



October

AM

All Month

HAIDA GWAII CALLING

■ Shuswap residents share strong connections to Haida Gwaii. / P.8



YARD PLAY

■ Theatre returns this month with 'Hilda's Yard'. / P.5

▼ **WHAT'S ON** ■ Online: www.FriAM.ca ▶ 250.833.1141 ▶ Oct. 8, 2021 • No. 1221 • FREE

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



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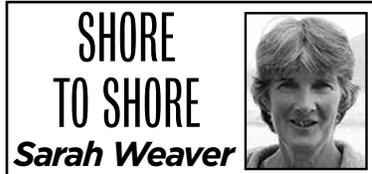
AN URBAN CONUNDRUM

In my September column I wrote about increasing population density while protecting green space. What does this mean, in practical terms?

Victoria is a city of trees, but it is also a city that is accommodating housing demand through increasing density.

A case study is happening down the street from me, with a proposed infill development that will increase rental housing supply, but with the attendant loss of mature cherry trees, a large fir, and a massive poplar.

The proposal will replace these mature trees with smaller height ornamentals. Neighbours have questioned this



Sarah Weaver

strategy, and whether it's consistent with Victoria's "Urban Forest Master Plan."

Adopted eight years ago, this plan considers trees as part of an urban ecosystem which includes other plants, the soil in which they grow, and wildlife which use them.

Victoria's plan views the urban forest as "green infrastructure" which provides many critical functions.

These include shade, erosion control, rainwater management, visual and noise buffers, reduction of air and water pollution, and responding to climate change.

The plan suggests ways that the urban forest can be protected or increased. Here are a few:

- Make trees and nature central in a development's design, not an afterthought
- Put roads on a "diet" – road narrowing; deactivation; traffic calming; one-way
- Put trees in every "nook and cranny" as apparently Portland encourages
- Adopt a Tree Protection By-law requiring permits for both pruning or removing trees (bad pruning can damage trees).
- Improve coordination among municipal departments; protecting trees along streets can be a headache for public works.
- Develop planting strategies that:
 - anticipate that similar street trees planted together will age together
 - stress a diversity

of non-invasive species resilient to drought and insects

- contribute to sustainability (food trees; pollinator attractants)

I am awed by Victoria's beautiful trees, some over 100 years old, both ornamental (eg Copper beech) and native (eg Garry oak), on public and private property.

One large giant Sequoia, brought from California, is located near a car dealership on a busy street corner, surrounded by concrete.

It is these "large canopy" trees that the plan says will be difficult to find space for in the future.

As we "densify", we can't lose sight of the importance of big trees as part of our urban forests.

□ Sarah Weaver works actively on environmental issues and posts her regular blog 'Coast Lines' at linesfromthecoast.blogspot

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October All Month

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DEADLINES
Wednesday Noon

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FriAM.ca: Worldwide

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IMPORTANT NOTICE:

Editor's note: I returned from my week off to discover friam@shaw.ca was not receiving mail. As I have not been able to fix problem yet, email for now to fridayamnews@gmail.com Sorry for any inconvenience.



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PAGE 3

AM

OCTOBER ALL MONTH

MOLEHILLS

Lorne Reimer



So much to un-Pac

I'm old enough to remember the dawn of personal computers when people had a hard time thinking beyond storing recipes and playing Pac-Man.

Now recipes are way down the list of uses (good way to get your device gummed up with flour) and those born after 1999 ask blankly, "Pac-Who?".

It's the same with social media and Facebook - it was all about cute cats and nurturing community, family, buddies and long forgotten best friends forever.

Well, if you didn't know the explosive darkside of social media already, check out the CBS 60 Minutes interview of a Facebook insider whistleblower.

Sociopathic algorithm bots has inflicted massive harm on society, tearing apart democracies, teenage self-worth, and basic trust in science and truth.

Those raking billions in profits from manipulation most certainly cannot be trusted to do changes on their own. ■

Fatal crash on Monday

Monday began with a fatal accident near the Ford Rd. corner in the Tappen area.

Police say the two vehicle accident claimed the life of one of the drivers. The highway was closed from 7 am into the afternoon.

Boost for 'active' transportation

Two different Active Transportation Grants were awarded to Salmon Arm

■ \$500,000 for Phase 1 of the Ross underpass that will provide safe access for pedestrians, cyclists and those using mobility aids in addition to vehicles. Completion is set for Dec. 2022.

■ \$50,000 to develop a modern, more efficient Active Transportation system. A Request for Proposal is expected to be issued later this year.

COVID CONTEST

○ Two words you never thought could go together, but here we are:

Peter Budda believes **FREEDOM** is the best message **FOR** vaccinating, **NOT** against it. So he and *Friday AM* are co-sponsoring a contest for **two prizes of \$25 Askew's grocery vouchers**. Simply answer the question: **What FREEDOMS have you gained by being vaccinated?** One prize will be by judge, the other prize by draw.

One entry per person • Drop-off boxes at Askew's Downtown & Uptown or email to fridayamnews@gmail.com • Contest closes noon, Friday, Oct. 22

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Festivities

- > **Thanksgiving** - Oct. 11
- > **Halloween** - Oct. 31.
- Downtown Treat Trail
- > **Small Business Week** - Oct. 17 to 23.
- > **Outdoor Markets** - Ross & Hudson, Saturday. (to run through winter) • Enderby, Fri., 8-12 am • Sorrento, Sat. 8 am
- > **Haney Heritage Village**- Spooktacular and Cemetery historic tour, both cancelled in October due to Covid 19.
- > **Pride Project Festival** - Oct. 18 to 24. Art exhibit, Pop-up shop, performance artists, 'Here comes the Pride' wedding chapel salmonarmprideproject.ca
- > **Remembrance Day**, Nov. 11.
- > **Winter Fun Fest** - Nov. 26, 27. First time event.

Art & Film

- > **Pull: Printmaking in the Time of Covid** - featuring Kamloops Printmakers Society. Now to Oct. 9, SA Art Gallery.
- > **Breaking the Binary** - Oct. 16 to Dec. 11, SA Art Gallery. Twelve LGBTQ2S+ artists explore gender and sexuality binaries in contemporary society. Artists' Talk, 2 pm, Nov. 18.
- > **Open Exhibition** - October, Enderby Courtyard Gallery.
- > **She Shed Artisans** - 5-9 Sat. nights, near 97B junction.



