

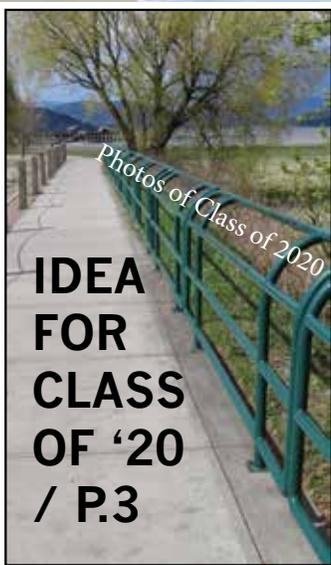
FriAM

May All Month

DAYS of COVID-19



Pages 3, 5, 6, 9



IDEA FOR CLASS OF '20 / P.3

■ A staff sanitizes a waiting room chair in the Interior Health Laboratory. Sanitizing has become a critically important task repeated over and over in these days of COVID-19. Inset photo - Sally Rincon, who spent much of last year visiting her daughter, Clara Rincon-Schiel in Salmon Arm, is shown visiting family through the window of her hospital room in California after being tested positive for COVID-19.

Louise Reimer photo

▼ What's On ► Online www.FriAM.ca ■ No. 1157 ► May 1, 2020 ► FREE

LIFE AS WE KNEW IT MAY SOON RETURN ..STAY TUNED!

**Festivities
Art & Film
Concerts
Theatre
Sports 4,5**



• Starlight Drive-in is offering the first public movie screening in months / 2

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SMALL IS BEAUTIFUL

I have been thinking a lot about “small” lately. It took the tiny coronavirus to bring our economy to an almost complete halt – something that even the most hard-nosed advocates for reducing carbon emissions would never have dared to suggest a few months ago.

As I write this, there is debate about reopening the economy – but huge uncertainty as to how to do this, or which parts to reopen. What parts of the old “normal” do we want to keep, and what parts do we want to discard?

Before we rush to reopen everything, now is an opportunity to evaluate what kind of economy we want, post COVID-19.

One group is using the term “clean reset” to describe their vision of how we can put health first, and create a “healthy, just and prosperous Canada”, post COVID-19. (See <https://clean50.com/cleanreset/>)

I have heard many people say that one of the benefits of being in social isolation has been the realization of what is important in our lives – our health, our loved ones, equitable sharing of wealth, and a more pleasant, less polluted environment with a stronger connection to nature.

Being confined to our homes and local communities has forced us to focus on the small, to find our joy in tiny beauties, to seek wonder and awe where we can.

Awe is in the title of a book I recently discovered by Rebecca Elson. A Canadian who died far too young at 39, Elson was both a ground-breaking astronomer, and a thought-provoking poet. In one of her poems she wrote that “we astronomers ... honour our responsibility to awe”.

I have never before seen those two words – responsibility and awe – linked together. Elson suggested we have a responsibility to be awestruck, to be captivated by the wonder of life.

This challenge seems particularly essential in this time of being home-bound.

shore to shore

Sarah Weaver



How can we find awe?

Mary Oliver – whose work I have quoted before – also invited us to find awe. She wrote that we need to “pay attention”. We have such an opportunity while being slowed down by COVID-19 to do precisely that.

Oliver’s poem “The Summer Day” describes the poet’s experience watching a grasshopper eat, “moving her jaws back

and forth instead of up and down”. How many of us could describe in this detail how a grasshopper eats? That kind of close awareness is a gateway to wonder. One of my nieces is recovering from COVID-19 as I write this. A dancer and choreographer, it has been hard for her to find meaning as she regains her health, confined to a very small apartment and unable to do her usual activities.

My niece has sought solace in choreographing dances for her hands. I watched a short film she recorded of her hands weaving in and out of a set of stair railings.

I was fascinated by the creativity of the small, precise and mindful movements of fingers, palms and wrists. She was expressing exactly what Oliver was talking about.

Focussing on the small helps us pay attention and find beauty and joy wherever we are. The writer Elizabeth Gilbert put it slightly differently; what little things do you find yourself curious about? Follow those, she suggested, to find what inspires you.

○ ○ ○

Over 50 years ago, E.F. Schumacher said, “Small is beautiful” to describe what he termed a “Buddhist” approach to economics. Value is placed on human-scale economic activities; local resources are used to meet local needs; and, imports from afar are avoided, as is exporting to distant regions.

As we reorganize our ways of making a living post-COVID-19, “small is beautiful” may need to be a cornerstone for us.

The COVID-19 crisis has diverted our collective attention away from global climate change; however, the need for a rapid change to a more sustainable way of life still remains.

When we “reset” our economy and consider how to respond to climate change, looking at the small may be a start – finding our joy locally, appreciating what we already have, and rethinking our production and consumption patterns. In the meantime, may you find wonder.

☐ Sarah Weaver works actively on environmental issues and posts a regular blog at <https://linesfromthecoast.blogspot.com>



▲ Native spring flowers growing on Little Mountain like Saskatoon, above, or Heart-leaved arnica, and Chocolate Lily.

KEEP UP TO DATE

I encourage readers interested in how the Shuswap can respond to climate change to contact “Shuswap Climate Challenge”. This group formed after the Green New Deal event last spring; its goal is to provide residents with information and promote awareness about the climate emergency.

The group plans a one day seminar, once the COVID-19 socializing restrictions are relaxed; in the meantime, there are monthly newsletters. To be added to the email list, contact shuswap.climate@telus.net



All Month issue
May 1, 2020
■ No. 1157

ARM MEDIA

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2530 4th Avenue NE
Salmon Arm, BC V1E 2A7

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(by Perimeter Design)

Bookkeeper: Eleanor Barry
Sales rep: Ruth Keskinen

Central Drop Off:
Hucul Printing 471 5th St SW

Copy Deadlines
Tuesdays at noon

- 5,000 copies of All Month edition distributed first Fridays to public places in Salmon Arm & Shuswap.
- 3,200 copies of regular edition go out every Friday.

Next All Month issue:
June All Month, June 5
(No Jan. or July All Month)
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AM Page
3

May All Month

Honour walkway

This is not how it is supposed to be for the Class of 2020. Even if the ceremonies were permitted to go on in June, grads have already given up so much.

Here is one suggestion that could help send a proper and heartfelt message to our graduates.

The boardwalk from Marine Park and heading east along the bay shore is an ideal spot for an honour walk of a series of panels - perhaps each panel with photos of a half dozen or so graduates.

So what do you think, grad fans?

□□□

I changed the page size of the All Month format for the benefit of smartphone readers, and would love to hear what your preferences are.

