details, although my curiosity will compel me to ask my colleagues from that area, but that is a clear example of when the government stops doing things. They have stopped offering access to one facility completely and apparently can only offer “dry floor” access to the adjacent facility for the coming season, losing access to ice time at both.

This is not the position you ordinarily want to be in. If the long-term projection indicates one of the three facilities is not needed or affordable then a planned decommissioning is best. If the residents voice strong and balanced support for all three facilities, then more money is clearly needed. I will comment below on a slightly different note, but at the Climate Action meetings I have been asking, one on one, what you want the government to continue to do (what you value) and what you do not value. This is not open ended, as federal and provincial regulations require local government to do much of what it does from day to day. But I am interested in your input as we approach the 2024 budget setting cycle.

#### PROVINCIAL MEETINGS

During the week of September 18 I had the opportunity to meet with colleagues as well as senior provincial officials to discuss a wide range of topics. High on my list was obtaining a recycling model which is fair and sensible for rural areas. Our meeting with Ministry of Environment reps was an opportunity to update them on the reality that recycling in BC is far from free. For example, when we first entered into the agreement with Multi Materials BC (doing business as Recycle BC) our annual subsidy to the program, to meet their criteria, was \$1m per year across the RDCK. That subsidy has grown to about \$1.7M per year. There are certainly finan-

cial advantages to diverting all of that material from the landfill, which I have covered in previous articles. We also need to “future proof” our landfill services as federally and/or provincially imposed bans to certain materials going into landfills is continually under discussion. Once a ban is in place we are either in the happy position of having the alternative diversion stream (recycling) available or in the position of opening garbage bags and imposing fines, while residents struggle to take all packaging back to the point of purchase. Simply not a realist scenario, and the monopoly organizations (consortiums) which have provincial agreements for taking back packaging, oil, paint, tires, etc know this. That is why we want to provide continuous feedback to the province and apply pressure to ensure the consortiums do not leave us at low service levels with high taxation subsidies.

The meeting with the Minister of Agriculture and heads of the Agricultural Land Commission also went well, with our opportunity to outline some of the growing challenges around water supply facing local agricultural producers. More on this in future articles. As for impending impacts on our fire services and many other topics we continue to send our concerns and recommendations to the various provincial ministries. Overall, the conversations were productive.

#### BACK TO THE TOPIC WHICH HAS SPURRED SOME GREAT COMMUNITY CONVERSATION

As stated last month, “Climate Action” has been a very strong trigger phrase. The RDCK does not exist to promote climate action, but we are responding to expressed interests from many of you plus we recognize the potentially expensive downsides if we are not paying attention. This is what I refer to above in my points on the budget process and on preparing for potential legislative changes at the provincial level. As I also stated last month, when our staff report on any service, whether to propose an operational change, repair a building, replace major equipment (like firetrucks or heavy machinery or recreation facilities) they provide comment, as a standard format, on several considerations including financial, legislative, environmental, social, economic, communications, staffing and strategic priorities. Referring back to the dilemma in Cranbrook around arenas, all local governments recognize that an ice arena represents the most expensive area per square foot for a local government to build and maintain, higher than the cost of indoor pools. They are also very energy intensive. Understanding the capital costs, energy and maintenance costs along with specialized staffing requirements (for ice plant operation) are part of the job of planning. Understanding this through the climate ‘lens’ is also part of the job.

Recently I was asked again, by email, when I will join community for “town hall” style discussions instead of the focus group and open house meetings held over the past few months. My response has been I want to see the incorporation of the comments on the plan so far, both in support and critical. This includes public input, Director input and staff observations as they pull together threads of many conversations. I would like to see the edited version go back out to all of you, whatever that may look like, and then have meetings some weeks later once people have had time to review the updated document.

#### VOLUNTEERS

We are still looking for more community champions ... call me or email.

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

## Yard & Garden Waste — Seasonal Free Tipping

During the month of **OCTOBER**  
all of our Resource Recovery Facilities  
accept Yard & Garden Waste for **FREE**

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



[rdck.ca](http://rdck.ca)

250.352.8161 | [rrdept@rdck.bc.ca](mailto:rrdept@rdck.bc.ca)

## Riondel's Community-Based Housing Goes Solar

By Nora Hurlburt

One morning recently, my dreams were visited by a persistent hammering sound. Was it some kind of headache? I struggled to come out of the turbulent depths of sleep. Could there be peevish ghosts about? Mutant termites?

No! Kootenay Solar and Arrow Mountain Electric had arrived to install solar panels and the electrical crew was on the roof! I threw the bed covers off, got dressed, and went to take a look.

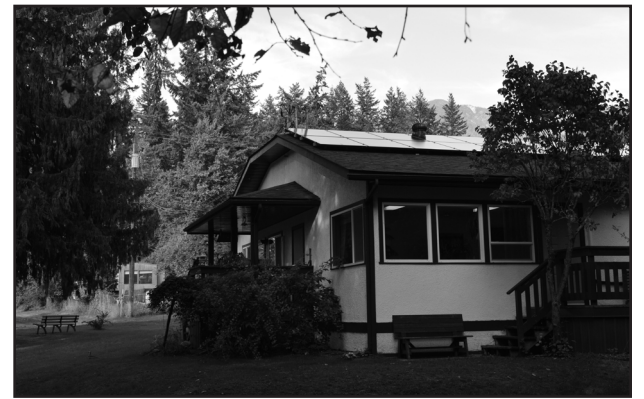
For those of you who aren't familiar with Riondel, Bluebell Manor is the first building on your left as you drive into town. The Lions Club built this affordable housing for seniors 25 years ago, and it's been run by a community-based volunteer board ever since. As long as I've lived here, Riondelians have been telling me about the ways in which the Bluebell Manor Society is woven into the life of the community. Many say loved ones of theirs have lived here and in this way they could keep them close by as they aged. Some have mentioned to me that one day they might like to live here as well. And then there are the people who have served on the Manor Board over the years: making improvements, upgrading appliances, searching for funding, showing the premises to prospective residents, keeping the books, arranging Christmas celebrations, or shovelling snow in an emergency.

The solar panel project is an example of how the Board has been working to make this housing financially and environmentally sustainable. The costs of the solar array have been fully covered by grants from BC Housing and other sources, helping to keep the units affordable in a time of severe housing crisis.

When the neighbours saw the activity on our roof, they stopped to ask questions. Where would the inverter go – inside or outside? What was an inverter, I asked. Well, that's the device that takes the direct current that the sun produces and turns it into usable alternating current, and it will go inside the building.

Another common question was, "Will this renewable energy system provide all the electricity you need?". Initial design estimates note that with all the large trees around the Manor, it should cover about 60%. What happens is that the solar panels use the electricity grid as a big battery. As the panels grab energy from the sun and turn it into electricity, it flows into the grid. As we use appliances, we draw electricity from the grid. Fortis then calculates the difference, and we pay that.

The first thing the installation crew did was to go up onto the roof and decide exactly how they were going to do the job. Then they began drilling and inserting small metal fixtures, with waterproof backing to prevent the roof from leaking. Then they attached bars to those points and, as the work progresses, will attach the panels to the bars.



I've been a renter for 50 years in four countries, and I've rarely seen such well-thought out and lovingly maintained accommodation as Bluebell Manor. There is a vegetable and flower garden here, for example, and a common room for inviting visitors and sharing meals on special occasions. The Board, furthermore, is currently working on possibilities for expanding the Manor so it can accommodate more people. This is a good thing because the community paramedic told me it's clear from working up and down the East Shore that there is a great need for seniors' housing here.

I understand from the people who've been involved for a long time that the backbone of the Manor's success is how it's been developed by the community in conjunction with the BC Mortgage and Housing Corporation, which provides financial support, advice, and liaison with other funders, to the local Manor Board. It strikes me that - at a time when there is such a dearth of successful models for providing housing that people can actually afford – a community-based project like this one can surely do a good job.



## East Shore Youth Network Update

By Melina Cinq-Mars

I am happy to inform you that South Kootenay Lake Community Service Society hired Angie Clarke on Sept 6 to be the second coordinator for the East Shore Youth Network. You may know Angie from the recycling depot at Crawford Bay and Boswell transfer stations. Angie is excited and grateful for this opportunity to join our team working with and for the youth in our community. Thanks to everyone who stepped up as volunteers during the transition period.

September was great. We started to use the Technology room at the Riondel Community Centre. We had five participants all engaging in the various stations from virtual reality, to making music, doing photoshoots, making pins, and enjoying snacks. Twelve participants laughed, screamed and enjoyed the adrenaline rush at the Kokanee Mountain Zipline.

### Upcoming Activities

In October I will attend a two-day summit in Rossland to meet other youth coordinators and learn tools to improve my work with the youth.

Happy Thanksgiving Day!

**Sat, Oct.14: Helping Hands Day** – a good volunteering opportunity! The youth group will stay together as one group; other volunteers will be divided into groups of 2-4 to do simple chores for local seniors along the East Shore. Youth sign up with Melina at [cbesyn@gmail.com](mailto:cbesyn@gmail.com); other volunteers and seniors who want help please contact Susan Dill at 250-227-9350 or [susannedill88@gmail.com](mailto:susannedill88@gmail.com).



**Fri, Oct. 20** - Babysitter BootCamp in Nelson. To register please email [cbesyn@gmail.com](mailto:cbesyn@gmail.com). The cost is \$50 per participant. ESYN covers half of the cost (total value of \$100). Meet at 8:40 am and pick up at 6:45 pm at the Kootenay Bay ferry terminal. Please pack a lunch; we will buy pizza on the way back for dinner.

**Week of Oct.23** - We will do some Halloween decorations at Crawford Bay School for our Haunted Walk in the Riondel campground. Specific days and times will be sent by email.

**Tues, Oct.31** - Walk the Haunted Path at the Riondel Campground with a picture booth.

**Mon, Nov.13 (Pro-D Day)** - Queen City Escape Rooms in Nelson. Group 1 at 2:00 pm - Spy at the Madden Hotel. Group 2 -at 2:30 pm - A Wizard's Journey: The Legend of the Three Dragons. Both groups will take the 12:20 pm ferry, which is 1:20 pm our time. Meet at 1 pm at Kootenay Bay ferry terminal. To register please email.

If we get enough positive feedback about these suggestions we will do our best to facilitate them. Food Safe, Avalanche Canada Training (AST) courses, Leadership Journey, and make crafts to sell at Bevy of Angels. Let us know if you have any questions or suggestions.

P: 250-509-4111. E: [cbesyn@gmail.com](mailto:cbesyn@gmail.com).



## RDCK Media Release

September 26, 2023

For immediate release

Borrowing for three new fire trucks goes to referendum

Visit <https://www.rdck.ca/EN/meta/news/news-archives/2023-news-archive/borrowing-for-three-new-fire-trucks-goes-to-referendum.html> to view full article on the RDCK website. See excerpt below:

"Nelson, BC: The Regional District of Central Kootenay (RDCK) will hold three separate referendums on December 2, 2023 for the approval of a 20-year financing term for the purchase of three new fire engines. The new fire engines will serve the North Shore Fire Service, Slocan Valley Fire Service and Tarrys and Pass Creek Fire Service."

## Crawford Bay Elementary & Secondary School Principal's Desk

By Victoria McAllister

We are excited to invite families to our Crawford Bay Fall Festival! It will be at our school on Monday October 16, from 4:00 – 6:00 PM. From 4:00 - 4:30 classes will be open for families to visit. From 4:30 – 6:00 we will have chili and buns, games, pie walks and more. We are focusing on sharing the learning happening at our school and building our community connections.

Crawford Bay School's Hot Lunch Program (organized by the Parent Advisory Council) got going this week. Four days each week, students, staff, and families can access a most delicious fresh salad bar and hot lunch buffet. Costs are based on a recovery model, meaning that all Hot Lunch fees go directly to paying for the program. The chef team of Rebecca and Farley are creative in making food we all love and crave that is super healthy and as locally sourced as possible.



