

FriAM.

September All Month



Chris Fowler photo

19th SEASON 2019-20 / P.8,9

▼ What's On ► Online FriAM.ca ■ No. 1125 ► Sept. 6, 2019 ► FREE

Festivities
Art & Film
Concerts
Theatre
Sports



► Violin maker /7
 ► Back to School / 10



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Open House

The CSRD is hosting a meeting on the Alternative Approval Process underway for the proposed borrowing of funds for the purchase of 9.5 acres of land known as Centennial Field in Blind Bay.

The meeting will be held from 6 to 8 pm, Thursday, September 12 at the Shuswap Lake Estates Community Centre, located at 2405 Centennial Drive.

In addition, the CSRD has prepared a series of frequently asked questions to provide information to the electors on the proposed Centennial Field Community Park and Approval Process. ■



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FINDING JOY

“Be joyful though you have considered all the facts.”

These are the words of American author, environmentalist and farmer, Wendell Berry.

I have been challenging myself to follow this advice for the last few years.

The “facts” speak for themselves – a planet in the throes of the effects of a rapidly changing climate, and likely about to experience far greater devastation and hardship.

Loss of ecosystems and habitat worldwide, even in a relatively undeveloped country like Canada. Challenges on all fronts – from water and air pollution to billions of people planet-wide without adequate food, shelter or water, from loss of topsoil to loss of fisheries. The prospects are indeed grim.

And yet, environmental activist Berry challenges us to be joyful.

For decades I allowed my awareness of the planet’s environmental catastrophes to lead me into despair – the total opposite of joy. And, at various times, when things seemed really bleak, I allowed that despair to colour my personal outlook to the point of burn-out and a “don’t care” attitude.

There is much written about choosing to be optimistic, choosing to view the glass as half full, rather than half empty, choosing to change our thought patterns.

It is so much easier said than done!

In Victoria earlier this year I heard a talk by psychiatrist James Sacamano. James spoke

shuswap reflections

Sarah Weaver



of what he calls the “heart-mind” moment.

A heart-mind moment is one that inspires us, a moment that moves us, gives us joy. Often the moment is a very small thing, such as someone’s spontaneous radiant smile, or catching a glimpse of an unplanned act of kindness.

Perhaps while preparing vegetables you might notice their bounty, their perfect beauty. Or maybe you walk by a music store and hear a few bars of a song that recalls for you a connection to a loved one.

James suggested that we pay attention in our day-to-day lives to moments that inspire us. In his process, we focus on such a moment, take a few minutes to write it down, and then – whenever there is an opportunity – share it with another person. We then invite that person to give us feedback about how our telling them about our “moment” affected them.

This process, James suggested, helps build our resilience. By paying attention to small moments when we feel inspired we are unconsciously strengthening our mental health – becoming more joyful, less negative. And by sharing the experience with another, and having an exchange about it, we strengthen our connections with others in community. And, if we are

invited by the other person, we can do a similar exchange with them – listen to what inspired someone else. James suggests that paying attention to heart-mind moments is a practice which could become a daily one.

I like James’ idea. It is easy to feel overwhelmed and despairing because of the “big picture”. Even in the midst of despair, we can find joy in small things, and be uplifted.

Children are naturally drawn to wonder and joy; as they get older, the weight of their world can lead them to anxiety, and loss of joy. We adults can help facilitate their abilities to be joyful in the moment; it is a lifelong skill. Joy is not the same as “fun”; it is more akin to love.

Sometimes, it may be hard to find even a small moment of joy. I then think about another human quality, that of curiosity and wonder.

What is it you wonder about, are curious about? Take that curiosity and run with it – and perhaps it will take you to a moment of joy.

The American poet Mary Oliver, who died earlier this year, gave us these lines from the poem “Sometimes”.

They express, far more succinctly than I have in this piece, the same idea: Instructions for living a life:

Pay attention.

Be astonished.

Tell about it. ■

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

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BACK TO SCHOOL

The kids are back to school! My boys may not admit it, but they do enjoy getting back into the routine of school. I know the parents do!

I now have two boys out of the house and at college so the back to school routine is changing with only a couple boys at home.

The one constant is Jasper the Dog is in his annual September state of sadness now that the boys have abandoned him for school.

As far as Duma the Cat? She could care less so long as she has food in her dish or a mouse to chase.

The differences between my older boys were on full display as they prepared for college. My oldest started packing the night before whereas my second oldest was packed and ready to go days ahead of time. My oldest forgot a whole bin of stuff and my second reviewed his checklist 10 times.

After they left I went and looked in their bedrooms. My oldest son’s room looked liked there had been an explosion.

I found a laundry basket full of dirty clothes, piles of clean clothes were lying on his un-made bed, his closet was a mess and his gar-

mall arkey



Daron Mayes

bage can was overflowing with trash. I looked under his bed and found his grade 12 Physics binder from three years previous; always a convenient place to store such things.

My second son’s room looked like it was ready for the Queen of England. His bed was made perfectly, the room was dusted, there was an empty laundry basket in one corner of the room and an empty garbage can in another. I opened his closet and what clothes he didn’t take with him to college were perfectly hung or folded on a shelf.

Either way, you miss both of them equally when they are gone; despite the differences. It is their roommates that will now have to deal with either the sloppiness of the one or the obsessive cleaning of the other!

As for the dog? Well, he will eventually get over his sad funk. If not, I’m sure the cat will smack him around and knock him out of it! ■

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

AM

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 (No Jan. or July All Month)
 Fun, Friendly, & Fact Filled

• 5,000 copies of All Month edition of Friday AM are distributed on first Friday of the month to the public places throughout Salmon Arm & Shuswap region.

• 3,200 copies of regular edition go out every Friday.
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 Laser Therapy for the treatment of arthritic knees:
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Almost fire free

We've enjoyed a pretty fine summer, and there's no real end in sight on this first week of September.

Most notable has been the relative absence of wildfires and smokey skies, thanks to less dry conditions and no lack of luck.

mole hills
 Lorne Reimer



But there's always the awareness of the potential for fire, plus the assurance that we have trained firefighters nearby, always on the ready.

Stephen Moore and his Celista area family experienced this reminder in the wee hours of Wednesday morning. "A big thank you to the firefighters who saved our house and the neighbourhood from potentially going up in flames," he posted on Facebook.

As the house next door went up in flames, he said there were multiple large explosions that could have caused serious injury to the firefighters. "They expose themselves to risk every time they get a call," said Moore.

"We owe them a huge debt for their service.. Three thumbs up!"

Well said, as I search fruitlessly for my third thumb. A debt of gratitude indeed!



▲ Not sure how this vehicle eventually left its parking spot after pointing the wrong way down Alexander Street, but it must have been interesting. One notices these things when you're a one one-way street town.



▲ The Highway project on both sides of the Salmon River is taking shape, thanks to a massive amount of earth and aggregate hauled to the site over the past several months. The illustration on the right shows how the project will look when finished. The new four-lane alignment is being built up high to accommodate both the bridge and a road underpass.



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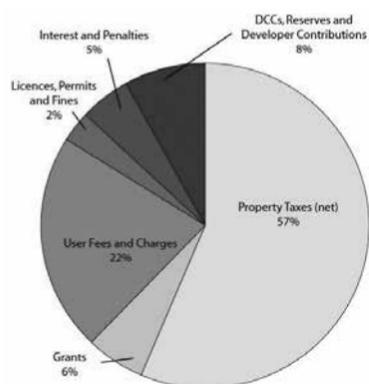
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SPIRIT QUEST BOOKS

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Budget meeting



Members of the public are invited to attend a Budget Meeting to provide input regarding the 2020 Annual Budget for the five-year Financial Plan. The meeting is set for 5 to 6:30 pm, Sept. 9 in advance of the evening portion of the regular council meeting.

Those wishing to address council should contact the Administration Department at 803-4036 prior to noon of Sept. 9, in order to be placed on the Agenda. ■

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 community together,
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 & All Month*

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Sept. 4, 11, 18 & 25

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- * Barn Dance: Beer Garden

Friday 3-4:30m
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'Shuswap Idol'

'BARN DANCE'
 Fri. 7-12am
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 * Trade Fair
 * Lawn Mower Races
 * Horse Show
 * Photo Booth

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 Adam Fitzpatrick

- * Super Dogs
- * Loggers Sports Show
- * Livestock Shows
- * Kids Zone
- * Gold Panning
- * Spin Art
- * Mini Golf
- * 'Show n' Shine'
- * 'Hug an Alpaca'
- * Lego Competition
- * West Coast Amusements
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Spotlight

Festivities

- **Sign-up Week**, Sept. 1-10, Piccadilly
- **Salmon Arm Fall Fair**, Sept. 6-8, Fairgrounds. Parade, livestock shows, midway, entertainment, Super-dogs & more.. salmonarmfair.com / 5
- **Shuswap Harvest Celebration**, 3-6 pm, Sept. 8, Haney Village. Sample best of local foods, brews and wines. Reserve at 250-832-5243.
- **Silverbacks home opener**, Sept. 8 / 8
- **Lantern Walk**, 7:30-9, Sept. 10, McGuire Lake, reflecting on those lost or vulnerable to suicide. Lantern making at 7.
- **Terry Fox Run**, Sept. 15, Blackburn Park. Run at 10 am. Reg. starts 8 am.
- **BC Rivers Day**, Sept. 22.
- **Fungi Fest**, Sept. 27-29, Sicamous. fungifestival.com
- **Culture Days**, Sept. 27, 28.
- **Apple Fest**, 10 to 3, Sept. 28, Ross St. plaza. Everything apples, plus crafts, BBQ, music, face painting, balloon animals, Mobile juice factory and local orchardists. Co-hosted by Askew's and Downtown SA
- **Thanksgiving Day** Oct. 8.
- **Shuswap Wine Fest**, 7-10 pm, Oct. 19, Piccadilly Mall. shuswapwinefest.com Hosted by SA Rotary Club.
- **Federal election**, Monday, Oct. 21. Campaign is on now.

Art & Film

- **Devenir**, Salmon Arm Art Gallery, featuring paintings and mobiles by five francophone artists from Alberta. Runs to Sept. 21.
- **'The Little Lake'**, a collaborative, community soft sculpture project showcasing McGuire Lake and its features. Opening reception, 7 pm, Oct. 4, Salmon Arm Art Gallery
- **Artist Pro-D series** on Installation Art, Sept. 12, 19, 26. Info at Art Gallery.
- **Lazuline Gallery** on Hudson. New show, now until Sept. 28.



• The cross-Canada and US "Lonely" tour that celebrates the poignant, soaring voice of the late Roy Orbison, includes a stop at the Salmar Classic Sept. 28. Michael Demers, centre, will deliver classics like 'Only the Lonely' and 'Pretty Woman' as if it was 'The Big O' himself.

On the MOVIES

- **Salmar Grand** • Sept. 6 to 12 • www.salmartheatre.com • 832-2263
- **IT: Chapter 2**. The evil clown Pennywise returns 27 years later to torment the grown-up members of the Losers' Club, who have long since drifted apart. (violence, seriously, lang). 2:00 Sat-Sun; 6:45, 8:30 nightly.
- **Overcomer**. High school basketball coach and his team face an uncertain future when town's largest plant shuts down. He reluctantly agrees to coach cross-country, a sport he doesn't even like. 2:10 Sat-Sun; 6:35, 8:35 nightly.
- **Angel has Fallen**. Secret Service Agent Banning is framed for the attempted assassination of the President. (14A violence, coarse lang) 2:00 Sat-Mon; 6:40, 9:00 nightly.
- **The Angry Birds 2**. The flightless birds and scheming green pigs take their feud to the next level. 2:10 Sat.-Sun (G)
- **Salmar Classic** • Alexander St.
- **STAGE TO SCREEN**
- **42nd Street: The Musical**, 1 pm, Sept. 15. A talented young performer with stars in her eyes gets her big break on Broadway. Tap dancing to next level.
- **OPERA, BALLET** • Live in HD
- **Turandot**, NY Met Opera, 9:55 am, Oct. 12. An icy Chinese princess renounces all men.

