

AM

February All Month

HOW I LEARNED TO LOVE THE BUS / 9



Excitement is building / P.5

■ Professional Snow-bike racer, Reagan Sieg will demonstrate his skills at the Sicamous Winter Carnival happening on Family Day Weekend, Feb. 15-16. / P.4

Stephen Clark photo

▼ What's On ► Online FriAM.ca ■ No. 1144 ► Jan. 31, 2020 ► FREE

Festivities
Art & Film
Concerts
Theatre
Sports 4,5

• Small hall Music Crawl
• Film Fest,
• Red Plaid Shirt
• Blues Boss
• She-She
• Pirate Lop-pet & more
/ Page 4

HERITAGE WEEK

February 17-22 • Co-hosted by Haney Heritage Village

■ Details Page 3
■ Final two days



10th & 10th SW piccadillymall.com



ends Feb. 1st

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WE HAVE CHOICES

"There is hope. I have seen it but it does not come from the governments or corporations. It comes from the people."

These are the words of Greta Thunberg, teenaged climate activist, spoken in December during a panel at the international climate conference in Madrid.

Thunberg began her comments by repeating what she says in almost every speech she gives. She has to repeat it, she says, because the world is not yet taking sufficient action to reduce greenhouse gases.

The words she says over and over are about the remaining available global carbon budget and our rapidly narrowing window of opportunity to avert the worst possible climate change outcomes.

Nations are using up valuable time delaying, denying, obfuscating, and avoiding facing the science. Thunberg beseeches them to act. There is no time to lose; every year matters.

But, she said, there is reason for hope, because people are becoming more aware. People like you and me.

Rephrasing what she said: it is up to you and me. Awareness is one thing. What we do with that awareness is another.

We have choices – in how we live, move around, clothe ourselves, what we eat. With every purchase we make, or do not make, every action we take, or don't take, we are stating a choice of what we value.

Each time we reject a product or service with a big carbon footprint, each

shuswap reflections

Sarah Weaver



time we seek an alternative which better fits with a low carbon economy, we are making a choice.

When we act as if nothing we do makes a difference, we are making a choice. When we live as if "business as usual" is fine for the planet, we are making a choice. And – those choices will guarantee that we use up our carbon budget. They will guarantee that life for the next generations will be difficult.

We cannot wait for the snow to leave the ground before we have another metaphorical "day of climate action". We need to have those days of climate action every day.

We need to push our federal and provincial governments to act as if there is a climate emergency. We need to support the people and the organizations who are saying that more needs to be done.

Politicians have told us that they cannot lead without us, the people, empowering them to do so. We must let our representatives know that we expect them to stand up for survival of life on the planet. We need them to follow their words with actions, and to let them know that we support the difficult choices they must make.

What does this mean for you and me? It means choices between convenience, or survival of life as we know it.

Are we prepared to give up some of our

conveniences if it means that we can prevent the worst impacts of climate change? We have made the switch to reusable grocery bags. How much did we lose in convenience to make that happen?

On the scale of things, not much. There are many other so-called "inconveniences" which can help reduce our carbon footprint – for example, reducing what we waste! Is it not better to pay a minor price now, than a huge price in the future?

Those who lived through the summers of 2017 and 2018 in the interior do not want repeats of those months – the massive fires burning across the province, the sky yellow with smoke, the difficulty breathing for so many people. Worried people asked, "is this a harbinger of things to come"? The fires imposed "inconvenience" on a grand scale.

We were fortunate last summer, but climate forecasts suggest that hot dry summers, with fire risk, are going to be the norm for the BC interior. We must do whatever we can to avert the worst-case scenario.

In early January the BC based futurist and environmental advocate Guy Dauncey released a 26-week road map for Canada to respond to the global climate emergency. Dauncey's well researched and positive ideas are at www.practicalutopian.com.

They include action on fossil fuel subsidies, regenerative agriculture, ecosystems restoration, renewable energy – and how to make it all happen.

Joey Smallwood, the controversial premier of Newfoundland who is remembered with both appreciation and condemnation, is said to have once summarized his public communication style as,

"You have to tell the people, and then you have to tell the people again, and then you have to tell the people again."

I suggest that we reverse this statement: People, we need to tell the politicians, and then we need to tell the politicians again, and then we need to tell the politicians – again.

We must keep up the pressure, tell them to act as if we are in an emergency. Email, phone, write.

Tell our political representatives Canada needs to take bold action, and we are prepared to support the necessary inconveniences, to prevent worsening climate impacts. ■

Here are some Federal email addresses:

- Justin Trudeau, Prime Minister justin.trudeau@parl.gc.ca
- Bill Morneau, Minister of Finance Bill.Morneau@parl.gc.ca
- Chrystia Freeland, Minister of Intergovernmental Affairs Chrystia.Freeland@parl.gc.ca
- Jonathan Wilkinson, Minister of Environment and Climate Change Jonathan.Wilkinson@parl.gc.ca
- Mel Arnold, MP, N. Okanagan – Shuswap Mel.Arnold@parl.gc.ca

Provincial email addresses:

- John Horgan, Premier premier@gov.bc.ca
- George Heyman, Minister of Environment and Climate Change ENV.Minister@gov.bc.ca
- Greg Kylo, MLA, Shuswap greg.kylo.MLA@leg.bc.ca
- Carole James, Minister of Finance FIN.Minister@gov.bc.ca

Sarah Weaver works actively on environmental issues and posts a regular blog at shuswapreflections.blogspot.com

Politicians need to follow their words with action.

AM

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Jan. 31, 2019 ■ No. 1144

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- 5,000 copies of All Month edition of Friday AM are distributed on first Friday of the month to the public places throughout Salmon Arm & Shuswap region.
- 3,200 copies of regular edition go out every Friday.

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* GIC rates as of Jan. 28 subject to change without notice. Certain minimums & conditions may apply.



Daron Mayes, BBA, CPA, CA, CFP Investment Funds Advisor



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Email: admin@mallarkey.ca

Mall Arkey fights back

If you read last month's article you will know that ol' Mall Arkey was under siege and from none other than American presidential hopeful Joe Biden (see Dec. 6 column).

After being ignored and hung up on by his campaign manager I figured it was time to roll up the sleeves and fight back. After much thought I figured I'd call a secret meeting to come up with a strategy to push back on ol' Joe. My first task was to expand my inner circle (beyond myself), and so I brought together one of the greatest collection of political minds in history to help construct a plan.

I quickly realized that the greatest collection of political minds is a relative concept as I sat down with political activist Brendan, aka "The Junior Bean Counter" (my 16-year-old-son), Jasper the dog, and Duma our cat. We were a goldfish away from putting Bernie Sanders' campaign team to shame.

Ironically, my boys are actually convinced Duma the cat is a Ukrainian spy and that her real name is Dumska

(pronounced Doodska), so it was definitely a risk having her part of the group. However, we felt it was prudent to have a cold-hearted rodent killer with stealth like abilities on the team. "Dad, we can't stand by while Joe does this to you! It's an injustice!" the Junior Bean Counter exclaimed. "Woof! Woof!" Jasper barked in affirmation. "What do you propose?" I asked. "All I need is a scraper, three cans

mall arkey



Daron Mayes

of spray paint (red, white and blue), a black hoodie, black pants and a black balaclava" said the Junior Bean Counter. "Woof?" Jasper questioned.

"Okay, a black outfit for you too, but don't blame me if you get a little spray paint on you and you better get in better shape because it is going to be a quick in and out job!" Brendan explained. "Umm? Do you really know what you are doing? Is this going to be legal?" I asked. "Don't worry Dad. This is my big moment. This is what I've spent 20 hours a day dreaming about since I turned 13!" Brendan explained. "Well that explains a lot!" I quipped. So the Junior Bean Counter and Jasper took off and began drawing a map while Duma quietly sat in a dark corner with a nail file sharpening her claws. "Yikes! What have I started?" I thought to myself.

A few days later I received an email from an address I had never seen before and when I opened it there was a picture (see below) and a note that said... "Tell the world our story! – signed JBC and J" "Hmm?! They actually did it!" I thought to myself followed by "I wonder what happened to Duma?" Two weeks later, I was going through the mail and wouldn't you know it... I found an unmarked postcard from Kiev. ■

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

After being ignored and hung up on by his campaign manager I figured it was time to roll up the sleeves and fight back. After much thought I figured I'd call a secret meeting to come up with a strategy to push back on ol' Joe. My first task was to expand my inner circle (beyond myself), and so I brought together one of the greatest collection of political minds in history to help construct a plan. I quickly realized that the greatest collection of political minds is a relative concept as I sat down with political activist Brendan, aka "The Junior Bean Counter" (my 16-year-old-son), Jasper the dog, and Duma our cat. We were a goldfish away from putting Bernie Sanders' campaign team to shame. Ironically, my boys are actually convinced Duma the cat is a Ukrainian spy and that her real name is Dumska (pronounced Doodska), so it was definitely a risk having her part of the group. However, we felt it was prudent to have a cold-hearted rodent killer with stealth like abilities on the team. "Dad, we can't stand by while Joe does this to you! It's an injustice!" the Junior Bean Counter exclaimed. "Woof! Woof!" Jasper barked in affirmation. "What do you propose?" I asked. "All I need is a scraper, three cans



email from an address I had never seen before and when I opened it there was a picture

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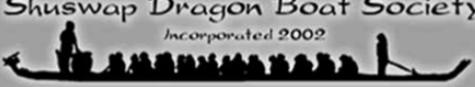


**Shepherd of the Valley
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Shuswap Dragon Boat Society
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Annual General Meeting
Saturday, February 8, 2020
starting at 1 pm in the Uptown
Askew's Community Room
New members welcome
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Home and shelter

It is hard to find a more hardworking community organization as successful at getting good things done than Habitat for Humanity.

That is why it is so great to hear there are plans for renewed presence in Salmon Arm.

Two projects are now in the works -

- A 22-unit senior housing complex on the 1300 block of 10th St. NE,
- And the return of ReStore - a depot to re-use building materials and furnishings. They hope to locate in the former Safeway.

Habitat for Humanity is a highly respected volunteer organization known for making it possible for folks to help themselves - offering hand up, not hand out or hand down.

Everybody needs a home. Home and humanity are two words that are bonded together.

For information on what Habitat for Humanity is doing down the valley, visit the Okanagan's website, www.habitatforhumanityokanagan.ca



mole hills
Lorne Reimer




SD#83 works on getting the lead out

Notices have gone up on some water fountains in School District 83 to "run fountain for 60 seconds before drinking". Other fountains have been blocked off, or taps labelled as "not potable water".

This is the result of new standards set by Health Canada for allowable amount of lead in drinking water, an appreciable decrease from .01 milligrams per litre to .005 milligrams per litre (mg/L).

Manager of Facilities and Grounds, Glynn Warnica, reports they are now working to ensure that all District schools meet the new standard.

With the new standard, if the water is tested with greater than the .005 mg/L of lead when it sits overnight, but is lower than the .005 mg/L after the water has been run 60 seconds, a sign will be posted to run the water. If the water fails the second test, the fountains may be labelled 'Not in Use' or "not potable water".

Warnica said the School District may have to change every fixture at every affected school, and hope there is no lead in the solder joints in pipes leading to the tap.

School District 83 is also looking at putting water bottle filling stations in the schools and then adding additional filters in kitchens to ensure drinking water in cooking sites meet the new standards. ■




Rock Slide
▲ Two Motorists, including Steve Cooksey of North Carolina, work on clearing away large rocks that had just fallen onto Sunnybrae-Canoe Point Rd. beneath Bastion Mountain on the evening of Jan. 26. Photographer Kelly Tee, said they cleared a path to get by while "listening carefully for additional debris flow".
Kelly Tee photo

There's a wealth of useful information bundled up on Salmon Arm's website.