We want to thank Kokanee Springs Resort for their very generous donation - it really makes a difference to our program! This community really is incredibly supportive of our school, but you already know that. PAC and our school want to thank the many community members who come to volunteer - without you the program wouldn't be viable. I have met many former parents, staff, new arrivals, all coming to help, even though they don't have children in the school now. For kids, it is a daily and visible reminder of how connected and caring this place is.

And a quick reminder - parents, guardians, grandparents; you are welcome to come to the school Monday through Thursday between 11:30-12:00 and get a yummy hot lunch for \$10.00.

### SPANISH, FILM, PHILOSOPHY AND MENTORSHIPS

We are off to a great start to the school year at Crawford Bay School. As you would expect, we have a keen and dedicated staff, some familiar names and some new ones. I certainly feel fortunate to be part of this dynamic and creative team.

Did you know that home learners in grades 10, 11 and 12 can cross enroll? In my experience as principal at JVH in Kaslo, we often had secondary home-school students join us for electives or certain courses that students wish to take in person. Maybe this is a fit here too?

This year we have some new secondary electives that might interest students in the community.



Our new secondary teacher, Mr. Iván, is a native Spanish speaker and is teaching Spanish along with philosophy this semester. Next semester he is teaching Film Making as he has a rich background in all aspects of film production. It is not too late to register for Spanish and philosophy! In our small school it is pretty amazing what we can offer K-12 students.

We are getting back to some great Crawford Bay roots by reinvigorating the mentorship program in the community. Thanks to the many former students and community members who shared how important that learning, and connection was to you. If you are an artist, run a business, have a trade, or even speak Japanese, we might have a student wanting to learn with you. We are looking at starting this in late fall/early winter for a few hours each week.

Please reach out if you wish to know more about our secondary program or would like to be on our register of locals who are interested and willing to share some of their time and knowledge with a terrific local high school student.

Office (250) 227-9218

Email: [victoria.mcallister@sd8.bc.ca](mailto:victoria.mcallister@sd8.bc.ca)

## Op/Ed: From Executive Director, Columbia River Treaty, and B.C. lead, Canadian Negotiation Delegation

"As British Columbia's lead in negotiations with the United States to modernize the Columbia River Treaty, I would like to comment on the difficult conditions in the Arrow Lakes Reservoir this year.

My perspective comes from having lived in the West Kootenay for 10 years, assuming several provincial environmental roles in the region and, for the past 12 years, as executive director of the Provincial Columbia River Treaty team, working to create a modern treaty that better reflects the needs and interests of the B.C. Columbia Basin.

For the past five years, the Canadian negotiating team, which includes representatives of B.C., Global Affairs Canada, the Ktunaxa, Secwépemc and Syilx Okanagan Nations, Environment and Climate Change Canada, and Fisheries and Oceans Canada, has been meeting with the U.S. delegation to significantly improve on the current Columbia River Treaty that was established 60 years ago. It is behind the times and in need of renewal. It's worth noting that these cross-border discussions are non-partisan, and there are no elected officials at the negotiating table.

The Canadian negotiation delegation is acutely aware of the low water levels on Arrow Lakes Reservoir this year and the devastating impact this is having on communities, wildlife habitat, fish populations, tourism and recreation. I have spent much time around this beautiful area and can appreciate how hard it is for residents to experience this devastation. We have seen photos and read personal accounts of stranded and

dead fish, exposed debris, drawn-down beaches, marooned boats and more, and we have shared this with our U.S. counterparts so they may have a clearer understanding of our positions.

I know people have heard that there are two main factors affecting water levels this summer. One is the lack of snowmelt and rain due to drought conditions since last fall that has significantly reduced the amount of water flowing into Arrow Lakes Reservoir. The second is that the Columbia River Treaty requires B.C. to provide a certain volume of water to the United States at specific times of the year for flood-risk management purposes and downstream hydropower generation. This last requirement being the factor that contributed to the severe drafting (water moving out of the reservoir) this summer. This is all the more painful when we observe high water levels just across the border.

While we can't control the weather or stop the drought, we are strongly advocating for improvements in the treaty to reduce these types of impacts in the future.

Those who have been following this process will know that a key goal for the Canadian negotiating team is to gain additional flexibility for how B.C. may unilaterally operate its treaty dams (the Hugh L. Keenleyside, Duncan and Mica dams). This would allow us to adjust operations to support ecosystems, Indigenous cultural values, and socio-economic interests, such as recreation and tourism. There is significant research and river management scenario modeling underway, led by the Ktunaxa, Secwépemc and Syilx Okanagan Nations and including local governments, that is informing how best to use our new flexibility. Part of that research includes looking at minimum elevations, particularly during the summer months, on Arrow Lakes Reservoir.

Unfortunately, this won't change the situation this year. Until a modernized Columbia River Treaty is in place, we must continue to meet our legal treaty requirements.

My provincial treaty team and I have been collaborating with the Ktunaxa, Secwépemc and Syilx Okanagan Nations and speaking with local governments and residents in the basin since 2012 to learn what changes people want to see. Those discussions in Nakusp, Fauquier, Burton, Castlegar, Trail, Revelstoke and other locations around Arrow Lakes have emphasized how the current Columbia River Treaty affects beach and boating access, tourism draw, businesses and the region's critical ecosystems. All the input we have received (and continue to receive) is guiding our efforts to ensure a modernized treaty truly reflects what we have heard. Before any agreement is finalized, we will come back to the people of the basin again to explain what is being proposed and seek feedback.

I understand how frustrating it is to know things cannot change immediately, but I want to make it clear that the Canadian negotiating team is doing everything it can to ensure a modernized treaty better supports the people, communities and ecosystems of the basin and mitigates situations like the one we are seeing at Arrow Lakes Reservoir in the future.

There is much more information available about the Columbia River Treaty and our work on the Province of B.C. Columbia River Treaty website at <https://engage.gov.bc.ca/columbiarivertreaty>

My team and I encourage you to send us any questions or comments by emailing us at [columbiarivertreaty@gov.bc.ca](mailto:columbiarivertreaty@gov.bc.ca) (mailto:columbiarivertreaty@gov.bc.ca)."

Kathy Eichenberger - Executive Director, Columbia River Treaty, and B.C. lead, Canadian Negotiation Delegation"

## MEDIA RELEASE

### RDCK Board Highlights – Sept ASSENT VOTING - FIRE PROTECTION SERVICE LOAN AUTHORIZATION

Assent voting will be held on December 2, 2023 on the North Shore (Electoral Area F) for the approval of a 20-year financing term up to \$368,018 for the purchase of a new fire engine for the North Shore Fire Department, within the North Shore fire protection service area. You must be a resident or non-resident property owner of the North Shore Fire Protection Service Area in Electoral Area F to vote.

In the past the RDCK has used a combination of short term financing (which does not need voter assent) and capital reserves to purchase fire engines. However, due to inflation, a new fire engine is anticipated to cost up to \$750,000. The North Shore Fire Department has contributions from capital reserves (\$237,000) and the Growing Communities Fund (\$144,982) to offset the cost of the fire engine. The RDCK has chosen long-term financing over 20 years to reduce the burden on the tax payer. If residents were to vote against long-term financing, the service will need to purchase new fire engines under short-term financing. For more information [www.rdck.ca/NSfireengine](http://www.rdck.ca/NSfireengine)

**Electoral Area F to join Local Conservation Fund.** Electoral Area F has officially joined the Local Conservation Fund. The Board approved the amendment to the Local Conservation Fund Service Establishment Bylaw No. 2420, 2014 to include Electoral Area F as a participant and \$15 per parcel of land will be collected annually. The bylaw received electoral approval via the Alternative Approval Process. Just one electoral response form was received during the process.

In partnership with the Kootenay Conservation Program (KCP), Electoral Area F will join Areas A, D, E, and H in the local conservation fund service. The service creates dedicated funding to support local high-priority conservation projects. Since 2016 the fund has generated \$535,000 and has leveraged over \$2 million in additional funding and in-kind support.

**Staff Safety and Harassment Policy.** A Staff Safety and Harassment Policy has been adopted by the RDCK Board. The RDCK is committed to providing a safe workplace for its staff, free of physical or psychological violence, bullying and harassment and this policy formally defines inappropriate behaviour for the purpose of the RDCK's public-facing operations. In addition to setting the basic expectations for public behaviour at RDCK facilities, the policy outlines the steps that will be followed when incidents occur and ensures that the RDCK will adhere to the principles of procedural fairness in any incident involving members of the public.

**Regional Accessibility Advisory Committee.** The Board approved the creation of the Regional Accessibility Advisory Committee by adopting a bylaw and appointing RDCK Directors Arnold DeBoon (Town of Creston) and Andy Davidoff (Electoral Area I) to the committee. Establishing this committee is a requirement for the RDCK resulting from the Accessible BC Act enacted by the province in 2021. The Committee will advise the RDCK and provide input and recommendations on the development of the accessibility plan. By removing barriers, accessibility encourages public engagement and may provide new opportunities within programs, services, initiatives or facilities for

individuals interacting with the RDCK.

**West Transit Services Committee.** A new committee to improve governance of West Kootenay Transit has officially been created. The objectives of the West Transit Services Committee are to improve the overall functioning of transit services in the RDCK, provide a platform for engagement between ridership and transit decision makers, and streamline decision making about transit funding and service improvements. The committee includes the following services: Kootenay Lake West Transit, Slocan Valley North Shore Transit, and Castlegar and Area Transit. The inaugural meeting of the committee will be held Weds, October 4.

**Recording votes at RDCK Board Meetings.** The Board directed staff to prepare a report with the pros, cons and options to support transparency, including the potential to record those votes that are opposed to motions, at RDCK Board Meetings.

**Director's Reports.** RDCK Directors provide monthly reports outlining what they have been working on. Click here to read the September reports in the Board minutes (agenda item 4.4, pg. 96).

**RDCK Quarterly Report.** For the latest RDCK Quarterly Report, which details the current projects and initiatives of the RDCK, please visit [rdck.ca](http://rdck.ca). \*NOTE\* only Area A recipients are printed here.

#### DISCRETIONARY GRANTS

Creston Valley Rotary Club – Drive for Rotary Golf Tournament Fundraiser  
\$500

#### COMMUNITY DEVELOPMENT GRANTS

Friends of Kootenay Lake Stewardship Society – Emergency Operational Support  
\$2,000

#### RECREATION COMMISSION NO.9 – AREA A

South Kootenay Lake Community Services Society – Commercial liability Insurance  
\$1,341

Riondel & District Curling Club – Insurance  
\$1,627

Boswell Memorial Hall Society – Hatha Yoga  
\$1,522

Kootenay Lake East Shore Men's Shed Society – Laptop for CNC Machine  
\$951

Boswell & District Farmers' Institute – Liability Insurance for Boat Launch and Mackie Park  
\$1,689

East Shore Trail & Bike Association – Special Risk Liability Insurance  
\$2,352

South Kootenay Lake Community Services Society – Fitness Centre Operating Liability Insurance  
\$1,027

South Kootenay Lake Community Services Society – Riondel Halloween  
\$776

South Kootenay Lake Community Services Society – Commercial Liability Insurance  
\$959

South Kootenay Lake Community Services Society – East Shore Junior Squad  
\$1,543

South Kootenay Lake Community Services Society – Directors Liability Insurance  
\$780

South Kootenay Lake Art Connect Society  
\$1,427

Contact: Dan Elliott | Communications Coordinator,  
Regional District of Central Kootenay

Phone: 250.352.1531 | Cell: 250.354.3476

Follow us on Facebook or visit [www.rdck.ca](http://www.rdck.ca)

## For Immediate Release

September 22, 2023

### NDP MLA Brittny Anderson says rural strategy will build stronger Kootenay communities

NELSON – New Democrat MLA Brittny Anderson says that the provincial government's new strategy for rural B.C. will help to strengthen rural communities in the Kootenays.

