

A.M.

June All Month



Salute to the Class of 2020

■ Pages 7-10



Love in the Age of Covid

■ A couple displays how NOT to wear a mask in this painting by Adam Meikle of Meikle Studos. More serious pieces on the local and global Covid story INSIDE.

▼ What's On ► Online FriAM.ca ■ No. 1162 ► June 5, 2020 ► FREE

Festivities
Art & Film
Concerts
Theatre
Sports 4,5



► International honours for local artists / 4

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A DELICATE BALANCING ACT

Every night at 7 pm in the neighbourhood where we are now living in Victoria, doors open and people step outside to clap for all the essential workers who are labouring for us during this pandemic.

Pots bang, car horns toot, even a ship in the harbour occasionally blares its horn. This has been going on for weeks.

I sense an uplifting of the spirit in the collective action of applauding and cheering together. We who have been isolated, can join with others in a noisy eruption of joy and appreciation.

It is one way of coping in these unsettled times.

And the times are indeed uncertain. Even before the global pandemic, there was worry about the future - economic disruption, changing climate, worsening social inequality.

How do we cope? How do we keep ourselves from falling prey to panic and fear?

If the news is too anxiety-producing, do I ignore it and look for cheerful stories? It is a delicate balancing act between staying informed, which is part of being a responsible citizen, and managing my mental health.

A coping strategy I am learning is to accept that it is okay to feel fear, that it teaches me what I value. At the same time though, because fear can shut me down, I need to let it go and transform it.

One technique that has helped me is to slow down, and focus on my breathing. With each breath I visualize love coming into my body, dissolving the fear in my cells, on a cell by cell basis. I

shore to shore

Sarah Weaver



ry described in the book Gift of our Wounds: A Sikh and a Former White Supremacist Find Forgiveness After Hate. As the title suggests, this book is the result of an incredible – and unlikely – friendship.

choose love, because for me, it is the opposite of fear.

One of the extensions of the fact we are living in unsettled times is that we are being asked to stretch ourselves in ways we may never have done. The future is going to demand our best. Those who work in health care and other essential services are showing us this lesson.

My life has been one of relative convenience and ease; compared to my ancestors, or countless others who suffer, I have not had to endure much in the way of discomfort. The times ahead may demand that I explore my resources, find new tools, learn new skills.

This might mean learning to live with hardship, or finding courage to stand up for what I believe is right, to speak for justice and fairness.

It is easy to be kind to each other when the going is smooth; it is when times are tough that we need to plumb our depths to keep kindness alive....

And it is when times are tough, that kindness, and working together in community, will be essential.

We have had such a good example in the leadership provided by Dr. Bonnie Henry and her daily mantra of "Be calm, be kind, be safe".

We may feel fear in the face of the uncertain future, but if we stay calm, we can let go of fear, stay kind, and work together.

I am reminded of a powerful sto-

One of the authors, Arno Michaelis, was a white supremacist in his younger years. In 2012, a member of the group he founded attacked and killed worshippers at a Sikh temple. The other author, Pardeep Singh Kaleka, is the son of one of those killed that day.

That the two men had the courage to overcome their fears and their hate, and to join together, is inspiring. When they first met, they found that they had much more in common than either expected. Their book is an exploration of forgiveness, letting go of judgment, and peacebuilding.

I first heard of Michaelis and Kaleka when they were on a speaking tour, talking to young people about opening up about our deepest-held fears and vulnerabilities. When we do this, they suggested, we build connections with each other and realize our common humanness.

To conclude on a lighter note: I have been finding "Kindness" rocks, painted with uplifting messages, tucked into all kinds of unlikely places.

Here is one such message I found recently: "Even if we disagree about everything, we can still be kind to each other." ■

□ Sarah Weaver works actively on environmental issues and posts her regular blog 'Coast Lines' at lines-fromthecoast.blogspot.com.

Lessons Learned

Many children have returned to schools for in-class learning this week. Some kids, like the ones on the right at Shuswap Kids Club, will continue for the rest of June at after school / day cares geared for children of essential workers.



Valedictory address for a different time

Every year Mall Arkey does its own version of a valedictory address.

Obviously this year is a unique one for grads with all that is going on in the world.

The first thing I'd like to say to the 2020 grad class

is I'm sorry you aren't able to be celebrated the way you would have planned and deserve. You've also had to make some adjustments over the last couple months you didn't anticipate (school, jobs, socializing).

The silver lining is, unlike most grads, you will be better equipped to make adjustments in the future.

So whether dealing with COVID-19 or any other challenge, it all comes down to how are you going to respond to these challenges. What is your mindset going to be? Hopefully it is one of accepting what is and making the most of what comes next.

Years ago we created our own valedictory address to help graduate's deal with their transition to the world AFTER high school. So here are a few thoughts to help you as you enter the "real world".

○ **HARD WORK TRUMPS EDUCATION.** Don't get me wrong, education is good and will likely open some doors for you.

However, if you can't or won't work hard to apply that knowledge then you won't be as successful as the person who has less knowledge, but is willing to put in the effort. So don't expect someone to give you a high paying job right out of high school or university; you have to earn it. Even in times like these, there are jobs to be had for those who want to work hard.

○ **A DEGREE NO LONGER GUARANTEES YOU A JOB.**

You may even find yourself unemployed or underemployed even with a graduate degree. Many university graduates are finding that they have to go back to the technical institutes and colleges for the skills they need to find employment.

○ If you don't want to go on to college, **TAKE AN ENTRY LEVEL JOB** and learn everything you can about it and work your way up from there. Don't EVER think certain jobs are below you; instead look at



Daron Mayes

them as opportunities.

○ **ASK FOR ADVICE.** All the "old people" (your parents, grandparents or neighbors) who you think are out of touch with reality actually know a lot about life. They will also be pleased

when you ask for their guidance.

Just don't ask them to do it for you. And never ask for money. Ask for work. The money will follow.

○ **DON'T BLAME YOUR PARENTS.** If you keep looking in the rear-view mirror you won't ever move forward. Besides you are responsible for you now; not your parents and definitely not the government.

○ **THINK CRITICALLY.** One of the biggest challenges we face currently is separating all the noise and conjecture from what is truth.

Don't simply accept what you read on the internet or see on TV at face value. Do the research for yourself and be willing to research both sides of an issue.

○ **SAVE AND LEARN ABOUT MONEY.** All your hard work will result in some extra cash. Use it wisely. The laws of compounding interest will tell you that the earlier you start to save (even a little) the better off you'll be come retirement.

○ **TECHNOLOGY AND SOCIAL MEDIA.** Be wary of technology and social media. It can serve a purpose, but overuse isn't healthy and can be addictive.

Be the person you are not the one you try to portray on social media. The world seems to lack people who are genuine. Don't be afraid to swim against the current!

There are more, but we've run out of space. Besides, if you add in "TREAT OTHERS AS YOU'D LIKE TO BE TREATED", the rest will be gravy. Happy Graduation!

The information provided in this article is intended for informational purposes only and is not intended to constitute financial, accounting, and legal or tax advice. For information specific to your situation you should consult a professional. ■

□ Daron Mayes works as an investment advisor in Salmon Arm. His column appears monthly.

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■ My dear readers: A 'funny' thing happened on the way to nearly finishing this edition. On Tuesday, I had a telephone appointment with my family doctor, and after describing upper chest pains, I was ordered to immediately go into emergency. After blood work and EKG, etc. I was asked to return the next day (Wednesday) for a stress test. Unfortunately, I failed, and, as I write this, am preparing to book into Salmon Arm hospital and then later be transferred to Kelowna for some kind of procedure. With work still to be done on pages 3, 12, and 13, I am leaving everything in the capable hands of Hucul Printing and others. So off I go, and thank you for your cares and prayers.

Not a Hoax

The Covid-19 pandemic is a global crisis. And as we have all seen, crisis elicits different and dramatically varied responses from people.

guest column

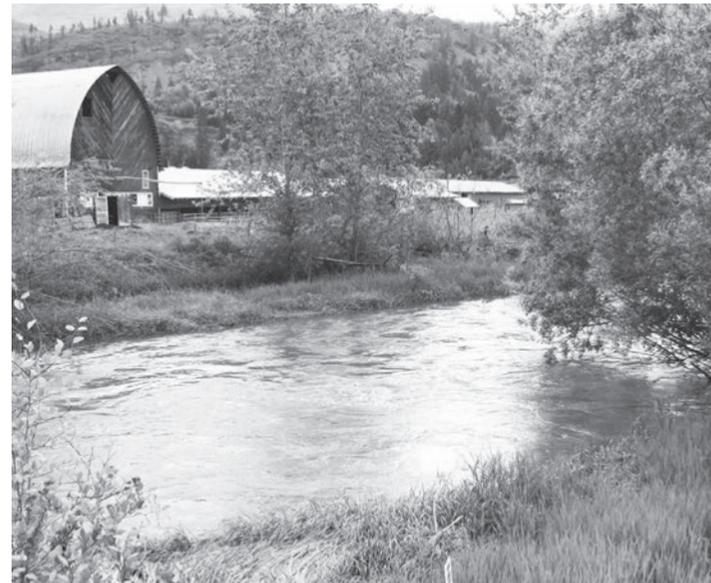
E. Shelley Hucul

There is harm in denying scientific facts. There is danger in embracing nonsense found on social media.

And then there is the influence of the deep dark web, which is rife with scam artists and cybercriminals who exploit vulnerable people, preying on fears by selling fake vaccines, bogus cures and above all, misinformation.

The psychology of denial has become a major topic of discussion. For some, it is easier or less painful to pretend that the pandemic is a hoax. People are going to great extremes to deny there is a pandemic, partly because this would require some personal sacrifices to make changes. Denying the existence, or the dangers of Covid by claiming it is just a common cold, or arguing that it can only be transmitted one or two ways, is ultimately leading a lot of people to make careless choices.

Our personal frame of reference regarding how we handle the problem of Covid reflects our own experiences. Often, how seriously we take things has to do with our own state of health, or the health of those we love.



Lake and River Levels Rising

According to shuswaplakewatch.com the lake level was 348.916 meters (1144.74 ft.) on June 3. It was up 3 inches from the day previous. That's higher than the peak level reached last year, but not quite as high as the peak level from 2018. Sandbags are still a good precaution and the CSRD's Shuswap Emergency Management Program is prepared with sandbags in case the levels rise further.