The latest addition is a 143-page manual titled "FireStart begins at Home"

When urban land is interfaced with forest, we owe it to ourselves to learn what steps are required to reduce the risks and assist firefighters protecting our neighbourhoods.

Cover of FireStart manual posted at salmonarm.ca



GOOD IDEA: a caddy to store smart phones while students attend class.



Intake line

Contractors prepare a set of tools wrapped with a section of a special epoxy material to repair the Sunnybrae water intake line. When inserted into the water line at the site of the leak, the epoxy bonds to the inside of the pipe, sealing off the leak. CSRD photo

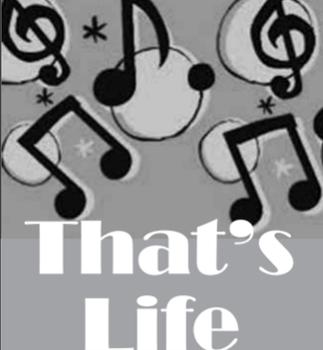


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St. Mary's Anglican/United Church, 2:30, March 1st
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St. Andrew's Presbyterian Church, 7:30, March 6th & 2:30, March 8th

Tickets will be available after Feb. 14 at Acorn Music, from choir members, or online at www.northernlightschamberchoir.ca



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Spotlight

Festivities

- **Vernon Winter Carnival**, Feb. 7-16. Heritage Week, Feb. 17 to 22
- **Unplug & Play Family Literacy Week**, throughout the Shuswap, ending Feb. 1. Full Schedule is posted at shuswapliteracy.ca. Final two days, shown below.
- **Shuswap Trails Party & Fund-raiser**, Feb. 7. Tickets at Skookum.
- **Family Day**, 17th • **Leap Day**, 29th **Valentine's**, 14th • **Ground Hog**, 2nd
- **Sicamous Winter Carnival**, Feb. 15-16. Sat. at Finlayson Park: Hot air balloon rides, tobogganing, face painting, bounce house, 11-3; Snow sculpting, 11-2:30; Kids snowmobile track, 11 am; Family Triathlon, noon. Sun. at Old Town: Penguin Plunge, noon Also Meet & Ride with Snow-Bike racer, Reagan Sieg.
- **Heritage Week**, Feb. 17-22, Piccadilly Mall. Co-hosted by Haney Village. Family day - Pie Contest, Pioneer breakfast, Silent auction, children's activities, local entertainment. Heritage displays all week.
- **Shuswap Film Festival**, Feb. 21-29. See on right. ▶
- **Coldest Night of the Year**, Feb. 22. Family friendly walk to raise funds for hungry, homeless & hurting. 2, 5, 10 km routes. Registration opens 4 pm. www.cnoy.org
- **Roger's Hometown Hockey** event, Mar. 7, 8, Marine Park. / 5

Art & Film

- SALMON ARM ART GALLERY
- **She-She** multi-media exploration of womanhood by Vernon's Julie Oakes. Show runs now until Feb. 15.
- **Intro to Feminist Art**, Feb. 6 & 13. Reg: info@salmonarmartscentre.ca
- **20/20**. Open Exhibition of works measuring 20"x20". Opens Feb. 21 and runs to Mar. 28. Artist talk, Mar. 14.



SMALL HALL CRAWL

▶ **Kaslo's The Eisenhauers** perform on Feb. 22, as part of the Small Hall Music Crawl.

On the MOVIES

- **Salmar Grand** • Jan.31 - Feb. 6 • www.salmartheatre.com • 832-2263
- **Parasite**. An unemployed family ingratiate and entangle themselves into the lives of a wealthy and gamorous family. Nominated for six Oscars. 2:00 Sat - Sun; 6:30, 9:00 nightly (14A violence, sexually suggestive scene)
- **Bombshell**. A group of women take on Fox News head Roger Ailes and the toxic atmosphere he presided over. 2:10 Sat-Sun; 6:45, 9:10 nightly. (14A coarse, sexual lang)
- **Dolittle**. 19th-century Englishman John Dolittle finds companionship from an array of exotic animals that he speaks to on a daily basis. When young Queen Victoria becomes gravely ill, the eccentric doctor and his furry friends embark on an epic adventure to find a cure. 2:10 Sat-Sun; 6:30, 8:30 nightly. (PG violence)
- **The Gentlemen**. A British drug lord tries to sell off his highly profitable empire to a dynasty of Oklahoma billionaires. 2:00 Sat -Sun; 6:45, 9:10 nightly (14A coarse lang)

Salmar Classic • Alexander St.

- CONTEMPORARY CULT CLASSICS
- 7 pm, Hosted by Okanagan College.
- **The Big Lebowski**, Feb. 3
- **Sorry to Bother You**, Feb. 10
- **Under the Skin**, Mar. 2
- **US**, Mar. 9 • **Ex Machina**, Mar. 16
- **Drive**, Mar. 30.
- Admission \$5; OC students Free

SHUSWAP FILM SOCIETY

- shuswapfilm.net
- **La Belle Époque** (Fr) 5:00, Feb. 1. Man is offered risky opportunity to dive back into a favourite era from his past. (14A)
- **Sorry we Missed You** (UK) 5:00, 7:30, Feb. 8. Family struggle following the 2008 financial crash. (14A)
- **It must be Heaven** (France/Qatar/Ger) 5:00, Feb. 15. A comic saga exploring identity, nationality and belonging. (14A)
- **Ordinary Love** (UK) 5:00, Mar. 7. Love story of couple facing cancer. (14A)
- **The Specials** (Fr), 5:00, 7:30, Mar. 14. Two friends dedicated to caring for youth with profound autism. (14A)
- SHUSWAP FILM FESTIVAL, Feb. 21- 29. Confirmed titles, so far:
- **Bombshell**. 'Me too' hits Fox News
- **Corpus Christi**. Youth in detention aspires to become a priest.
- **Top End Wedding**. Bride's mom goes AWOL. Australian rom/com.
- **White Lie**. University student caught up in lie over fake cancer diagnosis.
- **The Climb**. Man with no experience, sets out to climb Mt. Everest.
- **Antigone**. Modern adaptation of play.
- **Haida Modern**. Robert Davidson as catalyst for cultural renaissance.



Concerts

- SALMON ARM JAZZ CLUB
- All 7 pm, Nexus at First. By donation
- **Sandy's Shuhorn Sextet**, Feb. 6. Nexus at First. Salmon Arm group four-piece horn section.
- **Bob Rogers Band**, Feb. 20. Funk to blues, swing to Latin. See *Live Scene*, below, for Lakeshore jazz ▼ ○○○
- **House Concert - Dirt Road Opera**, 7 pm, Jan. 31, Maples Waterfront Resort, Sorrento. Tix \$25 advance, \$30 door. info@shuswapmaples.com
- **Kenny 'Blues Boss' Wayne & Sherman Doucette**, 8 pm, February 14, Nexus at First. Hosted by Roots & Blues. T Now living in the Okanagan, Kenny Wayne is inducted in the Boogie Woogie Piano Hall of Fame. Tix \$25 at <https://bit.ly/359Gt6C>
- **Small Hall Music Crawl** - Jordan Dick & Jake Verburg Band, Feb. 15, Carlin Hall; The Eisenhauers, Feb. 22, Sunnybae Hall. Josh & Bex, Feb. 29, Sorrento Centre. All shows at 7:30. Tix \$20 at Acorn Music and Steamers.
- **Kamloops Symphony in Salmon Arm** - 'Heroes & Heroines', 7:30, Mar. 6 and 'Sense of Wonder' with Jaeden Izik-Dzurko and Sydney Frelick, 2 pm, May 3. Both at Nexus at First. Tix at Wearabouts or 1.866.374.5483
- **Okanagan Symphony: Diamond Anniversary**, 7 pm, Feb. 9, Vernon Performing Arts Centre, featuring OSO Youth Orchestra. ticketseller.ca
- **Ancora Ensemble**, 2 pm, Feb. 22, Nexus at First (United Church). Tix \$20 at Acorn Music.
- COFFEEHOUSE CIRCUIT
- **Grindrod Hall**, 1st Fri, Feb. 7
- **Carlin Hall**, 1st Sat, Feb. 8
- **Sunnybae Hall**, 2nd Sat, Feb. 15
- **Enderby Drill Hall**, 3rd Fri, Feb. 21
- **Celista Hall**, 3rd Sat, Feb. 15
- **Eagle Bay**, 4th Sat. Feb. 22



Theatre

- **A Red Plaid Shirt**, Feb. 21 - Mar. 7 Shuswap Theatre. Comedy about two seniors and they're completely different approaches to retirement. See shuswaptheatre.com. Play by Michael Wilmot, directed by Frank Manning.
- **Auditions for Gravitational Pull of Bernice Trimble**, Feb. 2, 3. See ShuBiz column, below.

Sports

- **SILVERBACKS / p. 7 Home** - vs. Merritt, 7 pm, Jan. 31 vs. West Kelowna, 7 pm, Feb. 12 vs. Wenatchee, 7 pm, Feb. 16 vs. Merritt, 3 pm, Feb. 23
- **Away** - Langley, Feb. 4 • Penticton, Feb. 7 • Merritt, Feb. 15 • Chilliwack, Feb. 19 • Trail, Feb. 21 • Finals in March.
- **Pirate Loppet** for Elementary students, Jan. 31, Larch Hills
- **Okanagan Region Skating Championship**, Feb. 7-9, Shaw Centre.
- **Mixed Doubles Tennis Open**, Feb. 15, 16, Askew's Indoor Tennis Centre.
- **Curling** - Junior Bonspiel, Feb. 15, 16 and Mixed Open, Mar. 6 to 8.
- More 'SPORTS', P. 7

Rust is History

Shuswap Dancing with the Stars made "History" on January 30. *History Channel's 'Rust Valley Restorers'* is almost entirely about cars, of course, however, this week's episode titled, "Secret Stash", also features scenes from the recent Dancing with Stars event. That is because the stars of this national hit Reality TV show, **Mike Hall** and **Avery Shoaf**, were among the dance contestants. Seriously!

If you missed the original airing of the episode on Thursday, it will be re-broadcast at 8 pm tonight (Jan. 31).

Was Carlin actually named after those rusty old cars you see off the side of the highway? Naw.. but this cool show about old cars has certainly pinned old Carlin on the map!

Even if you're not all that interested in the process of restoring old hulks to former glory, this show is about real people's stories with Carlin and the cars serving as backdrop.



The next Shuswap Theatre production, *A Red Plaid Shirt*, opens Feb. 21, but they're already working on the

ShuBiz

play that comes after. Auditions will take place 7 pm, Sundays, Feb. 2 and Monday, Feb. 3 for *The Gravitational Pull of Bernice Trimble*.

The play, directed by veteran **Julia Body**, requires one female, age 50 to 65; two females, 25 to 40; and one male, 25 to 40. The production opens April 24 and will be Shuswap Theatre's entry in the **Okanagan Zone Theatre Festival**, happening in Kelowna in May.

For more information, including a copy of the script, contact Julia at jbbody@telus.net or 250-833-1496.

