

► Please tell your friends that you can read the last three editions online at **FriAM.ca**. We may try limited print distribution for the May 1st edition. Stay tuned.

**Main Mall closed to the public until further notice**  
**EXCEPTIONS:**

- Inview Optical by appt.
- Shuswap Health Foods
- Save on Foods
- Canadian Tire
- Shoppers Drug
- Reduced hours




**Sit and Sleep Gallery**

We will be temporarily closed during his time of COVID-19. We will remain open online and will continue to serve you to the best of our abilities remotely, through email [sandip@sitandsleepgallery.com](mailto:sandip@sitandsleepgallery.com) or over the phone at 778-489-5525

## Molehills

Lorne REIMER



**Thanks to universal system**

The numbers in the box below are heartbreaking when you consider the real human beings that these numbers represent.

Especially striking is the comparison between Canada and the US, the only developed nation without universal health care. A healthy mixed economy appreciates what government does best and what is best left to the private sector. There are consequences when one takes a wrecking ball to government institutions in good times, so that it is not there for us in times like these. The figures below illustrate this:

<b>Reported cases</b>	<b>CANADA</b>
	28,893 cases
	1,048 deaths
	9,271 recovered
	<b>BC</b>
	1,561 cases
	75 deaths
	955 recovered
	146 cases IHR
	<b>USA</b>
	651,165 cases
	33,332 deaths
	49,100 recovered
	<b>WORLD</b>
	2,115,956 cases
	141,820 deaths
	527,475 recovered

*worldometers.info/coronavirus*

■ **Single-payer vs. Market-driven care:**  
**Per capita cost:** Can. \$4,569; US \$9,086  
**Life expectancy:** Can. - 81.4; US - 78.8

Facebook photos





► A mostly sunny Easter weekend included delightful appearances by the Easter bunny; uplifting “kindness rocks” popping up everywhere; and ample space to relax on the wide sands of Canoe Beach.



Read Friday AM Page-by-Page from the website, **FriAM.ca** .. And remember, it is **PRINTABLE!**



### inside pages

■ **New shopping centre / P.3 • Drive-in movies soon / P.2 • Nutters / P.7 • Show us your Cooking Skills / P.3 • Wrap up on DIY masks / P.8 • Morrises' in Exile #2 / P.9 • Late Spring garden start-up / P.10 • Good time for FireSmart / P.12 • Shelter-in-Place reflections / P.14**

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## On the Town

### Missing movies

The movie industry is scrambling to adjust to theatre closures.

Check out this week's word search for movies that have delayed release or suspended production. Also go to <https://www.thewrap.com/movies-suspended-delayed-coronavirus>

As shown on right, Starlight Drive-in is planning to open in May with a long list of social distancing provisos in place. Perhaps the Salmar could set up an outdoor screen on its parking lot or the Ross lot for a car event.

There are also more titles going to early home release.

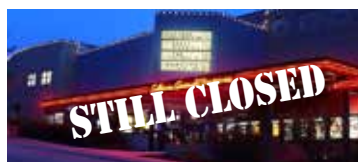
### No DANCING

All dance events are cancelled until further notice\*

\* except at home, of course!



## On the MOVIES



Joan Chadwick captures Roots & Blues sign, superimposed by snow-covered Mt. Ida. We will know soon the impact of crisis on the Fest.

While Salmar remains closed, Starlight Drive-in is planning to open sometime in May. Conditions include: Online tickets; simplified pricing; 14' between vehicles; concession and restrooms under strict social distancing, shortened pre-show and no picnic tables on field.

Joan Chadwick photo

## Festivities *EARTH DAY, April 22*

- School suspended until further notice.
  - 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 on Easter Sunday - CLOSED, See on left.
  - Music Festival & Writers Festival, both CANCELLED
  - 50th anniversary Earth Day, April 22.
- There's no way they're going to cancel this event!
- Roots & Blues is still on. [rootsandblues.ca](http://rootsandblues.ca) for details.
  - Downtown Farmers market, opens May 16.

## Art • Art Galleries CLOSED

## Concerts

- COFFEE HOUSE CIRCUIT - ALL CANCELLED.
- Jazz club concerts and Jazz nights at Lakeside CANCELLED until further notice.
- Community Band, Men's Chorus, Shuswap Singers & Shuswap String concerts - CANCELLED
- June & Johnny Cash tribute, SA Legion - POSTPONED TO JULY 3
- Kamloops Symphony, Nexus at First. 'ON HOLD'
- Soclan Ramblers - POSTPONED TO FALL

## Theatre

- Gravitational Pull of Bernice Trimble. POSTPONED
- Theatre on the Edge - NOW CANCELLED

## Sports

- Sport Spot & You're Invited / 5, 6
- BCHL 2019-20 season is suspended
- Soccer, baseball season - POSTPONED
- 20th Salty Dog Enduro - CANCELLED

Weekend & Beyond

Dear fellow flower lovers:  
At this time we are closed to ensure the health of our staff and our recipients. We will be reassessing daily and will re-open in the safest way possible as soon as possible. Thank you for your support, patience, and working with us to share flowers, not the flu. Stay safe!

