

# A.M. DECISION DAY /3

October All Month



■ Dina Gilbert, artistic director of the Kamloops Symphony, recognizes Salmon Arm composer Jean Ethridge after the performance of Ethridge's 4-part composition, 'Elements'.  
 ▶ Profile on 'Online Only' page /12b

▼ What's On ▶ Online FriAM.ca ■ No. 1129 ▶ Oct. 4, 2019 ▶ FREE

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# THE FACES OF THE FUTURE

I have been watching Greta Thunberg's impact on the world with a mixture of awe and sadness.

Awe...at the incredible gift that this young woman brings, in her ability to speak truth so directly, using words that cause us to pay attention.

Sadness...at the situation that brings her to do so. A generation – mine – is bequeathing to our children and grandchildren a legacy that will likely mean their lives will be worse than ours, in a world beset by pollution and planetary disruption on a grand scale.

On her face, and on the faces of other young people at the climate marches, I see the future. I see their fear, their sadness, and their anger at what we are downloading upon them.

In September Salmon Arm Council passed a motion to declare a climate emergency and work towards achieving carbon neutrality.

Those are strong words. "Climate emergency." If they are to mean anything, we need to respond as if we are in a crisis – just as we responded over 20 years ago when forest fire threatened our community.

A similar threat is here, only it is a slower-moving one. In World War 2, the emergency of the war affected everyone's lives. People grew gardens for food wherever possible. They collected materials like iron gates and aluminum pots, and recycled them for the war effort. In many European countries food rationing was a way of life.

We know we need to drastically reduce our use of fossil fuels, and reduce the environmental footprint of our

## shuswap reflections

**Sarah Weaver**



consumption.

But there is fear that doing so will bring on significant impacts to our global economy. So, most countries – even though many have set targets for reduced greenhouse gas emissions – do not yet have plans for how to make this happen.

But of course, the more we delay, the more likely we are to have economic collapse anyway, due to the staggering environmental costs of what we have already done.

In North America, perhaps because of our plentiful resources and wide open spaces, we have been slower to act and to accept climate change as a priority. If we put ourselves in the shoes of people whose lives are being affected now, it helps to see the global picture.

Greta Thunberg implores politicians to "stop telling people that everything will be fine when in fact, as it looks now, it won't be very fine."

We cannot sugarcoat it; we cannot pretend that it is going to be easy. Our focus must be on reducing greenhouse gases – and we must be prepared to do so, whatever the cost to our time, our convenience, our pocketbook.

We must shift away from a "business as usual" economic model, to make the



## A look at the environmental footprint of a year's worth of smart phones

(Source: Calculations by local Systems Ecologist Barry Wilson from information published by TruCost and The Guardian)

- Estimated number of smart phones manufactured and sold globally, 2019 ... **1.47 billion**
- Kilograms of carbon emissions .. **2.4 billion kilograms**
- Amount of land disturbed, logged or mined to produce rare metals, packaging etc. needed . **2,350 square kilometres**

■ Amount of clean water required for manufacturing and processing **.1 billion peoples' drinking needs for a year**

■ If we each kept our phone for five years, instead of getting a new one yearly.. **we could reduce this footprint by 80 per cent!**

deep emission cuts that scientists say are necessary.

Here are a few ideas:

- Reduce your consumption of all resources. There are hidden costs to almost everything.
- Reuse everything you can. Keep clothes, devices and consumer products for longer – much longer.
- Eat lower down on the food chain (less meat), and choose local and organic products. Choose seasonal locally produced foods over imported foods.
- Grow some of your own food – sprouts in your kitchen, herbs on the deck, greens in a pot, a veggie garden, fruit trees.
- Plant trees, deck gardens, ground covers, shrubs to help create habitat for wildlife.
- Avoid products such as plastics and pesticides derived from the petro-chemical industry.
- Insulate your home, windows and doors; lower your thermostat or heat only the spaces you use.
- Travel and holiday closer to home; save up your big trips for "love miles", where you see loved ones infrequently, but for longer stays.

○ ○ ○

We need to build the resilience of our local economy so that we can handle what the future has in store for us. This means protecting the diversity of our biological resources, the quality of our water, our agricultural land, our forests.

And, we need to work together as a community. We cannot descend into an "us versus them" mentality. We are in this together.

Imagine for a moment that you are sitting 100 years from now with a descendant of your family. You are having a conversation about what is was like for you, to be living in this time, in this year, 2019. You see on the face of your descendant a range of emotions – sadness, anger, curiosity.

She, or he, asks you a question. "What did you do, how was it for you, when you learned, when you came to understand about climate change, species extinction, pollution? What did you do when you knew?"

Ponder this. What will you tell your descendant? ■  
 □ Sarah Weaver works actively on environmental issues and posts a regular blog at [shuswapreflections.blogspot.com](http://shuswapreflections.blogspot.com)

**...A.M.**  
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 Bookkeeper: Eleanor Barry  
 Sales rep: Ruth Keskinen  
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 Email: [friam@shaw.ca](mailto:friam@shaw.ca)  
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**IT'S A STINKY JOB**  
  
**mall arkey**  
**Daron Mayes**  
 One of the luxuries (hint of sarcasm!) of where I live is that I am not hooked up to the city sewer system. Instead the house is on a septic system - which as you can imagine - has given an appreciation of those who are hooked up to our city's system. If there is an area of government services a taxpayer like myself can appreciate, it is a sewer system. I am also paranoid when it comes to our septic system. I mean why shouldn't I be? Nobody wants to have the sewer back up and make a mess of your home! For anyone who has had the sewer back up you realize it isn't something that shows itself in a subtle way. So I periodically open up the septic tanks (there's four in my system), clean the filter and give the tanks a quick cleaning. I won't go into detail surrounding the cleaning of the tanks, but you can imagine it is a stinky job and not one that it typically at the top of someone's to-do list. Before my older boys ran off to college I thought it would be a good family project to open up the tanks and give them a cleaning. I figured it was selfish of me to keep such a wonderful experience like that to myself. Besides, I have four boys and four septic tanks; how ironic is that?! "Guess what we are going to do today as a family?" I announced at the breakfast table one Saturday morning. The boys weren't fooled by my enthusiasm and you could start to hear the moans immediately. One of them cringed while the others looked down at their plate of food trying not to give me any eye contact. Clearly they've heard me say something like this before. After explaining the task at hand and joyfully exclaiming how much fun it will be to do it together, I encouraged (coerced) the boys out of the house and into the back yard where the septic tanks were located. It didn't take long for the comments to ensue. "Really? This is what we call family fun? Seriously?" my youngest proclaimed. "Dad, seriously this really stinks!" my 17-year-old said, hoping his old Dad would somehow change his mind. I explained that we are working on perseverance and mental toughness. I am not sure they bought into my reasoning. However, they began plodding along, taking their turn opening up the tanks and cleaning them. In the end, I ask them if it felt good to accomplish such a monumental task. To my surprise (hint of sarcasm!) they just didn't see it that way. The good news for me is they will never complain about mowing the lawn or raking leaves again! Mission accomplished! ■  
 □ Daron Mayes works as an investment advisor in Salmon Arm. His column appears monthly.

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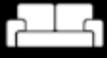
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**A.M.**

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October All Month

**CANDIDATES AT A GLANCE**

**VOTE 2019**  
**October 21**

**WE ASKED:**

1. Share a little about yourself.. hometown, occupation, background etc. plus identify factors that led you to run for public office.
2. Select and briefly outline three items from your Party's platform that are especially important to you
3. Select and briefly outline three Riding issues that are especially important to you, and how you would address them.
4. Briefly (one or so lines each) state views related to: Climate change/energy, trade/ security, Immigration, Housing, jobs/ infrastructure, Governance, election reform
5. Additional comment?

■ Questions were emailed to the Kyle Defling campaign of the People's Party Coalition, but there was no response by presstime. Information on his positions can be obtained at [kyledelfing.com](http://kyledelfing.com)

**Marc REINARZ, GREEN**  
okshuswapgreens.ca



I was born in Luxembourg, moved to Brussels at age four, and then to Canada. After 11 years, and studies in Calgary, I moved back to Europe to be with my future wife of 39 years. Working for Philips Electronics I dealt mostly with Eastern-Europe and Middle-East countries, an experience that laid the basis of where I stand now: a candidate ready to contribute his knowledge to better our environment based on a healthy long-term economy.

■ **2. Priorities:** The environment and economy go hand in hand. A planned steady decline of the use of oil as fuel will transition into the use of oil as raw material to build solar panels, wind turbines, etc This will ensure workers retain jobs and the growth in value of the product will enlarge a new sector in economy. Today we buy those products from the US, where they're made with Canadian oil.

Canada must sign up to, and prove it abides by, the UN Declaration for the Rights of Indigenous Peoples. So much harm has been done.

We are for safe and clean drinking water for every individual in Canada. I vow to replace chlorination to treatment by UV and ozone as is done in other jurisdictions in the US and Europe. (Google "risks of chlorination in drinking water health Canada" for explanation.)

■ **3. Riding issues:** Protection of watersheds with smart logging and local processing; safe and clean drinking water (see above); Addressing of homeless issue with guaranteed livable income and advocate for right to safe shelter for everyone living in Canada.

■ **4: Climate change and energy** - Work with oil industry to transition to renewable energy. Train workers for the new technology.

*International trade and security* - Reduce trade between continents to stimulate own economy and reduce shipping carbon footprint.

*Immigration* - Canada is an immigration country. Ensure that immigration is balanced with what the economy requires. Renewable energy will create a demand on immigration.

*Housing, jobs, infrastructure* - Every person in Canada has a right to decent and safe shelter.

*Governance, election reform* - Canada needs an electoral system in which every vote counts as in Proportional Representation.

■ **5. Additional comment?**

We're in a climate crisis. The Green Party has had the Climate Action Plan, supported by science, ready for years. After dismissal of it by both large parties, the Liberal Party decides to adopt the very plan half way in their election campaign. How do they plan to build a pipeline and meet the climate targets?

**Mel ARNOLD, CONSERVATIVE**  
melarnold.ca



My family lineage in the North Okanagan-Shuswap goes back over a century and it has truly been an honour for me to not just live here all my life, but also have a family, grow a business and continue the family tradition of giving back to the community with my public service.

■ **2. Priorities:** Our comprehensive plan for the environment will tackle pollution here in Canada and on a global scale. Conservative Party's Universal Tax Cut, Children's Fitness and Culture Tax Credit and increase in the Age Credit will allow Canadians to keep more of their own money in their pocket.

■ **3. Riding issues:** I will continue to fight for conservation and protection of our waters from pollution and invasive species. I will continue to advocate for more affordable housing stock for workers and the employers that need them. I will support tax reform that will help constituents deal with rising living costs.

■ **4. Climate change/energy:** Conservatives are committed to escalating the fight against pollution and climate change to the global level while driving innovation and developing emission reducing technologies for Canadians and people around the world.