In other Shuswap Theatre news, there's a new place in Downtown to pick up your tickets. **Althea Mongerson** has handled ticket sales from her shop, Intwined Fibre Arts, for the past seven years, and has even offered her talents as an actress in past shows. Now that Althea has closed her storefront on Hudson, **Linda Thompson** and **Jaimie Neilson**, owners of **RE-Market etc.**, a few doors closer to Shuswap Theatre, have agreed to take on ticket sales. You can drop-in at 112 Hudson for tickets, subscriptions and gift certificates any time during their business hours (10-5 Mon-Fri and 10-4 Sat). ■



Final two days:

- **Friday, Jan. 31st**
- Yoga, Parkview, 10am
- World of Reptiles, South Broadview, 11am & Enderby library, 3pm
- Family Skate, Enderby, 3pm
- Bowling, 3-5 pm
- **Saturday, Feb 1st**
- Cut & Paste stories, SA Gallery, 11-3 • Valentine making, Carlin Hall, 10-12 & Sicamous library, 11 am
- Family Soccer (Footy), SA Indoor arena, 1-3 Family
- Fam. Snowshoe, Larch Hills, 1-4 (Snowshoes avail. 832-3457)
- Puppet Play, SA Library 3:30.

city lights

▶ **vernon** • See ticketseller.ca

- **Vernon Winter Carnival**, Feb. 7-16
- **Anne Green Gables 'Ballet'**, Feb. 2
- **New Canadian Curling Club**, Feb. 4. Inspiring comedy ▶
- **OSO Diamond Anniversary**, Feb. 9
- **Snowed in Comedy**, Feb. 14
- **From Broadway with Love**, Feb. 15
- **Girl in the Goldfish Bowl**, Feb. 19-29
- **Epilogos**, Feb. 22
- **Hands and Feet**, Feb. 23
- **Kinda Kenny**, Feb. 28
- **Charles Richard - Hamelin**, Feb. 29
- **Jennings & Cash tribute**, Mar. 5
- **I am Woman, Hear me Laff!**, Mar. 6
- **Alan Doyle**, Mar. 7
- **OSO 'Old Friends'**, Mar. 8
- ▶ **kelowna**
- **Theory of a Deadman**, Feb. 3
- **Ballet Kelowna**, Feb. 14-15
- **Living Things Festival**, Feb. 22-29
- **Doug & the Slugs**, Mar. 2
- **Simon & Garfunkel story**, Mar. 1
- **Kim's Convenience**, Mar. 17
- **Jesse Cook**, Mar. 23
- **George Thorogood**, April 19
- **Cirque du Soleil**, June 11-14
- **ZZ Top**, May 3
- ▶ **kamloops**
- **Gord Bamford**, Feb. 21
- **Celtic Illusion**, Feb. 27
- **Cirque du Soleil**, June 18-21
- ▶ **penticton**
- **Old Dominion**, Feb. 8
- **Brad Paisley**, Mar. 6
- **Alice Cooper**, April 19
- **Chicago - The Musical**, Mar. 28
- ▶ **vancouver**
- **Canucks**, Feb. 8, 10, 12, 16, 19, 22.
- **US-Can. Women's Hockey**, Feb. 5
- **Michael Bolton**, Feb. 12
- **Lil Fest**, Feb. 16
- **Celine Dion**, April 17
- **Sinead O'Connor**, July 26



LIVE Scene

- **Scotch Creek Hub** • **Daveton & Jon**, Feb. 1
- **TWIN Live**, Feb. 15 • **Dueling Pianos at Rockin' 88's**, Feb. 21 • **Still Whiskers**, Feb. 29 • shuswapclub.com
- **Lakeside Manor** • Jazz Nights, 6:30, 1st & 3rd Tuesdays. By donation. **Shujazz** plays Gershwins, Feb. 4 and **Chet Baker** Feb. 21.
- **Salmon Arm Legion** • **Tina Turner tribute** by **Luisa Marshall**, 8 pm, Feb. 15. ▶▶▶
- **Neighbourhood pubs** • **SuperBowl**, Feb. 2



Dance ON

- **Enderby Legion** • Dance to **Sleepless Nights**, Feb. 8, Mar. 28 • Vic's Dance Band, Feb. 22 • BC Barn Catz, Mar. 14
- **Enderby Drill Hall** • **Enderby Drill Hall** • Valentine's theme Old Time Dance, 7 pm, Feb. 7. Light lunch. Jim 250-515-1176 for info.
- **Gleneden Hall** • 7 pm, Feb. 8, featuring **BC Barn Cats**.
- **5th Ave. Seniors Activity Centre** • **Jammers Dance**, 7:00, Feb. 16. \$3 members, \$5 non-members, musicians free.
- **Mardi Gras**, 7 pm, Feb. 29, 5th Ave. Seniors Activity Centre. Dance from Zydeco to Mambo. Best mask/costume prize, lots of food, no host bar, Silent auction. Tix. \$40 at Hidden Gems. Writers Festival fundraiser
- Email your events to fram@shaw.ca

• **Burger & Beer**, 11-7, Feb. 7

• **Tina Turner Tribute**, Feb. 15 ▲

• **Crib**, Mondays • **Tues Night Fun**

• **Shuffleboard** • **Drop-in Pool Snooker**

• **Meat Draws** 3 pm, Saturdays

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▶ **vancouver**

- **Canucks**, Feb. 8, 10, 12, 16, 19, 22.
- **US-Can. Women's Hockey**, Feb. 5
- **Michael Bolton**, Feb. 12
- **Lil Fest**, Feb. 16
- **Celine Dion**, April 17
- **Sinead O'Connor**, July 26

gvpta.ca/vancouver-theatre-guide

livenation.com • georgiastrait.com

MARDI GRAS

If you're a writer of non-fiction, fiction, or poetry, challenge yourself.

I've heard many recently say that they should enter the Askew's Foods Word on the Lake Writers' Contest this year. Just do it!

The contest is open now and closes midnight on Leap Day, February 29. Prize money, publication, even attendance at the Word on the Lake Writers' Festival, May 8 to 10, could be yours.

For the guidelines, go to www.shuswapassociationofwriters.ca

Writing contest coordinator, Scott Fitzgerald Gray can be contacted by email at contest.saow@gmail.com.

February 29 is also the day of the "Mardi Gras" Writers Festival fundraiser. This event is a chance to have fun and dance the night away to Zydeco and Mambo etc. Some of the perks are: a prize for best costume, mask, 50/50, silent auction, no host bar, lots of yummy food. Tickets are \$40 at Hidden Gems Bookstore and at the door. Doors open at 7 pm at the 5th Avenue Seniors Centre.

Check out all the authors, poets, and others appearing at Word on the Lake Writers' Festival, a festival for readers and writers. Online registration opens Feb. 28. The Early Bird prize is worth \$475.

If you've ever had the thought that you'd like to write you will find inspiration, great writing tips, instruction, and stories from award-winning authors. It's never too late. Your desire to express yourself through writing is all you need. www.wordonthelake-writersfestival.com.

On a different topic, Sunday morning, I listened to *The Sunday Edition* on CBC radio. I was most interested in Michael Enright's interview with Meghan Flaherty about the colour grey. Her essay "Ode to Gray" was published in *The Paris Review*. Did you know there are more than 500 shades of grey?

Coincidentally, on Friday I read my "Grey" poem to a capacity crowd at our Shuswap Writers' Coffee House. The images in the poem were drawn from the Vancouver landscape, where I lived at one time.

The poem was consumed with my distaste for the colour. When I read the last line about the shock and dislike my grey hair had on me since I stopped dying it, I looked out at the crowd, at the abundance of attractive white and grey-haired women and men and said, "I'm sorry." Everyone laughed. I had recently written a response to that poem; the last two lines are: "my insolence/at having grey hair/ reflects who I am/ more than the grey hair does."

Our youthful, dark-haired emcee, Leah Blain (writer for the *Salmon Arm Observer*), came up to me during the break and told me her favourite colour was grey!

"Grey skies feel like a hug," she said. How extraordinary and how wonderful, I thought. I can see it. I told her I must have changed my tune about grey since writing the poem because when I went to Ireland a couple of years ago the only two shirts I bought were grey and I wear them all the time. And I'm finally happy with my grey hair.

□□□

SWG's Writers' Coffee House has a new home at the Westgate Public Market in the seating area. It's bright with lots of seating and parking available. The Bistro makes the most incredible Bee Sting cake. Addictive!

The Coffee House happens the 4th Friday of each month from 2 to 4 pm.

A huge thank you to our gracious host, Mary, at the Blue Canoe Cafe for the several years we held the Coffee House there. ■

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

write on
Kay McCracken



SEEKING 'JUST' PEACE

■ Speaker relates how Palestine story affects all of Humanity

When Salmon Arm's first Syrian refugee arrived, Juanita Austin wanted to offer something that said, "Welcome".

The member of the local KAIROS Chapter chose a small jar of za'atar, an aromatic herbal mix from Palestine, and took it to Shuswap Immigration Services to give to Mustafa Zakreet. He breathed in the scent, and held it to his heart. It was the comforting smell of home.

The person who made that gift possible is coming to Salmon Arm Saturday on March 7 to present a talk entitled "How a Just Peace in Palestine-Israel Can Save our Planet."

Robert Massoud is a Palestinian-Canadian who founded Zaton Fair Trade Olive Oil from Palestine. It is a registered non-profit that brings Canadians high quality fair trade extra virgin olive oil from farmers in Palestine. The olive crop is of primary economic and cultural importance to Palestinians and Zaton's growers belong to cooperatives.

Zaton is the Arabic word for olive. Not only is the oil pressed in Palestine, but also bottled, labelled and boxed in order to give maximum benefit to Palestinian workers.

Being fair trade, Zaton provides a higher price for their oil than they would receive from commercial merchants. The other popular item is zesty za'atar mentioned above; it is made with thyme, sumac, roasted sesame seeds and sea salt. He also brings a special handmade soap using olive oil exclusively.

One dollar from the sale of every bottle is donated to Project Hope, a Canadian registered charity that works with youth in refugee camps located in Nablus, Palestine. The project uses arts, recreation and language training to help heal the trauma of living under military occupation.

To date Zaton has contributed over \$265,000. It has contributed another \$250,000 to planting olive trees in the West Bank.

To most Canadians, Palestine and Israel seem to be fraught with division, but perhaps the olive, the universal symbol of peace, can help bring people together. The story of Zaton is an opportunity to connect with each other in Canada over Palestine-Israel, an issue that has divided people and endangers the world. The only true solution can be found in meaningful and human interaction that brings people together.

The goal of Zaton is not to convince people concerning Palestine-Israel but to connect them to the Palestinian story. "When we are connected to something we listen differently, we begin to pay attention and care. Having a voice and making a connection is where solutions become possible."

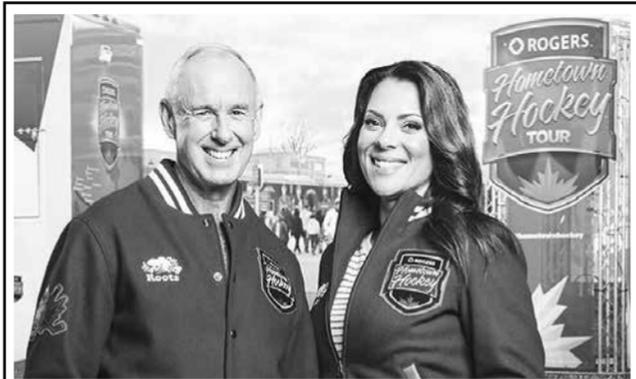
Massoud speaks to a range of audiences with a unique message of creative participation and nonviolent resistance aimed at engaging Canadians to learn about and be in solidarity with Palestinians. His message is that Israel-Palestine affects all humanity, and resolution of the ongoing conflict there is vital to peace in the world and ultimately to the health of the planet.