The truth is people of every age can contract Covid; it's not just seniors and the autoimmune compromised who catch it. Also, anyone can be an innocent carrier and they might not feel at all sick themselves - this is called being "Asymptomatic" (which means a condition of a person producing or showing no symptoms).

People have asked me if I actually knew

anyone personally, who had Covid-19. The answer is Yes. I do, but not here in British Columbia.

In mid April, I learned that my 72 year old cousin, Lynn, had Covid-19. She is a resident in a long term care facility, in the Ottawa Valley. The testing showed that she was "Covid-resolved". However, on Monday June 1st, I learned that when she

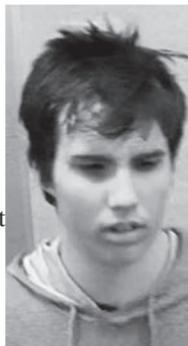
was retested and that she still has Covid; she doesn't have long to live.

Covid-19 is not a hoax; it is real.

I am convinced that facing your fears, following the health rules for yourself, your family and your fellow human beings, increases the chance that you won't be part of the problem, by inadvertently spreading the virus.

Suspect sought in armed robbery

Salmon Arm RCMP are asking for the public's help to identify the individual in this still taken from security camera footage shot prior to an armed robbery at the Husky gas station and store..



Police believe the suspect entered store prior to covering his face with mask. The incident occurred around 6 a.m. on Sunday, May 31, at the Husky station along the Trans-Canada Highway.

Police say the suspect was armed with a handgun during the robbery, fled on foot afterwards with an undisclosed amount of cash.

The suspect is described as a male in his late teens or early 20s, with dark shaggy hair. He was seen wearing black sweat pants, a tri-colour hoodie with grey on top, white in the middle and black on the bottom, and a pair of white runners.

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The Mall at Piccadilly Father's Day Dad Jokes Contest

"Want to hear a joke about a piece of paper? Never mind... it's tearable".



Got a **dad** joke? Tell us your best ones!

Win a cooler filled with fabulous merchant gifts for your Dad this Father's Day!

Contest Rules:

Enter to win your dad a cooler full of goodies for your Father's Day celebrations from the merchants at the Mall at Piccadilly.

Simply go to our Mall Facebook page between June 6 - 20 to find our comy Fathers Day dad jokes! 'Like and share' our daily dad jokes posts or send your own 'family friendly' puns via email (lynda@piccadilymall.com) for your chance to be entered to win our Father's Day draw.

The contest is open to those 6 years and older and closes at 4 pm Saturday June 20. All completed entries will be entered into the grand prize draw to win the Father's Day cooler. Be sure to add your name and phone number as the contest winner will be contacted by phone.



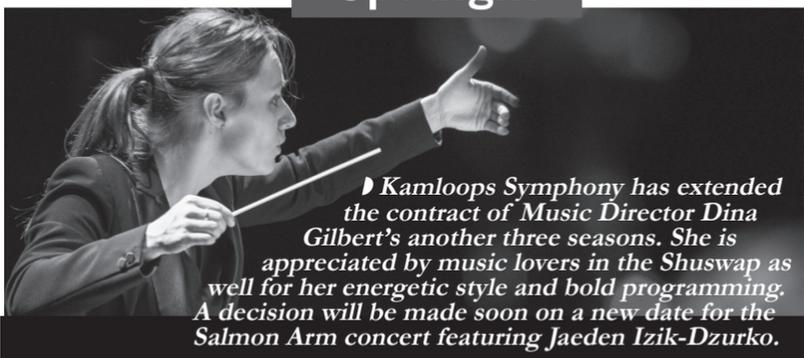
Spotlight

Festivities

- **World Knit in Public Day**, June 13. Better living through stitching together. Well, it's a start, folks.
- **First Day of summer**, June 20.
- **Indigenous People's Day**, June 21.
- **Father's Day**, June 21.
- **Downtown Farmers Market**, 9 to 1:30, Saturdays, Ross St. Plaza. Friendly Covid-19 protocols in place. Craft vendors are now permitted.
- Also **Community market**, 8 to 1, Saturdays in Canoe in parking lot behind Frog Friendly Coffee Co.
- **Graduations**. See P.7-10
- **Falkland Stampede** postponed to Aug. 28-30.
- **CANCELLED FOR SUMMER:**
- **Roots & Blues Festival**
- **Canada Day big events**
- **Salmon Arm Fair** (As is the IPE)
- **Haney Village events**
- **Senior Centres, Casino, indoor recreation centres**
- **GRADUAL RE-OPENINGS:**
- **Schools** - Optional In-class K-5 alternating days & 6-12 one day/wk. starts June 1 as well as online. See page 11 for more information.
- **Libraries** - Curbside holds, pick-ups & book returns. See p.6 or orl.bc.ca
- **Parks** and day-use outdoor facilities
- More restaurants opening each week.

Art & Film

- **Pride Project collaborative art workshop** on July 25 for artists in the LGBTQ2S+ community to create artwork for the exhibition in October. Register to info@salmonarmartscentre.ca. August 15 to October 10 Salmon Arm Art Gallery presents
- **'The Forecast'**, multi-media exhibition runs Aug. 15 to Oct. 10, SA Art Gallery. Nine regional artists and their photography-based exploration of evidence of climate change. Opening reception begins, 7 pm, Aug. 14.
- **Enderby's Courtyard gallery** re-opened on June 2.



► **Kamloops Symphony has extended the contract of Music Director Dina Gilbert's another three seasons. She is appreciated by music lovers in the Shuswap as well for her energetic style and bold programming. A decision will be made soon on a new date for the Salmon Arm concert featuring Jaeden Izik-Dzurko.**

On the MOVIES

- **Starlight Drive-in** - S. of Enderby starlightdrivein.ca • 250-838-6757. Conditions include online booking, 50-car limit and staying in car except to use washroom.
- **Jumanji** (PG) 9:15 pm, June 4-7, plus
- **Bad Boys** (14A), 11:30 for Fri/Sat/
- **Fantasy Island** (14A), second showing for Sun, June 7 (after Jumanji)
- **A Special Showing of Ghostbusters** on Mon, June 8, featuring 35th Anniversary intro. Showings at 9:15 and 11:30.
- **Salmar Grand & Classic** - www.salmartheatre.com • 832-2263
- Possibility of re-opening in July.
- In the meantime, movie **popcorn sales** on Fridays. Order on Facebook or Messenger by 2 pm and pickup from 4 to 6. Specify if to be buttered.
- **Shuswap Film Society**. Check with shuswapfilm.net for Fall program.

Concerts

- **CANCELLED CONCERTS** -
- **Roots & Blues** (watch rootsandblues.ca for digital events);
- **NimbleFingers bluegrass fest**;
- **Coffeehouse circuit & Jazz Club**
- **Okanagan Military Tattoo**
- **NimbleFingers Bluegrass Festival**,
- **WOW concert series**
- **Singin' Good News**
- **Slocan Ramblers** - POSTPONED TO FALL

- **CONCERTS**, continued
- **Busk Stop** live music, 11:30 to 1:30 Tuesdays & Thursdays, July and August, Ross plaza.

Theatre

- **THESE ARE ALL CANCELLED:**
- **Caravan Farm Theatre - Black-horse** moved to summer of 2021.
- **Haney Park dinner theatre** has been cancelled for this summer.
- **Shuswap Theatre - 'Theatre on the Edge'** is cancelled as is **'Gravitational Pull of Bernice Trumble'**. This play may be moved to the Fall '20 with a seating reduction. Working on a public reading, via Zoom, of **Outside Mullingar** that is set for full performance in April. Stay turned.
- **Okanagan Zone (OZone) Festival**

Sports

- **Soccer and baseball** activities suspended until further notice.
- **Golf courses** now open while following Covid 19 protocols.
- **Lawn Bowling**, 1 & 7, Mon & Thurs.
- Also tennis, horseshoe, pickleball and skateboard, spray parks re-openings.
- **More 'SPORTS', P. 11**

No DANCING

- All public dances cancelled, but you can dance to your heart's content at home sweet home.



WORLD CLASS HONOURS

Internationally renowned artists Janet Cardiff and George Bures Miller have been awarded the Wilhelm Lehmbruck Prize in honour of their life's work.

According to the announcement from the Lehmbruck Museum in Duisburg, Germany, the couple has opened up new perspectives for sculpture in the 20th and 21st centuries.

The prize comes with 10,000 euros and an exhibition to open in November, 2021.

The husband-and-wife team who have a studio and home in Grindrod, is primarily known for creating multimedia installations which have been exhibited in London's National Gallery and New York's Jewish Museum.

They also produce works for theater, cinema, and radio. Recent projects include Thought Experiments in F# Minor (2019), a site-specific, immersive, video



▲ Artist couple Janet Cardiff and George Bures Miller. Zev Tiefenbach photo

installation at the Walt Disney Concert Hall in Los Angeles; and "Cardiff & Miller" (2019), a solo exhibition at Museo de Arte Contemporaneo de Monterrey in Mexico.

Five year ago, Salmon Arm Art Gallery presented a most memorable art installation 'Experiment in F#Minor that involved building a special sound room. ■

ShuBiz

city lights

□ **Not much happening appears to be happening in the big centres either, but there some signs of lights with re-scheduled shows at the Vernon Arts Centre:**

- **vernion** • See **ticketseller.ca**
- **Rocket Man - Elton tribute**, Sept. 10
- **Afrique en Cirque**, Sept. 17
- **Big Little Lions**, Sept. 22
- **Music of 50 & 60s rock show**, Sept. 25
- **Dr. Jane Goodall**, Sept. 28

- **kelowna**
- **Rock the Lake postponed**
- **vancouver**
- **Janet Jackson**, Aug. 22
- **Harry Styles**, Aug. 23



▲ Lawren Clark and Elaine Holmes of Green Room are collecting funds for the Salvation Army food bank in their outdoor performances this summer.

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► **Darren Bezanson**, formerly of the Fairways Bistro at the Royal York golf course in Armstrong, opened **Bistro 1460** this week in the former location of Table 24 in Hilltop Inn. The chef/owner plans to offer locally sourced food wherever possible. ▼

Don't waste the warm weather! Injury from golfing, biking, wakeboarding etc?...sprains, strains, muscle pulls, gashes or bruises?