> Team captain #12 Daniel Panetta and four assistant captains ready for 2021-22 season

> Season starts Oct. 9 in Merritt after winning three and losing three in exhibition games.

■ See below & page 13

AT THE MOVIES

- SALMAR GRAND**
Weekend matinees & nightly movies, Oct. 8 to 14
- **No Time to Die**, 1:45 Sat., Sun., Mon; 6:20, 9:00, 9:30 nightly. James Bond is called out of retirement to deal with a villain and his dangerous new technology. (PG viol)
- **Venom: Let there be Carnage**, 2:15 Sat, Sun, Mon; 7:00, 9:10 nightly. Tom Hardy returns as Venom, one of Marvel's most complex characters. (PG viol, lang)
- **The Many Saints of Newark**, 2:00 Sat, Sun, Mon; 6:30 nightly. Prequel looks at the formative years of New Jersey gangster, Tony Soprano. (14A violence, coarse lang, sexually suggestive scenes)
- **Addams Family 2**, 2:30, Sat., Sun, Mon; 6:45, 8:45 nightly. More hilarious run-ins with all sorts of unsuspecting characters. Sequel to the 2019 animated film. (G)



SALMAR CLASSIC

- Shuswap Film Society**
shuswapfilm.net • New Season!
Limited seating, masks required
- **Dream Horse** (UK), 5:00, Oct. 8. A Welsh bartender breeds a race horse and takes on the elites
- **Queen Bees** (US), 7:30, Oct. 15-21. Woman moves into retirement community that's just like high school.
- **Nine Days** (US), 5:00, 7:30, Oct. 23. Unborn souls are put through a nine-day rigorous evaluation process.
- **Minari** (US), 5:00, 7:30, Oct. 30. Korean-American family lay down roots on an Arkansas farm.
- Film Festival, Nov. 5 to 7.

Concerts

- > **Dancing with the Shuswap Stars**, Nov. 19, shuswapstars.ca Fundraiser for Shuswap Hospice.
- > **KSO 'Windscares'**, 7:30, Oct. 23, 1: 30, Oct. 24
- > **OSO 'New Dawn'**, 7:00, Oct. 24, Vernon, with Csetkwe Fortier.
- > **See City Lights & ShuBiz**
Below ▼

□ CONCERTS, continued
> **Streaming local artists** - Celebrate Shuswap at acousticavenuemusic.com and Wharf Sessions at salmonarmcentre.ca Also Altered States Roots & Blues at rootsandblues.ca

Theatre

- > **Walk of Terror** - Oct. 8- 30, Caravan Theatre. 4D journey through field & forest with vocal performers & circus troupe Kinshira. caravanfarmtheatre.com
- Joy Ride**, Dec. 4 to Jan. 2, Winter Sleigh Ride show is back.
- > **Hilda's Yard** - opens Oct. 29 at Shuswap Theatre for three weekends. Oct. 29-31, Nov. 4-7, Nov. 11-13. See next page.
- > **Coyote's Christmas** - Dec. 10-12, 17-9, Shuswap Theatre

Sports

- > **Silverbacks Season** - **HOME**: Vernon, 6 pm, Oct. 15; Wenatchee, 7 pm, Oct. 29; Victoria, 6 pm, Oct. 30; Vernon, 7 pm, Nov. 3; Merritt, 7 pm, Nov. 5. **AWAY**: Merritt, Oct. 9; Vernon, Oct. 16; Coquitlam, Oct. 20; Nanaimo, Oct. 21; Wenatchee, Oct. 23; Coquitlam, Nov. 6.
- > **SA Curling centre** - • Senior Men's Open, Nov. 12. • Ashley Classic, Nov. 19.
- More Sports, Page 13

Live is still alive

While the Shuswap may be a hotbed for vaccine and mask resistance, live music is still solidly on the side of caution. But live concerts will be back.

Laying groundwork for the future include an exciting new venue - **Song Sparrow Hall** - complete with awesome recording studio and the hiring of new Roots & Blues music director **Kevin Tobin** who is already at work on next summer's



Kevin Tobin

celebratory 30th festival. Salmon Arm has a giant honking treble clef towering over Downtown. Live music has to come back livelier and fresher than ever.

In the meantime, have a look at the list of concerts coming up in Vernon, mostly at the Performing Arts Centre - **Alex Cuba, OSO, Celeigh Cardinal, Murray McLaughlan, Ian Thomas, Marc Jordan, Colin James, Chantal Kreviazuk** and **City & Colour**. Of course, protocols are all in place there, but holy wow! ■

ShuBiz



> Celeigh Cardinal Trio and Colin James, among highlights of Roots & Blues program are performing in Vernon. See right.

city lights

- **vernon** • Details at: ticketseller.ca
- **John Dore**, Oct. 8 • **Alex Cuba**, Oct. 16
- **Big Daddy Tazz** - Bi-Polar Buddha, Oct. 14, 15
- **Josephine** - Burlesque.. Play, Oct. 19, 20
- **Change of Heart + Gift from Sea**, Oct. 20-31
- **Leonard Cohen tribute 'Tower of Song'**, Oct. 23
- **Celeigh Cardinal Trio**, Oct. 23
- **Okanagan Symphony Orchestra** - New Dawn, Oct. 24 & **Bach's Playlist**, Nov. 20
- **Haunted tour of Caetani House**, Oct. 30
- **Paranormal tour**, Oct. 30, O'Keefe Ranch
- **Ryan Michael Magic**, Nov. 5
- **Murray McLaughlan, Ian Thomas, Cindy Church, Marc Jordan**, Nov. 13.
- **Colin James Blues tour**, Nov. 14
- **Raine Maida & Chantal Kreviazuk**, Nov. 16
- **City & Colour**, Nov. 18
- **kelowna** - **Masters of Illusion**, Nov. 9
- **Bahamas**, Nov. 21 • **Jesse Cook**, Feb. 24 •
- **kamloops** • **SonReal**, Nov. 12 • **KSO**, Oct. 23
- **vancouver** • **Stars on Ice**, Oct. 27
- **Canucks**, Oct. 26, 28, 30, Nov. 2, 5, 7, 9, 17
- **Weeknd**, Jan. 14, 15 • **Eric Church**, Oct. 29

○ LIVE SCENE ■ **Copper Island Pub** in Sorrento is under new management and bringing in regular live acts and hosting Tuesday jams. Covid protocols apply.

