

November

AM

All Month

Reminders
everywhere.
Remember.
/ 3

Joan Chadwick photo

**COMEDY
with MUSIC**

*Live Arts slowly
returns / P.4*

► David
& Ken
perform
Nov. 18
& 19.

CLOCKS FALL BACK, NOV. 7

▼ WHAT'S ON ■ Online: www.FriAM.ca ► 250.833.1141 ► Nov. 5, 2021 • No. 1225 • FREE

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



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FROM COVID TO CLIMATE CHANGE

Over Thanksgiving we had four visitors, our first indoor gathering since arriving in Victoria. Everyone was so excited to be together that we noisily talked non-stop.

How quickly our collective behaviour changed with Covid! We became used to lining up two metres apart, and postponed using gyms or eating in restaurants. We tolerated wearing masks, signed up for vaccinations, and downloaded vaccine passports.

Yes, there have been some of us who have seen these things as infringing on our freedoms.

SHORE TO SHORE

Sarah Weaver



But most have accepted that some sacrifices and adjustments have been necessary, to deal with this new challenge in our lives.

If we could do this for Covid, can we do it for the existential threat of climate change?



Leading up to the current COP26 UN Climate Change conference in Glasgow, Greta Thunberg commented that world leaders were good at saying “blah blah blah”, but not following through with action.

Are politicians afraid of taking action because they fear the blowback from us, the people?

Divesting from fossil fuels and reducing subsidies to the fossil fuel industry is something that many analysts say is an essential step. What would that look like to me and you?

The bottom line is that removing subsidies will make fossil fuels and their products more expensive, and make alternatives like wind and solar more attractive investments.

Banks and pension funds continue to invest in the fossil fuel industry, partly because of the principle of “fiduciary duty”.

This principle binds investment managers to maximize short-term gains for their portfolios, even if long term forecasting suggests otherwise.

Do we want our pension

funds invested in businesses contributing to climate change? It is time to overhaul policies that are propping up the fossil fuel industry.

Perhaps some of these changes will make our lives more challenging, such as increased prices at the gas pumps. But what can be more challenging than living with the consequences of a changing climate – fire, smoke, drought, flood, insects and disease? Think heat dome!

Let’s underline Thunberg’s message; we expect climate action from our leaders, and, just as we did with Covid, we can handle the impacts on our lives.

☐ Sarah Weaver works actively on environmental issues and posts her regular blog ‘Coast Lines’ at linesfromthecoast.blogspot

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Car for a deserving family

Once again a group of sponsors is offering a refurbished vehicle and gifts to a deserving family.

The public is invited to submit letters on how a car could change the life of a family in need.

Kal Tire, Braby Motors, Fix Auto Collision and SAS-CU Financial Group are all contributing to the package that includes gas, gifts and insurance.

Submit a story of 400 words or less by November 25 to ShuswapChristmas-Car@gmail.com.

No self-nominations and the family must be based in the Shuswap. See last year’s event here: <https://youtu.be/YvrYuHVXQps>.

FRIDAY AM
 NO. 1225
 November All Month
ARM MEDIA EST. 1997
 EDITOR & PUBLISHER
 Lorne Reimer
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NOVEMBER ALL MONTH

MOLEHILLS

Lorne Reimer



Freedom to move on

Freedom is a powerful word in our language. When a retired teacher friend expressed dismay that this word was being co-opted as a rallying cry against public health measures to suppress the pandemic crippling the entire world, he decided to try to reclaim the word and spark some conversation.

So he threw in some prize money and invited *Friday AM* readers to answer the question, "what freedoms have you gained by being vaccinated?"

The result was an impressive range of replies. There were beautiful sentiments among the dozens of answers - about family and community or about being able to hold a grandchild. The challenge offered a cash prize by draw and another by judge. That answer went to the very heart about "freedom to be a responsible active member of society, a joy and a privilege that is never to be taken for granted."

Other replies spoke of being able to have the entire family together for Thanksgiving. "All 18 of us gathered for the first time in two years for a convivial feast and a recounting of our blessings - vaccines were on many people's lists."

