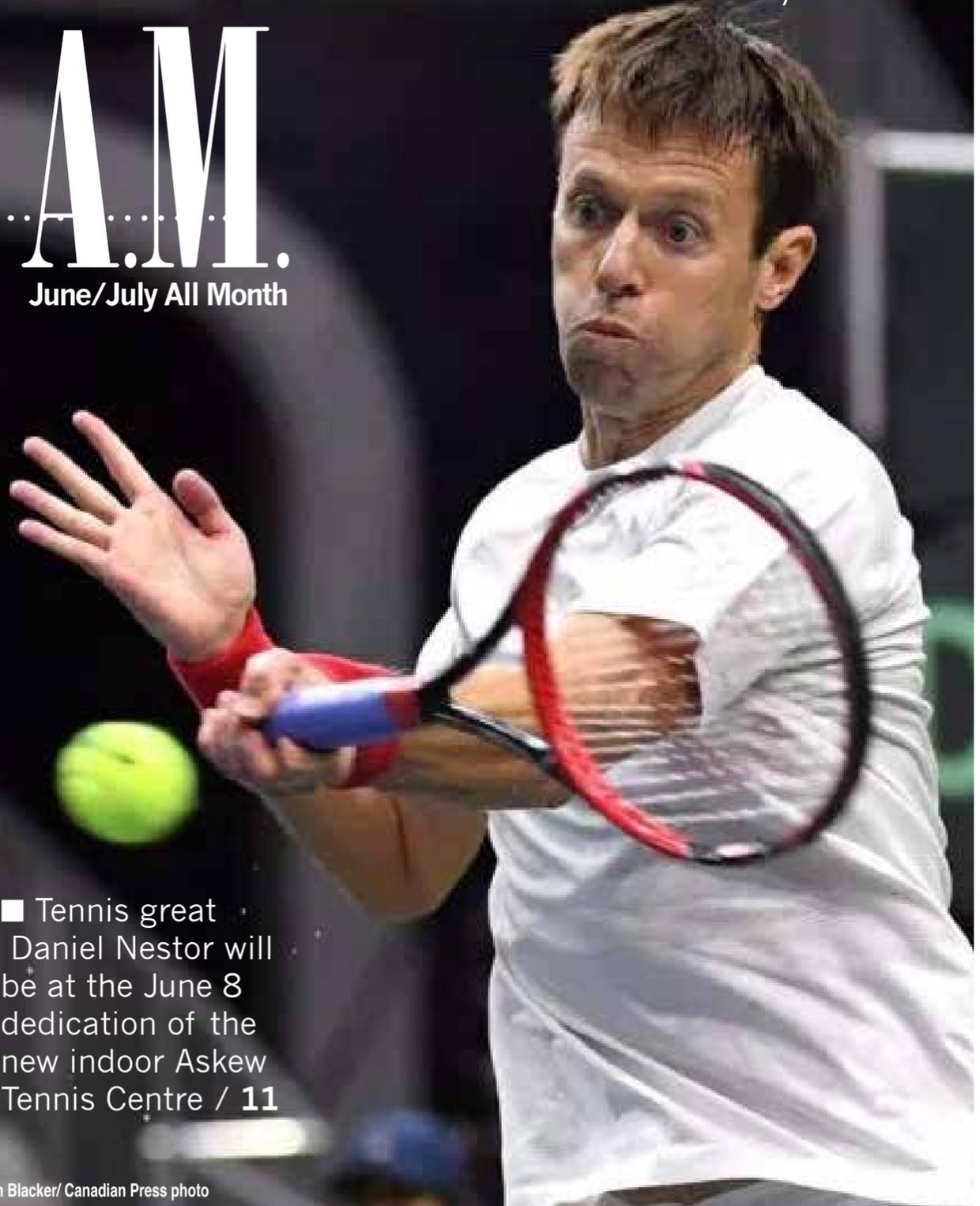


SALUTE TO SHUSWAP GRADS / P.7-10

AM
A.M.
June/July All Month



■ Tennis great Daniel Nestor will be at the June 8 dedication of the new indoor Askew Tennis Centre / 11

John Blacker/ Canadian Press photo

▼ What's On ► Online FriAM.ca ■ No. 1113 ► June 7, 2019 ► FREE

Festivities
Art & Film
Concerts
Theatre
Sports 



► Couple's
*Smokey &
the Bandit*
Honour car
/2

SUMMER SIGN UP WEEK
JUNE
2nd-9th



Father's Day, June 16
Charity Block Party
July 20
10th & 10th SW
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TALKING 'GREEN NEW DEAL'

The United Church Hall was filled to capacity at the Town Hall for a Green New Deal in Salmon Arm May 27.

Pulled together in a little over two weeks, the event brought together 115 people, including a good number of youth.

I was awestruck at the numbers. The Pact for a Green New Deal had only been signed on May 6. Over 80 organizations, cutting across climate action, indigenous rights and social justice issues, came together for this far-reaching vision of how we can address the climate crisis. Over 200 Town Halls are being held across Canada.

The fact that so many showed up on short notice tells me Salmon Arm is concerned. Climate change, and the future of life as we know it on the planet, are top-of-mind issues. People are looking for action – not just more talk.

The tools which all levels of government have employed to address climate change have not been enough. We need new ways of moving forward.

The Green New Deal offers that possibility. The Pact has two cornerstone principles:

- Cut emissions in half by 2030 (which indigenous knowledge and climate science tell us needs to be done), while protecting cultural and biological diversity.
- Leave no one behind in making this transition

○○○

Initially, when the coalition emailed its request that I con-

shuswap reflections

Sarah Weaver



sider hosting a Town Hall in Salmon Arm, I thought, "Good idea, someone should do it." But the request nagged at me. If not me, who? And if not now, when?

I have been inspired by Greta Thunberg, the 16-year-old Swedish student who has been pressuring politicians to act on climate change. If Greta, a quiet and determined young person can respond to the call, what was stopping me? So I said "yes".

I was extremely fortunate that Julia Beatty and Neil Caves joined me in planning the event. We wanted a process where people could talk, and be listened to. This was an opportunity for Salmon Arm to provide our input to help shape a Canadian Green

New Deal.

During the evening 13 groups discussed topics such as ways to transition from fossil fuel; agriculture and local food security; and respecting indigenous rights and knowledge.

We thank Jenny Carter and the Green Space initiative of the United Church for their indispensable support.

At the time of writing, we are analyzing the input from the evening, and will then be uploading it to the national website.

Once this is completed, we will prepare a report summarizing results and will provide this to City Council and attendees. Stay tuned for further updates! The Green New Deal website is: act.greennewdealcanada.ca ■

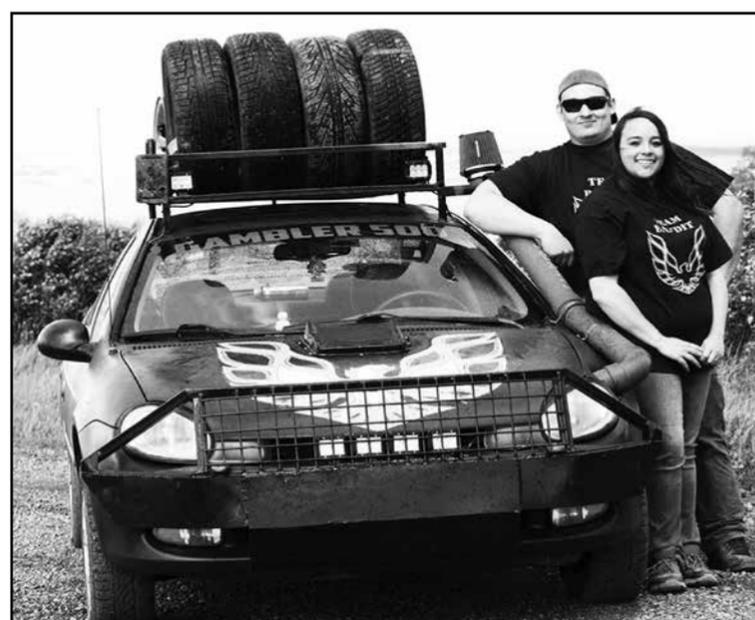
□ Sarah Weaver works actively on environmental issues and posts a regular blog at shuswapreflections.blogspot.com where she writes about her experience of nature both locally and further afield.

SUMMARY LIST OF PRIORITY THEMES FROM LOCAL MEETING WANTS IN A GREEN NEW DEAL

- ☞ Rapid transition from fossil fuels
- ☞ Systemic economic change
- ☞ Sustainable agriculture/food security
- ☞ Education and engagement
- ☞ Environmental protection – water
- ☞ Reduce waste, consumerism, toxic products
- ☞ Public investment/infrastructure
- ☞ Indigenous rights, knowledge
- ☞ Incentives and subsidies to green housing / construction
- ☞ Good jobs / fair wages
- ☞ Restoration of habitats
- ☞ Minority rights (poor, indigenous, others)
- ☞ Environmental protection – habitat
- ☞ Accurate communication
- ☞ Sustainable community development
- ☞ Urgent action on massive scale - climate emergency
- ☞ Transparent, fair fiscal measures

DON'T WANTS IN A GREEN NEW DEAL

- ☞ Corporate influence, subsidies
- ☞ Dilution of climate change response
- ☞ Inequitable solutions / policies
- ☞ Inappropriate transition fuels
- ☞ Too costly a process



HONEYMOON HONOURS BURT



▲ Legendary actor Burt Reynolds passed away on the day of the wedding of Tony and Miranda Rizzi, Sept. 8, 2018 in Salmon Arm. So the couple, who are now living in Dawson Creek, decided what better way to celebrate their long-delayed honeymoon, then create a 'Smokey and the Bandit' tribute car to Burt Reynolds and enter it in this month's BC Gamblers 500. 'Gambler' refers to both number of miles on sketchy BC roads and the suggested \$500 price for a cheap sketchy car - therein the name, 'Gambler'. The above photos show the happy couple in their recently completed Burt tribute car, as well as Sally Fields and Burt Reynolds driving the real thing.

ADVICE FOR GRADS

It is that time of year when another class of students graduate and enter the "real world".

Let me be the first to break it to our graduates that many of you have been sheltered up to this point. The real world isn't what you see on some reality TV show and food doesn't miraculously appear in your fridge!

Therefore, we feel it is our civic duty to write our own valedictory address to help graduates deal with their transition to the world AFTER high school. It once again holds even more importance for me as this year my second oldest is graduating. So... "Listen up, son and be sure to tell your friends!"

○ **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.

○ **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.

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



mall arkey Daron Mayes

○ **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.** People believe all sorts of stupid things. Don't simply accept what you read on the internet or see on TV at face value. Do the research for yourself.

○ **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 is not 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! ■

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

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June 7, 2019 ■ No. 1113
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Cautionary tale

A few Friday AMs ago we reported on a fatal fall near Sicamous Creek that took the life of a local hiker.

It is such a relief to hear from a hiker who is still with us after falling roughly 30 metres on the Syhon Falls trail

at Gleneden. Samara (Sam) Thiessen just returned from a five-day stay at Vernon's hospital to reconstruct her hand and wrist.

Her near fatal fall occurred last week while going out to meet friends who were doing actual climbing with harnesses and ropes. Sam now wished to express deep gratitude to her rescuers; her climber friends who found her and got her to the hospital as quickly as possible; and the amazing staff in Salmon Arm and Vernon's hospitals. She also wanted to relay a cautionary tale to help ensure this does not happen to someone else.

"After having this happen, I kept hearing horror stories from other people who have had similar experiences at these falls.

"There are no cautionary warning signs anywhere in the area." She said a few times that she hiked the trail, she saw a handmade warning sign placed in a plastic sleeve, but for families and individuals that frequent the park, she said there should definitely be more warnings about the dangers of this area.

She since learned there have been deaths and people with lifelong paralysis from accidents in that area.

"According to numerous doctors and nurses, I'm a walking miracle," says Sam. "It is definitely a good reminder for me, during this time of healing from my 'small' injury, that things could've been much, much worse." ■

mole hills
Lorne Reimer



Bandaged reconstructed hand.