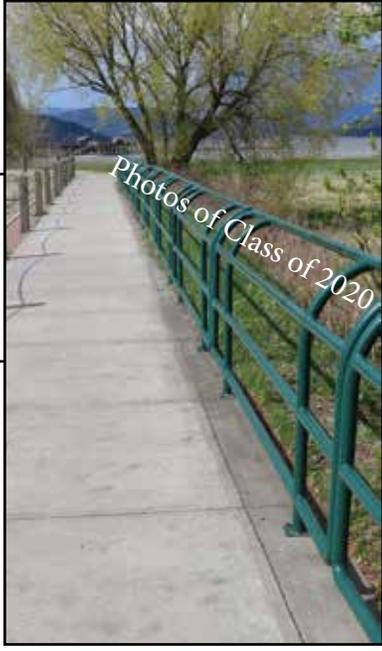
I also want to compile two lists with your assistance - one list of what you will be glad is over when things return to normal; the other list of the good practices you'd like to see continue. Email to friam@shaw.ca.

□□□

People should not have to be reminded not to leave their gloves and masks on sidewalks or places other than a trash can. This mask was found on the side walk along 5th Street.



mole hills
Lorne Reimer



▲ Let's create an honour walk for the SAS Class of 2020.

Flatter curve to looser restrictions

After three months of terrible news and enormous sacrifices, there are encouraging signs on the horizon.

"We are getting close to that time where we can start to open up," said BC Provincial Health Officer Dr. Bonnie Henry.



An image of hope on the window of Deb's Style Loft.

The curve is flattening in BC with fewer new cases reported. Plans are underway to ease restrictions in a way that will continue to contain COVID-19 transmission to a level that the health system can manage. This particularly covers testing and medical supplies.

There are also promising test results on the effectiveness of remdesivir on treating the coronavirus. ■

CANADA
52,069 cases
3,082 deaths
20,327 recovered
BC
2,087 cases
109 deaths
1,305, recovered
Interior Health:
169 cases
2 deaths
USA
1,069,947 cases
62,208 deaths
148,291 recovered
WORLD
3,257,957 cases
230,330 deaths
1,028,686 recovered
<i>worldometers. info/coronavirus</i>

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




CITY OF SALMON ARM **Spring Yard Waste Collection**
Week of May 4, 2020

The City of Salmon Arm will be providing a yard waste collection service the week of **May 4, 2020**.

All items (including branches) must be placed unboundled in compostable (kraft) paper bags.

Please check with local retailers for bag availability.

The following items will be accepted for collection: clippings (grass, lawn, and hedge), sod, flowers, weeds (non-invasive), leaves, vegetable stalks, shrubs, and shrub/tree branches. Shrub and tree branches may be up to 1" (2.5 cm) in diameter and 3' (91 cm) in length. **Do not bundle branches.**

Materials will be accepted in unlimited quantities. Maximum weight per bag is 20 kg (44 lbs).

Bags must be placed curbside by 7 AM on MONDAY, May 4th. It may take several days for all neighbourhoods to be collected. Missed collections will be picked-up on Friday May 8th.

For more information visit www.salmonarm.ca/curbside or call 250.803.4000.



Spotlight

Festivities

- **Mother's Day**, Sunday, May 10
- **Victoria Day weekend**, May 18
- **Spring Yard Waste Collection**, Week of May 4. Details / P. 3
- **Schools suspended until further notice.**
- **Library, All City facilities, Senior Centres, Casino CLOSED**
- **Music Festival & Writers Festival** - both CANCELLED
- **Roots & Blues** - CANCELLED. Watch for an alternate format
- **Downtown Farmers market**, opens May 16.
- **Spring Home Show**, ON PAUSE
- **Falkland Stampede** postponed from May to Aug. 28 to 30.
- **International Day of the Midwife**, May 5. safemotherhoodproject.org

Art & Film

- **Art Galleries** CLOSED

■ The only concerts happening are literally out of the back of a pick-up truck. Music teacher Brook Roberts and his kids, Jonas and Maya, perform at Hillcrest School for what is hoped to be a regular Friday music event.



- **ART & FILM**, cont'd
- **Walking at 6000**, tentatively opens July 10, at SA Art Gallery. Celebrating the alpine with paintings by Lisa Figueroa and audio by Phil McIntyre-Paul.
- **Pride Project art workshop**, July 25. Exhibition in October.
- **The Forecast**, exhibition on climate change opens Aug. 28, Art Gallery.
- **Isolation Art** during time of social distancing. See ShuBiz, below.

On the MOVIES

- **Salmar Theatres** continue closed due to COVID-19 crisis. Updates at salmartheatre.com

FILM, cont'd

- **Starlight Drive-in**
- **Sonic the Hedgehog & 1917** 8:15 pm, April 30-May 4 & 8:30, May 7-11. Online ticket sales only. starlightdrivein.ca. See 'Shubiz', below for more conditions.

Concerts

- **Jazz club concerts and Jazz nights at Lakeside** CANCELLED until further notice.
- **June & Johnny Cash tribute, SA Legion** - POSTPONED TO JULY 3

- **CONCERTS**, cont'd
- **Roots & Blues** - CANCELLED
- **Community Band, Men's Chorus, Shuswap Singers/ Shuswap String concerts & Coffeehouse circuit** - CANCELLED
- **Kamloops Symphony**, Nexus at First. 'ON HOLD'
- **Slocan Ramblers** - POSTPONED TO FALL

Theatre

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

Sports

- **BCHL season is suspended**
- **Soccer, baseball season** - POSTPONED
- **20th Salty Dog Enduro** - CANCELLED
- See page 5 for 'You're Invited'

Dani and Dom

Salmon Arm-raised **Dani Strong** won Best Country song category at the Independent Music Awards (IMA) for her new song, *Mrs Jones (Evelyn)*. The awards were supposed to be held in New York in June, but then Covid stepped in. With delay of the song's release, Dani invites her hometown friends to enjoy a free download from her website at: danistrong.com/evelyn

Another former resident, **Dominique Fricot**, now makes his home in Berlin, Germany. With the entire city in quarantine, Dom decided to host the release party for his latest album through Instagram. You can check

ShuBiz

► *Dominique Fricot and Dani Strong. Local roots and international fame.*



out his single, *Curse of many Options*, and more of his new compositions on Youtube or at dominquefricot.com



An online space has been created for Shuswap artists to share their creativity in writings, music and visual art during this time of isolation and social distancing.

Shakespeare was said to have written *King Lear* while isolated in the plague of 1606. It will be interesting to see what will be created by artist who venture over to www.thethirdhouse.ca/isolationart or email to joyce@thethirdhouse.ca



Finally, we can go out to the movies again, at least we can pack up the car and go to the Drive-in. However, you better check out the Starlight's website first as there's quite a list of conditions. These include an online reservation system; car distancing with no open hatches or sitting outside; and limited activities. Read the complete list of conditions at www.starlightdrivein.ca ■



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



city lights

Not much happening in the big centres, either...