11-2nd st. SE • [wildwoodflower.ca](http://wildwoodflower.ca) • 778.489.5600

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**Arm Media**  
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471 5th St SW  
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Mon noon for All Month  
Circulation  
Weekly Fri AM (3200)  
All Month Issue (5000)  
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5 years	2.25%	Down 0.10%

\*GIC rates as of April 14 subject to change without notice. Certain minimums & conditions may apply.

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

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**NEIGHBOURS**



**BUSINESS CHUGS ALONG**

Local businesses are temporarily closed or trying to cope under the strict social distancing and essential service guidelines.

In the meantime, there are many activities going on behind the scenes, preparing for the day when life returns to normal.

At Tuesday's council meeting, the application for Ashley's Furniture came up, as well as two additional large retail lots off 10th St. SW, north of Piccadilly.

There was also a proposal by Hanoi36 for sidewalk tables. Hilltop Inn is planning a new dining spot, and the new Fairfield Inn is nearing completion.



▲ A security guard controls the number of customers inside the downtown SASCU. Uptown SASCU is temporarily closed.



**SASCU AGM Online in 2020!**

**DUE TO COVID-19 WE ARE UNABLE TO HOLD THE EVENT IN-PERSON.**

**JOIN US ONLINE**

Tuesday, May 5, 2020

Presentations start at 11:30 a.m. followed by Q&A.

Go to [sascu.com/AGM](https://sascu.com/AGM) for the link and instructions to login and attend your AGM.

[sascu.com/AGM](https://sascu.com/AGM)

SASCU's Uptown Branch is closed to the public. The Downtown branch will continue per controlled entry 10 to 4, Monday to Saturday. For updates on SASCU's response to the COVID-19 pandemic, visit [sascu.com/Covid-19](https://sascu.com/Covid-19).

*Show us* **YOUR COOKING SKILLS FOR A CHANCE TO WIN A \$100 GIFT CARD!**



**INSTRUCTIONS**

1. Pick up a weekly recipe in store or find it on Facebook \*
2. Document as you buy the ingredients & cook the dish!
3. Choose your best 5 pics and/or a video (no more than 2 minutes long) to share on Facebook, Instagram or Pinterest
4. Tag us @AskewsFoods and add these hashtags: #askewshomechef #shuswap #askewfoods #salmonarm #sicamous #armstrong
5. Enter by Thursday each week for a chance to win on Saturday!

**CRITERIA**

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

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

**CONTEST STARTS APRIL 19<sup>TH</sup> 2020!**



Marketpage

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FOR SALE MISCELLANEOUS

Canadian Mental Health Association Hudson Thrift Shoppe We support our community in prevention of COVID-19 and are temporarily closed. Donation bin is also closed. 433 Hudson Ave Hours: 10 - 4:30 • Mon. -Sat Closed Mon/Tues

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LAKESIDE HEALTH Dr. Clayton Bostock ND Dr. Bostock is now offering telemedicine/video appointments during this time. He has a general family practice and treats all ages and issues, including women's health, bioidentical hormones, autoimmune disease, weight loss, sleep disorders, allergies and anti-aging medicine. 250-833-5899 www.lakeside-health.com 140 Harbourfront Drive NE

Shuswap Yoga with Donna Rao Certified Iyengar teacher and co-owner www.shuswapyoga.com yogadonnarao@gmail.com Teaching Salmon Arm yoga for 14 years! 250.838.9884 SASCU uptown 2nd floor

It's National Volunteer Week April 19 to 25. Each year Canada honours those who volunteer in their communities to make things happen. I would like to thank all the volunteers who have helped the Seniors Drop-in on Hudson provide activities, programs and space for renters. We are temporarily closed due to the Covid-19 virus, but once all is clear we hope to start up again so we can do the much needed socializing activities once again. The Theme for this year is: "It's time to applaud this country's volunteers." ~ Olena Bramble, president of Shuswap Lake Senior Citizens Society & Mount Ida Painter Guild



**FOR THE RECORD**

**Weather**

**Weekend Outlook**

Sunny days ahead. 21 by Monday, but first a cloudy Friday.