SHUSWAP FILM SOCIETY

- shuswapfilm.net
- **The Public** (US) 5:00, Sept. 7. A library becomes endearing refuge and oasis for homelessness, loneliness and poverty. (PG)
- **Fall of American Empire** (Can/Fr) 5:00, 7:30, Sept. 14. A disgruntled and cynical courier stumbles onto a crime scene where no one sees him flee with the money. (14A)
- **Red Joan** (UK), 7:30, Sept. 20-26. One of most influential spies enjoys retirement in a picturesque village. (PG) Joint presentation with Salmar Theatre.
- **The Biggest Little Farm** (US), 5:00, 7:30, Sept. 29. Two dreamers build a diverse farm in co-existence with nature (G)
- **Sometimes Always Never** (UK), 5:00, Oct. 5. Father spends year searching for missing who stormed out after game of Scrabble. (PG)
- **Mademoiselle De Jonquières** (France), 5:00, 7:30, Oct. 12. A young widow is assigned to the court of notorious womanizer Marquis des Acis. (14A)
- **The Farewell** (US), 7:30, Oct. 18-24. Instead of telling their grandmother that she has a short while to live, a Chinese family schedules a fake wedding to gather the family together. (14A)
- **Tel Aviv on Fire** (Lux/Belgium/Israel), 5:00 & 7:30, Oct 26. Palestinian soap opera writer in Israel runs into a conundrum with one of his plots. (14A)
- **Film Festival**, Nov. 1 to 3.
- **Starlight Drive-in** • S. of Enderby starlightdrivein.ca • 250-838-6757
- **It: Chapter 2**, 7:45 pm, Sept. 6 to 8.
- **Annabelle comes Home**, 11 pm (14A)

Concerts

- **FAIR STAGES**, Sept. 6-8, Fairgrounds, featuring *international award-winning Elvis, Adam Fitzpatrick, plus Shuswap Idol, Easy Street, Just for Kicks, Shuswap Dance, Blu & Kelly Hopkins, Barn Catz, True Blue, Patrick Ryley, Green Room, Shukuleles, Ron Boruta Trio, Carmen's Fiddlers, First Nations Dancers & more.* Full Schedule, P. 5.
- **SALMON ARM JAZZ CLUB**, Nexus @ First. By donation. All 7 pm
- **Shujaz goes Latin**, Sept. 12, featuring Sandy Cameron, Chris Petterson, Bill Lockie, Gareth Seys, and Miguel Agui
- **Sam Kirmayer Trio**, Sept. 26. Montreal based guitarist
- **Mike Field**, Nov. 14. More details at jazzsalmonarm.com
- **Tim & the Glory Boys** perform their "Buffalo Road Show", 7 pm, Sept. 12, Salmar Classic.
- **Kamloops Symphony "Romantic Elements"**, 7:30, Sept. 27, Nexus at First, featuring violinist Timothy Chooi, and a premiere new work that journeys through the four elements, by Salmon Arm composer Jean Ethridge. Tix 1-866-374-5483
- **Comic Strippers** are back, 7:30, Sept. 27, Salmar Classic. Improvisational comedy with a twist. Hilarious parody on male strippers.
- **The Lonely** - music of Roy Orbison, Everly Brothers, Travelling Wilburys, 7 pm, Sept. 28, Salmar Classic.
- **Calvin Vollrath**, Canadian fiddling sensation, 8 pm, Sept. 28, SA Legion. \$25. Tix at Roots & Blues office or 832-4296.
- **Coffeehouse circuit** - Enderby Drill Hall, Sept. 20. Others resume October. See 'Live Scene' below ▼
- **Okanagan Symphony 'Legends'**, 7 pm, Oct. 20, Vernon Performing Arts Centre. Start of 60th anniversary season, featuring guest artist, Bryan Cheng, playing on a Stradivarius

Theatre

- **Shuswap Theatre Open House**, 7-9:30, Oct. 5. Get 'behind the curtain' and find out about the exciting production in progress in the Land of Oz. Come to open house wearing a Wizard of Oz costume and you may win a prize. Also learn about Improv and Senior theatre, volunteer opportunities and the upcoming season.
- **Wizard of Oz**, Nov. 22 to Dec. 8, Shuswap Theatre.

Sports

- **SILVERBACKS / p. 8, 9**
- **Home** - West Kelowna, 3 pm, Sept. 8; Powell River, 7 pm, Sept. 20; Victoria, 6 pm, Sept. 21; Cowichan Valley, 7 pm, Sept. 27; West Kelowna 7 pm, Oct. 1; Chilliwack, 7 pm, Oct. 11.
- **Away** - Trail, 7 pm, Sept. 13 & 14; West Kelowna, 7 pm, Sept. 24; Coquitlam, 7 pm, Sept. 28.
- **BCHL Showcase in Penticton** - Wenatchee, 1 pm, Oct 4 and Coquitlam, 10 am, Oct. 5.
- **Copper Island Swim** (2.7 km rtn), Sept. 7. Register by Sept. 6 at Shuswap Lake Prov. Park.
- **Josh Hunter Memorial Skate AM**, Sept. 28, Skateboard zone, Blackburn.
- **Bike for your Life / Century Ride**, 9 am, Sept. 16, Blackburn Park. 30km, 75 km & 100 km routes.
- **Friendship Day Soapbox Derby**, 10:30-12:30, Sept. 22, Hudson Ave. Mandatory racer meeting at 12:30. Proceeds go to BC Children's Hospital. m47_kuster@gmail.com
- **SA Tennis Club - Seniors Open championship**, Sept. 21-22. Also Snowball Tournament, Oct. 5 or 19.
- **Lewiston Ultra Trail Run**, Sept. 28, Larch Hills Traverse. thelewisultra.com. 60 km. run from SA to Sicamous.
- **More 'SPORTS', P. 11**

Keeping it up

Music doesn't bring in a ton of toonies to support our venues, but it's amazing what community-minded musicians can accomplish when they put their hearts and talents into it. Check out these examples:

The **Shuswap Jazz Club** raised funds to install a new PA system that has already been tested on the Nexus stage. It has added much clarity to the club's shows and you can see for yourself on Sept. 12 when **Shujazz** plays the first show of the season.

On Thursday, **Carlin Hall** hosted a fund-raising concert featuring **Sandtimer**, to support the hall's ongoing stage expansion work. The end result of this \$18,000 project will be a highly versatile community venue for a wide range of arts and culture.

And finally, **Voice of the Shuswap** and **GreenSpace Community** are organizing

ShuBiz

a dinner night to raise funds for the renovations underway on its new space at the rear of

First United Church. **Building Bites & Blues** features a Charcuterie Dinner, Silent Auction and music by the **Blind Bay Blues Band**. Tix are \$45 at the United Church or Salmon Arm Stationery. Incidentally, the parish hall behind Nexus at First now has a new look and new name, the Village Hall.

So keep supporting these venues - the glue that keep our communities together.



The **Silverbacks** home opener and the **Salmon Arm Fair** are a tradition for the weekend after the Labour Day long weekend. There's a small twist this weekend with the 'Backs holding the first game at 3 pm, Sunday instead of Friday night. So as the Fair wraps up, let the game begin. ■



▲ Tim and the Glory Boys and their Buffalo Show bring their brand of country, gospel, bluegrass and the wild west to the Salmar Classic on Sept. 12.

city lights

- **vernon** • See ticketseller.ca
- **Murder Mystery** (O'Keefe), Sept. 6, 7
- **Country Icons**, Sept. 13
- **Edith Piaf** - Under Paris Skies, Sept. 15
- **Abra Cadabra** (ABBA tribute), Sept. 19
- **Ron James** - Full Throttle, Sept. 21
- **Buffy Sainte-Marie**, Sept. 23
- **Dancing with Vernon Stars**, Sept. 27
- **Andrew Lloyd Webber tribute**, Sept. 27
- **Vox Humana Chamber Choir**, Sept. 28
- **Michael Kaeshammer**, Sept. 28
- **M. Buble & Celine Dion tribute**, Oct. 3
- **Charlotte Diamond**, Oct. 6
- **Okanagan Symphony 'Legends'**, Oct. 20
- **kelowna**
- **The Who's Tommy**, Sept. 12-15
- **Abra Cadabra** (ABBA tribute), Sept. 20
- **PIGS Pink Floyd tribute**, Sept. 24
- **Red Green** 'This could be it', Oct. 2
- **Tryzub Ukrainian Dance Ens.**, Oct. 5
- **Mavericks**, Oct. 15
- **Burton Cummings**, Oct. 20
- **Skate Canada International**, Oct. 24-27
- **City and Colour**, Nov. 10

- **kamloops**
- **Dallas Smith & Dean Brody**, Oct. 24
- **Rascal Flatts**, Oct. 29
- **penticton**
- **Ghost & Nothing More**, Sept. 21
- **vancouver**
- **Whitecaps**, Sept. 14, 21, Oct. 6
- **Lions**, Sept. 6, 13, 28, Oct. 5, 18
- **Can vs. US Rugby**, Sept. 7
- **UFC Fight Night**, Sept. 14
- **Post Malone**, Sept. 16
- **Canucks Pre-season**- Sept. 17, 25, 26
- **Regular** - Oct. 8, 9, 12, 15, 17, 25, 28
- **Elton John**, Sept. 21, 22, 24
- **Lana Del Rey**, Sept. 30
- **Jonas Brothers**, Oct. 11
- **John Fogerty**, Oct. 13
- **Luke Combs**, Oct. 19
- **The Who**, Oct. 21
- **Celine Dion**, April 17
- gvpta.ca/vancouver-theatre-guide
- livenation.com
- georgiastrait.com
- gvpta.ca/vancouver-theatre-guide

LIVE Scene

- **Little City Merchant**, Enderby • **Shaun Rawlins & Tyler Bartfal**, Sept. 14
- **Lorenzo's • Harpdog Brown**, Sept. 1 - classic electric blues • **Daniel Engelland & Jake Verburg**, Sept. 14 • **Confusionairs**, Sept. 20 • **Three Scotch In**, Sept. 21
- **Guitar you Experienced** - Jake Verburg & Friends, Sept. 27 • lorenzoscave.com
- **Coffeehouses** - Carlin (1st Sat Oct. 5); Enderby Drill Hall (3rd Fri Sept. 20) & Eagle Bay (4th Sat Sept. 28); Grindrod (1st Fri Oct. 4), Celista (3rd Sat Oct. 19); Sunnybrae (2nd Sat. Oct. 12); • Bues jam, (7 pm, 3rd Tue) Blind Bay Hall.
- **Saturday Market** • Ross St. Plaza, 10:30 am to noon - TBA, Sept. 7
- **Shukuleles**, Sept. 14 • **Green Room**, Sept. 21 • **Blu & Kelly Hopkins, Francois et Guillaume**, and **Kiki the Eco Elf** will play at the AppleFest, Sept. 28.
- Email your events to friam@shaw.ca

Dance ON

- **Barn Dance** • 7-midnight, Sept. 6, Pole Barn, Salmon Arm Fair. Tix \$20 / p. 5
- **Enderby Legion** • Dance to **Vic's Dance Band**, Sept. 14 • **Outlaw Country Tribute** - Johnny Cash/Waylon Jennings, Sept. 20 • **Rockin Horse**, Sept. 28.
- **Jammers dance**, 7 pm, Sept. 15, 5th Ave Seniors Activity Centre. \$3 or \$5 non-members. Musicians free.
- **Square Dance open house**, 6:30, Sept. 18, 5th Ave Srs Act. Centre.
- **Old Time Dance Club Harvest dance**, 7 pm, Oct. 4, Enderby Drill Hall.
- **Gleneden Hall dance**, 7 pm, Oct. 5
- **That 50s Dance**, Oct. 5, Silver Creek Hall
- **Dancing with the Shuswap Stars**, Nov. 22, SASCU Com. Centre. Fundraiser for Shuswap Hospice Society. shkuswapstars.ca

BURGER & BEER • 11-7, Sept. 6

- Crib, Mondays • Tues Night Fun
- Shuffleboard • Drop-in Pool Snooker
- Meat Draws 3 pm, Saturdays

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NEW SEASON

Can you believe how fast the summer went? And what a blessing the weather was - no smoke! And now we're into glorious fall. It's time to get back into our fall and winter pursuits.



write on
Kay McCracken

For writers, **Shuswap Writers' Group Coffee House** will recommence after a summer hiatus. It's the 4th Friday of the month, from 2 to 4 pm at the Blue Canoe. This is for everyone who likes to listen to stories be read to them. I may read another short story about Bobby and Sally. How did these two people find each other again after 50 or 60 years?

It's no trivial thing for a writer to get up in front of an audience and read their short story, poem, or whatever they happen to be working on. As I found out, when you read your work out loud to people you can hear where it works, or doesn't, and where it needs a little tweaking.

There's no cover charge. Come and read, play music, or simply sit, sip a coffee or tea, and listen.

Leah Blain will be the emcee again this year. She did a wonderful job last year and we are all glad she's coming back to do it again. Leah writes for the *Salmon Arm Observer*. You can read her stories at saobserver.net/author/leah-blain/



The Shuswap Writers' Group resumes this month, too. The 1st and 3rd Wednesday of the month in the Piccadilly Mall Board Room, 11 to 1. They welcome new members with open arms. Or pay \$2 as a drop-in fee. Bring a brown bag lunch if you like. shuswapwritersgroup.weebly.com

SAW's AGM is Sunday, Oct. 6 at 1:30 in Room 130, Okanagan College. More details to come. shuswapassociationofwriters.ca

And for readers, if you love historical fiction, Peter at Buckingham Place gave me a tip on what is selling exceptionally well. Kate Quinn is the *New York Times* and *USA Today* bestselling author of historical fiction. She has written four novels in the *Empress of Rome Saga*, and two books in the Italian Renaissance, before turning to the 20th century with *The Alice Network* and *The Huntress*. All have been translated into multiple languages.

In her enthralling new historical novel, two women—a female spy recruited to the real-life 'Alice Network' in France during World War I, and an unconventional American socialite searching for her cousin in 1947—are brought together in a mesmerizing story of courage and redemption.