*International trade and security* - After four years of being outmaneuvered by our largest trading partners and left behind on the global stage, Canada needs to return to principled foreign policy that protects our national interests including market access and rule of law in the global community.

*Immigration* - Conservative will restore Canada's fair, orderly and compassionate system of immigration and stop the flow of illegal border crossings that is displacing those trying to enter Canada through legitimate processes.

*Governance, election reform* - If major changes are to be made to Canada's electoral system, they must first be supported through a referendum allowing voters to decide if changes are supported and if so, what changes are to be made.

■ **5. Additional comment?**

On Oct. 21, Canadians will have the opportunity to exercise the civic duty of voting and send a new Conservative government to Ottawa to make life more affordable, to rebuild leadership in the fight against pollution and climate change and restore Canada's place as a respected leader on the world stage- vote Conservative for a stronger Canada!

**Cindy DERKAZ, LIBERAL**  
cindyderkaz.liberal.ca



I have lived here almost entire life. Parents ran Derkaz Shoes and I ran successful law firm. Served on three provincial appeal boards; over a decade as president of Shuswap Community Foundation, current director for Shuswap Trail Alliance, and Queen's Diamond Jubilee Medal recipient in recognition of volunteerism. I finished a strong second in 2015 election and am running again because I want to keep up the momentum of the Liberal government's accomplishments.

■ **2. Priorities:** Climate Action - net zero emissions by 2050; price on pollution and a real climate action plan; moving forward with ban on single use plastics; transitioning from open net salmon farming to closed containment by 2025; and protecting land and oceans; *Implementing National Housing Strategy* to reduce chronic homelessness; provide affordable housing and the Canada Housing Benefit; Work towards reconciliation with Indigenous Peoples.

■ **3. Riding issues:** Strong advocate of infrastructure funding for local housing projects; continue funding upgrades to Trans-Canada and work with other government levels to keep pressure on; also work with other levels to address water quality, including funding for inspections and education to protect lakes from zebra and quagga mussels, plus water and sewage infrastructure projects.

■ **4. Climate change** most pressing issue facing planet. We can, and must, transition to a carbon neutral economy.

*International trade / security* - Continue to grow international trade (Canada now only G7 country having trade deals with every other G7 nation). Need to support Canada's Armed Forces to keep Canada (and world safe), including expanding role in multilateral organizations like UN and NATO.

*Immigration*- Canada needs immigration to support growing economy and demand for skilled people. We need to speed up family re-unifications.

*Housing, jobs, infrastructure* - Continue investment in housing and infrastructure that has created over one million new jobs since 2015, NOT return to era of spending cuts and austerity.

*Governance*. Support electoral reform, but major reforms can only be made with broad support through a referendum. Given results of the BC referendum, I would not expect this issue to move forward at the federal level in the next term.

■ **5. Additional comment?** This riding has never sent a woman to take our voice to Ottawa. It's 2019 - we can change that. I have a solid track record of getting things done - for people and community AND I have the skill, experience, energy and passion it takes.

**Harwinder SANDHU, NDP**  
harwindersandhu.ndp.ca



I am a wife and mother of three, and have worked as an RN in BC for almost 15 years, currently as patient care coordinator at Vernon's hospital. I was born in a farmer family in a village in India and came to Canada in 2001 after marrying my Canadian husband who I lost to cancer in 2010. I believe in women empowerment and courage, and a strong advocate for people who don't have voice or resources to address issues like affordability, climate change and social justice. I decided to run because if you want to see change, you need to be that change

■ **2. Priorities:** *National Pharmacare* should include dental, hearing aid and vision. Money is saved from bulk purchasing and prevention approach. Climate crisis requires immediate action after years of neglect, denial, and irresponsibility. NDP plan includes net carbon free electricity by 2030; 100% non-emitting electricity by 2050, retrofitting homes; more 0 emissions vehicles; banning single-use plastic; protecting land, oceans, freshwater.

*Affordability:* Many are doing 2-3 jobs to make ends meet. Socio-economic disparity lead to mental health crisis. New Deal addressed affordability with clean energy jobs, building homes; rental rebate of \$5000 to those paying more than 30% of income, and waiving interest on student debt and increasing grants. sees for each employee coverage. *Remove disability barriers*, and launch review of income security program to tackle unacceptable rate of poverty for Canadians with disabilities.

■ **3. Riding issues:** I am committed to be that voice for constituents. *Environment:* Remove drinking water advisories by 2021 by making investing on ensuring clean water access. *Health:* I will advocate for a treatment centre in Riding to deal with drug addictions and for a Federal Mental Health Ministry. We need to spend money on root cause, not bandage fixes. More federal support is needed for seniors.

■ **4. Climate change** is the biggest challenge we are all facing. We all live on one planet.

*International trade /security:* Canada is one of safest country in world and we should not compromise this. *Immigration:* Canada is built by immigrants -we all came from somewhere, if not us, then our ancestors. We need to tackle the backlog of highly educated applicants that can help alleviate shortage of doctors, nurses, tradespeople and so on.

Housing is a basic human right and Canadians face increasing hardships to find housing, due to uncontrolled housing prices and lack of jobs with a living wage.

*Governance, election reform* - Party with 39% should not have the 100% power.

■ **5. Additional comment?** Proud of NDP's diverse slate with 49% women, 12% LGBTQ+, 24% from racialized communities, 8% Indigenous, 5% disabilities, and 11.5% youth. Proud of NDP's stand to protect women, Indigenous and marginalized rights. It was the NDP/Liberal minority government when Canadians received universal health care and Tommy Douglas said to Lester Pearson: "give us the universal health care and we will keep you in power".

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## Spotlight

## Festivities

- **Canadian Society of Questers Fall Conference**, October 4 at Prestige Harbourfront. Keynote speaker Doug Gray 'White Eagle'. See questers.ca.
- **Thanksgiving Day**, Oct. 14.
- **Thanksgiving weekend events** at Tsútswech Provincial park, Oct. 12-14. Self-guided tour of salmon run, featuring aboriginal stories (app), plus Fall Market. Next dominant run in 2022.
- **Piccadilly Mall anniversary celebration**, 11-3, Oct. 12
- **Shuswap Wine Fest**, 7-10 pm, Oct. 19, Piccadilly Mall. shuswapwinefest.com Hosted by SA Rotary Club. / P.9
- **Federal election**, Monday, Oct. 21. Candidate forums, see page 5.
- **Children's Halloween Party**, 11-3, Oct. 26, Mall at Piccadilly.
- **Clocks Fall back**, Nov. 3
- ○ ○
- **HALLOWEEN NIGHT** • **Thurs, Oct. 31**.
- **Spooktacular**, 4-9 pm, Oct 19, 20 Haney Village. \$8; 4 & under free. Scary and not so scary amusements. Shady Lane & Spook Trail, Haunted house, Storybook party, Fortune teller, Mad Scientist, Hocus Pocus Midway. *Volunteers needed - Tara 250. 832-5243*
- **Treat Trails**, starting 3 pm after school at Downtown and both malls.
- **White Lake Haunted House & Fireworks**, 5:30-8:30.

## Art &amp; Film

- **The Little Lake**, a collaborative, community soft sculpture project showcasing McGuire Lake and its features. Reception 7 pm, Oct. 4, Salmon Arm Art Gallery, running to Dec. 14. Artist coffeetalk, 2 pm, Nov. 21. Family Saturdays, 2-4 pm.
- **Oils and Acrylic Art Workshop**, 9:30-4, Oct. 19, 20, Blind Bay Hall.
- **Open Exhibition**, Courtyard gallery, Enderby. Officially opens 10-4, Oct. 5.



*Diamond Forever*  
Celebrating music of Neil Diamond

▶ *Jason Scott will perform the songs of Diamond on October 25 at the Legion Hall.*

## On the MOVIES

- **Salmar Grand** • Oct. 4 to 10 • www.salmartheatre.com • 832-2263
- **Joker** The backstory of how Arthur Fleck, disregarded by society, transformed into Batman's arch villain, Joker. 2:00 Sat-Sun, 6:45, 9:00 nightly. (14A violence)
- **Downton Abbey**. Continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in early 20th century. 2:10 Sat-Sun; 6:35, 8:50 nightly. (PG viol, lang)
- **Abominable**. A magical Yeti must return to his family. 2:10 (2D) Sat-Sun; 6:30 (3D), 8:25 (2D) nightly. (G)
- **Rambo: Last Blood**. Rambo exacts revenge in a final, what many are calling Trumpian-inspired mission. 2:00 Sat - Sun; 6:40, 8:45 nightly. (18A explicit violence)

## Salmar Classic • Alexander St.

- **SHUSWAP FILM SOCIETY** • shuswapfilm.net
- **Sometimes Always Never** (UK), 5:00, Oct. 5. Father spends year searching for missing son who stormed out after a 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)

## FILM SOCIETY, con'td

- **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)
- **Reel Weekend FILM FESTIVAL**, November. 1 to 3. Titles, so far:
- **Official Secrets**
- **Peanut Butter Falcon**
- **Echo in the Canyon**
- **Pain and Glory**
- **Brittany runs a marathon**
- **Honeyland**
- **OPERA & BALLET** • Live in HD
- **NEW YORK MET OPERA** (9:55 am)
- **Turandot**, Oct. 12. An icy Chinese princess renounces all men.
- **Manon**, Oct. 26. Manon's tragic story from country girl to courtesan to destitute prisoner.
- **Madama Butterfly**, Nov 9. Devoted geisha who gives everything for the American naval officer Pickerton.
- **BOLSHOI BALLET** (1:00)
- **Raymonda**, Oct. 27. Living dance history. plus • **Le Corsaire**, Nov. 24.



## Concerts

- **SALMON ARM JAZZ CLUB**, Nexus @ 1st. By donation. All 7 pm
- **Slide Area**, Oct. 10. Community collaboration of four trombonists - Gareth Seys, Bob Rogers, Rich Thorne and Gordon Waters, plus Dan Smith, Jordan Dick, Colin Spence & Richard Graham.
- **Mike Field**, Nov. 14. World renowned Penticton-based jazz producer/musician. ▶
- **Jordan Dick Band**, Nov. 28. More details at jazzsalmonarm.com
- Also **Jazz Nites** at Lakeside Manor. 1st & 3rd Tues. **Shujazz Trio**, 6:30-8:30, Oct. 15. Featuring Dan Smith, Bill Lockie, Sandy Cameron, bar & tapas. ○ ○ ○
- **Alan Jackson Experience**, performed by Aaron Halliday & Tombstone Band, 7:30, Oct. 4, Salmar Classic. \$20
- **Coffeehouse circuit** - Grindrod (1st Fri), Oct. 4 • Carlin (1st Sat), Oct. 5; Sun-nybrae (2nd Sat) Oct. 12; Enderby Drill Hall (3rd Fri) Oct. 18; Celistra (3rd Sat), Oct. 19; Eagle Bay (4th Sat), Oct. 26. Blind Bay Blues Club Jams (3rd Tues) Oct. 15, Blind Bay Hall; Open Jam Night, Wednesdays, Carlin Hall.
- **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.
- **Jason Scott 'Diamond Forever'** - Celebration of Neil Diamond, 7 pm, Oct. 25, SA Legion. Tix \$25 at Legion or 250-832-3118. Doors open 5:30.
- **The Contenders** with Gary Fjelgaard & Valdy, 7:30, Oct. 31, Carlin Hall. It's their 18th Okanagan tour. Also featuring Blu & Kelly Hopkins. Tix at Acorn Music.
- **Kamloops Symphony Salmon Arm series** - next concerts: 'Heroines & Heroines', Mar. 6 and 'A Sense of Wonder', featuring Jaeden Izik-Dzurko and Sydney Frelick, May 3.
- All 7:30 pm at Nexus at First.