The replies shone more light in the tunnel as we begin to see an end in sight. Thank you for all your comments. ■

Bugle blows where poppies grow



This year marks the 100th year of the Poppy as a symbol of Remembrance of Canada's veterans and of those who made the ultimate sacrifice.

More than 117,000 lost their lives and 229,000 were wounded in action between World War 1 to present conflicts and peacekeeping missions around the world.

Salmon Arm's Cenotaph ceremony has once again been modified due to current health restrictions. The Legion cannot invite the public to attend. The ceremony will be aired on 91.5 FM from 10:45 to 11:15 am and a video will be posted on the Legion's Facebook page. Wear a poppy over the next week. Lest we Forget.

Son recalls impact of war on isolated Northern community

By Patrick Eugene Thomas

My father was a great storyteller, but never spoke much about the war like most of his friends.

Ralph Thomas loved to talk about his experiences as a boxer. "I didn't have much strategy, but I had a powerful left fist," he would recall. "When I connected, the fight was usually over. The guys called me One Punch Thomas".

One of the girls I grew up with on Matheson Island in Northern Manitoba said she used to sit between the kitchen and the living room and listen to my dad tell stories, and my mom tell stories to the women and kids in the kitchen. "I could never decide who I wanted to listen to more."

However, my dad would very rarely talk about his war experiences.

Many of the men we knew - friends and relatives - suffered from PTSD, almost without exception. The name for that deeply wounding condition came decades later.

I never heard the local veterans say they regretted going to war. Being an Indigenous community, many had difficulty enlisting since from the start of the war, the Forces required "significant European heritage" which made enlisting difficult for Indigenous men like my dad.

He stated he was mostly Welsh; his brothers said they



> My father, Ralph Henry (Andre) Thomas who served in the Royal Canadian Navy in WW2.

were mostly French and English.

Our community of about 120 was fairly isolated and social interaction was often impacted by the psychological and emotional fallout of the war.

Clifford Settee, my uncle by marriage, was possibly the most respected man on Matheson Island, although his PTSD often made him react to gunfire, a common occurrence in a village whose diet depended on fishing and hunting.

I once questioned my parents about him, and they told me that he was a Hong Kong prisoner.

This quiet introspective man was a larger than life hero to those with whom he lived although us kids never really understood why.

Lest we forget. ♦

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Festivities

- > **Clocks FALL back** Nov. 6/7 for an hour's extra zzzzz's
- > **November Men's Health Month** - mover.com / P. 14
- > **Shuswap Rotary online auction** - Silent auction; LIVE auction, 7 pm, Nov. 5. Go to trellis.org/shuswaprotaryauction.
- > **Remembrance Day** - Thursdays, Nov. 11. / P. 3
- > **Winter Fun Fest** - Nov. 26, 27 from 4 to 9 at Salmon Arm fairgrounds. Fun, music, food.
- > **Christmas Parade**, 3 pm, Nov. 27
- Also **Barn Bash** with Shawn Lightfoot, 26th & Goods Band, 27th. Tix online at salmonarmfair.com for Barn Bash. A Rotary fundraiser.
- > **Market on Hudson** - 10-12, Nov. 5, 19, Dec. 3, 17.
- > **NO Holiday train** again. Canoe is still gathering food in a canoe Dec. 18, and then fireworks.

Art & Film

- > **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** - now to Nov. 10. Enderby Courtyard.
- ☐ *See craft fairs & more in You're Invited, next page* ▶



> The cast of *Hilda's Yard* gathers around the patio table, enjoying houses ast Shuswap Theatre. Cast includes Julie Drapala, Uther Radcliffe, Ali Balloun, Fred Green, Alex Delaney and Julia Body

