

FRIDAY
 March 20
 2020
 #1151
 FREE
 Regular weekly for April 3

AM

Salmon Arm Weekend

'Community life' - ON HOLD!

Many usual spots for *Fri. AM* won't be open today. You can find large stacks at grocery and drug stores, the newsstand on Hudson, and many more places. Also go to FriAM.ca or email friam@shaw.ca if you can't find a copy.

SWING into SPRING!
Scavenger Hunt
MARCH 16-27
 Reduced operating hours:
 Mon-Thurs & Sat. 11-5:30; Fri 11-7; Sun 11-4
 Regular hours at anchor stores.
The Mall at Piccadilly
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 1701-10th ave SW (beside Buckerfields)

Molehills

Lorne REIMER



Virus versus World

I walked into the Shaw Centre eight days ago around the time ringette players arriving from all over B.C. learned their championship tourney was cancelled. That was only the beginning of a week like no other. It got much worse. It seemed like every event involving 25 or more was cancelled or postponed. Restaurants shifted to take-out or drive-thru only - some closing all together; other businesses shut down to the end of the month or indefinitely; grocery store shelves emptied; senior homes announced lockdown; churches closed; schools suspended indefinitely; and some stores even stopped accepting paper money. People were laid off or told to say home, and returning *Snowbirds* and other travellers were asked to spend two weeks home "self-isolating". It felt like the middle of a Stephen King novel. The Novel *Coronavirus*. The reason for such strong measures is summarized in the box of numbers on the right. You can see in the trajectory of China and Italy that were hit long before Canada. In both nations, the numbers would have been much worse - in terms of deaths and pressures on the system - if strong measures were not deployed. Take care out there. This too shall pass. For daily numbers of global spread: www.worldometers.info/coronavirus



▲ Members of the public gallery sit six feet apart at Wednesday's special council meeting where council voted to close city facilities to the public indefinitely.

Days, weeks & months ahead

Reported cases:

ITALY
Feb. 25: 229
Mar. 3: 2,000
Mar. 15: 21,000
Mar. 18: 35,713
CANADA
Mar. 15: 252
Mar. 18: 727
CHINA
80,928 cases
3,245 deaths
2,274 critical
70,420 recovered
<i>NO new cases*</i>
<i>Mar. 18 in China!</i>
<i>* good news!</i>

Salmon Arm Council voted to close its buildings to the public in an efforts to counter the spread of the deadly Coronavirus. The special meeting Wednesday closed down public access to the Shaw Centre, Recreation Centre, City Hall, plus other city-owned buildings and facilities that the city leases to community groups such as the art gallery and seniors centre. City staff are to continue working and communicating with the public via telephone and email. The move follows unprecedented actions by the provincial and federal governments, including closing schools and closing the border to all non-essential travel. ■



▲ The Easter Bunny is doing some early visits after such a confusing week for kids. Pictured are Loren & Lily Bernardin. The bunny can be reached through the 'Helping one another Shuswap' Facebook page.

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Watch for updates on school closure at sd83.bc.ca
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 Phone line on Coronavirus at 1-888-COVID19

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On the Town 'Hoppy' hour

It was so disheartening compiling this week's events page - just a long, sad list of cancellations of fine community events.

We will get through this, but who knows when?

In the meantime, the best advice appears to be to temporarily reduce our worlds to home sweet home.

Keeping up with bills and isolation are the challenges; finding enjoyment in home life may be the opportunity.

Here's one idea for starters - call it 'hoppy hour' from 4 to 5. Go outside and meet up neighbours for a walk! ■

No DANCE

■ **Jammers Dance**, Mar. 22. CANCELLED

■ **Old Time Dance**, April 3. CANCELLED

■ **Gleneden Dance**, April 4. CANCELLED

NO MOVIES

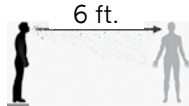


• **Salmar Theatre** - CLOSED UNTIL FURTHER NOTICE, including regular movies, Shuswap Film Society, Children's Film Festival, and Cult Classics series.