“When rural communities have strong public services and infrastructure, people can build better lives for their families,” said Brittny Anderson, MLA for Nelson-Creston. “I know there is a bright future ahead, and our New Democrat government is making sure that rural and small communities are part of it.”

The strategy, titled StrongerBC: Good Lives in Strong Communities, was released today. It can be read online at this link: <https://news.gov.bc.ca/files/Good-Lives-Strong-Communities-2023.pdf>

Here's what else people in Nelson-Creston are saying about the strategy:

Keith Page, Councillor, Nelson - “We welcome the development of this rural lens to focus the province's investments in the Kootenay Boundary, Central Kootenay, and Nelson. Rural folks have long understood the strength and resilience that we bring to the province of British Columbia as we all tackle the challenges before us. We look forward to working closely with the government through this new rural focus to build a better B.C.”

Jay Stewart, Little League president and baseball coach, Nelson - “In the seven years since our family relocated to the West Kootenays from East Vancouver, we have come to love rural life in B.C. It is not without its challenges - challenges shared by rural communities all across our region and province. We need a reliable airport that functions year-round. We need affordable housing of every type. We desperately need family doctors and healthcare investment that ensures doctors, nurses, and hospitals are there when we need them. We need continued investment in dependable, expansive, high-speed internet and highway cell coverage. Today, it feels like we've been heard. Seeing the government taking these concerns seriously in developing a rural strategy that makes remote living healthier, safer, and more inclusive makes our family feel like our well-being matters, too.”

Arnold De Boon, Mayor, Creston - “We were fortunate to have high speed internet installed before other communities, and it did bring people who could work remotely back to where they called home. Expanding this to so many other communities means children can live close to their grandparents as they grow older and also adds economic development opportunities at the same time. Improving access to health care, aiding in the recruitment, training and retaining of health care workers, providing more Angel Flights will greatly enhance the ability for people to access the services they need, with greater assurance their needs can be met in a timely manner. So much of this plan coincides with the conversations we have had at our Council tables that it makes us feel like there will be collaborative solutions within sight.”

John Dooley, Nelson - “As a former mayor, I know the challenges faced by small, rural communities. Any time the provincial government

*Continued on page 9...*



...continued from page 8,

puts forward a strategy such as Good Lives in Strong Communities that has a focus on collaboration and support it is a very positive step forward.”

Mike van Hellemond, Skilled Trades Worker, IBEW local 1003 - “Very excited about this announcement and our BC New Democrat MLA Brittny Anderson’s involvement including feedback from our local communities and her ongoing commitment to engage with and represent rural areas.”

Justine Keirn, Executive Director, Valley Community Services, Creston - “I feel privileged to work and live in our small, rural B.C. community of Creston. Rural B.C. offers many benefits, though, unfortunately, it also comes with a lack of services and supports. Hearing of the investment our government is making to build a brighter future for rural B.C. gives me hope the health, wellness and safety of our community will be better. In Creston, transportation services tailored to the needs of individuals who need it are limited and certain types of health care are available only at a significant distance as winter roads often prevent travel. Due to a lack of transportation, people often prefer to receive services virtually. Due to a lack of connectivity, this is often not possible. We are experiencing a significant lack of housing, with many people being precariously housed or homeless due to a lack of available affordable

rental properties. This lack of housing also affects the ability of employers to recruit people. We welcome additional investment in public services, transportation, healthcare, and policing and are excited to see these investments make communities stronger.”

Aimee Watson, Chair, Area D, Regional District of Central Kootenay - “Rural B.C. has been the cash cow to B.C.’s economy. It’s always been, as well, some of the most beautiful country in the world. To live in rural B.C. is a privilege I and the residents of the Regional District of Central Kootenay are grateful for every day. Establishing services within urban-based policies and regulations is where we lose sight of the goal: healthy and safe communities. Delivering water is one the most expensive basic services in rural areas and the majority of our rural communities do not have potable water. This strategy is the first time I have seen the province not only recognize the severe disparities between urban and rural living but is actually apply the insightful context local governments and rural B.C. have consistently brought to the table. There is still lots to do, but we are, as a first step, finally going in the right direction. Of most hope is the pathway to reconciliation. Local governments, as tools of colonization, are required to assess the business case (service case model). What does not register on financial statements is the value of fresh water, intact watersheds, and healthy ecosystems resilient

to fire. This is knowledge the original peoples of this land have always had. To embrace and incorporate these values is essential to our collective future.”


Roger Tierney, Director, Area B, Regional District of Central Kootenay - “Wow! As an Electoral Area Director in the Central Kootenays, I am very pleased to hear of the provincial government’s investment in rural B.C. I feel the cumulative impact of these initiatives will make a generational change that will benefit everyone living in rural areas. I look forward to working with the province to implement this plan which will result in tangible benefits for our shared constituents.”

Tracey Therrien, Chief Librarian, Nelson Public Library - “The pandemic highlighted that those without access to technology were left behind. In our community, we saw families outside the library in their cars accessing the library’s Wi-Fi, because it wasn’t available at their home, or it was unaffordable. Ensuring all rural communities have access to stable, affordable high-speed internet will reduce the digital divide and support access to information, training, connections and increase economic opportunities.”

Learn More: <https://news.gov.bc.ca/releases/2023PREM0058-001487>

-30- Media Contact: Maddie Field, 236-593-5337

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



email: [bookings@cbhall.ca](mailto:bookings@cbhall.ca)  
Crawford Bay Hall & Parks Association

south kootenay lake **art connect**

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

**Harrison Memorial Cultural Centre**

16074 Crawford Creek Road, Crawford Bay, BC

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

[www.artconnect.cc](http://www.artconnect.cc)  
[esartconnect@gmail.com](mailto:esartconnect@gmail.com)

**Planning a wedding?  
Holding a meeting?**

Consider renting the **BOSWELL MEMORIAL HALL**

Booking/info: Melody Farmer at 250-223-8443



**We're giving seniors a hand**

**Better at Home**  **Volunteers Needed!**

United Way helping seniors remain independent.

Just a few hours a week can make such a difference to someone

Do you want to help local seniors stay connected to their community and remain independent? You can make a difference by giving a helping hand.

Volunteer with Better at Home today!

**VALLEY COMMUNITY SERVICES** 

Please phone for more information  
250 505 6717

- Grocery shopping
- Coffee chats
- Transportation to medical appointments
- Phone check-ins

**Better at Home**  Better at Home is funded by the Government of BC and managed by the United Way.



**KOOTENAY SOUND HEALING CENTRE**

**Sound Journeys: \$25**  
Gongs, Flute, Synth and more

Friday 7:00PM  
Wednesday 2:00PM  
Saturday 12:30PM  
Sunday 12:30PM



[www.kshc.ca](http://www.kshc.ca) to register  
691 Riondel Road, Trail Entrance

**REGISTERED MASSAGE THERAPIST**

**SARAH NICOLE**

Myofascial Release  
Joint Mobilization  
Neuromuscular Techniques  
Craniosacral Therapy  
Swedish Massage



**ACCEPTING NEW CLIENTS**

SarahNicoleRMT@gmail.com  
778-385-6100  
Crawford Bay

**The Fitness Place**

**OPEN 5:30am-10:30pm**  
(with select hours closed for cleaning/school use)

MEMBERSHIP PRICING:  
1 Month - \$30  
3 Months - \$60  
1 Year - \$200

Inquiries can be made by emailing  
eastshorefacilities@gmail.com

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

[www.eshore.ca](http://www.eshore.ca)



**LADYBUG COFFEE**

**OPEN EVERY DAY**  
**6:30AM - 3PM**



**Hair by Jenn**  
Stylist

Located at the  
Crawford Bay Inn  
Room No. 7



For an  
appointment  
please call or  
text :  
780-292-0641

THE GALLERY WILL BE CLOSED MON OCT 9 TUES OCT 10 & WEDS OCT 11 TO SPEND SOME TIME WITH FAMILY. WE WILL REOPEN ON THURSDAY OCT 12. Also closed: Dec 23-Feb 29. **HAPPY THANKSGIVING!**

*Art - 55+ local artisans*  
*Gifts - from jewelry to paintings*  
*Books - local authors*



Acupuncture  
Sound Healing  
Craniosacral Therapy  
Chinese Medicine  
Yoga & Massage

*Patio Rental - for small gatherings.*  
PATIO HEATER & COFFEE URN/CUPS PROVIDED

**EAST SHORE**  
ART & WELLNESS GALLERY



info@artandwellness.ca  
250.551.8800  
*Kootenay Lake, BC*

**Green Bubble Co**  
(SUNNY WOODS)



**FALL HOURS:**  
Weds — Sun  
10:00 - 4:00  
(CLOSED Mon/Tues)

Pet Supplies, Farm Feed,  
Giftware, Garden Décor & Supplies,  
Fresh Eggs, Wildly Delicious  
Condiments, Mountain Momma Meals,  
Kootenay River Beef/Chicken/Fish  
**CALL (250) 505-0847**  
**NEW TOYS & GIFTS**  
**FOR LOCAL XMAS**  
**SHOPPING!**

Thanks for another great season. Our last day is Monday October 9

lunch-dinner-esspresso

250-227-9596



blacksaltcafe.net

your eastshore bistro in Crawford Bay

CUSTOM HOMEBUILDING  
DESIGN SERVICES  
REMODELING

**HULLAND & LARSEN**  
CONSTRUCTION LTD  
www.hullandandlarsenconstruction.com  
(250) 551-2915 or (250) 505-3570  
contact@hullandandlarsen.com Licensed and Insured  
*Serving the communities of Kootenay Lake.*

**JAGUAR PLUMBING**  
250-254-2222

[eshore.ca/advertising](http://eshore.ca/advertising)

**GRS CONTRACTING** SINCE 1980

- Excavating
- Logging
- Road Building
- Gravel
- Rock Hammer

[grscontracting@gmail.com](mailto:grscontracting@gmail.com)  
(250) 551-0023 (250) 505-3075 (250) 505-3117  
Wholesale prices on spec gravel

**Turlock Electrical Contracting Ltd.**  
Your Local Electricians  
Commercial, Residential Licence# LEL0098331  
Over 20 Years Local Experience

- New Construction
- Service Panel Upgrades
- Money-Saving LED Lighting
- Additions & Renovations
- Electric Heating Systems
- Service Calls

Ph: 250.2279688 Cell: (250) 551-4671  
brandon@turlockelectric.ca

\*Deli Meats/Cheeses \*Liquor agency  
\*Woven baskets \*Groceries  
\*Fishing tackle \*Gas \* Natural Foods  
\*Fresh sandwiches \* Kootenay  
Kombucha on tap



Visit [www.crawfordbaymarket.ca](http://www.crawfordbaymarket.ca) for our weekly e-flyer, updates on our local farm fresh produce, and other exciting news!

**Store Hours**  
Monday-Saturday 8:30AM-6:30PM  
Sunday 9:00 AM—6:30 PM  
Bottle Depot Open Sunday 10-3  
(250) 227-9322 Fax: (250) 227-9417  
cbm@crawfordbaymarket.ca

**Gray Creek Store**  
Building Community Since 1913  
Mon-Sat, 9 to 5:30 Sun, 10 to 5

**It's All About Fall!**  
**Rakes and Gloves and Axes**  
**Wood Stoves and Firewood!**

**FREE DELIVERY FRIDAYS!**

250-227-9315  
[orders@graycreekstore.com](mailto:orders@graycreekstore.com)  
[www.graycreekstore.com](http://www.graycreekstore.com)

**Visit Us in Crawford Bay**  
16030 Hwy 3A  
(inside the Credit Union)

**PROPERTY INSURANCE**

- Buildings
- Personal Property
- Detached Structures
- Additional Living Expenses

T: 250 227 9698  
[kootenayinsurance.ca](http://kootenayinsurance.ca)  
**kis** Kootenay Insurance Services Inc.