AT THE MOVIES

- **SALMAR GRAND**
Weekend matinees & nightly movies, Nov. 5 to 11
- **Eternals**, 1:45 Sat., Sun & Nov. 11; 6:20, 9:30 nightly. Immortal beings on Earth, shaping its civilizations. (PG viol, lang, sex)
- **Red Notice**, 2:30 Sat., Sun & Nov. 11; 6:30, 9:00 nightly. Tracking the world's most wanted art thief. (PG violence, lang)
- **Spencer**, 2:15 Sat., Sun & Nov. 11; 6:45, 9:20 nightly. When Lady Diana decides to leave Prince Charles. (PG viol, lang)
- **Dune**, 2:00 Sat., Sun; 7:00 Nightly. Protecting most valuable element of galaxy. (PG violence)
- **SALMAR CLASSIC**
Shuswap Film Society
shuswapfilm.net • *New Season!*
Limited seating, masks required
- **REEL WEEKEND**
Mini Film Festival, Nov. 5 to 7
(Reduced lineup of three films)
- **Best Sellers**, 4:00, 5th; 7:30, 6th. A reclusive cankerous novelist emarks on a publicity tour.

- **Pig**, 7:30, 5th; 4:00, 7th. Nicholas Cage plays a hermit who returns to Portland to find the person who stole his beloved pig.
- **I'm your Man**, 4:00, 6th; 7:30, 7th. A experimental subject has to spend three weeks with a special robot.
- **Regular Season**
- **Riders of Justice**, 5:00, 7:30, Nov. 13. Military man returns home to care for daughter after wife dies.
- **Respect**, 7:30, Nov. 19-23. Aretha Franklin from child to superstar.
- **Perfumes (Les Parfums)**, 5:00, 7:30 Nov. 27. Diva of perfume world and her courageous chauffeur
- **The Lost Leonardo**, 7:30, Dec. 1. Documentary about the painting that seduced the world.
- **Love Sarah**, 5:00, 7:30, Dec. 4. Three generations open a bakery.

Concerts

- > **David & Ken - Comedy with Music** (formerly with Comic Strippers) - 8 pm, Nov. 18, 19, Shuswap Theatre. Tix at shuswaptheatre.com

- > **Dancing with Shuswap Stars**, Nov. 19, shuswapstars.ca Fundraiser for Shuswap Hospice.
- > **Sandy Cameron's Merry Kriz** - 7 pm, Dec. 16, Nexus at First. Jazz club is back! Old tunes with a jazzy flair. By donation

Theatre

- > **Joy Ride** - Dec. 4 to Jan. 2. Winter Sleigh Ride show is back at Caravan Farm Theatre. caravanfarmtheatre.com
- > **Hilda's Yard** - Continues Nov. 4-7 and 11-13. Shuswap Theatre. Comedy about empty nest filling up again. Tix at [Wild Craft Mercantile and shuswaptheatre.com](http://WildCraftMercantileandshuswaptheatre.com).
- > **The Coyote's Christmas** - Dec. 10-12, 17-9, Shuswap Theatre.
- > **Murder has been Renounced Dinner theatre** - Nov. 26, 27 & Dec. 3, 4. First United Church by SA Actors' Studio. Tix available soon
- > **O Christmas Tea** - Off Broadway comedians James & Jamesy in an hilarious British comedy, Dec. 7, Song Sparrow Hall on Lakeshore Dr. Tickets are going really fast at: <https://acousticavenue.ticket.ca>

Sports

- ☐ Sport Spot, Page 13

Hilarity ensues ShuBiz

This is just what the doctor ordered for the gradual return of the lively arts to the Shuswap. Audiences will be more than cheered up after a near two-year absence of stage shows. They're going to be rolling in the aisles laughing.

The Norm Foster comedy *Hilda's Yard* opened the Shuswap Theatre season last week and is running two more weekends.

The comedy theme continues at Shuswap Theatre Nov. 18 and 19 with an improvisational show by comic musicians David and Ken. (See front cover).

Next on deck is the dinner theatre production *Murder has been renounced* over four nights, Nov. 26, 27 and Dec. 3, 4.

The new Song Sparrow Hall venue will throw its doors open with the hilarious holiday classic, *O Christmas Tea* by UK comedy darlings, James and Jamesy. All good fun indeed.