You can support the work of Zaton by calling Juanita Austin to purchase olive oil, za'atar and soap, at 250-832-6385, or by emailing revjuanita@gmail.com

Robert Massoud will be speaking at the Village Hall at First Community (First United Church) at 2:30, Saturday, March 7. The visit is sponsored by the local chapter of KAIROS Canada. KAIROS unites Canadian churches and religious organizations in a faithful ecumenical response to the call to "do justice, and to love kindness, and to walk humbly with your God." (Micah 6:8) ■



Robert Massoud



Ron MacLean and Tara Slone co-host the Rogers Hometown Hockey Tour in Salmon Arm, Mar. 7, 8.

Excitement is already building for the Rogers Hometown Hockey weekend, coming to Salmon Arm Mar. 7 and 8. February Feb. 14 will be the kickoff day involving sharing hockey stories at #SALoveHockey and painting the town red in decorations and dress. Jersey days are planned for every Friday leading up to the tour (#JerseyDayinSA).

The big Hometown Tour weekend will be centred around Marine Park and include NHL Alumni appearances, family activities, and Sunday live broadcasts with Ron MacLean and Tara Slone, telling Salmon Arm hockey stories to the nation.

The Vegas Golden Knights and Calgary Flames games will be broadcast on a big screen at 3:30, March 8. ■

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HEART MONTH

You're Invited

- **West Bay Connector Trail**, Memorandum of Understanding signing, 1 pm, Jan. 31, Pierre's Point log building.
- **Vaping** - Panel discussion by public health-nurses, substance use clinicians, doctors and SD83 administrators, 6:30, Feb. 5, A.L. Fortune Secondary and 6:30, Feb. 12, District Education Support Centre, Salmon Arm. What know and look for and how to support a conversation with your children.
- **Long Range Facilities Plan Consultations Sessions for Salmon Arm & area (both 6 pm)**
 - Rancho Elementary (K-8 rural) Feb. 4
 - DESC (District Education Support Centre) (K-12 urban) Feb. 13.
 - Sorrento Elementary (rural schools) Mar. 11
- More information at sd83.bc.ca. See options at Section 8, pages 86 to 95.
- **Land to Table Forum**, Feb. 8, Splatsin Centre, Enderby. Go to EventBrite or Facebook 'LandtoTablenetwork'
- **Big Game Fundraiser banquet & dance**, Feb. 15, SASCU Recreation Centre. Tix \$50 at Westside Stores. Norm 832-6115. Hosted by Fish & Game Club.
- **Shuswap Naturalists meeting**, 7 pm, Feb. 4, SAS Sullivan library, featuring Karen Beggs who will share her many interesting experiences as a longtime Wildlife Rehabilitator.
- **SD83 Pro-D Days**, Feb. 3, 21.
- **Voice of the Shuswap AGM**, 7 pm, Feb. 19, 'Village Hall' at First Community.
- **Friends Abreast Dragonboat team AGM**, 1 pm, Feb. 8, Uptown Askew's com. room.
- **SD 83 School Board meeting**, 6 pm, Feb. 18, Pleasant Valley Secondary, Armstrong.
- **Salmon Arm Council**, 2:30, Feb. 10, 24
- **CSRD directors meeting**, 9:30 am, Feb. 20.
- **Video Night on 5G Rollout**, Feb. 21 at First Community (First United) Time TBA.
- **Robert Massoud**, speaking on peace in Israel-Palestine, 2:30, March 7, Village Hall, First Community (First United Church). See article on the left.
- See also EVENTS PAGE, P. 4 & YOU'RE INVITED/ SPORT SPOT, P. 7

R.J. Haney Heritage Village & Museum & The Mall at Piccadilly Present

HERITAGE WEEK

at the Mall at Piccadilly - The 24th Annual Event!

Heritage Week Activities:

- February 17-22
 - Heritage Displays & Exhibitors
- February 20-22
 - R.J. Haney Fundraising Silent Auction
- February 22 Family Day
 - 8:00-10:00 Pioneer Breakfast hosted at Jane's Place
 - 9:00-3:00 R.J. Haney Silent Auction
 - 10:00-1:00 Pie Baking Contest & Auction
 - 10:00-4:30 Salmon Arm Model Railroad Display
 - 10:30-2:30 Children's Activities: Gold Panning, Crafts & Face Painting
 - 1:15 Local Musical Entertainment

Best of the Shuswap Pie Baking Contest & Auction:

Bake and enter your favourite old fashioned pie (made from scratch):apple, berry or fruit pie.

Saturday, February 22nd
Piccadilly Mall Centre Court
• Pie Drop Off: 10:00am-11:00am
• Judging: 11:00am-12:00pm
• Pie Auction: 12:00pm-1:00pm
• Reverse Auction & Awards Presentation 1:00pm
• Pie Slice Sales: Follow the Awards

For contest rules email info@salmonarmmuseum.org
Interested in volunteering for this event?
Please call 250-832-5243

Heritage Week Exhibitors:

- City of Salmon Arm Heritage Commission
- Deep Creek Tool Museum
- Dilkusha Society
- Enderby Museum
- Neil's Vintage Radio Collection
- Okanagan Historical Society
- Salmon Arm Fall Fair
- Salmon Arm Golf Club
- Salmon Arm Model Railroad Association
- Salmon Arm Museum
- Shuswap Quilters Guild
- Shuswap Pioneer Collectors Club
- Shuswap Spinners & Weavers and more!

R.J. Haney
Heritage Village & Museum
www.salmonarmmuseum.org

250-832-5243
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Salmon Arm BC

Find us on Facebook

Proudly sponsored by:
R.J. Haney Heritage Village & Museum & The Mall at Piccadilly

The Mall at Piccadilly

MENTAL HEALTH TRENDS 2020

Did you know one of the mental health trends for 2020 is to experience wellness; taking action and doing things to thrive in mind and body.

This could be biking to work, booking regular coffee dates with a friend, mindfulness, connecting to nature, taking on a project for the joy of it...Or perhaps, taking a course to develop more resilient skills?

Did you know Okanagan College Salmon Arm campus is now offering a number of wellness courses?

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

Visit our website www.shuswap-revelstoke.cmha.bc.ca or contact Denise Butler (250)832-8477 ext 102 for more information.

Mental Health Matters
Denise Butler



▲ Construction is nearly complete on the round-shaped Switzmalph Child Care Centre. The new Neskonlith facility is located on 1st Ave. SW south of Highway 1.



VISUAL AIDS

There are two things that have been bugging me recently, and, finding no solution to either of them, has made it worse.

First is the incomprehensible decision of TV stations to show rerun episodes of a series out of order.

When I grew up there was no such thing as binge watching. One watched an episode then waited a week for the next one. That gave us plenty of time to discuss the plot.

Watching *Batman* was an eagerly anticipated event. Then came video recorders. What a boon. We could still watch *The Old Grey Whistle Test* (a British youth music programme) even if we were out partying!

Between then and now there have been many notable TV series and I am catching a lot as reruns.

I still only view them one at a time, but am not so senile as to have forgotten the plot or which characters have been killed off.

So, when the TV executive decides to alter the order, not just in a series,

repair guy

Barry Marshall



but also mixing seasons, I am incensed.

It is clear they have no interest in the programme or, by inference, in our enjoyment of it.

They only care about ratings and in their puerile minds putting the low rating episodes on graveyard showing times and substituting high rating episodes from elsewhere is a good thing.

Listen up TV stations. "We almost all have PVR's now, and if tampering with the order of series is someone's full time job, contact me. I can save you money."

Next up is driver aids. This is a delicate subject on which I have been vocal before and been told off by interested parties, but there is a growing forum on the subject, and it really needs continuing discussion.

On one hand is the argument that if you need "lane control," "blind

spot monitoring", "active cruise control" and any of the many new driver aids advertised, you should hand in your licence now and catch a bus. Sit back down and calm yourself.

On the other hand, if these devices and future car autonomy prevent a single tragedy they are justified.

Who doubts ABS is a good thing? It has been on production cars for 50 years now and goodness knows how many accidents have been prevented.

As always, the solution lies in the middle ground, but we must reach it. The manufacturers are racing for the next best aid and partial autonomy is here.

Yep, push a button and you don't even have to steer. It has apparently been a surprise to manufacturers that the "driver" becomes distracted.

Fearing literal blood on their hands they are exploring eye sensors and hands-on-wheel technologies to remind drivers to drive. I rest my case. ■

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.

Warm winter comfort treat

It's that time of year. Winter is still here, but with a warmth that wasn't there before; love is in the air. Or not. Some of us are left in the cold on Valentine's day. If you, like so many others, are left in the cold, here's a little comfort food for you!

Lemon White Chocolate Scones

You will need: • ½ cup white sugar • 4 1/2 cups butter • 1 whole juiced lemon • the rind from said lemon • grated 2 cups cold, cubed unsalted butter or shortening • 2 tsp. baking powder • 2 tsp. vanilla extract • 1-2 pinches of salt, 1-2 handfuls of white baking chocolate • 1 cup heavy cream • 1 egg.

1. Preheat oven to 375 degrees Celsius. Line a round baking tin with butter and set aside.

2. Cream together your butter (or shorten-

Family kitchen



Candice Lucey
..with Eve & Faye

ing) and sugar. In a separate bowl mix together your dry ingredients.

3. Slowly add in the dry ingredients to your creamed butter and sugar. Add in the cream and the egg, along with the lemon juice and

rind. Finally, add in the vanilla and the baking powder. Mix until there are no large chunks.

4. Put this into your baking tin, and put into your oven for 35-45 minutes, or until a toothpick will come out clean, and the edges are golden brown.

5. Let these babies cool for 15-20 minutes, or, if you cannot resist, burn your mouth on these yummy treats! I recommend indulging in your scones with clotted cream and jam, along with tea!

I hope they bring a little warmth to this otherwise dismal month for you! Love, Eve.. ■

Candice and her daughters, Faye and Eve, continue trying out and creating new recipes, and sharing in the All Month issue.

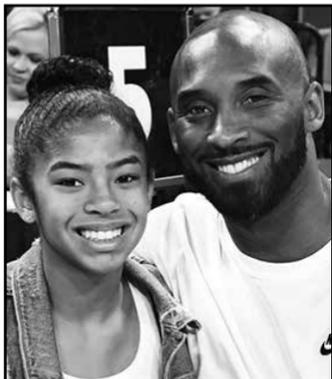
Deadline today

Today (Jan. 31) is the registration deadline for the **20th Shuswap Music Festival**. The showcase and competition for local musicians cover band, piano, strings, voice and choral. Go to ShuswapFestival.com. The festival runs from April 20 to May 1

Professional musicians have until Feb. 28 to submit their entries for the annual Wednesday on the Wharf concert series. This open-air community concert goes from mid-June to the end of August at Marine Peace Park. For the past 27 years, people of all ages gather to catch up with friends, soak up the sun, and enjoy a wide range of live music from both local and touring musicians for this Shuswap summertime tradition.

Performer applications are available on the Arts Council website at salmonarmartscentre.ca (click on orange WOW guitar pick on the bottom left). Queries can be sent to Astrid at wow@salmonarmartscentre.ca ■

R.I.P.



▲ Basketball great Kobe Bryant and his aspiring basketball star daughter, Gianna, were among the nine who died in a LA area helicopter crash Jan. 26.