SOCIAL Distancing

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and cancelling events. It is what it is.

AVOID	CAUTION	SAFE TO DO
Group gatherings	Dining out	Walking / Cycling
Sleepovers	(many are now take-out only)	Spring yard work
Playdates		Clean out a closet
Concerts	Grocery shopping	Game nights
Theatre Outings	Pick up medication	Pursue a hobby
Athletic events	Team sports in park	Read a good book
Crowded Retail	Church services (many now closed)	Music & talking
Stores, Malls	Travelling	Cook a new recipe
Gym workouts		Go for a drive
Visitors		Video chat
Non-essential working		TV/Netflix, etc.
Mass Transit		Check on friend or elderly neighbour



Festivities *Sorry folks, it is what it is..*

- **Return to School after Spring break suspended until further notice due to threat of COVID-19.**
- **Rotary Casino Royale** - CANCELLED
- **Library** - CLOSED • **All City facilities** CLOSED (but staff still working and communicating online)
- **Senior Centres** - CLOSED • **Casino** CLOSED
- **Shuswap Youth Launch Leadership Day**, April 16.
- **Churches** - (many now CLOSED)

Art

- **Art Gallery** CLOSED AS OF END OF FRIDAY
- **Photo Arts Club presentation**, Mar. 23- CANCELLED
- (Some small groups still meeting, but could change)

Concerts

- **Enderby coffeehouse**, Mar. 20 - CANCELLED.
- **Slocan Ramblers**, March 25 - CANCELLED
- **Claire Devlin Quartet**, March 26 - CANCELLED as are Jazz club and Jazz nights at Lakeside until further notice.
- **SA Community Band**, 7:30, April 4 - CANCELLED
- **Shuswap Men's Chorus** April 15 - CANCELLED
- **Carlin Hall concert series** - CANCELLED.
- **June & Johnny Cash tribute, SA Legion** - POSTPONED TO JULY 3
- **Aura Chamber Choir**, 7:30, Apr. 3, 4 - CANCELLED
- **Shuswap Singers & Shuswap String Orchestra**, April 19 - CANCELLED
- **Kamloops Symphony**, May 3 (??), Nexus at First

Theatre

- **Mystery dinner theatre**, Mar. 20, 21, CANCELLED

Sports • Sport Spot & You're Invited / 5, 6

- **BCHL 2019-20 season is suspended**

Weekend & Beyond



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*GIC rates as of Mar. 17 subject to change without notice. Certain minimums & conditions may apply.



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CPA, CA, CFP
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FRIDAY AM

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Wed noon for weekly
Mon noon for All Month

Circulation
Weekly Fri AM (3200)
All Month Issue (5000)
FriAM.ca (worldwide)
(Site by Perimeter Design)

APRIL. AM - Apr. 3
Bringing the community together since 1997

Don't waste the winter! Injury from skiing, snowboarding, curling, snowshoeing etc? ...sprains, strains, bruises, arthritic flareup?




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Spring fundraiser FASHION SHOW postponed until further notice

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NEIGHBOURS

Finding a new way

Noah Neuman's life was put hold a few months after graduating from high school last year. The 18-year-old began losing his sight due to a irreversible disease of the optic nerve.

Instead of pursuing plans for a career in autobody work, he has faced a long list of out-of-town medical trips . Noah and his family are now planning a move from Salmon Arm to Vernon for better access to specialists, and to enable Noah to re-train in a suitable alternative career.

The family may also need to make some modifications once they relocate. Their neighbour in Hillcrest, Joan Sturdy, recently set up a Gofundme page for Noah to help with his appointments, retraining and the big move to Vernon.

Search: "Help Noah find his way" on the GoFundMe site. ■



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Post on COVID-19

Canada Post is introducing new safety measures to help contain the spread of COVID-19. To help minimize points of close contact, signatures will no longer be required for deliveries to the door. This will eliminate the need for scanners and stylus pens being passed back and forth during the delivery process.