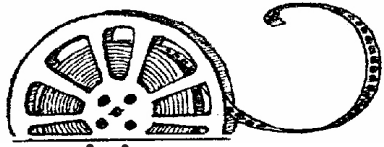
**Barefoot Handweaving**  
Warm colours are so comforting  
Tarot Paintings & card sets

Open most days 10 - 5:30 227-9655

**We're adding extra account security**  
By enabling 2-Step Verification for online banking we're keeping you even more cyber-safe.

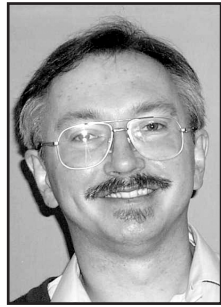
More information and educational resources coming this fall >

**SUBMISSION DEADLINES**  
Nov edition - Oct 25  
Dec/Jan edition - Nov 22  
Feb/Mar edition - Jan 24  
Apr edition - Mar 27



## Seldom Scene

by Gerald Panio



Time to put on your thinking caps. What do submarine warfare, player pianos, Busby Berkeley, the Book of Judges, Bluetooth, and criminal endocrinology have in common? No pressure. Take a moment. I'm sure it'll come to you.

No? No need to feel ashamed. The only reason I can answer that question is because I happened to read a review of a biography, published 10 years ago, about the extraordinary life of a woman born in Vienna, Austria, on November 9, 1914. That woman's name was Hedwig Kiesler, later to blaze brightly in the Hollywood stratosphere under her screen name of Hedy Lamarr.

The biography was Richard Rhodes' *Hedy's Folly: The Life and Breakthrough Inventions of Hedy Lamarr, the Most Beautiful Woman in the World*. The book originally caught my attention because two of Rhodes' earlier books on the nuclear age, *The Making of the Atomic Bomb* and *Dark Sun: The Making of the Hydrogen Bomb* were in my library. What, I wondered, was he doing writing about an actress whose signature film was Cecil B. DeMille's 1949 biblical sex & sand potboiler *Samson and Delilah* and who'd spent the last decades of her life as a recluse in almost total seclusion?

Therein lies a tale, indeed. And now a readily available documentary film by Alexandra Dean, *Bombshell: The Hedy Lamarr Story* (2017) does credit to that tale. Lamarr, it turns out, was an extraordinary woman whose talents Hollywood never fully exploited, and who time and again faced down the world with courage, passion, ambition, and fierce intelligence.



Bit by the acting bug at an early age, she played hooky from school and brazenly walked into a major movie studio to ask for a job. Perhaps admiring her chutzpah, she was hired as a script girl. Some small walk-on roles followed. At seventeen, she was enrolled in legendary theatrical producer Max Reinhardt's school in Berlin.

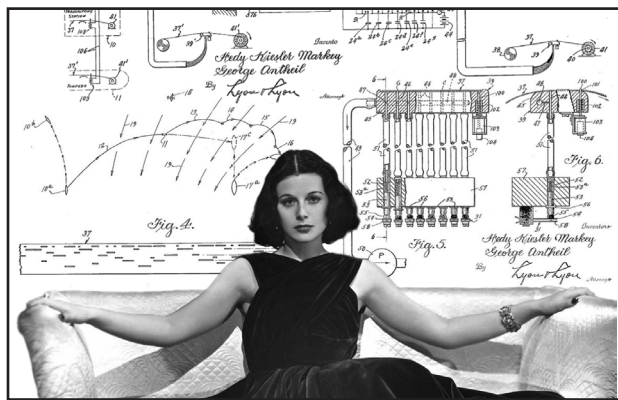
In 1933, Czech director Gustav Machatý gave the 18-year-old Hedwig the lead role in a film that would reverberate throughout the rest of her artistic life. The film was *Ecstasy*, and it became notorious for its brief scenes of nudity (she goes skinny-dipping and her horse runs off with her clothes) and perhaps the cinema's first shot of a simulated orgasm. *Ecstasy* was a critical success, but was banned in several countries, including the U.S. and Germany.

Later that same year, Hedwig met and married Friedrich Mandl, a wealthy industrialist and munitions manufacturer who, despite being Jewish, had strong ties to fascist movements in Austria, Germany, and Italy. Mussolini was a house guest. Hedwig became Mandl's trophy wife, best seen and not heard. His jealousy and possessiveness soon made her feel like a bird in a gilded cage--her every action and communica-

tion monitored. Outraged when he saw a print of *Ecstasy*, Mandl spent hundreds of thousands of dollars in a vain attempt to buy up every copy and every negative. While he recognized her extraordinary beauty and its effect on other men, he was oblivious to the fact that she took an intense interest in the technical discussions of weaponry and engineering that was the common table talk of guests in the household.

At the same time as Hedwig was feeling increasingly suffocated, she was conscious that the threat from the rising power of Nazism and anti-Semitism in Germany made the fate of Austria and its Jewish population terrifyingly uncertain. One night, disguising herself as a maid and packing up all of the jewelry she could, she fled to Paris and then to London.

Once again, Hedy's fearless self-confidence served her in good stead. She met MGM mogul Louis B Mayer, who was in Europe searching out bargain basement refugee talent for his Hollywood studio. She turned down his initial offer of \$150 a week, but booked passage on the same ship that was taking Mayer back to America. She convinced him to give her a \$500 a week contract. When she stepped off the boat in New York, she was Hedy Lamarr, now presented to the American public as "the most beautiful woman in the world." Hyperbole aside, she was both stunning and talented, with a work ethic second to none.



Some successful pictures followed--*Algiers*, *Boom Town*, *Comrade X*, *Ziegfeld Girl*, *Tobacco Road*--but Mayer also squandered her gifts on too many pictures with mediocre scripts and lackluster directors. Lamarr was never given the recognition awarded to other foreign-born stars like Greta Garbo and Marlene Dietrich. A young Ingrid Bergman walked away with several roles that might have given Hedy a chance to shine. Her low-point was probably playing the faux Arab seductress Tondelayo in *White Cargo* (1942) --a role so risible that Lucille Ball would mock it in a series of comic parodies.

Lamarr needed something better to do with her time. She went back to her father's love of how things worked and focused on inventing. She had a workshop in her home. When war broke out, and a ship carrying over a hundred children was sunk by a German U-boat, she had the idea of a radio-controlled anti-sub torpedo that could be guided directly to its target. Something was desperately needed to counter the U-boat menace that was threatening to cripple the entire Allied war effort.

The one problem with a radio-controlled signal was that it was on a limited frequency band that could be easily jammed by enemy vessels and aircraft. Lamarr's solution to this problem, "frequency hopping," was a stroke of genius that, while completely unrecognized for its potential by the American navy, would ultimately make it possible to saturate the planet with GPS, wifi, Bluetooth, and cell phone signals, without any of those signals interfering with each other. Lamarr's solution to the jamming problem was to generate a wide range of constantly shifting frequencies that would be impossible to pin down and block.

But how to practically synchronize these shifting frequencies between the vessel firing and guiding the torpedo, and the torpedo itself? Here actress & inventor Hedy Lamarr joined forces

with one of America's best avant-garde musical composers, George Antheil. He was modern music's controversial "Bad Boy". Antheil's beloved younger brother had died when his passenger plane was shot down by a German fighter at the beginning of the war. Hedy had first become interested in Antheil when she read one of a series of articles he'd written on a rather odd hobby of his--endocrinology.

Lamarr and Antheil's was an extraordinary collaboration, and much of Richard Rhodes's book is devoted to following the parallel lives of Lamarr and Antheil until they finally link together in the torpedo project. Antheil's solution was to code the frequencies on a roll similar to that used in player pianos, sixteen of which he'd once orchestrated together for a musical composition. The coding roll would somehow have to be miniaturized for actual use. On August 11, 1942, Lamarr and Antheil were granted a U.S. patent for their Secret Communication System.

The U.S. Navy buried the patent. Its inventors didn't earn a dime for it. But the ideas were later picked up by other engineers & developers, and in 1997 Antheil and Lamarr received the Electronic Frontier Foundation Pioneer Award. She was also the first woman to receive the Invention Convention's BULBIE Gness Spirit of Achievement Award, the "Oscars of inventing." Lamarr & Antheil were posthumously inducted into the National Inventors Hall of Fame in 2014. The estimated value of current technology relying on frequency hopping: \$30 billion.

When the patent went nowhere, Antheil went back to composing. Hedy was told that her talents would be better used selling war bonds. Which she proceeded to do, to the tune of some \$5 million.

Lamarr's acting career also made a post-war comeback with her portrayal of biblical vamp Delilah in DeMille's first foray into the Good Book. I've always thought that Sampson was pretty much of a jerk, and Hedy's Delilah was exactly the comeuppance he deserved. No one is likely to call *Samson and Delilah* and Ziegfeld's Girl great films, but like many of her films they capture some of the essence of Hedy Lamarr's determination, intensity, seductiveness, perceptiveness, and passion for life.

Alexandra Dean's *Bombshell* also touches on more difficult passages of Lamarr's biography. She poured all her savings into producing a disastrous historical epic called *Loves of Three Queens* (1954), and lost everything. From 1950 to 1974 she was a patient of the infamous "Dr. Feelgood," Max Jacobson, who provided her with the same toxic brew of drugs (pep pills, amphetamines, steroids) that Hollywood studios pushed on many of their stars. Valued so often for her looks rather than her free spirit or her intelligence, she embarked on an increasingly disastrous round of plastic surgeries. She became estranged from her adopted son, James. Six marriages ended in divorce. In her final years, virtually her only contact with the outside world was her telephone. She lived on an Actor's Guild pension of \$300 a month.

Hollywood broke Hedy Lamarr's heart. She once said: "To be a star is to own the world and all the people in it. After a taste of stardom, everything else is poverty." But before she died in 2000, she had a chance to taste a different kind of stardom--one that honored the beauty of her mind.





## Tales From Shprieland

by Heath Carra  
shprieland.com

### Invasive Wavecore

In the years following the COVID-19 bird flu pandemic, a new sound emerged from the aviary underground punk scene. Riding a wail of modulated guitars and overdriven bass, it ripped its way out of quarantine and squawked into poultry consciousness with its infectious messages of social and political chicken farm change. Poultry pathogen punk had arrived.

As a break-out genre, poultry pathogen punk hatched from the cynical themes of egg punk, and as *Rolling Stone* put it, “(was) given an injection of intention and hit with a shovelful of defiance.”

New chicken bands stormed enriched poultry cage systems all over western Canada, and by early 2021, names like Hot Plate Beak, Vaccine Dust Bath, Grinderchick, and Megacull had become battery farm names. The popularity of pathogen punk raced through poultry farms faster than H5N2, and by early fall, it had mutated into what those outside the biosecurity zones of broiler and layer farms had started calling “invasive wavecore.”

“When crittercore took hold of the post-punk zeitgeist in the late twenty-tens, everyone wanted an animal in the band,” said Baxter, a schnauzer and lead singer of the children’s biker metal group Tricycle Harley. “Invasive wavecore took that trend one step further by insisting that if you wanted any edge at all, you needed an invasive species on stage.”

Quarantine angst led to a rash of new bands, and in the summer of 2022, the Tropic Cascade Festival brought all the biggest groups together. Headliners included Iron Pump Burn Out, which had a zebra mussel choking out the bagpipes. Anoxic screamo group Malaria Misfits featured Martin the mosquito on cringe-inducing vocals. The estuary electrogrind band Everglade Blade had both a walking catfish on bass and a Burmese python on keyboard. Razorback Attack’s feral hog Henry played harmonica. Colony Collapse had a northern giant hornet pounding a beat against a window. The droney, downtempo veggie metal band Smother Lover even had a kudzu on drums.