- **vernon** • See ticketseller.ca
- Concerts cancelled, except:*
- **Gary Cable Project**, postponed from May 2 to Oct. 16.
- **Bee Gees Gold**, Postponed from May 13 to May 12, 2021
- **kelowna**
- **ZZ Top**, cancelled
- **kamloops**
- **Cirque du Soleil**, cancelled
- **vancouver**
- **Bachman/Cummings**, July 7
- **Sinead O'Connor**, July 26
- **Backstreet Boys**, Aug. 19
- **Janet Jackson**, Aug. 22
- **John Legend**, Sept. 13
- **Miranda Lambert**, Oct. 11
- **Joe Rogan** re-sched. Oct 24
- gvpta.ca/vancouver-theatre-guide
- georgiastrait.com

Love in the time of Coronavirus

Colombian author Gabriel Garcia Marquez wrote a novel called *Love in the Time of Cholera*. Its main character waited 51 years, nine months, and four days to be with the woman he loved. He never stopped loving her, ever.



write on
Kay McCracken

The novel came out in Spanish in 1985 and in English in 1988. The setting is a fictional town on the Colombian coast, the time spanned from 1870 to the 1930's.

Okay, the love story I'll tell you about is somewhat different, but it is about love in the time of a pandemic that none of us saw coming, a deadly virus that has affected us all in one way or another, not only in Canada but around the world. Love in the time of Covid-19. But I'll get to that.

We are seeing many expressions of love during these trying times. Love for our family members and friends, the kind of love that sustains us through the tough times. The expressions of caring and support for all those on the front lines of this pandemic – the nurses, doctors, paramedics – who put their own lives at risk for us. All essential workers, including the truck drivers that bring us food, the men and women who continue to make food to feed as many of us as possible, even the homeless. All the staff in long term care homes.

Social isolation is a condition that most of us have never had to deal with before. We send our love by phone, on social media in all its many forms, shouted from balconies. Even people who thought they were happier in their own company – the introverts – have discovered that they miss the connection with people.

We are a social species, after all. In Wuhan, China, where it all began, after the sheltering in place rules finally lifted, hundreds of couples filed for divorce. No love in the time of coronavirus for them it seems.

On Easter Monday, my granddaughter, Shasta, had a birthday, a day that will go down in the annals of family history. A caravan of cars bearing Shasta's friends drove up to her place holding birthday signs, balloons, and honking. Love in the time of Covid-19.

When Shasta and Nick (he was up to something) came out of the house, Nick, Shasta's Prince Charming of approximately three years, got down on one knee, extended an Easter egg containing a ring, and asked Shasta to marry him. She cried, said "yes". Wild cheering erupted from the cars. Shasta's mother – who was also in on the engagement caper – also cried. Love in the time of Covid-19.

Shasta called me right away. My love for them, my sincere wish for their happiness, sent me over the moon: an example of how love endures even during these dire and confusing days. This is but an example of events happening around the world. Amid the horror of death, especially of the elderly – the sitting ducks in nursing homes – we have to remember that expressions of love still happen. Faith, kindness and gratitude are as important now as ever.

Let's give thanks for the small things as well as the big expressions of love: the sound of bird song filling the warm spring morning; the joy of watching colourful flowers push through the earth to greet the sun; ordering a pizza when you are tired of your own cooking.

Love in the time of Covid-19 has many expressions. ■
□ Kay McCracken is a local author and dedicated promoter of this writing community.

BEST & CLEANEST

Salmon Arm cosmetics company received international recognition on Earth Day.

MisMacK Clean Cosmetics ART Shadows were named Best Eye Color in the 2020 Clean Beauty Awards.

Makeup artist Missy MacKintosh explained her product this way. "I created the line after falling in love with clean beauty products, yet noticed there was a need for top performing, highly pigmented clean makeup available for both artists and customers".

The Clean Beauty Awards recognize and celebrate the best performing beauty and personal care products, created both with the healthiest ingredients and free of harmful chemicals, from around the world.

More than 370 products were nominated for consideration in the 2020 Clean Beauty Awards. MacIntosh has won several other awards over the past year since launching her product. ■

□ Visit mismack.com for more information and background.



▲ Melissa MacKintosh with son, Evan, who came up of the name, 'ART Shadow'.

Dog helps local win two Lottos

Salmon Arm credits his dog, "Max" for his second big lottery win.

Neil Piper won half a million dollars in the March 24 Lotto Max draw.

Piper who purchased his ticket at the Salmon Arm Chevron, said he bases his lottery number choices on his late,



▲ Neil Piper

beloved dog, Max. He also won \$100,000 a few years ago, and continues to play the Lotto Max out of memory for Max.

"I like playing Lotto Max because my dog's name was Max, so this helps me remember him," said Piper.

The first item on his bucket list is a house. "It feels great. I get to buy the house of my dreams." ■

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



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Kindness and fear

Some say that fear of the COVID-19 pandemic is as contagious as the virus.

Yes, scientists have studied social networks and brain imaging and have found fear can be passed from person to person. When people say fear is contagious, they mean that we respond to the emotions we see in others. But if fear is contagious, other emotions may be too. That's where positive, supportive social connection comes in.

Have you ever noticed when you smile at someone, they're likely to smile back? If a smile is contagious, then so too are calm and kindness. Good feelings and goodwill can literally be passed on.

It may be that the internet and social media can spread fear and anxiety faster and further than was ever possible before. But social media also give us opportunities to reach out to each other in positive ways, and to spread kindness.

There are now countless examples of the spread of social connection that are being shared in the traditional news, and on social media channels. Instead of scaremongering, Canadians are at the forefront of a care-mongering movement both on social media, and in real life.

This movement has seen the creation of Facebook groups where people who are able to give help, are coming together with people who need it. These are also places to feature acts of goodwill that people are seeing in their communities.

Although we may have developed

Mental Health Matters

Denise Butler

new habits of social distancing, a movement has emerged to reframe social distancing as "physical distancing + social connection."

In a time of social distancing, this only means distancing physically. It is definitely not the time

to isolate socially. We can model care and support for each other, and we are doing just that.

During this time of distancing, social connection and emotional closeness have survived. And maybe even flourished. That's because it's not just virus and fear that can be spread. Kindness and calm can be catching too.



Link to the original article; <https://mentalhealthweek.ca/kindness-is-contagious-not-just-fear/> CMHA Shuswap-Revelstoke is offering service navigation and wellness planning online and by phone. You can inquire about these services by calling (250)832-8477, there will be a staff member answering phones during working hours Monday to Friday. If you would prefer email: info.sr@cmha.bc.ca

To stay up to date across BC, use the below link to learn more about expanded services and new programs to support the wellness of British Columbians at our COVID-19 page: <https://cmha.bc.ca/covid-19/>

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

READING ROOM

by Ron Devins, Okanagan Regional Library

Digital side of Library

All branches of the Okanagan Regional Library system are currently closed due to Covid-19, but there is still much you can do through your library! Here are a few of the online services you can access at <http://www.orl.bc.ca/>.

○ Register for a library account. From the homepage, click the banner "Sign Up for a Free Library Card." From here you can register for an e-card that gives you access to a wealth of library resources.