**Past Temps, April 8 to 14** by Nick Parsons, SW Gleneden Elevation 458 m (119 m over lake)

Date	High	Low	Prec.
April 8	+14	-3	0
April 9	+16	-1	0
April 10	+18	+3	0
April 11	+10	+5	0
April 12	+10	-3	0
April 13	+13	-2	0
April 14	+11	+6	Trace

Sun rises 6:02 • Sun sets 7:52

Normal this week: +15 to +2  
Record since 1991 - April 15  
+21.6 - 2010 • -2.7 - 1999  
Lake level: 20 inches lower than it was this time last year.

**Passages**

- ❖ Robert Georgeson  
March 31, 2020, at age 72  
*Bowers Funeral Service  
bowersfuneralservice.com*
- ❖ Gertude 'Gert' Scramstad  
April 9, 2020, at age 84
- ❖ Sherrie Edith Favell  
March 27, 2020, at age 57  
*Celebration of Life postponed*
- ❖ Cornelia Johanna Ost  
April 8, 2020, at age 91
- ❖ Robert Stewart  
April 8, 2020, at age 85  
*Fischer's Funeral Services  
fischerfuneralservices.com*
- ❖ Michael Thomas Nelson  
March 23, 2020, at age 85

**LEGACY LIVES ON**

- shuswaphospitalfoundation.org
- shuswapfoundation.ca

**You're Invited**

- **Spirit Speaks.** 4-week Meditation Series. Give Inner wisdom a voice and heal mind, body and spirit. Live Streaming from Namaste Yoga & Wellness Centre. By donation. Register by calling/texting 250-832-3647 or innerpeaceyogi@gmail.com
  - **Salmon Arm Curling Centre** is CLOSED FOR THE SEASON
  - **Salmon Arm Spring Home Show,** April 25. ON PAUSE
  - **HIT-2-FIT Charity Boxing event,** May 2, SA Recreation Centre. To be confirmed
  - **Historical Society AGM,** April 5. CANCELLED
  - **Do you think you can Spell? Team Spelling Bee,** 7-8:45 am, May 6, Prestige. POSTPONED.
  - **Seniors Drop-in,** 31 Hudson - TEMPORILY CLOSED
  - **Grandmothers to Grandmothers** sale, CANCELLED
  - **Library branches** closed indefinitely and programs POSTPONED.
  - **Enderby Legion** CLOSED.
  - **MS Support,** 2nd Thursdays at Chester's. CANCELLED.
  - **Shuswap Writers' Group,** CANCELLED
  - **SA Meditation Centre** - Livestreamed Meditation classes avail. in your Home! Go to: kmcfv.ca under Livestream.
  - **TOPICS: Happiness from Within/ Ancient Wisdom/ Simply Meditate.**
  - **Volunteer Income Tax Program,** Seniors Resource Centre, CLOSED.
  - **Shuswap Storytellers,** 7-9 pm, April 7, Uptown Askews. CANCELLED
  - **Spring Fun Guide** is now out.
- ☐ Email updates to friam@shaw.ca

The Shuswap Association of Writers has announced winners of the 2020 Askew's Word on the Lake Writing Contest!

- Fiction (judge David A. Poulsen) • 1st - *Li'l Old* by Debbie Pakka • 2nd - *A Symphony of Sparrows* by Sharon McInnes • Hon. Mention - *The Dinner* by Océane Picard
- Non-fiction (judge Faye Arcand) • 1st - *Kenny Baron Specials* by Marilyn Kriete • 2nd - *Mrs. M. Cox's Meat Roll* by Nancy Davies • Hon. Mention - *In Search of the Red-Winged Blackbird* by Sally Quon
- Poetry (judge Linda Rogers) • 1st - *Dust* by Pamela Medland • 2nd - *Me and the Pigeon in Tuscany* by Wendy Weseen • Hon. Mention - *Ponderings* by S. Maggie Ricciardi

With cancellation of this year's Writers' Festival due to the Covid crisis, winners will be honored, alongside winners at the 2021 festival. An expanded Anthology 2020 is still on track, and will be available in ebook form on May 8. Print copies will be available shortly after. Next year's writing contest will open for submissions Jan. 1. Drop a line to contest.saow@gmail.com to be added to the contact list. ■

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Name \_\_\_\_\_ Phone \_\_\_\_\_

Number weeks \_\_\_\_\_ Enclosed \_\_\_\_\_

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Covid-19 has had an adverse impact on countless industries and the live music festival sector is no exception. Over 50 independent music festival producers in BC came together on April 1 via video conference to address the challenges the industry is facing in light of the global pandemic.

As a result, the British Columbia Music Festival Collective has been formed.

"I am thrilled that a united voice has been created and we look forward to acting as a vehicle for communicating with music industry individuals and organizations, the provincial government, and granting agencies," said spokesperson Deb Beaton-Smith. ■

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**WHAT DO YOU BELIEVE?**

I am involved in a personal writing project that tests my resistance to procrastination. It is so easy to go get another cup of coffee instead of putting my butt in the chair at my computer. This project has also forced me to face my own reality and to ask myself "what do I believe in"?