Happy reading and writing everyone. ■

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

Salmon Arm Fair, Sept. 6-8

VENUES

SOUTH GROUNDS

- **Barn Dance**, 7-midnight Fri. \$20 Tix Pole Barn, with Patrick Ryley, DJ TORC, Name-that-Tune contest, lessons, prizes.
- **Super Dogs** • 12, 1:30, 5:00 Fri & Sat; 11:00, 1:00 & 3:00, Sun.
- **Mini-golf** • 10-6, Sat; 10-5, Sun
- **LumberJack Show** • 1, 4, 6:30 Fri; 11:30, 1:30, 5:30 Sat; 11, 1:30, 4 Sun • logger displays
- **Mechanical Bull** • All day
- **Pioneer Collections, Thresher Shows**
- **Heritage Lane & Stage** (See on right) Includes *Gold Panning, First Nations carving/history, Pioneer Collectors Club & heritage displays, Bannock, ice cream & more.*

GRANDSTAND

- **Mini Chuckwagons**, 2:30 Fri, 1 Sat & Sun
- **Heavy Horse**, 2:30 Sat & Sun.
- **Parade of Power**, 4 Fri, Sat & Sun

MIDWAY

Westcoast Amusements. See Word Search / 15

BARN & RINGS for cattle, horses

- **4H Beef & Open Beef Shows**
- **4H Dairy Show**
- **Horse Show**

fifth avenue sw

between N&S grounds, closed to traffic.

- Vintage Car Club 'Show n' Shine'

NORTH GROUNDS

MEMORIAL ARENA 'A bldg.'

- Vendors/Trade Show, Arts & Crafts, Fruits/Vegetables, Textiles, Needlearts, Scarecrows, flowering wheelbarrows, Baking/canning, and a few politicians!

DANCE STUDIO 'B bldg.'

- Photography, photo booth, 4-H Ed. boards, plus a quieter refuge.

ARTISAN BLDG. 'C bldg.'

- Arts/ Crafts, Textiles/ Needle Arts, Fruits/Vegetables, Scarecrows, Wheelbarrows, Flowers, Rabbits/Cavies, Lego, Master Gardeners (See Brian Minter, below right) Invasive species, Honey & other displays.

KIDS ZONE

- Facepainting, play area, Crocodile Bouncer, Slide & Glow in the Dark paint Catapult, Clinton Gray magician, Hatch-a-Chick, Silverbacks 'shot on goal', Meikle Studio Spin Art

MAIN STAGE See on right ▶

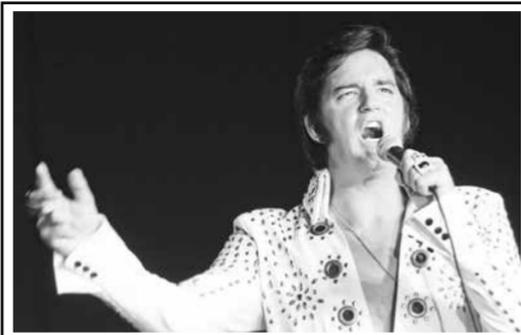
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▲ Adam Fitzpatrick: the best of Elvis'es

ON STAGE

Entertainment on Main and Heritage Lane stages:

FRIDAY

- **Mainstage** • Barn Catz, noon & 4:00 • Easy Street, 1:00 & 3:00 • Grand Opening, 2:00 • True Blue, 2:20 • Shuswap Dance Centre, 4:40 • Patrick Ryley, 5:40 • Just for Kicks, 6:20 • Shuswap Idol, 7:30 • Idol Callbacks 8:30
- **Heritage Lane** • True Blue, noon • Peter Clark, 1:00 • Ron Boruta Trio, 2:00 • Shukuleles, 3:00 • Green Room, 4:00 • TBA, 5:00.

SATURDAY

- **Mainstage** • Easy Street, noon & 4:00 • Pipes & Drums, 12:30 • World award winning Elvis - Adam Fitzpatrick, 1:00 & 5:00 • Just for Kicks, 1:45 • Blu & Kelly Hopkins, 5:50 • Shuswap Idol, 6:35 • Shuswap Dance Centre, 7:40 • Shuswap Idol winners announced, 8:40.
- **Heritage Lane** • True Blue, noon • TBA, 1:00 • Green Room, 2:00 • First Nations Dancers at Indigenous Village Heritage Lane, 2:00 • Shukuleles, 3:00 • Blu & Kelly Hopkins, 4:00 • Carmen's Fiddlers, 5:00

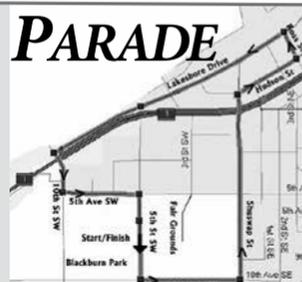
SUNDAY

- **Mainstage** • Church service, 10:00 • Barn Catz, noon • Adam Fitzpatrick 'Elvis', 1:00 • Shuswap Idol winners perform, 1:45 • Fair award presentations, 2:30 • Just for Kicks, 3:45.
- **Heritage Lane** • Green Room, noon • TBA, 1:00 • True Blue, 2:00 • Duo Tang, 3:00.



▶ Brian Minter, the go-to authority on plants and gardening in BC - often heard on CBC - will speak from 3 to 4:30, Fri., Sept. 6, Gardeners Stage. With Q&A

▶ The parade starts at 10:45 am, Sat, 7th, along a 3 km. route - East on 10th Ave. SW, North on Shuswap St., East on Hudson Ave., North on Ross St. East on Lakeshore Dr. Disperses Village West or onto the Fairgrounds.



You're Invited



• **Evening with Val Litwin**, president/ CEO of BC Chamber of Commerce, Prestige Resort, Sept. 26 \$60 for dinner event. RSVP to admin@sachamber.bc.ca before Sept. 17 or 250.832-6247.

• **Brian Minter**, Sept. 6. See below.

• **Lantern Walk** on World Suicide Prevention Day, 7:30-9, Sept. 10, McGuire Lake Park. Lantern making at 7. / P7

• **St. John's Anglican 40th Anniversary celebration** of construction of present church, Sept. 22. Thanksgiving service at 10, followed by a reception/lunch. RSVP to 832-2828.

• **International Day of Peace Celebration**, 3 pm, Sept. 21, Marine Peace Park. A one-hour gathering for all ages to celebrate the spirit of our city where all people are welcome. Sponsored by GreenSpace.

• **Building Bites & Blues** - fundraising dinner for Voice of the Shuswap and GreenSpace, 5:30, Sept. 28, 'Village Hall', 1st United Ch..

• **City council meetings**, 2:30 & 7:30 pm, Sept. 9, City Hall. Agendas at salmonarm.ca

• **CSRD regular meeting**, 9:30 am, Sept. 19, SA Harbourfront. csrd.bc.ca

• **SD 83 School Board meeting**, 6 pm, Sept. 11, 25, DESC. sd83.bc.ca

• **Municipal election Oct. 20**. It's happening.

• **Shuswap Hospital Foundation AGM**, 7 pm, Sept. 11, Level 5 meeting room, hospital. RSVP to 250-803-4546.

• **Shuswap Theatre Society AGM**, 7 pm Sept. 24, Shuswap Theatre.

• **WORK BC** - 310 Hudson • 250-804-4770. **Appreciation BBQ & Resource Fair/Job Fair**, 11:30 am to 1, Sept. 12

• **Job Fair**, 9 to noon, Sept. 19.

• **Acrylic painting workshop** by Lisa Figueroa, 9-4, Sept. 28 to 30, Red Barn Arts Centre, Sicamous. \$200 or \$185 pre-register before Sept. 15. Sally 250-836-2203 or email info@eaglevalleyartscouncil.com

• **Blind Bay Painters 'Oils and Acrylic Art Workshop'**, 9:30-4, Oct. 19, 20, Blind Bay Hall with Debbie Millner Lively. 250-253-5200.

• **Shuswap Association of Writers AGM**, 1:30, Oct. 6, Okanagan College, followed by readings, entertainment, refreshments, book prize draw.

• **Parkinson's SuperWalk**, 9:30-1:30, Sept. 14, McGuire Lake. parkinsons.bc.ca

• **Shuswap Women Who Wine 5th Community Giving Event**, 6-10 pm, Sept. 20 - BBQ dinner at Harpur Farm & Pumpkin Patch in South Canoe. Tix \$15. Presentations by Shuswap Family Centre, Freedom's Gate Equine Rescue & S.Canoe Outdoor School. RSVP to womenwhowine.ca by Sept. 18

■ More events on pages 4, 11

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Thank you all!

After 22 years as business owner in Salmon Arm I am sad to announce the closing of Xquisite Hair Design.

Due to my limited physical abilities I had no choice but to close my Salon. I am so sorry we did not have the opportunity to reach all of our clients to let them know in person.

Debbie and Shelley would like to thank all of their clients old and new for your continued loyalty, patronage and friendships. We will miss each and ever one of you.

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Signs of stupidity

When is a posted speed limit not the limit? That is easy, when you are leaving White Lake or Blind Bay.

There are at least three locations where some very misleading signs exist.

They look like regulatory limit signs, but have "ENDS" printed underneath. I may be jumping to conclusions, but I thought road signs were meant to be clear and speed limit signs, especially so.

If the posted limit ends the sign should read for the new limit. Indeed, I can find no example of a limit ENDS sign in the BC Motor Vehicle Act Regulations or Drive Smart.

What is the limit after the ENDS sign? - Who knows? I tried online and drew a blank, the White Lake Road 60 km/h ENDS is labelled Area 2969 which I took to be a bylaw, but

found no trace. All I got from the Motor Vehicle Act was that outside municipalities the limit is 80 km/h.

Do we know where municipalities begin and end? Who will pay my ticket if I choose incorrectly? How do the Police know? Like all of life there are more questions than answers.

My guess is that the signs are a deliberate and calculated deceit intended to imply that the lower limit continues beyond the true area covered.

As such they probably work, I don't know how long it was before I noticed the lie, but we need clear and legal signage on the roads not hoaxes.

We all know the yellow advisory signs are not even a remotely accurate guide to the safe speed for a corner (unless you happen

repair
guy
**Barry
Marshall**



to drive a semi with the CN tower mounted vertically on the back), and so we routinely ignore them. They are devalued because they are not accurate, the speed limit signs must reflect safe

speeds for the hazards present or they too will become devalued.

I am sure if I planted a faux sign outside my house because I wanted traffic to slow down the city would very quickly remove it and invoice me for their efforts. My guess is that some mysterious charge like "making mischief" could also follow.

I don't know who planted the signs at White Lake and Blind Bay, but they are made by the same company that makes real signs and mounted just like real ones.

But if a municipality places fictitious signage designed to mislead motorists I'm sure the Regional Traffic Engineer would be interested to hear about it, and that is not just making mischief! ■

□ All Month regular columnist Barry Marshall runs *Ascot Gas Services* and can be reached at Barry-Marshall@gmx.com, www.ascot-gas-services.com or 250-833-2446.

READING ROOM

by Kristy Woodcock, Branch Head, Salmon Arm ORL

FALL INTO READING

The grand prize draws for **Summer Reading Club** will be at 4 pm on Sept. 17. Kids and teens have until Sept. 7 to finish their Reading Records and Challenge Trackers. They will then have until 3:30 pm, Sept 17 to pick up their medal and submit their draw tickets into a draw box. Grownups have until Sept 15 to submit their **Adult SRC** bingo sheets with one completed line to be entered into the Grand Prize Draw.

■ Story Times at the library are back! A little bit of this and a little bit of that: stories, singing, dancing, puppets and lots of fun and laughter for kids of all ages and stages. **Baby Time** will be on Mondays at 11 am, starting Sept 9. **Toddler Time** will be on Thursdays at 10:30, starting Sept 26. **Family Story Time** will be on Wednesdays at 10:30 am & Saturdays at 3:30 pm, starting Sept 25. Bring your lunch and find us at the Ross Street Plaza for Story Time at the Farmer's Market on Sept 14 at 12:30. Or catch Story Time on the Roof at the Downtown Innovation Centre on Sept. 18 at 10:30.

■ Join us for good books and good conversation at our **Wednesday Afternoon Book Club** on Sept. 25 at 1 pm. We will be reading *Forgiveness* by Mark Sakamoto. There are a limited number of copies set aside for participants, so drop by the library to pick up your copy today!

■ Enjoy lively discussion and exchange philosophical perspectives at **Philosophers' Corner** every 2nd and 4th Saturday from 3 to 4:30 pm.

■ **The Library Ukulele Circle** is now meeting every Tuesday 1:30 to 3 pm. Join us for a fun and relaxed jam with fellow uke enthusiasts. All playing levels are welcome, but please note that there is no instruction component to the Circle. We will host workshops for beginners throughout the year, so please keep an eye out for those.

■ Join our great group of board gamers for our **Library Games Night** every Friday starting at 5 pm! Our friendly and welcoming group plays all kinds of games from light social games to in-depth strategy games, including **Dungeons & Dragons**. Please contact Chris Hamlin Gravells at cgramlin@icloud.com if you are interested in attending.