Then there was the all-human band Hominid Holocaust. When criticized for lacking diversity in their line-up, lead singer Rick said, “People are the most invasive species on the planet, and we’re the biggest vector since plate tectonics. Besides, lack of biodiversity is what invasive wavecore culture is all about.”

Gimmicky acts like Hominid Holocaust aside, invasive wavecore struck a power chord with day traders, government lobbyists, despotic tyrants, CEOs of multinational corporations, slumlords, and church lunch gossips.

“It’s music that speaks to my soul, you know? I mean, it’s like someone finally understands what it’s like to be me,” said one sweatshop owner seated at the monitors of his employee surveillance system.

Though invasive wavecore boasted a diehard fanbase of sociopathic billionaires, it was still a fringe genre. It wasn’t until the multi-platinum-selling *Didymosphenia Geminata* arrived on the scene that invasive music finally went mainstream. Literally. Streams, rivers, lakes,

and ponds were treated to the slippery rhythms of Didymo’s signature style.

An idiot savant, Didymo got his start in the bottomfeeder grunge group Rock Snot, playing Sunday afternoon beach picnics where arms dealers moshed to blast beats with their families in their flip-flops. Invariably, someone would slip on a stone, and the sounds of groaning and ambulance sirens became part of the act. Audience participation and improvisation were key elements of Rock Snot’s style.

“Fronting a band like RS took a lot out of Didymo,” said Rock Snot’s bass player, Kevin. “I mean, first of all, he’s an algae, so he couldn’t sing, but he really rocked the photosynthesizer. Some people don’t consider that a proper instrument, but still, he had a presence you couldn’t ignore. He was all over the rocks, and he was crazy slippery. He made people dance the wildest dances. No one else was doing what he was doing at the time. It was totally cutting edge.”

Struggling in a current of epidemic success and personal injury lawsuits, the band split up after only one summer. Didymo went solo then, touring the freshwater circuits of Canada and the northern US the following year, breaking attendance records and bones everywhere he went.

“Success really went to his head. Or, not his head. Whatever an algae has for a head. A nucleus, I guess,” Didymo’s then-girlfriend Wanda said. “We tried telling him he was spreading himself too thin, but he wouldn’t listen. Then they started coming out with those grippy water shoes, and the ambulances stopped coming, and the sound completely changed. Before you knew it, it was just another glorious moment lost to rock n’ roll history.”



## From the Frog Pot Lung Cancer

by John Rayson

There is much in the popular literature and social media conveying information on cancer research, and cancer treatment. Much is often made of apparent increased rates of specific cancers in specific groups. The usual result on further investigation; the rates are what one would expect and not due to specific circumstances or locations.

We spend untold millions on research plus untold millions on treatment. However, in spite of persistent and long-standing known causes of specific cancers, we make minimal attempts as a society to make the changes necessary to prevent the disease.

Cancer, of course, can and does occur at all ages but it is mainly a disease of increasing age. We are living longer and thus would expect to see an increase in cancer rates. As a society we seem to have an insatiable desire for a quick fix [“magical thinking”], and an easy solution for what are often extremely complex and not well understood problems. All the above leads me to put down some thoughts regarding lung cancer.

It was interesting to re-read my textbook of pathology, published in 1961; the leading cause of lung cancer was smoking. The last commercial allowed on TV for cigarettes was in 1971; 52 years ago. On further exploration of the data,

the leading cause of cancer death in Canada is lung cancer. The total deaths from lung cancer exceed that of deaths from breast, colorectal and prostate cancer combined. The deaths from lung cancer totaled 21,745 in 2021; the last year that statistics are available. Most lung cancers are diagnosed as Stage 4 [over 50%] and are made at age 70. This is late-stage disease. The survival rate for lung cancer diagnosed at Stage 4, with treatment, is approximately 19%. That means only 19% of those diagnosed with Stage 4, live 5 years.

We have a great focus in Canada on breast cancer and yet more women die each year of lung cancer than breast cancer [see above]. The death rate for women dying of lung cancer directly parallels the increase in smoking by women in our society. The death rate per 100,000 is dropping as the numbers smoking decline. However, this drop for women is twenty years behind the drop for men, as again the decline in smoking by women has occurred twenty years later than it did for men. One does not have to “be a rocket scientist” to assume that much of what we see is due to advertising: Virginia Slims: “You’ve come a long way, baby”.

We know that 72% of individuals who develop lung cancer are smokers. Yes, there are many individuals who have smoked for years and don’t develop lung cancer - but that is not really the point. Smoking is the major cause of lung cancer. Other issues such as second-hand smoke, radon gas, and exposure to asbestos also play a roll. We continue to defend the right to smoke but really, are the issues not the amount of taxes collected

by various governments plus the economic power of the large tobacco companies?

Speaking of economic power, we now have “vaping” as well. Sold as a solution to cease smoking, vaping is marketed in various flavours and is said not to have the multiple noxious gases of tobacco. However, we do not know what the gases are or their long-term effects. We do know that the products contain very large amounts of nicotine. It would seem nicotine addiction would be the object of vaping. What a surprise! I wonder who benefits?

We have a disease of which we have known the major cause for over sixty years, yet it seems young people are encouraged to vape/smoke. As a society we continue to profit from [government taxes] and defend the right to smoke. Our priorities are confused to say the least.

### Subscriptions:

**Print \$40 / Digital \$30**

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

**Visit [www.eshore.ca](http://www.eshore.ca) to sign up for free email notification of between-editions news.**



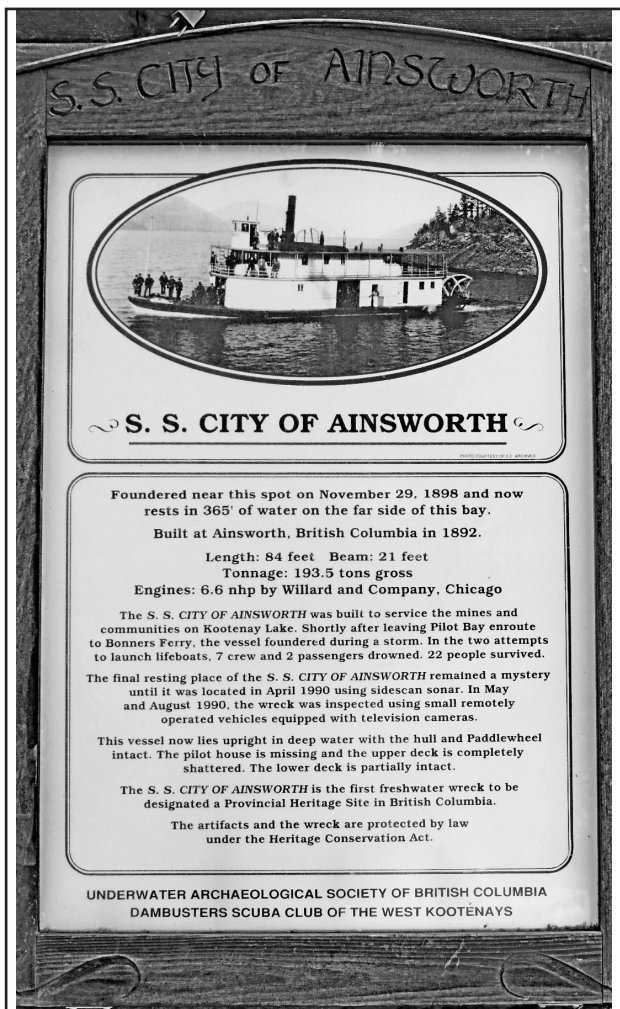
## The Stern-wheeler SS *City of Ainsworth*

By Tom Lymbery

The SS *City of Ainsworth* was somewhat small for the size of the job it had to do -

carrying passengers and freight along the entire length of Kootenay Lake and down to Bonners Ferry, Idaho. It was built in 1892 on the beach at Ainsworth, the scheme of John Watson, who owned the local livery service; his friend Dave Bremmer; and two miners, William Jevons and Samuel Lovatt. Initially the run was to provide this growing settlement with a regular connection to Bonners Ferry but was soon extended to Kaslo and Lardeau, which did much to develop the north end of the lake.

The partners enlisted whoever else was available locally to build the boat, with Frank Hilton to supervise the work. Apparently, its construction was sturdy enough, but its design was flawed. For one thing, its flat-bottomed hull and shallow draft were well suited for river travel but much less stable for lake conditions, especially Kootenay Lake's legendary storms. At first the boat even lacked king posts and hog chains required to strengthen the hull from bow to stern. These were added later, fortunately.



On November 2, 1898, the *City of Ainsworth* left Nelson on the Bonners Ferry run. It was carrying a heavy load of furniture and liquor for a new Creston hotel, along with eight cords of wood on the bow for its wood-fired steam boiler (wood-burning preceded coal mined in the Crowsnest Pass.) By the time they arrived at the smelter town of Pilot Bay, an early winter storm was ramping up. The boat was taking on water at the bow, wetting the firewood and weighing down the bow badly. Worse, the wet wood could not burn hot enough to supply the steam power needed to make much headway in the storm. Worst of all was the departure of two top crew members at Pilot Bay - Chief Fireman John Brett (after an altercation with the

captain), and veteran deckhand Joe Davis (who felt the storm was too dangerous to remain on board). Captain Allan Lean wanted to proceed without delay. A wedding dance was happening at the time, and he felt his crew would not be in any shape to work for a day or two after the party. With a new fireman on board, they headed south - straight into the teeth of a fierce storm.



They jettisoned the wood off the bow to lighten the boat and raise the bow, but to no avail. In mid-lake between Rhinoceros Point on the west and Lockhart Creek on the east, the wind caught the boat and rolled it over on its port side. In the scramble to use the lifeboats, six crew members and three passengers drowned. Meanwhile the boat drifted closer to the east shore, making it easier for the remaining twenty-two passengers and crew to reach the shore. The following morning found the boat lodged on the shore just south of Gray Creek. The tug Kaslo tried to tow it to Pilot Bay, but the tow rope snapped, and the *City of Ainsworth* sank off Pilot Point, at the tip of the peninsula.

In the 1970s, local scuba divers continued to search along the shoreline with hopes of finding the sunken remains. One day they came to me for information on a sternwheeler dolly. I described one and said they were the same as the ones used in railway stations. They also found a crate of pickles and were sure they were close. In April 1990, a side-scan sonar search was done by Can-Dive Services Ltd. for Underwater Archaeological Society of British Columbia. They located a wreck at a depth of 360 feet off Pilot Point. Later that summer, remotely operated submersibles (ROVs) equipped with TV cameras zoomed in on the wreck and positively identified it from its unique sternwheel. In 1997, divers Bart Bjorkman and John Chluski of the Cambrian Foundation, achieved the deepest dive in Canadian history when they dove on the wreck for the first time. Using special breathing mixtures including helium, they had just ten minutes to view the wreck site with its distinctive sternwheel cover.



The site is now a Provincial Heritage Site, the first freshwater wreck to be so designated in all of BC. A permanent plaque was placed in the lake to declare this. They used Gray Creek Hall

beach to take the plaque to the site. I was there and told them that the weather could be very different around Cape Horn. They returned to say that I was right, and the waves filled their stern as they were unloading the plaque.

During the week of August 28 - September 2, 2023, highly experienced divers from British Columbia and Alberta dove on the shipwreck. The VexNow team (divers Brian Nadwidny, Johnny Ryan, Alan Drake and Glenn Farquhar, with surface support by John McCuaig, Terina Hancock and Cathie McCuaig) visited the site three times and obtained video and photographic images that show the collapse over the years.

Susan Hulland's book "The Story of the S.S. *City of Ainsworth*" (2000) has been an invaluable source of information - thank you, Susan! Thanks also to Brian Nadwidny for his account of their 2023 dives and new discoveries. - F. Roback, Ed.

Captions:

Photo 1: This early lantern slide from eBay shows the SS *City of Ainsworth* leaving Pilot Bay ca. 1894. Note the distinctive sternwheel cover.