HONOUR IN ORANGE

On the first ever Truth and Reconciliation Day Sept. 30, a large crowd dressed in orange huddled under umbrellas outside the Art Gallery.

Tracey Kutschker's heartfelt words set the tone, before introducing Louis Thomas, Neskonlith elder and Band Councilor. He held back tears at one point and then made everyone laugh. He said nowadays his people hunt at Walmart, heading down aisles with bows and arrows toward the meat department. A small group of drummers and singers sang an honour song after which people were encouraged to come up to the mic and share stories.

In the spirit of Truth and Reconciliation I recommend Michelle Good's novel, *Five Little Indians*. Prepare to be deeply moved as you follow the lives of five children as they're snatched from the parents and end up in residential school. That is just the beginning of the trauma these children endure until they are set adrift as teenagers.

Follow the teens as they make their way in a world they aren't prepared for. It's a world where friendships forged at the school help the girls whose only option is to find work in the seedy world of skid row Vancouver. The abuse and trauma they suffered affects each of their lives in different ways.

Michelle Good is a writer of Cree ancestry. She obtained her law degree after three decades of working with Indigenous communities and organizations.

As a lawyer she advocated for residential school survivors, and earned her MFA in creative writing at UBC while still practicing law. Her novel won the Harper Collins/ UBC Prize for Best new fiction in 2018, and the Governor General's literary award. Good resides in South Central BC.

The new **SWG Writers Coffeehouse** takes place at the Westgate Public Market (the giraffe mall) on Friday, Oct. 22 from 2 to 4 pm. Bring poems, stories, and musical instruments, or simply yourself to enjoy the fun! Masks, hand sanitizing and social distancing are observed. ■

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

WRITE ON!



Kay McCracken



Birds return to the empty nest

After 18 long months, Shuswap Theatre is opening its doors once again with the first production of the 2021/22 season, "Hilda's Yard". The story from the comic pen of Canadian playwright Norm Foster in set in 1956. It revolves around the lives of Hilda and Sam Fluck, celebrating their adult children finally leaving home.

Things don't work out as planned when their kids reappear with two other characters in tow.

The show, directed by Chris Iversen, opens Oct. 29. Performances run Thursday, Friday and Saturday at 7:30 with two Sunday matinees at 1:30. Thursdays, Nov. 4 and 11, are Pay What You Can. ■

□ *Only 75 seats for each performance. Tickets can now be purchased at shuswaptheatre.com or the new ticket agent, **Wild Craft Mercantile** in the former *Blue Canoe*. Masks must be worn with proof of double vaccination.*



> The cast includes Julia Body as Hilda, Ali Balloun as Janey, Alex Delaney as Gary, and Fred Green as Sam. Also in the cast are Uther Radcliffe and Julie Drapala.

You're Invited

- > **SA Council**, 2:30, Oct. 12, 25. > **CSRD board**, 9:30, Oct. 21.
- > **School Board**, 6 pm, Oct. 19, District Ed. Centre.
- > **Royal Purple Craft Fair**, 9 to 2, Oct. 30, Elks Hall. Ad on page 14.
- > **Grandmothers to Grandmothers knitting sale**, Oct. 8, 9, Piccadilly Mall.
- > **SA Toastmasters**, 7 pm, Thursdays, Okanagan College.
- > **Juicing Day**, Uptown Askew's, Oct. 9.
- > **The Explanation: A Play Reading**, 2 to 9 pm, Oct. 20, Shuswap Theatre.
- > **Wednesday Meditations**, 7 pm, In-Person or Online (kmcfv.ca) \$12/ person. SA Meditation Centre, 2960 Okanagan Ave.
- > **Falkland Haunted Hall & Paranormal event**, 5-9 pm, Oct. 28-31. Tix \$30.
- > **Rethinking Risky behaviour**, 6 pm, Oct. 19, Shuswap Children's Association.
- > **Chess Club** (All ages, levels), 6 pm, Wednesdays, Okanagan College. Craig 250.803-8495. Bring chess set/board if you have one, until sufficient sets purchased.
- > **30 Days of Journaling** by Erin Simpson, 7 pm, Fridays, now to Oct. 15, Gypsy Moon Collective, 40 Lakeshore (On Facebook).
- > **LASS AGM**, 5 pm, Oct. 26. Arrange Zoom at admin@shuswapliteracy.ca

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WHY, OH WHY?

Life is full of questions. I guess it would be very dull if we knew all the answers, but I seem to have an increasing list of things that I don't understand. I am tempted to ignore stuff but it weighs on me if I don't get to the bottom of something.

I fail to understand why gas prices are the same in adjacent gas stations, surely this is obvious evidence of price fixing yet no investigation or political comment is available. Each gas station gets told its daily price from head office, so don't harass the staff! Even the BCAA, as the voice of motorists, follows the corporate message that prices reflect costs and are not fixed. Why does it vary from city to city?

Perhaps more niche is the issue of why the "V" shape of the water shedding grooves on a motorbike tyre face one way for the rear and the other way for the front.

I cannot quite understand why the city is able to steal a portion of land from any property during a sale to provide a boulevard. It is a long-term project to allow for future road works and utilities, but it seems harsh. Incidentally, the cunning plan to get the strip back under "Squatters rights" by maintaining a structure (a fancy number post that encloses a small area) will not work as part of the BC Limitation Act prevents "Adverse Possession" unless you occupied the land for 20 years prior to July 1, 1975. It would be nice if they mowed it more than once every two years!

Why do lumber outlets officiously state "No Sorting"? A proportion of the pieces are so poor as to be unusable. I would say the outlet is at fault for accepting sub-standard pieces and should arrange with the mill for their return. (And a sound thrashing of the Lumber Inspector.) My argument is that the lumber is not "fit for purpose" which is the legal standard for any purchase.

Although I PVR everything I watch on TV, to skip the ads, I am still aware of a huge number of prescription medication ads. They usually run along the lines of "Miracle cure" – "Terrifying side effects" – "Ask your doctor today". I trust my doctor to already know about the best pill for me. If I was able to persuade him to the wonder product, I would fire him immediately. Yet the ads persist, they must be working and that is very worrying.