■ We will have a **Legal Advocate** visiting from the Shuswap Family Centre the first Thursday of every month. Drop-in any time between 1:30-3:30 pm with your questions!

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

■ We love fibre arts! Grab a coffee and cozy up with your WIP at our **Friday Night Knitting** group at 6pm. This is an informal drop-in knitting group for all levels. If you spin or would like to learn how to spin, join the **Shuswap Spinners and Weavers** on Tuesdays at 6pm.

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

Neighbour Branches

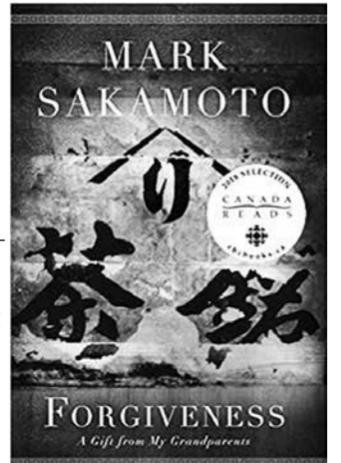
■ **ENDERBY • Sit n' Knit** (or crochet or cross stitch.. 1 pm, Sept. 10 & 17 • **Drop-in Tech Friday**, 2:30 pm, Sept. 17 • **Family Craft & Story Time**, 10:30 am, Sept. 14 • **Writer's Workshop**, 6 pm, Sept. 13.

■ **SOUTH SHUSWAP • Page Turners book club**, 10-11, Sept. 19 • **Solar Energy Workshop**, 10:30 am, Sept. 14 • **Fireside Knitters**, 10 am, Sept. 6.

■ **SICAMOUS • Heart & Mind Writing Group**, 6:30 pm, Sept. 6, 13, 20, 27

• Special talk: **Emily Carr "South Coast to the Interior"**, 11 am, Sept. 24. Laurie Carter is the author of the trilogy, *Emily Carr's BC*, and will speak on her third book. Laurie plans to share a somewhat bizarre experience that Carr had in Sicamous during a 1910 journey with her sister.

Carr on the right ■



SCHOOL SNACKS AND ALLERGIES

Kids, are you excited after your first week back to school? Mom and dad probably danced happily at your departure on Tuesday, but don't take it personally. They know you're just stoked to see your friends again after a long, boring summer of hanging out with the parents.

We're just thinking about your needs. Besides, a fun surprise awaits you every afternoon: lunch!

If you're a foodie like Eve and me, you know that repetition kills a kid's appetite like nothing else except finding a bug in her salad (except crickets, they're 'in'). Consider one of those a 'freebie'.

It's all in how you frame things.) Parents are pressured to supply food that is healthy but nut-free, dairy-free, gluten-free, and light on packaging.

My mom packed my kit full of plastic, and that was just the processed cheese, back when plastic food was new. We have come full circle, back to a society that values real food, but also a complicated time for parents hit with so many limitations and dire warnings to do with the environment and food-related health problems.

Eve said she likes to be involved in grocery shopping and has always appreciated choosing a few special items. If your kids make their own lunches, consider peeling, chopping, and washing fruits and vegetables early in the week such as carrots, red onion, cabbage, and peppers.

They will last a few days sealed, but expect them to dry out or go mushy if they aren't eaten by day 3. You can cook and slice chicken for a three-day shelf life too, but store it separately.

Forget what you know about sandwiches and wraps - they don't have to contain a single grain of wheat or an ounce of dairy.

Try the following: select big pieces of lettuce or soft cabbage (OR gluten-free wraps); provide fillings such as cold rice noodles chopped into short lengths; cold cauliflower 'rice'; veggie 'noodles' made from zucchini, squash, or carrot; mushrooms; cooked chicken or tofu; drained, rinsed lentils; boiled eggs; and everything you would typically put into a salad. Pre-

Family
kitchen



Candice Lucey
..with Eve & Faye

made wraps can go into beeswax wrappers which are available at craft markets, It's Handmade at Westgate Market, Health Food Stores, and Bulk

Barn carries reusable wrappers too.

Certain Tupperware-style containers feature one large and several small sections so that you can leave the 'wrap' unfilled until chow time so it doesn't get soggy. Slice ingredients into those smaller sections. Kids can fill the lettuce or other wrap immediately before eating, and add sauce from a small reusable sealed cup. I'd suggest aioli, pesto, or salsa, but you know what your kids like.

This format is fun too for building a deconstructed sandwich: a salad that is. Anything cold can become part of a salad: cold pasta, rice, potatoes, corn, and grilled vegetables for example.

Add flair to meal times with foods your kids haven't tried before and add enjoyment by talking about those foods: where they come from, something about the culture in that part of the world, how these foods are made or harvested, etc.

Examples include various types of olives, sun dried tomatoes, dried goji berries, unusual fruits in season (dragon fruit, passion fruit), very dark chocolate, and shaved coconut. If family members or friends originated in countries outside of Canada. This is an opportunity to explore their food culture too.

More and more allergen-friendly foods are turning up at Askew's and other grocery stores as well as the Saturday market downtown.

I love Greek-style thick, creamy coconut-milk yogurt. Black Sheep Vegan Cheeze offers assorted flavours of soft cheese alternatives (really yummy). Many dairy-free cheeses are made from cashews or coconut.

Some teachers in the upper grades keep a kettle in the classroom for making tea, so send kids with packets of Thai rice noodles instead of wheat-based noodles, or even provide instant

plain oatmeal without sugar plus a mixture of dried or fresh fruit and a small container of dairy-free milk.

Eve recommends 'themed' foods. Select an ethnicity or a certain ingredient and work with that for a full week once in a while.

Right now, thoughts turn to zucchini (chocolate zucchini cake, zoodles, zucchini boats, Ratatouille which is also nice cold), but Mediterranean recipes will remind you of summer (baklava, hummus, falafel, olives, pita bread), and 'Dessert Days' offer media for sneaking health food into lunches (chocolate-avocado pudding with greens, low-sugar fruit crisp with a crust made from ground coconuts and coconut oil, fruit and fibre-packed morning glory muffins).

Finally, for the families who don't have to worry about special dietary needs or the allergies of classmates, here are some extra thoughts:

○ Change-up bread options with sourdough, multi-grain, ciabattas, pita, naan, croissants, etc. Eve says even teenagers like fun lunches, so dig out or purchase large, goofy cookie cutters for creating shaped sandwiches.
○ Make a nut-chocolate spread from a blend of melted dark chocolate, cocoa, and a nut butter of your choice. Serve it on a sandwich or with bread sticks.

○ Don't buy snack packs; make your own with assorted crackers, slices of cheese or a dollop of cream cheese, a few sticks of cucumber or florets of cauliflower, and a stick of pepperoni
○ Cut vegetables into fun shapes for young kids and select several bright colours

Eve stressed that her friends like to have some say in what they are going to eat. Most pack their own lunches, but they have to work with whatever their parents have handy.

She knows there are budgetary restraints and healthy eating to think about, but she requests some leeway or she is going to swap lunches or give her food away. This is not prediction; more reflection. Sigh.

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

Not to late for..

"The only time a retired man has a heart attack while having sex is when he isn't with his wife."

At least that was the joke I shared when I gave seminars for people planning for imminent retirement. But that was years ago, when hurdles created by their changing bodies occasionally ended that intimacy.

If it's important to you - as is common - it's time to swallow pride or embarrassment and talk with your doctor. There are simple solutions available for many couples. Married or unmarried, but usually monogamy is preferred. (See above.) As well, there's been an increase in STD's (Sexually Transmitted Disease) in the post-65 age group.

Sharing with a new partner that you both be tested may be awkward, but less awkward than if symptoms arrive later. Pregnancy, I think no longer an issue... isn't the only reason for protection.

There was a time when 65 was "old" - a grandmother who knitted and made cookies; a grandfather who pattered around the yard and told stories about "back then."

Though ageism pokes its fingers into areas of employment, insurance and even bank loans, those blue hairs—or gray—have now blasted through the knit and pearl ceiling, starting tennis at 67, trekking mountain peaks at 70, and working in careers at 80. Why not an afternoon snuggle?

This isn't ageism. Afternoons are excellent. The TV is probably off, phone calls can go to voice mail, your teeth are comfortably in place, the CPAP isn't needed and no one is as tired. Zip down to a local hotel and steal one of those "Do Not Disturb" signs for your door. (Okay, I'm kidding.)

You live alone? There's no one attractive and single in your circle that you'd consider, hmm? It isn't too late. There are a few online dating sites for 65+. "Plenty of Fish," "Ourtime.com," and "Silver Singles," and others are free. Despite the negative press about a minute few with negative consequences, it can be an intriguing way to meet a partner for simple companionship, or more, though hiking, cinema, or Scrabble may be enough. At least initially. Play it safe. Correspond long enough to build trust before meeting. Keep your surname, address or phone number private; simply make your first date arrangements online.

Choose a public place to meet, and women, share the details with a friend, with a follow-up time. If you'd rather avoid the "who will pay," then arrive early. Your profile—who you are and who you are looking for—may be fun, or agonizing, to write.

Minimize the fibs. Remember that the 70-year-old who sounds interesting isn't expecting a 25-year-old body. If so, isn't worth it.

Though it is indeed a pleasure to receive money from the government after your 65th birthday, other pleasures need not be abandoned. ■

□ Karen Bissenden, at inyourhomecompassionatecompanion@gmail.com has training in dementia, but works with all seniors and their families. She can also be reached at 250-253-1703

Senior Living



Karen Bissenden

FINE CRAFT OF VIOLIN MAKING

Colin Scott has decided to take his violin producing skills to the next level. The violinist with the Shuswap String Orchestra took the first step five years ago when he went from building log homes to restoring and creating custom violins.

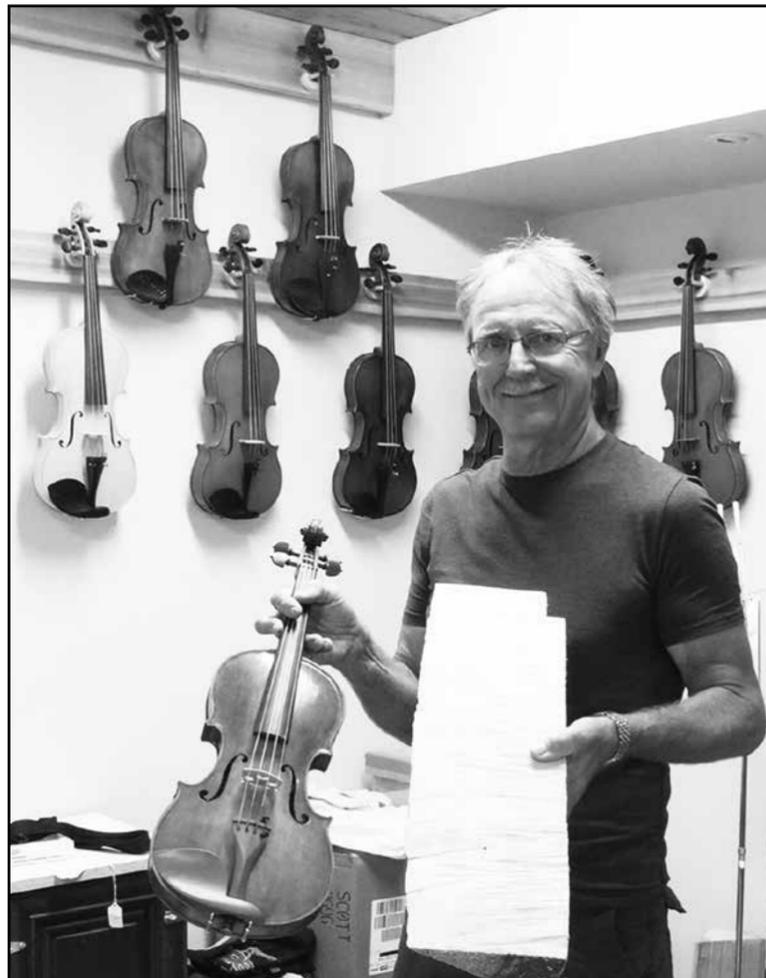
This past Spring, Scott enrolled in a three-month violin making course in England at Chapel Violins School in Balderton near Newark on Trent. His partner, Lesley Gurney, joined him in practicing the art of colour matching while there, in addition to plenty of cycling.

Since returning in May, the couple have sold their North Broadview hobby farm and are now planning a new life adventure, relocating to Montreal where Colin will continue pursuing his retirement career building and creating violins.

Lesley who has worked for many years as a speech language pathologist in the Shuswap, is looking forward to practicing her French, skills and assisting Colin find his way into Montreal's thriving and eclectic music community.

Restoring old violins to former glory is an enjoyable challenge, but Colin draws particular passion being able to transform a chopped piece of wood into a well-crafted, precisely measured violin. ■

□ More information on Colin Scott's violin making and restoration business at crscottsviolin.ca



▲ Colin Scott holds one of his finished violin, and a block of wood that will one day become a violin too.

Community Garden will go on

▶ Lesley Gurney and Colin Scott recently sold their hobby farm that includes the one-acre Shuswap Community Teaching Garden as well as a field of daylilies. The good news is the new owners have said that they plan to keep up both gardens. While the couple were in England for much of this summer, Lesley said the community garden did very well, growing food for community need and as a teaching centre. More information on garden at shuswapfood.ca or Facebook.