In the movie *Bull Durham*, baseball groupie Annie Savoy (Susan Sarandon) angrily asks Crash Davis (Kevin Costner) what he believes in. His reply was an eye opener. He listed a number of things that seem unimportant and irrelevant, but the things we believe in define our character, in essence, who we are.

At the risk of revealing too much of myself I offer some of the things that I believe in.

I believe in the God that rests in our soul and gives us Hell when we mis-behave. I believe that all women are beautiful, the sounds of children are like music and that old people are grossly under-rated.

**That's what makes us individuals**

I believe that politicians enter politics for the right reason. I believe that some people are truly un-employable. I believe that people who are gay, lesbian or whatever deserve respect for who they are and not what they are.

I believe that most ailments can be cured with sunshine and water, that my parents loved me and my family still does. I believe in our aboriginal people, they are the real survivors. I believe that all miracles are the result of co-incidence. I believe in myself and I believe that the world will be a better place after Covid-19. I believe in my friends and I also believe that anyone who disagrees with me probably has a point.

Each of us believe in different things and is that not what makes us individuals? I believe in a whole lot more than I have listed above but some of these beliefs must remain private.

There is no point in provoking unnecessary argument. Some folks feel very strongly about their beliefs and are more than willing to defend them.

The beliefs that I have expressed here are the ones that I am most likely to keep. Expressing our thoughts and beliefs results in reflection. Hopefully, this causes us to think. Clear and careful thought is what we need in the midst of the pandemic we now find ourselves mired in. In the years ahead we will look back on this piece of history and declare that "we were there".

We are the survivors and the, resource of knowledge, that future generations will depend on. ■

Ed Campbell is an active retiree and montly contributor to Friday AM / All Month.

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# 'WRAP UP' ON MASK RESEARCH

Everyone is running around making masks, and a lot of them are two layers of cotton which offer as much protection as a bandana (two layers of cotton).

Many have ear elastics, which don't allow for adjustment for head size, and which can become very uncomfortable after a few hours.

Some have filters made from Heppa vacuum bags, or Shop towels. Some are made following the result of actual studies on efficacy of fabric to protect against spray, some are made with just conjecture that they are 'great'.

And there is a real problem with giving a mask to someone without educating them on what the mask is intended to do, what it can NOT do. They can offer a false sense of security -- they DO NOT protect 100 per cent against anything.

So, while the maxim seems to be

## design dilemmas

Linda Erlam



that something is better than nothing, that's fine. Provided that the something you expect the mask

to do is not more than it can do.

I'm reminded of a lady I saw last week holding her mask over her mouth. I so wanted to stop and spend a few minutes with her, explaining that the outside surface of the mask is place where the bacteria from someone else collects, and how, now, her hand was dirty too.

She hopped into her car, dropped the mask and grabbed the steering wheel. Which was now dirty too.

And everyone has a different opinion. So.. I spent some time and found some information for you. This is just a list of research sites you might want to look at.

All the researched pieces I cite here have some research to back the claims, and are notated in the piece on the right. ▶▶

## GO-TO SOURCES

### ■ Suay Community Mask Coalition -

<https://suayla.com/pages/suay-community-mask-coalition>.

### ■ A Cluster Randomized Trial of Cloth Masks Compared with Medical Masks in Healthcare Workers -

<https://bmjopen.bmj.com/content/5/4/e006577.short>

### ■ Testing the Efficacy of Homemade Masks: Would They Protect in an Influenza Pandemic -

<https://www.cambridge.org/core/journals/disaster-medicine-and-public-health-preparedness/article/testing-the-efficacy-of-homemade-masks-would-they-protect-in-an-influenza-pandemic/0921A05A69A9419C862FA2F35F819D55/core-reader>

### ■ Professional and Home-Made Face Masks Reduce Exposure to Respiratory Infections among the General Population -

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0002618>

### ■ Can DIY masks protect us from Coronavirus?

<https://smartairfilters.com/en/blog/diy-home-made-mask-protect-virus-coronavirus/?fbclid=IwAR2ZaJRM8fCFExVaKBLpJMaQzvcBILMY-QMHzytckKDrDID399pXGwQTko0>

### ■ What Are The Best Materials for Making DIY Masks?

[https://smartairfilters.com/en/blog/best-materials-make-diy-face-mask-virus/?fbclid=IwAR3IA1Is8GCd9\\_Rd0v68xySAdyxfQA-AeQSQDiKtmKDhEdPGGaEbl7BJFF0](https://smartairfilters.com/en/blog/best-materials-make-diy-face-mask-virus/?fbclid=IwAR3IA1Is8GCd9_Rd0v68xySAdyxfQA-AeQSQDiKtmKDhEdPGGaEbl7BJFF0)