○ We have an enormous selection of downloadable e-books and e-audiobooks.

○ The "Covid-19 Information and Updates" banner links to current, reliable information, in several languages, about the pandemic as it develops.

○ Reference services are available. Email at help@orl.bc.ca. You can chat from a link at the bottom right of our website 9 am to 5 pm, Monday, Wednesday, Friday and Saturday, and 9 am to 7 pm, Tuesday and Thursday. Phone 1-844-649-8127, from 10 am to 5 pm, Monday to Saturday.

○ Kids can click from the homepage to watch stories, rhymes, and activities on YouTube starring our amazing ORL staff.

○ Kids and teens wondering what to read next? From the homepage, link to an easy-to-fill-out form, and one of our librarians will create a personalized list of suggestions just for you.

○ We are working hard to continue to create programs and activities you can take part in from home. Follow this link to our calendar with a full listing of events, and their times: <https://orl.evanced.info/signup/Calendar>. From the Events Calendar, you can click "Event Types" to access a drop-down menu that lists our book clubs, contests, S.T.E.A.M. events, story times, and much more.

○ From the top, right hand side of our homepage, link to our social media accounts: <https://twitter.com/ORLreads>, <https://www.facebook.com/OKRegLib>, and <https://www.instagram.com/orlreads/?hl=en>.

We may not be able to see you, but we're thinking of you. Stay informed, stay entertained, and stay well! ■

George Thomas Cole (Tom) ❖ July 7, 1936 – April 22, 2020

George Thomas Cole (Tom) passed peacefully, with courage and grace, at home on April 22, 2020 at the age of 83.

He leaves behind his wife of 54 years, Marilyn; sister Violet; children Sharon, Dan (Tracey), Melody, Chris (Shannon) and Peter; grandchildren Jesse, Ben, Travis, Kiersten, Zoey, Anna, Elise, Molly, and Heidi. Tom was pre-deceased by his parents, George and Nellie Cole and his brother Norman Cole.

Born in Calgary in 1936, Tom spent his early years in the Edworthy Park area before moving to Rocky Mountain House where he finished school. This is where he developed a strong work ethic and commitment to whatever he tackled that he maintained his entire life. Horses were an important part of his life, whether riding to school, skidding logs out of the bush, or working on ranches. His affection for and gentle treatment of all animals is one of the many cherished memories his family will hold.

He and Marilyn were married in 1965 and farmed near Sundre, until moving to B.C. in 1981. Tom was always dedicated to his family, his farm, his animals and his community. He volunteered his time to several organizations over the years including Scouts

Canada as a cub leader and District Commissioner, boys minor baseball as coach, 4H clubs, the Shuswap Rodeo Association and the Sundre and Enderby United Church. When he retired from active farming, he established Salmon Arm New & Used Building Materials. He did not like good materials going to the landfill, and he loved talking to people, so this business brought him a sense of fulfillment and pride.

Tom's willingness to help people and his keen sense of how to talk to them, his sense of humour, his smile and the twinkle in his eyes will be missed by all who knew him. A celebration of his life will be held at a later date.

Expressions of sympathy may be forwarded to the family at www.MyAlternatives.ca. ■



FOR THE RECORD

Weather

Weekend Outlook

Sunny Friday, high 19. Most likely rain on Sunday, high 14.

Past Temps, April 22 to 28 by Nick Parsons, SW Gleneden Elevation 458 m (119 m over lake)

Date	High	Low	Prec.
April 22	+14	+5	0
April 23	+18	+2	0
April 24	+17	+6	0
April 25	+16	+5	1/16"
April 26	+15	+5	0
April 27	+17	+6	1/8"
April 28	+13	+2	Trace

Sun rises 5:34 • Sun sets 8:14
Normal this week: +17 to +4
Record since 1991 - April 29 +24.5 - 1998 • -2.2 - 2019
April 28 depth at Wharf - 18"

Passages

- ❖ Barbara Gail Ayotte
April 20, 2020, at age 68
- ❖ Jordan Hansen
April 22, 2020, at age 25
- ❖ Hugo Otto Reutlinger
April 23, 2020, at age 81
*Bowers Funeral Service
bowersfuneralservice.com*
- ❖ Douglas Bruce Adams
April 25, 2020, at age 68
- ❖ Heather Myrtle Grant
April 26, 2020, at age 81
- ❖ Gary Lorne Holman
April 26, 2020, at age 79
- ❖ Elizabeth Muriel 'Beth' MacKay
April 24, 2020, at age 77
- ❖ Oscar Milton
April 26, 2020, at age 86
*Fischers Funeral Services
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You're Invited

- **SASCU AGM**, happening online May 5. Presentations 11:30 am followed by Q&A. Go to sascu.com/AGM for the link.
- **Food Drive** continues May 1 at Askew's Downtown parking lot, then May at Askew's Uptown. Supporting Salvation Army and Second Harvest Food Banks, and SAFE Society.
- **Regular meetings:**
 - ☐ School board, 6 pm, May 19
 - ☐ City Council, 2:30, May 11
 - ☐ CSRD, 9:30, May 21
- **SA Meditation Centre** - Livestreamed Meditation classes Go to: kncfv.ca under Livestream: Happiness from within/ Ancient Wisdom/ Simply Meditate
- **HIT-2-FIT Charity Boxing event** was cancelled but members did a fundraiser for food banks.
- **Seniors Centres**- TEMPORILY CLOSED
- **Curling Centre** CLOSED
- **Library branches** closed indefinitely & programs POSTPONED.
- **Legions** CLOSED.
- **Volunteer Income Tax Program**, Seniors Resource Centre, drop off. Centre closed.
 - ☐ Email updates to friam@shaw.ca
 - ☐ See page 14 for open businesses.
- ☐ **PASSAGES**, continued
- ❖ George Thomas (Tom) Cole
April 22, 2020, at age 83 (P.6)
- ❖ Betty Klein
April 15, 2020, at age 83
- ❖ Marjorie Ann Kernaghan
April 15, 2020, at age 67 ▼



Marjorie Ann Kernaghan

December 6, 1952 - April 15, 2020

Marjorie (Marj) passed away on April 15, 2020, after a long battle with cancer at the age of 68 years. Marj was born in Salmon Arm, B.C. She worked at the Royal Bank before moving to McBride, B.C. in 1986. After moving to McBride she worked for the B.C. Forest Service. Marj enjoyed gardening, crocheting and cooking. Marj is survived by her longtime partner, Larry MacMaster; sister, Maureen Hucul; and brothers, John (Helena); David and James (Shirley); nephews Glenn Hucul (Coralie), Mark (Angela), Darryl, Danny and niece Rya (Andrew) Honey. She was predeceased by her parents William (Bill) and Margaret (Peggy) Kernaghan. *There will be no memorial service at her request.*

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PHONE AND EMAIL SCAMS

Our world has been flipped upside down and there continues to be a lot of fear out there. For the most part, times like these bring out the best in people. Unfortunately, in some cases it can also bring out the worst.