SOLAR NEXUS AT FIRST

The first community-owned solar array in Salmon Arm will be built on the east-facing roof of First United Church, also known as Nexus at First.

Growing public concern about climate change and support for clean energy solutions led to \$31,100 being raised in a short time to fund the Shuswap Solar Energy Society's long-planned community solar array.

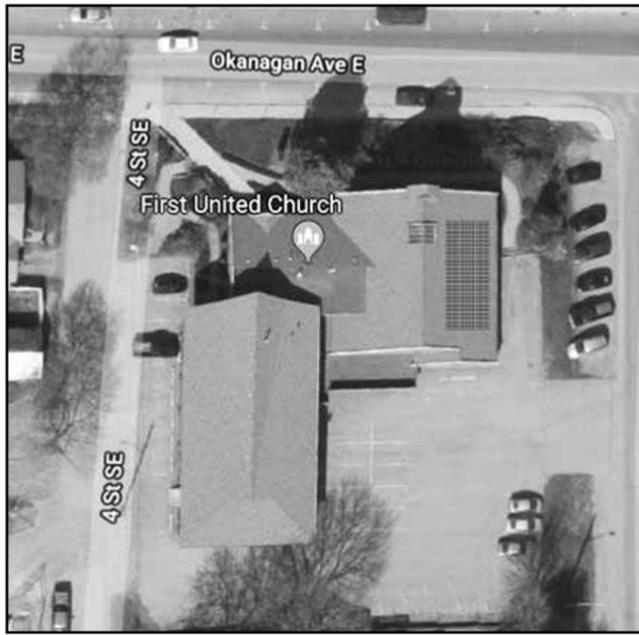
The project is being called the 'Hugh Tyson Community Solar Array', honouring the memory of one of the Society's Directors.

The project is a partnership between the Solar Energy Society and First United Church, and is expected to provide the church with about 35 per cent of its electricity needs.

A spokesperson said Debenture holders will receive an annual return-of-capital payment from the electricity cost savings offset by the solar array. "We expect the debentures to be paid off by 2025 or earlier."

About 31 individuals gave generously through debenture purchases or donations to help fund the project.

The Solar Array will be built in mid-June by A+ Solar Solutions from Salmon Arm. ■



▲ Project will catch the sun across from Fletcher Park

Missing man may be in Salmon Arm

Police believe a missing Chilliwack man may have travelled with his dog '9' to the Salmon Arm area.

Kevin Alexander Tripp, 55 was last heard from on May 19, and police and friends are concerned for his well being.

Tripp is 183 cm. (6'), has brown eyes and a prosthetic lower left leg. He operates a red-coloured 1997 Ford Explorer.

Anyone with information on his whereabouts are urged to contact their local police, Crime Stoppers tipline at 1-800-222-8477 (TIPS)

Motorbike accident

A motorcyclist was airlifted to Royal Inland Hospital in Kamloops after he lost control and left the road on the 2700 block of Eagle Bay Road

Police say the rider was in stable condition with known injuries to his extremities.

Emergency crews, dispatched to the scene at 7:10 am, June 1, found the man and his bike on the rocks at the side of the road. ■



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Come see newly renovated Loft



All proceeds to PADS Pacific Assistance Dogs Society

PADS

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Debbie Armour of Deb's Style hopes to restart an old Hospital Auxiliary tradition of annual fashion shows.

The fashion show she is organizing for June 8 at the Comfort Inn will raise funds for service dogs. PADS Service dogs have become invaluable for seniors, the disabled and sufferers of PTSD, but cost upwards of \$20,000 to train to certification. The silent auction will feature many great items including a beautiful painting by local artist, Tovie Green.

Tickets for this night of fashion, wine, appies, prizes, silent auction and live music are at the Style Loft on Hudson Ave. ■

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Spotlight

Festivities

- **Luminary Walk**, 7:30, June 8, Marine Park. In memory of those lost to cancer and supporting the survivors
- **World Knit in Public Day**, June 8
- **Prostate fundraiser event**, June 15, Centenoka Park Mall. Pancake B'fast, BBQ and Show n' Shine and more.
- **Kids Fishing Derby**, 7-11 am, June 16, Salmon Arm wharf.
- **Shuswap Dragon Boat Festival**, June 22, Marine Park. Women & Mixed Divisions, 500 metre race course. 16 team maximum in partnership with Penticton Dragon Boat Society.
- **Multicultural Gathering Together**, 4-8 pm, June 27, Ross St. Plaza.
- **Indigenous People's Day**, June 21.
- **SAS Grad**, 7 pm, June 28. See P.7-10
- **HANEY VILLAGE**
 - **Father's Day**, 8:30-2, June 16. Pancakes, BBQ, Scavenger hunt, entertainment, crafts, carnival, gold panning, displays.
 - **Dinner Theatre starts** July 3
 - **Pioneer Day**, 8:30-2, July 13.
- **CANADA DAY**
 - **Children's Festival** at Fairgrounds from 10-3 & **Fireworks?** Canoe Beach.
 - **Blind Bay** - Parade 10 am, Sat. Activities, continuous stage, Fireworks.
 - **Sicamous** - Events all day, Fireworks
- **Summer Stomp & Burn out**, July 18 to 20, Sicamous. www.summerstomp.ca
- **Enderbeer & Wine Festival**, featuring Big Idea, 6 pm, July 27, Lions Gabebo.
- **Roots & Blues**, Aug. 15 to 18. P. 5

Art & Film

- **A Seat at the Table** exhibition opens June 7 at SA Art Gallery, running to Aug. 3. Two fundraiser feasts will take place at the Gallery, July 8 and 22, 'Food Undressed' and Indigenous feast and storytelling, 'Eating our Culture'.
- **Enderby Arts Festival**, July 27.



▲ The Dragon Boat festival is back June 22 after a one year hiatus.

On the MOVIES

- **Salmar Grand** • June 7 to 13
www.salmartheatre.com • 832-2263
- **Godzilla: King of the Monsters**. A crypto-zoological agency faces off against a battery of giant monsters. 2:00 Sat-Sun; 6:40, 9:10 (2D) nightly. (PG viol, lang, may frighten young children)
- **Rocketman**. Fantastical story of Elton John's breakthrough years. 2:10 Sat-Sun; 6:30, 8:50 nightly. (PG lang, sex, suggestive, drug use, viol)
- **Aladdin**. Street urchin and power-hungry Grand Vizier vie for a magic lamp. Features Canadian actor Mena Massoud. 2:00 Sat-Sun; 6:45, 9:10 (3D) nightly (PG viol, may frighten young children)
- **Secret Life of Pets 2**. Te. 2:10 (2D) Sat-Sun; 6:30 (3D), 8:15 (2D) The continuing saga of what adventures pet friends get into while their owners are at work or school. (G)

Salmar Classic

- **Alexander St.**
- **The Dark Phoenix**. One of X-Men member goes rogue. 3:00 Sat-Sun; 6:40, 9:00 (PG Viol, coarse lang)
- **Coming - Men in Black International; Kinky Boots**
- **STAGE TO SCREEN**
- **42nd Street**, 1 pm, June 9. A lively revival of the 1933 classic musical. Filmed at London's Theatre Royal, cast of 58 takes tap dancing to a whole new level.
- **FILM SOCIETY** • shuswapfilm.net
- New season starts September

MOVIES, continued

- **Starlight Drive-in** • *S. of Enderby* • starlightdrivein.ca • 250-838-6757
- **Pokemon Detective Pikachu**, 9:15.
- **Godzilla: King of the Monsters**, 11:15. (Both PG), June 7, 8, 9.
- **Outdoor Movie Night**
- **The Lego movie: The Second Part**, 9:30 dusk, July 27. At the Wharf. Free.

Concerts

- **'Old Guys'**, six well-aged jazz musicians, 7 pm, June 13, Nexus at First. Sandy Cameron, Donnie Clark, Colin Spence, Bill Lockie and Gareth Seys. By Donation. Jazz Club end of season.
- **11/12 Dance Recital**, 6:30, June 11-13, SAS Sullivan Theatre. Tix \$10
- **Shuswap Dance Centre** - Jr. Show 6:30, June 7 & Sr. Show, 7:00, June 8; Gala Show, 7:30, June 14. Nexus at First.
- **Singin' Good News**, June 28-30, Splatsin' Centre. Weekend of Gospel performances by Fraser Valley Quartet, Three & Company, Garry Jespersen & Miriam Keith, Good News Quartet, Neil Degraw and Jack Jackson. By donation.
- **Daring Greatly**, 4-7 pm, July 24, houseboat stage on Shuswap Lake. Calgary rock band, father and two sons.
- **Voice of the Shuswap fundraising dinner**, featuring **Blind Bay Blues**, silent auction, June 29, First United Church. See ad, below.

- **CONCERTS, continued**
- **WOW concert series** (Wednesday on the Wharf), 6:45, Marine Park
- **SAS Jackson/ Concert bands**, June 12
- **Margit Sky Project**, June 19
- **Mariel Buckley**, June 26
- **Green Room**, July 3
- **Greg Drummond** July 10
- **The Stephenson's**, July 17
- **Hannah Kah**, July 24
- **The Way North**, July 31
- **Naomi Shore**, Aug. 7
- **Jessica Stuart Few**, Aug. 14
- **Slocan Ramblers**, Aug. 21
- **Sarah Jane Scouten**, Aug. 28

Theatre

- **The Coyotes** by Peter Anderson, July 16 to Aug. 11, Caravan Farm Theatre. What if the last working well in the world was on the run-down farm of a widow and her two daughters? Tix.caravanfarmtheatre.com or ticketseller.ca or 866-311-1011.
- **Haney dinner theatre**, July 3 to Aug. 28, Wed/Fri/Sun. Reserve 832-5243.
- **THEATRE on the EDGE**, July 19-21, Shuswap Theatre. 7 shows on twice.
 - **Lone Rider and White Dog**, 3pm Jul. 19, 7pm Jul. 21. Non-stop adventure.
 - **Can you See Me? 5 pm**, July 19, 7 pm, July 20. *Compelling tour de force by First Nations actor Stephen Lytton.*
 - **Big Sister**, 7pm, Jul. 19; 1pm, Jul. 20. Comedy about two sisters.
 - **Intriguing Title**, 9pm Jul 19, 5 pm, July 20. Made for Fringe. Saucy Flops are back for the festival's fifth year.
 - **Wood Sed** 11am, Jul.21, 1pm, Jul.22. Life & times of Woody Guthrie. Thomas Jones plays a cascade of 25 colourful characters.
 - **The Moon Baby**, 3pm, Jul. 20, 3 pm, July 21. Family friendly puppet show by Runaway Moon Theatre.
 - **Too much Light makes the Baby go Blind**, 9 pm Jul.20, 5 pm, July 21. Chicago's longest ever running play. shuswaptheatre.com
- **'Ward of Oz' Auditions**, 6:30-9, June 6, 7, SAS Jackson drama room. (First of ShuswapTheatre season.)

Sports

- **Grand opening of new indoor tennis courts**, 1 to 4:30, June 8, featuring tennis great, Daniel Nestor. Event continues with dinner at Prestige. / 5
- **White Lake Triathlon**, June 23.
- **Ride Don't Hide CMHA event**, also June 23, Little Mountain Field. / 5
- **More 'SPORTS'**, P. 11

Summer's on

What a fitting way to wrap up another season of the Jazz Club. Just let the "Old Guys" show how it's done. For the third consecutive year, Sandy Cameron has assembled a stellar group of veteran jazzers for a night of Dixie and swing standards by the likes of Bennie Goodman, Fats Waller, the Duke and others.

Returning members include Donnie Clark, likely the most travelled of the lot. He's been blowing his trumpet in countless Dixieland and bebop settings over too many decades. Sadly, Don Ross won't be able to make it this year. "The 'ninety-something' pianist has health issues," explains Sandy. In his place on the keys will be Colin Spence. Although just a kid in his mid-60s, Spence had recently returned to the Shuswap to retire. Other members to round out the quintet are Bassist and

ShuBiz

vocalist, Bill Lockie; Honorary "Old Guy", Gareth Seys on drums, and, of course, clarinet/sax certified seasoned old guy, Cameron. The concert happens 7 pm, June 13 at Nexus at First.