## 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**, 7 pm, Nov. 22-24, 28-Dec. 1, 5-8, Shuswap Theatre. Also Relaxed performance, Dec. 1 for persons with various challenges. Directed by James Fagan Tait. to be followed by... **Red Plaid**, Feb. 21-Mar. 7 and **The Gravitational Pull of Bernice Trimble**, April 24-May 9.
- **Walk of Terror**, Oct. 25, 26, Caravan Farm Theatre. Music by Freak Motif.
- **The Nutcracker** winter sleigh ride show, Dec. 10-Jan. 4, Caravan Farm.

## Sports

- **SILVERBACKS / p. 7**
- **Home** - Chilliwack, 7 pm, Oct. 11; Penticton, 7 pm, Oct. 16; 3 pm, Nanaimo, Oct. 20; Surrey, 7 pm, Oct. 23; Trail, 7 pm, Nov. 1; Trail, 6 pm, Nov. 2; Merritt, Nov. 8; Penticton, 7 pm, Nov. 13; Wenatchee, 3 pm, Nov. 17
- **Away - BCHL Showcase in Penticton** - Wenatchee, 1 pm, Sept. Oct. 4; Coquitlam, 10 am, Oct. 5
- Prince George, 7 pm, Oct. 12; West Kelowna, 7 pm, Oct. 18; Wenatchee, 7:00, Oct. 25 & 26; Merritt, 7 pm, Nov. 9; Penticton, 7 pm, Nov. 15
- **SA Minor Hockey tournaments** - Midget T2/T3, Oct. 11-13; Pee Wee T3, Oct. 25-27; Bantam T2/T3, Nov. 8-10.
- **Curling Centre** - Open Skins Bonspiel, Oct. 21
- Curl for Cancer, Nov. 3. Movie theme for this annual fundraiser. 833-4334.
- **Reino Run XCountry series**, Oct. 6, 10 am start, Larch Hills.
- **More 'SPORTS', P. 7**

## Little Lake

McGuire Lake was once aptly known as Little Lake before it took on the name of Agnes McGuire, the mother of Salmon Arm.

This city is endowed with many natural beauty spots, and McGuire Lake is arguably, among the most iconic.

Its picture perfect setting, complete with fountain, friendship gate, giant willows, and Shuswap Lake beyond, gets instantly etched into the memories of travellers simply passing through town.

A community collaborative felted fibre exhibition celebrating Downtown's historic McGuire Lake opens tonight (Oct. 4) at Salmon Arm Art Gallery.

The Little Lake exhibition is the result

## ShuBiz

of some 200 contributors from over a dozen workshops over recent months.

Elements include waterlilies, cobblestones, frogs, bees, dragonflies, willow branches, sedges, cattails, and, of course, the beautiful blue lake.

Visitors can experience an artful facsimile of the Little Lake by removing their shoes for a walk on the gallery show's cobblestone pathway, or viewing the lake from around the edge - guaranteed!

~ From Little Lake exhibition notes

While sadly losing Lorenzo's as a concert venue, there's a new venue with ambience rising up inside Lakeside Manor. See below.



▲ You cannot ask for a more perfect night of music than this. Gary Fjelgaard & Valdy, along with Blu & Kelly Hopkins, are back for their 18th Okanagan tour, playing at Carlin Hall, Oct. 31. Tix at Acorn Music.



## city lights

- ▶ **vernon** • See ticketseller.ca
- Derina Harvey Band, Oct. 4, 5
- Charlotte Diamond, Oct. 6
- Legendary Sons of the Pioneers, Oct. 11
- Martin Simpson, Oct. 15
- Red Sky's 'Trace', Oct. 17
- Ghost Tours, Oct. 18, 19, 25, 26
- Okanagan Symphony 'Legends', Oct. 20
- Guest artist, Brian Cheng
- Diwali in Vernon Festival, Oct. 21
- Natalie McMaster, Oct. 24
- Circus Skills Camp, Oct. 25-27
- LA's Bonfire - AC/DC Tribute, Oct. 25
- Saguenay & Lafayette String Quartets, Oct. 26
- Troll Grandfather, Oct. 27
- Big Wreck: But for the Sun Tour, Oct. 29
- ▶ **kelowna**
- Tryzub Ukrainian Dance Ens, Oct. 5
- Daniel Champagne, Oct. 10
- Mavericks, Oct. 15
- Burton Cummings, Oct. 20
- Dead South, Oct. 21
- Skate Canada International, Oct. 24-27
- Downchild Blues Band, Oct. 24
- City and Colour, Nov. 10
- Just for Laughs, Nov. 13, 14.

- ▶ **kamloops**
- Dallas Smith & Dean Brody, Oct. 24
- Music of (Band) Chicago, Oct. 25
- Rascal Flatts, Oct. 29
- ▶ **penticton**
- Cheech & Chong, Oct. 9
- Rascal Flatts, Oct. 30
- Boney M, Dec. 7



- ▶ **vancouver**
- Whitecaps, Oct. 6
- Lions, Oct. 5, 18, Nov. 2
- Canucks, Oct. 8, 9, 12, 15, 17, 25, 28
- 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

- **Lorenzo's** • Daniel Champagne, Oct. 11 • Michael Charles, Oct. 13 • **Legendary Lake Monsters**, Oct. 26 - Halloween Party is Lorenzo's final night after 24 years of live music in such a unique venue. Well done, Lorne Costley!
- **Barley Station** • Slide Area, 7:30, Oct. 8.
- **Lakeside Manor jazz nites** (1st & 3rd Tuesdays). Inaugural concert with **Shujazz Trio**, 6:30-8:30, Oct. 15 with Dan Smith, Bill Lockie and Sandy Cameron. Bar and tapas available.
- Email your events to friam@shaw.ca



▲ Legendary Lake Monsters will play Lorenzo's final gig on Oct. 26.

## Dance ON

- **Old Time Dance Club Harvest dance**, 7 pm, Oct. 4, Enderby Drill Hall.
- **Gleneden Hall dance**, 7 pm, Oct. 5. Music by **Sleepless Nights**.
- **That 50s Dance**, Oct. 5, Silver Creek Hall
- **Enderby Legion** • Dance to **BC Barn Catz**, Oct. 12, Nov. 23 • **Sleepless Nights**, Oct. 26, Dec. 14 • **Vic's Dance Band**, Nov. 9.
- **Jammers dance**, 7 pm, Oct. 20, 5th Ave Seniors Activity Centre.
- **Bollywood Bang**, Oct. 5, Salmon Arm SOLD OUT
- **Rocktoberfest**, 7 pm, Oct. 19, Sorrento Hall. Dance to **Serious Dogs**.
- **Howl-aveen for Hospice Dance**, Oct. 26, Canoe Seniors Centre. Doors open 7 pm. Tix \$30 at DeMille's, Hideaway, Shuswap Hospice
- **Dancing with the Shuswap Stars**, Nov. 22, SASCU Com. Centre. Fundraiser for Shuswap Hospice Society. shuswapstars.ca

**Burger & Beer • 11-7, Oct. 4**  
**Neil Diamond Party • Oct. 25**  
 • Crib, Mondays • Tues Night Fun  
 • Shuffleboard • Drop-in Pool Snooker  
 • Meat Draws 3 pm, Saturdays

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# REFLECTIONS

October is another busy month that has time set aside on Thanksgiving to give thanks for all the blessings in our lives.

write on



**Kay McCracken**

Wisdom has it that people who focus on the positive aspects in their lives live longer, happier lives. It's a good idea anyway – even if you don't want to live longer – to shift the focus from the constant bad news about, well, everything. That doesn't mean we ignore doing what we can for the planet, our friends and family, and our community, but we need to maintain balance. Depression and anxiety are all too common these days.

Join us for the **AGM of the Shuswap Association of Writers (SAW)** this Sunday, Oct. 6 at Okanagan College. There will be a Word on the Lake Festival presentation, memberships, elections and snacks, readings by **Scott Fitzgerald Gray**, and wonderful music by **Blu & Kelly Hopkins**.

For those who don't know Salmon Arm's Scott Fitzgerald Gray, he is a writer, fiction editor, story editor, RPG editor and designer. He writes epic fantasy, sword and sorcery, and science fiction and his many books receive top rating on *Goodreads*. Find more information on Scott and his work at [insaneangel.com](http://insaneangel.com).



The monthly SWG Writers' Coffee House happens from 2 to 4, Friday, Oct. 25 at the Blue Canoe Cafe & Bakery. Polish whatever you're working on, or write something new in preparation. We also love an audience, so come and listen, enjoy a coffee, or tea, and something sweet and decadent.

September's coffee house was packed to the rafters so you may want to come early to get a seat and a drink. The quality of the readings was very good, highly entertaining, and thought provoking. **Dorothy Rolin** stepped in as emcee, as **Leah Blain's** (the regular emcee) mother had taken ill.

In preparation for the cold, dark season to come, here are suggestions from the top selling books at Bookingham to curl up with in your favourite chair in front of the fireplace.

*The Testaments*, the sequel to *The Handmaid's Tale* by **Margaret Atwood** is shortlisted for the Booker Prize and longlisted for the Scotiabank Giller Prize.

*Dr. Sleep* by **Stephen King** is a return to the characters and territory of one of King's most popular novel ever, *The Shining*.

*In Holy Ghost* by **John Sandford**, Virgil Flowers investigates a miracle – and a murder – in the wickedly entertaining new thriller from the master of “pure reading pleasure”.

Under the theme of self awareness, there's *Talking to Strangers: What we Should Know about the People we Don't Know* by **Malcolm Gladwell**.

For Young Adults, *Guts* by **Raina Telgemeier**, is a thoughtful, charming and funny novel of growing up and gathering the courage to face – and conquer – one's fears. It's for ages 8 to 14 yrs.

Happy October, and don't forget to vote on October 21st. ■

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



▲ The Shannon Sharp Outdoor Learning Circle at Salmon Arm West School was officially opened on Sept. 27. Left to right are: friends of the late teacher, Kathryn Wuolle and Sharon Langlois; representatives from Co-op, Marilyn Williams and Ken Earl - the main financial contributor; and daughter and husband, Jennifer and Troy Sharp.