Phone and email scammers are thriving right now. They know people are stuck in their homes, fearful and maybe even little paranoid. Add to the mix a whole lot of different government financial assistance programs and the fact it is tax filing season and you have a perfect storm for the everyday unsuspecting person. So be wary and be informed.

I've already had a couple people tell me about a phone call or email they have received from someone who claims to be CRA. In the case of the phone call, the supposed CRA representative informs you that you owe a large amount of money to CRA and you need to pay it immediately. It is also common for them to threaten arrest by the RCMP if you don't act right away.

There is also a text message scam going around saying you received a deposit for the Canada Emergency Response Benefit (CERB). Do not click on the link! There is a certain process to follow to apply and receive any of these benefits so check the CRA website for guidance.

So whether it is a promise of monies from one of the many COVID-19 financial assistance programs or a threat that you owe monies for tax; you must be on your guard.

mall
arkey
Daron
Mayes



Remember these people are experienced con artists and use fear to pressure you into giving them your personal information. In all cases, do not ever give this information over the phone!

According to the CRA's website, here are a few things they mention that they will never do:

- Ask for information about your passport, health card, or driver's license;
- Use aggressive language or threaten you with arrest or sending the police;
- Send an email with a link and ask you to divulge personal or financial information;
- Send an email with a link to your refund;
- Ask for personal information of any kind by email or text message;
- Request payments by prepaid credit cards.

○○○

Unfortunately, there is a lot of this sort of thing going around and it continues to happen because the "bad guys" are clearly tripping up enough individuals to make it worth their while.

If you receive one of these calls or emails, hang up the phone or delete the email right away and check with someone you trust.

The Junior Bean Counter wants to ensure your hard earned money is in your wallet; not in the back pocket of some criminal. Stay safe!

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

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

CITY Fixings

► Email your ideas for City Fixings to friam@shaw.ca

BRAVOS & Boos



▲ **Bravo to BC Ambulance attendants.** Not only do they provide a critically important essential service, but on Sunday, one group of staff spent the day collecting cash, food and clothing donations for those in need in the community during this time. A special thanks to Jacquelyne, Tamara, Wes, Jim and Kathleen.

▲ **Bravo to SASCU for donating \$6,000 to local food banks and support groups in response to the impact of COVID-19.** And bravo to Askew's, No Frills, Save-on Foods and Wal-Mart for this week's food drive. On May 1 the food drive is on the parking lot of downtown Askew's and on May 2 it moves to uptown Askew's.

▼ **Boo to the practice of spitting in public life and professional sports.**

WEB Siting

► **theyee.ca Search "Meet the Cleaners who keep you safe."**

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Stay safe and healthy .. We'll get through this!

HOW I LEARNED TO LOVE ITALIAN

First things first. I feel so very fortunate to be working from home, to have a partner who continues to be employed, and to have my boys home every day. I'm less grateful for the amount of dirty dishes in the sink, but from that, I will recover.

In the early days of COVID 19, I watched a few YouTube videos of Italian Mayors raging at the behaviour of citizens who would not comply, thereby putting others at risk. Their passion and unvarnished frustration was shocking and impactful. So animated and expressive were they, I decided to listen in a little closer and started watching RAI Italia TV on a daily basis (channel 2653 on Telus).

Italy is a country of 45 million people. It would fit into British Columbia 3.1 times. There are 60 million people in Italy and 3 million in BC. You begin to get the picture. The average age of their population is 45. Ours is 41. As of today, 27,000 people have died in Italy.

And yet, every day, they go on. And they teach us how to do it.

On RAI Italia, not unlike our national networks, there are news programs, cooking segments, cartoons, nature explorations but they go above and beyond in their repeats of dazzling game shows (think Las Vegas floor show meets Jeopardy). As well, on Sunday, they have a mass followed by an arts and culture show where they sing and celebrate remotely.

Notes from the Margin

Louise Wallace Richmond



It's amazing. It must bring them so much comfort in their tiny locked down apartments.

And so, in making this part of my personal pandemic programming, I have learned a few phrases. So here goes.

"Mille grazie". A thousand thanks to those who venture out every day to keep us safe.

"Mi dispace". I'm sorry for the losses of so many. It's difficult to fathom that those big numbers represent actual lives lived that live no more.

"Basta". Enough with the conspiracy theories. I understand the human need to explore ideas and draw conclusions in making decisions but conspiracy rabbit holes have the unintended consequences of creating deep wells of anxiety and panic in others.

Likely, for those you care about most. Anxiety and panic do not good decisions make. If you are feeling unusually anxious, please reach out for help. When you feel safe, we are all safer.

"Mi mancano i miei amici". I miss my friends and family. We visit often online and across the fence, but I'd like nothing better than to invite them in for a meal or a game of cards. I don't because I love them and I want us all to be safe.

"Stai a casa". Stay at home if you can. In

Italy, the average house size is 31 square metres per person. In Canada, it's 72. We have the gift of space. I hope we can find some gratitude there.

"Lavati le mani." Wash your hands. It really is the best way to kill the virus, which, like teenagers it seems, lacks appreciation for soap and hot water.

"Pensa a domani". Think about tomorrow, it will need us and the lessons from these times to thrive.

"Mangia bene". Eat well, or as well as you can. Nutrition is important. This is a health crisis after all.

"Allora", well then, are you "Pronto" ready to "via avanti" keep going? "Brava! Tutto andra bene." Great. Everything is going to be ok.

In the meantime, "fate la bella passeggiata" go for a nice walk, an opportunity Italians await with anticipation.

And some day, I will go back to Italy and order "due cafe per piacere" to share in honour of the very people who sacrificed so much to get us back to the new normal.

By the way, if learning a language is on your to-do list, now might be the time to reach out to my fellow columnist Caleb Espinoza, a gifted teacher and master of language.

Stay safe. Be kind. ■

□ Louise Wallace-Richmond owns *Media-bility* and a second term *Salmon Arm city councillor, living in the heart of Canoe.*

Feeling boxed-in?

It is quite possible you've become intimate with your couch lately. Except for phone calls, Facebook, email, Face Time, Skype, Zoom, and except for your weekly shopping or permitted physical distance activities, you're facing the box of walls in your house or apartment.

Here are a few exercises to try while standing or sitting, during commercials, or just vegging. While it is not likely you can consult your doctor before trying, here are four guidelines.

■ If you have shoulder or neck issues, these may not be for you.

■ Pain means stop.

■ These movements are done with reasonable speed and purpose, but it's muscles you are using, smoothly and without jolting your joints.

■ Keep breathing comfortably through all of the exercises. Non-breathers will not be permitted to have chocolate as a reward. Seated, with good posture, roll your shoulders and throw in a few sighs.

Senior Living



Karen Bissenden

Now during each commercial try a set of TEN repetitions of each of these.