BUILT-IN ENERGY Efficiencies

Green Emerald Construction has earned the "green" in its name, along with its distinction as an 'Energy Star-certified builder'.

Gary Arsenault, a builder of both entire subdivisions like 10th & 10th retirement community and on Upper Lakeshore as well as custom homes on individual lots - is a strong proponent of energy efficiency. He said it adds a tiny percentage to the priced and is a big selling feature as well.

His home include mechanical systems that recapture the heat, walls built from pre-fabricated structural insulated panels (SIPS) and basements from insulated concrete forms.

It may be how all homes will one day be built.

□ More on this local builder at greenemeraldinc.com



Store Display items for sale
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The Silverbacks are coming off a year where they finished a game over .500 and ended up fifth in the ultra-competitive Interior Division. They ran into the eventual league-finalist Vernon Vipers in the first round of the BCHL Playoffs and were dispatched in five games.

Despite the short length of the series, it was much closer than it seemed as four of the five games were decided by one goal and three of them in overtime, including the deciding Game 5 that the Vipers won in triple overtime.

After two years on the job with the Silverbacks, head coach Scott Atkinson is starting to see his roster take shape in the mold that he envisioned. Most coaches will tell you it takes two to three years for them to really put their stamp on the makeup of a team's roster and his situation is no different.

They've implemented changes in how they recruit players and they are now starting to see the results.

“The first year, you kind of inherit what you inherit and then you take a look at trying to make it better” said Atkinson.

“We had an approach and we didn't think it worked well enough, so we changed the approach when it came to scouting and recruitment. We took a look at that and we think we made it better.

“We think we have a good roster, but not much experience at the junior level. We definitely think that the basics are there to compete at a higher level.

“We're bigger, we're stronger, we're faster, we're more skilled. We're going to find out how well that translates into BCHL wins, but there's no question that from a purely athletic and skill part of it, we're much better.”

Here are snapshots of some of the players committed to the Silverbacks' 2019-20 season. ■

player snapshots



Kieran Ruscheinski

2001 / Calgary / Defence
Previous team: Calgary Northstars Midget AAA (AMHL)
After a solid midget season in Calgary where he put up seven goals and four assists in 33 games, Ruscheinski was selected by Montreal in the seventh round of June's NHL Entry Draft.



Antonio Andreuzzi

2000 / Massachusetts / Defence
Four seasons at Rivers School totaled 86 points in 122 career games. Commitment: Brown University.



Dom Garozzo

2000 / New Jersey /
He was captain of his high-school team last year and registered over two points a game, leading the way with 31 goals and 40 points in just 17 games.



Daniel Rybarik

1999 / Calgary / Forward
Rybarik led Calgary Mustangs in goals with 29 last season and finished fifth in team scoring with 52 points in 57 games. “In the last two years, he actually leads the AJHL in even-strength goal scoring.”

Photo credits: Calgary Sun (Ruscheinski), The Rivers School (Andreuzzi), South Jersey Weekly (Garozzo), Chad Goddard Photography (Rybarik), Sicamous Eagle Valley News (Wolford), Game Ready Photography (Lugli) and Edmonton Sun (Russell).



Noah Lugli

1999 / Toronto / Defence
Prior to Bonnyville Pontiacs (AJHL), he played in the North American Hockey League and Ontario Junior Hockey League. He had 17 points in 57 games for Bonnyville last season. “He's big, 6 foot-4, and he moves extremely well.”



Coalson Wolford

2001 / San Jose / Forward
He was the Notre Dame Hounds Midget AAA's second-leading scorer last year with 59 points in 41 games. “He's extremely fast and has good skill... He also produced well when he was in major midget in Saskatchewan.”

■ www.sasilverbacks.com

■ www.bchl.ca

ROSTER

Preliminary; remaining players as of Sept. 5th. Subject to further cuts.

GOALIES

Ethan Langenegger, Kamloops '00 (L)
Dylan Kruss, Thornhill ON '01 (R)

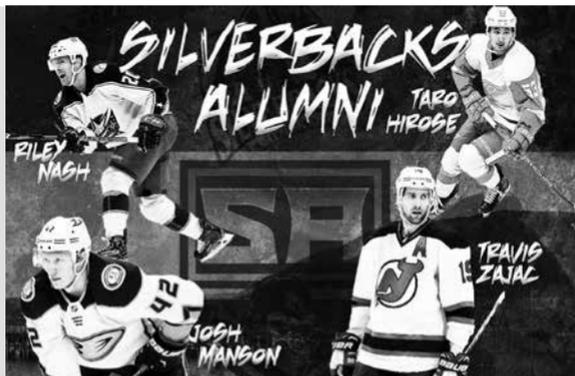
DEFENCE

Tony Andreuzzi, Massachusetts '00 (R)
Zack Gabruch, Saskatoon '01 (L)
Ben Hamilton, Ottawa '01 (R)
Akito Hirose, Calgary '99 (R)
Holden Knights, Warman '01 (R)
Noah Lugli, Toronto '99 (R)
Hunter Sansbury, California '00 (R)

FORWARD

Trevor Adams, Minnesota '99 (R)
Drew Bennett, Nfld '00 (R)
Domenic Garozzo, New Jersey '00 (R)
Johnathon Krahn, Chilliwack '01 (R)
Brett Meerman, Sicamous '02 (L)
Connor Milburn, Kamloops '01 (R)
William Poirier, Quebec '99 (L)
Jayden Price, California '01 (R)
Kieran Ruscheinski, Calgary '01 (R)
Daniel Rybarik, Calgary '099 (L)
Hunter Sansbury, California '00 (R)
Samuel Schofield, NWT '02 (R)
Jarrod Semchuk, Kamloops '02 (R)
Logan Shaw, Calgary '00 (R)
Simon Tassy, Mirabel QC '01 (L)
Nick Unrau, Fort McMurray '00 (L)
Josh Zinger, Red Deer '00 (L)
Noah Wakeford, Okatoks '00 (R)
Coalson Wolford, California '01 (R)
Numbers and Captain are yet to be announced

- ▶ Taro Hirose
Detroit Red Wings
- ▶ Josh Manson
Anaheim Ducks
- ▶ Riley Nash
Columbus Blue Jackets
- ▶ Chase Priskie
Carolina Hurricanes
- ▶ Travis Zajac
New Jersey Devils



Lake Superior to Shuswap

Silverback goaltender Ethan Langenegger has committed to play NCAA Div. I hockey at Lake Superior State University. The Kamloops native made waves as a rookie in the BCHL in 2018-19, playing in 37 regular season games, the third most of any first-year goalie last season, where he posted an 18-17 record and .906 save percentage. In the Backs' opening-round playoff series against the Vernon Vipers, Langenegger recorded a sparkling .938 save percentage and 2.08 goals-against-average. His .938 save percentage was the second-best in the post-season amongst goalies who played in at least five games. ■

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Public Hours:
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Friday by appt.

Wishing a great 19th Season!

I know we'll make the team this year! We just have to remember which net is which!

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2019-20. Regular Season

***Home Games** **Away Games**

2019

*West Kelowna, 3 pm, Sept. 8 <i>Opener</i>	
Trail, 7 pm, Sept. 13	
Trail, 7 pm, Sept. 14	
*Powell River, 7 pm, Sept. 20	
*Victoria, 6 pm, Sept. 21	
West Kelowna, 7 pm, Sept. 24	
*Cowichan Valley, 7 pm, Sept. 27	
Coquitlam, 7 pm, Sept. 28	
*West Kelowna, 7 pm, Oct. 1	
BCHL Showcase in Penticton (2 games):	
Wenatchee, 1 pm, Oct. 4	
Coquitlam, 10 am, Oct. 5	
*Chilliwack, 7 pm, Oct. 11	
Prince George, 7 pm, Oct. 12	
*Penticton, 7 pm, Oct. 16	
West Kelowna, 7 pm, Oct. 18	
*Nanaimo, 3 pm, Oct. 20	
*Surrey, 7 pm, Oct. 23	
Wenatchee, 7:05 pm, Oct. 25	
Wenatchee, 7:05 pm, Oct. 26	
*Trail, 7 pm, Nov. 1	
*Trail, 6 pm, Nov. 2	
*Merritt, 7 pm, Nov. 8	
Merritt, 7 pm, Nov. 9	
*Penticton, 7 pm, Nov. 13	
Penticton, 7 pm, Nov. 15	
*Wenatchee, 3 pm, Nov. 17	
*Wenatchee, 7 pm, Nov. 21	
Vernon, 7 pm, Nov. 22	
West Kelowna, 7 pm, Nov. 23	

*Langley, 7 pm, Nov. 29
*Vernon, 6 pm, Nov. 30
Nanaimo, 7 pm, Dec. 6
Alberni Valley, 7 pm, Dec. 7
Cowichan Valley, 2 pm, Dec. 8
Wenatchee, 7:05 pm, Dec. 13
*Trail, 3 pm, Dec. 15
Vernon, 6 pm, Dec. 28

*Vernon, 3 pm, Dec. 29	
2020	
*Penticton, 7 pm, Jan. 3	
*Coquitlam, 3 pm, Jan. 5	
*Alberni Valley, 7 pm, Jan. 10	
*Vernon, 3 pm, Jan. 12	
*Prince George, 7 pm, Jan. 15	
Penticton, 6 pm, Jan. 18	
Vernon, 2 pm, Jan. 19	
Powell River, 7 pm, Jan. 24	
Victoria, 7 pm, Jan. 25	
Surrey, 4 pm, Jan. 26	
*Merritt, 7 pm, Jan. 31	
Merritt, 7 pm, Feb. 1	
Langley, 7:15 pm, Feb. 4	
Penticton, 7 pm, Feb. 7	
*West Kelowna, 7 pm, Feb. 12	
Merritt, 7 pm, Feb. 15	
*Wenatchee, 7 pm, Feb. 16	
Chilliwack, 7 pm, Feb. 19	
Trail, 7 pm, Feb. 21	
*Merritt, 3 pm, Feb. 23	
<i>Last home game of regular season</i>	
■ Followed by series playoffs & RBC Cup in Ch	

BACKING THE 'BACKS

- Brooks Christensen, *Operations Manager*
- Scott Atkinson, *GM/ Head Coach*
- Tanner Cochrane & Tyler Shattock *Assistant Coaches & Assitant GMs*
- Carter Cochrane *Skills Coach*
- Lyle Mast *Goalie Coach*
- Craig Carter *Director Hockey Operations*
- Brodie St.Jacques *Team Trainer*
- Tristan Bailey *Bench Assistant*
- Russell Day, *Marketing director*
- Nathan Kanter, *Broadcaster*
- Jen Fowler, *Box Office*
- Jerra Creasy *Sales assistant*
- Jason & Cass Schubert *Billet Coordinators*
- Gerry Hay, *Off-ice official*
- Chris Fowler, *Team photographer*
- Frank Block, *PA/Music*
- Myron Crown, *announcer*
- Gord Biesbroek, *Driver*
- Kyle Reddemann, *Team Chaplin*
- Nicholas French & Sam Lybeck *Big Screen Operator*
- Rob Bushell, *Game Night coordinator*
- Chris Schielke *Education Advisor*
- Dr. Chris Weiker *Team physician*
- Dr. Gene Tymkiw, *dentist*
- Live Well Physiotherapy
- Shuswap Chiropractic
- .. Plus More..