In the mathematical world it is difficult to produce truly random numbers. Indeed, any process can unintentionally create a pattern except my washing machine. If I put a tee shirt through the wash and dry process it can emerge either inside out or right side out. I have tried starting from the opposite position and counting results, but am convinced I have a rare and valuable process to produce uniquely random results. ■

□ Barry Marshall runs Ascot Gas Services and can be reached at BarryMarshall@gmx.com, www.ascot-gas-services.com

REPAIR GUY
Barry Marshall



A BREAK FROM TECH

Technology is a real challenge for parents these days. On one hand, technology is exploding all around us and allowing us to perform tasks faster and more efficiently than ever before.

On the other hand, unbridled use for pleasure is affecting society (especially children) in ways I don't think we fully understand.

If you can convince your kids of a break from technology; it is equally important to also replace that technology time with something fun and meaningful. So here is a non-exhaustive list of things you and your kids can do instead of using technology.

○ **Read a book..** Better yet read a book together, and then discuss it. Personally, I'd spend the money and buy an actual book versus an eBook or go to the library and get one. It is a little counter-intuitive if you are trying to get a break from technology if you read an eBook.

○ **Play a game..** Board games and card games usually involve a lot more conversation and interaction than a video game. It might take some convincing, but whenever we play a board game as a family, the kids eventually jump in with both feet and have a great time.

○ **Do something outdoors and leave your phone/device at home..** We are fortunate to have lots of great trails, mountains and valleys to explore where we live. So going for a hike or bike ride gives your

MALL ARKEY
Daron Mayes



mind a break from technology and is good for your overall health.

○ **Cook something together..** Nothing better and more distracting than food!

You might spend more time cleaning up the mess afterwards, but it will definitely be worth it. We once had a cooking contest and each of my boys tried to come up with the best new cookie idea.

The kitchen was turned upside down, but they still talk about it years later.

○ **Make something together..** Draw a picture, do a craft, build something out of wood. The possibilities are endless. You might say that you aren't very artistic. I'm not sure too many people are less artistic than myself. It isn't the final product, but rather the time spent together doing something fun that will be remembered.

I don't pretend to be an expert, but hopefully some of the suggestions above will be as rewarding for you as they have been for my family.

Whether with your own kids or grandkids or simply adults with adults; I'm sure you'll be surprised by how much fun you can have. Take the challenge!

□ Daron Mayes works as an investment advisor in Centenoka Park Mall. His column appears monthly.



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Daron Mayes, BBA, CPA, CA, CFP
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READING ROOM

by Melanie Wilkie, Reference Librarian

Create a Bookface or Shelfie

The weather tells me that Fall is coming and that means it is time to move inside and cozy into some activities with the Salmon Arm Library. We have a lot of choices for you: both in-branch and from your home.

If you are a quilter who needs some new inspiration, drop off a Ziploc of one to two metres of quilting fabric at the library from Oct. 1 to 15. You will be able to claim someone else's Ziploc from Oct. 18 to 29. The new-to-you fabrics might take you in a whole different direction.

Have you read something great this summer, that you just need to share with others? Take part in our **Social Media Photo Contest**. Snap a photo of your favourite read (if you are feeling creative, make it a bookface, or a shelfie) and send it to sareference@orl.bc.ca. Draws will be made for some fantastic prizes.

Or, if you are looking for something great to read, join us for the **Classics Book Club**. Our next book is *One Hundred Years of Solitude* by **Gabriel Garcia Marquez**. The brilliant, bestselling, landmark novel that tells the story of the Buendia family, and chronicles the irreconcilable conflict between the desire for solitude and the need for love. Start reading it this month to be ready for discussions Nov. 4, 18 and 25.

We have been missing you and are excited to have you back for some in-person programming. In October, we have the following in-person activities scheduled:

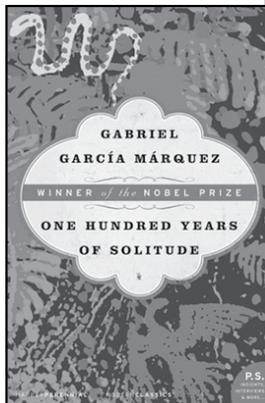
○ **Legal Advocate** - The Legal Advocacy program provides free confidential information, advice and assistance in areas of poverty law such as: residential tenancy disputes; income assistance; provincial and federal benefits programs; employment standards; and consumer and debt problems. Drop-in Oct. 7 any time from 1:30 to 3:30 pm with your questions.

○ **Health Literacy** - Let us help you find and make sense of the maze of health information out there. Join us for a brief, informative introductory workshop on health literacy, Oct. 5 at 2 pm.

○ **SA Pride** - In honour of the Salmon Arm Pride Project (Oct. 18 to 24), drop in to the Salmon Arm library for a button-making extravaganza Oct. 22 at 1 pm.

Using our templates (or making your own!), design a button to celebrate PRIDE - and we'll turn it into a piece of wearable art for you.

○ **Recycled Book Art** - Feeling crafty? Join us to make a Halloween Book Witch from a recycled book. Check the Library's webpage for date and time. ■



HALLOWEEN HOUSES

> Halloween decorations are popping up on houses and yards everywhere, but not likely to the extent of Gerd Willenberg's house in Blind Bay.

He has exported his passion for Halloween from Hamm, Germany where his house was a legend. Gerd's latest addition to his Halloween House at 2490 Waverly Drive is "The Tunnel", assembled by Jim of Northstar Scaffolding > Many Salmon Arm homes are also getting into the spirit. Doreen Toebosch's yard across from North Canoe School has been a local attraction both Halloween and Christmas for many years. ■



Bringing community together, each Friday AM & All Month FriAM.ca

Haida Gwaii & Shuswap Kindred Spirits



I've lost count of the number of local residents who grew up or lived for a time on the Haida Gwaii archipelago, once known as the Queen Charlottes.

Most left their hearts there. Edgar Murdoch's late clergyman father left a collection of murals and paintings in Charlotte City and Skidegate.

What exactly binds two distinctly different regions, one deep inside the Interior, and the other, many nautical miles into the Pacific below Alaska? Salmon may be one common bond. Some years ago there was an exchange of Secwepemc and Haida students to witness the majesty of both ends of the salmon life cycle.

I enjoy family connection to a remarkable Haida family, and shared the sendoff of my beloved brother-in law.