□ With your palms flat push upward as if indeed you are pushing

the ceiling of the box. Use muscles, not joints.

□ Head up, palms flat push downward in the same manner.

□ Back straight, press your arms straight out from your shoulders. That is, press away the front side of the box.

□ With your arms straight in front of you, "scissor" your arms, laterally, 5 with right arm on top, 5 with left on top. Cross your arms forward and back, moving from in front of you to "flying" position. Control is important. 4) Alternating, move your arms, straight, from hip to full height. ("Teacher, I need to leave the house. I need my mask.") With good posture you may feel this in your abdominal muscles.

□ Stomp your feet. Lift your knees as high as comfortable. Shifting into tantrum speed is permitted.

□ Seated, alternately straighten each leg, toes pointed upward. Again, if seated correctly, you'll engage your abdomen.

That is good, because the commercial is probably over now. After four commercials of this regime, allow yourself a ration of your chocolate stash. You've pressed away the box.

There is a famous quote in a Leonard Cohen song that the "crack is where the light gets in." That may be so, or may be where the neighbours see through the curtains, or the time of dawn when you don't get up or what your best friend does: opens your door a crack to supply Cheezies or chocolate or a wrapped bottle of cooled white wine. Or you press through the crack of another door. (With washed hands, of course.) You'll feel a little less boxed in.

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

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Hidden GEMS

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

- ▶ “Mothers are like glue. Even when you can’t see them, they’re still holding the family together.” ~ Susan Gale
- ▶ “A mother understands what a child does not say.” ~ Jewish proverb
- ▶ “The world needs our mothers.” ~ Liya Kebede
- ▶ “A mother’s hug lasts long after she lets go.” ~ unknown
- ▶ “Life stops when you stop dreaming; Hope ends when you stop believing; Love ends when you stop caring; Friendship ends when you stop sharing.
- ▶ “Common sense is not a gift, it’s a punishment because you have to deal with everyone who doesn’t have it.”

POP Quiz

- ▶ What firsts happened in 1908?
- ▶ How many human mothers are currently living on planet Earth?

▶ The first official Mother’s Day; the first line of Ford Model T’s; the first New Year’s Eve ball dropped in Time Square; first long distance radio message (sent from Eiffel tower); first penny post between the UK and US; Wilbur Wright makes first public flight. Approximately 1.4 billion

Funny BONE

- ▶ “Mom, can you spare 20 dollars?” “Does it look like I’m made of money?”
- ▶ “Well, isn’t that what M.O.M. stands for?”
- ▶ One of the hardest things about parenting is trying to be ‘fake-mad’ when your kid does something ‘bad-hilarious.

Picture THIS



▲ When haircuts return.. with a safe, socially distant, but slightly bizarre touch.

Canada Stronger Together concert

Many Canadian celebrities took part, including.. Cara, Arkells, Levy, Lavigne, Adams, Dion, Hadfield, Cirque du Soleil Hayley, Myers, Mandel, Bieber, Kiefer, Atwood, Buble, Serena, Shania, Tessa Arnett, Peter(s) McLac(hlan), Burton, Ryan, Dallas, Foster Ohara, Mercer, BNL, Arden, Connor

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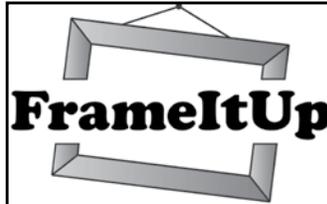
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- Scenes around Salmon Arm
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Lorne Reimer SALMON ARM
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Send back your entry to us on our Mall Facebook or Instagram pages and be sure to include the hashtag: #picmallmom or email us at lynda@piccadillymall.com

The contest is open to those 6 years and older and closes at 4 pm Saturday May 9, 2020. All completed entries will be entered into the grand prize draw to win the Mother's Day Picnic basket. Be sure to add your name and phone number as the contest winner will be contacted by phone.



The Mall at Piccadilly

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CONNECTING PEOPLE WHO CARE WITH CAUSES THAT MATTER

Jane & Paul share a passion for the Shuswap. They have chosen to create a fund that supports causes in our communities, including, The Shuswap Trail Alliance and Shuswap Hospice Society. Ask us how you can too.

SHUSWAP COMMUNITY FOUNDATION
www.shuswapfoundation.ca
 250.832.5428
info@shuswapfoundation.ca

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

“Things are not always what they seem.” Shakespeare’s Macbeth certainly describes life in a foreign country. North Americans, when travelling to Europe, do so with a sense of discovering their roots.

For Vivian and I, living in South Asia is like landing on an alien planet. Aside from the indecipherable script on every food item or billboard, we continually struggle with cultural norms.

We accumulate questions that we will never have the answers to. Whether interacting with Thai-only speakers while shopping, crossing a four-lane street, using a “Grab” taxi or a tuk tuk, all have their unique challenges and nuances.

The Chao Phraya River bisects Bangkok from stem to stern. It is famous for its floating markets, transportation routes and dry dock boat venues. The channels that come off this river spawn tiny inner communities existing in a labyrinth of narrow alleys (some 1.5 metres wide).

Mechanics, food stalls, even monasteries exist in these little hamlets well beyond the busy streets of Bangkok.

Surprisingly, we witness motorcycles, bicycles and expensive cars all roaming harmoniously (almost Zen-like) down narrow streets without the constant use of horns or traffic lights. I’ve resurrected two abandoned bicycles from under our apartment building and now we will delve further into our explorations of this fascinating and vibrant city of contrasts.

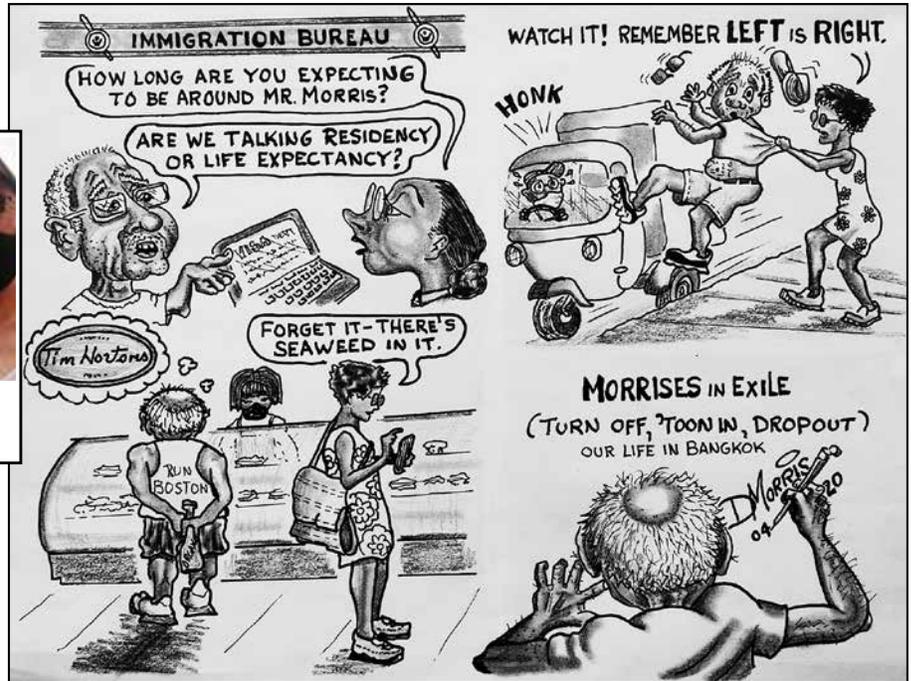
Curiosity is its own reward...