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WEEKLY FEATURES

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Saturday night 1/2 BBQ RIBS & FRIED CHICKEN - Summer slaw, baked beans & Jalapeno bread	Sunday is SCHNITZEL night Chicken or Pork ~ \$21.50 • Veal ~ \$23 .. served with German red cabbage, vegetable & handmade spätzle Choice of mushrooms & onion gravy, creamy mushroom & paprika, parmesan or lemon-caper butter	

full menu: **www.bistro1460.com**
○ Reservations recommended - 250-832-5024

► **Chef Darren Bezanson**, formerly of Fairways Bistro and Catering in Armstrong is excited to be Opening his new Restaurant in Salmon Arm!!! We love this community and looking forward to being a part of Shuswap Family!

HILLTOP INN
SALMON ARM

More beautiful than ever

We waited out winter fervently anticipating the change of seasons, and then got hit with the pandemic. A kind of change nobody saw coming.

write on



Kay McCracken

We've endured months of social distancing, mask-wearing, obsessive sanitizing, and constant hand-washing. And yet Spring is more beautiful than ever. Have you noticed?

Do we appreciate Spring more than usual—the flowering trees and the lovely scent—because there is less shopping and busyness; no classes or committee meetings; or coffee dates with friends to distract us from what is right in front of us: nature in all her glory. We cannot escape the tragedy of a world-wide pandemic, the horror of so much death and suffering, the massive unemployment, but aside from Spring there are a few other things we can appreciate.

There's less car traffic blasting through the centre of town. Several cities in the world have transformed roads into spaces for pedestrians and bicycles. Bicycle sales are way up! Salmon Arm would benefit from closing a core area downtown to car traffic, giving space to patios for us to enjoy the sun, each other's company, while breathing less car exhaust.

Regarding the lockdown and closed businesses, someone said she liked the slower pace and that the Earth likes it too. Amen to that. Although as things open up again, I hope we show some restraint.

Aside from less traffic, another perk is that more people are planting gardens. Local nurseries are doing a booming business. I've planted my small porch to the hilt: several varieties of tomatoes and sweet peppers share space with a wide range of colourful flowers.

Another positive out of a dire situation is the SPCA report that adoption of animals is way up. A happy time for animals then. And for those of us who live alone an animal companion is a great comfort (although I have to admit my Katie cat rules the roost, has me wrapped around her paw, or claw – ouch). I'm sure all the kids stuck at home might love a dog or cat to distract them from endless boredom.

On a final positive note, a friend notes a new found appreciation for social connections, deepened emotions, and that perhaps this will lead to a collective change.

My condo looks directly across at another condo and I notice neighbours are outside talking to and getting to know people they'd never talked to before. Kindness abounds. In Italy, a woman in her 80's – stuck inside for months of isolation – had never spoken to the woman who lived across from her on an opposite balcony.

They started out slowly, waving to each other, then began having conversations, and the last I heard the one woman was busy cooking lunch for the neighbour, who she had all but ignored for years.

So, in the immortal words of Dr. Bonnie Henry: "Be Kind, Be Calm, and Be Safe" as we head into phase 2. ■

□ Kay McCracken is a local author and dedicated promoter of the local writing community.

OUT OF EXILE

Travels of Duncan & Vivian Morris, now back in Salmon Arm after hunkering down in Bangkok during the Pandemic

We leave Bangkok with mixed emotions. Our two-and-a-half month stay embedded us into a culture we previously knew little about.

We were accepted into our "hood" by Anglophone and Thai-speaking fellow residents alike. We learned the ropes (riding our bikes through downtown traffic, crossing four lanes on foot, ordering take out from Thai-only speakers, etc).

In the final week we crammed in several "must see" attractions: Khao San Road, hoisted to fame by Alex Garland's cult novel (and movie) "The Beach", the historic and novel islands of Bang Kachao and the delightful Koh Kret - both engulfed by Bangkok's commercial Chao Phraya River, numerous Wats and shrines, and also squeezed in a cycle tour of the ruins at Ayutthaya (see Youtube.com - Search: Cycling in Ayutthaya - Colors of Ayutthaya - 20200521 Gott)

We leave a country of 69 million with less than 60 Covid deaths to travel across the "Toxic Zone" for 22 hours to a home town completely transformed from the one we left four months ago.

We return with a bag full of designer masks, lasting memories, and mixed emotions. ■

MORRISSES IN EXILE



PART FIVE:



► Pictured from the top: Vivian wears shows the decorative face masks they brought back from Canada. Duncan scratches his head over a road sign. An elephant has the right-of-way, no questions asked. A motor bike as family vehicle. Face masks are worn by everyone, unlike in Canada. See 'You're Invited', on right, for Vivian's cycle challenge in August.



You're Invited

- SA City Council regular meetings: June 8 and 22 at 2:30 pm.
- SD 83 School Board, 6 pm, June 16, District Education Support Centre (DESC).
- CSRD regular meeting, 9:30 am, June 18.
- The CSRD is cancelling all non-essential meetings, including advisory Commissions and committees, public hearings and community meetings. See csrd.bc.ca
- Volunteer Income Tax Program, Seniors Resource Centre, drop off.
- Dog walks for charity Everyone who books a walk will receive a charitable donation receipt from one of three charities to choose from. \$5 per half hour. Call 250-253-5634 or email ihughesa@gmail.com for details.
- Rider Express has continued its runs through the Covid crisis with limited seating and enhanced cleaning. The Ebus is resuming its service this week.
- Help Shuswap Trails identify work needed and to track trail issues by emailing to trailreport@shuswaptrails.com. Go to shuswaptrails.com for updates and closures on local trails.
- Vivian Morris, who is featured with her husband Duncan, on the left, is taking part in the Great Cycle Challenge to fight kids' cancer on August 1. She commented how over 1,400 children are diagnosed with cancer every year, and it is the biggest killer of children from disease in Canada. Go to greatcyclechallenge.ca/Riders/VivianMorris?utm to support her.
- Churches Thrift Shop has reopened with Covid measures in place. With a high drop-off rate expected for the first month, customers are asked to adhere to the following drop-off schedule: Last names beginning with the Letters A - F drop off June 3-6 Last names beginning with the Letters G - N drop off June 8-13. Last names beginning with the Letters O - V drop off June 15-20. Last Names beginning with the Letters W - Z drop off June 22-27
- June Good Food Box - Order by June 11, \$1,250 832-4137 or email joiceh@shaw.ca to place your order. Pay when you pick up your box
- SA Meditation Centre - Livestreamed Meditations continue in June. See kmcfv.ca for class topics and registration. □ Email updates to friam@shaw.ca

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WE'RE BACK

Hudson Thrift Shoppe is getting ready to welcome you back! For us, it's not just about re-opening our doors, but re-engaging with our community.

We are a social enterprise that exists to help build healthy communities. This downtown shop that is operated by the Canadian Mental Health Association (CMHA) has always been a hub for connection and contribution.

Its dual purpose operation includes managing a second-hand retail outlet and addressing social needs.

Proceeds from store sales are invested back into the community as the funds support various CMHA mental health and wellness programs throughout the Shuswap-Revelstoke region.

Every time you make a purchase at our store, you not only help prevent a reusable item from ending up in the landfill, but you also improve the quality of life of a fellow community member.

The pandemic has brought a heightened need for mental health initiatives as many have experienced difficult times with increased anxiety, depression and isolation.

As people are at the centre of what we do, we look forward to having our store open and giving space for our community members to connect with us and each other.

We value and appreciate all of you for your support. We know we could not operate without you – the shoppers, the ones giving donations, and the ones volunteering.

We are especially proud of our volunteers who come in day after day and year after year and offer their dedication and talents.

As we are opening and learning to operate in a new way, we have developed measures to make our store a safe place for our customers and donors to come to as we want our customers to have a best possible experience.

The store is an ethical marketplace that offers affordable and good quality, gently used clothing, shoes, accessories, books, household goods, seasonal merchandise, and other unique, one-of-a-kind finds.

Many of the specialty items are sold through Silent Auctions, like the one in June. At the moment, the store is also looking at expanding its services by offering online sales through its Facebook page: 'Hudson Thrift Shoppe - Canadian Mental Health Association.' You can also follow us on Instagram: Hudsonthriftshoppe.

Good mental health is essential to overall health and wellbeing. ■■■■

□ For more info or support contact CMHA Shuswap-Revelstoke at (250)832-8477 or email: info.sr@cmha.bc.ca

Mental Health Matters

Denise Butler

GOOD THINGS COULD COME

It's a new word for our times - Poco. It is a contraction of 'Post' and 'Covid', but I'd like it to associate with all the best of things to come out of this disaster.

It is a 'poco' benefit that we now enjoy a stroll round the neighbourhood. When people first started walking it was at a quick march, now people stroll. They have time so they take it. Perhaps time is the ultimate poco gift.

Social isolation has been difficult. Families have had time together, more than the annual holiday, more than school holidays. I know it must have been tough for some, nobody likes rapid change and the parent who normally works away has had to deal with family life full time.

It's tough to admit that the change of balance was hard to achieve, but you have it now, so make it a poco change and set time aside.

Just like how one allots time for sports and hobbies. The work/life balance has permanently shifted, and it should not be your aim to set the scales back but to make the new poco balance that is richer for all.

Social isolation for the single person has been more than dealing with increasing hair length. The distancing in everyday transactions is more hurtful, more personal.

Those normal little human contacts are what help to define one as a member of society and having them removed highlights the fragile nature

repair guy

Barry Marshall



of one's identity. Dealing with it makes us stronger. Taking time to call a friend and including a picture with an email are just two kindnesses that have happened to me and

I have paid them forward.

These small, thoughtful gestures have improved my life and poco, I intend to continue them.

Judging by the busy DIY stores and the queue for the dump, many people have some serious projects underway. I renovated an old motorbike and now I have a tangible reminder of what can be achieved.

Working purely for my own benefit is new and satisfying but I missed the feeling of doing good work for other people. Poco, I see the balance shifting but not back to 12-hour days and microwave meals!

If we all manage to shift our work/life balance it will impact our general economic recovery but, no doubt, better minds than mine are making plans accordingly.

I'm sure a more relaxed pace will show benefits in the crime and health figures.

Fewer trips mean quieter, and longer lasting roads, less gas and pollution. There are good times to come in the poco world. ■■■■

□ All Month regular columnist Barry Marshall runs Ascot Gas Services and can be reached at BarryMarshall@gmx.com, www.ascot-gas-services.com or 250-833-2446

LENTILS: Tastier than Dirt

I'm sorry, vegans, but when I first tried a lentil I thought it tasted like soil with about the same consistency.