> James & Jamesy present the outrageously funny 'O Christmas Tea'.

city lights

- **vern** - Details at: ticketseller.ca
- **LUNCH AT ALLEN'S**
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
- **OSO: Bach's Playlist**, Nov. 20
- **Lyla**, Nov. 20, Creekside
- **Wes Barker** - Comedy & Stunts, Nov. 26
- **kelowna - Masters of Illusion**, Nov. 9
- **Bahamas**, Nov. 21 • **Jesse Cook**, Feb. 24 •
- **kamloops - SonReal**, Nov. 12 •
- **KSO & Van Django**, Nov. 5, 6
- **KSO 'The Wild Orchestra**, Nov. 7
- **Santa Claus Parade**, Nov. 28
- **vancouver**
- **Canucks**, Nov. 5, 7, 9, 17, 19, 21, Dec. 4
- **Lions**, Nov. 12, 19 • **Whitecaps**, Nov. 7
- **Weeknd**, Jan. 14, 15 • **Eric Church**, Oct. 29
- **Asian Film / Chutzpah! Festivals**, Nov. 4-14
- **Hasan Minhaj** 'King's Jester', Nov. 14

NEW VENUE FOR FEST

Excitement abounds as we tour the beautiful grounds and the many buildings at the Sorrento Conference and Retreat Centre, the new home of next year's 18th annual Word on the Lake Writers' Festival April 29 to May 1.

There's lots of room to spread out, find a quiet spot outside to relax in nature, or work on your blue pencil pitch. The Centre covers 24 acres, including private waterfront on the Shuswap, hiking and biking trails, campers in RV and tenting sites, cozy cabanas and other accommodations. Registration opens March 30, 2022 at wordonthelakewritersfestival.com/2022.

Here are a few of the presenters lined up so far:

Our own **Scott Fitzgerald Gray** is not only an author (all his fantasy books listed at insaneangel.com), he's also a great fiction editor, story editor, RPG editor and designer. He lives in Salmon Arm. Rave reviews all around for his workshop last year.

Local national and international best-selling author **Gail Anderson Dargatz** will be presenting and talking about her new thriller novel, *The Almost Wife*. We always enjoy having Gail join us.

Kat Montagu is a writer, producer, script analyst, story editor and teacher. Her scripts have won a Praxis Centre for Screenwriters Fellowship, provincial development funding and a BC Film Feature Screenwriting Internship, semi-finalist for Page International (for a TV Pilot).

Anna Comfort O'Keefe stepped into role of publisher at Douglas & McIntyre and is looking forward to joining our festival as she did one other year.

Ian Weir is a multiple award-winning playwright, screenwriter, TV showrunner and novelist. Born in North Carolina, he was raised in Kamloops. His second novel, *Will Starling*, was longlisted for the 2016 International Dublin Literary Award.

Kelley Armstrong is a Canadian writer, primarily of fantasy novels since 2001. She has published 31 fantasy novels to date, 13 in her Women series, five in her *Cainsville* series, six in her Rockton series, three in her *Darkest Powers* series, three in her *Darkness Rising* trilogy and three in the *Age of Legends* series, and three stand-alone teen thrillers. She has also published three middle-grade fantasy novels in the *Blackwell Pages* trilogy, with co-author Melissa Marr. As well, she is the author of three crime novels, the *Nadia Stafford* trilogy.[2] She has written several serial novellas and short stories for the *Otherworld* series, some of which are available free from her website. Starting in 2014, a Canadian television series based on the *Women of the Otherworld*, called *Bitten*, aired for three seasons on Space, and SyFy. ■

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

WRITE ON!



Kay McCracken



> Former kindergarten students of Donna Rollier celebrated the unveiling of a new Buddy Bench at South Broadview. The bench was purchased in part from funds leftover from selling pies during those years.