Photo 2: Interpretive plaque at Gray Creek Hall on its exterior wall, courtesy of the Underwater Archaeological Society of British Columbia and Dambusters Scuba Club of West Kootenays

Photo 3: Diver Johnny Ryan at the site of the wreck of the SS *City of Ainsworth* in 2023. The circular ship's wheel is clearly visible. Photo courtesy of Brian Nadwidny

## TOM SEZ

by Tom Lymbery

*At the suggestion of the editor, we are printing some bygone stories from Tom's Corner with updates by Frances Roback. If you have a preference for a story please be in touch with Dee, Frances, or myself.*

- Kimberley Clark has decided to no longer market Kleenex in Canada – the market has diminished. Kleenex first appeared in 1946, World War II had many product shortages. It was sold as 'disposable' so people just dropped it on the ground. We had to continuously pick it up and so called it 'Dirtyex'.

- Unlike the brain, the stomach alerts you when its empty.

- Please read this month's Book Review. Gray Creek Store is the only retailer selling this important-book.

- The soon to be available BC Historical Federation History magazine has an obituary for Serge Plotnikoff of Castlegar who wrote, sang, and published, *Song of the Kootenays* and many other popular songs. Serge died at the age of 85.

- Canadian Greyhound employed Stompin' Tommy Hunter on a promotional tour to introduce the new MC 6, built in Winnipeg by Motor Coach Industries. Tommy Hunter always took with him a square of plywood to protect the floor from his stompin' heel. If he sang on the bus, did they take out some seats so that he had space to use his section of plywood?

- Sudbury, Ontario has a bronze statue of Tommy Hunter to commemorate his song "Sudbury Saturday Night". He was a true Canadian – never appearing in the US, and all the songs he wrote and performed were set in Canada.



## Rooted in Health

by Maya Skalinska  
Food as Medicine:  
Burdock Root

As an herbalist, at this time of the year my focus changes from harvesting medicinal leaves and flowers to harvesting roots. The reason behind this is that plants store their energy within the aerial parts during spring and summer, and in the roots during fall and winter. We take advantage of this and harvest plants according to where the energy is stored for full medicinal value. Burdock root is a great example.

Burdock (*Arctium lappa*) is a biennial plant in the sunflower family. In the first year, burdock grows close to the ground in a rosette of large, heart shaped leaves. In its second year, it uses up all its stored energy in the root to shoot up a sturdy stalk, up to six feet high. Burdock blooms in mid-summer to early fall with purple-pink spiky balls that are often called burrs. The burrs and their barbed spikes just wait for a chance for a passer-by to come close and stick to them. This plant inspired the invention of Velcro. The good news is that you do not harvest the roots at the

Velcro stage as all the energy is in the stalk and flower, but it is a very good time to ID the plant, as there's nothing else quite like it.

Burdock root is a nutrient-dense food that is low in calories and fat. The root is a good source of protein, calcium, phosphorus, potassium, and folate. Each of these nutrients plays an important part in human metabolism, growth, and development. In addition, burdock root is a great source inulin, a very important prebiotic dietary fiber that feeds our good bacteria, promoting the beneficial microorganisms to grow and flourish in the gut. This prevents the establishment and growth of pathogenic bacteria. A healthy microbiome significantly contributes to weight management, supports the immune system, and reduces blood triglyceride and cholesterol levels.

Other than its impressive nutritional value and being a digestive plus microbiome tonic, burdock root enhances detoxification pathways in the liver and helps to cleanse the blood and lymph. It is very useful in conditions such as eczema, acne, psoriasis as it acts as a healthy skin supporter. Burdock root also increases cellular metabolism throughout the whole body.

As a medicine, it's great as a roasted root decoction, in tincture or pill form, or as a food. It is widely used in Japanese cuisine as an

all-purpose vegetable called "gobo". It is great in stews, stir fry, soups, both fermented and raw (with sea salt). You can find it in many supermarkets these days or try harvesting your own.

You can harvest the root in the fall in its first year, or spring of its second year. I recommend harvesting it in early fall (first year). I find in the late fall and spring (second year) the root is harder to dig out. The root is long, hard, and slender with a carrot-like shape. Peel the outer layer, and briefly soak in acidulated water (one teaspoon lemon juice or vinegar to one liter water) to prevent browning or oxidation. To store, wrap in a damp paper towel, refrigerate, and use within a week.

There are great recipes online. A good one to try is Kinpira gobo, a simple traditional Japanese stir fry with burdock root, carrots, soy sauce, and mirin, topped off with sesame seeds.

You can find burdock growing just about anywhere, but before you harvest, do your research and make sure you ID the plant properly. Burdock root is a wonderful addition to your diet. Your body will thank you for it. Enjoy!

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



## Riondel Art Club

by Sharman Horwood

I've seen a couple of bears, followed by deer, in my backyard under the pear tree. Fall is definitely here, a wonderfully creative time of year. The cooling temperature always brings new thoughts and inspirations.

Gerald Panio is continuing his fascinating look at art history. On Oct. 3, he will give a lecture on Kathleen Munn, Canada's pioneer in modern art. On Oct. 10, he will show a short film from Michael Grant's *Art of the Western World: "Realms of Light: The Baroque."* Then on Oct. 17, Gerald will give a lecture on Winslow Homer. Homer was known as an American landscape painter and illustrator. He was best known for his marine subjects, according to *Wikipedia*. On Oct. 24, Gerald will show another short film: Waldemar Januszczak's look at Thomas Gainsborough. If you haven't seen him on television, Januszczak is always entertaining. On Oct. 31, Gerald will give a lecture on Piet Mondrian, a Dutch painter, "known for being one of the pioneers of 20th-century abstract art" (*Wikipedia*). Come and join us for a small drop-in fee.

At the end of summer, the Art Club reorganized the display in the Riondel Community Centre. Some old work has been put back up, along with quite a few new pieces by our members. Stop by, take a look, and tell us what you think. We are always willing to accept new members. If you have the urge to draw or paint, you are certainly welcome. We have a small drop in fee, but it might be worth taking a chance at delving into your creative energy. That is always rewarding.

## Media Release

### Creston Valley Rod & Gun Club - Restocking efforts of Kokanee Salmon have begun!

(22/09/23: Creston, BC)

Egg collection has begun on the Creston Valley Rod & Gun Club's Kokanee salmon restocking project. Like other Pacific salmon, Kokanee spawn in the fall in B.C. and staff at the Freshwater Fisheries Society are already working hard to gather Kokanee eggs.

The Creston Valley Rod & Gun Club and Robin Louie, Band Council Member, of the Lower Kootenay Band recently observed egg collection activities on the Columbia River near Fairmont.

Collection involved placing wire traps in flowing water to hold salmon before sorting them into male and female groups. Eggs were taken from approximately 10 females at a time, placed in sterile, plastic containers, and fertilized by sperm from two males for a 10:2 spawning ratio. Egg containers were oxygenated and then transported to the Freshwater Fisheries Society's Kootenay Trout Hatchery at Fort Steele, where they will be incubated over a four- to six-week period.

By early November, the fertilized eggs will have developed small "eyes" and will be ready for release to streams on Kootenay Lake. These eyed eggs will be placed in the gravel beds where they will overwinter. On hatching in the spring, fry will imprint on overwintering stream beds as their spawning home before moving downstream to the lake to grow and mature.

Robin Louie spoke to the shared vision that the Lower Kootenay Band and the Rod & Gun Club have for the successful return of Kokanee salmon in Kootenay Lake. Increasing numbers of spawning Kokanee should help replenish depleted stock. Once the Kokanee are again abundant, large-bodied Gerrard Rainbow Trout are

expected to follow, contributing to a sustained, year-round angling economy.

The project is generously supported by the Province of British Columbia through the Destination Development Fund. The Creston Valley Rod & Gun Club is responsible for managing the project, partnering with the Ministry of Forests, Lands and Natural Resource Operations for technical expertise. The Freshwater Fisheries Society of BC is responsible for egg collection, incubation, and release. The Lower Kootenay Band plays a key role in supplying invaluable knowledge of the lake's fish stocks and health.

Egg collection is currently happening at three sites: Hill Creek, north of Nakusp, the Columbia River near Fairmont, and Tyee Lake, north of Williams Lake. Chad Fritz, Hatchery Manager, for the Freshwater Fisheries Society says "this year's spawning run at Hill Creek has been really strong and the channel is full to capacity. The run is also positive at Fairmont and Tyee Lake."

Established in 1919, the Creston Valley Rod & Gun Club is an active sporting association with over 500 members based in the Creston Valley. We are committed, now, and for future generations, to the proper management, nurturing, and responsible use of the fish and wildlife resources in our beautiful valley.

For more information contact:

Robyn Usher, M.Sc., Project Manager

Return of the Kokanee Salmon Project pm.  
kokanee@crestonvalleyrodandgunclub.com  
587.215.1212



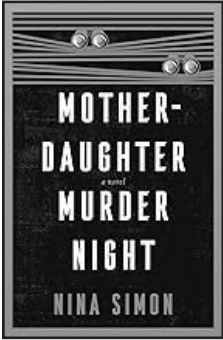
## SUBMISSION DEADLINES

Nov edition - Oct 25

Dec/Jan edition - Nov 22

Feb/Mar edition - Jan 24

Apr edition - Mar 27



## For the Love of Genre

by Sharman Horwood  
Land Rights,  
Cancer, and Of  
Course, Murder

Mother-daughter murder night is a term that comes from a regular television evening event held by a mother and daughter in Nina Simon's debut novel, *Mother-Daughter Murder Night* (2023). Jack (short for Jacqueline) is 15, and Beth, her mother, is a geriatric nurse working in a care home. As Jack grew up, the two of them watched programs like *Columbo*, solving the murder together, and enjoying their mutual love of mysteries. However, when murder does occur near their home on Elkhorn Slough, they are drawn in, along with Beth's mother.

Lana Rubicon is Beth's mother, and she leads the family both in their complicated relationships, and in the mystery of the local naturalist's suspicious death. Ricardo Cruz is the victim. When Jack is guiding a kayaking tour group through the slough, they discover his body. Unfortunately, the police initially think this makes the 15-year old a "person of interest" in the murder investigation.

Lana is a real estate developer and saleswoman, with a very driven personality. She is recognized for her business skills, and real estate savvy. She is so good that the local chamber of commerce in Los Angeles gave her the "fearless real estate mogul" award. She has organized large commercial building projects, as well as smaller ones like wellness spas. She is outraged with the way the police are treating her granddaughter, and also furious with her daughter for the lack of effort she is making to defend Jack. Lana decides

to take the issue into her own hands. However, that isn't easy. Prior to the murder Lana discovered a tumor, and tests show she has lung cancer. She has started chemotherapy treatment. She is unable to work, and she's staying in Beth's house next to Elkhorn Slough. The doctors haven't given her a prognosis, and Beth, as a nurse, knows that that is not good.

Nonetheless, Lana insists she needs to clear Jack's name. Beth and Jack attend the funeral of Hal Rhoads, an elderly patient Beth knew. Lana goes with them to his funeral. There Lana learns that Rhoads' land, a large ranch that leases out farmland, is also near the slough, and it might not be sold but developed instead. Another alternative is that it might be turned over to a land conservation society. Jack learns that the kayak tour company she works for might have a share in the land. The dead man was wearing a life-jacket that belonged to the company. Beth learns that Hal Rhoads might have wanted the land to go to the conservation group, and even signed a letter of intent to do so. By the end of the funeral, Beth is starting to suspect Hal's death was very convenient for his several people. However, two suspicious deaths in one area are hard to fathom. Nonetheless, Beth and Jack have been caught up in Lana's need to solve this mystery.