## THEY MADE IT HAPPEN

When longtime childhood friends, Shannon Sharp and Sharon Langlois, ended up teaching at the same school, they shared a common dream for an outdoor classroom at Salmon Arm West.

While their new school enjoyed the beautiful vista of Mt. Ida, it lacked the natural forests and hills of their former schools at Bastion and Rancho, respectively. They wanted something natural and special for the students at Salmon Arm West as well.

“We wanted to dig a winter pit home in the tradition of the Secwepemc people, but the valley bottom was too wet,” recalls Langlois. “Then Shannon got sick and everything was put on hold.”

After this beloved teacher passed away in January, the idea to complete her dream took hold in both the school and the community. A committee was struck and members quickly got to work.

Structural engineer Tim Dunne worked

with Pat Sherman from Alpha Log and Timber to create the plans for this stunning Indigenous-inspired structure.

Mounce Construction volunteered to do the groundwork, and Carlo Bordin and his crew laid the concrete foundation.

Friends, colleagues and community members came together to stain 180 boards for the ceiling and the structure was up by the end of August, in time for school. To top it off, Integrity Roofing finished the roof.

Shannon's husband, Troy, recruited Seymour Arm chainsaw carver Shea Larking to build eagles to stand at the entry of the building. Joyce Marchant of “Signs by Choice,” created the beautiful circular entry sign that even included Shannon's favourite saying, “Keep Shining”, on the back.

Armstrong Regional Co-op stepped up as the main financial contributor through its Community Spaces initiative to help protect, beautify and improve spaces in Western Canada. ■

## You're Invited

- **Chris Czajkowski & Fred Reid**, authors of *Captured by Fire: Surviving British Columbia's New Wildfire Reality* on experiences being caught in summer-long fire of 2017.
  - 1:30, Oct. 4, South Shuswap Library
  - 1:00, Oct. 5, Salmon Arm Library.

### • Candidate Forums for Federal Election

- (remaining forums from Oct. 4 on)
  - 7-9, Mon. Oct. 7 • televised leaders debate.
  - 5:30-8:30, Mon. Oct. 8, Vernon Performing Arts Centre.
  - 6-8, Thurs., Oct. 10, Prestige Harbourfront. Hosted by Salmon Arm Chamber of Commerce.
  - 5:30, Thurs. Oct. 17, North Shuswap Hall.

### • 14th Ida Cemetery tour, Oct. 13.

Stories of the interesting characters from Salmon Arm's past, told by Museum Curator, Deborah Chapman. Tix \$10 at 250-832-5243.

### • Secwepemc stories

told by Kenthen Thommas, followed by a **Thanksgiving dinner**, 3:30-7 pm, Oct. 13, Sorrento Centre on Shuswap Lake. (\$25; \$10 children, under 8 free)



### • Evening with Val Litwin

president/ CEO of BC Chamber of Commerce, Prestige Resort. Postponed until November. T.B.A.

### • City council meetings

2:30 & 7:30 pm, Oct. 15, 28, City Hall. Agendas at salmonarm.ca

### • CSRD regular meeting

9:30 am, Oct. 17, head office on Harbourfront. [csrd.bc.ca](http://csrd.bc.ca)

### • SD 83 School Board meeting

6 pm, Oct. 15, DESC. [sd83.bc.ca](http://sd83.bc.ca)

### • Federal election Oct. 21.

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.

### • Shuswap Community Foundation AGM

5:30, Oct. 17, Village Hall, 1st United Church

### • Living with diabetes?

UVIC's Centre on Aging FREE 6-week workshop to better self-manage diabetes. Friday mornings, Oct 25 - Nov 29, Uptown Askews Com. Rm. Family members and friends welcome. Reg. at 1-866-902-3767 OR [selfmanagementbc.ca](http://selfmanagementbc.ca)

### ■ More events on pages 4, 7

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**Shuswap National FALL FEATURES**  
Cooler weather has us thinking Cozy meals at National Kitchen & Patio. Join us for Prime Rib dinner every Friday & Saturday in October!  
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\* Reservations Recommended

**PLAY A ROUND OF GOLF..**  
**.. ANYTIME.. FOR \$35**

• We'll be closing for the season Oct. 27. Come out and enjoy while you can!  
• There are a few spots left to book your holiday Party

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Three Mini-Series  
Oct. 8, 15, 22, Nov. 5, 12, 19 & Nov. 26, Dec. 3 & 10  
7:00 - 8:15 pm (Take one, two or all three)  
Instructor: Laurie
- **Thursday: Restorative / Gentle Yoga**  
1:30 - 3:00 pm • Instructor: Donna
- **Saturday: Restorative**  
Oct. 19 & Nov. 16 • 10:00 - 12:00 noon  
Instructor: Donna

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## Social Media proof your mental health

We're living in a digital age with friend requests, notifications and 'likes' popping up left, right and centre.

Today, almost everyone is using social media – in fact, 94 per cent of Canadians have at least one social media account.

Whether it's Facebook, Snapchat, Instagram or LinkedIn, it seems everyone is logged in and joining conversations online.

Some say social media is contributing to the mental health crisis we are experiencing, while others praise the benefits of being so connected to resources and each other.

The research is so diverse that there really isn't one simple answer to the question of whether social media is harming or benefitting our well-being.

What we do know is that there are ways to use social media consciously. It's not necessarily the presence of social media that affects our mental health, but the way we're using it.

Here are tips to help use social media in a way that protects your well-being:

■ **Unfollow people or accounts that make you feel insecure, or that need you to be someone you're not.**

How often do you scroll through your feed and compare yourself to others? Challenge yourself not to compare your insides with someone else's outsides. And, if you still find yourself with a pit in your stomach when scrolling through, click that "unfollow" button. Fill up your social media feeds with accounts that inspire you and make you feel great about yourself.

■ **Set limits for how much time you spend on social media platforms.** Did you know that some apps and phones can actually track how much time you spend on them? Instagram has a feature that allows you to manage your time on the app. You can even pre-set a daily time limit and get a reminder when your time is up, to keep you from scrolling your precious day away.

■ **Engage actively on social media apps.** Scrolling mindlessly through Twitter might be a great way to fight boredom while standing in line for a coffee, but is it actually beneficial? And do you feel good about it? Next time you're online, try actually connecting with others. This means sending messages to friends and loved ones,

□ Continued next page

## Mental Health Matters Denise Butler

## DUELING BANJOS

I love online shopping. The convenience of it feels literally fantastic. Using only a few keystrokes I can order some obscure part, at any time of the day or night, and it will arrive and feel like Christmas.

The benefit is that I have not had to phone or visit ten suppliers and repeat the story every time, comparing prices and delivery times is a snap and, with worldwide markets, the choices are often huge.

The downside is that it is very easy to get sidetracked and some of the quality is suspect. I get it that you don't buy cut price safety critical parts.

There might not be any quality control, product liability insurance or accountability but, be sensible and it's a big marketplace out there.

But every now and again something odd happens.

Just recently I embarked on a little e-commerce journey that made no sense at all. I guess that I must be in a small market when I was looking for a double banjo bolt in stainless steel with an integral bleed nipple, to save a lot of time I'll call it a widget!

I found the widget quickly enough, but it was in the

## repair guy Barry Marshall



UK, and cost \$30, plus the same again in shipping, no sign of one in Canada or US.

It is a bit specialised, but none in all North America? Eventually, I located some widgets in Texas, but a bit of research uncovered that their supplier was the UK manufacturer, so, with a mark-up, but lower postage, they were still over \$60.



Now, without going into a soliloquy on the merits of titanium over stainless steel, suffice to say that Titanium is immensely strong, light, corrosion resistant and very, very pretty.

It also has a trick that if you lightly heat it the beautiful gold colour will take on iridescent rainbow hues.

Sadly, Titanium is hard to machine and a rare element so a widget made of it would be a priceless artifact, right? The wonder of online

shopping! My widget will be here next week crafted from a beautiful rare metal and coloured like life itself for a princely \$7!

I am hoping that no students, whales, puppies or poets were harmed in the making of my widget, but that was not in the seller's description. Quite why a 1 oz, 2-inch-long widget would cost \$30 to post from the UK, \$25 from Texas, and nothing from China, is also a mystery.

But rather than continuous whining about trade inequality, tariffs and quotas, some of our new politicians might do well to find out how this little transaction worked.

I have no idea, but I hope to be proved a happy shopper!

And before you, dear reader, reach for the keyboard to berate me for supporting a regime with a dubious human rights record, consider this.

By purchasing my widget from the very Far East have I bought some poor soul a meal? Or, if I paid ten times the price would I have bought some infinitesimally small part of a fat cat's luxury limousine? ■

□ **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.**

## FLOWER POWER

Do you know how many weeds and flowers in your garden are useful in the kitchen?

Neither do I, but there are lots. My uncle used to wax lyrical about dandelions. My parents were fond of weed killer, but don't judge me; I'm teachable.

Eve can teach her old ma a few things, like how to use real lavender in baking.

If you thought autumn was all about pumpkins and apples, think inside of the box; your flower box. That is, where lavender is losing colour but retains aroma and flavour.

Gently rinse heads and soak them in coconut milk for a couple of hours like Eve did; a longer soak yields a stronger scent of lavender.

Don't be disappointed that your "cheesecake" doesn't turn purple. Eve swirled three colours of food dye including purple into the top before freezing. Her cake was almost too pretty to eat.

Okay, who am I kidding? I've always wanted her to make something like this! This no-bake cheesecake was beautiful and yummy, worth all of the effort Eve

## Family kitchen



### Candice Lucey ..with Eve & Faye

put into it.

Our dinner guests gasped when they saw it. The cashew "cheese" isn't as rich as dairy cream cheese, but I could eat more because of the "healthy" factor; at least, that's what I told myself while devouring a piece for breakfast the next morning.

**Honey Lavender Cheesecake, dairy-free and gluten-free (from the Minimalist Baker)**

□ **Crust:** 1C packed pitted dates plus 2C raw walnuts, pecans, or a mixture.

□ **Filling:** 1 1/2C raw cashews soaked ahead of time, the juice of 2 large lemons, 1/3C coconut oil, melted, 2/3C full-fat coconut-lavender milk, 1/2C honey

□ Grind dates using a food processor. You want them to form a ball. Blend nuts into a dough, but not nut butter.

Add dates to the nuts, leaving a few in reserve in case the dough is already sticky enough.

You can feed them in later. Press into a pie plate and chill. Clean the food

processor jug and add all filling ingredients. If your coconut milk has separated, leave the watery part and use only cream for a richer result. If your ingredients are too loose, not sticking together, add more honey or lemon juice or both, but just a drop at a time. Remember to remove the lavender before blending. When your filling is fully blended and smooth, pour into the chilled pie crust.