Wow, are we in for a treat this Christmas! Seven regional authors have assembled a book of 100 word stories, a story a day from Dec. 1 to 25. Launch of the *Drabble Advent Calendar* is set for the Salmon Arm's library branch from 1:30 to 2:30, Nov. 20. Authors are **Chris McMahan, Carol Parchewsky, Finnian Burnett, James Bowlby, Shawn L. Bird and Lee F. Patrick**. (BYVP*)

* BYVP: Bring your Vax pass
* Drabble: 100-word piece

You're Invited

- > **Spinners & Weavers Christmas Market**, Nov. 24 to 27, Piccadilly.
- > **Toast to Autumn**, 5 to 8 pm, Nov. 5, at Shuswap Cider Co./ Westgate Market, featuring After Dark Distillery, Sunnybrae Winery & Morrow Brewing.
- > **Salmon Arm Market**, every other Saturday Nov. 6, 20, Dec. 4, 18, Hudson.
- > **Market Craft Sale** at Piccadilly, Nov. 19, 20.
- > **Rancho Vignola Harvest Sale**, Nov. 12, 13, SASCU Rec. Centre / P8
- > **Artistry Christmas & Bake Sale**, 10 to 3, Nov. 13, Blind Bay Hall.
- > **Christmas Market**, 9-2, Dec. 4, Notch Hill Hall.
- > **Armstrong Farmers Christmas Market**, Dec. 4, Hassan Arena.
- > **Chase Country Christmas parade**, 5:30, Dec. 3.
- > **She Shed Artisans**, 5 to 9, Saturday nights, next 97B & Hwy. 1 junction.
- > **SA Council**, 2:30, Nov. 8, 22. > **CSR board**, 9:30, Nov. 18.
- > **School Board**, 6 pm, Nov. 23, District Ed. Centre.
- > **SA Toastmasters**, 7 pm, Thursdays, Okanagan College.
- > **Wednesday Meditations**, 7 pm, In-Person or Online (kmcfv.ca) \$12/ person. SA Meditation Centre, 2960 Okanagan Ave.
- > **Salmar AGM**, 7:30 pm, Nov. 25, Salmar Classic
- > **Chess Club** (All ages), 6 pm, Wednesdays, Okanagan College. 250.803-8495. Bring chess set/board if you have one, until sufficient sets purchased.
- > **Tsuts'weye Women's entrepreneur & innovation network**. Zoom workshops: Securing your digital self, 9-10:30, Nov. 5, 12, 19 • tsutsweye.ca

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PLASTI-CITY

It seems a bit odd that we cannot put plastic bags in our recycling. If this comes as news you should re-read the guidelines! Flexible plastic, wrapping and bags, must be separately taken to the recycle depots. There is no curbside pick up.

I am one of those folks who always refuses the store plastic bag and end up scattering my purchases all over the parking lot. Despite my improving juggling skills I still end up with some bags. The problem with plastics is that they never really degrade, but simply break down into smaller pieces. Although they eventually become "micro plastic", and are invisible, they are still here.

This is the crux of the problem. We have a ubiquitous material which apparently disappears but really it just gradually thickens the soup of life. Whales in the far Arctic have increasing micro plastic inside them and so do we.

Plastic is plastic, it has the property of plasticity. It is made of long chain polymers which make it easily mouldable, ie plastic. The property means that it is quite possible to make one plastic item into another. A lady in India is making house bricks from bags using a process she pioneered in her kitchen oven, I do not recommend putting old bags in a jelly mould in your oven, but it shows what can be done.

First, the bags need to be collected. Excluding them from recycling collection immediately puts more into the ground. I am sure there are really good reasons why they cannot be collected but duplicating the normal pick-up vehicle's journey by the number of household cars is a good reason to re-think the scheme.

Due to a 2014 "Cradle to Grave" policy, the packager pays for the recycling and we pay them at the checkout. Why are we adding carbon to the equation and taking the stuff ourselves? I hear you cry, "But we were taking the glass anyway." Another ubiquitous, easily mouldable packaging product we have already paid to recycle.

Re-use is the correct mantra in all sensible approaches but after a bag has been a bin liner does it still go in the ground? I understand BC is good at recycling plastics into pellets used to make new plastic items and I am sure the figures would be stunning, although I could find no reliable sources, but the fact remains; It is harder for individuals to keep the cycle going than to plant a problem for the future. ■

□ Barry Marshall can be reached at BarryMarshall@gmx.com

REPAIR GUY
Barry Marshall



JASPER THE PICKY PUPPY

A couple months ago, Jasper the Dog started to have really bad breath. Despite investing in doggy toothpaste, doggy mouth rinse and a variety of doggy dental treats to help clean his teeth the stench continued.