Has it been cooked? I wondered, even though I had watched the pot simmer minutes before.

"Mm, good." How do I spit it out when no one is looking.

My university-aged daughter agrees that lentils aren't all that bad, and the price is right for students. While we're not vegetarians, I hear lots of reasonable arguments for reducing or even omitting meat or at least eating more legume-laced foods, and economy is one of them.

And I hate to remind you, but we're in the middle of a situation here. If you stocked up on certain dried goods hoping you would never be desperate enough to eat them, don't let them go to waste with the attitude "we'll cook them when the steak is gone." Treat lentils as real food, which they are, and they don't even taste like dirt when you get the hang of cooking with them.

There are several colours of lentils; mix and match.

Brown lentils plump-up nicely, perfect in a cold summer salad bowl. For an attractive plate, incorporate fresh, colourful vegetables in season such as finely sliced carrots and zucchini, raw beans, diced tomatoes, squash, asparagus, shredded or spiralized vegetables, cauliflower rice, a drizzle of sesame oil, and a dash of rice wine vinegar.

Curry. Rinse lentils well before cooking or when you empty cooked lentils from a can. Saute garlic, celery, and onion in olive oil, vegetable oil, ghee, or butter. Add diced peppers, zucchini, canned tomatoes, and broth. If lentils are uncooked, add them now. Otherwise, wait until the vegetables have softened slightly. Add coconut milk and curry paste, curry powder, cumin, turmeric, and coriander. Salt and pepper to taste. Simmer your mixture to thicken.

Soup. Use a similar process to the curry, but try dry green lentils in the slow cooker. Lentils pair nicely with a tomato base, so add crushed tomatoes or passata. I favour curry flavours, but lentils are versatile. Mexican and Italian herbs and seasonings pair nicely also. Add small cubes of squash and carrots for a chunky, filling, brightly-coloured soup.

Running out of eggs and butter? Consider lentil brownies for a dense texture. Your kids won't notice the lentils if you don't tell them. Mine didn't... I will say, however, that no amount of strawberries and bananas will hide lentils in a smoothie. That could be crossing a line. ■■■■

□ Candice and her daughters, Faye and Eve, continue trying out and creating new recipes, and reporting back in the All Month edition.

Family kitchen



Candice Lucey

..with Eve & Faye



▲ With COVID 19 coming in the way of a retirement party, Salmon Arm Fire Department pulled all stops to honour two of its longtime veterans. A "Full Lights and siren drive-by" was performed for Hall 2's Captain Chris Lowe, 30 years' service and John Hanna, 45 years in front of their respective homes.

READING ROOM

by Michael Utke, Okanagan Regional Libraries

Curbside book pickups

A partial return of in-person service began this week at Okanagan Regional Library branches. After months of providing services all digitally, we are excited to begin our restoration of library services to include lending physical materials once again - via curbside pickup.

Phase 1 of the multi-phase reopening plan involves Curbside Holds Pick-up that was launched on June 2 across the system. Customers are able to place holds, pick items up and return into the book drops. Customers are to adhere to posted instructions and guidelines while using the contactless curbside pick-up. At this time, library buildings will continue to be closed to the public.

Please visit our www.orl.bc.ca for details on how Curbside Holds Pick-up works, and to see your location's pick-up and book drop hours starting June 2.

To borrow materials, place holds using the library catalogue, or by calling 1-844-649-8127, then wait to receive an email (or text, or phone) notification that holds are ready to pick up at the branch during open hours.

To place a hold on a book, CD, or DVD, click on the My Account link at the top right of the page and enter the Library Barcode and PIN. You will be prompted to create a username for your account.

Customers will be limited to 20 holds at a time during Phase 1.

Library staff will check out your items for you when you arrive at the branch, bag them, and place them outside on a table to pick up.

Please bring your library card. (If you are a new member who joined online, bring a piece of ID the first time you visit the library, and staff will get you a permanent library card with full borrowing privileges).

We are asking customers to help us during this time to manage the volume of both holds and returns that were paused when we closed. Please only return items during open book drop hours. All items checked out before the closure are not due back until June 15. If you have holds on your account you no longer want, or cannot come in to pick up, please cancel or suspend them. If you need staff assistance, call us at 1-844-649-8127.

We are looking forward to seeing you again - from a distance - and to once again share our library collections with our communities.

The Okanagan Regional Library (ORL), established in 1936, is the 16th largest library system in Canada, serving over 400,000 residents through 31 branches. It covers 59,600 square kilometres of some of the most beautiful territories in BC, stretching from Golden in the Rockies to Osoyoos in the heart of the Okanagan, and north into the Shuswap.

Stories of the Shuswap

Marketing agency launches the first ever regional magazine.

Creative 5 a collective of marketing professionals serving Salmon Arm and the Shuswap, has published Shuswap Magazine.

It took some creativity and a healthy dose of courage, but through zoom calls and e-mail pitches, telling stories of the resilience, hope and strength of our area has come together in 24 glorious full colour pages.

The experience reminded us of our connections to community, our shared interest and love for the place we call home, the place we are so proud to share.

Shuswap Magazine is free to read and is available at various retailers and businesses throughout the Shuswap.



SALMON CLASS of 2020



Our community proudly salutes the graduates of 2020 as they enter the next phase of their lives amid such a challenging year as this. The next four pages pay tribute to the grads of Salmon Arm Secondary, plus Eagle River Secondary, Chase Secondary, A.L. Fortune and King's Christian School. Congratulations all!

1-9 ▼	Abella - Clark	10-18 ▼	19-32 ▼	33-41 ▼	42-50 ▼	Cole-Frei	51-59 ▼	60-70 ▼	71-79 ▼	80-88 ▼	Frie - Henn	89-97 ▼
	1-9 Princess Yvanne Aleth Abella Jenny Alexy Kennedy Amdam Ashanta August Caleb Aylard Ty Bailey Ashly Bakema Jess Baker Joshua Bakke					30-38 Shaniqua Cole Madison Collens Jorgie Colmorgen Keeya Corbett Brayden Costa Caleb Cox Dayton Crandlemire Carl Crawford Angalena Cross					71-79 Meghan Friese Bella Frost Elizabeth Froud Reece Fuller Thalon Gaschier Emma Gaskell Payton Geall Grace Gerbitz Makena Gervais	
	10-18 Lillian Bakker Jaeden Beasley Maggie Beckner Corie Biberich Willem Biccum Ashley Bitz Tyson Bohl Heidi-Leigh Boileau Marino Bordin					39-47 Sarah Croucher Isabelle Cumming Mikaela Curdyk Rachel Dallas Alivia Darbyson Casey Davis Matteo De Marni Destaney Dean Emily Dekker					80-88 Evan Goldman Emma Gollan Alyssa Gordon Sara Govenlock Noelanie Greenhough Gabriel Grove Marcelino Gutierrez Shana Hall Jacob Hanna	
	19-27 Jordan Bourassa Taya Braybrook Emma Brennan Aida Brock Kierra Bubola K.J. Bungay Levi Byers Avery Cannon-Milne Erin Caouette					48-56 Jacob Denty Talon Diakow-Dee Lauren Dick Megan Doran Jacob Dubinsky Olivia Dufresne Damian Earl Lanaya Edmondson Tessa Edwards-Impey					89-97 Cassidy Hansen Avery Hanson Dale Hanson Jayden Harder Steven Hardy Christina Harper Johnanna Hartmann Juniper Hawes Joseph Hearl Jr.	
	28 & 29 Tyler Chang Ayden Clark					57-65 Roxanne Engelbert Dylan Eugster Lina Fankhauser Clerie-Anne Faure Pauline Ferguson Aiden Filipchuk Teagan Findlay Stephanie Fischer Keegan Fisher					98 & 99 Colby Heckrodt Chase Henning	
						69 & 70 Gabriel Fleming Emily Freiboth						

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Salmon Arm Secondary

100-109 ▼	Continued from page 7 Henz-Lor	110-119 ▼	120-126 ▼	129-138 ▼	Lud-Pap	139-148 ▼	149-158 ▼	161-170 ▼	Paq-Sam	171-180 ▼	181-190 ▼
	100-109 Rebecca Henz Cavin Hepburn Erin Hiebert Linnea Hill Rodney Hodgins Clayton Horvath Everan Horwood Taylor Howard Hallea Hughes Matthew Huyter				129-138 Tyler Ludvigson Benjamin Lutz Nicolas Lybeck Mataia Makela Raquel Marchiel Luke Matheson Blake Maurer Alexa Mayer Blake McBeth Kennedy McCulloch				161-170 Spencer Paquette Heidi Parker Johnny Parker Jordan Parlette Hannah Patterson Shane Pedrosa Jenna Penner Dylan Peter Cassidy Peterson Douglas Hannah Peterson		
	110-119 Brandon Jacobsen Quiana Jacques Coby Jagt Cadence Janzen Ashanti Jobin Kira Johnson Colby Kalke Joel Karreman Ivy Kerr Maisie Kilgour				139-148 Mackenzie McGrigor Luna McKay Nina McKee Emma McLean Tess McNab Paige Mercier Shelby Merry James Metcalfe Jordan Metz Tessa Miller				171-180 Wyatt Phillips Devin Pickard Zareena Poloway Trent Poroznuik Tenisa Priebe Esita Qiodravu Savannah Rampton Emily Reynolds Jayden Richardson Austyn Rinas		
	120-126 Viviane Kleiniggenkemper Connor Kociuba Gaby Konge Dale Kostiuik Taegan Larvin Miranda Lawrence Elijah Lazar Katrina Lemal Olivia Leversedge Shamrah-Lee Lewis-Parker				149-158 Stephan Moore Maureen Moren Shelby Mudge Tyler Muir Brendan Murray Zachary Naish Mark Nelson Georgia Nitche Noah Odermatt Vittoria Ornaghi				181-190 Georgia Rivers Carter Robert Bella Robinson Margaret Rodwell William Roebuck Scott Rokosh Lauren Rollier Bryana Rollinson Kylynn Rosenburg Ewan Runciman		
	127 & 128 Dawson Lewis Desiree Loring				159 & 160 Matthew Paiement Afton Papworth				191 & 192 Brialeigh Rundle Hugo Samuelson		

Salmon Arm Co-op
on top of the hill



Congratulations 2020 Grads!