○ Return for PART 5 in next week’s AM...



PART FOUR:

MORRISSES IN EXILE



▲ Above: Vivian at one of many gates in the district; a monk with matching mask; Vivian caught in a tropical downpour while cycling (rain as warm as pea soup); street food is a staple in Thailand; and a Hand ferry across the channel.

Open for business

As of April 13 • Full list # ShopShuswap

* DR - door • DEL - Delivery • OO Online Order • PH Phone • FB Facebook • CPU Curbside
 • PU Pickup • RH Reduced hours • APT appointment
 • One-P - One person in shop at a time
 • Dthru - drive thru • TO take-out •

RETAIL

All Grocery Stores open as essential service - Customers to practice social distancing. Staff wear gloves, many with masks; plexi glass shields at the tills; constant sanitizing counters, debit machines

Critters - delivery, reduced hours, DR • Pet Smart DR • D&A Total Property Care - 2 person crew ea. from same family • Garage Furniture PH/FB • Grass Roots Dairy - Storefront still open • Green Farms Nursery DEL/CPU • Buckerfields open • Most wineries DEL or PU • Harty clothing • OO/DEL • H204U Open/No ser. calls • Inclusive Arts DIY kits • Healthy Spot RH/PU • Intwined Fibre Arts - OO yarn sales • Mystic Treasures Native Art - Free DEL • Mossy Stump Soap Co. Free local DEL • Nico's DEL/CPU/PH • On Alex - OO/ Free local DEL • Prisa Lighting OO/PH/RH 1-P • Silhouette • Re-Market PH/PU • SA Barber - Gift cert • SA Stationery PH, CPU • Saponi Oils & Vinegars PH • Shuswap Laundry RH/ four-P
 • Makerspace - closed to public • DIY birdhouse kits (info@saeds.ca) • Silhouette Fashions OO • Crazy River - Pers. shopping PH • Skookum Cycle & Ski OO/DEL • Bayfield PH/OO - mortgage/consolidation loans for small business • Bella Interiors OO • Book Nook RH/OO • Botanica Spa -product PH/DEL • Candy Vault PH/OO • Crazy River Clothing - PH, personal shopping • Country Camping - Hot tub/trailer product DEL/ CPU/PH • Wearabouts Cloth. Facetime shopping • Nufloors APT • Canadian Tire RH • Automotive & Autobody shops - PH • Insite Organizing - Facetime • Candy Vault FB, Email orders • *Observer/Market News* - still printing PH
 • *Friday AM* - mainly online readership - **FriAM.ca (50% off regular ad rate during Limited printing and distribution)**

RESTAURANT

• DRIVE THRU - A&W • Dairy Queen • McDonald's • Wendy's • All Tim Horton's • Triple O's •
 • TAKEOUT ONLY/PH - Booster Juice • Yans • Subways • Domino's CPU/ DEL • Namaste • Chaing Mai Orchid • Wing's • Trish's Country Kitchen • Sushi Koltan • New Bombay Grill • Panago Pizza • Andiamo DEL, FB menu, can order wine w/ dinner • Barley Station TO/PH • Smudge Nosh OO/CPU/DEL • Shuswap Pie Co. Free DEL /PH for frozen fruit or pre-order savoury •

HEALTH/WELLNESS

• LIVESTREAM - Bulldog boxing, Namaste Yoga • Gratitude Yoga • SA Recreation
 • TELEHEALTH • Shuswap Counselling • Lakeshore & Live Well Physiotherapy • Crossfit - FB, equip loans
 • Health Quest P/U • Hair/spa product outlets OO, PU
 • Clinics and medical doctors are offering telephone consultations.

□ Practice safe distancing (approximately 2 metres) and adhere to all directives in compliance with Provincial Health Authority.
 □ It is the responsibility of business owner to comply with regulations regarding COVID-19. Please use list at your own discretion.
 □ Friday AM reader Arlie Wingate suggests checking out this link to an article that Canadians purchase a take-out meal every Wednesday to help local restaurants stay in business.

<http://globalnews.ca/news/6820094/canada-takeout-day-support-local-restaurants/> ■

SUPPORT LOCAL BUSINESS!

Help ensure they'll be around when life returns to normal



▲ A truck gets stuck while unloading a boat at Sunnybrae. Photo from Facebook.

My Prairie Sunset potato

Last week I delivered 2,000 Prairie Sunset seed potatoes to Osoyoos. This potato hybrid that I crossed between Yukon Gold and Red Pontiac back in 2004, were surplus to my own requirements here in Salmon Arm for this growing season.

My daughter in Osoyoos went on social media and, in a short span, received about 200 orders of ten per order. The free seed soon made its way all over the Osoyoos and Oliver area.

I was left with another 500 seed for here in Salmon Arm and contacted Roger and Kathy DeMille regarding dispersal. They were happy to help from their Pantry shop. Within 24 hours all the potato seed was gone, again at no charge, thanks to Kathy.

Many folks in Osoyoos and area had not planted potatoes before and they required a head's up on the do's and don'ts of potato husbandry.

I was quite taken that a "Prairie Sunset Potato Club" has now formed. Anyone can join by going to Facebook via "Prairie Sunset Potatoes". Its full history is written up on Face book. My daughter, Catherine was helping on our farm near Dawson Creek at that time, so she was there at the start.

The skin of Prairie Sunsets is yellow/red and last year I was delighted to be awarded first and second place prizes in two different categories at the Salmon Arm Fair.

On calculation, the 4,500 seed potatoes should yield at least 316 per hill. Five pounds per hill has grown over the years.

This tallies to a total of six tonnes of potatoes. These potatoes are untreated against sprouting - unlike the ones you get in grocery stores. All of the potato and skin is safely eaten; the skin is the most nutritious. ■

□ *Editor's note: Nick Parsons of Gleneden faithfully records the weather for the Salmon Arm area in Friday AM. Recently I wrote a feature on the 20th anniversary of his famous one-man protest journey from Dawson Creek to Parliament Hill on his Prairie Belle Combine. There were regular media reports at the time, including a half-hour documentary, complete with a theme song. I was wondering if there's someone out there who could post the DVD on youtube so anyone can find out more about Nick's taking a stand for the family farm. Please email to friam@shaw.ca*



SALMON ARM CITIZENS PATROL

• Community Service + Flexible Hours
 + Interesting information + Friendship = SACP membership

Help keep Salmon Arm safe by going out on a four hour patrol on one afternoon or evening each month. We also take part in numerous community events and enjoy socializing together.