### ■ General info, care of the masks, etc. 'Considerations in the use of homemade masks to protect against COVID-19 -

<https://www.canada.ca/en/health-canada/services/drugs-health-products/medical-devices/activities/announcements/covid19-notice-homemade-masks.html>

### ■ Use of Cloth Face Coverings to Help Slow the Spread of COVID-19 -

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

### ■ Test the fabric you are thinking of using -

<https://pwp.gatech.edu/rapid-response/face-masks/>

### ■ An interesting read

<https://www.wgbh.org/news/local-news/2020/04/01/how-much-do-homemade-face-masks-really-protect-against-covid-19>



□ If you have design issues, or have a suggestion for a future column, email Linda to [linda@designsewlutions.ca](mailto:linda@designsewlutions.ca) or visit: [designsewlutions.ca](http://designsewlutions.ca) OR 250-833-1120



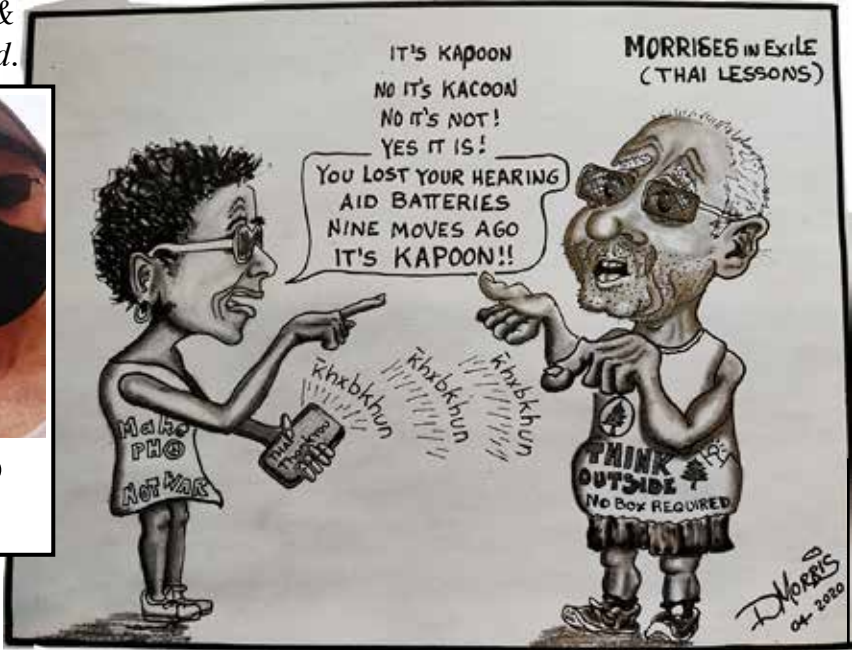
■ *The travels of Salmon Arm couple Duncan & Vivian Morris, now hunkered down in Thailand.*

The decision to hunker down in Bangkok was not taken lightly. Our family, our bed, our pets, our friends that we love and care about all lie heavily on our minds.

Indecision can be a bridge too far for a weary traveller. We found and moved into a beautiful furnished apartment in the coveted Aree district (complete with pool) abandoned by a returning Aussie couple that navigate by different stars than ours.

Assimilating into this diverse culture is challenging but in a nice way (even street dogs in this gentle Buddhist culture have a better life). North American Expats represent just under two percent of Thailand's population so if you want to get around – you have to use your translator and in my case – Vivian's keen sense of hearing.

We found a nice apartment in Bangkok and we're staying put...for a while. ○ Return for PART 3, next week..



▲ Vivian checks out a takeout stand in Bangkok. Masks are the rule when going out shopping on the streets. Above right - the Morrises' depict their topsy turvy world, waiting it out in Thailand, relaxing in their room, and in one of Duncan's cartoons, top.



**EAR to the Ground**

**Music alternatives**

Performing musicians are really suffering right now. But being as creative as they are, musicians and singers are finding innovative ways to share their musical expressions.

Steve Guidone, director of the Northern Lights Choir, emailed me a clip of a male quintet, singing from different locations. Guidone found it a challenge to keep the beats together using Zoom.

He eventually gave up on meeting in real time and tried sending members an audio recording of their individual parts in their right ear and the other parts in their left ear, plus a click track (metronome). They listened to that through earbuds and sang their parts, recording themselves on either a tablet or cell phone.

They then sent the file back to and then Guidone fitted the parts together using music software.

The result was beautiful and sounded entirely natural.