After taking him to the vet, it was determined he needed six teeth removed which in turn cleaned up his mouth and cleaned out my wallet.

If you remember my article on the cone of shame from earlier in the spring, this is now the second surgery for him this year after having eye surgery. Soon he'll be "The Bionic Dog"!

Part of the recovery process was feeding him soft food versus the crunchy kibbles he had been fed his entire life and it should be noted he never complained once. To no one's surprise Jasper absolutely loved the soft food. Eventually, we began to mix the dry and soft food together and he continued to gobble it up like he was a king.

Well, the dreaded day came when we used up all the soft food in the fridge. So like before I fed him his scoop of dry kibble.

With a bowl full of food, Jasper the Dog stood there alternating gazes at his dish and me as if to say, "Are you kidding?"

MALL ARKEY
Daron Mayes



The hard nosed, cold hearted and thrifty (cheap) guy that I am, I simply told him to quit

dreaming about soft food and to get about eating his supper.

Later that night, I noticed his food dish was still full of food. I looked at him and said "Seriously... a hunger strike?! Well, I won't cave that easily!"

By morning he had ate half of his food, but he clearly wasn't going down without a fight, and every time we went into the mudroom where his food dish is located, he would look at the fridge and then me with his sad eyes.

I knew this battle of the wills would eventually have someone who would cave and wouldn't you know it, my fridge is now full of soft food.

Clearly, I was no match for Jasper the "Bionic Dog". He might look unassuming, but those laser sharp eyes have a way of breaking you down over time.

And here I thought my food bill was going down as my children began leaving home!

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



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READING ROOM

by Melanie Wilke, Reference Librarian

Create a Bookface or Shelfie

In preparation for the Governor General's Literary Awards to be announced November 17, check out some of this year's shortlisted authors. Ivan Coyote's *Care Of* is a collection of moving correspondence that Coyote wrote in the early days of the COVID-19 lockdown, in response to letters and communications they had received, some dated back to 2009. This is a touching, thoughtful and honest book, worthy of a read.

Perhaps you have a young person who would enjoy David A. Robertson's *On the Trapline*? "A boy and Moshom, his grandpa, travel to visit a place very special to Moshom – the trapline his family used when he grew up. The boy imagines life two generations ago, and what is different and what is similar to his life now. A beautiful introduction to Indigenous culture."

Another reading opportunity in November is our **Classics Book Club** and exploring *One Hundred Years of Solitude* by Gabriel Garcia Marquez. The brilliant and bestselling landmark novel tells the story of the Buendia family, and the irreconcilable conflict between the desire for solitude and the need for love. Register for discussions, Nov 4, 18 and 25.



If you enjoyed October's **Pumpkin Craft Kits to Go**, come and pick up our **Christmas Tree Garland Craft Kits to Go** starting on Nov. 12. These garlands are perfect for your tree or fireplace mantle. There are a limited number of kits available, so don't wait too long.

We also have great offerings for in-person Library activities:

■ **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 Nov. 4 any time between 1:30 to 3:30 pm with your questions.

■ **Family Storytimes** – Join us for 30 minutes of songs rhymes and stories Saturdays at 3:30 pm or Thursdays at 10:30 am. There are a limited number of seats and registration is necessary.

■ **Cyber Seniors Training** – Partnering with LASS (Literacy Alliance of the Shuswap Society), we are excited to again be hosting one-on-one tutoring program with sessions geared towards seniors who have never used computers before or only have a basic knowledge. Each learner is partnered with a community volunteer tutor and together they work on basic skills such as using a mouse, saving files, searching the Internet, and setting up an email account. If you want to register, please email info@shuswapliteracy.ca, or phone 250-463-4555.