Eve used toothpicks to draw lines of colour and swirl them in circles. Freeze at least two hours. To serve, remove from the freezer and let sit for 15 minutes before cutting and serving.

Decadent? Yes. Full of calories? Well, yes, but good calories, and a great way to get nut-dissing people to try them out (unless the are allergic, in which case just make a real cheesecake with dairy and gluten).

As for me, regular cheesecake now has big shoes to fill and I will always find a place for lavender in my garden, no matter how many dandelions have to die to make room...I mean – oh, shucks. ■

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

## READING ROOM

by Kristy Woodcock, Branch Head, Salmon Arm ORL

### Fall programs at library

Story Times at the library are back! Join us for **Baby Time** (0-18 months) Mondays at 11 am, **Toddler Time** (18 months-2 years) Thursdays at 10:30 am, **Family Story Time** (3- 6 years) Wednesdays at 10:30 am and Saturdays at 3:30 pm, and **Pyjama Story Time** (3- 6 years) on Oct. 25 at 6 pm.

Drop in for **LEGO & Keva Building** (ages 5+) Oct. 3 & 17, Nov. 7 & 21, and Dec. 5 & 19 between 2-4 pm.

Love singing? Sign up to be a part of our **Library Children's Choir** (ages 5+) Wednesdays at 3:30 pm, Oct. 9 & 23, Nov. 13 & 27, and Dec. 4 & 11. Registration is required.

Get in your costumes and join us for **Halloween Story Time** in the Mall on Sat, Oct. 26 at 11 am.

Join Nicole from **BTrueByou** for an introduction to yoga, breathing exercises and meditation. **Chair Yoga** is for everyone who would like a gentle introduction to yoga. Drop in to this FREE program Oct. 9, Dec. 11 and Jan. 8, 10:30-11:30 am.

**Chris Czajkowski** stayed home during the nearly two-month long fire evacuation order at Kleena Kleene, and **Fred Reid** did the same in the Precipice. They have combined to write their accounts of their ordeal in *Captured By Fire: Surviving British Columbia's New Wildfire Reality*. Join us for a talk with the authors at 1 pm on Sat, Oct. 5th.

Are you interested in learning more about **Wills and Estates**? Join Notary Public Zoë Stevens for a review of personal planning documents, including wills, powers of attorney and representation agreements on Fri, Oct. 11 from 11 am - 12:30 pm.

The **Library Ukulele Circle** is now meeting every Tuesday 1:30-3 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 us for good books and good conversation at our **Wednesday Afternoon Book Club** Oct. 23 at 1 pm. We will be reading *Educated* by Tara Westover. We have 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 of each month from 3 -4:30 pm.

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!

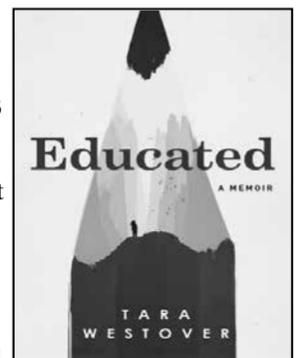
Join the Shuswap Immigrant Services Society at the Salmon Arm Library on Tuesdays 6-8 pm for **English Conversation** practice in a comfortable small group setting. Please call 250-804-2726 to register.

Drop by our friendly **Genealogy Meetup** at the library every 1st and 3rd Monday at 10:30 am to share ideas, learn new tips and tricks, and solve research roadblocks. Whether you are a beginner or a seasoned family historian, we will help you get started with your research. Bring your own computer, or bring a USB drive and use one of ours.

□ **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](mailto:kwoodcock@orl.bc.ca)** ■

### Neighbour Branches

■ **ENDERBY** • **Sit n' Knit** (or crochet or cross stitch.. 1 pm, Oct. 8, 15 • **Fall Plant Share**, 10:30 am- 7 pm, Oct. 11 • **Writer's Workshop**, 6 pm, Oct. 11. ■ **SOUTH SHUSWAP** • **Author talk 'Captured by Fire'**, 1:30, Oct. 4 • **Fireside Knitters**, 10 am, Oct. 4. • **Mother Goose**, 10:15 am, Oct. 4, 11 • **Future Proof your Family**, 5 pm, Oct. 8. ■ **SICAMOUS** • **Heart & Mind Writing Group**, 6:30 pm, Oct. 4, 11 • **Build it!**, 2:30 pm, Oct. 9 • **Webinar: Tips for making a Will..** and what happens is someone is not capable to make a will?, 10:30 am, Oct. 8.



**Oct. 2 at presstime**

**Weather**

Shows Friday and sunny Saturday with high of 15 to low of 3.  
 Past Temps, Sept. 25 to Oct. 1 by Nick Parsons, SW Gleneden  
 Elevation: 458 m (119 m over lake)  
 Date HIGH LOW RAIN  
 Sept. 25 +16 +6 1/8"  
 Sept. 26 +15 +9 7/16"  
 Sept. 27 +11 +5 Trace  
 Sept. 28 +13 +9 0  
 Sept. 29 +11 +5 0  
 Sept. 30 +10 +4 Trace  
 Oct. 1 +10 +0 0  
 Sun rise 6:58 • Sun set 6:35 pm  
 Normal this week: +15 to +4  
 Records since 1991 -  
 Oct. 2: +21.4, 1991 -2, 1999  
 Mean av. high for Sept... 18.5 C  
 Mean av. low for Sept... 9.8 C

**Passages**

- ❖ Suzanne Willis Bennett August 19, 2019, at age 67 1 pm, Oct. 6, Little Mt. Fieldhouse
  - ❖ Roxena Brenda Goodine September 23, 2019, at age 76
  - ❖ Penelope 'Penny' Hecker September 8, 2019, at age 75 1 pm, Oct. 12, 1st United Ch.
  - ❖ Albert Brian (Crittter) Hurstfield September 14, 2019, at age 79 1 pm, Oct. 12, Sorrento Drop-in
  - ❖ Anne Leyenhorst (nee Overeem) September 30, 2019, at age 84 2 pm, Oct. 4, Vernon Canadian Reformed Church
  - ❖ Jodie Wentworth September 15, 2019, at age 45 1-3 pm, Oct. 5, Little Mountain Fieldhouse
  - ❖ Arnold & Dorothy Chaddock 1 pm, Oct. 5, Revelstock Bowers Funeral Service bowersfuneralservice.com
  - ❖ Lorie-Ann Belanger September 17, 2019, at age 62 1 pm, Oct. 5, Fischer's
  - ❖ Joseph Raymond Lucier September 28, 2019, at age 76
  - ❖ Fritz Arthur Mayer September 24, 2019, at age 83
  - ❖ Lenore Teare September 27, 2019, at age 86 Fischers Funeral Services fischersfuneralservices.com
  - ❖ Jim Goldthorp August 29, 2019, at age 85 1 pm, Oct. 5, Shuswap Community Church
  - ❖ 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 3
- **Grandmothers to Grandmothers sale** is back on Oct. 4 at Piccadilly Mall.
  - **Craft Sale**, 9-2, Nov. 9, Sorrento Memorial Hall. Works of artisans for the holiday season.
  - **Grandmothers to Grandmothers sale** is back on Oct. 4 at Piccadilly Mall.
  - **Craft Sale**, 9-2, Nov. 9, Sorrento Memorial Hall. Works of artisans for the holiday season.
  - **Gun Show & Sale**, 9-5, Oct. 19 and 9-3, Oct. 20, SASCU Recreation Centre.
  - **Downtown Farmers Market**, Saturdays to December, Ross St. plaza. 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.
  - **SA Meditation Center**, 130-2960 Okanagan Guided Meditation & Talk, 7 pm, Wednesday 'Overcoming Anxiety & Stress'; Foundation Program, Oct. 18, 19 (Enrolment required.); Luncheon Meditation, Toonie Thursdays. Info Diane 250-463-3163.
  - **Okanagan Historic Society - Salmon Arm**, 7 pm, 3rd Mondays, Piccadilly Board Room. D. Rolin 832-3537 or okhistorysa@gmail.com
  - **Toastmasters**, 7 pm, Thursdays, Uptown Askew's meeting room.
  - **BabyTalks**, 1:30-3, Drop-in Wednesdays  
 ○ Oct. 9: Pavilina Canna will talk about programs and supports at Shuswap Children's Association.  
 ○ Oct. 16: PPD and anxiety  
 ○ Oct. 23: Story Time by library's Airdie Burnham  
 ○ Oct. 30: Car Seats by Child passenger safety technician Devon Chan  
 ○ Nov. 6: Growing up cavity-free. Salmon Arm Health Centre • 250-833-4101.
  - **Seniors Drop-in**, 31 Hudson - **BINGO**, 6 pm, now Saturdays; Mt. Ida Painters, 9 am, Mon; Zen meditation, 7 pm, Wed; Carving, 9 am, Thur; Pool/Cards/Games, 9 am, Fri.
  - **5th Ave. Seniors Activity Centre** - Pancake B'fast, 8:30-11:30, 2nd Sun. (Oct.14); 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](http://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 Storytellers**, 7 pm, Oct. 1, Askews Uptown Com. rm. Place to tell stories or just listen. Call Irene at 250 804-3486
  - **Shuswap Writers**, 11-1, 1st & 3rd Wed., Piccadilly board room, First visit free. Bring a pen for creative writing. shuswapwritersgroup@weebly.com
  - **Legal Advocacy**, 1:30-3:30, Thursdays, SA Library Branch.
  - **Ukelele workshop**, 1:30, Thursdays at Library
  - The Shuswap Society for the Arts and Culture, working on a multi-functional performing arts centre in Salmon Arm has now received 'Charitable' status to issue income tax receipts. In related

**Sport Spot**



▲ Salmon Arm's 'Mr. Hockey', Roy Sakaki has been honoured as Hockey Canada Ambassador. Go to [hockeycanada.ca](http://hockeycanada.ca) for a video on Roy's contribution to hockey.

**SILVERBACKS**

- 7 wins, 2 loss, 1 OTL, 15 pts.
- Oct. 1: SA 6, West Kelowna 1
- Sept. 28: Coquitlam 3, SA 2 OTL
- Sept. 27: Cowichan 4, SA 1
- Sept. 24: SA 4, West Kelowna 3 OT
- Sept. 21: SA 5, Victoria 3
- Sept. 20: SA 5, Powell River 2
- Sept. 14: SA 3, Trail 2
- Sept. 23: SA 4, Trail 2
- Sept. 8: SA 4, West Kelowna 1
- Top 8: Cowichan 16, Penticton 16, SA 15, Coquitlam 14, Powell River 12
- Wenatchee 12, Chilliwack 8, Surrey 8



- **Lewiston Ultra Trail Run**, Sept. 28, Larch Hills Traverse 60 km route  
**Top 5 solo**: 1 Jefferey Lockyer 5:24, James Dalke, 5:25; Kevin Lionais, 5:47; Rory Luxmoore 6:10; Arden Young (F) 6:11
- **Curling - Open Skins Bonspiel**, Oct. 21.
- **SA Minor Hockey tourneys** - Midget T2/T3, Oct. 11-13; Pee Wee T3, Oct. 25-27; Bantam T2/T3, Nov. 8-10.
- **Reino Run** - IRA X-Country Race Series event #3, 10 am start, Oct. 6 from Larch Hills chalet. 8.5 & 2.5 km distances. \$15 for adults; \$8 for under 16. Register at [zone4.ca](http://zone4.ca). Series info at [interiorrunningassociation.ca](http://interiorrunningassociation.ca) • [reino@reino.ca](mailto:reino@reino.ca)
- **Larch Hills Nordic Society** - First general meeting, 7 pm, Oct. 8, Recreation Centre lower level. All current and prospective members invited.
- **Shuswap Trails Voly Days** - shuswaptrails.ca Rubberhead, 8-10, Sept. 7, 21, Oct. 5.
- **Shuswap Youth Soccer Association AGM**, 6:30, Oct. 7, Little Mountain Fieldhouse.