When you cannot get together to sing, there's always technology. ■

**Another growing season to plan ahead**

We were three weeks to one month late for garden work. The last week has seen an enormous change, but with snow still lingering in shaded areas and around buildings.

It is an old English tradition to plant potatoes on Good Friday. This is to do with the moon phase and old folklore tradition.

Every year since we moved to Salmon Arm I've been able to plant some of my potatoes on this day. I was determined to do this, but it involved shovelling three inches of snow from an area in the garden and digging over three good drying days.

The ground temperature rose in three days from 1 to 8 C.

I planted 60 potatoes with snow still in the rest of the garden. That is a first for me!

In the last ten days of November we had many heavy frosts down to -12 C with snow cover penetrating to a seven inch depth. This played havoc with my strawberry plants with much loss. I have recently replaced with new plants locally at quite a cost. That is another first for our garden in Salmon Arm.

I imagine many will be enlarging their gardens this year. Food is the last commodity that



spring time

Nick Parsons

we want to be short of.

I am planting a field patch of 1,400 seed potatoes and will have about 5,000 spare seed

for any enthusiastic growers.

With present global health and economic conditions in disarray, there's no knowing in our world of uncertain food security. This is paramount to our well being

Food security is not a given right. In tough times during the last 110 years many gardens, parks and playing fields were brought into production world wide to keep us all nourished.

We have had it good for so long since the second world war.

In Edmonton alone, it has been calculated that 50,000 tons of grass clippings are taken to the dump each year from lawns, parks and green city spaces.

The amount of garden produce that could have been grown in all that space would be enormous.

As we now all realize, it does not take long to bring mankind down to the reality of life. ■

□ Nick Parsons records the weather for AM, and occasionally shares his lifetime of wisdom.

**CITY Fixings**

► Kudos to City workers for using this time to Spring clean and spruce up the city. It's good to see the fresh new road lines being painted now.

**Bravos & BOOS**

▲ Bravo to financial institutions working with clients on creative payment options, and bravo to local food producers stepping up to the needs.

Contributed:

▼ Boo to cutting down the last of the small willows in the riparian area north and west of the walkway in front of the new development at 121 Harbourfront Dr. ... If everyone behaved in this way, Salmon Arm would lose so much of its beauty. ~ Joyce

**WEB Sitings**

► More song parodies to keep you smiling during this strange time: Search youtube for "Baby it's Covid outside"; "Parody Disney Characters during Quarantine"; plus many more out there.

► Search Facebook for these two community sites dedicated to doing good works during this time: "Shuswap Kindness Rocks" and "Helping one another Shuswap and Surrounding area"

Community Resources:

- <https://www2.gov.bc.ca>
- <https://news.Interiorhealth.ca/news/frequently-asked-questions>
- [www.canada.ca](http://www.canada.ca)
- Phone line: 1-888-COVID19
- [covid19.thrive.health](https://covid19.thrive.health)

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**Hidden GEMS**

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

- ▶ "Never blame anyone in your life. The good people give you happiness; the bad people give you experience; the worst people give you a lesson; the best people give you memories." ~ *Ziad Abdelnour*
- ▶ "Fear does not stop death; it stops life. And worrying does not take away tomorrow's troubles. It takes away today's peace."
- ▶ "What COVID-19 has taught us: Half of our job can be done from home; the other half deserve more than they're being paid."
- ▶ "I think when the dust settle we will realize how very little we need; how very much we actually have; and the true value of human connection."

**POP Quiz**

- ▶ Why did the movie on the life of Elvis suspend shooting in Australia?
- ▶ What actor is playing the Elvis role?
- ▶ Co-star Tom Hanks who is playing Elvis' manager Col. Parker, tested positive for COVID-19 on the set.
- ▶ Austin Butler is starring as Elvis.

**Funny BONE**

- On the Shelter-at-homefront:*
- ▶ Due to the massive increase in deliveries, FedEx and UPS have joined forces. They're now known as Fed-Up.
  - ▶ I don't think anyone expected that when we changed the clocks we'd go from Standard Time to the Twilight Zone.
  - ▶ I'm so excited - it's time to take out the garbage. What should I wear?
  - ▶ Classified Ad: Single man with toilet paper seeks woman with hand sanitizer for good clean fun.
  - ▶ I need to practice social-distancing from the refrigerator.

**Picture THIS**



Video phones and aero cabs. What artists in 1900 predicted 2000 might look like.