■ **Upcycled Christmas Cards** – Looking to make Christmas Cards from recycled books and fabric scraps? Join us to create clever and easy cards on Friday, Nov. 12 from 11-12. Registration is required, please check out our website for details. ■

Shuswap String Orchestra Society welcomes more players

This group of Violin, Viola, Cello & Bass players of all ages rehearse Wednesdays 4:30-6 schooldays and performs occasional concerts. They play a range of styles playable by anyone who has studied their instrument a few years. Stronger players may play more difficult parts. Bring your instrument, come early and join your section. You're more than welcome to come watch and see if it's a good fit. Fees are very modest.

• *Improve ensemble skills* • *Play great music with others* • *Have fun*

If you have questions, please contact **Geoff Benson**
250.804.1040 or email benson.geoff137@gmail.com

Back in nature

> There's plenty of leaves to pile up at the new location of toBack onNature Childcare on 30th St. SE next to Little Mountain Park. The facility offers the Waldorf childcare program for children from 2 1/2 to five. Coordinator Teresa Horsting said they are offering a home-like, unhurried environment with focus on the wonders of nature, freedom for imagination, reverence and beauty and acceptance and are taking new registrations for January. Call centre at 250-833-3556.



Thank you to McDiarmid Construction and AVEX Architecture for their quality care, creativity and collaborative workmanship. My gratitude also reaches out to all those who have supported this project along the way.

~ Teresa



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Workshop for Couples
the Seven
Principles for Making
Marriage Work

Nov. 13 & 14 • 9am to 4 pm

This training based on the work of Dr. John Gottman, is designed to help couples improve their friendship and conflict management skills. It is presented by Gottman trained leader, MJ Berezan, M.Ed. of Coyote Counselling in Salmon Arm.

12-hour Workshop includes guide, lectures and private couple exercises. Participants will not share their personal issues in front of others. (Not suitable for couples experiencing severe relationship stress/abuse/violence/ addiction issues.)

- Improve friendship, fondness and admiration
 - Enhance romance and intimacy
 - Manage conflict constructively
- Gain skills to address perpetual and solvable issues
 - Create shared meaning
- Maintain gains throughout a lifetime

Contact MJ at 250.558.9018 or Facebook @coyotecounselling
Email: mjberezan@yahoo.com

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> Craig McBride captured spectacular views of the lava layers and craggy rocks over the high humps and peaks of Mt. Ida on a recent group hike. Photo on right show Salmon Arm below. ▶



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November 18 & 19
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 Friday | 9am - 7pm
 Saturday | 9am - 5pm
 SASCU Recreation Centre
 2550 10th Avenue NE
 Salmon Arm, BC

✓ COVID-19 protocols in place

Order online starting December 1st
 Free shipping on all orders over \$100

Stuff I noticed while driving and wished I stopped to take a photo

- > A Smart car pulling a trailer near Uptown Askew's
- > A guy raking a lawn of deep scarlet
- > A woman training half dozen border collies on the fairgrounds
- > Hundreds of Canada Geese on a field near Piccadilly bulking up for their big journey south.
- > A large owl napping on the middle of Foothill Road. Myself and another person stopped traffic so it wouldn't get hit. ~ C.D.
- > A beautiful bear beside the road near Revelstoke. ~ E.S.B.
- > A deer madly chasing a coyote on the side of the road.. then two more popping out of the bush and joining the chase.. Did that coyote run! I've never seen anything like it ~N.C.
- > A mom clearly explaining the pay phone to her children at the corner near Frog Coffee Roastery in Canoe. ~ K.K.

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It has been a challenging few years for all of us, and this little paper of mine is no exception.

I am working hard to catch up on my printing bill by year's end, and also need to upgrade my software.

So without going the WalMart greeter route, I've come up with a "plan". First, I catch up on invoices and receivables. The next part of the "plan" is to offer two wonky products of my own invention - something you may or may not be interested in for yourself or a stocking stuffer.

It's a **BirthDay Calendar** where the new year begins on your B'day or your buddy's B'day, and a **Bucket List Reminder**. This is a collage to remind you of your travel dreams.