1ST 18 SEASONS

19/20 • Guess # of points • ?? pts*
18/19 • 27W • 26L • 4 OTL • 1 SOL • 59 pts
17/18 • 25W • 29L • 3T • 1 OTL • 54 pts
16/17 • 24W • 28L • 3T • 3 OTL • 54 pts
15/16 • 29W • 20L • 4T • 5 OTL • 67 pts
14/15 • 28W • 21L • 3T • 6 OTL • 65 pts
13/14 • 25W • 24L • 1T • 8 OTL • 59 pts
12/13 • 26W • 24L • 2T • 4 OTL • 58 pts
11/12 • 16W • 35L • 0T • 9 OTL • 41 pts
10/11 • 38W • 19L • 2 T • 1 OTL • 79 pts
09/10 • 29W • 25L • 3T • 3 OTL • 64 pts
08/09 • 40W • 17L • 1T • 3 OTL • 83 pts
07/08 • 37 W • 17L • 3T • 3 OL • 80 pts
06/07 • 36W • 21L • 0 T • 3 OTL • 75 pts
05/06 • 41W • 17L • 0T • 0 OTL • 84 pts
04/05 • 34W • 22L • 4T • 0 OTL • 72 pts
03/04 • 42W • 17L • 1T • 0 OTL • 85 pts
02/03 • 38W • 19L • 2T • 1 OTL • 79 pts
01/02 • 32W • 23 L • 5T • 0 OTL • 69 pts

18/19

BCHL	
<i>Interior division:</i>	
• Penticton	79
• Merritt	79
• Wenatchee	70
• Vernon	63
• Salmon Arm	59
• West Kelowna	58
• Trail	57
<i>Island division:</i>	
• Victoria	76
• Powell River	71
• Nanaimo	55
• Alberni Valley	46
• Cowichan	40
<i>Mainland division:</i>	
• Chilliwack	85
• Prince George	84
• Coquitlam	62
• Langley	58
• Surrey	30

* Predict number of total points for the 2019 /20 season and email to: friam@shaw.ca by Oct. 30th. Win prize package at the end of season for the closest total points prediction. Mr. Mikes & Movie for Two- \$100 value



TAILGATE PARTY!
1-3 pm, Sunday, Sept. 8th
Before the Home Opener

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FALL CLASSES



Shuswap Yoga

FALL SCHEDULE

Day	Time	Class	Instructor	Begins
MON.	9:30 - 10:45 am	60+	Laurie	Sept. 9
	11 - 12 noon	Chair Yoga	Laurie	Sept. 9
	7 - 9 pm	Meditation sitting group		Ongoing
TUES.	9 - 10:30 am	Level 2	Donna	Sept. 24
	10:45 - 12:15 pm	Level 1	Donna	Sept. 24
	3 - 4:15 pm	Gentle <i>new!</i>	Laurie	Sept. 17
	5 - 6:30 pm	Level 2	Laurie	Sept. 17
	7 - 8:15 pm	Sleep Well/ Restorative <i>new!</i>	Laurie	Oct. 22
WED.	9 - 10:30 am	60+ Continuing	Laurie	Sept. 18
	10:45 - 12 noon	Gentle Chair	Laurie	Sept. 18
	6-7:30 pm	Level 1	Laurie	Sept. 18
THUR.	9 - 10:30 am	Level 2	Donna	Sept. 26
	10:45 - 3 pm	Gentle	Donna	Sept. 26
	1:30 - 3 pm	Level 1	Donna	Sept. 26
	4 - 5:30 pm	Level 2	Donna	Sept. 26
SAT.	10 - 12 noon	End of Month Restorative	Donna	TBA

Never been to Shuswap Yoga before? Now is the time! Come try a free class: 7-8 pm, Tues., Sept. 17 or 3-4 pm, Wed. Sept. 18

Please contact Laurie to reserve a spot
laurie.shuswapyoga@gmail.com • yogadonnaraso@gmail.com
www.shuswapyoga.com • 2nd floor Uptown SASCU

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3:30 pm Thursdays • Sept. 12 to Dec. 5 • Ages 6 - 12
 Uptown Askew's Com. Room • No Fee. By Donation
 ■ Phone James Bowlby at 250.833-5134 or email to: shuswapguy@gmail.com • saactorsstudio.com

LOOKING FOR NEW VOICES

The **SHUSWAP MEN'S CHORUS** is welcoming new members for the Fall season. There is no audition required and you would be partnered with an existing member.

There are all levels off experience - the only requirement is a joy of singing in a Men's choir.

We rehearse, Wednesdays, beginning September 25 until December 4 from 7 to 9 pm. It is great group of guys from a cross section of the community!

Call 250-832-2850 or 250-832-3549 for more details

3/4/5 year old classes • 3 levels of acro • ballet & modern exams
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 adult • lyrical • musical theatre • strength & stretch • tap

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Fall schedule on website!

REGISTRATION DATES @ STUDIO OR CALL ANYTIME! OFFICE HOURS SEPT-MAY
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 SEPTEMBER 4 & 5: 4-6pm THURS & FRI 2:30 - 4:30

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NEVER STOP LEARNING!

SIGN-UP WEEK, Sept. 1- 10

Mall at Piccadilly

Sept. 4 at presstime

Weather

Rain Sat. & Sun evenings, but should hold off during Fair days. Past Temps, Aug. 28 to Sept. 3 by Nick Parsons, SW Gleneden
Elevation: 458 m (119 m over lake)

Date	HIGH	LOW	RAIN
Aug. 28	+25	+9	0
Aug. 29	+27	+11	0
Aug. 30	+26	+13	0
Aug. 31	+25	+15	0
Sept. 1	+26	+14	0
Sept. 2	+20	+10	0
Sept. 3	+26	+10	3/16"

Sun rise 6:15 • Sun set 7:37 pm
Normal this week: +22 to +8
Records since 1991 -
Sept. 5: +32.1, 2017 • +4.5, 2011
Record for period - 37 (96F) in '67

Passages

- ❖ Ross Bisson
August 25, 2019, at age 76
6:30, Sept. 6, *Vernon's Auto*
 - ❖ Arnold Chaddock
August 23, 2019, at age 93
 - ❖ Jantje 'Jenny' Dykema
August 31, 2019, at age 87
2 pm, Sept. 6, *Cornerstone Ch.*
 - ❖ Donald Girbav
August 27, 2019, at age 63
 - ❖ Eric Mann
August 25, 2019, at age 94
 - ❖ Gerald Spelay
August 15, 2019, at age 66
 - ❖ John 'Buddy' Stadnicki
2-5, Sept. 28, *Richmond*
Bowers Funeral Service
bowersfuneralservice.com
 - ❖ Percival 'Percy' John Harkness
August 26, 2019, at age 85
 - ❖ June Marie Stammers
August 16, 2019, at age 89
 - ❖ James Gordon Walker
August 26, 2019, at age 78
 - ❖ David William Kirby
August 24, 2019, at age 69
 - ❖ Norman Lester Dondaneau
August 23, 2019, at age 94
 - ❖ David George Jowett
August 14, 2019, at age 61
 - ❖ Hartmut Zimmermann
August 24, 2019, at age 85
Fischer's Funeral Services
fischerfuneralservices.com
 - ❖ William James Sim
1 pm, Sept. 15, *Okanagan Science Centre, Vernon*
 - ❖ Bruce Alexander Aikenhead
August 5, 2019, at age 95
1-3, Sept. 22, *SA Art Gallery*
 - ❖ Elsie Marie Mills (nee Boyd)
August 6, 2019, at age 83
2-4, Oct. 26, *Halina Centre*
- * Funeral noted if after presstime
■ shuswaphospitalfoundation.org
■ shuswapfoundation.ca

You're Invited

- Continued from page 5
 - **Shuswap Farm & Craft Market**, 8 to 12:30, Tuesdays and Fridays next to old arena, North Fairgrounds.
 - **Downtown Farmers Market**, Saturdays to Oct. 5. Hosted by Food Action Society & Downtown SA.
 - **MS Support Group**, 2nd Thursdays at Chester's. 250-515-2075.
 - **Shuswap Singers** choir welcomes new members. Thurs. Practices start 6:30, Sept. 5, New Hope Church (Sal. Army). Singing in SATB harmony. \$80 fee payable by Sept. 26.
 - **Free half hour consult** with lawyer if you qualify - phone 250-832-3272 for appointment. Next clinic Monday, Sept. 16.
 - **Donkey Refuge pancake breakfast**, 9-11, Sept. 8, 7877 Skimikin Rd. Every \$10 buys a bale of hay to feed one donkey for a week.
 - **Bridal/ Rental Fair**, noon to 3, Sept. 21, Notch Hill Hall.
 - **Shuswap Community Foundation** grants up to \$30,000 for youth-led initiatives. (ages 15-29) Apply to RBC Future Launch Community Challenge. Visit: <http://shuswapfoundation.ca/news/2019/05/22/rbc-future-launch-community-challenge>
 - **Salmon Valley Seniors** - 1 pm, Thursday Crib; Pancake Breakfast, Sept. 22. 3056 Hornsberger
 - **Seniors Drop-in**, 31 Hudson Mt. Ida Painters, 9-2, Mon; Painting, 8:30-2 Tue.; Carving, 9-12, Thurs; Pool & Cards, 10-2 Fri.; **BINGO**, 6 pm, Thursdays.
 - **5th Ave. Seniors Activity Centre** - Pancake B'fast, 8:30-11:30, 2nd Sun.; Jammers Dance, 7-9 pm, 3rd Sun.; Mon.; Yoga for Cancer survivors, noon, Mon/Fri; Sing-a-long, 9:45 am, Fridays; Birthday lunch, noon 1st Fridays; Dup Bridge Mondays, 1-5; See 5thaveseniors.org for complete schedule for table tennis, pool, fitness, crib, line dancing, darts, scrabble, Weight Watchers, floor curling, Ukulele, vintage car, Photo Arts Club, Social Bridge, Whist, Canasta...
 - **Shuswap Trails Voly Days** - shuswaptrails.ca Larch Hills Traverse, 10-2, Sept. 15 Rubberhead, 8-10, Sept. 7, 21, Oct. 5.
 - **Shuswap Storytellers**, 7 pm, Oct. 1, Askews Uptown Com. rm. Place to tell stories or just listen. Call Irene at 250 804-3486
 - **ALPHA Course** - Is there more to life than this? Join us 6:30, Sept 19 for an information night with meal. No obligation. Living Waters Church, 180 Lakeshore Drive NW. Register 250-517-8589 or email david@livingwaterschurch.ca See alpha-canada.org for more info.
 - **Shuswap Writers**, 11-1, Sept. 18, Piccadilly board room, First visit free. Bring a pen for creative writing. shuswapwritersgroup@weebly.com
 - **National Election**, Oct. 21.
 - **Ukelele workshop**, 1:30, Thursdays at Library
 - **Enderby Cliffnotes Community Choir**. No auditions, no experience, no problem, just the desire to sing and make music with others. 6 pm, Sept. 10, St. Annes Church, Enderby.
 - **Grandmothers to Grandmothers sale** is back on Oct. 3 at Piccadilly Mall.
- Email your event to friam@shaw.ca

Sport Spot

- Continued from page 4
- **Silverbacks home opener**, 3 pm, Sept. 8 vs. West Kelowna. Coverage Pages 8, 9
- **21st Bike for Your Life Century Ride**, Saturday, Sept. 14, Blackburn Park. Since 2012, Ride has raised over \$30,000 for Second Harvest and Shuswap Trail Alliance. There are 30, 75, and 100 km. routes for riders from beginner to experience. \$30 fee (or \$50 family, \$5 children (18 & under) covers Aid Stations, snack lunch by Shuswap Lady Striders, and live entertainment. Go to: bikeforyourlife. If you're able to volunteer contact Jim Maybee at maybeejim@gmail.com
- **Lewiston Ultra Trail Run, 8 am, Sept. 28, Larch Hills Traverse**. 60 km route from Klahani Park to Sicamous. See thelewistonultra.com. Runners will journey to the Larch Hills Nordic Chalet & into the gorgeous Larch Hills Traverse to experience seven distinct sections.
- **Canoe 'Can You' Beach Day** to try out the 'onit' ability Paddleboard, 11 to 4, Sept. 7. debram2@telus.net
- **Annual Rivers Day**, Sept. 22.
- **Tennis Club - Srs Open**, Sept. 21, 22.
- **ASCU Tennis Open Results** (the new indoor courts created much excitement among the many visitors participating). *Men's A Singles* - Thomas Friesen, Kamloops; *Men's A Singles Con*: Louis Chuffart, Vernon; *Men's A Doubles*: Justin & Thomas Friesen, Kamloops (brothers are just 16 & 14!); *Men's A Doubles Con*: Mike Dickin-son & Max Wong, Nelson; *Men's B Doubles*: Steven Laing & Yasar Ahmed, Prince George; *Ladies Singles*: Meryl Ogden, Vernon (one a top Canadian ranked senior in her age class nationally); *Ladies A Doubles*: Meryl Ogden & Krista Martens; *Ladies B Doubles*: Barbara Skillings, Victoria & Lynda Conway, Golden; *Mixed A Doubles*: Cal Benazic, Kelowna & Meryl Ogden; *Mixed B Doubles*: Tsuiki Taigi & Jennifer Eastwood, Kamloops
- **Minor Hockey** - Midget T2/T3, Oct. 11-13; Pee Wee T3, Oct. 25-27
- **Curling Clinic**, 4 to 7 pm, Oct. 10. Call 250-832-8700 or email: salmonarmcc@shaw.ca to register. Curl for Cancer, Nov. 3
- **55+ BC Games**, Sept. 10-14, Kelowna. 55plusBCgames.org 33 games to choose from. Volunteers needed for BC's largest multi-sport event.
- **Selkirk Swim Club** is offering free sessions to kids interested in trying out the sport. Try week happens Sept. 9-13. Email hofforts@gmail.com for info. See flyer inside
- **Lawn Bowl** - Mon/Fri 1:15; Tues/Thurs 7 pm.



Why Good posture is a key to thriving

Are you suffering from the adverse effects of a 21st-century posture? There is a new century way of holding our bodies such as "tech neck" that is causing chronic health issues and preventing our bodies from genuinely thriving.



Nancy Whitticase

There are things every-Body ought to know about the long term effect from chronically looking down. Our bodies are being changed by technology, and not in a good way. Our skeletal structure was not designed to carry the load of our heads pushed forward and down. Your head weighs on average 10 to 12 pounds, and as the position of the head moves forward, the amount of stress placed on the neck muscles increases tremendously, and the rest of the body is forced to compensate.