READING ROOM

by Kristy Smith, Branch Head, Salmon Arm ORL

Love your Library month

We have some great special events at the library for February's "Love your Library Month".

Did you know that all programs and events at the library are FREE to attend?

Join us for **Baby Time** (0-18 months) Mondays at 11 am; **Toddler Time** (18 months-2 years) Thursdays at 10:30 am; **Family Story Time** (3 to 6 years) Wednesdays at 10:30 am and Saturdays at 3:30pm; and **Pyjama Story Time** (3 to 6 years) on Feb 7 at 6 pm.

Drop in for **LEGO & Keva Building** (ages 5+) on Feb 6 and 20 between 2 and 4 pm.

Love singing? Sign up to be a part of our **Library Children's Choir** (ages 5+) Feb 12 and 26 at 3:30pm. Registration is required.

The **Library Ukulele Circle** meets every Tuesday, 2 to 3:30 pm. All playing levels are welcome, but please note that there is no instruction component to the Circle. We will be hosting a Beginner Ukulele Workshop with Jackie Bland on Feb. 7 from 10:30 to 1:30, so register today!

Join us for good books and good conversation at our **Wednesday Afternoon Book Club** on Feb 26 at 2 pm. We will be reading *The Witches of New York* by Ami McKay. Participants are responsible for finding their own copy of the book. Please note: many book club titles are also available in ebook and audiobook formats in the ORL catalogue. Registration is required.

Enjoy lively discussion and exchange philosophical perspectives on various topics at the **Philosopher's Corner** every 2nd and 4th Saturday of each month at 3 pm.

Runaway Moon Theatre will be holding their **Calendar ReNew Clothing Project** every Friday from 2 to 5 pm where they will help people to make new garments and to re-new old ones by combining pre-existing clothes with hand-printed fabric and decorative pieces from their treasure chest. (See Runaway Moon Theatre on Facebook for more details)

Nicole from BTrueByou will be giving us an introduction to **Chair Yoga, breathing exercises and meditation** on Feb 12 from 10:30 to 11:30 am. On a similar note, learn how to find your balance and stay in control at our **Mindfulness Workshop** on Feb. 13 at 2:30 pm, part of our CMHA Resiliency Series.

For many years, **Keri Lafaye** had contemplated the writing of a memoir, and in 2011, she began the five year project of putting her experienced in to words. *Unfinished* is a moving memoir that looks at overcoming adversity and ultimately feeling complete. Join Keri for a book talk on Sat, Feb 29 from 10:30 to 11:30 am.

Please join us for a free information session with Immigration Lawyer **Sandra Hakanson** on Saturday, Feb. 29 from 1 to 3 pm. Sandra can answer your questions about temporary residence, permanent residence, business immigration, Labour Market Impact Assessments, pathways to immigration, Canadian Citizenship, and more.

Join the Shuswap Immigrant Services Society at the Salmon Arm Library every Tuesday from 6 to 8 pm for **English Conversation practice** in a comfortable small group setting. Please call 250-804-2726 to register.

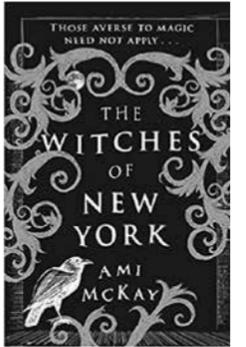
To view a complete list of programs and events, visit online: <http://orl.bc.ca/hours-locations/salmon-arm>. Do you have an idea for a library program you'd like to attend? Would you like to host a program or event? We'd love to hear your suggestions! Please contact Kristy at ksmith@orl.bc.ca

Neighbour Branches
■ **ENDERBY** • Sit n' Knit .. or crochet or cross stitch.. 1 pm, Tuesdays • **Self-care Make & Take, 2:30, Feb. 12** • **Writer's Workshop**, 6 pm, Feb. 21 • **Drop-in Mystery Friday, 2:30, Feb. 21** • **Dyslexic Think Tank**, 10:30 am, Feb. 29.

■ **SOUTH SHUSWAP** • **Pajama Storytime**, 6- 6:45 pm, Feb. 11 • **Intro to Reiki**, 1 pm, Feb. 13, 20, 27 • **Needle Felting**, 1 pm, Feb. 1 • **Laughing Yoga**, 1 pm, Feb. 18, 25 • **Valentine Card making with Karen**, 1 pm, Feb. 8.

■ **SICAMOUS** • **Heart & Mind Writing Group**, 6:30 pm, Fridays • **Make a Valentine**, 11 am, Feb. 1 • **Socrates Cafe**, 3- 4:30, Feb. 8, 22 • **Personal Planning Webinar from Alzheimer Society**, 2 pm, Feb. 12.

All ORL Library branches are closed on Family Day, Feb. 17



FOR THE RECORD Jan. 29 at presstime

Weather

Weekend - Maxing to +8 Saturday. Cooling to 0 to -7 Monday. Rain Fri. & Sat. and a sunny Sunday.
Past Temps, Jan. 22 to 28 by Nick Parsons, SW Gleneden
Elevation: 458 m (119 m over lake)

Date	HIGH	LOW	PREC
22nd	+4	+1	0
23rd	+4	+1	3/16"r
24th	+4	+1	5/16"r
25th	+4	-2	0
26th	+4	0	3/16"r
27th	+7	+1	0
28th	+5	0	0

So far, this month - 38" sn (96 cm) 3/4" rn. (18 mm)
Sun rise 7:38 • Sun set 4:42 pm
Normal this week: 0 to -6
Records since 1991 - Jan. 29: +11.5, 1999 - 26.9, 1996

Passages

- ❖ Sharlene Gail Davies January 21, 2020, at age 77
- ❖ Roy Donald Johnston January 23, 2020, at age 86
- ❖ Ida Alice Kay Richardson January 21, 2020, at age 85
- ❖ Margaret Linda Williamson (nee Cederholm) January 17, 2020, at age 67
1 pm, Feb. 8, Prestige Inn
Bowers Funeral Service
bowersfuneralservice.com
- ❖ Brent Ronald Daggitt January 23, 2020, at age 58
- ❖ Simion Nicolae Faget January 25, 2020, at age 62
- ❖ Elizabeth May 'Beth' Fish January 20, 2020, at age 89
- ❖ Geraldine Sylvia Swan January 23, 2020, at age 82
- ❖ Eva Emily Wrigley January 22, 2020, at age 93
- ❖ James Fredrick January 24, 2020, at age 82
Fischers Funeral Services
fischersfuneralservices.com
- ❖ Betty Ford (Martha Elizabeth) January 10, 2020, at age 98
- ❖ Malcolm Keith Mouat January 11, 2020, at age 78
- ❖ Jack Simpson January 2, 2020, at age 74
- ❖ Bradley Allen Robinson January 6, 2020, at age 34
- ❖ Hans Witt January 21, 2020, at age 85
- ❖ James William Edward Warren, at age 81

* Funeral noted if after presstime
■ shuswaphospitalfoundation.org
■ shuswapfoundation.ca

You're Invited

■ Continued from page 5

- **Shuswap Storytellers**, 7 pm, Feb. 3, Askews Uptown 250 546-6186.
- **Shuswap Writers' Group**, 11-1, 1st/3rd Wednesdays. First visit free, then \$2. Piccadilly.
- **Historical Society**, 7 pm, 3rd Mon. Piccadilly Board Room. okhistory@gmail.com
- **Seniors Drop-in**, 31 Hudson - **BINGO**, 6 pm, Saturdays: Painting 9-2, Mon & Tues; Zen meditation, 7 pm, Wed; Carving, 9 am, Thur; Pool/Cards/Games, 9 am, Fri.
- **Got pain?** Attend FREE re-scheduled UVIC's 6-week workshop, using Stanford research to better self-manage pain from various conditions. Friday mornings, Feb 21- March 27, 10-12:30, Uptown Askews Community Room. Family members, friends, repeaters also welcome Register at self-managementbc.ca OR call 1-866-902-3767.
- **Agricultural Association AGM**, 7 pm, Feb. 20, Mountainside (Bowers). (250) 832-0442 or sjmacgregor@outlook.com.
- **Grandmothers to Grandmothers** monthly sale of knitwear, Feb. 7, Piccadilly
- **Language Classes**, to Mar. 12. All levels, Conversation sessions. Reg. req. 804-2726.
- **MS Support**, 2nd Thur. at Chester's.
- **Toastmasters**, 7 pm, Thursdays, Uptown Askew's meeting room.
- **Questers**- 7pm, 3rd Wed. Uptown Askews.
- **Fly Tying workshop** with Steve Maricle, Feb.29, Mar. 1, Blind Bay Hall. Register: blindbayhall@gmail.com
- **Copper Is. Health & Wellness**, BB Market-place, 250-675-3661. Walk-in, 9-1, Sat; Mobile Lab/ ECGs & volunteer on duty for sr. support services 8-2, Tue/Thur; Immunizations, 250-833-4104; Foot, Wed. 250-675-3661.
- **Neighbourhood Children's classes** (5-10 yrs). Learn about spiritual qualities in open, joyful environment for children of all backgrounds. Free at Shuswap Family Centre, 1-2 pm Saturdays. Gail 250-515-3348 for info and registration. Sponsored by the Baha'is.
- **SA Meditation Centre** (2960 Okanagan SE) General Program 7pm Wednesdays; Prayers for Peace, 11am Sundays. Guided meditation, short teaching; Toonie Thursday Meditation. Meditation to help bring calm to your midday.
- **Library drop-in events / 6** Legal advocate, 1:30-3:30 1st Thurs. Games night, 5-7:45 Fridays
Philosophers', 3-4, 2nd/4th Saturdays
Spinning, 6-7:30, Tues.; Knitting, 6-7:45 Fridays.
English conversation, 5-7, Tuesdays
Knitting, 6-7:45, Fridays
Dungeons/Dragons, 5-8, Tues/Fri
- **5th Ave. Seniors Activity Centre** - Pancake B'fast, 8:30-11:30, 2nd Sun. Jammers Dance, 7-9 pm, 3rd Sun.; Yoga for Cancer survivors, noon, Mon/Fri; Sing-a-long, 9:45 am, Fridays; Birthday lunch, noon 1st Fridays; Dup Bridge Mondays, 1-5; See 5thaveseniors.org for schedule for activities and clubs, including vintage car, Photo Arts Club, Bridge, Whist, Canasta, table tennis, pool, fitness, crib, line dancing, darts, Ukulele.