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Blue Story	L D N P E T E R T N T
Artist's Wife	O M U L A N Y A R T S
The Truth	V I G A T H E B U L L
Mulan • Bull	E N R C L I M B T E F
New Mutants	B I U R I S E I H R U
Antler(s) • Scoob	I O F F 9 C S F A S R
Black Widow	R N W I D O W I F E I
The Climb	D S N E W O N D E R O
Woman in Window	S 1 9 8 4 B L A C K U
Wonder Woman 1984	
Minions: Rise of Gru	
Malign(ant) • Wicked	
David (Copperfield)	

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# Ideal time for homeowners to undertake FireSmart projects

While the pandemic has postponed some of the planned FireSmart programs this Spring, the extra time at home offers ideal opportunity for homeowners to undertake FireSmart projects.

“Protection is not something that is done when the fire is here, but starts weeks and months in advance to increase the chance that your home can survive a wildfire,” said Salmon Arm Councillor Tim Lavery.

He reminded residents that all CSRD landfills remain open during this time and that yard waste is free to drop off.

Lavery said FireSmart principles have proved highly effective at reducing the risk related to losses in the most extreme wildfire conditions. “With a few simple “Fire Smart” steps you can contribute to increasing your property, neighbourhood,

and community resiliency to wildfire.”

FireSmart is an awareness program that provides communities and individual homeowners with simple steps to reduce the impact of wildfires before they occur.

The BC Wildfire Service FireSmart Homeowner’s Manual is an interactive manual that offers tools to plan and mitigate risk of fire in interface areas.

Steps include keeping a 10 meter clear fuel zone area around home and out buildings by removing shrubs, trees and woodpiles, and cleaning out gutters of combustible material like pine needles and leaves.

“FireSmart homes and neighbourhoods allow firefighters to concentrate on fighting the wildfire – which ultimately saves homes and lives,” said Lavery.

Fire Chief Brad Shirley stressed that

the time to reduce the threat of wildfire is now, “not when a fire is at your doorstep.”

The City of Salmon Arm is taking action to reduce the risk and impact of wildfire.

Living in a rural area surrounded by heavily-forested crown tenure, strategies are needed for private, agricultural, city-owned and crown lands.

Wildfires have already occurred in the Shuswap region, particularly the Chase fire that began April 7. With warmer temperatures, fires are more likely to occur.

Currently only small campfires are being permitted, using clean dry seasoned firewood, no greater than 30 inches in diameter, within a confined permanent fixture and a minimum five meters from property line, structures and standing timber.

Anyone in contravention may be fined. ■

## timeline

■ 2019: Community Wildfire Prevention Plan (CWPP) developed to prioritize initiatives

- FireSmart education for residents
- Instructional clearing project near Little Mountain tennis courts.
- Fuel load mitigation targeting fir beetle infestation.

■ 2020: Fuel load mitigation of prioritized areas to increase (Little Mountain, South Canoe)

- Expansion of FireSmart education for residents.
- Selection and training for two neighbourhoods to be recognized as being FireSmart.



Work with your neighbours in any overlapping priority zones!

## Homeowner resources

You and your neighbours have a role to play in reducing the wildfire threat to your home. Changes made to the area closest to your home and your home itself have the greatest impact on reducing the risk of wildfire damage.

Did you know?

- Nearly half of all wildfires in BC are caused by people.
- More than 50 per cent of homes destroyed by wildfire are ignited by embers blown by the wind.
- 80-90 per cent of FireSmart homes with non-combustible roofs and 10 metres of clearance will survive a major wildfire.

Follow these tips to protect your home:

- Remove all combustibles within the first 10 metres around your home;
- Space coniferous trees 3 metres apart;
- Prune coniferous tree branches within 2 metres off the ground;
- Plant low-density, fire-resistant plants and shrubs with moist, supple leaves;
- Remove all dead vegetation and clean up your yard regularly;
- Integrate FireSmart best practices into your short and long term reno projects.

Homeowners are encouraged to look ahead to the next wildfire season and keep FireSmart best practices in mind during spring and fall yard maintenance.

These FireSmart Homeowner resources are great for better protection of your home and property.

- Download the *FireSmart Homeowner’s Manual* Everyone should read this for simple landscaping to protect your homes!
- Download the FireSmart Guide to Landscaping by FireSmartBC
- Check out: Salmon Arm Fire Department and City of Salmon Arm and FireSmart in the CSRD on Facebook



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# Wisdom to invest in our Covid-19 time

“When the path becomes tedious...”

When this whole “staying at home” thing began it felt strange. It felt peculiar not to be jumping into my car and making my daily commute and connecting with many of you face to face.

It was weird not to be sequestered in my little cubby of an office and listening to the hub bub that always came with a day the church.

Those early “stay at home” days were disquieting. They were disquieting, not just because of the worry of Covid 19, or how the leadership was needing to respond to the pandemic, but because I felt like there was something I should have been doing, and I simply could not figure out what that “something” was.

I kept feeling like I was missing something important. I would imagine that you felt something very similar.