○ For more information and an application, find SACP at salmonarmcitizenspatrol.ca or Facebook



BALANCE OF OPPOSITES

yoga basics 
Nancy Whitticase

Finding comfort in discomfort appears to be our pathway towards the new normal. Charles Darwin said, "It's not the strongest of the species that survive, nor the most intelligent but the one most adaptable to change." To understand this universal truth, we look to the rule of opposites.

Life has an expanding and contracting pulsation and rhythm that will always be a part of the circle of living. To recognize opposites as equal parts of the totality of life is something our practice of yoga can help us understand.

I teach my yoga and meditation students that our bodies and minds carry the same

contracting and expanding rhythm of life. Experience is the best teacher to understand deep concepts in the way of self-truth. To digest this truth, we turn towards the awareness of our breath.

If you watch your body, you will observe it contract and expand as you breathe. Taking a breath in, then out and experience the balance of opposites working in perfect harmony. When you inhale, the intercostal muscles contract and the diaphragm moves down, making the chest expand.

When the intercostal muscles and diaphragm relax, the lungs contraction and the air pushes out. One cannot breathe in forever, and you cannot breathe out forever, either. This life force energy will demand that you balance these opposites. You have to expand before you can contract.

You must contract in order to expand. Expansion and contraction is an ongoing rhythm that is part of our existence. What you feel in your body is what happens in every aspect of life, whether we choose to pay attention to it or not. Everything in life has a rhythm, from the tides to the fluctuations within our economy. Knowing this can help us have patience during difficult times and help us sincerely appreciate the prosperous ones. To dwell in the space in which the balance of opposites is occurring can be uncomfortable. But when we understand the circle of life and its need to flow, we discover comfort in the discomfort and genuinely know that this too shall pass. ■
 □ Nancy Whitticase runs *Namaste Yoga and Wellness*. Visit yogasalmonarm.com



Lorne Reimer photo



Jude Corfield photo



Louise Reimer photo

▲ Scenes around Salmon Arm on a sunny day: A towering Douglas Fir goes down off 5th Ave. NE behind the college (an even nicer peekaboo lake view from Friday AM's office window); lake level is rising on Shuswap Lake, pooling around the wharf; and a group of visiting friends practice six feet social distancing at the Horseshoe Club.



Programs to keep homefires burning

- Music of Faith & Inspiration
- A Joyful Noise
- Indie Beat • Lost Gems
- Live in the Shuswap
- Writing Out Loud
- All over the Map
- Bach/Many Moods
- Baha'i Radio
- Balmoral Blues
- Grace for the Journey
- Blu Jay Cafe
- Community Hour
- Front Burner: News
- Community Voices
- Democracy Now!
- Darklighter
- 25000 Miles
- Some Guy
- Stories for Seniors
- Mary Thomas
- Ten Years Apart
- Driving thru my Memories
- Love & War • Can Queer
- Shuswap Dance Fever
- Jazz on the Rocks
- CANADALAND
- Bach to the Beatles
- Cold War/Hot Music
- Little Town Big Sky
- At the Crossroads

Full Schedule at: voiceoftheshuswap.ca

Local family loses everything in fire

Over \$16,000 was raised on GoFundme since an early morning fire destroyed the home of the Martz-Parkinson family.

The couple, Alex and Lexi, along with their two-year-old daughter, Grace, and their pets, managed to escape just in time before the house on Hamley Road in Rancho burned and collapsed. The fire broke out about 4:30 am, Monday, April 27.

The family lost everything, including their vehicle, and have no renters insurance.

Those who wish to help, can go to GoFundMe page set up by Alex's sister, and search "Martz-Parkinson House Fire."



▲ The Martz-Parkinson family escaped unharmed when an early morning fire destroyed their rented home on Hamley Road.

Safe Motherhood Project has taught over 1,200 women

News release by Safe Motherhood Project

International Day of the Midwife takes place on May 5 in recognition of all those who assist women to give birth.

The word "midwife" comes from the old English term meaning "with woman". As long as women have been giving birth, there have been midwives assisting them.

In the past, the acquired skills and wisdom of midwifery were passed down from woman to woman through the generations. Midwives have been both revered and disparaged, at times, accused of being witches.

In many countries of Europe, midwives are respected because they manage nearly all low risk deliveries. At last, in North America, midwifery is attaining its long deserved status as a noble profession.

The Safe Motherhood Project is a team consisting of a family physician, a registered midwife, and a maternity nurse from Canada, and a group of dedicated traditional birth attendants from Guatemala who offer knowledge and skills in emergency obstetrics to indigenous Mayan midwives in the rural highlands of Guatemala.

The project began in



▲ Members of the project include Annette Borkent, RN (maternity), Ruth Brighouse, MD, and Birte Paschen, RM.

2003, providing "hands on" educational experience for indigenous midwives, called comadronas, who might not otherwise have such a training opportunity. Over 1,200 students have been taught over the years.

The Safe Motherhood Project was developed with the approval of a committee of Mayan comadronas in 2001, to address the problem of maternal death occurring in rural

Guatemala at that time.

The primary causes of maternal death in Guatemala are postpartum hemorrhage, eclampsia, and infection. Maternal outcomes have improved globally in the last two decades with the United Nations development goals.

While Canada is one of the safest countries in the world to give birth, Guatemala is not. The country has a maternal mortality rate reported to be 10 times higher than the rate in Canada.

Fifty percent of the Guatemalan population self-identify as indigenous Maya. Most Mayans live rurally and are the people most affected by poverty. It is clear that the outcomes for Mayan pregnant women, like in most

indigenous communities, are worse than those reported nationally, due to a lack of access to healthcare resources. The majority of women living rurally in Guatemala deliver their babies at home attended by comadronas.

The course offered gives guidance on hygiene, prenatal care, normal birth practice, and managing obstetrical emergencies over five days. It utilizes

life-size models and role plays for students to practice their skills.

Public health officials working with the comadronas who have taken our course, report they see an improvement in the care these comadronas provide to pregnant women.

"We are very proud of the educational model we have developed. What we offer is compatible with the cultural values of Mayan women. We are heartened by how empowered our students feel with their new skills and knowledge. We feel privileged to have participated in such an important endeavor," said Annette Borkent, one of two members from Salmon Arm.

Unborn babies do not observe the restrictions imposed due to the Covid 19 pandemic. Women all over the world are still getting pregnant.

In spite of the pandemic, women still need care during childbirth.

The project has counted on the ongoing donations of individuals to continue this work. "We are now considering expansion of the program to include three to four teams."

□ If anyone is willing to assist with finding funding sources, please contact Dr. Ruth Brighouse at (250) 804-1666.

For further information about our project see www.safemotherhoodproject.org