The last of the regular season concerts may be wrapping up now, but there's plenty of music lined up through glorious Summer. WOW and Sicamous' Music in the Park lineups are now confirmed and listed above. We are waiting on who's playing on the Blind Bay and Ross stages.

Shuswap's signature events are in various stages of life. Roots & Blues and Theatre on the Edge are solid; Dragon Boat Festival is back after a year off, The 30th Summer Stomp will be its final; and Relay for Life will just be the Luminary. ■



the old guys June 13

LIVE Scene & Dance

- **Lorenzo's Cafe** • Zonnis, June 8. • **Party on High Street**, June 10 • **Don Alder**, June 16 - one of world's top harp guitarists • **Dan Engelland & Jake Verburg**, June 21, 22 • **Wood, Wire & Fire Quartet**, July 5 • **Steve Saba Trio**, July 6 • **Rockland Moran**, July 12 • **Harpdog Brown**, July 18 • **Daring Greatly**, July 19 • **Cathy-Ann Wells with Soul Sistah**, July 26, 27 • **Half a Quorum**, Aug.2 • **Papa Groove**, Aug. 3 • **Sean Ashby**, Aug. 9 • lorenzoscfe.com
- **SA Curling Centre** • **Brewswap** 'Sips, suds & samplers', 6-9 pm, June 15, featuring live music.

- **Ecotreats Cafe** (Hwy & Alexander) • **L & O** (Bill Lockie & Richard Owings), 2:30-4:30, June 7.
- **SA Legion** • **Open house & BBQ**, June 22 for 'Legion week'.
- **Enderby Legion** • **Dance to Sleepless Nights**, June 8, July 13 • **Barn Catz**, June 22 • **Accordion Get together**, July 11 • **Island Fogg**, July 27.
- **Coffeehouse circuit**, *Gleneden Hall & Drill Hall Oldtime dances, Shuswap Jammers and more will return September. Watch for finalization of this summer's outdoor concert lineups in the Friday AM. There will be no All Month format in July.*



Zonnis

Legion Week OPEN HOUSE, June 22 BURGER & BEER 11-7, June 7

- Crib, Mondays • Tues Night Fun
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Voice of the Shuswap in partnership with GreenSpace.com present.. **BUILDING, BITES & BLUES**

A CKVS-FM 93.7 Fundraising Dinner, featuring Blind Bay Blues Band • the Best Caterer • Silent Auction Saturday, June 29th at GreenSpace at First, 450 Okanagan

Advance \$45 tickets available at First United, Salmon Arm Stationery, Voice of the Shuswap Sponsors include: Savori Olive Oil & Vinegars, Acorn Music, Crannog Ales, Gondwana Gallery, Downtown Salmon Arm, Total Pet, Recline Ridge Winery, Salmon Arm Stationery • 250.463-5026

city lights

- **vernon** • See ticketseller.ca
- **Monty Python Spamalot**, May 30-June 8
- **Creative Chaos**, June 7-9, Rec. Centre.
- **Murray McLauchlan**, June 17
- **Overcoming Emotions talk**, June 17
- **Lobster Fest with Cod Gone Wild**, June 22
- **Xpressions!** June 23
- **Maria Chapdelaine: Opera**, June 29
- **Enchanted Princess Ball**, June 30
- **Czech & Hebraic Music**, July 5
- **SonReal**, July 5
- **Snow Queen**, July 13
- **Okanagan Military Tattoo**, July 27, 28
- **kelowna**
- **Yellow Submarine**, June 12-14
- **Judas Priest & Uriah Heep**, June 16
- **Corey Hart**, June 22
- **Enchanted Princess Ball**, June 29
- **Burton Cummings**, Oct. 20
- **kamloops**
- **Artistic Swimming Canadian Championship**, May 5-12
- **KSO & Choral**, May 11
- **Brewloops Spring Festival**, May 25
- **penticton**
- **Gucci Mane**, May 28
- **vancouver**
- **Whitecaps**, June 22, July 13, 20, 24
- **Lions**, June 7, 15, July 11, 27
- **Matilda the Musical**, May 16- July 14
- **Cher**, May 30 • **LANY**, June 17
- **Andrea Bocelli**, June 13
- **Shawn Mendes**, June 14
- **Trevor Noah**, June 14, 15
- **Oprah Winfrey**, June 24
- **Corey Hart**, June 25
- **Paul McCartney**, July 6
- **Queen & Adam Lambert**, July 10
- **Brit Floyd**, July 14
- **Mumford & Sons 'Delta' tour**, Aug. 7
- **Can vs. US Rugby**, Sept. 7
- **Elton John**, Sept. 21, 22, 24
- **The Who**, Oct. 21
- gvpta.ca/vancouver-theatre-guide
- livenation.com • georgiastrait.comgvpta.ca/vancouver-theatre-guide
- livenation.com • georgiastrait.com

POSTSCRIPT

Part of the fun of the Writers' Festival is the chance to connect with writers who we don't often have a chance to hang out with.

write on



Kay McCracken

Another is meeting new and interesting people. There is an undeniable energy when creative men and women get together.

We go to listen to award-winning authors writing in every genre. They have something of value to share with us. Most writers are not necessarily comfortable in the spotlight, but you would not know it. Give them the routine of working with their characters, plotting, creating dialogue, rewriting and re-writing some more, and it's the place where they are most comfortable. Somehow, they rise above shyness and nerves when the time comes to share what they know.

By and large, each workshop has something of value to take to heart for the new and experienced author. It's also fascinating to meet one of the authors who you've been reading for a while. For instance, I recently starting reading mysteries. Gail Bowen, an award-winning murder mystery author from Saskatchewan, happily told the story of how she began writing late in life and got hooked.



My ex-husband and friend, Craig Brunanski, is working on a murder mystery and so came to Word on the Lake Writers' Festival in May to get feedback from Gail Bowen in a blue pencil interview. He said the feedback and talk with Gail was valuable.

Currently, I'm hooked on writing short stories. Short fiction is a great relief from spending years (and years) writing two memoirs. It's tricky writing about real people. I had to second guess myself constantly. And in a memoir, one feels compelled to share personal secrets from your own life that will possibly shock, but are necessary to complete the picture, the story of your life, or that try to answer the question: how did I get to be the person I am. The manager at Arbor Lodge asked me to read stories to residents. I'd just completed the third short story in a trilogy, the ongoing story of Bobby and Sally (both in their late 70's). Their tale contains a few twists and turns, humour, and a secret that has to be revealed. Fun to write. The residents seemed to enjoy being read to. But who doesn't? Craig still reads to his adult children, to his grandchildren, and used to read to me when we were married. Lucky me.

This year, as we do every year, award-winning Celistia author, Deanna Barnhardt Kawatski, came to stay with me for the writers' festival weekend. That meant that three of the Gracesprings Collective authors were together: Deanna, Craig and me. We were missing Alex Forbes, but was here in spirit.

Deanna has recently completed a young adult novel and an adult literary novel.

As always, we had a good time, learned a few things, met new people and managed to stay out of trouble!

I hope you enjoy a relatively smoke-free summer, enjoy reading, writing and family. □ Kay McCracken is a local author and dedicated promoter of the local writing community.

WOMEN WHO WINE

Shuswap Women Who Wine distributed over \$22,000 to assist local community projects since it began hosting quarterly fundraising events last Fall.

The group is planning its fourth "Community Giving Gala", 6 to 9 pm, June 14 at Salmon Arm Golf Club. A dance with DJ Partico (Patrick Ryley) will follow from 9 to midnight. The \$150 admission includes a \$100 donation, plus appetizers, dinner, and a safe ride home by Noble Adventures.

Attendees will hear presentations from Shannon Sharp's Learning Circle, The Sullivan Wellness Centre, and the Shuswap Hospice Society about local projects they are working on and what

they need to complete them.

Following the presentations all attendees will vote by secret ballot for the organization they would like to see take 80 per cent of the entire donation pool. Each runner up will receive 10 per cent.

Tax receipts will be available from charitable nominees; business receipts will be available from non-profit nominees.

This unique adult-only event also features games and activities, a photobooth, and a fabulous door prize!

Attendees interested in purchasing one of 110 tickets available need to RSVP by June 7 to info@womenwhowine.ca or go to www.womenwhowine.ca.



▲ The Jim Cuddy Band with more than a little echo from Blue Rodeo.

'COUNTRYSIDE SOUL' IS ROOTS & BLUES

Performers

- Third World
- Ruthie Foster
- Dervish
- Valdy
- Jim Cuddy Band
- Al Lerman
- Andrew Collins Trio
- Birds of Chicago
- Daniel Michel
- Irish Mythen
- Jack De Keyzer
- Jack Semple
- Tonye Aganaga
- Jenny Thai
- Mercy Funk
- Mile Twelve
- Big Willie G
- Sue Foley
- Tal National
- Early Spirit
- Anne Lindsay
- Garifuna Collective
- Harpoonist & Axe Murderer
- Hamiltones
- Tristan LeGovic
- John Wort
- Hannam
- Jordan Dick Trio
- Luke Wallace
- Qristina Quinn
- Bachand
- Steve Pineo Band
- Ostwele
- Unfaithful Servants
- Lynnes
- Tracy Lynn & Savage Hearts,
- rootsand blues.ca

The name of Jim Cuddy Band's newly released album, "Countryside Soul", perfectly describes the soulful music and country-side atmosphere of the Salmon Arm Roots & Blues Festival.

Other headliners this year include Jamaican reggae legends, Third World, the magnificent Ruthie Foster and Ireland's greatest band today, Dervish.

An aspect that has become unmistakably clear about this year's lineup is just how deep is the talent pool from

BC's vibrant folk and roots scene. It is by no accident that homegrown arts are standing front and centre for the festival's 27th edition.

BC-based performers include Early Spirit, Tonye Aganaga, Ostwele, Qristina & Quinn Bachand, Valdy, Dawn Pemberton, The Unfaithful Servants, The Harpoonist & The Axe Murderer, Big Willie G and Luke Wallace.

The Shuswap is also well represented with acts like Jordan Dick Trio and Tracy Lynn and the Savage Hearts.

SALMON ARM ROOTS & BLUES

THE JIM CUDDY BAND, THIRD WORLD, RUTHIE FOSTER

AUGUST 15-18

ROOTSANDBLUES.CA

WHERE MUSICIANS GO TO PLAY

You're Invited

- **Community Sign-up Week** runs to June 9 at Piccadilly Mall.
 - **Garden Tour**, June 29. Tix at Nico's Nurseryland, Courtyard Gallery. Yvonne 838-5911
 - **Shuswap Farm Tour**, 10 to 3, July 13, hosted by Shuswap Food Action Society. For details, see shuswapfood.ca
 - **Downtown Farmers Market**, Saturdays, June 22 to Oct. 5. Hosted by Shuswap Food Action Society and Salmon Arm Downtown.
 - **Tsitswecw Story Trail grand opening**, 11 am June 7, Tsitswecw (Roderick Haig-Brown) Provincial Park. New story trail features audio-recorded narrations of local indigenous legends by Chase Secondary students.
 - **Shuswap Women who Wine**, June 14, SA Golf Club. See on the left.
 - **Federal Liberal candidate Cindy Derkaz** will be B's Eatery, Chances, 5 to 7 pm June 14 for a no-host Positive Politics TGIF to casually discuss Federal Politics before the election. All welcome.
 - **RCMP Staff Sgt. Scott West** will speak number of issues at Chamber of Commerce lunch, 11:45 am, June 12, Shuswap National Golf clubhouse. \$20. RSVP to admin@sachamber.bc.ca by June 10. 832-6247.
 - **Finding Peace in a Troubled World**, free talk and meditation by Buddhist teacher Gen Kelsang Delek, 7 to 8:30 pm, at Technology Brewing, 130-2960 Okanagan SE. Also Meditation workshop 'The Health Power of Meditation', 10-1, June 15. \$30 includes refreshments. 250-833-6158.
 - **Indigenous Peoples Day**, 4-10, June 21.
 - **City council meetings**, 2:30 & 7:30 pm, June 11 and 25 at City Hall.
 - **Curbside Collection Public Info Sessions**, 12 to 8, June 20, City Hall. Changes coming July 1
 - **CSRD regular meeting**, 9:30 am, July 19.
 - **SD 83 School Board**, 6 pm, June 18, District Education Support Centre (DESC).
 - **World Elder Abuse awareness day**, June 15. Wear purple.
 - **Baby Talk**, 1:30-3, Wed, SA Health Cntr. June 12 - Baby proofing your home; June 19 - Early language; June 26 - Siblings without rivalry.
 - **More Library events** on page 6.
 - **Last Day of School & SAS Grad**, June 28
 - **Federal election, Oct. 21**. It's gearing up.
- More events on pages 4, 7

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June 28, 29 & 30, 2019

Friday 6:30pm, Saturday 1:00 & 6:30pm & Sunday 1:00pm

Admission by Donation

Sunday Morning Worship Service 10:00am Speaker: Rev. Pete Unrau

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Crossing Montana and Spotting the Crosses

I recently took a road trip to Mount Rushmore, South Dakota. When we arrived it was raining and the monument was invisible. This is the nature of road trips.