> Jason Cowpar, top left, stands in front of a smokehouse. He enjoys life centred around fruit, fish, friends and family with deep connections to the Peterson family in Salmon Arm, and his family growing up on Haida Gwaii. He hauled a load of fruit before spending the past six months fishing and enjoying island life.

> Robert Davidson (not a Friday AM photo) is an internationally famous painter, wood carver and dancer.

> A beautiful double rainbow appeared over Masset the morning after the funeral and burial of Ken Bedard, involving three days of ceremonies and feasts.

> Next to Ken Bedard's grave were several gravesites of the remains of unidentified Haida people, repatriated in 2014 from museums in Chicago and New York.



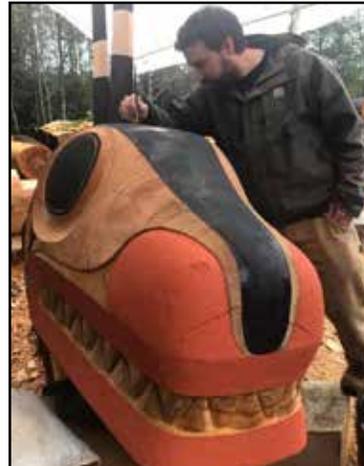
Photo off the Internet



> Amica Sturdy, left, formerly of Salmon Arm and now living in the Northwest Territories, is planning a trip to Haida Gwaii later this month. She is currently being treated for lung cancer, and it has been long a dream to visit these island. She would also love to have her drum painted and get to be part of a Haida drum circle.

> Here I am (your old editor), dressed in orange, leaving on Truth and Reconciliation Day.

> Jaalen Edenshaw, right, finish touches a killer whale head to go onto a memorial pole.



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WINE & CIDER

Kailee Amlin is founder of the Shuswap's Women Who Wine Society and - why not - also co-owner of the freshly pressed Shuswap Cider Company.

TOP 20 UNDER 40



When Kailee moved from Calgary five years ago to be closer to her partner's family, the tight-knit, welcoming Shuswap community had her feeling at home right away.

She found kind people at every turn and was excited to expand her social and professional networks. As a CFP, her work is built entirely on developing connections.

Kailee quickly met new friends, and with their support, she founded the Shuswap Women Who Wine Society, where she is currently president. This heartfelt organization provides members with opportunities to volunteer and support local organizations, allowing for sup-

> Kailee Amlin: Cheers! portive professional networking, and a welcoming social group to boot.

The group has now raised nearly \$100,000 for local causes. The quarterly Community Giving events have been a huge success and recognized throughout the region.

If running a successful charity and being a professional financial planner was not

■ Continued on page 14

Learn Social Square Dancing



Fifth Avenue Seniors' Centre

170 - 5th Ave. SE, Salmon Arm, BC



Beginning Wed. Oct. 20th at 6:30 pm

With Instructor & Caller Allan Peterson

Classes will run every Wednesday with the first three weeks *free for all dancers*.

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AFFORDABLE HOUSING

We hear a lot these days about the high cost of housing and what are the young folks to do about acquiring a home. I can well understand the concern when we hear that the average price of a detached house is nearly \$1 million.

Unless a family is in the very high income bracket and both working is it possible to save a down payment. For the average working class couple home ownership is only a dream unless they are fortunate enough to have wealthy parents and perhaps an inheritance forthcoming.

With house prices this high it is necessary for both partners to have good jobs and taxpayer funded day care. This is not their fault, but a sign of the times. There are a number of factors that cause high prices. First there are government regulations that are very strict and permits very expensive. This to pay the salaries of the bureaucrats who administer them. The cost of material, of course, is very high but the design selection plays a role here. A young family does not need a 3,500 square foot home to raise a family. A modest home of 1,200 square feet, three bedrooms, one bath and with or without a full basement is plenty of room. My neighbour with five kids built a 1,050 sq.ft. home with one bath. They were the happiest and well disciplined family you could ever wish for.

In the old days; "ya, I know, I know" it was possible for a young couple with a single income to save enough for a down payment and either purchase a house or build their own. Yes, build their own. It was common then, folks did in fact build their own homes. With a full time job it is a long and arduous task but the rewards mean you are not saddled with outrageous mortgage payments that prevent a family from enjoying their life.

In 1961 my wife and I joined a "home builders co-op". In this case, families work together to directly construct their own homes in a co-operative fashion. There were 11 of us and we acquired a blanket loan from CMHC we used to purchase bulk building products and hire sub-trades, also at bulk rate. It is easier to get a fair quote if the trades are quoting on eleven homes instead of just one. We engaged about 13 different sub-trades and did all the menial work ourselves. In our case, we were lucky to have the foresight to purchase 15 lots in a group. We serviced the lots with a common well and each half acre lot had a septic field. Actual construction time was 22 weeks from start to finish. Later, when all our houses were built we sold the remaining four lots for enough to cover the cost of our lots.

Free land. This is a great way to acquire a new home at a reasonable cost. Mind you, it has its pitfalls, not the least is that all these folks you work with are going to be your neighbours. Luckily, we all remained friends and had a big party at the end of construction.

Of course there are many ways to provide your own home. Log home companies can provide a log package delivered to your site and you finish it. Prefab frame homes can also be delivered to your site and you and a bunch of friends put it together. There is also alternative housing from underground, cob, straw bales and many other forms that may be appealing.

If you find the price of housing out of reach I suggest alternatives that may get you into a home of modest size and within reach of your budget. Crippling debt is no fun and robs a young family of the best years of their lives servicing debt.

Less housing is actually more. ■

□ Ed Campbell is is an active retiree in Salmon Arm.

MY TWO
CENTS



Ed Campbell

Empathy runs deep

Letters

I would like to respond to the letter from Pan Thomas on my last column titled "School Days". I appreciate all responses, but feel compelled to respond to this one. I am sorry if I gave the impression of making light of the residential school events that terrorized aboriginal children.

My Great Grandmother, my Grandmother, several cousins and other relatives lived and grew up on the Tyandena reserve in southern Ontario. I did not live there, but visited frequently. My father was proud of his native ancestry and that pride spilled onto me. I have read stacks of books relating to native affairs and continue to support their causes.

Of course there is no real comparison between our public school system and residential schools. However, my wife and I attended the same small rural school from age nine. She lost six months of a school year from nose bleeds caused by a whack on the back of her head with a heavy book by the school master. I too suffered nose bleeds for the same reason.