□ Email your event to friam@shaw.ca

Sport Spot

■ Continued from page 4

- **SILVERBACKS** / past month
- Jan. 26: SA 3, Surrey 2
- Jan. 25: Victoria 6, SA 2
- Jan. 24: Powell River, 6, SA 5 OT
- Jan. 19: Vernon 5, SA 4 OT
- Jan. 18: Penticton 2, SA 1
- Jan. 15: SA 6, Prince George 2
- Jan. 12: Vernon 5, SA 3
- Jan. 10: SA 3, Alberni 2
- Jan. 5: Cowichan 1, SA 0
- Jan. 3: Penticton 5, SA 2
- Dec. 29: Vernon 4, SA 2
- Dec. 28: SA 5, Vernon 2
- Dec. 15: SA 7, Trail 4
- Dec. 8: Cowichan 5, SA 0
- Dec. 7: Alberni 5, SA 3
- Dec. 6: Nanaimo 2, SA 1
- 24 wins, 20 loss, 3 OTL, 1 SOL, 52 pts.
- **Top 11:** Coquitlam 79 • Penticton 76 • Cowichan 69 • Trail 65 • Nanaimo 60 • Chilliwack 55 • Vernon 51 • Alberni 51 • Powell River 53 • SA 52 • Wenatchee 50 • Hosting Merritt, 7 pm, Jan. 31 and travelling to Merritt, Feb. 1, and Langley, Feb. 4

See February schedule on page 4 and full team updates at sasilverbacks.com



- **Larch Hills Pirate Loppet**, Jan. 31 for Elementary students. Start time, 10:30 am
- **Reino Keski-Salmi Loppet**, last Saturday. Reports and results, below.
- **SA Curling Centre** - Special members meeting on financial situation, 2 pm, Feb. 9
Junior Bonspiel, Feb. 15
Mixed Open Bonspiel, Mar. 6-8.
Fireman's Bonspiel, Mar.13, 15,
- **SA Minor Hockey tourneys** - Initiation, Feb. 1 • Bantam Rec, Mar. 6-8
Proposed OMAHA, Feb. 28-Mar. 1, Carded Playoff tourneys (PW-Mid)
Proposed OMAHA, Mar. 6-8 - Atom Dev.
- **Okanagan Region Skating Championships**, are set to take place Feb. 7-9 at the Shaw Centre.
- **Shuswap Trails Party & Fundraiser**, Feb. 7. Tickets now on sale at Skookum. Tickets are going fast. \$45. Reserve tables for \$100 donation plus a group of 10 tickets purchased. Every dollar raised goes to supporting Shuswap Trail Alliance projects.
- **Golds & Jewels Basketball** Home Tournament at SAS Jackson, Jan. 31-Feb. 1 for Gr. 9 & 10 boys.

Loppet conditions help Hardy set a course record

The Reino Keski-Salmi Loppet drew nearly 500 skiers from near and afar, and raised \$3,757 for the Heart and Stroke Fund. It brings the total to \$419,247 since the first Loppet 36 years ago.

The morning began with friendly banter and a frenzy of waxing and ski testing to meet the challenge of the reconditioned but icy conditions.

An 82 year age span separated the youngest participant, two-year-old Henry Wallenstein and the eldest, Wolfgang Hauser. Farthest Away recognition went to Paul Guy and Greg Littlefair from Yellowknife.

This year's drastically fluctuating temperatures and heavy snowloads that downed trees on the trails created over-

whelming and unexpected logistical challenges. Participants were appreciative of the hundreds of volunteer hours of tree clearing and track setting in the weeks leading up to the big race.

Accolades were bestowed on announcers of 31 years, Steve and Jean King, and to Jonathan Bakker and Brian May for their many years of timing and digital contribution.

Fast conditions resulted in many fast times. Local skier Thomas Hardy set a course record in a blistering time of 1:33:28, an average speed of nearly 22 km/h. Hannah Mehain was the first female to finish the 34 km. race at 1:51:21.

Other winner highlights include:

- **17 km. junior race:**
Female - 1st Lys Milne 1:04:00.7

Male - 1st Trond May 50:33

- **Top local female and male**
Abigail May and Thomas Hardy
- **More Junior category finishers:**
• 4 & Under - Hudson Mork, Sierra Widmer, Kelsey Klapstein, Henry Bollans, Sebastian Sutherland, Keattan Klassen
- Ages 5-7 - Kiara Zuidhof, Skylar Zuidhof, Cleo Anderson, Ezekiel Lieblich, Zion Bucher, Jake Olineck
- Ages 8-10 - Sapphira Bucher, Emily Lane, Linnaea Heidt, Ian Orchard, Kai Hansen, Lex Hostyn
- Ages 11 to 13 - Jeremia Bucher, Madeleine Wilkie, Hannah Breugem, Axel Hosten, Simon Heidt, Jonas Roberts

Full race results and video can be found at www.skilarchhills.ca
□ Submitted by Pat Danforth

LIVE LONGER, LIVE BETTER - BLUE ZONES

This past December, I spent some time in the Nicoya Peninsula of Costa Rica, which is one of the five blues zones of the world.

New York Times bestseller Author Dan Buettner has spent the last 20 years researching the geographic areas in which people have lower rates of chronic disease and live longer than anywhere else.



He found common denominators among the five Blue Zones.

- Natural moment. The world's longest-lived people are always on the move, keeping muscles equally strong as they are flexible.
- "Plan de Vida" translated as why I wake up in the morning. Purpose is worth up to seven years of extra life expectancy.
- Long-lived people have developed routines to shred stress: meditation, tai chi, a moment each day to remember ancestors and taking a short 30-minute nap mid-day.
- Social circles support long healthy lives, thus finding the right tribe and make lifelong commitments to them..
- Faith and spirituality, research has shown that attending faith-based services weekly adds 4-14 years of life expectancy.
- Food is to be celebrated and shared, with diets being mostly plant bases. Also, they follow the 80 per cent rule: stop eating and leave 20 per cent empty.

So how does yoga and the Blues Zone intersect? Yoga is more than a good workout. Just like some of the daily agendas of elderly inhabitants in blues zones, yoga invites movement as an antidote to a sedentary lifestyle and keeping the body able to reach its full range and potential. If our muscles are the guardian of youth, yoga enhances healthy tissue and strong bones, to get up and down from the ground and have the agility of youth.

In the Blue Zone, I experienced the older generation being much more grounded and present. So too, does the practice of yoga help bring us to a place that cultures mindfulness and present moment awareness renewing a sense of ease and stress reduction.

In conclusion, even though yoga is not a religion, yoga guides want to be inwardly interested in our spiritual selves beyond the body and question purpose and meaning. This sense of connection gives one a reason as to "why I wake up in the morning." along with the physical capacity to see it through. ■

□ Nancy Whitticase runs Namaste Yoga and Wellness

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Hats off to the Hydro Linesmen

The recent heavy snowfalls, icy roads and freezing cold has reminded me of days gone past when I was a telephone lineman living in Southern Ontario.

my
two
cents

Ed Campbell



The area below Georgian Bay was notorious for severe ice storms and heavy snows. Invariably, these storms would hit around New Year and early Spring. Rain would follow a cold snap and the sleet would build up on the telephone and hydro lines to such an extent the wires would sag and snap putting thousands of customers out of power and communication.

If a high wind accompanied the sleet whole pole lines would topple and tumble into the adjoining fields. The tangle of broken poles, snarled wires and road closures would create utter bedlam throughout the communities.

This happened for several years running in the late 50's and at the time I was a young lineman posted in Oshawa. When the call came to mobilize we were only too eager to go. Lots of overtime and new places to work.

We would be dispatched to various communities – Guelph, Shelburne, Orangeville and in between. We hit the road in convoys with our large five-man crew line trucks.

Hotel accommodation was at a premium, so we had to make do with less than suitable. If on a day we were working far from town we would ask a local farm wife if she would prepare a noon day meal. I don't believe we were ever refused and the meals were superb.

I was only 17 years-old on my first venture into "working out-of-town", and was about to get my eyes opened very wide into the world of rough and tumble hard working, hard drinking telephone and hydro workers.

These guys worked hard and they played hard. The work we did was indeed very hard and demanding, and it took men with skills, grit and a sense of pride in what we did.

We had no basket trucks in those days. All work aloft was accessed using our climbing spurs. I learned a lot from these men. Most of what I learned was good and served me well as I cruised along on my chosen career path. I became one of these men.

In restoring these facilities there came a sense of pride and a good feeling as, one-by-one, telephone service was restored.

Initially, most of the work was of a temporary nature to be followed up later with more permanent restoration. This would involve months of follow-up and many weeks and months on the road.

We would move into a small town, settle into a hotel or boarding house and, in effect, become citizens of that town, albeit for only a short time. In these years many of the small towns in Ontario were "dry" which meant liquor was not available - "legally".

This should have posed a big problem for a bunch of guys who like to have a snort or two after work. Of course there was always the town bootlegger who was only too happy to serve the needs and a town cop, who, for a sip or two, would turn a blind eye to our carousing.

A lot has changed today with much better and more sophisticated equipment. Telephone plant is mostly underground, or carried wireless out of reach of those violent ice storms. However, with recent Hydro outages, restoring power has not changed much.

When I hear of our local crews being on the line for days on end, trying to restore power, I am reminded of my own time spent on the line. Dealing with heavy snow, freezing temperatures, long hours and icy conditions is not easy and I take my hat off to those crews who are out there.

I know what it is like to be counted on to do the job and restore those services. ■

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



Peace Dove Down

HALT 5G ROLLOUT

There is much talk about people taking responsibility for the damage we have done to the Earth and choosing to change our lifestyles to restore the land.

There is great concern for helping ease our neighbour's suffering and to restore health and wellbeing to people in other countries.

Corruption in medicine, technology, and much more, is being exposed. How much truth is actually revealed in mainstream news media?

Currently battles wage with many scientists and countries fighting the further spread of wireless technology, especially 5G which has no documented scientific safety data.

Legal does not make ethical

Euthanasia and assisted suicide have been legal since 2015 when the Supreme Court of Canada ruled that physicians be allowed to end patients' lives under certain circumstances.

The SCC reasoned that with strict safeguards in place there would not be any errors or abuse.

The Liberal government brought forward a law, MAID, medical assistance in dying, with very few restrictions resulting in 7,949 assisted death of vulnerable people since 2016.

According to a Quebec Judge, denying assisted dying to patients who are terminally ill was forcing them to endure harsh, physical and psychological suffering. PM Justin Trudeau was quick to react, saying he will expand the law, including for those who are not terminally ill, the disabled, sick children and the elderly. This even before a promised five year review.

People with mental health or other disabilities are more likely not to receive treatment, but are directed towards accepting a medical death. Elder abuse is a growing problem, accepting death may seem preferable to living. Hospices are compelled to allow euthanasia of patients in their facility. Palliative care is taking a back seat.

For euthanasia advocates it's all about autonomy. It's my body, I can do with it what I want. Does making something legal make it ethical? Autonomy is not making or coercing others to do what one wants. Physicians also have a right to autonomy, and to practise according to the basic, long-standing ethics of their profession, Do No Harm.

Hildegard Krieg, Salmon Arm

Much radiation documentation reveals global harm, especially to children!

Unfortunately, I know some of the damage personally. I encourage those, brave enough to speak out, to make a difference.

If this wireless information is unfamiliar to you, stop. Look for truth. Research the damage, especially when hard-wired fibre optics is faster, more cyber-secure, more efficient, more reliable, and obviously a much safer option. We have a choice! Learn more.

The Citizens worldwide call for a halt to the 5G rollout took place on Jan. 25. A video night is planned for Feb. 21 at First United Church. Ask questions.. take action!

Lori Onsrage, White Lake

Letters

VIRTUAL versus FACE-TO-FACE

Patients are travelling long distances for consultations with specialists.

Many of these journeys, for simple face-to-face meetings are made even though the required workup has been completed and the results forwarded.

What if you could visit a GP, have the referral and information forwarded to a specialist, get the diagnostic workup done, have a video conference with the specialist, obtain a diagnosis and develop a plan for treatment, all within one coordinated system?

From there, contact is made with the required service – physio, imaging, dietician, pharmacist, surgical booking, appointments are coordinated, the service provided, reports go to your specialist and GP, and the service provider can check back with the specialist for further direction or information as needed.

Such a province-wide virtual communication network would move our system closer to becoming Patient Centered Care.

With few exceptions, patients and their families or caregivers are required to make long, expensive, stressful and unnecessary trips for face-to-face consults when a virtual consult would provide the same outcome.