**Yogic tactics to for anxiety**

Do the words stressed, tense, annoyed, and worried describe the energy surrounding your life? If so, it might be only a matter of time that these unhelpful thinking patterns lead to one of the most common mental health concern, anxiety.



**Nancy Whitticase**

Anxiety is defined as the body's response to stress. So, what are we so stressed about? We have an abundance of food, water, clean air, shelter and live in a safe country. Might it be overactive racing negative thoughts switching on the "stress response" alarms? Our minds are very good at creating an experience that seems real. Believable enough that the inner intelligence of our bodies creates an internal war zone, arming the "be on alert/danger" systems.

The result switches our nervous system into fight or flight mode to defend against the perceived danger. Tactics to disarm this chain reaction would involve going to the source that created the problem, which is the mind.

By becoming aware of the negative mental groves dragging the rest of your life through the perceived combat zone would be the first step to deactivate the stress response alarms.

The practice of yoga anchors us into the present moment calming the mind and nervous systems. Thus, the mindfulness aspect of practice acts as a shut-off valve, cutting off the excess of adrenalin, cortisol that is causing us to be anxious.

Yoga poses such as legs up the wall, downward-facing dog, restorative poses and yoga nidra all help to ease tension in the muscles and remove the excess stress hormones from the body.

The long-term healing effects of yoga help to stress-proof our lives. As the ancient yogic text say, heal the mind as a way to heal the body, in turn improving the quality of your life. ■

□ Nancy Whitticase runs Namaste Yoga and Wellness

**Royal Purple CRAFT FAIR**  
 November 2, Elks Hall  
 To rent a table, call Pat 250.803-9922

**TOPS** Wednesday evenings weigh-in 6-6:45 • Meeting 7:00 at Lawn Bowling clubhouse 691 28th St. NE next to Curling Centre

**Social media**

□ Continued from page 6  
 adding comments to the content you're viewing and sharing meaningful posts about what's really going on in yours and in others' lives.  
 ■ **Join online communities.** One of the greatest things about social media is it makes it possible to connect with anyone from anywhere in the world. Whether you're passionate about video games, gardening, or your cat, there really is a Facebook group for everyone. Get in there and start chatting!  
 ■ **Be mindful of time and place.** Don't let social media replace face-to-face connection. Set some ground rules where and when you use social media. Ditch the screens when spending time with people in real life. Once you've mastered that, start thinking of other places you'd like to be more present. By creating boundaries with the digital world, we can ensure we're fully appreciating the other aspects of our lives.  
 □ Visit our website [shuswap-revelstoke.cmha.bc.ca](http://shuswap-revelstoke.cmha.bc.ca) or contact Denise Butler (250)832-8477 ext 102 to learn more. Good mental health is essential to overall health and wellbeing.

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## What shall we give up?

Recently I travelled through Vernon and witnessed throngs of young people out of school and on the street waving signs declaring a demand for something be done about climate change.

my  
two  
cents



Ed Campbell

While I applaud the dedication and enthusiasm toward this worthy cause, I have some questions about how much they might be prepared to give up to further this cause and make a real difference.

They, as young people are asking us, their leaders, to do something without specifying exactly what. I am not talking about lofty goals like reducing fossil fuel use and using more Eco friendly food source.

I would like to hear exactly what they suggest is the things that each and everyone of us can do to effect change and make a small difference individually. We do have a climate change challenge before us and as individuals we cannot do much to change the big picture any time soon. However as individuals there are some things we can do and I challenge these young people "start the ball rolling".

During the second world war there was a major crisis at hand and all Canadians rose to the challenge. To say nothing about the young 17 year-old's signing up to fight, there were food stamps, families could only have a small amount of meat each month. Sugar and flour was also rationed. Each family had one car and all kids walked to school, not chauffeur driven as many are today. There was no air conditioning and most families lived in 1000 square foot house. Baby was wrapped in reusable cloth diapers and hand me down clothes and all meals were prepared at home. I was twelve before I went to a restaurant.

To reduce their foot print these young people might lead the way by having only one TV per house hold and one computer shared by the family. They might consider making their own clothes and not buying cheap imports from sweat shops in China or Malaysia.

They might dry their clothes on the line and not in an energy monster like a clothes dryer. They might offer to walk to school and not use the school bus or chauffeur service by their parents. They might refuse to travel by air plane as did Greta Thurnberg and stay home from "Spring Break" in Florida or California.

They might also offer to take their own lunch, packed in reusable containers and not run to the local fast food outlet at lunch time.

Many families today have not only two or even three cars in the driveway there are also the boats, campers, seadoos, skidoos, quads, dirt bikes and heaven only knows what else lurks in the garage. These dedicated young people might ask their family, "do we really need all this stuff"?

I might sound like an old grouch but if my generation is going to be blamed for this disaster I want everyone to be accountable. I live in an apartment and not a sprawling 3000 sq. ft. House. We have two older cars and I own no toys. Even with this there is even more we could do. We could get rid of one car, do more walking, eat out less and so on.

The only way this movement is going to be successful is if we all, young and old alike, are prepared to make it hurt and do the things necessary to bring about these things the young folks are advocating. We have collectively done it before and we can do it again.

Soldier on "Young uns". ■

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

## THE MOVERS & SHAKERS OF ALL ECOSYSTEMS

One of the most fascinating talks at the recent climate action rally in Salmon Arm was by international recognized entomologist and local resident Art Borkent. Below is from his prepared remarks:

I have worked as a scientist all my life, studying insect biodiversity. I have had the great privilege of being able to have travelled to many corners of the globe collecting and studying the insects there. So what I'd like to share with you comes not only from first hand knowledge but also from the heart.

Some of you may think that climate change is mostly about the impact on humans and some important big animals like polar bears and whales. And we should be concerned about these creatures and ourselves. The number of ecological refugees on our planet is completely unconscionable! However, it is about much more than that. I'd like to expand your vision, ironically by asking you to see the small.

Insects are generally thought of as pests or as a nuisance. In reality, they are the movers and shakers of all terrestrial ecosystems. They are out there in vast numbers of species. In BC we have over 30,000 species of insects, with about half of these not even named. On the planet there are debates about whether we have five million or 30 million species, most of them also unnamed.

If you think about the insects that bother you, they are a very small percentage of what is out there. This is true even of mosquitoes – there are 3,500 species out there and about six of them are the pests that bite us in BC (but they can be in big numbers!).

These huge numbers of insect species break down every leaf, twig and tree trunk into soil, pollinate our plants, eat up carcasses and all excrement, and they are the food for virtually all freshwater fishes and most birds. Without them, our ecosystems would crash and die. And because

we are embedded in these ecosystems, we wouldn't survive either.

Many know about the die-off of our domestic bee, an introduced species from Asia that gives us our honey. But that die-off is actually the canary in the coal mine. We have known for at least 25 years that there are actually massive die-offs of many insects



"I'd like to expand your vision by asking you to see the small."

in many places on the planet. Those of us who are older remember a time when insects formed a cloud around the porch light in the evenings, and during summer months, we had to scrape the smashed insects off our windshields at every gas station during spring and summer months

– and that was going only 90 kph.

At least part of the problem is climate change, but fingers also point to the ubiquitous pesticides that percolate through our societies, poor agriculture land use and other big human impacts.

But there is one thing we do know as scientists. Increasingly, biodiversity is restricted to parks that are now in essence islands, surrounded by a sea of corn, soya beans or concrete. These islands of habitat mean big trouble for most of the species living there. As the climate warms up, species have nowhere to go but to extinction. Even narrow connections between parks don't generally work for most insects – they cannot restrict themselves to small stripes going off into the distance.

And insects are indeed going extinct everyday - many thousands per year - and certainly many of them before we can even learn of them. This is a huge crisis, especially in tropical countries where so many

species are restricted to a mountain or two. So we need to care deeply about our planet and all of the life it holds. If we want to have our children and grandchildren and all future generations to know what it is like to grow up with nature around them, woods filled with butterflies, beetles, flies, birds, orchids and so much more.

Already more than half the human family, over 3.5 billion people, live in concrete and steel habitats, devoid of forests and nature. Those children will never know what it is like to walk in the woods or to see a hawk.

This is so sad.

There is one last thing I've learned from insects that I'd like to share. We know that insects live in diverse and interconnected communities. Last year I published a study with 57 colleagues on a patch of Costa Rican rainforest that was four hectares in size – about five football fields. With intense study, we found over 4,300 different species of flies, most of them new to science. And that was just the flies – undoubtedly there are many more other groups of insects living there.

These are species that need each other to live healthy lives. And there is a great message in this. We too, are better off when we live in diverse community, when we share our resources and take care of each other.

Some of the worry about the future is what will be taken from us – perhaps our cars, perhaps more taxes. But we live with a great handicap in North America, that our adult goal is to be self-sufficient.

In fact, we know that walking together, gardening together, travelling together is much more satisfying. It's like the old kids' song: "The more we get together... the happier we'll be..." It's a good message, supported by a wealth of science.

Here we all are as caring people. We can have a great future together as we work to take better care of our earth, of each other and yes, better care of insects and other life. ■



### BRAVOS

▲ Bravo to the new installation of drinking water for both dogs and humans next to the piano plaza on Lakeshore Drive.



▲ Bravo to the well deserved honours that Hockey Canada bestowed on Salmon Arm's own "Mr. Hockey" and now Hockey Ambassador, Roy Sakaki / P.5

### GUN SHOW & SALE

October 19 & 20, 2019

SATURDAY 9 am - 5 pm & SUNDAY 9 am - 3 pm



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# Hallway diplomacy and UBCM

There's a political show on Quebec television called *Les Coulisses du Pouvoir* - the halls of power - and the suggestion is, at least in my view, that most of the work done by elected officials is done outside the formal space; the chamber, the legislature, the parliament, and - in UBCM's case - the giant convention hall.