Agents will instead a leave items in the mailbox or outside the door if it is safe to do so. Where it is not possible to safe drop, the agent will leave a notice card indicating where to pick up items by showing proof of identity. ■

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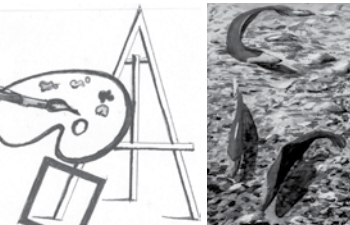


Larch Hills getaway

Larch Hills ski facilities and the chalet are in full operation at this time, but users are requested to keep a moderate distance from other individuals, wash hands well, and not enter the chalet if showing signs of fever, cough or any other sickness. ■

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FOR THE RECORD

Weather

Weekend Outlook

Sunny Friday and Saturday' High +10. Possible flurries on Sunday.

Past Temps, March 11 to 17 by Nick Parsons, SW Gleneden Elevation 458 m (119 m over lake)

Date	High	Low	Prec.
Mar. 11	+6	-4	1/2" sn
Mar. 12	+6	-5	0
Mar. 13	+2	-3	0
Mar. 14	-1	-8	0
Mar. 15	-1	-12	0
Mar. 16	0	-10	0
Mar. 17	+4	-7	0

Sun rises 7:03 • Sun sets 7:06
Normal this week: +9 to -2
Record since 1991 - Mar. 18 +14.6 - 2004 • -14.2 - 2002

Passages

- ❖ Roy George Langford
February 26, 2020, at age 62
2 pm, Mar. 26, Bowers
- ❖ Heidi Turner-Martin
March 10, 2020, at age 46
1 pm, Mar. 20, Bowers
- ❖ Vincent 'Vinny' Larson
March 5, 2020, at age 56
Bowers Funeral Service
bowersfuneralservice.com
- ❖ Shirley Eileen Hall
March 17, 2020, at age 88
- ❖ Lorraine Mary MacDonald
March 17, 2020, at age 93
- ❖ Eric Todd Peterson
March 16, 2020, at age 52
- ❖ Larry Allen Segboer
March 8, 2020, at age 60
- ❖ Heinrich 'Henry' Wanner
January 14, 2020, at age 96
2 pm, April 4, Solsqua Cem.
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LEGACY LIVES ON
■ shuswaphospitalfoundation.org
■ shuswapfoundation.ca

You're Invited

- **Silver Creek Craft & Trade Show**, March 29. CANCELLED.
- **Volunteer Income Tax Program**, Seniors Resource Centre, starting Mar. 2 (9:30-2:30, Mon-Fri). Free for low-income clients (under \$35,000 for single people; under \$45,000 for couples) with uncomplicated returns. No appt nec. Info 250-832-7000.
- **Shuswap Storytellers**, 7-9 pm, April 7, Uptown Askews. CANCELLED
- **Do you think you can Spell? Team Spelling Bee**, 7-8:45 am, May 6, Prestige Inn. Fundraiser for literacy programs in the Shuswap.
- **Spring outdoor soccer registration** is now open. Go online at shuswapsoccer.com
- **Spring Fun Guide** is now in print and is posted on the web at: salmonarmrecreation.ca