After 20 years of government 'plans/promises' to implement a province-wide Electronic Medical Records and Virtual Health Communications system we have six Health Authorities that have difficulty communicating with each other and a spotty dog's breakfast of partial, single issue communication systems.

The ability for patients to communicate virtually (when appropriate) with their health care provider has saved days of negotiating difficult travel conditions, significant and unrecoverable costs for meals and hotels and reduced time away from work.

There have been national and international experiments and studies extolling the advantages of virtual communication in health care. The vast majority point to the efficiencies and dollars saved. A Saskatchewan experiment even included 'green' benefits, with six million kms saved.

Our government has this topic somewhere down its 'to do' list. The Ministry of Health Virtual Strategy Department is developing a framework, 'Guideline for Patient Empowerment Through Virtual Care' which is expected to be completed sometime this year. It will include recommendations around Use, Information Management, Physician Compensation, Technical Requirement, First Nations, Rural and Remote use, Managing and Governing and Monitoring.

My research has uncovered no mention of a province-wide network which will support communication and the exchange of information between patients and all health care service providers.

Physicians and Patient Advocacy groups are seemingly interested in serving their own interests. There are many systems available and competition is fierce. Unless government follows through soon by endorsing a single system whereby a patient's health care team can communicate with the patient and each other, we shall continue down the present path of money wasting chaos.

Time is running out for the patients and taxpayers to take control of the mish-mash which currently exists and acquire a medical communications network that will serve all of us.

Unless there is concrete action to implement this service soon it will just drop off the agenda again because the costs never appear on a ministry budget line.

Fanny Monk, Retired Health Care Worker, Kamloops

CITY Fixings

When vehicles park on both sides of a street it often obstructs traffic flow and creates unnecessary hazards in neighbourhoods, especially newer subdivisions with slightly narrower streets. Perhaps vehicles should park on one side only like other cities.

Industrial Park workers complained of inconsistencies with some streets regularly cleared of snow and other streets totally neglected. Something to look at after the next big snow dump.

BRAVOS & Boos

Two scooters in distress:

▲ Bravo to Ben's Towing for quickly responded to a call to rescue a NOBIS member's scooter when the battery died on the ramp at Shuswap Park Mall on one of the heaviest snow dumps.

Not only did they deliver the scooter safely to Bastion Place, they picked it up and delivered it to a second location where it could be repaired. NOSBIS thanks the dispatchers and tow truck operators for their wonderful kindness and generosity!

▲ Bravo to a man in a white pick-up truck who stopped to a 3rd St and 5th Ave to assist a lady on a scooter having trouble getting up on the sidewalk.

WEB Sitings

► **hometownhockey.com** Website for the Rogers Hometown Hockey Tour that is coming to Salmon Arm.

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~Rest in Peace~
Diana Altschul

HOW I LEARNED TO LOVE THE BUS

It started as a question.

As a city councillor, there are recurring themes to conversations with community members. Chief among them (at least this time of year) is snow plowing, closely followed by garbage pick-up, then potholes. Also on that list is our transit system.

While I cannot plow, can hardly get my own garbage to the curb, and should never, ever, be trusted to fill a pothole, what I can do is ride the bus. So I did.

Then it became an experiment. The inaugural ride was great. Convenient, fast and inexpensive. But maybe that was beginner's luck or the novelty of being driven to work after having driven myself, my kids and my stuff around town for the last 20 years.

So rather than try for just a day, I tried for a week. Picked up a strip of bus tickets at Downtown Askews and made my way around town by bus instead of car over a number of days to really get a feel for the transit experience in Salmon Arm.

The findings were positive. It was still easy and convenient. The routes are designed such that you can get to important community amenities including the health clinic, hospital, high schools, college, city hall, local mall, recreation centres and downtown businesses.

Now it's a good habit. Since October, I have been the proud owner of a Shuswap Transit monthly bus pass available at City Hall for \$45.

This has allowed me to travel car free during weekdays. I'm learning a great deal about my community. Riding on the bus allows you to see your city differently than being behind the wheel

Notes from the Margin
Louise Wallace Richmond



of your own car. You see things you've never seen and meet people you've never met. Before I go any further, let's be clear. A bus pass is not a replacement for a personal vehicle.

It's a substitute and so adjustments must be made.

Those adjustments have had a positive impact on how I travel through our city as well as my day to day goings-on.

I have had to adjust how I manage my time. No rushing out the door to

are unneeded.

I've improved my fitness. Taking the bus is a form of active transportation because we aren't moved door to door. There's walking to and from the bus stop to take into account. And count it does. I'm walking approximately 25 kilometres a week. It doesn't feel like exercise. It just feels good. And walking through your city also means you see things you might never have seen and meet people you might never have met. Also, I sleep better. Walking is a wonder drug.

I've reduced my carbon footprint. I bring my take out coffee mug and reusable shopping bag with me. There's no room or time for carrying around extra baggage or the waste that comes with convenient consumption.

The truth is that convenience is our frenemy. Of course having a car is convenient. Being able to come and go as you please and grab whatever you need whenever you need it seems like a good thing. And for some, it's an absolute necessity. I don't dispute or condemn that. But convenience is not efficiency and increasingly it's not sustainable.

But I'm not here to preach. There's a bus to catch. And I look forward to greeting the polite and professional drivers under who's care many of us get around town. I'm grateful and appreciative.

So next time you ask me about transit, count on me to give you a bus schedule and ask you to try before we have that conversation.

See you on the bus. ■ Louise Wallace-Richmond owns Mediability and is a second term Salmon Arm Councillor, living in Canoe.



get to town on time and hope I don't have trouble finding a parking spot or needing to stop for gas. I plan my time to meet the bus schedule. It feels much less chaotic. And overall, I make much better use of my time. The bus schedule is reliable. You can set your watch by it.

I've had to adjust my budget. One fill up of my car is twice the price of a monthly bus pass. I need to fill my car at least once a week. That's an 88 per cent decrease in cost. What's more, because I can only carry so much on the bus, I've had to adjust my grocery budget. No car means no extras. One buys what is necessary and suddenly all those extras

BODY, BREATHING & BRAIN

Our bodies are knit and purpled so miraculously into an interdependent being that when the warmth of our whole unravels in one knitted row, it affects all.

Trips in that white bus with the siren are related to breathing, brain, blood, bone and, because I can't resist alliteration, heart beat.

On a particularly bad day, you could have conditions in all five. Ponder that you can't actually see any of them.

In this month's column I'll cover Breathing and Brain.

After age 55 the usual increase of medical care can be reduced with lifestyle modifications.

First, for breathing, it's those expensive white sticks—you pay twice. Alternately, if you do more breathing you'll probably get more breaths. Yes, exercise, a little cardio, fresh air, laughter.

Imagine the money you'll have without spending for prescriptions and smokes. Years ago, my uncle stashed cash in a jar equal to his weekly cigarette costs. He was embarrassed at speedy holiday fund.

BREATHING - I take it for granted, but if it's irregular, difficult or obstructive,

I'm left with insufficient oxygen for me to function. Chronic obstructive pulmonary disease (COPD) includes chronic bronchitis (inflamed airway lining) and emphysema (damaged air sacs).

These don't happen overnight: Chronic= ongoing, often from smoking. But pneumonia, heart failure (minor or cardiac arrest) and anxiety attacks all affect breathing.

I've had pneumonia filled lungs, twice, starved for air. Not pleasant. Should my heart stop, breathing becomes redundant without a pump to take oxygenated blood to the brain, which, being the control centre looking for renewable resources, starts shutting down.

Along with the nervous system it ends the meeting, and life is adjourned. The lack of oxygen, called cyanosis, a bluish colour of the skin, is particularly visible around the lips and fingers. Not Revlon.

Complications that interrupt correct breathing are types of Dyspnea. If I cannot complete a short sentence due to breathlessness, please call 911. With the exception of anxiety attacks,

dyspnea conditions are more common in seniors. **BRAIN** - In the last decade science has debunked the theory that the brain doesn't heal. However, so far we have no replacement parts, and I'd like mine intact.

Check out "Fall Prevention" online and prevent temporary or permanent conditions from trauma. Concussions need proper diagnosis—when in doubt, check it out—and up-to-date recovery protocol—not just "Three days of dark rooms."

Recovery potential is high, less so with multiple incidents. Read more on brain conditions here next month. Oddly, though "cognitive

stimulation" is well used now as a defense against the feared dementia, the brain needs rest and time for repairs and maintenance. I'm well aware of the allure of the screen, and I don't own a TV.

I've never healed from CNOS (Chronic Night Owl Syndrome) and I see from my living room window at night that I'm not alone, but I should be sleeping.

The quintet of Breathing, Brain, Blood, Bone and Heart Beat needs honouring. Meditation, short naps, forest bathing, and regular sleep of at least seven hours assists the control centre achieve effective teamwork. ■

Karen Bissenden owns 'In Your Home Companion Care' and can be reached at yourhomecompanioncare@gmail.com She'll be glad to meet with you.

Senior Living
Karen Bissenden



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A Moment's look at Past Month

■ A male suspect is fatally shot by police during an incident involving deployment of the Emergency Response Team to a Tappen residence. ■ Large crowds show up to all three presentations on the proposed village for 100 senior housing units off 11th St. SE. ■ Sydney Rose Margaret Campbell is born Jan. 3, becoming first baby of 2020 at Shuswap Hospital. ■ Silverback head coach Scott Atkinson is replaced by Interim head coach Tyler Shattock. ■ Heavy snows continue from New Year's Eve and right through the first half of January. ■ Consultation meetings are held across the school district to discuss Long Range Facility proposals, involving new grade configurations. ■ Family Literacy Week features a multitude of activities to encourage less screen time and more family fun. ■ The new Askews Tennis Centre gets thumbs up with introduction of tennis tournaments in the middle of winter. ■ An off-duty officer confronts a suspect during an armed robbery at Setters liquor store. An Enderby male is arrested later that night. ■ Local Mounties get their man in a typically Canadian way Christmas Eve when the suspect and stolen truck wind up stuck in the snow. The suspect threw items in the snow as he fled the scene, include a stolen automatic handgun. ■ The province is abuzz with news that Prince Harry, Meagan and little Archie plan to make their temporary home on Vancouver Island. ■ A night of music and friends bids farewell to the late 'Brother' John Fleming. ■



▲ Christine Adderson of Chase loses her special horse, Merlin, after a barn roof collapses.

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Now you're 64!"
HAPPY BIRTHDAY!
(Feb. 1st, 64 years ago)
* Paul McCartney, who's now 77

Health Trend of the Month
Jude Corfield

Top Food Predictions

Here are the top six food predictions for 2020, according to Whole Foods:

- **New flours**
Alternative flours have become more mainstream as more people try trendy diets that reject wheat flour like going gluten free or paleo, and as consumers try to "boost their bake" with more protein and fibre.
- **Refrigerated, 'single-serve' packaged goods**
Instead of having to prepare things like hard-boiled eggs, pickled vegetables, soups and mini dips at home, stores will be selling these refrigerated snacks in "single-serve packaging."
- **Plant-based products, not just from soy**
Instead of soy, companies will use grains, mung beans, hempseed, pumpkin, avocado, watermelon seed and golden chlorella, which is a type of algae.

- **Different butters and spreads**
Alternative spreads and nut butters beyond typical tahini, cashew, almond, peanut and chickpea will be popular in 2020 — like watermelon seed, or seasonally popular pumpkin butter.
- **Sugar & syrup substitutes**
Instead of syrups and sweeteners made from typical sugars, stevia, honey and maple syrup, in 2020, syrups made from monk fruit, pomegranates, coconut or dates may be common, along with syrups made from starches, like sorghum or sweet potato.