This is certainly my experience as a young Parliamentary Page and later House of Commons staffer. What happens outside of the formal space is far more transformative than what happens in formal proceedings. Now, before you get your knickers in a knot, know that any decision worth making is done in public, in chambers and in a very legal and formal way. Still, it's important to know that diplomacy isn't exclusively international.

In 2015, as a newly elected city councillor, I spent a great deal of time in the giant convention hall. And I was happy to be there. I especially enjoyed the workshop called UBCM 101 for newly elected officials (hint - wear comfortable shoes and bring a sweater) having no real sense of what I was to expect.

Workshops? Yes. Study tours? Sure. Plenary discussion? Okay. Resolution sessions. Wow. Minister meetings. Cool. It was a transformative week for me. I fully disclose, I don't think I made much of a contribution that first year but it was epic training for me.

But this is year five for me and I have learned.

I've learned that what happens on the convention floor is a direct reflection on what's happening in the hallways, and particularly this year, what happens outside those doors.

UBCM is a week-long convention. On Monday, I received an e-mail from Radio Canada (apparently, I am the only delegate who speaks French in the province - which I doubt - but am happy to respond to take up the challenge).

On Tuesday at dinner time, I was on air, in the studio, talking about Salmon Arm's UBCM grocery list as the host called it, challenges and opportunities. He was quite surprised to learn we were number six in *Maclean's* Best Communities in Canada list. Me, not so much. This was a personal thrill being a fan of radio and the CBC.

**Notes from the Margin**  
  
**Louise Wallace**  
**Richmond**

On Wednesday, a federal leader was hanging out at the bottom of the convention escalator. That seemed a bit odd as federal leaders typically only speak at the Federation of Canadian Municipalities (UBCM's older sibling) but hey, we're in election mode, so good on them for stopping by since they were in the neighbourhood. Unfortunately, most of us were in meetings.

Later that evening, as I walked to a reception, protesters gathered to object to the reception hosted by the People's Republic of China. I did too, by the way. Diplomacy is a two-way street. Later, as I sat in a nearby restaurant I witnessed with all of my colleagues, the hundreds of logging truck driving up and down the streets of Vancouver's downtown. It was loud. It was heard and it was meaningful. I will venture to guess it was what most delegates will remember of UBCM 2019.

On Thursday, I ventured further afield to one of Vancouver's premier food hub facilities. A feasibility study is underway in Salmon Arm for a similar program. We have so much to learn and to - pardon the pun - glean from, other communities in terms of best practices and building resilience and sustainability and, other communities have much to learn from us. Give give, win win.

By Friday, I was tired, but cognizant that in a mere few hours, tens of thousands of students would be walking from City Hall to Vancouver's downtown. I wasn't wrong. And neither were they.

The halls of power are not exclusive to elected officials. They are in bars and cafes, on the sidewalk and the streets, in classrooms, and over bridges. UBCM 2019 was very humbling. I'm mindful of that.

My feet are sore, my house is messy, I might never catch up on laundry but my heart is full and my brain is on overdrive. I have dozens of e-mail follow-ups to send but mostly, I am very grateful to you for giving me this historic opportunity.

Enough of that, back to work. Thanks for all you do in halls of power. ■

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

## When you don't have Dementia

Although a chicken is always a chicken, it doesn't always lay an egg. Likewise what may appear to be dementia may not be. At least five conditions will eliminate or diminish the symptoms, if treated properly.

■ **UTI (Urinary Tract Infection)** can cause confusion, delirium, lack of balance, agitation, mood imbalance. It's usually treatable with antibiotics.

■ **Concussion.** Dementia does not occur overnight, but a recent fall or substantial bump to the head may be an undiagnosed concussion. Its symptoms display similar traits to early dementia: forgetfulness, confusion, erratic sleep patterns, moodiness, appetite changes, depression. See a doctor or physiotherapist about new protocols for healing.

■ **Toxic Black Mould Syndrome.** A combination of traits like confusion, headaches, tingling in the extremities, forgetfulness and moodiness. It is caused by moist environment, like a basement, check

**Senior Living**  
  
**Karen Bissenden**

the baseboard area. If mould is found, move out until it is remediated. Check the library for a book called "Surviving Toxic Black Mould Syndrome", then find a doctor who is aware of the condition. Most people recover when the source is removed

■ **Normal Pressure Hydrocephalus (NPH).** This is easily misdiagnosed. The person may become forgetful or lose ability for simple chores. This brain disorder is caused by excess cerebrospinal fluid accumulating in the brain's ventricle, causing problems not unlike dementia's, including difficulty with thinking, lack of concentration, and urinary incontinence. Research reliable sources. Talk with your doctor.

■ **Subdural Hematoma** - Imagine the brain as an orange that, upon impact, can become bruised with juice accumulated within from burst sacs. This occurs when abnormal bleeding caused by an injury collects in tissues surrounding, not within, the brain. Prolonged pressure can eventually lead to dementia-like

symptoms like apathy, behavioral changes, confusion and others. This can be diagnosed with CT or MRI. Seniors are susceptible to this condition. Symptoms include headache, confusion and apathy, and treatment will then suit the severity and location of the hematoma. It can appear as long as two weeks after injury.

Depression can be present in all five conditions and as well, appear to be dementia. Withdrawal from social activities creates a vicious circle; isolation increases the potential for dementia.

Good food, often lacking for those who live alone or are on a limited income can exacerbate symptoms. Encourage friends and family to attend events, take a walk in the forest, exercise, drink (non-alcoholic) fluids and reconnect with friends.

Significant changes are often observed when these activities once again fill their lives. It's not the usual chicken or egg question, it's knowing which is which. Talk to your doctor about the above conditions. ■

□ Karen Bissenden has trained in dementia care. Want to talk? Call 253-1703. In *Your Home Compassionate Companion Care*. I'm listening.

**AM/PM**  
*A Moment's look at Past Month*  
 □ **Parkland Elementary** in Sicomous relocates students to three other schools as officials search source of mysterious odour. ■ **New E.A Palmer Butchers exhibit** opens at Haney Village. ■ **Silverbacks** open regular season winning six straight games. ■ Residents at **McGuire Congregate Living** evicted due to operator's major back rent issues. ■ **Ebus** adds Salmon Arm, Sorrento, Chase, Enderby and Armstrong to its BC network, starting Oct. 7. ■ Region hit with spectacular lightning strikes. ■ A rash of break-ins takes place in. ■ Hillcrest grade four teacher **Jodie Wentworth** dies unexpectedly. ■ A Kelowna man drowns in boating accident near Herald Park. ■



▲ Ron MacLean visits Salmon Arm and announces that he will be back on March 8 to host the nationally televised Rogers Hometown Hockey Tour here.

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**SHUSWAP STRING ORCHESTRA**  
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**Health Trend of the Month**  
**Jude Corfield**

## Mushrooms

Mushrooms are a type of edible fungus. There are thousands of varieties. Be careful if you are picking wild mushrooms! The information here is for store bought mushrooms.

**Selection**  
Choose mushrooms that appear fresh, smell good, feel firm and heavy for their size. Slimy or shriveled caps or bruises should be avoided. Select mushrooms with their stems intact.

**Storage**  
Store mushrooms in a brown paper bag to prevent dehydration but let them breathe. If they come shrink-wrapped, leave them be until it is time to prep them. Keep them away from any strong-scented foods in your refrigerator as mushrooms will absorb other flavours.

Use them within 3 to 4 days. Mushrooms are good with butter, garlic, ginger, eggs, cheese, leeks, oregano, parmesan, pine nuts, ricotta, soy sauce and toasted sesame oil.

**Nutrition**  
Mushrooms are a good source of B vitamins and Vitamin D. Plus important minerals such as selenium, copper and potassium.

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► "I want to stand as close to the edge as I can without going over. Out on the edge you can see all kinds of things you cannot see from the centre. ~ Kurt Vonnegut

► "HOUSE RULES -

If you turn it on, turn it off. If you open it, close it. If you movie it, put it back. If you borrow it, return it. If you break it, repair or replace it. If you make a mess, clean it up. If it is none of your concern, keep it that way."

► "When did the simple concept of leaving the planet a better place for our kids become a partisan issue?"

► "It only takes one voice at the right pitch to start an avalanche." ~ Diane Hardy

**POP Quiz**

TV nostalgia:

► What TV series switched the actors who played the husband between one season and the next?

► What TV series killed off one of the main characters at the end of one season, and dismissed it as all a dream at the start of the next season?

► Bewitched (1985-86 season) Dallas

**Funny BONE**

► While walking down the street a senator is tragically hit by a car and died. His soul arrives in Heaven and is met by St. Peter.

"Welcome to Heaven", says St. Peter. "Before you settle in, it seems there is a problem. We seldom see a high official around these parts you see, so we're not sure what to do with you.

"No problem. Just let me in," says the senator.

Well, I'd like to, but I have orders from higher ups. What we'll do is have you spend one day in Hell and one in Heaven. Then you can choose where to spend eternity."

"Really? I've made up my mind. I want to be in Heaven," he says.

"I'm sorry, but we have our rules." And with that he goes down, down to Hell. The doors open and he finds himself in the middle of a golf course. At the clubhouse are all his friends and other politicians who worked with him. Everyone is happy as they run to greet him, shake his hands and reminisce over the good times they had while getting rich at the expense of the people. They play a friendly round of golf and then dine on lobster and fine champagne.

Also present is the devil who is actually a fairly friendly guy who is having a good time and telling jokes. But then before the senator realizes it, it is time to go. Everyone gives him a hearty farewell and waves while the elevator rises.

"Now it's time to visit Heaven." So, 24 hours pass with the senator joining a group of contented souls moving from cloud to cloud, playing the harp, Cebu guitar and singing. They have a good time. The 24 hours also go by quickly and St. Peter returns.

"Well then, you've spent a day in Hell and another in Heaven. Now choose your eternity.

"The senator reflects for a minute before he answers: "Well, I would never have said it before, I mean Heaven has been delightful, but I think I'd be better off in Hell."

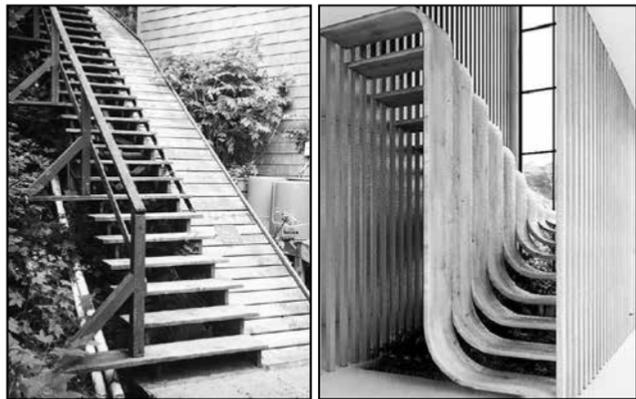
So he goes back down to Hell.

The elevator open and he's in the middle of a barren land covered with waste and garbage. He sees all his friends, dressed in rags picking up the trash and putting it in black bags as more trash falls from above. The devil comes over to him and puts his arm around his shoulders.