You're Invited

- **Spring into Gardening**, April 4, 5th Ave. Seniors Activity Centre. POSTPONED
- **Salmon Arm Curling Centre** is CLOSED FOR THE SEASON effective immediately.
- **Pancake Breakfast & Bingo** at Canoe Srs Hall. CANCELLED
- **Salmon Arm Council**, 2:30, Mar. 23. CLOSED to public
- **Shuswap Lake Health-Care Auxiliary Sale & Silent Auction**, Mar. 27, 28, Centenoka Mall. CANCELLED
- **Meditation Centre**. All classes CANCELLED until further notice.
- **Historical Society AGM**, April 5. Possibly cancelled
- **Seniors Drop-in**, 31 Hudson - TEMPORILY CLOSED
- **Grandmothers to Grandmothers** sale, April 3, Piccadilly CANCELLED
- **Library branches** closed indefinitely & programs POSTPONED.
- **Enderby Legion Hall** will be CLOSED for the next two weeks.
- **Big Ideas Contest**, hosted by SASCU & Shuswap Makerspace. Categories 12-15, 16-18, 19-30. This year's theme is Earth Day. Post video to Facebook page. Learn more at SASCU.com/BigIdeasContest. Submission deadline April 9.
- □ □
- *The following items are not confirmed for possible cancellations:*
- **MS Support**, 2nd Thursdays at Chester's. 250-515-2075.
- **Toastmasters**, 7 pm, Thursdays, Uptown Askew's meeting room.
- **Spring Market**, Mar. 27, Notch Hill Hall.
- **Shuswap Writers' Group**, 11-1, 1st/3rd Wed. Piccadilly boardroom.
- **Copper Is. Health & Wellness**, BB Marketplace, 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.
- **Children classes**- Developing character & virtues in our children. All welcome. Gail 250-515-3348 for info.
- **Launch-a-Preneur** start-up weekend, March 28 and 29. Participants in this competition must have a plan to operate their business proposal within the Shuswap, and possess basic computer skills.
- **Search your Roots** at the Family History Centre at Church of Jesus Christ of Latter-day Saints, 10 to noon and 6:30-8:30 pm Wednesdays 10am to noon to 3, Thursdays. Kathie 250-253-4475.
- **Events page / 2** ■ **Sport Spot / 6**
- **Please update at friam@shaw.ca**

CHURCHES

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Logbug: Faith Canuesen of 'Cheeky Sparrow Macrame' hauls a load of willow logs in her VW Bug.

EAR to the Ground

Relocation of the set-off track infrastructure is now complete on the track east of Marine Park Drive. The next phase of the Ross Street underpass project is about to begin. The Tender Package going out will be distributed to six contractors already selected through a parallel pre-qualification process. ■



▲ "Muchas Gracias" to the Shuswap Pie Company for another fundraiser in support of the Safe Motherhood Project! Thanks for your generosity and that of Voet's for matching funds! It is so appreciated!

Consequence of hoarding

The current hysteria to buy massive quantities of toilet paper, medical supplies, and other health-related necessities is going to cause problems for vulnerable members of our community whose health may be already at risk.

The people most at risk during a pandemic are the elderly, families with infants, and folks with chronic health issues. These are the same people who most need toilet paper and medical supplies; who often cannot afford to buy such things in great quantities; and who should not be forced to go from store to store in desperate search. Yet if store shelves are empty due to hysterical hoarding, this is exactly what will happen.

The rush to overstock was sparked by a situation in Australia where an alleged shortage of toilet paper resulted in fighting and chaos. Some countries rely on imported goods from Asian factories; the shortage of staff in some factories due to the Covid virus has affected the production and availability of some goods.

Our toilet paper, however, is made right here in BC. But if a store sells out of an item, there is a delay between the production and when it hits the store shelves. During this interval, those who legitimately need it will have to do without.

Not everyone can afford to stock up in case of shortage or quarantine. People on fixed incomes, including elderly and folks on disability or welfare, may only be able to buy a week or month's supply. People who live alone, do not drive, or have mobility challenges may not be able to do large shopping trips.

But when store shelves are empty, who is going to suffer - the households that could afford to buy items online if needed in the case of shortage or quarantine, or folks who are elderly, chronically ill, have disabilities, or otherwise might not have such financial freedom or access to alternate retail resources?

Shoppers need to consider others and think of the more vulnerable members of our community. Do you really need that fourth or fifth pack of bulk toilet paper, or that third bottle of painkillers, or yet another bottle of disinfectant soap "just in case"? Or are there those that need it more than you do?

If you have the privilege of having the ability and financial resources to buy necessities in bulk, do so - within reason - instead of hoarding. Leave some on the shelves.

Susan Cormier, Langley (SAS Class of 1993)

Letter



Claire Schnell

CITY Fixings



► The site of the homeless camp off Highway 1 is cleared. Now how do we meaningfully address the issue? Perhaps study the example of Medicine Hat in ending homelessness.