The family relationships are complicated. When Beth was a teenager, she came home pregnant, and she wanted to keep the baby, though Lana disapproved. Jack, a responsible young woman for 15, has to cope with racism because she has quite dark skin, inherited from her father. (Her biological father had no interest in raising her.) Beth has raised Jack on her own, also without her mother's help. In other words, as with other families, the three women have issues. Nonetheless, solving this murder unites them, in part because they want Jack's name cleared, and for other reasons that are quite personal, particular-

ly after Lana is trapped in a burning building, and almost dies.

What motivates Lana is cancer. It has spread through her body, and she is not the kind of woman to give up. She is a driven woman, in business, and now in helping her daughter and granddaughter. She also is driven to do something important before the cancer takes her life.

Beth also feels a need to do something, mostly to protect her daughter. However, Hal Rhoads died where she worked, and he was one of her favourite patients. Jack, of course, wants to clear her name and perhaps earn money to save for a sailboat of her own.

Elkhorn Slough is really another character in this drama. It is a wetland set next to the ocean. It is vulnerable to tides and the drainage of the farmlands in the area. During high tides, it is a swamp, and when the tide goes out, it leaves mud flats, similar in effect to the ebb and flow of the three women's lives.

Now, instead of just Beth and Jack watching television murders, there are three close-knit women, and this murder is real.

According to *Kirkus Reviews* (Sept. 5, 2023), "Nancy Drew meets *Columbo* in this feisty-female-driven whodunit." I took a chance on the novel, and it has proven to be interesting and well-written. The police are a little stereotypical, but Lana, Beth, and Jack are not. It's a cozy mystery, suitable for an easygoing night next to the fire.

## East Shore Reading Center

by Taryn Stokes, Librarian

Happy Fall to all! We have lots of great books and movies to keep you occupied as the daylight hours shorten. We added 52 items this month including novels from popular authors such as Gillian Flynn, Craig Johnson and Anne Perry. Included in the count are two beautiful children's picture books - *Glow* and *Hidden Gem*. We also added a wide selection of donations including fiction, non-fiction, comics, children's and twelve DVDs. We now have the full set of *True Blood* and Season 5 of *Yellowstone*, thanks to donors.

In September there were 259 items checked out and 48 of our library members were served. We increased our hours and are open Thursdays from 6 to 8 PM. If you are doing some pre-dinner grocery shopping, planning an evening at the pub, or partaking in a community meeting, stop by and check out your local library! At the end of September, we hosted an author reading with Alanda Greene and hopefully with a good turn-out we can plan more events like this.

Several book awards are announced in the fall, including the Scotiabank Giller Prize. We have one of the long-list titles, David Bergen's *Away From the Dead*. The setting of the novel is Ukraine at the time of the Russian Revolution. Another book on order is *The Rooftop Garden* by Menaka Raman-Wilms. The short-list will be announced in October, and I will order some of those books after the announcement.

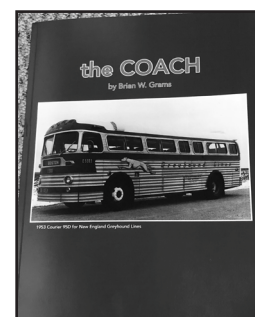
We are open Tuesday and Saturday from 12:00 until 3:00 PM, and Thursdays from 6:00 to 8:00 PM. We can be contacted at 250-777-1492, via email at [escomlib@gmail.com](mailto:escomlib@gmail.com), or at 16234 King Road. We are pleased to host the Hospice Library collection at our location as well. You can also follow us on Facebook (@escomlib) to stay current on all of our new books and activities.

Take care and happy reading!

### Kootenay Lake Ferry Schedule

\* Currently operating on winter schedule. All times are Pacific Time (PST).

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



## Book Review by Tom Lymbery

"The Coach" by Brian W. Grams. 119 pages, \$52 US, Publisher: Brian Grams

This book is about Motor Coach Industries of Winnipeg who built the buses that became Canada's finest. From the 12-600's that were able to travel the under-construction Alaska Highway from Fort St John, BC to Fairbanks, Alaska, came bus models that stood up to Canada's narrow gravel roads.

Exhaustive research by Brian Grams has produced a reference book for those operating or buying MCI buses. His father, Walter Grams, was a Canadian Greyhound driver so Brian grew up in a Greyhound family. He rode with his father from an early age and could drive a bus by age 15. His first job was driving for Brewster Buses of Banff - taken on with no training at all, but he knew buses and the Banff area served by Brewster.

Brian sent me a copy with the note "I'm jealous of your history with 'The Hound'." which is why he asked me to help him sell his book - he wants it sold by one who can testify to Canadian Greyhound. I first rode one at the age of three, and greeted the drivers daily unloading buses that were carefully balanced across the bow of the sternwheeler *Nasookin*.

This was an expensive book to produce as almost every page has three or four buses featured, along with lots of detail. Brian also has pages filled with explanations as to how the serial numbers worked. This will be a reference book used almost everywhere in the world.





## Smarter Than Jack or Jill

by Sharman Horwood

### Microbial Intelligence

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

We are not alone. The truth may or may not be out there (personally, I hope it's out there), but it is certainly here within each of us. Each human is "a multi-species collective" (*I Contain Multitudes*, by Ed Yong, an award-winning book on microbes that is very readable). Every human carries a horde of micro-organisms, most of them beneficial, such as the microbes in our digestive system that help us process nutrients out of our food. Surprisingly, scientists are also learning that bacteria seem to exhibit a certain amount of intended behaviour, suggesting intelligence.

Humans carry their microbiome everywhere. All animals do. "A polar bear, trundling solo through the Arctic, with nothing but ice in all directions, is completely surrounded [with bacteria]. Bar-headed geese carry microbes over the Himalayas. When Neil Armstrong and Buzz Aldrin set foot on the moon, they were also taking steps for microbe-kind" according to Ed Yong (*I Contain Multitudes*). Apparently, each of our body parts is "a rolling landscape" of microbes in the form of bacteria. There are disease-causing microbes, known as pathogens; fungi, such as yeasts; viruses, and bacteria, which is the largest collection of microbes on the planet. We do not live alone. In fact, all animals, and most plants, are each a collective.

There is a wide variety of microbial species. Researchers can "single out keystone microbes that exert a disproportionate influence on their envi-

ronment--the equivalents of sea otters or wolves" (*I Contain Multitudes*, Ed Yong). Doctors can treat the disease-causing pathogens "as invasive creatures, like cane toads or fire ants" (*I Contain Multitudes*, Ed Yong). Disease in humans is like "a battered ecosystem where the balance of organisms has gone awry" (*I Contain Multitudes*, Ed Yong). Yong also adds that "we cannot fully appreciate our own microbiome without appreciating how those of our fellow species enrich and influence their lives" (*I Contain Multitudes*, Ed Yong). To Yong, and many scientists, "zoology is really ecology."

Scientists are now studying the ways in which microbes interact with each other and influence each other. In other words, they adapt and sometimes act in an individually determined manner. This is done through chemical signals that can be "interpreted in terms of communication to mediate coordinated, multicellular behaviour" (*Nature Reviews Microbiology*, "Communication in Bacteria" by Laurent Keller and Michael G. Surette). Researchers are discovering that this "does not simply involve cooperative signals, but entails other interactions such as cues and chemical manipulations" (*Nature Reviews Microbiology*, "Communication in Bacteria" by Laurent Keller and Michael G. Surette). In other words, the microbes are determining their behaviour, and manipulating other microbes within their microbial communities to act accordingly. The chemical signals they use are called "quorum-sensing" chemicals that function on a group basis.

Bacteria "are unicellular organisms in nature that survive everywhere in the world" (*National Library of Medicine*, "Bacterial Intelligence" by Sarangam Majumdar and Sukla Pal). Each adult human has approximately ten trillion human cells in his or her body. However, "the number of bac-

terial cells residing in a human body is ten times the number of human cells" (*National Library of Medicine*, "Bacterial Intelligence" by Sarangam Majumdar and Sukla Pal). In other words, "the human kingdom is practically immersed in the bacterial world" (*National Library of Medicine*, "Bacterial Intelligence" by Sarangam Majumdar and Sukla Pal). Most bacteria have a mutually beneficial relationship with their host, a symbiosis that helps each one exist and function, such as the bacteria that exist in the human digestive tract. Bacteria also communicate using chemical signals.

Scientists use a testing system known as "Gram stain retention property" (*National Library of Medicine*, "Bacterial Intelligence" by Sarangam Majumdar and Sukla Pal). They then classify the results into two categories: Gram-positive and Gram-negative. The researchers have learned that "both of them are capable of intra-species and interspecies communications using chemical signaling molecules" (*National Library of Medicine*, "Bacterial Intelligence" by Sarangam Majumdar and Sukla Pal). One of the Gram-negative bacteria, *Pseudomonas aeruginosa*, can cause a variety of infections particularly in patients who have been hospitalized for a long time. (This, by the way, is one of the reasons why doctors and nurses want patients to recover and leave the hospital as soon as possible.) These infections, such as urinary tract infections among others, can become life threatening.

Scientists are also trying to understand how the microbiome can be influenced in a way to help humans, at least at our discretion. In 2017 a group of scientists revealed "that artificial cells are also capable of sensing and sending quorum sensing molecules" (*National Library of Medicine*, "Bacterial Intelligence" by Sarangam Majumdar and Sukla Pal). I don't understand the exact science, but it is a bit reminiscent of the creation of Frankenstein in a laboratory. They describe the biofilm communities (Gram-positive bacteria) as undergoing "metabolic oscillations" and that these can become "coupled" through an electric signal. They are combining natural bacteria with human-made bacteria. They believe this "complex biological and electro-physical phenomena can be of substantial importance in quantum computation" (*National Library of Medicine*, "Bacterial Intelligence" by Sarangam Majumdar and Sukla Pal), the next step in the evolution of computers.

Microbes do exhibit what can be interpreted as intelligent behaviour. For instance, "complex cells, like protozoa or algae, show remarkable abilities to organize themselves in changing circumstances" (*Wikipedia*). In other words, they can adapt to a changing environment, a prime factor in revealing intelligence. Some scientists even go so far as to say that "a bacterial colony loosely mimics a biological neural network" (*Wikipedia*). This is being researched "in the context of network theory." The scientists found that the bacteria "developed a fractal model of bacterial colony and identified linguistic and social patterns in [the] colony lifecycle" (*Wikipedia*). Some microbe colonies have also shown some memory. In April 2020, a group of scientists "reported that collectives of bacteria have a membrane potential-based form of working memory" (*Wikipedia*). The scientists used light, shining it on a biofilm of bacteria. The result was that the bacteria reacted to it for hours after the light had been taken away.

That sounds like the beginnings of intelligence to me.



## 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](mailto: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.



## We Never Stop Loving Those Who Have Gone Before Us

- submitted by Cherry MacLagan

ARTIST: GEORGE JONES, RELEASED IN 1980 ON THE ALBUM "I AM WHAT I AM"

He Stopped Loving Her Today

He said, "I'll love you till I die" / She told him, "You'll forget in time" / As the years went slowly by / She still preyed upon his mind / He kept her picture on his wall / Went half crazy now and then / But he still loved her through it all / Hoping she'd come back again / Kept some letters by his bed / Dated 1962 / He had underlined in red / Every single, I love you / I went to see him just today / Oh, but I didn't see no tears / All dressed up to go away / First time I'd seen him smile in years / He stopped loving her today / They placed a wreath upon his door / And soon they'll carry him away / He stopped loving her today / You know, she came to see him one last time (ooh) / Ah, and we all wondered if she would (ooh) / And it kept runnin' through my mind (ooh) / "This time he's over her for good" / He stopped loving her today / They placed a wreath upon his door / And soon they'll carry him away / He stopped loving her today

## 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

**Crazy's Sharpening Shack** - now on the East Shore! Contact Ross rpfedun59@gmail.com or 250.427.8798. Drop-off available at Gray Creek Store. Saw blades, drill bits, chain saw chains, skates & more!