- **Plant-meat Products.**
Plant-meat products include protein burgers made from beef and pea protein, and sausages and meatballs that combine chicken with plants like chickpeas, black beans, and quinoa will be popular.

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

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WORKSHOP PREVIEW

Got Pain? Drop in at the SA library for a FREE 1-hour preview of UVIC's Pain Management workshop, Wed., Feb. 12, beginning at 1:30. Bring a friend! (6-week workshop begins Feb 21-March 27 at Uptown Askew's, Fridays at 10-12:30; register for this at www.selfmanagementbc.ca or call 1-866-902-3767)

The Shuswap Men's chorus is starting its new season with rehearsals 7 pm, Wednesdays in the music room of SAS Jackson. This past fall, we welcomed four new members who were a great addition to the choir. If you like to sing and can read music, please join us for the Spring session. ■

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Hidden GEMS

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

► “Some believe it is only great power that can hold evil in check, but I found it is the small everyday deeds of ordinary folk that keep the darkness at bay.”

~ Gandalf fictional character / Tolkien

► “No amount of evidence will ever persuade an idiot.”

~ Mark Twain

► “Don’t buy me everything you could have had growing up. Teach me everything you wish you would have known growing up.”

► “The forest was shrinking, but the trees kept voting for the axe was clever and convinced the trees that because his handle was wood he was one of them.” ~ Asian fable

□ Email your favourite quote to friam@shaw.ca

POP Quiz

► Name as many Boomer cartoon characters as you can from the silhouettes on the right.



Funny BONE

■ Creating a Password:

- cabbage
- Sorry the password must be more than 8 characters
- boiled cabbage
- Sorry the password must contain 1 numerical character
- 1 boiled cabbage
- Sorry the password cannot have blank spaces
- 50stinkingboiledcabbages'
- Sorry password must contain at least one uppercase character
- 50STINKINGboiledcabbages'
- Sorry password cannot use more than one uppercase character consecutively
- NowIamreallygettingpeedoff50StinkingBoiledCabbagesShovedWhereTheSunDontShineIfYouDontGiveMeAccessImmediately
- Sorry that password is already taken

■ More silly puns:

- Stealing someone's coffee is called mugging.
- I held the door open for a clown. It was a nice jester.
- No matter how much you push the envelope, it will still be stationary.
- Whoever invented 'knock-knock jokes' should get a no-bell prize.
- I put my Grandma on speed dial. I call that instagram
- At 4:20 on 4/20/2020 there'll be four 20's. It's a Pot-calypt!

Picture THIS



▲ Above: If the Beatles were from Canada - Abbey Road, snowed in.

► Right: Original computer

▼ Below: How times have changed! Nurs-Printes sell cigarettes at a hospital bedside back in the 1950s.



Indigenous Performers

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DJ Shub	R R A D S T A G A Q C
(Robbie) Robertson	R E G J H M A R I E A
Tanya Tagaq	A Z L B U F F Y N K L
Wil(liam) Prince	Y U U R B W A B T I L
Drezus	R S K A T R I B E N E
Rez Kids	O J A C K S O N R E D
Don Ross	B P R E Z I T O M W O
Kashtin	E R K I D S R O S S N
Wab Kinew	R I A S H A W A N D A
Scofield	T N S R E X O N T W L
Aglukark	S C H T I N L D H I D
Rex Smallboy	O E G S C O F I E L D
Wolf and the Raven	N P O R T E R A V E N
Murray Porter	
Tom Jackson	



WATCH AND CHANGED

A young man approached an old man sitting on a park bench. “Do you remember me?” the young man asks. The old man replies, “sorry, I am not sure that I do.”

Then the young man informs him that he was once a student of his back in the day. The long-retired teacher replies, “well, I’ll be. How are you doing now, son, and what do you do in life?”

The young man answers with a beaming smile, “well, I became a teacher.”

“Ah, that is wonderful... like me,” says the old man. “Well, yes.. as a matter of fact, I became a teacher because you inspired me to be like you.” The old man naturally is uplifted by this, and eager to learn more. He asks the young man at what time he decided to become a teacher.

Then the young man tells him this story: “One day, a friend of mine, showed up to your class with a nice new watch, and I decided I wanted it, so I stole it from him. I took it right out of his pocket and slipped it into mine.

“Shortly after, my friend noticed his watch missing and immediately complained to our teacher, who was you. You then informed the class that a student’s watch was stolen during class. You closed the door and told us to all fold our arms to our chests, stand up, and that he was then going to go, one-by-one, searching pockets until the watch was found.

“You also requested us to close our eyes, because you would only look if we all had our eyes closed and arms folded. “So we did, and you went from pocket to pocket, and when you went through my pocket, you found the watch and took it. You kept searching everyone’s pockets, and when you were done, you said, “open your eyes, we have the watch.” “You didn’t tell me, and you never mentioned the episode. You never said who stole the watch either. That day you saved my dignity forever. It was the most shameful day of my life. But that was also the day my dignity was saved not to become a thief or a bad person. You never scolded me, but I received the message clearly.

“Thanks to you, I understood what a real educator needs to do. Do you recall that incident?”

The old teacher answers: “Yes, I do remember that time - the stolen watch - but I do not remember you being the one, because I also had my eyes closed while looking.” ■



▲ This fisherman has put some skin in his favourite sport. He has a handy ruler tattooed to his leg so he can measure his catch as soon as they’re pulled out of the water.

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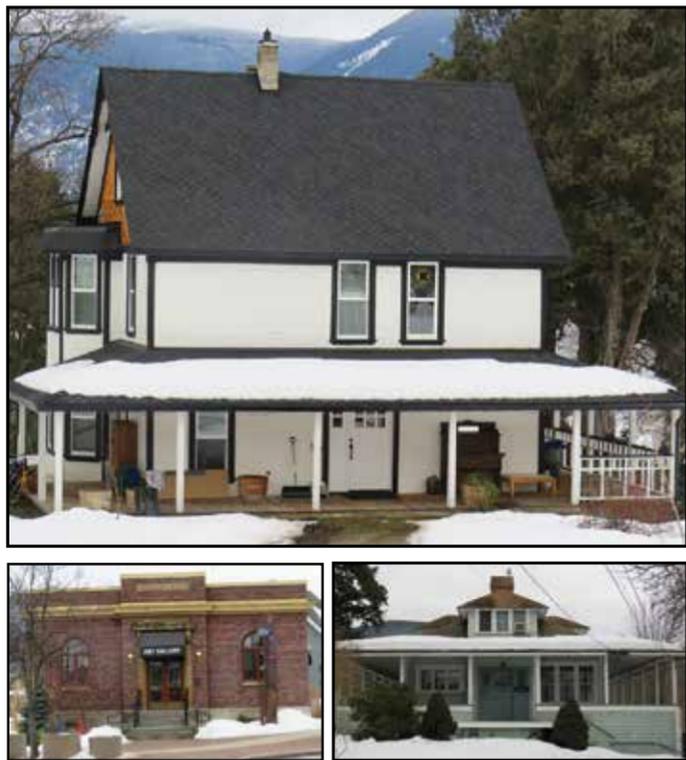
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▲ Owners/ operators of these buildings will receive Heritage Preservation awards at the Feb. 10 council meeting.

HERITAGE HONOURS

Three distinct buildings from Salmon Arm's past and individual who have ensured these buildings' futures, will be presented Heritage Preservation Awards.

The awards by the Heritage Commission will be formally presented at the Feb. 10 council meeting in advance of Heritage Week.

The three buildings are:

- **Art Gallery/Arts Centre**
This building in the heart of Downtown has served Salmon Arm with three integral uses - first as Post Office ('37-'74), then as Library ('74-'94), and finally, Art Gallery (to present)
- **Sinclair House (top photo)**
The 116-year-old Sinclair House recently underwent total restoration by its present owner, architect Bernd Hermanski. Located at Sinclair Park, linking 16th St NE to Lakeshore, the house was built by Donald Sinclair who sat on the first municipal council in 1905 and was one of Canada's finest breeders of Clydesdales. ■
- **Harris Street Bank Manager's House (above right)**
Originally built by the Bank of Commerce for its managers, this stylish house with wraparound bungalow, anchors a distinguished row of Harris Street heritage houses on the slope of Lyman Hill. It is now lovingly taken care of by the Hays family.

The brick structure is part of a triad of heritage buildings that also includes the old municipal hall (now Seniors drop-in) and old courthouse. Its most recent upgrades was a new front entrance staircase and rooftop solar panels.

design dilemmas

Linda Erlam

STOP GETTING READY TO START

I hear this a lot: "I really need to get rid of stuff."

"If I could just get organized, I'd be able to get my little business off the ground."

"I really need some extra space in the spare room, but I just don't have time to get all that stuff packed and moved downstairs."

"If I just buy that one thing (book, course, tool, piece of furniture...) it will be the answer to my problem."

We don't buy the mixer, we buy the aspiration that we will be a better baker. We buy the best sewing machine because we believe that owning it alone will make us a better sewer. We buy the book on how to declutter because it will mean we have started the process.

When we buy the second book three months down the line, it will be because the first book 'didn't work'.

I've done it myself. Probably more that I care to admit. I love taking courses, I love learning, and I have often used the fact that 'I'm in a course. When it's done, I'll be ready to start.' far too often.

I had this manifest itself this last while, and I am now -- more than ever -- aware of just how insidious this 'getting ready to start' syndrome is everywhere.

I started writing a course two years ago. Between last March and December I wrote one lesson.

Which meant that I had to admit that I was making quite a botch of the whole thing, and I had to either write or stop.

I came up with a lot of reasons why I wasn't ready to start finishing but the 'best' one was I decide to sell my house and move and that became the reason for not doing anything for 6 months!

One day I had a good talk with myself and realized that if I didn't stop getting ready to start, the course would never be written. I had to make finishing a priority, not an afterthought.

I had realized that it was important enough in my life, that I wanted to finish it badly enough, that I was willing to stop getting ready to start, and just do it.

If you want a de-cluttered room, do one corner at a time. If you want to be a better sewer, get a pattern and sew one garment. If you want to become meat-free, make a plant-based meal one day this week. I actually took my own advice.

And the course will be done by the end of next week. HA! ■

□ If you have design issues, or have a suggestion for a future column, email Linda to linda@designsewlutions.ca or visit: designsewlutions.ca. 250-833-1120



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ASIAN CLAM SHELLS SHOWING UP

Asian clam shells are no idle threat in fresh waters like Shuswap Lake and surrounding waters.

Sue Davies of the Columbia Shuswap Invasive Species Society is asking the public to be on the look out for the triangular shaped shells.

She said dead Asian clam shells have been located in Shuswap Lake and serious monitoring for live or established populations of this invasive species will continue through 2020.

These filter feeders can alter water chemistry and drinking water as a catalyst for algae



blooms; affect water treatment systems and pipes; and compete for food and space with native species.

It is believed these clams may have found their way to the Shuswap via accidental transport on watercraft, as fishing bait, or as live food. A single clam can produce about 70,000 eggs a year.

The public is asked to report any suspected invasive species via the Provincial "Report Invasives BC" smart-phone application (available for download from www.gov.bc.ca/invasive-species).

and any suspected invasive zebra or quagga mussels to the Report All Poachers and Polluters hotline 1-877-952-7277. ■

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... now remember, it's just your SHADOW. There's nothing to be afraid of!

Yeah! There's no reason to go back to bed!

THAT DOES IT! I'm calling the S.P.C.A. on the both of you!

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