- Car wash
- Store
- Gas bar

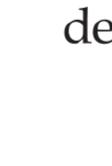
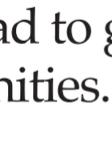
S.A. STOREFRONT School

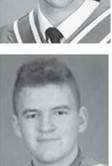
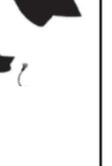
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NO PHOTOS
Alex Klei,
Marissa Materi,
Caleb Siemens
Isabelle Cumming
photos by
Crystal Belway

TOP ROW L-R - Keona Allan, Lizzy Braaten, Dylan Drolet, Kayla Eckhart, Juniper Hawes, Clayton Horvath, Ashlinn Karr, Kirsten Konge, Emily Labrie
BOTTOM ROW L-R - Connor Lott, Eitan Davila Madrid, Noah Neumann, Logan Reynolds, Angel Smith, Brenyn Trotter, Grace Watson, Nelson Watson, Zachery Yuill

CLASS of 2020

193-202 ▼	San- Trot	203-212 ▼	213-222 ▼
	193-202 Ty Sanford Joey Sangster-Cameron Jaymie Saretzky Lilian Sayers Sam Schofield Eli Seibel Josh Shannon-Simmons Gillian Simpson Kai Sirko Ethan Skofteby		
	203-212 Shawn Smelsky Autumn Smeltzer Erin Smith Makayla Smith Harley South Kaela Spencer Emma Spooner Sean Steadman Tianna Stenson Bianka Stepankov		
	213-222 Amber Stewart-Hansen Trent Stewart Brooklyn Stockbruegger Nikki Storey Kristen Stunzi Darian Sundby Devon Sutherland David Szikora Jennifer Szikora Gabbi Thiessen		
	223 & 224 Christina Thomas Tricia Trottier		
			
			
			
			
			
			
			
			
			
			

225-233 ▼	Spen-Zwick	234-242 ▼	243-251 ▼
	225-233 Spencer Trueman Isaac Turgeon-O'Brien Jordyn Turner Harold Valentin Tirzah Vetter Kaiden Vlik Michel Villeneuve Andrei Vivar Joe Wall		
	234-242 Madison Wallace Brady Ward Mathew Warren Garret Wasylenki Joshua Watts Jackson Welder Taylor West Kennedy Wiens Bethany Wilson		
	243-251 Shelby Winkler Claire Wuschke Austen York Colby Yost Jordyn Yost Forest Yurkowski Abdel Zakreet Daniel Zazzi Richelle Zurowski		
			
			
			
			
			
			
			
			
			
			
			

○ Photos by Mountain West Studios

A Graduation year to Remember!

Congratulations
from the Trustees and Staff of North Okanagan Shuswap School District 83




Congratulations Shuswap Grads!

GREG KYLLO
Shuswap MLA

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CONGRATULATIONS TO ALL THE GRADS OF 2020!

HEY! STAY SIX FEET AWAY!

I TOLD YOU THIS SHOULD HAVE BEEN A ZOOM MEETING!

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CONGRATULATIONS Graduates

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A.L. FORTUNE ENDERBY



▲ *Left-Right* - Alyssa Allaway, Alyssa Avison, Jeremy Aylard, Allen Batten, Lillian Batten



▲ Tristan Baumle, Justine Beaudette, Destiny Bird, Dayton Bittner, Britney Bixby



▲ Elly Crandlemire, Joey Flodin, Dean Frances, Makayla Furlong, Olivia Ginn.



▲ Mary Halvorson, Hannah Hinz, Ayden Hnatiw, Alex Hunchak, Makayla Kathren



▲ Tori Keehn, Brandon Loren, Brayden Marriott, Jae-lyn Martindale, Icelyn Morris



▲ Cody Mulcaster, Samantha Nicholas, Brin Ranglan, Haley Reid, Chris Robinson



▲ Matthew Rowe, Jon Ryde, Griffin Sept-Cooper, Asiah Shamachuk,

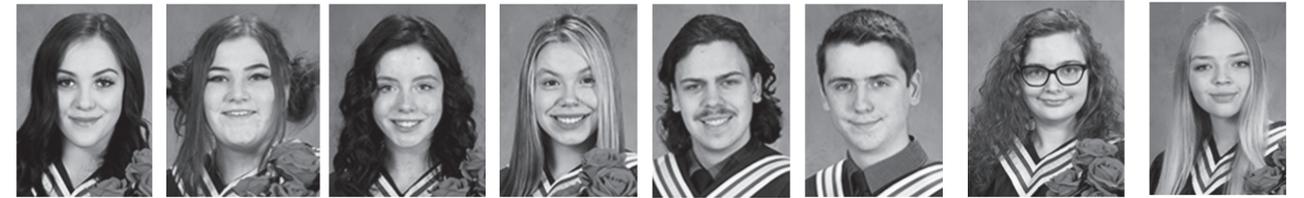


▲ Deegan Steeves, Travis Vandeburgt, Gage Wiersema, Tysen Wilkinson

EAGLE RIVER, SICAMOUS



▲ *Left-Right* - Natalie Bileske, Cydney Byron, Tristan Erickson, Mikki Horsfield, Skyler Hutchinson, Kiyoon Kim, Brooke Lachowski, Cody Mayer,



Kaytlyn New, Katherine O'Neill, Autumn Rosoman, Princess Roy, Connor Schmitz, Ty Sigvaldason, Rylee Simmonds, Mary-Jane Tune



▲ Stan Tweddle, Janna Walsh, Sidney Watson, Ava Wiebe, Erica Willey, Matthew Wolcoski, Colby Wyllie., Also in the graduating class:: Cameron Alexander & Kolyn Assu

KING'S CHRISTIAN School



▲ *Left-Right* - Vanessa Born, Marissa Brandsma, Caden de Hoog, Blake deLange, Madison DeWitt Brennan Edgell, Sydney Maarhuis, Adrian Main,

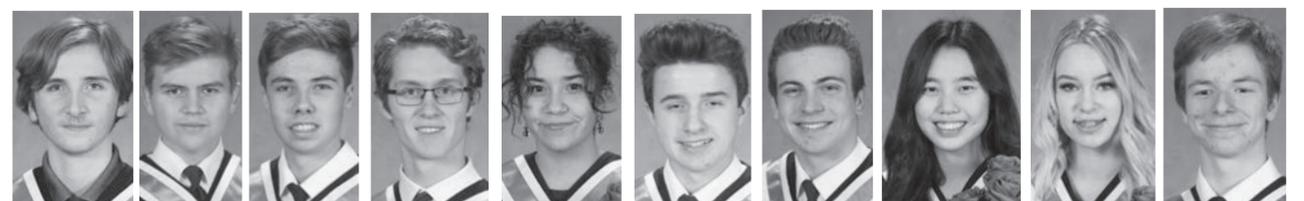


▲ Keyan Orchard, Isaiah Peterson, Joelle Regier, Jessica Roodzant, Courtney Schoen, Kaleb Sutherland, Isaac Unger, Caleb Vander Kooi

CHASE SECONDARY



▲ *Left-Right* - Alec Carden, Connor Bell, Daneika Boivin, Marino Bordin, Jaleece Buffalo-Napoose, Angel Cameron, Sabastien Copping, Rose Doherty, Maria Driesen, Jordan Fletcher



▲ Orin Flowers, Talon Foard, Jake Hawkins, Nikolai Hedrich, Inez Hegelstad, Ethan Jones, Trevor Kennedy, Sharon Kim, Taya Krygsveld, Drosten Lapinsky,



▲ Jocelyn Lauzon, Jesse Lewis, Ryder Louis, Sara McGhee, Jesse Michel, Carson Nickelson, Tyson Narcisse, Willow Nolin, Cheyanne Pattyson



▲ Hanah Penner, Susan Romandia, Marylece Sampson, Carter Sauer, Parker Sauer, Jaya Spencer, Jake Walker, Mica Wood, Gikie Yeung, Emily Zeiger

BEST WISHES TO THE CLASS OF 2020

The CSRD is proud
of your efforts.



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June 3 at presstime

FOR THE RECORD Weather

Mix of sun and clouds Friday. Turning to showers, Saturday and Sunday.. High 23 to low 9. Past Temps, May 27 to June 2 by Nick Parsons, SW Gleneden
Elevation: 458 m (119 m over lake)

Date	HIGH	LOW	Prec.
May 27	18	4	0
May 28	21	6	0
May 29	23	7	0
May 30	21	11	1/16"
May 31	15	15	1/16"
June 1	18	5	Trace
June 2	24	9	0

Sun rise 4:48 • Sun set 9:03 pm
Normal this week: +22 to +9
Records since 1991 -
June 5: +33, 2007 • +3.9, 1992
• Lake height at Wharf - 11 ft. June 2
• Lake rise in last week - 25 in.
• 14" more to equal 2018 level
• Lake peak in 2018 was 12' 2"



Passages

- ❖ Keith Bennett
May 24, 2020, at age 80
 - ❖ Mavis Deidre Heid
May 15, 2020, at age 68
Bowers Funeral Service
bowersfuneralservice.com
 - ❖ Alois Bauer
May 31, 2020, at age 91
 - ❖ Peter Parvis Devall
May 26, 2020, at age 87
 - ❖ David Edwin Coupland
May 26, 2020, at age 89
 - ❖ Darryl Gene Plowe
May 31, 2020, at age 78
 - ❖ Lorne 'Howard' Trask
May 24, 2020, at age 84
Fischers Funeral Services
fischersfuneralservices.com
 - ❖ Dorothy Gwendoline Gooden
May 6, 2020, at age 86
 - ❖ June Harper (nee Wood)
at age 91
 - ❖ Dandelion (Chris Morrison)
- shuswaphospitalfoundation.org
■ shuswapfoundation.ca

Friday AM and the Shuswap community wish our deepest condolences to the families and loved ones who must wait a little longer for their celebrations of lives well lived.



▲ Life is slowly returning to normal. Above- Diana Walker finally gets her hair done from Adam at Head Games. On right: Nico and Patricia van der Pauw enjoy a visit from their children and their families.

RESTART

The following are excerpts from the BC Restart plan.