In the spirit of Stephenson, we had travelled hopefully and it really was a better thing than to arrive! We saw a lot of stuff, had a great time and, hey, we can do it all again!

Since we decided against Interstates wherever possible, we spent a long time crossing Montana. As anyone who has done that must have noticed, there are a lot of roadside crosses. At first it seemed tactful not to mention them, at the risk of tempting fate, but there are so many that you cannot help but wonder about the quality of driving in Montana. I must immediately point out that statistically Montana is not an especially dangerous State in which to drive. So why all the crosses?

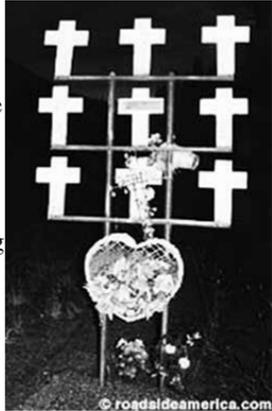
A helpful road sign gave us some numbers to play with and we calculated that with about 200 fatalities a year over 70,000 miles of road there should be a cross every 350 miles. Given that they seemed to average one per three miles that means they have been placing crosses for 117 years. That cannot be right!

Let's try that again. There are more fatalities on rural roads than major roads, the average death toll might be higher than this year, motorcyclists don't have to wear helmets, and so on.

Long straight roads can do this to a person!

Whatever we did the number of crosses still seemed

repair
guy
**Barry
Marshall**



▲ A 9-person roadside memorial in Montana.

too high which leads one to suspect they are about as accurate as an advisory speed limit sign. Surely not a cynical attempt to control motorists with sombre dis-information? Some crosses were decorated so there seems a personal rather than official connection although all were in good repair which indicates an organisation behind them.

Given that we were Google-less we were left to draw our own conclusions, which is a rare enough exercise these days. I opted for "over placing as a warning to motorist's" based on the ridiculous number on straight roads not at intersections.

Back home in the connected world I found out just how wrong one can be.

The American Legion of Montana has been placing, overseeing and maintaining memorial crosses at the scene of fatal accidents since 1953. Nearly half of the shocking number of crosses is due mainly to drunk drivers and lack of seat belt use.

Again, I stress that Montana is not statistically a more dangerous place than anywhere else to drive, it's just that the evidence of motorist's stupidity is so publicly and graphically displayed.

The next time I attempt Mt Rushmore I will pass through Montana without playing spot-the-cross and I will view all roads with the ghosts of at least that many crosses. Drive safe this summer. ■

□ 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

VERSATILITY OF ICED TEA

Move over iced coffee and sugary bottled tea drinks: you have strong competition among this tea-loving generation.

The teens in my world currently declare a fondness for real leaf tea, enjoying assorted varieties hot and cold.

Eve even eschews sugar – imagine. When I was 16, chocolate milk was probably the most decadent drink I could imagine. Marketing makes its mark, that's for sure.

Portray something as new, gourmet, a treat of some kind and companies at least grab our attention. In a case of good marketing magic, however, assorted new iced tea beverages caused Eve to wonder: if the bottled stuff is good, what about homemade tea?

Wouldn't that be better, the same way homemade lasagne (Eve's favourite) is superior to store-bought? Since Shuswap Health Foods and others carry dozens of varieties of leaf tea, I would say she's right. We benefit from enjoying more choice, less packaging, and a healthy result with the total lack of sugar and preservatives.

Our current choice is a peachy tea, fruity and refreshing, caffeine-free, and useful for more than drinking. I asked the girls to consider other uses for iced tea.

Eve suggested making popsicles. If you want to add dairy, choose a black or Rooibos tea which will not

Family kitchen



Candice Lucey
..with Eve & Faye

curdle with dairy. Almond and coconut milk does not curdle fruit teas in my experience. Chop in pieces of fruit for fun.

Faye recommended blending tea with gelatine, either a lemon variety or plain. Make a colourful jelly, then layer with cream or even cream cheese. Build a trifle-style dessert by starting with cake, selecting the tea-jelly next, slicing fruit over that, then topping with whipped cream and more fruit.

My suggestion was to marinate chicken. I drained the peach tea after a few hours, then steamed the fruity chicken with a touch of apple juice and adding peaches.

You, clever reader, are doubtless cleverer than this sinensophile (<https://blog.englishiteastore.com/2011/07/05/what-to-call-tea-lovers/>) and will offer up stunning ideas.

Please share: our cupboards are full of tea.

Iced Tea:

Boil water and use 1/4 cup to soak about 1Tb of tea leaves in a heat-proof cup.

Let it sit for several minutes, then strain through a clean strainer. Add cold water to a 1 litre jug and add the concentrated tea and refrigerate. If you need to drink it right away, pour over ice.

If a few leaves make their way through the strainer, you get the prize! ■

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



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Laser Therapy for the treatment of arthritic knees:
a clinical study. Proc. SPIE 2010

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READING ROOM

by Kristy Woodcock, Branch Head, Salmon Arm ORL

SUMMER OF READING

Did you know that children can lose up to three months of learning if they stop reading during the summer? We have a free program called **Summer Reading Club** that encourages children to read each day.

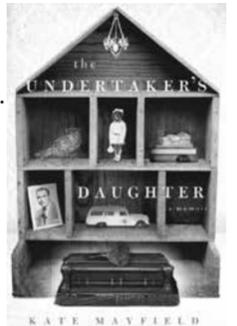
Registration for Summer Reading Club begins Tuesday, June 18, and remains open until September. See the library website for our great SRC events! All grown up and feeling left out? Sign up for Adult Summer Reading Club while you're here with your kids! Have fun and win great prizes! During the summer we will have **Story Time in the Park**, sponsored by the Shuswap Children's Association, at 10 am Wednesdays from June 26 through August 14. Park locations will be available in June.

Each Saturday in July, we will have **STEAM Story Time** from 3 to 4 pm. Children will listen to some fun stories and then participate in a STEAM activity that goes along with the stories read. This is a drop-in program geared for ages 3-5, but all families are welcome.

Adult Program

Join our great group of board gamers for our **Library Games Night** every Friday starting at 5 pm! Our friendly and welcoming group plays all kinds of games from light social games to in-depth strategy games: Catan, Dungeons and Dragons, Monopoly, Chess, card games, you name it we play it. People are welcome to bring their own games as we're always looking to try new things. Please contact Chris Hamlin Gravells at cgramlin@icloud.com if you are interested in attending. Come strum with us at the **Library Ukulele Circle**. It meet every Tuesday from 1:30 to 3:00 pm, starting July 30th. All skill levels from beginner to experienced are welcome! Please bring your ukulele and a music stand. No ukulele? No problem! We have a limited number of instruments available to use on a first come, first served basis.

Join us for good books and good conversation at our Wednesday **Afternoon Book Club** on June 26 at 1 pm. We will be reading *The Undertaker's Daughter* by Katherine Mayfield. There's a limited number of copies set aside for participants, so drop by the library to pick up yours today! On July 24 and August 28, we will meet for a casual chat about the books you have read (and want to read) this summer! BYOB (Bring Your Own Books).



The annual Salmon Arm and South Shuswap **Friends of the Library Book Sale** will be on June 21 from 9 to 8, and June 22 from 9 to 4, at Piccadilly Mall. The Friends are actively looking for new members. If you love the library and would like to help, please contact President Susan Kerr at susankerr4026@gmail.com.

The **Shuswap Solar Energy Society** will be discussing *The Bountiful Future of Solar Energy* on June 8 at 10:30 am. Not only is it a great way to reduce your carbon emissions, but your electricity bill too!

The Library will host **Chair Yoga** on July 4, 10:30 am. Nicole from BTrueByou will provide a gentle introduction to yoga, breathing exercises and meditation. Registration required.

Come and hear Maureen Shaffer discuss **"The Story of Dilkusha"** at 1 pm, July 18.

This is a fascinating history of one of Salmon Arm's Heritage properties. The Col. Scott family shipped tulips near and afar and lived in the house that later became known as the Orchard House.



□ To view a complete list of programs and events, visit us online: <http://lrl.bc.ca/hours-locations/salmon-arm>.

Do you have an idea for a library program that you'd like to attend? Would you like to host a program or event? We'd love to hear your suggestions! Please contact Kristy at kwoodcock@lrl.bc.ca

▼ Some of the events in other Shuswap Branches are listed below:

Sicamous branch
■ **Heart & Mind Writing Group**, 6:30 pm, June 7, 14, 21, 28.
■ **Socrates Cafe**, 3:00, June 8, 22.

Enderby branch
■ **Litter Bug Family Craft & Story Time**, 10:30 am, June 15.
■ **Secwepemc Nation Cultural Presentation**, 10:30 am, June 22.
■ **Tween mini indoor Olympics**, 2:30 pm, June 14

South Shuswap branch
■ **Fireside Knitters**, 10:00, June 7, 21.
■ **Summer Reading Club**, Registration begins, 10-5, June 18.
■ **Page Turners Book Club**, 10 am, June 20
■ **Introduction to Reiki**, 1 to 2:30 pm, June 5.

Lorne Reimer
SALMON ARM
Friday AM the beat All Month

SALMON ARM CLASS of 2019



Our community proudly salutes the graduates of 2019 as they enter the next phase of their lives. 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!