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

**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. 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\_ararak@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

**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

### 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

**Homeschool MeetUp** - bluebellmtnhome-stead@protonmail.com.

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

## 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](mailto:lymbery@netidea.com)** for a handsome brass plaque.

## Primary Care Provider Schedule

Tues, Oct 3	Jayme Ingram, NP
Weds, Oct 4	Jayme Ingram, NP; Dr. Piver*
Thurs, Oct 5	Dr. Deans; Jayme Ingram, NP
Fri, Oct 6	Jayme Ingram, NP
Tues, Oct 10	Jayme Ingram, NP
Weds, Oct 11	Jayme Ingram, NP; Dr. Piver*
Thur, Oct 12	Dr. Deans
Fri, Oct 13	Jayme Ingram, NP
Mon, Oct 16	Jayme Ingram, NP; Dr. Piver*
Tues, Oct 17	Jayme Ingram, NP
Weds, Oct 18	Jayme Ingram, NP; Dr. Piver*
Thurs, Oct 19	Dr. Deans
Mon, Oct 23	Jayme Ingram, NP; Dr. Piver*
Tues, Oct 24	Jayme Ingram, NP
Weds, Oct 25	Jayme Ingram, NP; Dr. Piver*
Thur, Oct 26	Dr. Deans
Fri, Oct 27	Jayme Ingram, NP
Mon, Oct 30	Jayme Ingram, NP; Dr. Piver*
Tues, Oct 31	Jayme Ingram, NP

\*Locum bridging coverage

## East Shore Youth Network October Schedule

**Sat, Oct.14: Helping Hands Day** – a good volunteering opportunity! The youth group will stay together as one group; other volunteers will be divided into groups of 2-4 to do simple chores for local seniors along the East Shore. Youth sign up with Melina at [cbesyn@gmail.com](mailto:cbesyn@gmail.com); other volunteers and seniors who want help please contact Susan Dill at 250-227-9350 or [susannedill88@gmail.com](mailto:susannedill88@gmail.com).

**Fri, Oct. 20** - Babysitter Boot Camp in Nelson. To register please email [cbesyn@gmail.com](mailto:cbesyn@gmail.com). The cost is \$50 per participant. ESYN covers half of the cost (total value of \$100). Meet at 8:40 am and pick up at 6:45 pm at the Kootenay Bay ferry terminal. Please pack a lunch; we will buy pizza on the way back for dinner.

**Week of Oct.23** - We will do some Halloween decorations at Crawford Bay School for our Haunted Walk in the Riondel campground. Specific days and times will be sent by email.

**Tues, Oct.31** - Walk the Haunted Path at the Riondel Campground with a picture booth.

**Mon, Nov.13 (Pro-D Day)** - Queen City Escape Rooms in Nelson. Group 1 at 2:00 pm - Spy at the Madden Hotel. Group 2 -at 2:30 pm - A Wizard's Journey: The Legend of the Three Dragons. Both groups will take the 12:20 pm ferry, which is 1:20 pm our time. Meet at 1 pm at Kootenay Bay ferry terminal. We will travel back on the 4:30 pm from Balfour, which gets us at Kootenay Bay our time 6:10 pm. Snacks will be provided. To register please email.

Contact Melina at - P: 250-509-4111. E: [cbesyn@gmail.com](mailto:cbesyn@gmail.com).

Online Workshop

w/ Michael O'Connor

### *The Calendar Astrology Advantage*

Sat September 21, 28, and Nov 4 & 11 at 9 am Pacific.

Learn More: <https://sunstarastrology.com/calendar-astrology-advantage/>

## WEEKLY EVENTS:

### SATURDAY

Dance Riondel CommCtr 10:00am

Knitting Riondel CommCtr 10:00am

Gong Journey at KSHC 12:30 pm

### SUNDAY

Gong Journey at KSHC 12:30pm

A Course in Miracles Study Group 2:00pm

### MONDAY

Sound Healing Kootenay Bay - by appt

Ballet - 3-4

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

Acrobatics 3:00pm

Karate 5:00pm

Sweet Tuesdays GC Hall 6:30 pm

Meditation 7:00pm

Pool – Riondel Comm Ctr 7:00pm

### WEDNESDAY

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

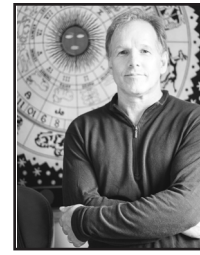
WalkAMile/EssentialStrength 10:00-11:00am

Pool – Riondel 1:00-3:00pm

Karate 5:00pm

Seniors Games Night Riondel 7:00pm

Gong Journey at KSHC 7:00pm



## October Horoscope

by Michael O'Connor

**Aries** (Mar 21-Apr 19) Despite diplomatic efforts, pressures to give beyond your desires could reveal clenched fists beneath velvet gloves. As your ambitions steadily rise, polite engagement will be replaced by furlled-brow determination.

**Taurus** (Apr 20-May 20) Making improvements for the sake of a healthier flow is highlighted. This will lead to creative measures. Keeping the peace with significant others, however, could prove challenging and will test your sincerity.

**Gemini** (May 21-Jun 20) A creative impulse will grow in intensity this month. Your focus will include energy and effort to make your workspace more effective and inspiring. Increasing your outreach and exposure is likely but will require extra effort.

**Cancer** (Jun 21-Jul 22) Hovering close to home is likely of late and should feel easy. Creating harmony and tending to many loose ends including improvements and repairs is keeping you busy. You will push to break through any obstacles or restrictions.

**Leo** (Jul 23-Aug 22) Many new thoughts, ideas, and perspectives are igniting your brain synapses. This will include increased communications. Practical ambitions will guide your focus. Expect to dig in deep to access hidden reserves of power.

**Virgo** (Aug 23-Sep 22) Creating a whole new state of balance and flow has required much energy and focus and this trend continues. Expect interactions and communications to increase. Fortunately, you will likely feel energized by the dynamic.

**Libra** (Sep 23-Oct 22) Taking new leads and strides will continue and increase this month. You will shift from ideals and inspirations to ambitions to monetize. Compassionate concern for others contributes a twist to the plot.

**Scorpio** (Oct 23-Nov 21) A busy time behind the scenes for the sake of increasing your outer focus and drive continues. Opening your mind to the advice of others will prove helpful. Be willing to do your homework to access hidden resources.

**Sagittarius** (Nov 22-Dec 21) Defining, refining, and asserting your sense of individuality is emphasized now. It may include deciphering who are and are not 'your people'. Increasing your communication to discern will be empowered by self-honesty.

**Capricorn** (Dec 22-Jan 19) The time has come to be seen, heard, and acknowledged. Getting attention and collecting on earned rewards are featured. Do what you can to boost your confidence levels and focus on turning any no into a yes.

**Aquarius** (Jan 20-Feb 18) A philosophical mood prevails as October begins. This trend will deepen and is associated with nurturing feelings of security. Both sharing and receiving instruction and training will prove empowering.

**Pisces** (Feb 19-Mar 20) You have entered a cycle of change, transformation, and regeneration. The result will be new approaches and attitudes. Expect to engage in some measure of research. Yet, avoid excessive introversion and let your light shine for others to see.

*Weekly Event  
Listings on this page  
are free!*

CRAWFORD BAY  
ELEMENTARY SECONDARY SCHOOL

invites you to our  
**FALL**  
Festival

**MONDAY,  
OCTOBER 16TH**

Open House in Classrooms  
4:00- 4:30  
Outdoor Fall Festivities  
4:30 - 6:00

We looking forward to  
welcoming all Families and  
Community Members.

FESTIVE FOOD  
LEARNING SHOWCASE  
PIE WALK  
GAMES  
CRAFTS  
AND SO MUCH MORE!

**FUNDRAISER FOR SCHOOL  
LEARNING ACTIVITIES**

**HELPING HANDS DAY**  
**SATURDAY, OCT 14, 2023**  
From Boswell to Riondel  
Volunteers and Youth will be helping seniors with...

**OUTSIDE FALL CLEAN-UP  
WINDOW CLEANING  
MINOR REPAIRS  
YARD WORK**

**VOLUNTEERS NEEDED**  
An excellent opportunity to  
support our seniors!

**To receive help or volunteer call...**  
Susan Dill  
250-227-9350  
susannedill88@gmail.com

**Thank-you community volunteers, East Shore Youth Network,  
East Shore Hospice, and Community Connections (SKLCSS)**

**Boswell Memorial Hall**  
*Spaghetti Dinner*  
**Saturday, October 21**  
**6:00 P.M.**  
Door opens at 5:00 p.m.  
Tickets \$20 at Destiny Bay Store  
Memberships will be available for  
purchase

**RIONDEL HAUNTING**

**NEEDS YOU, YOUR FRIENDS, COWORKERS, FAMILIES,  
BUSINESSES OR NEIGHBOURS TO JOIN IN ON MAKING THE MOST  
SPOOKTACULAR EVENT IN 2023**

**OCTOBER 31, 2023 4:30PM**

**AT THE RIONDEL COMMUNITY NORTH  
BAY PARK & CAMPGROUND**  
**WITH CONTESTS, LOCAL MUSIC THE BATS,  
TRICK OR TREATING, THE PUMPKIN PATCH,  
HAUNTED FORESTS, PRIZES FOR ALL AGES**

**To support this event email Noelle or Tom  
[wilkinsonsstudio@gmail.com](mailto:wilkinsonsstudio@gmail.com)  
Accepting donations of candy, prizes, & decorations.**

**THANK YOU TO ALL OUR COMMUNITY VOLUNTEERS, DONATORS, AND EVERYONE WHO HAS SUPPORTED THIS EVENT IN  
2021 & 2022 AND NOW 2023. THANKS TO YOU THE HAUNTING CONTINUES.**  
HERE ARE JUST SOME OF THE DONATORS:  
COMMUNITY CONNECTIONS GRANTS, SAVE ON FOODS, RIONDEL CAMPGROUND ASSOCIATION, BIG DEE NELSON,  
KOOTENAY LAKE CHOCOLATE, KOOTENAY CRATE, PIXIE CANDY, JACQUELINE WEDGE, RIONDEL FIREHALL, KOOTENAY LAKE  
DRIFTWOOD COMPANY, MORRIS FLOWERS & GARDEN CENTER, PAGE BOY, BLACK BENCH TATTOO, LADYBUG COFFEE, LEA  
GEORGE, GREEN BUBBLE CO., RIPPING GIRAFFE, GAIA RISING, FIREWORKS COPPER & GLASS, MALLARDS SOURCE FOR  
SPORTS, PIXIE CANDY SHOP, KOOTENAY FORGE, RIONDEL COMMUNITY MEMBERS

***Mainstreet Holiday  
Greetings Fundraiser***

Submit your greeting by Nov 22 for publication in the Christmas edition (Dec/Jan edition). Payment is by donation (e-transfer to editor@eshore.ca or cash/cheque to Bluebell Publishing Box 239 Crawford Bay, or in person at ES Art&Wellness Gallery). All proceeds will be donated to the East Shore Food Hamper,  
**Thank you for supporting this Mainstreet tradition!**

***Newkeys Better to Give  
Christmas Fundraiser***

It is that time of year again when we turn our thoughts to those less fortunate. Newkey's will be hosting the 11th Annual "Better to Give" event on November 18, 2023. All monies raised go to the East Shore Food Hamper.

We are looking for any items that can be auctioned or put in our silent auction, as well as non-perishable items for our food hamper box. Items may be dropped off at Newkey's Place 16070 Hwy 3A, Crawford Bay, or feel free to contact us to pick up at 250-227-6911.

Last year was a great success and we hope this year will be even bigger and better!

**AUCTION** - 12:00 to 6:00 PM Saturday, November 18  
**LIVE MUSIC** at 7:00 PM  
**MEAT DRAW** and **BAKE SALE** at 3:30 PM

Thanking you in advance, Pam Spiers