Young ladies taken to the front of the class, skirts raised and a lashing from the strap or the pointer on bare legs was not uncommon. Strapping was a daily occurrence brought on by chewing gum, passing notes, giggling, etc. Yes, there were no rapes or murders, but the brutality of the times was not pleasant.

I would like Pan Thomas and all of my readers to understand that I support the aboriginal community in all their efforts to educate the general public and to bring forward and resolve their issues. All of them.

■ Ed Campbell, Salmon Arm

City FIXINGS

> You don't need to be too fastidious about raking leaves. Remember, leaves are organic material that eventually turn into earth.

Bravos & BOOS

> **BRAVO TO:** Pat MacLeod who gathered with fellow Hospital Foundation volunteers to receive the Telus Community Ambassador Volunteer of the Year. Others sharing honour knitting blankets and other items are Marlise Albertson, Georgina Beausoleil, Barb Duplisse, Liz Pastorchik and Marlene and John Moncrieff.

Web SITINGS

> Go to youtube and search Chemical Brothers - The Salmon Dance. It is not only a dance, but the lyrics cover the whole salmon life cycle, accurately. We really need to promote this song and dance in the Shuswap. Enjoy the salmon run this month.

> Go to csrd.bc.ca or Facebook "Blind Bay/Sorrento Incorporation information" for good information on incorporation plan.



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Time to thank those who give

How is it October already? My goodness, perhaps time passing faster as you get older really is true. Wasn't I just admiring the green shoots of the few things I managed to grow from seed this Spring? Perhaps it's less age and more selective memory.

I'm not sad to leave the heat, smoke, drought and worry of fire behind. Still, it is October when thoughts turn to Thanksgiving. It's another opportunity to gather - harshly compromised by a virus that we cannot quite get ahead of - for reasons that I will not go into here.

What if Thanksgiving was less about the familiar and the traditional and more about something entirely different? What if Thanksgiving was about reaching out to thank people you've never met to show appreciation for the work they do that you might not understand.

Stay with me here. I'm not suggesting you forgo the turkey with all the fixings. I am not suggesting we cancel the meal at all. We've lost enough already. I'm suggesting a little something extra.

First of all, COVID has increased the needs of those most vulnerable and increased the demand on the dedicated social services sector workers who serve them while at the same time drastically reducing the volunteer base who would typically support those efforts. I get that.

If you haven't been able to spend time with the people you know most, I completely understand the worry you might face by venturing out to help those you know very little.

Except maybe, just maybe, it might be time to test that.

If you are double vaccinated, as the majority of us are; you're comfortable working indoors with a mask, or outdoors without one for short periods, my recent experience tells me you're in for a nice surprise. It's a practice run of the connection and joy from the feeling of making the world a tiny bit better than it was yesterday. It's what we once took for granted and wish to have again.

Last week I spent an hour or so helping out at Jackson Kitchen preparing soup for high school students. My job was to peel and cut a giant rhubarb squash. Had I done that alone, at home, I likely would have cursed my dreadful existence. Doing this in the company of others so dedicated to feeding healthy local food to our youth made it an

NOTES FROM THE MARGIN



Louise Wallace Richmond

experience of gratitude and companionship. Earlier this week, I spent a couple of hours helping in the early preparations for the second annual Pride Festival. That I was able to share time with young people

so keen and enthusiastic to build a more inclusive and diverse community was a gift I am most grateful.

Second Harvest is in need of volunteers to do gleaning to collect the last of the harvest. I plan to call and offer an afternoon of time to help. Who knows what joy picking pears, apples or what have you, might bring? I cannot wait.

It doesn't have to be much. And if you're not sure what it should be, call or e-mail your favourite charity and ask what you can do to help out.

That said, if you are not in a place where this is a comfortable ask, I get it. I've spent the better part of a year and half alone at home during the day when everyone else in my life was out at work or school.

There are still things you can contribute. A kind email, a thank you card, some flowers, a small cash contribution, a tagged shout-out on social media.

The recipe for thanks has less to do with food and more to do with appreciation.

I would venture to guess these times have robbed us of something we would give anything to get back; a life experience, a family relationship, a friendship, a loved one lost.

I will leave you with this. My favourite author is Antoine de St-Exupéry, a pilot, a poet, a visionary and the creator of the most beautiful fable ever written, *The Little Prince* who meets a pilot, stranded in the desert, and shares with him the meaning of life in an effort to give him the resolve to overcome his dreadful fate. He speaks about the characters he met on his universal journey, the things that did not make sense him, and his determination to make sense of it all. His conclusion? We really only see what matters with our heart, the essential, it seems, is invisible to the eye.

It's time to follow your heart. With that, I will not wish you a happy thanksgiving. I will wish you a happy day of giving thanks. ■

□ Louise Wallace Richmond is a City Councillor and business owner.

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Saturday Oct 16 8-3
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WEEKEND AHEAD
Beautiful sunny week turning cloudy with showers for Thanksgiving weekend.
High 12 to low 3

Normals - +14 to +3
Extremes since 1991:
+21.2 2010 • -2.2: 2009
Sunrise 7:05 am • Sunset 6:25 pm

SEPTEMBER WRAP-UP
Mean average low.. +8.5 C
Mean average high.. +19 C
Rainfall .. 1 1/2"

Rainfall since March 1:
4 1/2" which is 28" normal
(normal - 16.2") - N.P.

PAST TEMPERATURES

Sept. 22 to Oct. 5
By Nick Parsons, SW Gleneden
Elev. 458 m (119 m above lake).

DATE	HIGH	LOW	PREC.
Sept. 22	+19	+11	Nil
Sept. 23	+19	+9	Nil
Sept. 24	+20	+6	Nil
Sept. 25	+22	+8	Nil
Sept. 26	+18	+12	1/16" rn
Sept. 27	+17	+11	1/16" rn
Sept. 28	+16	+8	Nil
Sept. 29	+16	+5	1/16" rn.
Sept. 30	+12	+8	5/16 rn.
Oct. 1	+12	+3	Nil
Oct. 2	+11	+5	Nil
Oct. 3	+19	+8	Nil
Oct. 4	+17	+7	Nil
Oct. 5	+12	+7	Trace rn.