"I don't understand," stammers the senator. "The other day I was here and there was a golf course and clubhouse and we ate lobster, and cavia and we danced and had a great time. Now there's just a wasteland full of garbage and my friends look miserable. What the heck happened?"

The devil smiles at him and says, "Yesterday we were campaigning. Today you voted".

**Picture THIS**



▲ A tale of two staircases. The wheelchair ramp next to the first staircase would definitely not pass code. The curvy staircase on the right is also a work of art.

**Party leaders & local candidates**

CONSERVATIVE Mel Arnold Andrew Scheer	M P O L I S C H E E R A T R U D E A U C A N X E N M P A R N O L D
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	J U S T I N G H O M E O D E L F D H U V O T

**BEAUTY-FALL**

The bright reds, brilliant yellows, vibrant oranges, and even the more subdued browns and purples paint a panoramic picture of the beautiful Fall season. If Spring is the season when flowers bloom into a myriad of colours, Fall is when trees and shrubs get their turn to display their beauty.

For older adults, Fall can be viewed as a simile of life, comparable to aging and approaching the end of our once active lives. Mature adults speak of their early years as the "Spring", or "Summer" of their lives. They recall their times as productive members of society and being busy with work, family, and raising children. Metaphorically, "the Fall of our lives" is a time for reaping the benefits of those hard working years.

And just like in nature, life will continue its process of birth and death, completing this way the entire cycle of life.

For many, Fall is the beginning of new projects. It is a time to start school and opportunity to achieve new goals which have been conveniently put away until now.

Interestingly, people display different moods as well. It is a mood that allows them to accept their Fall routine and focus on new activities with more dedication and consistency. During the fall season, many initiate new goals in preparation for long awaited plans to travel, to learn a new skill, a new language, or simply to get ready for the winter. Fall seems to be more of a beginning than the end of a journey.

Fall brings us back to reality to face the serious side of life, to prepare for the harshness of winter, and provide an opportunity to appreciate and be thankful for the gifts of nature, for its abundance of fruits and its natural beauty. But it is also an opportunity, for all responsible individuals, to care for our environment and not abuse the delicate balance of nature.

Our world is teetering in an insecure situation and it is up to all of us to look after our world as we know it. Our children and grandchildren deserve a world where beauty will be theirs as well.

□□□

Expressions related to the season of autumn:

■ **English:** I love the colours of fall! I promise to take care of planet earth and not abuse Mother Nature. This year, in Canada we celebrate Thanksgiving Day on October 14th. We are very grateful for the blessings of earth. We harvest the abundant foods that the land provides for all of us. Life is much happier when we love one another. Let's appreciate the beauty of nature.

■ **Spanish:** ¡Amo los colores del otoño! Prometo cuidar el planeta tierra y no abusar de la Madre Naturaleza. Este año, en Canadá celebramos el Día de Acción de Gracias el 14 de octubre. Estamos muy agradecidos por las bendiciones de la tierra. Cosechamos los abundantes alimentos que la tierra nos proporciona a todos. La vida es mucho más feliz cuando nos amamos los unos a los otros. ¡Apreciemos la belleza de la naturaleza!

■ **French:** J'aime les couleurs de l'automne! Je promets de prendre soin de la planète Terre et de ne pas abuser de la Mère Nature. Cette année, au Canada, nous célébrons l'Action de Grâce le 14 octobre. Nous sommes très reconnaissants pour les bénédictions de la terre. Nous récoltons les aliments abondants que la terre nous fournit à tous. La vie est beaucoup plus heureuse quand on s'aime l'un à l'autre. Apprécions la beauté de la nature !

■ **Italian:** Adoro i colori dell'autunno! Prometto di prendermi cura del pianeta terra e di non abusare di Madre Natura. Questo anno, in Canada celebriamo il Giorno del Ringraziamento il 14 ottobre. Siamo molto grati per le benedizioni della terra. Raccogliamo i cibi abbondanti che la terra fornisce a tutti noi. La vita è molto più felice quando ci amiamo l'un l'altro. Apprezziamo la bellezza della natura.

□ *Make learning a new language part of your Fall plans. Learn Spanish, Italian, French or English as a Second Language for your friends whose mother tongue is not English. Also help school age children achieve higher marks with a licensed and certified private tutor in many elementary subjects, and high School language course. Call Caleb at 250-832-5865 or email globelanguage@yahoo.ca*

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**SHUSWAP FILM SOCIETY**

► Sometimes Almost Never, Oct. 5

► Mademoiselle De Jonquieres, Oct. 12

Movie times & details / Page 4

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▲ The friendliest political signs you will find are literally shaking hands in the frontyard of Jim and Juanita's in Salmon Arm. After attending the all candidates meeting in Sicamous the couple said they were impressed with what all three candidates had to say. photo contributed

## What's in your attic?

Treasures in your attic? Treasures in your basement? If you're looking for a welcoming home for your undisplayed beautiful things, consider donating them to the North Okanagan/Shuswap Brain Injury Society for its Nov. 6 fundraising silent auction. Your cherished items will find a loving home and you will receive a tax receipt for the items value.

All funds raised go directly into programs and services for the brain injury survivors in our community.

Please call 250-833-1140 or drop off at our office at 360 Ross St. Pick-ups can be arranged if needed. Thank you for your support. ■



▲ Woof is the kind-hearted therapy dog at Okanagan College's Salmon Arm campus. "She has an innate ability to visit just the right person," said staff member Caroline Chartier.

## design dilemmas

Linda Erlam



### A year, already?

We are closer to Christmas now than we are to the last July long weekend. THAT puts it into perspective, a bit, doesn't it?

Here are a few tips you can use to get your spaces ready for Christmas, without breaking the budget, again, or still.

With decorating, you want to remember to put your money where you can see it. If you need new curtains in the kitchen or drapes in the living room this is the time to do them. Fabrics are on sale- both in the stores and through me, and if you act soon, you can still have the new look in time for Christmas.

So - spend a bit of money on fabric and use the following tips to get the rest of the house spiffed up.

De-clutter your public spaces. You may not realize how disconcerting your clutter is to your guests. You are used to it -- they are not. We all want our home to be calming and inviting, especially at the holidays, so get rid of the old magazines and nick-knacks. Don't just put stuff in baskets on shelves, or in boxes in the garage - get rid of it.



Get your carpets cleaned. This accomplishes two things. First, you get clean carpets and second it forces you to move everything and perhaps take the opportunity to really look at what is adding to the ambience of the room and what is not.

Clean your windows. Paint is one of the least expensive ways to change the appearance of a room. The smaller your budget, the more you need to hire a decorator to help you choose colors. - You can't afford to make mistakes and a one hour consultation will cost about the same as a gallon of good quality paint.

Choose accessories for a room with the same care as you choose ear-rings to coordinate with your dress. For example, get rid of the old, tired cushions -- no matter how sentimental you feel towards them -- and replace them with a few, but beautiful, cushions 20 to 22 inches square.

Take a good look at the lighting in your public rooms, replace the bulbs if the light is dingy or changes the color of things. Upgrade the light bulbs to full spectrum lights -- yes, it will cost a bit, but everything looks better with these lights.

I believe that Christmas is about quality: your family and friends and not about quantity: the number of presents under the tree.

So, give yourself a break and don't try to do everything. Pick a few chores, get them done soon - with the help of a professional if need be - and focus on keeping your heart happy. You, and everyone around you, will thank you for it. ■

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

**CONSERVATIVE**

# A REAL PLAN

to protect our environment

- 1 GREEN TECHNOLOGY, NOT TAXES**
- 2 A CLEANER AND GREENER NATURAL ENVIRONMENT**
- 3 TAKING THE CLIMATE CHANGE FIGHT GLOBAL**

Read the full plan at  
**ARealPlan.ca**

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# Liberal CHOOSE *FORWARD* VOTE DERKAZ

## SOME OF THE MANY ACCOMPLISHMENTS SINCE 2015!

**Climate Action** – it's no longer free to pollute in Canada.

**Canada Child Benefit** – in North Okanagan-Shuswap, 10,000 families and 19,000 children receive a total of \$6.8 million, monthly.

Partnering with Indigenous organizations to develop an **Indigenous Early Learning and Child Care Framework**.

**Lowest Poverty** and **Lowest Unemployment** rates EVER.

Ensuring that veterans and their families receive the services and benefits they need including the **Pension for Life Plan**.

First ever **National Housing Strategy** to reduce chronic homelessness, create new housing units, repair and renew housing units.

**Investing in seniors** – enhanced Canada Pension Plan, Old Age Security and Guaranteed Income Supplement and seniors' housing.

**Investing in youth** – doubled the number of students who received summer jobs through the Canada Summer Jobs program.



# CINDY DERKAZ

Authorized by the Official Agent for Cindy Derkaz.

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concert  
program



Jean Ethridge,  
Composer

A musically gifted composer, Jean Ethridge has written many fine works, ranging from well-crafted miniatures, to a full-length opera. Her main mentor was Dr. Jean Coulthard at UBC. Later, she studied briefly with Murray Adaskin, Violet Archer, and Oskar Morawetz. Canada Council Grants allowed her to study for a year at the Royal College of Music, London, England, where, among other things, she learned to write 16th century modal counterpoint. On her return, Christ Church Cathedral in Victoria, BC commissioned her to compose "The Mass of St. Joseph".

Dr. Coulthard invited Jean Ethridge and David Duke to co-author a series of graded violin pieces, six volumes of which were published by Frederick Harris as "The Encore Series for Violin and Piano".

In 2002, Jean Ethridge was Composer in Residence at Studea Musica in Quebec. The senior Dalcroze Eurhythmics class choreographed Water from the Elements, which was described as "breathtaking."

Stephanie Nakagawa performed the soprano arias from Jean's opera, "The Ballad of Isabel Gunn" at the Jean Ethridge Celebration Concert October 27, 2017, in Vancouver BC. The concert, presented by the Canadian Music Centre, featured Jean's chamber compositions for violin, 'cello and piano, and her soprano songs. Stephen Scobie, the librettist of the opera, was in attendance.

Originally, Jean Ethridge composed Elements for duo piano. Air won first prize in the Canadian Federation of Music Teachers' Association composition competition for duo piano grades 6-8 level and was premiered at the 1991 National Convention in Halifax, Nova Scotia. Three of the duos, Earth, Fire and Metal were commissioned by the Victoria Piano Summer School and were premiered on Composers' Day in July 1995. Water and Wood completed the suite. Arne Sahlen and Piseth Soun premiered the six Elements March 3, 1998 in Okanagan Mission, BC. Subsequent performances have been by Jean Ethridge and Toshiko Tampo in Victoria, BC, and by Toshiko Tampo, and her daughter, Yuki Tampo-Hinton in Victoria, BC and Tokyo, Japan, most recently in July 2019. They recorded the Elements on their CD, A Celebration of Canadian Music.