Phase 3: June to September

■ If transmission rates remain low or in decline, under enhanced protocols:

- Hotels and Resorts (June 2020)
- Parks – broader reopening, including some overnight camping (June)
- Film industry – beginning with domestic productions (June/July)
- Select entertainment – movies and symphony, but not large concerts (July)
- Post-secondary education – with mix of online and in-class (Sept)
- K-12 education – with only a partial return this school year (Sept)

Phase 4: To be determined

■ Conditional on at least one of the following; wide vaccination, "community" immunity, broad successful treatments:

Activities requiring large gatherings, such as: • Conventions • Live audience professional sports • Concerts • International tourism

The timing of a safe restart of night clubs, casinos and bars is a more complicated consideration. As with other sectors, industry associations will be expected to develop safe operations plans, for review, that are in keeping with Public Health and Safety Guidelines, as well as WorkSafeBC.

Resources to assist businesses and sectors as they restart activities including new Health Guidelines and Checklists are available from WorkSafeBC.

Some next steps to make life a little easier

- Reopening Parks
- Reopening B.C.'s iconic parks will come in rapid stages. The priority is safe access and services to people across the province while maintaining the safety of staff and park operators. BC Parks and Recreation Sites and Trails BC will reintroduce services in keeping with direction from Provincial Health Officer.
- BC Parks, recreation sites and trails that can accommodate physical distancing reopened May 14 for day use only.

This will include day-use sites and protected areas
Parks and recreation sites that can safely provide existing service levels, such as garbage disposal and washroom facilities, will do so.

These facilities will be cleaned more frequently. Some areas and facilities remain closed, including playgrounds, picnic shelters and visitor centres.

- Check BC Parks website
- Camping at provincial parks and recreation sites will reopen June 1 with some exceptions. The BC Parks website will carry information about the status of camping in provincial parks

Reopening Schools

Schools and educators rose to the challenge with online instruction and resources to keep kids learning, but this also placed a heavy burden on parents to support their kids at home. An important step toward recovery is getting kids back into the classroom, so parents can get back into the workplace. Health data indicates children are less affected than adults by COVID-19 virus. With weeks left in the school year, many kids will not likely return to the classroom until September.

A gradual returns for many students began on June 1 on a volunteer basis. In-class instruction was offered on alternating days for Kindergarten to grade 5 students (50 per cent classes). In class 20 per cent was offered to grades 6 - 12 students, such as one day per week. Many children opted to continue full-time remote learning until September.

■ See www2.gov.bc.ca and follow links for more information on the BC Re-start, including opening of summer camps

CITY OF SALMON ARM NOTICE TO PROPERTY OWNERS
2020 PROPERTY TAX NOTICES
Property Tax Notices for the City of Salmon have been mailed

Although City Hall is currently closed, we are open for business. We are available to answer your questions, process payments and assist with homeowner grant applications Monday to Friday 8:30 a.m. to 4:00 p.m.

Payments can currently be made online through your financial institution, mailed (Box 40, Salmon Arm, BC V1E 4N2) or placed in the drop box to the left of the front doors of City Hall.

Homeowner grants can be claimed on our website or dropped in the drop box to the left of the front doors of City Hall.

Property Taxes are due **September 30, 2020** by 4:00 p.m. A late payment penalty of 10% will be added to all unpaid Property Taxes (including unclaimed Home Owner Grants), Annual Water/Sewer accounts at 4:00 p.m., September 30, 2020.

■ For more information please visit our website at www.salmonarm.ca Contact City of Salmon Arm Tax Department at 250.803.4000 or email to: propertytax@salmonarm.ca



■ Tell your distant family and friends that the Grad Section can be read anywhere in the world at **FriAM.ca**. Simply click on the *June All Month* edition. You also have the advantage of enlarging photos online.



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World is changed

What have we learned? There has been a lot of changes over the last three months in our society and indeed the societies of all countries around the globe.

my two cents



Ed Campbell

The very fabric of who we are has been torn apart and severely disrupted. Our economies have been shredded and people are experiencing such suffering that is difficult to comprehend and understand. Of course, some countries have suffered less than others and even parts of the same country have suffered less. Above all, however, is the fact that we are in this together and we shall emerge together. People of the world, at this level, understand each other.

So what have we learned thus far? Are there lessons out there that shall last a life time and perhaps into the future. Lessons beyond our generation and into the next millennium. So lets start with hugging and kissing.

Over the last 70 years hugging and kissing has been a big part of socializing, showing love and friendship. Every year in the past seventy years we all suffered colds and flu from time to time during winter. It was expected and accepted. Frankly I do not know anyone this year who has had a cold or the flu.

There are lessons out there that will last a life time

Of course there is the odd occurrence but nothing like we had in the past. I remember at New Years Eve parties, everyone was kissing, sharing drinks, hugging and dancing cheek to cheek. In January everyone was sick with colds and flu. Go figure.

In our past, going out to eat was an important part of life. Restaurants, jammed full of people, had become the norm. Lately, I noticed that more and more people are learning how to cook and finding out that food cooked at home is every bit as good as restaurant food and perhaps healthier. This of course does not bode well for the economy with so many people engaged in the restaurant industry. I believe the restaurant industry will rise to the challenge of a new normal and prevail.

So many companies are now finding out that they do not need their employees coming into work each day, they can work at home, eliminating long commutes and the large infrastructures necessary to house offices, board rooms, cafeterias etc. Also gone therefore is the need for transit, an extra car, taxis, Uber, fancy office clothes, lunches and cocktails after work. Working at home may become the new norm for many office workers. The potential savings on "day care" alone is staggering.

The airline industry has taken a major hit. Not only are there massive layoffs in the service sector of this industry but the manufacture and maintenance of these aircraft is in sharp decline. People are realizing that going on that long vacation or business trip is not that necessary. We can work on line or visit relatives using "Zoom". Or perhaps "stay-cations" are in order. It is when we are forced to consider alternatives that we find the old habits are not so important and there is a better way.

What personally have I learned? I have learned how to cut my own hair. Believe it or not I have done an acceptable job of it. I cannot reveal how I do it because I may put our local barbers out of business and I don't need them mad at me. I will give you a hint however – I use no clippers and no scissors. ■

Footnote: Recently I was seriously challenged on one of my articles. I want to say that I welcome any and all comments. I take as a compliment that you read my column and feel compelled to comment. Negative or positive response gives me the will to continue. Thank you one and all..

Ed Campbell is an active retiree and writes each month in the All Month edition of AM.



With all the construction happening on the streets of Salmon Arm, here's a peek at what the downtown core looked like back in 1912. This is looking West from the top of Harris Street above what is now the City Hall Building. The photo is from the Andrea Turner Collection.

Grumpy Old People

By Bernie and Shelley Hucul

We tumbled out of bed this morning and the day had come; we might be Grumpy Old People!

Whether on radio, television or the internet, every time we tune into a channel, there is disturbing and unimaginable news.

Yesterday amidst all of the news from south of the border (Trump, police brutality to blacks, protests, riots, Covid-19), the weatherman reported a massive thunderstorm was approaching from the West coast, lightning and huge amounts of rain might make the Salmon River rise even more, flooding the valley, breaking a 50 year record.

One month ago, we were told that this would be a very dry summer and to expect major forest fires.

It never ends these days. There's even a woodpecker hammering regularly on our house, which it not a comforting sound!

We remember grandparents and parents, aunts and uncles, grumbling about politics, religion, technology and social changes, back in the old days. Henry Ford and Nixon seemed to piss off folks back then, when they were quite happy hitching up the horse and wagon to head to town for the monthly supply of groceries.

And the two World Wars surely gave rise to a great number of grumpy old men and women, that is if they were lucky enough to return from the battlefield.

Radio and television opened those generations to the world. All of the information which became available, lead the way to folks pissed off on how the world was being run. Before this type of media, the neighbours could only bitch about the drought or locust plagues or the Spanish Flu, over a cup of tea, coffee and some matrimonial bars.

Bernie was in a lineup at the TD Bank on Friday, and a woman (physical distancing of course), went on to say that she was convinced that she had all the answers, "I've seen the videos," she said, "the virus is caused by the G5 network, spreading the virus through our sweat. She pointed vaguely, and said 'see those towers that were installed?' . . . they didn't even announce them being built. Be careful!"

No, we won't become grumpy old men or women together, 'forever'. We will take the news in stride, attempting to separate the good news, from the mistaken news, from the fake news. Positivity is the cure. We just thank our lucky stars that we were born when we were and that our grandparents decided Canada was the place to live.

SUPPORTING SMALL BUSINESS

Over the past few weeks, we have heard a great deal of talk about economic recovery and the government's re-opening plans in British Columbia.

We can now confidently say that the transition into Phase 2 of the government's Re-start plan is well underway across the province. However, for all of this talk of recovery, the government has been taking little action to support small businesses through this transition period.

The government has made few support programs available, and the majority of those programs have not been structured in a way that will prove helpful to the businesses that have been most affected by the pandemic.

The Canadian Emergency Commercial Rent Assistance program (CECRA) is a prime example of this, as it has been shown to be incredibly restrictive in its eligibility criteria.

The joint federal-provincial program requires the participation of landlords and, already, my BC Liberal colleagues and I have heard from dozens of businesses that have landlords refusing to take part.

Limiting its impact even further, CECRA is only available to businesses who have seen a decrease in revenue of at least 70 per cent. There are thousands of businesses in BC who have seen less significant declines in revenue, and yet still will not be able to survive without government support.

Other relief measures, such as property and school tax deferrals are also unhelpful to the vast majority of businesses, and they will only benefit those who own property, as most small businesses in B.C. are tenants.

This is why BC Liberal Leader Andrew Wilkinson sent a letter to the Premier last week, calling on his government to take further and immediate actions to support economic recovery and get our small

Your MLA



Greg Kylo

businesses back on their feet.

We are in a crucial period in the process of economic recovery and we need to see this government act fast to

get real supports into the hands of our struggling businesses.

Only then will our communities truly be on the way to recovery. ■

Appreciate the online version

The online version of *Friday AM* has consistently been a wonderful and reliable community connection throughout the pandemic.

From the useful information found in "Web Sitings", to pertinent "Ear to the Ground" observations, to feature articles on current events, this newsy publication has kept us updated on all things Salmon Arm while self-isolating / sheltering-in-place.

Seeing the increasing number of available community services and open businesses from week to week creates a sense of optimism that we are getting through this crisis and getting through it together.

Having an online publication means that more people than ever have access to this great information. I'm sure I'm not the only one who forwards the digital version of *Friday AM* to friends and family members across the country, as well as to friends who have moved away (...but wish they hadn't!) and who still have a keen interest in what's going on in their former community.