1-10 ▼	Abell - Burr	11-19 ▼	20-32 ▼	33-41 ▼	42-50 ▼	Bush-Erd	51-59 ▼	60-70 ▼	71-79 ▼	80-88 ▼	Fish-Hall	89-101 ▼	
	1-10 Nicholas Abell Justin Allbury Liam Alstad Kassandra Archambault Courtney Bacon Devon Baird Brooke Baker Erin Baker Holly Bartels Rachel Bates					33-41 Tyler Bushell Charlise Byers Hannah Capek Matthew Carson Harpreet Chahal Charlotte Charlton Natasha Charlton William Charlton Gavin Chhokar					71-79 Brittany Erdahl Daniel Fischer Jackson Fitt Ally Fleetham Ethan Fleming Molly Fogarty Diego Francois Nicholas French Chase Friesen		
	11-19 Devon Belcher Maya Belway Charlie Bennett Andrew Bergen Matthew Berke Riley Biberich Brian Biccum Zara Bieber Benjamin Biggs					42-50 Shan Chhokar Chasey Chipiuk Megan Clark Austin Comeault Joshua Corps Jakob Couke Lindsay Cranlemire Chloe Cudmore Daryl Cuizon					80-88 Carrie Fromme John Froud Grace Fulton Chloe Funnell Devon Gardner Colby Geiger Aldan Genschorek Memphis Gervais Katrina Giandomenico		
	20-28 Sofia Bilinsky Matthew Biley Jayda Blair Trya Bochek Jesse Boe-Seegerts Brandyn Bonomo Jaron Bootsma Taryn Bottcher Lukus Brookes					51-59 Derek Cuizon Sara Daniels Riley Davidson Jorane Dawkins Carson De Vries Grace Decker Dan Deglan Marissa Dekker Sarah Dekker					89-98 Wyatt Gibbons Kaili Gibson Emily Giesbrecht Tori Gollan Cameron Goodland Eve Gordon Logan Goulden Drake Green Jaden Greencorn Kasydee Groshaw		
	29 & 30 Julia Brown Logan Brown					60-68 Calena Dell-Mendia Alex DeMille Melanie Denault William Denny Koltin Dodge Kayleb Dudley Kiya Edwards-Impey Riley Elliot Claire Engel					99 & 100 Josh Hall Mackenzie Hall		
	31 & 32 Tavo Buhrig Destiny Burrin					69 & 70 Jesse Engelland Akke Englund					101 & 102 Sandra Hall Zachary Hall		

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Salmon Arm Secondary

103-112
▼



Continued from page 7
Har-Koll

103-112
Jessie Hanna
Carissa Harasym
Heather Harder
Colton Harms
Megan Hart
Tyler Hartwick
Brayden Haskell
Kyla Hawley
Ethan Heaver
Silas Hecker

113-122
Jonah Hector
Joel Hiemstra
Heather Higginbottom
Cassandra Hogan
Harper Hokenson
Taylen Hryniw
Jaxon Hubbard
David Hutchison
Liam Jakobsen
Brook Jameus

123-132
Noah Jansen
Alexandra Johnson
Reilly Johnson
Nadine Johnston
Connor Jones
Richard Jurasek
Christian Kane
Kohle Karey
Jayce Kendall
Trystan Kenoras

133 & 134
Emma Kirkman
Emma Knutson

135 & 136
Samantha Koll
Dean Koller

113-122
▼



123-136
▼



137-146
▼



Konge-McCas

137-146
Kirsten Konge
Jonathan Krahn
Kallan Kraus
Meaghan Krause
Graham Krupp
Layla Kutschier
Avery Kyle
Lea Labranche
Teah Lancaster
Morgan Lapointe

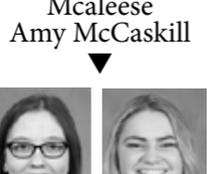
147-156
Erin Lavery
Mckenzie Lawrance
Thomas Leduc
Jung Lee
Mari Lee
Suzi Lee
Kreg Lehoux
Josie Lentz
Brooke Lessard
Rachel Leung

157-166
Emma Levins
Katelynn Lloyd
Nicholas Lourens
Jade Lutz
Sam Lybeck
Hanna McNair
Korbin Mancell
Mackenzie Manson
Stephanie Martin
Marissa Materi

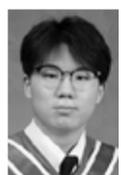
167 & 168
Shyanne Matthys
Jackson Mayes



169 & 170
Stephanie McAleese
Amy McCaskill



147-156
▼



157-170
▼



170-179
▼



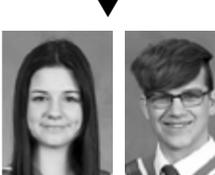
McQu-Penn

170-170
Adrianna McQuarrie
Porter Mesman
Shelby Meyer
Rhys Middleton
Kate Milne
Brody Mitchell
Caleb Mitchell
Brandon Moller
Ainsleigh Morris
Saleh Moussa

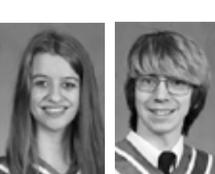
180-189
Leah Nash
Hallie Nauss
Alton Neid
Jessica Neudorf
Dylan Nielsen
Cole Nisse
Kennedy Novakowski
Dylan Nuttall
Benjamin Ollinger
Josh Olson

190-199
Darrell Oram
Selena Ouellette
Lauren Ough
Ella Owens
Danielle Paetsch
Elizabeth Palamar
Dylan Paquette
Samuel Parkes
Ben Pasternak
Damien Patrick

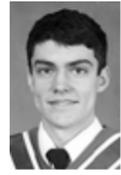
200 & 201
Hanna Paulus
Kobe Pendergast



202 & 203
Emma Penner
Reegan Penner



180-189
▼



190-203
▼



■ 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.

Salmon Arm Co-op



on top of the hill

Congratulations 2019 Grads!



- Car wash
- Store
- Gas bar

S.A. STOREFRONT School

■ 1-3 pm, Thursday, June 13, District Education Support Centre (next to 'Storefront')



▶ **TOP ROW L-R** - Anyssa Gauthier, Brooklyn Knopf, Devin MacPhee, Emma Grant, Evan Sarazin-Bourgo, Gavin Fordyce



▶ **BOTTOM ROW L-R** - Jordan Hobbs, Levi Fillinger, Daniel Johnston, Melissa Smiley, Mikhala Millard, Tyler Kruger, Zephy Peters.

▶ **NO PHOTOS** - Elijah Deitsch, Rielly Jacques, Devon Schumacher, Jenna Flaviani

CLASS of 2019

204-216

Perr-St.O



204-216
Amaylia Penunuri-Yepiz
Dawson Perry
Jessica Peterson
Emilie Petryshen



Christopher Phelps
Kelsey Phillips
Kendra Phillips
Sunny Pickup
Alycia Pierrard
Aidan Pitnoczko



Ally Pollock
Courtlan Ponty
Jacob Preston



217-229
Brandon Puffer-Hill
Harry Purser
Ethan Pyle
Landon Quilty
Caelen Ragsdale
Cole Rebinsky



Joel Reutlinger
Shelbi Richard
Luke Rivette
Stephanie Roberts
Ethan Ross
Devon Sagh
Paige Saltz



230-242
Alexis Sayers
Izannah Schaffer
Annika Schielke
Sara Schierbeck
Madelaine Schipfel
Dakota Schmitke
Joshua Seaman
Maegyn Seibel
Connor Senn
Atira Sherman
Caden Sherman
Naz Sim
Gray Simms



243 & 244
Dusti Smith
Evan Smith



245 & 246
Paige Smith
Phillip Smith



247 & 248
Samantha Southoff
Reagan St. Onge



217-229

230-248



249-261

Stam-Zwick



249-261
Aidan Stammen
Kieran Stevens
Saro Stevens
Alyssa Stewart
Cole Stockbrugger
Lillian Stratholt
Dayton Swaan
Scott Tannock-Favell
Hannah Tarzwell
Alex Taylor
Haillie Tennent
Cecilia Thomas-Jules
Taylor Thomlinson



262-273
Jenna Tiedeman
Brenyn Trotter
Kendall Turner
Ben Van Bergeyk
Colin VanBuskirk
Roxanne Van Rooyen
Tyrell Verney
Jackson Waines
Brittany Waite
Torin Washington
Schannie Watson
Brielle Webb



274-285
Aiken Webster
Owen Webster
Grace Welder
Dawson Welsh
Laura Wetherill
Madeline Wiebe
Griffin Wilchuk
Natalie Wilkie
Luke Wocknitz
Rachel Womacks
Lance Kenneth Wong
Daniel Wyss



286 - 287
Carson Young
Peter Zazzi

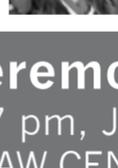


288 & 289
Jerry Zhang
Raya Zwicker



262-273

274-289



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Shuswap MLA

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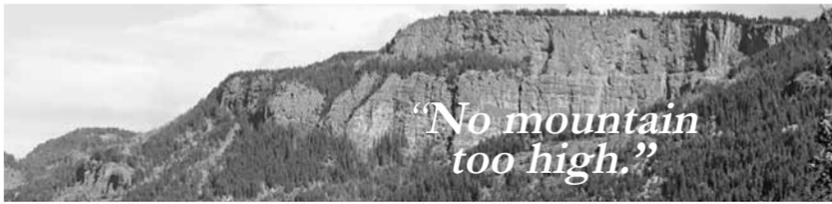
mel.arnold.C1A@parl.gc.ca • 250.260.5020 • melarnold.ca

○ Photos by Mountain West Studios

■ Shuswap Grads, next page ▸

Grad Ceremonies

Thursday, 7 pm, June 27
at the SHAW CENTRE



A.L. FORTUNE, ENDERBY ■ 7 pm, Friday, June 14



▲ Brooklynne Agricola, Liam Aitken, Tisha Archambeault, Devontae Auger, Kaitlyn Avison, Dominic Barbosa.



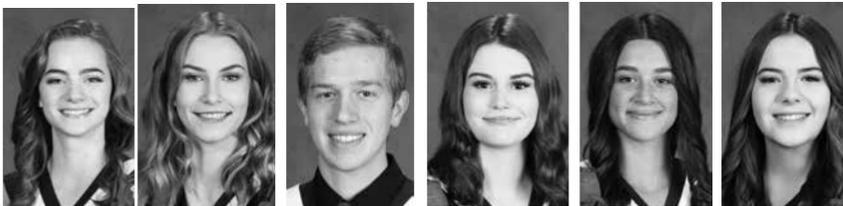
▲ Justine Beaudette, Kira Bennett, Warrin Buzzell, Jenais Cormeir, Tameria Corrigan, Joshua Cucksey.



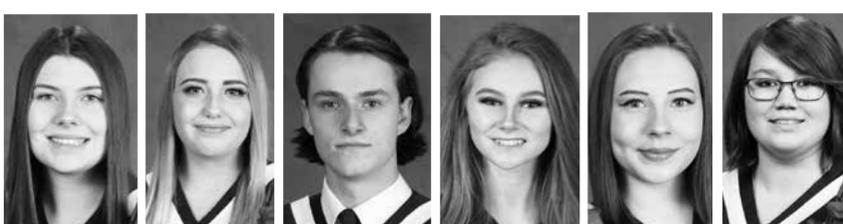
▲ Macey Drabiuk, Riley Driediger, Zarton Felix-Honeyman, Isaak Germaine, Krista Gerstmar, Shane Gibson.



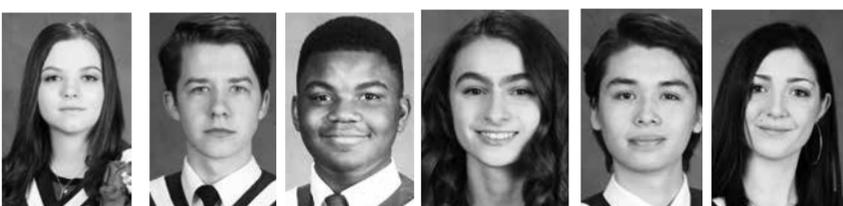
▲ Daniel Hadler, Keegan Hanson, Shelby Haskett, Narcisse Moesha Hedman, Tyson Heins, Colton Irmen.



▲ Vivian Jacobs, Navi Koenig, Micah Lichti, Renny Lineker, Jenna Marinus, Trinity Marshall.



▲ Jady Martin, Arica McFadden, Drew Melse, Vienna Meyers, Geogria Mikkonen, Michaela Minaker.



▲ Makayla Mulcaster, Tyler Norgan, Ken Pittman, Emily Pobuda, Liam Rasmussen, Kaitlyn Sabyan.



▲ Braxton Stanley, Kindra Stoller, Emma Tiller, Katie Wall, Naomi Watkins, Taylor Webster-Locke.

EAGLE RIVER, SICAMOUS

■ 7 pm, Friday, June 7



▲ Left-Right - Cody Abbott, Courtney Alexander, Tommy Bland, Jake Erbo, Daniel Fortin, Armando Gamotan, Emily Gordon.



▲ Colton Greaves-Karpenko, Sierra Greaves-Karpenko, Tyler Kruger (no photo), Laura Lee, Kohen Martin, Patrick O'Neill, Andrew Ostryk.



▲ Zander Pachmann, Celeste Paley, Adam Shepherd, Logan Spence-Ellis, Thomas Tune, Journey Witowsky.

KING'S CHRISTIAN School

■ 3 pm, Saturday, June 8 at the Gathering Place



▲ Kobe Adrian, Joni Goldenthal, Daniel Headge, Katelyn Heide, Brooklyn Honeyman, Janna Huntington, Ryan Lane.