Sport Spot

> **Sicamous Eagles** - Home - Chase, Oct. 8; Princeton Oct. 9.
> **Minor Hockey tourneys** - • U18 Rep T2, Oct. 8-10 • U13 Rep T3 & U15 Rep T1, Oct. 22-24 • U15 Rep. T2/T3, Nov. 5-7.

> **Indoor tennis** - Bookings: clubspark.ca

> **SILVERBACKS ROSTER** - (To be finalized on Oct. 8):
FORWARDS - #8 Mathieu Cobetto-Roy, QC; #9 Noah Serdachny (A.C.), Salmon Arm; #10 Danny Ciccarello, QC; #11 Simon Tassy (A.C.), QC; #12 Daniel Panetta (Captain), ON; #13 Mathieu Bourgault, Salmon Arm; #17 Aidan Lindblad, Salmon Arm; #18 Owen Beckner, Victoria; #19 Matthew Johnston, Salmon Arm; #20 Nathan Morin, QC; #21 Ethan Ullrick, Illinois; #24 Nathan Mackie, Prince George; #26 Isaac Lambert, QC; #28 Brandon Santa Juana (A.C.), Langley.

DEFENCE - #3 Kieran Ruscheinski (A.C.) Calgary; #4 Tucker Hartmann, Massachusetts; #5 Lynden Hanwold, Kelowna; #6 Lucas Matta, ON; #7 Owen Desilets, AB; #14 William Lavigne, QC; #27 Jake Lammens, Connecticut.

GOALIES - 1 Gabriel Murrells-Allaway, Salmon Arm; 31 Owen Say, ON; 41 Liam Vanderkool, Abbotsford.

*A.C. - Assistant Team Captain • Shaw approved for 75 per cent capacity

PASSAGES

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- ❖ Frank Daniel Bugala
September 19, 2021, at age 89
- ❖ Allan Eugene Cadwell
October 4, 2021, at age 89
- ❖ Arnold Alfred Hobbs
September 20, 2021, at age 93
- ❖ Thomas John King
October 1, 2021, at age 85
- ❖ Morley 'Wayne' McGill
September 26, 2021, at age 73
- ❖ Paul Samuel Schlitt
September 24, 2021, at age 98
- ❖ Warden Frank Stephens
September 24, 2021, at age 83
- ❖ Joanna Elma Thomas
September 26, 2021, at age 68

Bowers Funeral Service
bowersfuneralservice.com

- ❖ Mary Bunce
September 24, 2021, at age 93

- ❖ Mabel Carten
September 18, 2021, at age 99
- ❖ Anton Kleinhans
September 14, 2021, at age 60
- ❖ Priscilla McPherson
October 2, 2021, at age 74
- ❖ Victor Pukas, at age 86
2 pm, Oct. 10, Elks Hall
- ❖ Ronald Ploustie
October 2, 2021, at age 76
- ❖ Brad Raglan
August 19, 2021, at age 45
- ❖ Philip Owen, 88, Vancouver mayor
- ❖ Jim Ursel, 84, Canadian curler
- ❖ Tommy Kirk, 79, Old Yeller actor
- ❖ Peter Jenkins, 79, Dawson City
longtime mayor and Yukon MLA

Pet passages:

- ❖ Metcalfes' "Duke"
- ❖ Dooks' "Charlie"

> COVID-19 UPDATE

CANADA #28 rank
1,645,127 cases
28,077 deaths
1,574,872 recovered

USA #1 rank
44,907,752 cases
727,146 deaths
34,377,519 recovered

WORLD
237,022,286 cases
4,838,911 deaths
214,159,098 recovered

BC
191,124 total cases

1,992 confirmed deaths
182,786 recovered
136 current critical care
350 current hospitalized
5,945 active cases
752 new cases
7,908,832 doses admin.

Cases Sept. 26-Oct. 2:
60 Salmon Arm
11 Enderby; 6 Armstrong
64 Vernon; 226 Kamloops
223 Central Okanagan
2 Revelstoke; 31 Nelson
43 Merritt; 12 South Cariboo

worldometers.info/coronavirus • bccdc.ca

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> Salmon Arm Synergy U17 boys celebrate national basketball championship at the final in Langley.

COMMITMENT TO COMMUNITY

■ Continued from page 9

enough, Kailee also decided to expand her efforts this past year in two very significant ways. First, she became co-owner of the Shuswap Cider Co. with fellow Women Who Wine partners, and she and her husband celebrated the birth of baby Knox in April.

There is no doubt that her days are busy. But with the help of a supportive team and embracing the momentum of new ventures, she is thriving. Kailee has never been afraid of a challenge, and throughout her life, she has tackled and overcome many personal and professional obstacles, but with each one teaching a valuable lesson – she can do hard things. And she does them all incredibly well.

Her unstoppable attitude, commitment to community, and remarkable relationship-building skills make Kailee a gem of the Shuswap, and deserving of this recognition.

Be sure to stop by the Shuswap Cider Company and offer your cheers in person! ■



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The Parsons Family at Green Acres, Gleneden would like to thank all those who participated in our potato and squash fundraiser. A total of \$449 was raised for the BC Children's Hospital Foundation, and a quantity of vegetables was donated to Second Harvest.

What is the BEST anyway?

If you have a question about almost anything, you can ask 'Quora'. It's an online platform for just that, asking questions.

DESIGN DILEMMAS

Linda Erlam



do sheets. I'm not even going to mention thread count, which has been covered in previous columns.

Let's pretend this is your list:

1. They must not wrinkle.
2. They must be available in pink.
3. They must cost less than \$75 for a queen-sized set.
4. They must have a fitted sheet that will fit my 16-inch deep mattress. This is my list.

1. They must be natural fibers so they are cool in the summer.
2. They must be available in pink.
3. They must cost less than \$95 for a queen-sized set.



If I get the first set, I've probably purchased a micro-fiber or polyester blend sheet (doesn't wrinkle) but which is most definitely NOT cool in the summer. So this sheet set is not good for me, I may actually think it's the worst sheet set I've ever had. But if

YOU bought it, it's probably your 'best' sheet set.

All you have to do to get 'the best' is buy according to your list.

And this is where product reviews are your best friend. While you may not want to shop at Amazon, it's a quick, useful place to find out what products fit your list of must-haves.