Thank you, Lorne, for continuing to produce such a high-quality and informative publication throughout very challenging times.

Carlene Ducek, Salmon Arm

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COVID & TRAVEL

It took me more than a few weeks to fully come to terms with what COVID would mean in terms of any future travel plans.

Travelling East is a big part of my family's life. That's what happens when you move 4,000 km away

from your friends and family on a year long adventure only to realize there's no going back.

This August will mark 30 years in BC for me. And I'll be celebrating - it appears - right here at home.

And you know what, it's not the end of the world. So rather than wrestle and fuss about what I won't be able to do, I've been thinking about what I can and will do.

Being home for an extended period of time has given me pause to really think about what matters and what brings me joy. I hope it has done the same for you.

I enjoy routine and organization and also enjoy discovery and new experiences. We tend to separate these two pursuits. Routine and organization is a work life thing. Discovery and experience is a vacation time thing. But in COVID times we're challenged to mash the two together from the confines of our homes, neighbourhoods and communities.

The first thing I did was re-organize my house - photos, books, pantry, cupboard and closets - which in and of itself lead to many lovely discoveries and experiences and better order and routine.

This switching up of the scenery set the stage for a fresh outlook on the summer ahead. In tidying, I got to think about what I would miss about being away, and I realized that most everything I love about travel is right here at home.

I love sitting in cafés and listening

Notes from the Margin



Louise Wallace Richmond

to locals. I now have a small café table in my kitchen where I sit and listen to the radio every morning. Prior to this, I would just grab and go.

I love exploring markets and shops, and now regularly attend the Friday market in Canoe and the Saturday market on Ross Street plaza. Prior to now, I went sometimes, if time permitted, and there wasn't too much housework to get done.

I love learning about new customs and foods. There are so many channels to explore here. My current favourite is David Liebovitz on

Instagram Live where he makes a French cocktail everyday from his kitchen in Paris and *Somebody Feed Phil* on Netflix, a delightful series featuring the food life of cities I had never even thought about visiting. There are countless others.

Prior to COVID, I would have noted this in my daytimer for a rainy day. Now I watch daily.

Finally, I love postcards - sending them, receiving them - even sketching them myself. I don't need to be miles from home to do that. I can do it from right here. So I am. Every day in June I will sketch one Shuswap attraction and post it on my Instagram and Facebook feeds. I already know it will give me a much deeper understanding of and appreciation for the Shuswap.

So as another Shuswap summer begins, please stay kind, stay home and staycation. And I'll see you at the market. ■

☐ Louise Wallace Richmond owns *Mediability* and is a second-term *Salmon Arm City Councillor*, living in *Canoe*.

We can do it from right here.

Great Quick and Easy Rhubarb Pie



This is a simple 2 step recipe that you will love.

Step 1: Pie Crust

4 Tbsp Milk
2/3 Cup Vegetable Oil
1 Tsp Salt
1 Tbsp Sugar
2 Cups All Purpose Flour (you can substitute some almond flour, if desired).
Mix dry ingredients in mixing bowl. Make a well and add milk and oil. Use pastry cutter to blend mixture into a crumble. Press 1 2/3 cups into a standard size pie plate, forming a bottom crust. (Reserve 1/3 cup of mixture for topping)

Step 2: Rhubarb Mixture

4 Cups Rhubarb (cut thinly, 1/4" or 1/2" slices)
1 Cup Sugar
1/4 Cup Flour
2 Eggs - beaten
Place all ingredients into mixing bowl and combine thoroughly.
Spoon Rhubarb mixture into the pie plate holding your bottom crust.
Finally, top the mixture evenly with the 1/3 cup crumble mixture.

Preheat oven to 425°F. Place in oven for 10 minutes, then drop temperature to 350°F for 30 minutes until lightly browned on top. (You can check with a fork to see if rhubarb is tender, or if fork is wet. Bake for 5 or 10 minutes more, if the fork is wet.)

You can serve this with whipped cream or a scoop of Vanilla ice-cream.

Enjoy! -- Bernie & Shelley Hucul

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COMBATting A SERIOUS PANDEMIC SYMPTOM

A serious but not yet fully documented effect of the pandemic is happening in your closet. The cause does not seem to be related to hand washing, but there are increasing reports of shrinking clothing.

To combat this dilemma I suggest a few actions: Inside your fridge hang a sign that says "Get out of the fridge (yours and/or co-quarantiner's names), you're just bored."

Lock yourself up in a room with rotting cabbage, liquid kale, and last week's coffee. This should sufficiently decrease your appetite. Wait and listen for the sound of your belt loop loosening.

Brush your teeth. Really. Even if there's no one to frighten with your mouthful of dragon breath, try it anyway, especially if you ate some of that cabbage.

The next time Dr. Bonnie Henry takes phone-in questions, ask her if eating cabbage and dental neglect may be a cure for COVID-19 closet concerns. I'd gamble she'd calmly suggest no, and not to brush or gargle with Lysol. Did you hear her last week when she suggested chocolate?

Which brings us to the next topic. Turn off the news. It repeats and repeats all day long, so surely you have the willpower even on Day 30 to not have "The latest report" at dawn.

It will wreck your whole day, so at least wait until noon. Truly, will knowing the death toll or lists of

Senior Living



Karen Bissenden

staff or equipment shortages all day long improve your sense of well-being? It won't help your shrinking clothing to hear comparisons to the Spanish flu.

(Actually, the first known case was in Kansas.) And speaking of the US, do you really want to squander your time listening to someone who calls himself a leader?

Watch or listen to comedy. On the device you are now using there's a banquet of options. Tune into *I Love Lucy*, or *Carol Burnett*, or a site called *Dry Bar Comedy*, where the comedians with the-saurus use alternatives to the F-word.

On the CBC radio site there are past episodes of *Laugh Out Loud*, and other comedy treats. If British humour is your preference, Monty Python will pop up on You Tube through your friend Google. Definitely skip the show with the actor who wears a peculiar squirrel on his head to disguise an empty brain. Bypass the morale trashing apocalypse movies and trust You Tube and Netflix searches to provide comedy.

Tune in to CBC radio's music only channels for an escape into your favourite genres. Maybe dance, sing. Your sweaters won't mind.

If you have a library card you can log on and sign out audio books for kids and adults through the regular library

and can presently have free access to Audio Cloud. Relax, rest your eyes and listen. After snoring off you can rewind. Don't listen to the closet.



Perhaps you're enjoying glass of wine, a beer, or your favourite whisky, and though (maybe) not morning, still in your pyjamas. Okay. For hydration try juice tainted water too. Toast to your health, to being Canadian, to all the caring and kindness in your world.

Toast to the special people in your life, toast even to the best ever excuse for distancing yourself from that annoying neighbour. Okay, maybe not. Maybe sneak out after dark and leave cookies. Or toast.

There's a good chance you'll emerge from this time of disruption alive. No, we don't have to pretend to be happy all the time. That means you're crazy. We can try for structure, good eating, regular walks, sufficient sleep, extra cleaning and organizing, or any list of practical virtuous acts. Or not.

Mainly, be kind. And eat chocolate. It's no cure for the COVID caused shrinking clothing problem, nor the virus, but do it in the name of science. ■

☐ Karen Bissenden owns *In Your Home Compassionate Companion Care*. She is trained to work with those with dementia conditions. Though not taking clients due to COVID, she's happy to listen. inyourhomecompassioncare@gmail.com or 250 253-1703.

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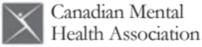
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Health Trend of the Month



Jude Corfield

ARUGULA

Arugula - also known as rocket or roquette - is a narrow, wavy-edged, spicy green.

When young the serrated leaves have a mild mustard and peppery flavour. The larger and older the greens, the hotter they will be.

Selection
Avoid arugula bunches with limp, yellowing, or overly wet leaves. For a salad, choose smaller greens, sometimes called baby arugula.

Storage
Place unwashed bunches or loose leaves in an open plastic bag in the refrigerator for up to four days. If the leaves are damp or begin to accumulate moisture during storage, spread them in a single layer on a paper towel, roll them loosely, and place the roll in the open plastic bag.

Nutrition
Arugula contains vitamin K, vitamin C, vitamin A, calcium, iron, folate, magnesium and potassium.
Arugula's spicy aroma and flavour make it naturally resistant to pests.

Great Arugula Salad:
Ingredients - 4 cups young arugula leaves, rinsed and dried. 1 cup cherry tomatoes, halved. 1/4 cup pine nuts. 2 tablespoons grapeseed oil or olive oil. 1 tablespoon rice vinegar. Salt to taste. Freshly ground black pepper to taste. 1/4 cup grated Parmesan cheese. 1 large avocado - peeled, pitted and sliced.
Directions - In a large plastic bowl with a lid, combine arugula, cherry tomatoes, pine nuts, oil, vinegar, and Parmesan cheese.
Season with salt and pepper to taste. Cover, and shake to mix. Divide salad onto plates, and top with slices of avocado.

☐ Jude Corfield operates the Shuswap Homeopathic Clinic at Uptown Askew's.

Hidden GEMS

This quote space is hosted by Hidden Gems Bookstore at 331 Alexander Street. • www.hiddengemsbookstore.com

► "Justice will not be served until those who are unaffected are as outraged as those who are." ~ Benjamin Franklin

► "The river needs to take the risk of entering the ocean because only then will fear disappear. It's not about disappearing into the ocean, but of becoming the ocean." ~ Khalil Gibran

► "You need power, only when you want to do something harmful. Otherwise, love is enough to get everything done." ~ Charlie Chaplin

► "Some of the most generous people have no money. Some of the wisest people have no education. Some of the kindest people were hurt the most."

► "As you grow older you will discover you have two hands - one for helping yourself, the other for helping others."



POP Quiz

► What and where is the statue on the right?

► The statue is of Mary Tyler Moore throwing her hat in the air in the exact spot in downtown Minneapolis of the iconic scene in the opening credits of the classic Mary Tyler Moore Show. Minneapolis has often been called the most "Canadian" of US big cities, and known for "Minnesota nice", so it was ironic that the public murder of a black man by a policeman with three others looking on became the touchstone for a huge national and worldwide movement on brutality and social justice reform.