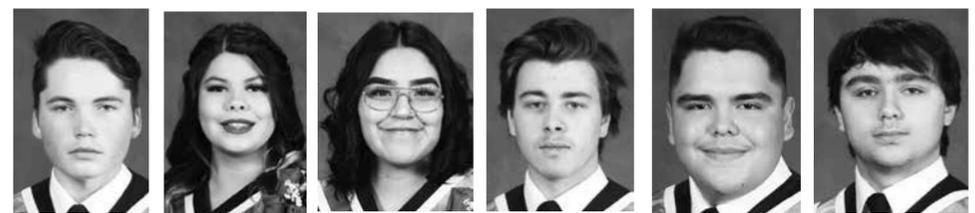
▲ Kurtis Leung, Carter Ross, Bethany Spyksma, Timothy Stalker, Brooke Tower, Caleb Tuaiti, Daneya Wiebe.

CHASE SECONDARY

■ 4 pm, Friday, June 21



▲ Delon Anthony-Jules, Isaac Biron, Ethan Burchill, Destiny Copping, Peter-Thomas Driessen, Andre Dussault, Alex Greenaway.



▲ Russell Hassler, Brianna Kelly, Tia Kenoras, Tyson Lampreau, Ethan Lans, Eric Lorimer.



▲ Gavin Matthey, Kolby McMillan, Jada Michel, Haylee Nakazawa, Tynisha Selluski, Mercedes Settle, Quinn Slezak.

FOR THE RECORD June 5 at presstime

Weather

Much needed rain Friday and Saturday. High 15. Sunny Sunday. Past Temps, May 29 to June 4 by Nick Parsons, SW Gleneden
Elevation: 458 m (119 m over lake)

Date	HIGH	LOW	Prec.
May 29	28	10	0
May 30	27	12	0
May 31	27	13	Trace
June 1	29	13	0
June 2	26	13	0
June 3	26	18	0
June 4	24	9	0

Sun rise 4:47 • Sun set 9:04 pm
Normal this week: +22 to +9
Records since 1991 -
June 5: +32.2, 2016 • +2.2, 1991
• Lake height at Wharf - 7'11"
(4'3" down from this time 2018
• 1/2" Total rain measured in May
• Mean Av. high for May - +21.2 C
• Mean Av. low for May - +8.4 C

Passages

- ❖ Ruth Adella Hayden
May 22, 2019, at age 101
 - ❖ Donna Madileen Liscum
April 1, 2019, at age 62
3 pm, June 15, Cambie Hall
 - ❖ Ernest Charles 'Ernie' Webster
May 29, 2019, at age 84
1 pm, June 15, Gathering Place
 - ❖ Jamie David Horsey
May 20, 2019, at age 38
1 pm, June 22, Bowers
 - ❖ Arlene Elizabeth Lamoureux
May 28, 2019, at age 83
 - ❖ Raymond Pultz
May 16, 2019, at age 87
2-4, June 29, Enderby Srs. Centre
 - ❖ William R. 'Bill' Murdoch
1:30, June 21, Richmond
Bowers Funeral Service
bowersfuneralservice.com
 - ❖ Robert Marlow Archer
May 31, 2019, at age 76
 - ❖ Calvin Gordon Erickson
May 27, 2019, at age 78
 - ❖ William 'Bill' George Friesen
May 31, 2019, at age 85
2 pm, June 9, Shuswap
Community Church
 - ❖ Donald 'Donny' Swityk
May 27, 2019, at age 70
 - ❖ James Hamilton Hoskins
May 30, 2019, at age 71
 - ❖ Elgin Edwin Preston
May 31, 2019, at age 84
 - ❖ Alice Gwendolyn Nadine Todd
1-3, June 8, 1968 Skimikin
 - ❖ Elaine Joyce Wilson
May 16, 2019, at age 78
June 8, Kingdom Hall
 - ❖ 'Peter' Petrus Cornelis Weel
April 24, 2019, at age 77
4 pm, June 8, 5th Ave. Srs. Cntr.,
 - ❖ Harold George Williston
11 am, June 8, Rec. Centre
Fischers Funeral Services
fischersfuneralservices.com
 - ❖ Helen Wiebe
May 28, 2019 at age 94
2 pm, June 7, Shuswap
Community Church
- shuswaphospitalfoundation.org
■ shuswapfoundation.ca

You're Invited

- Continued from page 5
 - **Outdoor Markets Friday AM** -
- Centenoka
- North Fairgrounds, plus Tues.
- Westgate Public Market
- Enderby Market
Also Downtown & Sorrento, Sat. A.M.
 - **Suffering chronic pain?** UVIC's Centre on Aging offering FREE 6-week workshop to better self-manage pain from various conditions. Wed. mornings, June 26 - July 31 from 10 to 12:30 at Shuswap Lake Hospital Education Room. Family members and friends may register too. For info and to register call 1-866-902-3767 OR online www.selfmanagementbc.ca
 - **Okanagan Historical Society, SA branch** meets third Mondays, 7 pm, Piccadilly.
 - **Bridge**, 1 pm, Sundays, 5th Av. Srs.
 - **Toastmasters** meet 7 pm, Thursdays, Askew's Uptown meeting room. toastmasters.org
 - **Shuswap Writers Group**, 1st Wed., Piccadilly.
 - **Breakfast on the Farm**, 9-11 June 9, Cliffview Dairy Farm, 46 Salts Rd. Pancake breakfast, wagon rides, equipment displays, meet local dairy farmers, milking demos. Free admission.
 - **Silent Meditation sitting group**, 7-9 pm, Mons, Shuswap Yoga 2nd Floor SASCU Upt.
 - **Trail voley Days** for brushing, maintenance
Larch Hills Traverse, 10-2, June 15.
Enderby Cliff Tplaqin, 10-2, June 8
Bring outdoor work clothes, gloves, shoes/boots, snack and water. Plus pruning loppers, if you have them. But we'll have tools, plus training and safety instruction. All ages. More info at 250-832-0102 or email 1425shuswaptrails@gmail.com
 - **Metered water/sewer billing** due, June 15. Also see Property tax information, page 15.
 - **Shelby Babaikoff** of Salmon Arm has found a unique way to raised funds for the Cancer Society, and it appears to be working. She has made it to the semi-finals of the *Maxim Canada* covergirl competition, and is currently in second place in a field of 11. Lots of online voting over the next week. Simply go to: <https://ca.maximcovergirl.com/2019/shelby-babakioff>
 - **Clothing Shop & Swap**, 2 pm, June 15, United Church, hosted by the Mirella Project. For a table and info, visit themirellaproject.com
 - **Grandmothers to Grandmothers Sale** of handmade items, June 7, Piccadilly Mall.
 - **Ladies Spa Night by Aqua Soleil Body & Wellness Spa**, 4-7 pm, June 7.
- ☐ Email your event to friam@shaw.ca



American Bullfrogs - unwanted

• The Columbia Shuswap Invasive Species Society that American Bullfrogs are unwanted in BC. It is described as a large frog with smooth skin, brown to olive green, large circle behind eye, no stripe down back and no skin-fold down back. This frog spreads disease, eats anything that can fit into their large mouths; and out-compete native frogs. The CSISS requests the public to report all sightings to 1-855-785-9333 or email kootenaybullfrog@gov.ca



Sport Spot

- Continued from page 4
- **Winston Pain and Ken Hecker** inside the 21,000 sq. ft. Indoor Tennis Centre
- **Grand opening of new 3-indoor court Askew Tennis Centre**, 1 to 4:30, June 8. Daniel Nestor, Olympic gold medalist and 12 Grand Slam holder will attend event, plus fundraiser dinner at the Prestige to follow. Admission is free, food and refreshments provided. Tickets for the fundraising dinner at the Prestige Resort at Johnston Meier Insurance or Winston Pain 804-6451.
- Daniel Nestor highlights: 968 career doubles wins (most in ATP history); 87 tour titles (third-most amongst men's doubles players), 12 Grand Slam titles, 5 Olympic Games, 1 Olympic gold medal
- **SHUSWAP YOUTH SOCCER Score n Shore Cup**, Aug. 24, 25. **Girls Only Summer Camp**, July 15-19 **EFS Summer Camp**, Aug. 12-16. More info at shuswapsoccer.com
- **Kids Fishing Derby**, opens 6 am, June 17, end of the wharf.
- **Outdoors Club Outings** -
Meet at SA Curling Centre
☐ Mt. Baldy Lookout (near Sorrento), June 16. Ed. 250-832-1861. Gary 832-6522
☐ Skyline Ridge (Malakwa), July 7. (most difficult) Keith 250-832-7768.
☐ Eagle Pass Mountain above Malakwa. Keith 250-832-7768.
Contact leaders at least one day ahead.
- **Lawn Bowling** - Mon/Fri 9:15 am; Tues/Thur 6:45 pm. Open House, July 13.
- **Shuswap Dirt Bikes poker run**, June 16. Sign up 10 am at Silver Creek Park.
- **Shuswap Minor Football Spring Camp** for Junior Bantam and Pee Wee teams runs from June 11 to 29. Details at shuswapfootball.com or Facebook.
- **Men's Night at Club Shuswap Golf Course**, Canoe, every Wednesday at 1 pm. "Your second event is totally free, including Golf, Power Cart and Dinner. Third time out allows you the option of entering the Prize Pot." For details call 250-832-7345.
- **White Lake Triathlon**, June 23. Sprint, try-tri and team sprint/try-tri. Register at www.wlra.ca/triathlon2019 or aron at 250-803-8368 or aronzuidhof@gmail.com
- **Ride don't Hide**, 8 am, June 23, Little Mountain Sportsfield, hosted by Canadian Mental Health Association. 10/ 30/ 50 km cycle routes or walk park trails. Visit ridedonthide.com
- **BC 55+ Games**, Sept. 10-14, Kelowna has 33 sports to choose ranging from track to darts to fastball to bridge. For registration dates and more, visit www.55plusBCgames.org
- **Pink Piston Paddlers**, dragon boat team of breast cancer survivor and supporter team practices 6 pm, Wednesdays. 250-804-4204
- **Defenceman Antonio Andreozzi** who played last season for the Rivers School Prep team in Weston, Massachusetts, has been acquired by the Silverbacks.

ONE DOG, MANY TRICKS

For many years I had a love-hate relationship with downward facing dog (Adho Mukha Svanasana). When the teacher claimed it was a resting pose, I felt like walking my dog right out the door. However, once my practice grew, and my body started to absorbing its many beneficial tricks, I could not help but fall in love with this pose.

yoga basics



Nancy Whitticase

Now I often start my practice and use downward facing dog as a pose of inquiry. It is a great way to "take inventory" of my body's tight pockets and infuse intention by mindfully matching the pace of my breath to the movements of the walk. This pose is also a great way to wake you up, as the hips lift and the head drops below the heart the pull of gravity is reversed, and fresh blood flows aiding in balancing circulation in the body. By increasing circulation throughout the entire body, downward facing dog helps to improve digestion and flush toxins from our body.

It's third useful trick is the feel-good part of stretching hamstring, calves, back, and hips. It helps release stiffness in the back and releases tension out of the spine and nervous system, reducing anxiety, and depression, and balancing hormones, thus improving our mood.

Holding this pose for more extended breath counts, creates upper body resistances and increases strength in the hands, wrist, arms, shoulder girdle, and give us better bone density. And, of course, downward facing dog is a resting pose. It's a much needed transitional pose that provides a quiet refuge and necessary pause of rest reflection and rejuvenation between more challenging postures.

As yoga's most widely recognized yoga posture, downward facing dog is well worth the time it takes to find the proper alignment and fall in love with all its beneficial tricks. ■

☐ Nancy Whitticase operates Namaste Yoga and Wellness Centre. For more info, visit yogasalmonarm.com

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Lorne Reimer
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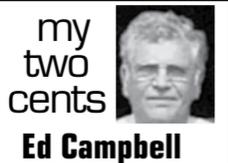
Wishing the Class of 2019 a wonderful future ahead!

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Pipeline thinking

I don't usually weigh in on such politically charged topics, but this one has been smouldering for a long time in the back of my mind so I feel compelled to let it out.



First let me say a couple of things – I have no dog in this fight and that I am motivated simply by the fact that I have some strong opinions. That is it.