So, that's products. What about services, or teachers, or restaurants? Works exactly the same.

This is step one in learning how to discern quality in a product or service, too, and what financial impact quality has on our homes. Yes, it's possible to define the cost of not buying quality items -- and here's the secret: 'quality' is probably not what you think it is.

I'll delve into that one next column.

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

Someone will answer it. Probably. I'm one of the people who do the answering, my answers have been read 142,500 times. Which is pretty mindboggling...

One of the most frequent questions I see is 'What is the best _____ (fill in the blanks)'.

From sheets, to paint, to erasers, to hotel mattresses, to spoons, to places to stay in Katmandu, to -- well, you name it. There is an unquenchable thirst for knowing what is 'the best'.

I answer some of these. Not many because I get so tired of repeating myself.

But the other day someone in my circle asked me what the best something was and I had to stop. I explained it to her, and she went away. Not happy, particularly, but understanding why the best question is a fat-pants question. You can't win with any answer. Almost.

So here goes.

Best to you is not necessarily best to me. I think one type of hot sauce is the best, my friend thinks another one is best. Best is subjective. Unlike facts, which are objective.

So, OK, that's a personal preference, a taste thing, but what about, well, sheets for example. What are the best sheets? Surely there are some qualifiers that would give one sheet set a blue ribbon?

Same answer: what is best to me may not be best to you.

Well, then, how do I find out what is best so I know where to knowledgeably spend my money?

This is the easy part.

○ Make a list of all the things you require the item to do for you. Let's



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WORD SEARCH **Silverbacks early roster**

W R L C U K H H D T L U A G R U O B Z B E A Q
 J G G W S G M H L O O K R E D N A V C N K X X
 S L K U M G R E N K C E B A T Y U F P Y C R W
 Z I Y M Z J O H N S T O N Z R U L L R I C K T
 M K Q O X O Z Y A W A L L A S L L E R R U M G
 R U S C H E I N S K I R X U Y N I R O M A S W
 T C X O K N Y L Q R F H O V S O V P N A N S L
 U F M A C K I E H Q B G L J S T W Z A S N X I
 L A M M E N S Y A Y S H L O A U N I W E A T N
 J S I L V E R B A C K S E T T N A T T A M R D
 V P S A N T A J U A N A R J E S D V X A T E B
 H T Y O R O T T E B O C A L A V I G N E R B L
 S E R D A C H N Y Z E I C D L O V N A H A M A
 T X H S A Y L A D L K I C S S M V K D W H A D
 N S T E L I S E D F Q S I I P A N E T T A L P
 G L O O K R E D N A V V C C U I D K J K B K E

> Panetta, Cobetto Roy, Serdachny, Ciccarello, Tassy, Bourgault, Lindblad, Beckner, Johnston, Morin, Ullrick, Mackie, Lambert, Santa Juana, Ruscheinski, Hartmann, Hanvold, Matta, Desilets, Lavigne, Lammens, Vanderkool, Murrells Allaway, Say, Vanderkool, Silverbacks * Roster to be finalized after presstime, Oct. 8

HIDDEN GEMS

THIS QUOTE SPACE HOSTED BY
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- > "When you're a kid you're also watching your parents grow up."
- > "Truth does not mind being questioned. A lie does not like being challenged."
- > "To be in your children's memories tomorrow, you have to be in their lives today."
- > "No house should ever be on a hill or on anything. It should be of the hill. Belonging to it. Hill and home should live together, each the happier for it." ~ Frank Lloyd Wright

FUNNY BONE



> Archie & Edith Bunker appear youthful in this photoshopped version of their classic duet.

- > It's finally October, the month when all the cobwebs and dust in my house instantly become Halloween decorations.
- > What did the bartender say when Bono and The Edge walked in? Not you too again!

> Here is a genuine Canadian moment. I came up to a four-way stop at exactly the same time that three other cars came to a stop. At that same time, two groups of pedestrians wanted to cross. All six of us motioned for others to go first. And then we all started to laugh because nobody was moving. Then a pedestrian came to the rescue and went to the middle of the intersection like a traffic cop. He bowed first, and then, one-by-one, motioned us when to go.

POP QUIZ

- > What two African animals are celebrated in local institutions?
 < Silverback hockey team and Giraffe at Westgate Public Market

PICTURE THIS



> You probably didn't know this because you weren't alive then, this shows an auto wash bowl for removing mud from the undercarriage, plus electric cars from 1917.



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AM/PM

A Moment's look at Past Month

○ Construction begins on the Ross Street railway underpass, and continues on the highway widening and bridge project in Salmon Arm's west. ■ Public open house sessions take place in Sorrento and Blind Bay area to discuss the incorporation study for parts of Area 'C'. ■ Astronaut and former commander of the International Space Agency **Chris Hadfield** pays a visit to Falkland School. ■ There's a rush underway to obtain vaccine proof cards. ■ **Rory Marshall**, a SAS grad and University of Saskatchewan graduate student, leads a study to fine tune cardiopulmonary resuscitation (CPR) to potentially save more lives. ■ This year's wildfire season covered the third largest area in BC's history. ■

RETURNED!

LIBERAL MINORITY GOV'T	LIB 159 32.6%	CPC 119 33.7%	BQ 33 7.6%	NDP 25 17.8%	GREEN 2 2.3%	62.09% National turnout
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2019 ELECTION: LIBERAL, 157 • CONSERVATIVE, 121 • BQ, 32 • NDP, 24 • GREEN, 3

MEL ARNOLD THIRD TERM	CPC Mel Arnold 33,626 46.4%	NDP Ron Johnston 13,929 19.2%	LIB Shelley Desautels 13,666 18.9%	PPC Kyle Delfing 7,209 10.0%	GREEN Andrea Gunner 3,967 5.5%	62.53% Riding turnout Unofficial numbers
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BC BREAKDOWN: LIB, 15 (26.9%) • CPC, 13 (33.4%)
NDP, 13 (29%) • GREEN, 1 (5.3%) • PPC, 0 (5.1%)

BC 2019: CPC 17 • LIB 11
NDP 11 • GREEN 1 • IND. 1



> The snap federal election coincided with a boistrous protest movement against pressures to vaccinate. One group entered schools in Salmon Arm, sparking national news coverage. ■

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Agenda: Annual Report. Financial Report. Election of Directors. Any other business arising.

Thank You!

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