Funny BONE

► You might be a redneck farmer if:

You mow your lawn and you find a wheelbarrow
A half moon reminds you of your husband picking weeds.
You know how many bags of fertilizer your car can hold.
You've cleaned your house with a leaf blower
You empty the trash when you have enough to fill the pickup

Picture THIS

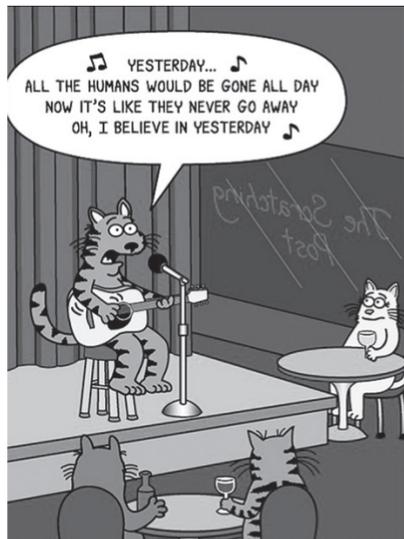


▲ A bicycle from the 1930s shows the surprisingly modern and sleek designs of the 1930s.

► A singer at a cat coffeehouse bemoans having human around the house too much.

► A fun approach to lineup social distancing.

► A powerful symbol of Black and white hands clenched together..



All of SAS Grads' initials

JA, KA, AA, CA, TA, AB, JB, LB, CB, WB, TB, HB, MB, EB, KB, AC, EC, TC, SC, MC, JC, KC, BC, CC, DC, IC, RD, AD, CD, MD, DD, ED, JD, TD, LD, OD, DE, LE, TE, RE, LF, CF, PF, AF, TF, SF, KE, GE, EF, ME, BE, RE, TG, EG, PG, GG, MG, AG, SG, NG, SH, JH, CH, AH, DH, JH, RH, EH, LH, TH, HH, MH, BH, QJ, CJ, AJ, KJ, CK, JK, IK, MK, VK, GK, DK, TL, ML, EL, KL,

S A C J S A B D S M N
W P A Y R Z M L R E S
Z J R M A T E B D M F
H I T E S H H C C P Y
E R Q A K L R T C D K
S M H J A B S S L E W
T T B C C T W D H K S
L O D H E M V J P F E
N L J S M K J D S G R
E P R H J B M M G D V
Q N G T W L R A V K O
S A M A V T F C F E R
A C J H S G I E T G T
S A G S K C K M D E W
T P N P M M A D Z C R

OL, SL, DL, TL, BL, NL, RM, LM, BM, AM, BM, KM, LM, NM, EM, TM, PM, SM, JM, MM, BM, ZM, MN, GN, NO, VO, MP, AP, SP, HP, JP, DP, CP, DP, WP, DP, ZP, TP, EQ, SR, ER, JR, AR, GR, CR, BR, MR, WR, LR, KR, ER, HS, TS, JS, LS, SS, ES, GS, KS, AS, MS, HS, BS, NS, DS, JS, GT, CT, TT, ST, IT, JT, HV, TV, KV, MV, AV, JW, MW, BW, GW, TW, KW, SW, CW, AY, CY, JY, FY, AZ, DZ, RZ

GENTLE STRENGTH

One of the strongest humans I ever knew, was also one of the gentlest.

I don't mean physical strength, although he certainly was able to lift heavy things that required muscle.

I once saw him carry two small children, a suitcase, and a bag of groceries. We all love to have physically capable people in our midst. How else would we get rocks moved and the lids of pickle jars loosened? But that is not the kind of strength I am referring to. There are other, even more important, ways to be strong.

Strength is the ability to do what it takes to get the job done. Sometimes the job is loosening the lid of the pickle jar - and sometimes it's getting through a tough time or messy situation. Strength is the choice to continue through the hurt and the pain and the struggle - even when it feels unbearably hard to do so.

Mr. Rogers (yes, that Mr. Rogers) often spoke about strength several times over the years. He noticed how most of us admire strength. We respect it when we see it in others, and we wish it for ourselves. Yet he wondered if sometimes we confuse "strength" with pushiness, aggression or even violence. Mr. Rogers believed that real strength is neither male or female; and is one of the finest traits that any human can possess.

Now here is where things get kind of interesting - as Mr. Rogers would say - there is nothing that shows your strength better than your gentleness. What is up with that?

Gentleness breeds peace, calm, and demonstrates a consistency and depth of character. It is neither abrupt nor volatile in its response to the world. It allows for difference, all the while seeking connection. Gentleness is a strength because it remains constant and clear-minded across all manner of life situations.

There is nothing strong about the person who is quick to anger or take offense or pounds the table demanding their own way. Yet there is something amazing about the gentle and truly strong person who is aware of the mess that is swirling around them. Even amid the chaos, they're still aware of the needs of others and are willing to bring their peaceful disposition to the party until the mess is resolved. That is true strength.

I believe everyone carries gentleness within them. Yet the world often insists that "gentleness is a weakness" not a strength. Which isn't true of course

. It's often the loudest and most strident person in the room who gains our allegiance or approval. A part of us would like to be like them. They appear so confident and so sure of their path forward. We sometimes even vote for them in elections.

We mistake volume level and firmness of belief as signs of strength. They may be right in their opinions and beliefs, yet pushing that agenda onto others is not true strength. It is a coercive use of power to get what they want. The power of gentleness is totally different. While the gentle and strong person may indeed get what they want, so does everyone else. If you've ever met another human being, then you know that it takes some strength to see a situation through to a point where all are satisfied and content with the result. Now that kind of strength is worthy of respect and emulation. That kind of strength is even worth voting for! ■

□ Jenny Carter is the pastor at First United Church.



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Did you miss any issues these last few crazy months?

design dilemmas Linda Erlam

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Community life carrying on... Molehills... KEEPING UP SCHOOLING... PLAYGROUNDS OFF LIMITS... Real Estate... HILLTOP TOYOTA... ZOE STEVENS... HILLTOP TOYOTA... ZOE STEVENS

Distancing & Reaching out... Molehills... STAYING SAFE ON THE FRONT LINES AND THE HOMEFRONT... Inside the online... Real Estate... HILLTOP TOYOTA... ZOE STEVENS

The A. McGuirer... Model dome city planned for Notch Hill... Johnny Shuswap pops up all over Salmon Arm... Real Estate... HILLTOP TOYOTA... ZOE STEVENS

March 27 issue

April 3 online only issue

Annual spoo page (April 3)

Happy Easter & Reflections... PARADE OF GRATITUDE... City releases four-point plan... Real Estate... HILLTOP TOYOTA... ZOE STEVENS

Earth Day Volunteer Week... Molehills... NO ROOTS & BLUES IN AUGUST... Inside pages... Real Estate... HILLTOP TOYOTA... ZOE STEVENS

SETTLING IN... FOOD DRIVES... Molehills... IDEA FOR CLASS OF '20 / P.3... WILLS... Real Estate... HILLTOP TOYOTA... ZOE STEVENS

April 3 online only issue

April 10 online only

April 17 online only

Clutter, no clutter: My most important design guideline

Seems like a lot of stay-at-home people are plunging into DIY projects - rearranging rooms; painting furniture; making curtains; trying their hand at baking bread after being out of the kitchen for 20-plus years...

So, here is what I consider to be one of the most important design principles. If you get NOTHING else from all the interior design and decoration 'guidance' out there, PLEASE get this one.



The orange accent wall will command the visual attention in the room because it's the highest contrast item.

The red sofa will holler loudest - and get all the attention.

The rug with colors which don't match the rest of the room will take over the visual conversation.

The 60-inch TV on the wall will become the focal point even when it's turned off.

If you put three vases on a table, two clear and one coloured, the coloured one will command all the visual attention.

If you put two yellow cushions on the beige sofa, they will become the most important thing, visually, about the sofa.

Here are a few examples to help you 'visualize' this design guideline.

Now put a wide white belt onto the outfit. The belt becomes the focal point.

A tree stands in the middle of a field. Now one branch is broken and is hanging down.

Everyone will notice the branch, not many will remember the type of tree. Maybe this is what you want to happen, but more often than not, it's not.

Stressful time for Moms... Furniture & Mattresses... Home Decor... La-Z-Boy Comfort Studio

Long weekend & Slowly returning... Furniture & Mattresses... Home Decor... La-Z-Boy Comfort Studio

Salmon Arm Friday AM... Furniture & Mattresses... Home Decor... La-Z-Boy Comfort Studio

100 mile walk for Covid-19... RIVER RISING... Real Estate... HILLTOP TOYOTA... ZOE STEVENS

Upside down world... 2007 TOYOTA COROLLA... Real Estate... HILLTOP TOYOTA... ZOE STEVENS

Salmon Arm Friday AM... Furniture & Mattresses... Home Decor... La-Z-Boy Comfort Studio

May 8 (limited print)

May 15 (limited print)

May 22 (limited print)

Two Markets • More Re-openings... Molehills... FLOODWATCH... Real Estate... HILLTOP TOYOTA... ZOE STEVENS

Views of Salmon Arm from the Snowbirds Video, May 16, 2020... Real Estate... HILLTOP TOYOTA... ZOE STEVENS

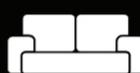
School & library partial openings... Molehills... FLOODWATCH... Real Estate... HILLTOP TOYOTA... ZOE STEVENS

May 22 (limited print)

May 29 (nearly full printing)

May 29 (nearly full printing)

If you have design issues, or have a suggestion for a future column, email Linda to linda@designsewlutions.ca

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▲ Work is underway on the patio in front of the downtown Askew's. There are also plans to turned one block of Alexander street to pedestrian only for summer Saturdays.

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- Choose** your **best 5** pics and/or a video (no more than 2 minutes long) to **share** on Facebook, Instagram or Pinterest
- Tag** us @AskewsFoods and add these hashtags:
 #askewshomechef #shuswap #askewsfoods #salmonarm #sicamous #armstrong
- Enter by Thursday** each week for a chance to win on Saturday!

* At Askew's: Armstrong, Salmon Arm & Sicamous. One winner will be announced per week until Askew's closes the contest.
 ** Participating grants Askew's consent to use the photos on promotional materials.

CRITERIA

- VISUAL APPEAL**
 How great can you make the recipe of the week look?
- CREATIVITY**
 What is your Home Chef Touch? Did you enhance the recipe or serve it with something great? Tell us what meal hacks made this dish special for your family, house mates or just for you!
- PROCESS**
 Does your post show all steps from buying the ingredients to serving the dish?
- FUN :)**

CONTEST STARTS APRIL 19TH 2020!