I think pipelines are, by far, the safest way to transport oil, gas or diesel fuel over long distances and this has been proven beyond a doubt. In the event of a spill the damage and cleanup costs are at a minimum and easily contained to a small area. Once the pipeline is in place and the ground is raked and planted the pipe disappears and we can forget about it for at least 30 to 50 years.

The big issue is what happens at the end of the pipe where it pours into a tanker.

These tankers are on the water, our water. Oil in the water is a down right nightmare and very difficult to contain and clean up. The second issue is liability and responsibility. It is my understanding that the oil companies in Alberta are only responsible for the oil while it is in the pipe, where as we know, is the safest place for it. Once the oil is in a tanker the oil belongs to the buyer or the shipper and goodness only know who they are.

Less risk when you're the one responsible.

It has been shown that on many occasions these buyers can disappear quickly when it comes to paying for clean up. It then comes down to the taxpayers of Canada or most likely the tax payers of British Columbia.

I believe that the liability for this oil and any mishap should be on the oil companies of Alberta, or wherever they are from, until the tanker is at least 200 miles off shore and on open water where, once again, it is probably quite safe.

If this were the case, we would not have to worry about pipelines as these companies would be unwilling to take the risk. I also understand that some native groups are considering purchasing ownership in this pipeline, which I support by the way, but they too would be liable for the same risk. They may think twice.

If the ships carrying this oil were all registered in Canada or the US and not some place like Liberia and the owners of the oil were Canadian or US companies then we might have some chance of either, not building pipelines at all, or at least able to sue the rightful owners and get them to clean up in the event of a spill. ■

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



Best to you, each
Friday AM &
All Month

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CARTOONIST'S NOTES ▶ Recent speeches by Andrew Scheer indicated Canada should take on a more active role with the US by an increased military partnership and by standing closer to Israel — he reiterated his support for U.S. President Donald Trump's decision to recognize Jerusalem as that country's capital — and advocating Canada should move its Embassy there also. ~ Duncan Morris

GOVERNMENT BENEFITS, NOT YOU

The spring Legislative session in Victoria has come to an end, and one pattern I've observed is how ideology and activism have permeated nearly every aspect of this government's actions.

This session has seen the government introduce a number of pieces of flawed legislation that diminish people's rights, with no consultation. Bill 15 removes a farmer's ability to apply directly to the Agricultural Land Commission (ALC) to request an exclusion of their own property from the Agricultural Land Reserve (ALR).

The government has also plowed ahead with a draft plan on caribou recovery without properly consulting the local governments, stakeholders and outdoor enthusiasts who would be most affected. This week, my colleague MLA Doug Clovechok and I introduced a petition of 12,000 signatures by concerned citizens of Sicamous and Revelstoke, who are calling for greater transparency in a process that will have tremendous economic and social consequences for the rural communities involved.

Meanwhile, we also see a lack of fairness in the government's treatment of workers. Its Community Benefits Agreement forces workers to join a union to be eligible to work on major public infrastructure initiatives, such as Highway 1 transportation improvement projects from Kamloops to the Alberta border. It's



worth noting the first of the Highway 1 projects, the Illecillewaet four-lane east of Revelstoke, is already \$22 million – or 35 per cent – over budget partly due to labour costs.

Another measure will provide a significant wage increase to unionized community care workers and not their private sector counterparts. Another initiative will move private home support workers back into government, forcing them to join a health authority and thus become unionized.

It's clear this government is more concerned with pleasing its loyal supporters than protecting your interests. Despite big promises to make life more affordable for you, it is anything but.

Premier Horgan continues to make excuses for why he can't provide some relief from high gas prices in this province. These skyrocketing costs come on the heels of the government's 19 new or increased taxes, which are raising hydro and ICBC fees and hurting B.C.'s economy and reputation as a good place to do business. Decreased competitiveness put jobs and your family's well-being at risk.

With no plan to grow our economy, create jobs or improve affordability and actions that do not respect your fundamental rights, this government is not working for you. ■

CITY Fixings

▶ Dive carefully at dusk as female painted turtles are on the roads right now, looking for nesting sites in gravel. The turtles seem to like to come out of the water in the afternoon, so it can be dark before they head back to the water. The one pictured was on the foreshore trail in Salmon Arm. ~ Sarah Weaver



BRAVOS & Boos

▲ **Bravo** to the Toronto Raptors for making it to the NBA finals, winning the opening game against the Golden State Warriors. Interestingly, basketball was invented in Ontario by James Naismith, a native of Almonte, Ontario, in 1891.

▼ **Boo** to vandals who defaced the student art in the pedestrian tunnels Submitted:

▲ **Bravo** to Marilyn, Lynda and Lori for their professional efforts setting up the recent Seniors Fair.

WEB Sitings

▶ www.mmiwg-ffada.ca Final report released this week of the National Inquiry into Missing and Murdered Indigenous Women and Girls.

AM/PM

A Moment's look at Past Month

□ The SAS Sullivan Jazz Band and Jazz Combo earn gold at Interior Jazz Festival. Combo goes on to win national silver. ■ The School Board passes an \$83.3 million budget, up from last year. ■ Rob Nash is fatally struck by a vehicle while assisting at a major accident scene on the Coquihalla. A woman succumbs to carbon monoxide poisoning at the Sandy Point campground. ■ Salmon Arm's Nathan Plessis, captain of the Brooks Bandits leads team to win the Junior A national championship. ■ Barbara Colorosa, best selling author of parenting books, speaks in Salmon Arm. ■ Shuswap Theatre wins five OZone Festival award. The burned 7-Eleven store finally comes down. ■ Citizens protest the expansion of new 5G technology. ■ Salmon Arm council passes solicitation bylaw and approves in principle basic design for redeveloping the recreation centre complex. ■

GARDEN IN SEARCH OF A GARDENER

When the Enderby Garden Club held its annual garden tour, members were pleasantly surprised to discover a previously unbeknownst and uncelebrated garden in their midst.

Tour organizer, Yvonne Whyte, referred to the garden, sheltered from public view at 6614 Hwy 97A, as a "secret garden".

The acreage was purchased by Bernie and Diane Desrosiers in 2004 and they immediately set out to landscape this special property.

In addition to its commanding view of Enderby Cliffs and the Shuswap Valley, the acreage includes a rose garden - more than 40 roses ranging from delicate tea roses to hardy bush and climbing



Diane Desrosiers tends to the roses - a shade garden, a bog garden, a variety of grasses, and a checkerboard of patio stones framing assortment plants selected for their color or texture.

An arrangement of a stoned dry creek bed, footpaths, and collectibles lead the visitor between gardens. Garden Club president, Betty Lucianovich,

called it "a paradise".

Unfortunately, after 15 years, Parkinson's Disease intervened to separate the gardener from his garden. It would be a shame were this newly-discovered horticultural gem lost to the community.

Asked if it requires work, Bernie responds, "That would depend on whether you enjoy gardening or not."

He points out that the gardens are well mulched to reduce weeding and watering. A productive vegetable garden provides their vegetables and helps stock the local food bank.

□ Anyone interested in purchasing this property should contact Lyle Hill of Salmon Arm Realty at 250.833-6097 or visit the online MSL listing #10176402

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WAYS TO EXERCISE DEMOCRACY

Democracy is an exercise. And like all exercise, the goal is fitness, strength and resilience to meet challenges.

The month of June is a poignant reminder that challenges to democracy require epic feats of strength and still may not be overcome.

June 4 was the 30th anniversary of the Tiananmen Square Massacre. For weeks, indeed years before, university students had mobilized to bring more democratic measures to a society and an economy in turmoil after the death of Mao Tse Tung.

The Tiananmen protests began in April upon news of the suspicious death of a professor who had led the movement and continued for weeks until June 4 when the People Liberation Army acted on what they called civil hostilities.

To this day, we do not know the death toll nor the opportunity lost of that push towards democracy. We remember only that student facing that tank and the 10 metre tall sculpture of the Goddess of Democracy made of foam and paper mache in a mere four days. She didn't survive either.

June 5 and 6 on the other hand are dates of epic feats of strength and tragic human loss where the battle to save democracy was brutally accomplished.

On June 5, troops gathered on the shores of the English Channel in Portsmouth when an army was moved across an ocean to face a waiting and well equipped enemy.

Churchill and the Allies understood that Hitler would never give up a port city so the decision was made to build and move a floating port under cover of darkness across the channel for the D-Day Invasion of June 6 on the shores of Northern France, the artifacts of which still stark in their reminder of that fateful day.

Notes from the Margin
Louise Wallace Richmond



Increasingly, progressives leaders of our time are likening the mobilization required to win in World War 2 to the efforts now necessary to combat the greatest threat to democracy today, the fight for climate justice.

And we will need to be fit and strong and resilient to save the planet. Many will argue that Canada is not on the front line of climate change. We are a free and open society with an enviable lifestyle. We are not an island nation facing rising seas, not a war ravaged state

Hitler's Nazis.

Days away, in fact, when the entire British Army was stranded on Dunkirk in May of 1940.

Churchill called on the local population to use their mere hundreds of private vessels to rescue 240,000 troops so that the war efforts might have a hope. And they did. It's our turn to get in the boats and row ourselves to safe shores. And we will need to be fit and strong and resilient.

Democracy is an exercise. There are acts of democracy we can practice daily. Conserve water. Grow and eat local food. Ration carbon use. Reduce, re-use and if you can't do otherwise, recycle. Take

transit. Compost. Refuse single use plastics, among many others.

But the greatest act of democracy is to cast an informed vote and in the lead up to the next federal election, participate, educate, challenge and act as if you were on the front line. Democracy only works if we do.

At the municipal government level, there is clear evidence of a take-charge attitude. No longer are we waiting for directives from the province or the feds to take action.

From organics collection, to plastic bag bans, and enhanced transit services, the work is being done at the level of government closest to citizens.

The work is being done here, on the home front, and I thank you for your efforts and sacrifice to get the work done.

"As long as we have faith in our own cause and an unconquerable will to win, victory will not be denied us."

~ Winston Churchill ■

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



▲ This week marks both the 30th anniversary of Tiananmen Square massacre and 75th anniversary of D-Day invasion - two momentous events that demonstrate the sacrifices that are sometimes required to achieve and maintain democracy.



in the Middle East, nor a drought stricken third world country. But just as the war efforts on the home front were critical and necessary to the success and sacrifice on the front line, so must we mobilize.

This was a prominent theme at the Federation of Canadian Municipalities that I attended last week on behalf of the city. All four national leaders were present and spoke to the delegates, none more passionately than Elizabeth May, leader of Canada's Green Party who referenced Churchill and how perilously close we came to a negotiated settlement with

SLEEP DEPRIVATION: GETTING YOUR ZEDs

"Twenty-four hours without sleep is the equivalent of a blood alcohol level of .1 percent—at which point you are more than legally drunk."¹

Remember the Beatles' "You say you want a revolution, you say you want to change the world"? They weren't discussing sleep or dementia.

Arianna Huffington of *Huffington Post* left her lucrative job as the editor to research the serious implications of sleep deprivation and then wrote, *The Sleep Revolution*, transforming your life, one night at a time.²

Huffington says, "...sleep deprivation has become an epidemic... [but] ...getting the right amount of sleep enhances the quality of every moment we spend with our eyes open." Harrington goes on to say, "40 per cent of all American adults are sleep-deprived, clocking significantly less than the recommended minimum seven hours of sleep per night."

Dr. Michael Roizen, wellness officer of Cleveland Clinic, said, "[sleep] is our most underrated health habit." Worldwide, the deprivation is increasing. The Japanese have a term, *Inemuiri*, which translates, roughly, to "to be asleep while present." I've had the feeling, but there's no English word. Sleep should be about one third

Senior Living
Karen Bissenden



of our day. Sleep acts as our dishwasher, our duster and cleaner, which increases our brain maintenance, without which we decrease our productivity.

Huffington uses an accurate analogy, "At your house party you can either entertain the guests, or clean up the house, but you cannot really do both at the same time." I cannot say I've really tried, sweeping around their feet, snapping up their half-full plates. However, that party-on leads to a decreased decline in brain volume over 2-5 years.