Bravos & BOOS

▲ Bravo to SAS Jackson students who came to assistance of a senior who's mobility scooter got stuck in the mud off the McGuire Lake trail.
▲ Bravo to Askew's for setting limits on purchase of certain items.

WEB Sitings

► <https://www.worldometers.info/coronavirus/>
Daily count of coronavirus cases around the world, plus other measures.

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Our shop will remain running, however, our doors will be **CLOSED** to walk-in customers, as we are attempting to follow isolation protocols for the Safety of us and others.

Print orders can still be made as usual via phone or email. Arrangements can be made for payment and pick-up of jobs.

Thank you and remember: **Don't panic.** Stay calm and keep yourselves safe.

We will all get through this together.

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► Our Brokers from left to right are: Corine Hild, Richard Smith, Ester Arrowsmith, Chris Heidt and Tom Arrowsmith.



Hidden GEMS

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

► "When I was a boy and I would see scary things in the news, my mother would say to me, 'look for the helpers. You will always find people who are helping.'"

~ *Mister Rogers*

► "There are only two days in the year that nothing can be done. One is called yesterday and the other is tomorrow, so today is the right day to love, believe, do, and mostly live." ~ *Dalai Lama*

► *Advice from the Sea:*

Let your cares drift away;
Sea life's beauty;
Adapt to changing tides;
Avoid pier pressure.
Be *Shore* of yourself.
Come out of your Shell
Surf life's rough waves and make waves.



POP Quiz

► Which Juno award winners performed at previous Roots & Blues? (see Word Search) and Bahamas (see Word Search) Pharis & Jason, Colin James,

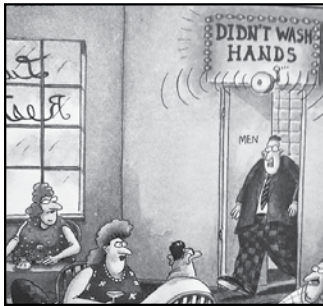
Funny BONE

Trying to find a lighter side:

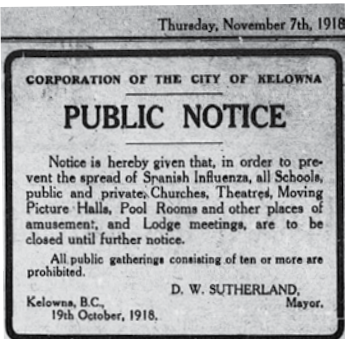
► "Your grandparents were called to war. You're being called to sit on your couch. You can do this."

► "Our cleaning lady just called and told us

she will be working from home and will send us instructions on what to do."



Picture THIS



▲ What we are going through now is not unprecedented. The above public notice is from a Kelowna newspaper over a century ago.

JUNO AWARD WINNERS

In my Blood A A J A S O N E Y W L
Shawn Mendes W V U P H A R I S A I
Washboard Union G R N B A H A M A S N
Bren(t) Kissel R I O I N M Y I K H T
Bahamas, Dizzy R I O I N M Y I K H T
Arkells, Avril D L S O W E S L I B U
Bulow, Biali, Botos I A P C O N O N S O W
Milne, Grdina, Wesli N B L O O D N E S A A
Splash'n' Boots A O A L D E G A E R K
Lanez, Woods R O S I S Z B R L D O
Lintuwakonawa K T N N D V U N I O N
Pharis & Jason E S T B I A L I N E A
Colin James L A O R Z B O T O S W
Sask(a)toon L S O E Z O W H E O A
S K N N Y T L A N E Z



() Bracketed - not in Word Search

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Preparing for Spring

■ Jim McConnell and Juanita Austin look ahead through the past week of chaos by preparing their yard for the upcoming growing season. Jim prunes their bountiful apple tree while Juanita is on the ground raking the lawn.



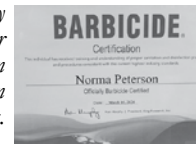
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