This misalignment of the skeletal structure compromises nerves, discs and other structures of the body that can cause the fascia to become twisted. One of the most critical nerves that "tech neck" compromises is the Vagus nerve. It is suspected that the vagus nerve is the key to well being because it is involved with the function of lungs, heart, and digestion. It's also known as the queen of the parasympathetic nervous system (rest and digest) and is the antidote to anxiety.

Chronic looking down also pushes our upper back backwards, causing us to hunch, making it difficult for our heart and lungs to function correctly.

If the number one nutrient for the body to thrive is oxygen, then a crooked posture is preventing the lungs and diaphragm from taking deep breaths. The condition of being out of alignment could result in up to 80 per cent of neuromuscular pain patterns due to less oxygen and blood flow to the bodies tissues.

Have a practice that balances opposite not only on the mat, but that teaches you to be mindful of our posture during the day. Practice looking up or even better - aligning technology at eye level, so you don't have to look down.

Moreover, don't forget to bring your head back into alignment with the spine and then take several deep breaths to nourish your body's desire not just to survive but to thrive. ■

□ Nancy Whitticase runs Namaste Yoga and Wellness

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Thanks to all the ladies who sewed bags for the Bags For Mexican Children project. Your help is much appreciated. Over 200 bags will be sent this year to go along with the Christmas gifts for over 1,300 children around the Cabo San Lucas area. The project is ongoing so any other ladies (or men) who would like to sew, please contact Estelle at 250 546-6186.

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SUMMER CAMP

I recently listened to a radio interview on the virtues and trials of summer camp. It talked about how excited the kids were and all the exciting things they might do.

my two cents



Ed Campbell

Along with this, the interview discussed social media and how the kids would bring along their digital devices. They might have an app that tracked their every movement so that parents at home could know their exact whereabouts up to within four feet. And with these devices they could play games and call home if they got homesick or bored.

At summer camp? Are you kidding me! In 1948 at the age of ten, I joined "Boy Scouts of Canada" and was there until age 14, and loved every minute of it.

We had a scout leader named Ted Robinson who was a proof reader at *The Oshawa Times* and treated us with a firm but compassionate hand.

Mr. Robinson was badly crippled having contacted polio at a young age, but this did not affect his love of the scouting movement and his encouragement to all of us to be the best we can.

The highlight of the scouting year was a two-week summer camp at Crowe Lake up in the Haliburton Highlands of Southern Ontario. In order to help finance the cost of camp we spent the year on paper and bottle drives, and the like.

We were able to raise most of the money for the site rental and the bus ride to get us there. Of course there were no buildings or bunk houses, we were boy scouts and nothing but tents for us. Each patrol of five or six boys would share a tent.

The Scout Master and his assistant would share a tent that also served as the hospital tent in the event someone got sick or more likely homesick. Then there were two other large tents one of which was the cook tent and the other the mess tent.

□□□

Yes, a cook tent, for we did all our own cooking, washing dishes, setting table and cleanup. Each patrol took turns cooking three meals a day. Another patrol would do the dishes and another would be in charge of fire wood. Yes, we cooked with wood and some on a gas cook stove.

The scout masters taught us how to do this, but did not do the work. That is how you learn. If you burn your fingers on the stove or cut yourself with the axe you only did it once.

Yes, we played games as do modern camps, but the games we played usually involved the skills that we learned throughout the year and further enhanced those skills. In scouts we learned things like, map reading and compass work, knots, swimming, wood craft, athletic skills, wild foods, wild creatures, personal preparedness and social skills that remain with me to this day.

I am forever thankful to those volunteers who put themselves out there to make my life as rich and diverse as it is. I also put out my hand in respect to the many volunteers who continue to teach young people the skills needed to carry them through life and keep them safe.

I also might add that the bad stories that you may have heard about the scouting movement are very rare. The vast number of senior members are hard working, honest and can have a lasting impact on your child that gives them great memories to last a life time. I might tell some summer camp stories in a later column. ■

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



▲ An inspiring pod of pelicans was captured lounging on Salmon Arm Bay by Jude Corfield.



A frequent walker along the foreshore trails cautions people to be on the lookout for poison ivy.



"When you are going east and go past the Beaver Dam," says Harold Noakes, "you come across a park bench a little further on. On the south side of the trail from the bench is the patch of ivy."

In other news, an Edible Invasive Plant workshop is scheduled for 5 pm, Sept. 15 in Revelstoke. Email kkaiser@columbiashuswapinvaives.org for more information.

STOPPING AT THE BOTTOM OF HILL

The new four-way stop sign on 2nd Avenue and 4th/6th Street NE (Molehills column, Aug. 30) may be appreciated by many, but is not welcome for the people who live up the steep hill of 2nd Avenue.

Letters

We have lived at the top of this hill for 43 years and it is unlikely we will be able to make it in the winter from a standing stop at the City Hall/ Courthouse.

If there is any amount of snow or ice we need to make a run from the Cenotaph to get to the top. If there is traffic coming through we must go around the block and try again.

Coming down likewise will see many cars sliding through the stop sign and into cars with the right-of-way.

I understand why the City wants to do it, but it will create significant challenges for the people that live up here.

On another note it would be extremely helpful if the city would patrol the No Parking on the south side of 2nd Avenue. Cars are regu-

larly parked on the south side (directly in front of No Parking signs) and during the winter it makes a difficult hill even worse. **Janet Hanna, Salmon Arm**

Refugee support coalition

Salmon Arm Refugee Coalition has decided to begin monthly gatherings so that people sponsoring refugees can share stories, ideas, and resources in an informal and friendly setting.

The first gathering is planned for 11:45 am, Sept. 18 at Blue Canoe. For updates on this initiative for the many independent groups sponsoring refugees in the Shuswap, email erikbjorgan@gmail.com. You can also follow the Salmon Arm Refugee Coalition on Facebook at fb.me/salmonarmrefugeecoalition

A meeting is also planned for 7 pm, Sept. 11 at St. Joseph's Church hall for all people willing to volunteer to help a new refugee settle in Salmon Arm. If you wish to register as a volunteer, go to <https://www.cognitofirms.com/DeoLutheranChurch>

CITY Fixings

► Last week's *Molehills* column touched on three different intersections, and measures and proposals out there to make them safer.

Not surprisingly, we heard from readers. The letter below from Janet Hanna outlines the concerns residents on Harris Ave or 2nd Ave NE have for this coming winter now that they will have to come to a full stop at the bottom of the steep hill.

On the upside, with the City Hall at the bottom of this hill, officials will be vigilant about keeping this stretch plowed and sanded after a snowfall. Right?

The Highway Ministry's solution for for the accident prone Balmoral corner has raised strong concerns for South Shuswap residents. The three kilometre detour to turn left on the highway is one thing, but there's also concerns of the safety of this route and the one lane underpass. A citizens meeting is planned for Sept. 17 at Shuswap Lake Estates Lodge.

Finally, the reference to the Airport corner sparked one resident to suggest doing a traffic circle there, perhaps like the illustration below.



BRAVOS & Boos



▲ Bravo to the dedication and accomplishments of the volunteers of Haney Heritage Village. Enjoy this Sunday's Harvest Celebration for a taste of the bountiful Shuswap.

WEB Sitings

► www.shuswapphotoarts.com
Check out the fine images by members of this active club. Also drop by the display of photo entries at this weekend's Salmon Arm Fair.

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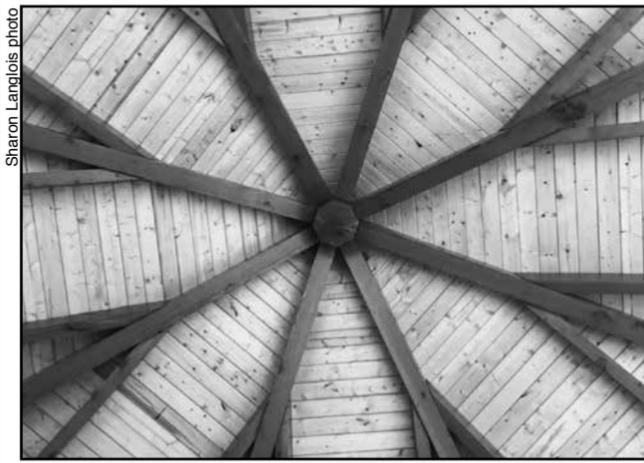
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Sharon Langlois photo

Circle of life

► The beautifully crafted Shannon Sharp Learning Circle was completed in time for the first day at Salmon Arm West School and will be officially dedicated at a future date. The Longtime teacher who died from cancer in January shared a passion for outdoors and education. The tribute was spearheaded by co-workers led by Sharon Langlois.



EVERYONE LOVES A PARADE

Of course you know that a sure sign of September is this Saturday's Fall Fair parade. It's an annual reminder of our connection to one another as well as a cornucopia of community culture. From our indigenous knowledge keepers and multicultural groups, to fire fighters, police, and first responders; from our volunteers, non-profits, communities of faith, to our farms and businesses, sports team, musicians, artists and dancers, and even horses and puppies - all of us, one big parade. The streets are lined by kids and kids at heart, rain or shine, hot or cold. We love our parade.

I find them fascinating. In fact, the first weekend I lived here nearly 20 years to the day ago, I sat and watched the vibrancy and energy of my new home. The little cars, the big tractors, the bands, the floats with giant pumpkins and - what came as a surprise to me - all that candy.

Against the backdrop of the vibrant blue sky, the epic Mount Ida and the bright September sun, I was smitten with Salmon Arm. And still am, as it turns out.

Years later, I had the opportunity to march in the parade as a first time city councillor. What struck me more than the floats and flare of the parade participants was the sheer joy of those who lined the streets: smiling faces, happy kids, enthusiastic waving.

This year, Council will once again participate in the parade. This year's Fair theme is "Be a part of the growth" in keeping with Salmon Arm's recent community branding and on the heels of Maclean's magazine top community ranking for BC, we have plenty to celebrate indeed.

Parades are defined as a form of pageant featuring a procession and the origin of the word is from the latin

Notes from the Margin



Louise Wallace Richmond

'parare' meaning to prepare or furnish. They are as old as the civilizations they reflect - from ancient times to modern days - across all cultures. In an era that boast of the power to technology to improve communication, there's really nothing like a parade to tell each other our stories and find the common threads that strengthen the fabric of community.

○○○

There is an incredibly wide spectrum of parades, probably a testament to their effectiveness. From traditional ones such as national holidays, military recognition and religious observance to new-age interpretations and almost everything in between.

When I looked it up online, I was most perplexed by the World Naked Bike Ride Parade (probably not for me), but the Lobster Dog Parade (yes, dogs dressed up as lobsters) sounds fun and the Texas Car Art Parade is the largest of its kind in the world.

There's one in Scotland featuring the burning of a Viking ship and finally - be still my foodie heart - La Tomatina, in Spain, celebrating the throwing of tomatoes, and the cheese rolling festival in Gloucester, England. Is rolling down a hill in search of cheese considered a procession? I think so.

All this to say, I think Salmon Arm is ready for this parade and probably a few more. They do take a great deal of preparation and support (thank you volunteers and sponsors) but they are key to community building and place making. As for this Saturday, I won't reveal the details of Council's parade entry because there's an esteemed panel of judges who'll first review our efforts, but I can tell you this, there will be candy! So if nothing else, it'll be pretty sweet!

See you at the parade. ■

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

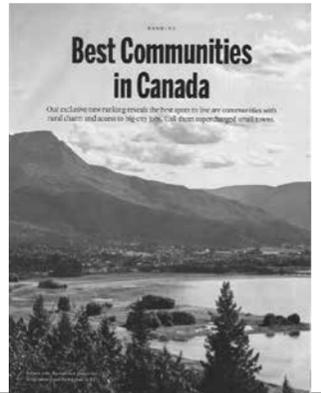
AM/PM

A Moment's look at Past Month

□ A Maclean's magazine survey ranks Salmon Arm the best community in BC and sixth in Canada. ■ An arsonist targets a local Horse Rescue Society ■ Two local men of science pass away in August - **Bill Sim**, founder of the Okanagan Science Centre and **Bruce Aikenhead**, retired director general of the Canadian Astronaut program. ■ A series of serious accidents occurs, including two involving vehicles waiting in line for another crash. ■ A single engine Cessna crash lands on its final approach to the Salmon Arm Airport. ■ The **Shuswap Memorial Cemetery** is officially opened. ■ Zoning changes are approved for the a 20-acre expansion of the CSRD landfill next to the airport. ■ Council moves to develop a **Climate Action Plan**. ■



▲ Old Town Road signs began disappearing due the popularity of the hit song, so Sicamous began selling the signs around the world for \$25. Salmon Arm on the title of Maclean's feature. ▼



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Health Trend of the Month
Jude Corfield

Green beans and other colours

Green beans do not necessarily have to be green in colour – they can also be yellow, purple, speckled or striped!

Selection
Green beans should have some snap when bent in half and should not be shriveled or rubbery. Long beans and haricots are more tender and therefore more flexible, but should still be crisp. Avoid dark spots and other blemishes.

Storage
Refrigerate green beans in a paper bag inside an open plastic bag for up to a week. Eat as soon as possible because green beans lose moisture and sweetness quickly after being picked.