How's that related to Dementia? A 2014 study showed that "the less we sleep as we grow older, the faster our brains age. In Alzheimer's patients, the brain ventricles—chambers that hold cerebrospinal fluid—widen as the brain shrinks, and the grooves and folds of the brain become more pronounced, creating gaps... and decreased cognitive performance, the very markers of brain ageing found in dementia. Our brains shrink.

What does this mean for us chronic night owls, electronic gamers or late night TV aficionados? We'll fight these facts because those quiet hours are precious, though possibly less efficient. Chart your sleep for at least two

weeks. Include the time you turned out the light (gotcha, in-bed readers) number of times you woke in the night and why, what time you woke up, got up, and how you felt. (Before coffee).

Do you need to: Drink fewer fluids including alcohol too close to bedtime; darken your room; give pets their own beds; remove wireless devices from your room; get a CPAP machine for you and/or your partner; keep the room cool enough; eliminate "screen use" for approximately one hour before bed; lower the lights...these stimulate an alert to the brain, saying, "not yet." Check out f.lux software that mitigates blue-light exposure.

Exercise increases the need to sleep. Though earlier is preferable, anytime beats nothing. Habits of warm milk or herb tea, anything without sugar, may be effective. But here's an interesting idea out of the Louisiana State U: (2014) Tart cherry juice, two times day, produced as much as 85 minutes more nightly!

You may want to change the world, but charge out with a well-rested mind.¹ Neuroscientist M. Walker; University of California. 2015)

²Highly recommend! (2017) ■

□ Karen Bissenden owns *'In Your Home Compassionate Companion Care'* at 250-253-1703 for a free consultation.



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Health Trend of the Month
Jude Corfield

KOHLRABI
Kohlrabi has a wonderful raw crunch and is great when sliced thin and tossed in a salad. When cooked until soft, kohlrabi becomes intensely sweet – absolutely worth trying.

Selection
Kohlrabi should be heavy for its size, with crisp, dark green leaves. Avoid any with soft spots or yellowed leaf tips.
Good Partners
Balsamic vinegar, blue cheese, cabbage, carrots, cashews, kale, lemon, pistachios and sesame seeds.

Storage
As soon as you get kohlrabi home, separate the leaves and offshooting stems from the bulbs. It can then be stored in an open plastic bag but best used within 10 days.

Some varieties, like Kossak, store extremely well and can last for a couple of months.

Nutrients
Kohlrabi is full of nutrients and minerals, including calcium, potassium, magnesium, iron and vitamins such as vitamin C, A and K.

It is also high in fibre and antioxidants.
Add some Kohlrabi to your salads this week and let me know what you think.
 Jude Corfield operates the Shuswap Homeopathic Clinic at Uptown Askew's.

WANTED

Full-time (30+ hrs/wk) person wanted to fill summer position as wildlife interpreter to work in Brighthouse Nature Centre, take visitors to the wharf to view osprey and accompany groups along the foreshore nature trail. \$15.50/hour plus benefits. Our grant specifies age between 15 and 30 years. Needed immediately. Training forthcoming. Janet Aitken janetaitken@gmail.com or Judith Benson at judith.ann.benson@gmail.com 250.804-1040.

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CITY OF SALMON ARM NOTICE TO PROPERTY OWNERS 2019 PROPERTY TAX NOTICES

Property Tax Notices for the City of Salmon Arm have been mailed. If you are the registered owner of property within the City of Salmon Arm and have not received your Property Tax Notice for 2019, please contact the City of Salmon Arm at 500 - 2nd Avenue NE, Salmon Arm, (250) 803-4000.

Whether or not you receive a property tax notice, it is your responsibility as the property owner to pay taxes by the due date of July 2, 2019 in order to avoid a penalty.

- To avoid long lines at City Hall, pay your taxes early.
- Post-dated cheques and partial payments are welcome.
- Payment is accepted at City Hall, 500 - 2 Avenue NE, Monday to Friday, 8:30 am to 4:00 pm. Payment may be by cash, cheque, debit card, or your bank's telebanking/online bill payment service.
- Payment drop box is located on the outside wall to the left of the entrance to City Hall, which will be emptied at close of business on July 2, 2019.
- Or mail payment to Box 40, Salmon Arm, BC V1E 4N2
- **Post-marks are not accepted as proof of payment.**
- Provincial Home Owner Grant - If you are eligible, please ensure that the application form on the bottom of the tax notice is completed and signed (if you are 65 years or over please include your birth date).
- The Basic Provincial Home Owner Grant can be claimed online at www.salmonarm.ca.
- The Provincial Home Owner Grant must be claimed each year you are eligible.
- To avoid a penalty on the Provincial Home Owner Grant it must be claimed even if a payment on the outstanding taxes is not made.
- Provincial legislation has set minimum property tax payable at \$100.00 for persons 65 years or over, veterans and handicapped (with required documentation) and \$350.00 for persons under age 65. If your gross taxes are less than \$1,120.00, your Provincial Home Owner Grant is adjusted accordingly.
- A late payment penalty of 10% will be added to all unpaid balances of current taxes including unclaimed Provincial Home Owner Grants at the close of business, July 2, 2019.
- A late payment penalty of 10% will be added to all unpaid Annual Water/Sewer accounts at the close of business, July 2, 2019.
- Receipts will be issued only on request.

CITY OF SALMON ARM 2019 TAX DUE DATE -
4:00 p.m. - JULY 2, 2019

CITY 101: part two

Gray Simms, a SAS Grad and member of Salmon Arm Youth Council, reflects back on the past two years shadowing and learning from City Council:

As the last remaining member of the inaugural Youth Council, formed in 2017, and the only member who has participated for two years, I would like to take a moment to reflect on my experiences

Our first, and perhaps most memorable meeting was on October 10, 2017 just after Thanksgiving. Bright eyed and bushy-tailed, we were blown away by the variety of topics discussed.

One item on the agenda was Pickleball. This item turned out to be discussed the longest both at the meeting, and beyond.

Who would have thought that a storage container at Klahani Park, and a small service fee for use of the courts would cause so much strife? It seemed fitting that the resolution to the problem introduced at that first meeting was finally resolved two years later at the May 26 meeting, my last as a Salmon Arm Youth Councillor.

Intermingling with more off-the-wall topics are the day-to-day agenda items at every one of the 20 meetings I attended. Zoning bylaws, development permits, and staff reports, to name a few.

However repetitive, the Youth Council always learned something from these topics. I'm not sure when I'll use the knowledge that R-8 zoning designates Residential Suite, or that Okanagan Aggregate now has the contract for repaving numerous projects, but I do feel more connected to my community.

Councillors and City staff have been very supportive of the Youth Council during these items, and would often take the time to explain the issues more in-depth. I always felt very welcome in the Council Chambers, as did my

fellow students.

The City's involvement has been paramount in the development of this course. It was always a welcome addition to our lunchtime meetings to have a presenter come in from the City. Chief Administration Officer Carl Bannister and Corporate Officer Erin Jackson came in at the start of each year to set us in the right direction, and teach us the basics of local government procedure.

Director of Engineering and Public Works Rob Niewenhuizen held a workshop about the contentious topic of snow removal, and most recently, Director of Development Services Kevin Pearson came in to explain the proposed South Canoe development.

SAS also hosted City Council meetings at the school. These were well-attended by students, and succeeded in bringing the government closer to the school. The support of not only elected officials, but City staff, have made this program an incredibly intricate, and educational program that I have thoroughly enjoyed.

Youth Council has made a lasting impression on my life. I had the opportunity to attend the Union of British Columbia Municipalities conference in Whistler with the CSRD, the Southern Interior Local Government Association conference in Penticton in May, and my interest in politics spurred me to attend the Forum for Young Canadians in Ottawa in February.

Throughout all these activities, I solidified my biggest takeaway from the course. Local government plays an enormous role in everyday life. From zoning to winter driving, the local governments have an essential service.

I have gained a greater appreciation for local government. In fact, I hope to turn up in council chambers again one day, perhaps on the other side of the table. ■

design
dilemmas
Linda Erlam



Let's talk the same colour language

I think that we who write and teach sometimes forget that we need to clarify the meanings of the important words or ideas at the very start of any conversation.

So the communication lines are clear. And defined.

I was talking color schemes with a client recently and a BIG lightbulb went off when I realized that she didn't know how to define a color scheme and had no idea how to choose one, or why one was important in the design of her room.

That got sorted out, but it reminded me what Donald Miller-- marketing Poobah -- says. People in the know talk at a knowledge level of ten, and their prospective students or clients talk at a knowledge level of two or three. The trick to good communication is finding the middle ground.

To get to colour schemes, though, there are some terms which need definition.

I am going to assume that this first tenet is true. There is some disagreement about this in the colour world, but that doesn't really change the principal.

○ Every colour comes from one of three primary colours, or a combination of those colours -- red, yellow and blue.

○ Even white, which is considered an absence of colour, comes from one of these three colors in diluted form and therefore has a little bit of residual colour -- called the undertone.

○ This also applies to very dark colours.

One undertone is typically a bit more prevalent. Which is why dark brown can sometimes appear slightly red, or that charcoal may actually have a slightly blue appearance.

○ A paler intensity of a colour is called a tint. If the orange is too strong, you may ask the paint guy to tint it a bit. That means make it 'lighter.'

○ A darker intensity of a colour is called a shade. If you want the orange darker, request a darker shade.

○ Colours are made by mixing one with another. If you combine red and yellow, the result is orange. If you use more red in the mix, the orange is a red-orange. If you use more yellow, it is an orange-red.

○ Colours are arranged on a color wheel so you can see what results if colors are mixed.

○ If you mix equal parts of colors on opposite sides of the wheel, the result is gray.

Have some fun and get a color wheel at the office supply store, or print one from Google.

Now that we are talking the same language, the next column will be about what makes a color scheme. ■

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

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■ **Glenn A. P. Verdurmen** has practiced criminal law for over 29 years and has often dealt with serious indictable matters in the Provincial Court and the Supreme Court of British Columbia. Glenn was a Public Prosecutor for a number of years, predominately prosecuting drug offences in the Salmon Arm and Revelstoke areas. He has developed expertise with the Canadian Charter of Rights and Freedoms and has dealt extensively with an individual's rights to counsel and right to be secure from unlawful search and seizure.

■ **Rosemarie Muto** has practiced law since 2003, primarily in the area of litigation with a focus on family law since 2009. She is a certified family law mediator through the Law Society of British Columbia and believes in resolving family law disputes outside of court whenever possible. Currently she has a balanced practice of family litigation and mediation to provide the



L-R Dominique Verdurmen, Glenn Verdurmen, Garrett Wynne and Rosemarie Muto



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best possible outcome for families in resolving their family law issues that is consistent and fair within the current legislation.

■ **Garrett N. Wynne** has been a member of the British Columbia bar since 1972 and has practiced in Salmon Arm continuously since 1973. Garrett offers general legal services with an emphasis on family law, property law and wills and estates.

■ **Dominique Verdurmen** graduated from McGill University with her Bachelor of Civil Law and LLB from McGill and is an articulated student with the firm. During her law degree she competed against eight teams for the Sopinka Cup, a prestigious national mock court competition. She and her team member, Kelsey Angeley, won first place. During her articles Dominique will gain experience in the practice of criminal law, family, corporate, real estate, and wills and estate law.



Waste not

► City engineer Jenn Wilson, on right, shows Dawn Benson the kitchen container for collecting food waste prior to putting it out in the green bin for weekly collection. A public information session took place on May 30 at City Hall. Another session is planned for June 20 to explain the new Curbside collection program that begins July 1. The other two containers being distributed to all Salmon Arm homes include a blue box (instead of blue bags) for recyclables, and the green bin for food waste pickup. A program guide and Food Waste Guide sticker for the kitchen bin will also be included with the delivery. Residents can also obtain up-to-date collection schedules, notifications and a what-goes-where search tool on a Recycle Coach phone app.

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the Week

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▲ A black bear strolls through Sherwood Forest subdivision just after dining from a birdfeeder. A bear was also spotted Downtown that same evening, June 5.

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