Looking back, I can see it was my routine that I was missing. It’s not that routines are always important, but they can be comforting. To have a certain rhythm to our lives feels good. Those early days had a strange new cadence to them, and it was like having to find a new way to “dance through” our lives yet having no clue as to how to go about that.

I remember going to an aerobics class in the late 1980’s – everyone in the class could follow the instructor and could even keep time with the music. Me? Not so much. I would finally get one “movement” down, only to discover the rest of the class had progressed to something entirely different.

The early days of staying home felt very similar to me. I didn’t really know what to do with my sweet self, or where to put my feet in order to keep my balance. (This last line is also to be read with a smile and a slight eye roll!)

Perhaps, you too, are missing your old routine? Missing the rhythm of a life where getting groceries was not considered a “high risk” activity, where restaurants were open, where strangers smiled as they passed each other on the street, and where connecting with friends and family was as simple as answering your front door and letting them in. Perhaps, you too, are wondering if you are the only one struggling to find your feet and keep your balance in this time?

The truth is we all dance to a different rhythm these days. Seemingly overnight our life got small, the world’s worries came close, our routines shifted, and what was once a bit of disquiet over a shift in our living has become a new routine. A

paths  
we  
walk



Jenny Carter

routine that can be, at times, a tedious one. Tedious in that instead of doing that which brought us joy (or at least some small comfort because it was familiar) is no more. While it goes without saying that we all realize how lucky we are not to be sick with Covid 19, and our

hearts go out to those who are, it doesn’t change the reality that we are living a new life these days.

Not only that, but we don’t know how long we will be isolated, and there are only so many books we can read, and so much television we can watch.

So, the question becomes, “what now?” What do we do with the time that we now have?

Time can slip through our hands when the path becomes tedious...

How many times have you, or I, whispered a prayer to the universe for more time? I have done it far too often. Most often my desire for “more time” came from wanting to get more tasks accomplished in each day or week.

Looking back, what a waste of a prayer that seems! Sometimes the days were just too short to get everything done. There was always one more thing I felt I should do – one more thing that demanded my attention – one more lawn to mow, email to write, text to send, dish to do, or one more load of laundry. There were, of course, other times when my prayer for “more time” was more worthy.

More time with the children while they were little, more time to walk and to dream, more time with my Dad, or my brother. Yet even in those more worthy expenditures of time, praying for more time doesn’t mean we always get “more time.”

Except for now. Now we have time. We have an abundance of time. It seems like our prayers have been answered – albeit not in a way that we would have wanted or wished for. Perhaps that is, after all, the way of all answered prayer.

The answers to our prayers come in forms that seem, on the surface, to be different from what we asked for, yet somehow take us to the place we need to be. For us right now it takes us to a place of abundant time.

Which begs the question, what shall we do with this gift of time?

There will always be shows to watch, books to read, and emails to send (and God knows there is no end to vacuuming and laundry detail). Yet do we want to “fill” our time, or do we want to “live” it with meaning and with purpose? I cannot answer that for you.

You may very well be in a place where

just letting the time slip through your fingers is the exact right thing to do. We all have days where “just getting through them” and arriving at a time of sleep is a huge win.

Yet it occurs to me that most days are of the other variety – the kind of days where we are doing okay, life is okay, and when we look to tomorrow, well tomorrow looks okay too. These are the kind of days that nudge us to ask the question of, what shall we do with the time that we have been given?

It seems to me that in this time of “staying at home” we have been given a unique opportunity to do something different. Perhaps even discover something new about us or our world. Instead of just trying to adjust to a new routine where nothing much happens, perhaps we can make it part of our routine to discover something about our life and how we are living it.

So, some things to think about...

- What have I always been curious about? How might I find out about it?
- What makes a good life? How is my life good?
- What new ways might I say thank-you to the people I love?
- How might I explore my spirituality in fresh new ways? What tugs at my spirit seeking to be explored?
- What are my lived values? Why are they important to me?

There is no limit to the things we can think about and then actively explore during this time. Let your divinely inspired imagination carry you off in new directions, so that you might rediscover how beautiful and meaningful your life truly is.

## ❖ Prayer

Holy One, during this time of new routines and staying home, I thank you for the gift of time: time to think, time to love, time to reflect on what truly matters. Help me to view time not as a scarce commodity that needs to be hoarded, but as abundant and generously given to me, so that I might share it with others – since it is the gifting of our time, that sees relationships healed and nurtured, and where life is revealed in all of its beauty.

Grant us the wisdom and the courage to invest our Covid 19 pilgrimage time fully and well, so that it might serve the purposes of love. This I pray in the name of the One that I follow. Go into the rest of your day and think graciously upon this time and the gifts that it is bringing you today.

And as you do that, know that God is with you in this time. God is with you in the next moment. God is with you always. Amen.

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