This healthy vegetable is good with almonds, balsamic vinegar, black pepper, garlic, parmesan cheese, potatoes, sesame seeds, soy sauce, tomato and walnuts.

Nutrition
Green beans are a rich source of vitamins A, C, and K, and of folic acid and fiber. Also calcium, iron, magnesium, phosphorus, potassium,
 Jude Corfield operates the Shuswap Homeopathic Clinic at Uptown Askew's.

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Hidden GEMS

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

- ▶ "If you want to go fast, go alone. If you want to go far, go together." ~ African proverb
- ▶ "Do not love too deeply until you are sure that the other person loves you with the same depth. Because the depth of your love today is the depth of your wound tomorrow."
- ▶ "Do not do something permanently stupid when you are temporarily upset."
- ▶ "It's better to walk alone than with a crowd going in the wrong direction."
- ▶ "May your choices reflect your hopes, not your fears." ~ Nelson Mandela
- ▶ "The best time to plant a tree was 20 years ago. The second best time is now."
- ▶ "When haters go after your looks and differences, it means they have nowhere left to go.. and then you know you're winning." ~ Greta Thunberg
- ▶ "Insulin does not belong to me, it belongs to the world." ~ Sir Frederick Banting, speaking on his insistence not to profit from his discovery of lifesaving insulin 99 years ago. (Present cost of insulin pens - Canada - \$70; US - \$700.)

POP Quiz

- ▶ How much did Banting, Best and Collip sell the patents for insulin for to the University of Toronto in 1923.
- ▶ Along with insulin, list other Canadian contributions.

Open heart surgery (lowering body's core temperature) Breakthrough in genetics of cystic fibrosis; Transplantable stem cells; polium; ebola vaccine; Child resistant medicine containers; T-cell receptors in cancer research; HIV treatment as prevention

Funny BONE

Types of delivery services out there:

- ▶ UPS: "Your package is in your city on a truck driven by Mike. It will arrive on your doorstep at 6:27 pm today."
 - ▶ FedEx: "Your package is coming. You'll get it when we get there."
 - ▶ USPS: "What package?"
 - ▶ Amazon: "We are already inside your apartment. Check the bathroom."
 - ▶ Facebook: "We know you were thinking about getting a toaster yesterday. Here are 20 ads for toasterw ovens."
- Jokes that begin with promise, but quickly fizzle out at the end:
- ▶ An owl and a squirrel are sitting in a tree, watching a farmer go by. The owl turns to the squirrel and says nothing because owls can't talk. The owl then eats the squirrel because it's a bird of prey.
 - ▶ What's red and smells like blue paint? Red paint.
 - ▶ What do you call a Swedish man on the moon? An astronaut.
 - ▶ A horse walked into a bar. Several people got up and left as they spotted the potential danger in the situation.
 - ▶ "Knock, knock!" "Who's there?" "UPS." "UPS - who?" "I just told you, UPS Courier. We have a package for you."

AMazing FACTS

▶ There's an actual neighbourhood in Porters Lake, Nova Scotia with three streets named 'This Street.', 'That Street' and the 'Other Street'. One can imagine a Taxi or Uber dispatch might go something like this:

Uber: "Where do you live exactly?"
 Customer: "That street"
 Uber: "Which Street?"
 Customer: "That street near This Street."
 Uber: "Wait.. what.. which street.. where?"
 "Is there any other street there..?"
 Customer: "Why, yes, we are right after Other Street!" * Uber hangs up.



▶ Bobbi and Nick Ercoline, the iconic couple pictured on the front cover of the Woodstock record album, are still together after 50 years. Woodstock happened 50 year ago August.

West Coast Amusements Rides

Kiddyland	L M E R R Y T I L T H
Star Ship, The Hulk	A S O G O W H I R L U
Sky Screamer	F U N R U A S H I P L
Elephants	S P R I N G K T H E K
Merry Go Round	L E K I D D Y L A N D
Super Slide	I R S C R E A M E R A
Charlie Chopper	D E C H O O S C F W R
Convoy	E C H O O T I L E H K
Choo Choo Charlie	G O A P A O Z I R E D
Spring Ride	H N R P D R Z F R E H
Carousel	O V L E O N L F I L A
Cliffhanger	S O I R I D E H S T U
Ferris Wheel	T Y E L E P H A N T S
Dark Ride	C A R O U S E N D I Z
Ghost Party	C U C K O O L G E R Y
Cuckoo Haus	
Sizzle(r), Torn(ado)	
Tilt a Whirl	
* not all at SA Fair	

School Again

This week hundreds of thousands of students across Canada began the new school year. Young children, adolescents, young adults and many more mature adults are back at school to complete a career, high school diploma, elementary education, or to begin their journey in kindergarten.

Stepping inside any educational institution is an exciting and exhilarating experience for students, but it can be a frightening endeavour as well. School is a comfortable, enriching and challenging place, yet for others, a place of boredom, obligatory studies, or even where unpleasant experiences occur.

Many dread being among individuals who may be abusive or bullying.

The goal of every centre of learning should be to create a positive school community of caring teachers, motivated students and knowledgeable administrators.

In its ideal form, school is a place where an individual - young or old - can have an opportunity to develop his or her mental, intellectual, and academic skills and take it to its outmost limits. School needs to be a place where students prepare for a "better tomorrow."

A place where students are encouraged and given the opportunity to expand, increase, and explore and achieve their individual potential to succeed in the "real world." School is a place where students take advantage of the educational opportunities of all the facilities inside and outside the walls of the physical building. Our schools offer many possibilities for those students who want to make a difference in our community, in our country and our world.

Students are encouraged to impact in a positive way our cozy community of Salmon Arm, our fragile environment, our economy, and our standard of living. Fulfill your dreams! Achieve your utmost potential. Aim to be polite, respectful and be eager to get your work done. In doing so you will feel awesome and it's worth it!

■ **English:** School is a wonderful place! I respect and admire my teachers! I am eager to learn new concepts! I enjoy my old friends and I will make excellent new friends too! I will be diligent with my homework and do it promptly! My marks will improve! My parents are proud of me. I feel fabulous!

■ **Spanish:** ¡La escuela es un lugar maravilloso! ¡Respeto y admiro a mis maestros! ¡Estoy ansioso(a) por aprender nuevos conceptos! ¡Disfruto de mis viejos amigos y también haré nuevos amigos excelentes! ¡Seré diligente con mis tareas y las haré puntualmente! ¡Mis notas mejorarán! Mis padres están orgullosos de mí. Me siento fabuloso(a)!

■ **French:** L'école est un endroit merveilleux! Je respecte et admire mes professeurs! Je suis désireux d'apprendre de nouveaux concepts! J'aime mes vieux amis et je ferai d'excellents nouveaux amis aussi! Je ferai preuve de diligence dans mes devoirs et les ferai rapidement! Mes notes vont s'améliorer! Mes parents sont fiers de moi. Je me sens fabuleux/fabuleuse!

■ **Italian:** La scuola è un posto meraviglioso! Rispetto e ammiro i miei insegnanti! Sono impaziente di apprendere nuovi concetti! Mi piacciono i miei vecchi amici e farò anche nuovi eccellenti amici! Sarò diligente con i miei compiti e lo farò prontamente! I miei voti miglioreranno! I miei genitori sono orgogliosi di me. Mi sento favoloso(a)!

□ Scientific research indicates that by learning languages a person can prevent or avoid Alzheimer's and dementia. That is excellent news! It's easy, fun and most useful to learn Spanish, French, Italian or ESL this Fall! Give your children an opportunity to get ahead in school with private tutoring. I am also a qualified and certified ESL Teacher. Let me help your new Canadian friends improve English skills. Group language classes start September 10, and private classes, anytime. Call Caleb at 250-832-5865 or email to: globelanguage@yahoo.ca for more information and to register.

travel corner



Caleb Espinoza

Picture THIS



▶ Above right is a 16-year-old Burton Cummings who happens to be playing in Kelowna next month. The Deverons of Winnipeg would make a princely sum of \$150 playing a community youth dance. ▶ One can often catch glimpses of street life looking on Google Streetview. On the right, a group of kids are seen selling lemonade on a street corner in Hillcrest.



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- ▶ IT: Chapter 2
- ▶ Overcomer
- ▶ Angel has Fallen
- ▶ Angry Birds 2

FILM SOCIETY returns

- ▶ The Public 5:00, Sept. 8

Movie times & details / Page 4
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▲ Spectacular lightning over Mt. Ida, the night of Sept. 3.
Bernie Hucul photo

CANDIDATES ARE READY



▲ The election writs are expected to be dropped in another week in advance of the Oct. 21 federal election. Main Party candidates for North Okanagan-Shuswap Riding are from left to right (not politically speaking): Mel Arnold, Conservative; Cindy Derkaz, Liberal; Marc Reinartz, Green; and Harwinder Sandhu, NDP. Watch for special election coverage in the *October All Month* edition coming out Oct. 4.

HILLTOP



presents..

Mike Mitchell from BC Outdoor Sports Fishing TV
Saturday, September 14 • 1:00 to 5:00 pm
DEMOS, DISPLAYS & PRIZES

design dilemmas Linda Erlam



I don't need as much
as I thought I did

All the pictures are off my walls. All the stuff I thought I liked to have around me is out of sight. A lot of it has been trashed or given away. Too much is in storage. I'm selling my condo and I had to 'depersonalize'. It's a tough thing to do, but holy moly is it a great exercise.

I mean, how many sheets does a home with one bed really need? Or how many towels? Or how many ruddy muffin pans? I know 24 muffin pans is too many.

My ole Aunt M was a military wife, and after they got notice that they were being stationed to Norman Wells for a year -- in the early 1950's I believe, -- they were told to plan to take in the food staples they would need for a year. She got a big crayon and marked the date on all her staples and weighed them. A month later she weighed them again and did the math. She told me that this exercise was one of the best lessons she ever learned about what we think we need, and what we truly need.

And as I sort through 25 years of 'precious' sewing notions, one-meter cuts of 'Well, I might need to put a patch on a peacock blue sofa some day,' and the 400, yes four hundred, spools of thread, I'm remembering the self-righteous frugality of my hippy dippy younger self, and hearing Aunt M's words in my head.

Marie Kondo aside, I really don't look at my possessions in terms of how much joy they bring. Maybe I should, but I tend to look at things in terms of how often do I really use this. Or when was the last time I looked at this and remembered the day it came into my life. Or even, I'm sad to say, who brought it into my life.

I've given away all the treasures I thought I couldn't live without. The amazing photograph of my father and his battalion the night before they shipped out in September of 1939 now has a place of honour in my niece's. She was tiny when he passed, but his memory is alive in her home.

The water-colour paintings my grandmother did -- some as early as 1904 -- are reunited with the other pieces in the collection, which was split apart when Grandma died, but are mostly now regathered on a wall in my sister's home.

I feel lighter with every box of 'important stuff' which leaves. I hope some of it brings help to someone else. I have far too much.

And now, when we see women and men walking thousands of miles carrying their children, in the faint hope that a life without hunger, or war, or fear is ahead of them, I am very humbled that I am lucky enough to be able to make these choices. ■

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



Working Together to Prevent Suicide

Annual Lantern Walk

Tues, Sept 10th 2019
7pm Lantern making
Gathering at 7:30
McGuire Lake Park
Salmon Arm, BC

Come together as a community in hope,
help, and healing

For more information please see our
facebook event page
Annual Lantern Walk 2019

Upcoming Courses

- Suicide Alert training (Safe Talk), Sept. 19, 26, Nov. 5,
- Mental Health First Aid, Nov. 21, 22.

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SPEEDBOAT TRAGEDY NEAR HERALD PARK

A Kelowna area man is presumed drowned after a tragic boating accident between Herald Park and Paradise Point.

Salmon Arm RCMP said that two large speed boats were travelling in tandem east on Shuswap Lake between 8 and 8:20 pm, Sunday, Sept. 1. One of the boats lost control and ejected the two occupants out of the cockpit of the boat.

A 25-year-old female was pulled from the water by occupants of the other boat. She was rushed to Kelowna hospital in an ambulance that was waiting in Canoe, and is now recovering from non-life threatening injuries.

RCMSAR from Sicamous and the RCMP vessel conducted extensive patrols until 2 am the next morning, looking for the boat's second occupant. Efforts continued with a helicopter and fixed wing aircraft that later joined in the search. Despite the search efforts, the victim,



Ryan Hartmann, 33, of Lake Country, was not located and is now presumed drowned.

Police continue to investigate the incident with specialized resources called in to assist the local investigators.

The area of the lake where this incident occurred is 250 to 350 feet in depth

Salmon Arm RCMP are now seeking the public's assistance in their investigation. Anyone witnessing a white, black and blue Cigar Boat and white Cigar Boat travelling in tandem or stationary on the Salmon Arm of Shuswap Lake on Sept. 1 between the hours of 7:30 and 8:20 pm are asked to contact the RCMP. Officials would be especially interested in examining any video or still photographs that may have been taken.

The vessels involved have been recovered and are in police custody at this time as the Police investigation into the causal factors leading to this tragic incident continues. ■

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Copper Island DIVING

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