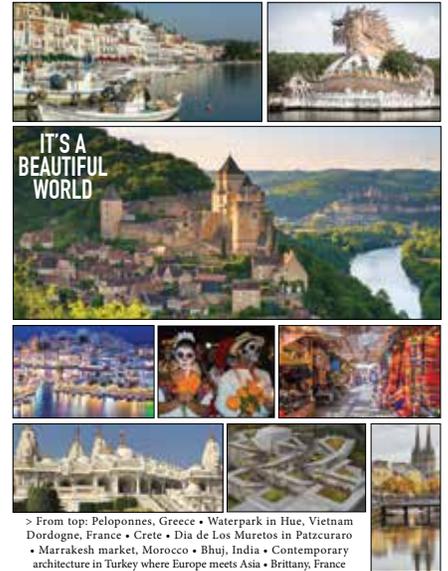
I "try" to explain it all on the right.

Oh, and more way to support this paper is buy a **Friend of Friday AM** card for \$10 that includes a classified ad coupon OR \$7 off your next ad. \$20 gets you a card, plus \$15 coupon. \$50 gets you the whole kittenkaboodle

- (1) **BirthDay year calendar poster**
- (2) **Bucket list poster** (3) **Friend of Friday AM card** (4) **\$10 coupon.** ▶▶

POLLY'S YEAR 44

NEW YEAR STARTS OCT. 31st



BirthDay Calendar

- Starts and ends on your birthday
 - Provide name, full birthdate & photo
 - Will make up calendar with pdf and 8 1/2 x 11 on poster paper
- Send to friam@shaw.ca
Cost \$20 plus gst

Bucket List reminder

- A collage of six to nine places on your travel dream bucket list
 - Will make up Bucket list reminder with pdf and 8 1/2 x 11 on poster paper
- Send place names to friam@shaw.ca
Cost \$20 plus gst



WILL YOU BE OUR NEXT WINNER?



Lets eat!

askewfoods.com/homechefs



IN REMEMBRANCE

Over the past years I have written a number of times about Remembrance Day. This time of year holds a special sentiment for me.

I was there in Union Station Toronto when the troops returned from the second World War. I saw them marching, four abreast, proud, the survivors.

My father was in the service repairing training aircraft with "The British Commonwealth Air Training Program" Uncle Clarence was on the West Coast with "Coastal Patrol" and my Aunt Elsie was with the "Royal Canadian Air Force Women" (Wrens). Most dangerous of all was my Uncle Bill who landed on Juno Beach and survived.

My great uncle Sid was killed moments after stepping off the boat in France during the first World War and, saddest of all for me, was the death of my Uncle Ralph who was run over by a drunk driver while serving with the occupying forces in Germany in the 1950s.



This may sound like a whole lot of sadness, but it is with a great sense of pride that I remember these people and what they did so that I and my family can enjoy the freedom and safety that prevails in this country today.

I am of an age that gives me perspective into our place in history. It allows me to make comparisons to some of the tragedies and great triumphs of our times.

I remember food shortages and the use of "food stamps". I remember collecting milk weed pods (kapok) to be used in the manufacture of life vests. I also remember the voice of Lorne Greene on CFRB Toronto giving the evening casualty count of the action in Europe and Japan. He was called "the voice of doom".

On Saturdays we would go to the movie theatre and they would show news reels of action at the Front. To us young kids it was frightening, but we were unable to truly understand what it all meant. I recall thinking that war was an everyday common thing and that there was and will always be war. I was surprised when it all ended. Of course, war never did end and it plagues us today in many places.

So today, as we remember all those who have lost their lives in various conflicts over the past century, please give thanks to them for the wonderful life we enjoy in this great country of Canada.

Of course, Canada is not a perfect nation and has much to account for. It is, however, better than most. We should feel comfort that most of the wrongs are not being swept under the rug, and are in fact being brought forward. These transgressions will be heard, and those responsible for apologies will be heard.

On November 11 as we make our way to the "memorials of the fallen" please be aware that this occasion is not to celebrate war, but to simply remember those who, in good faith and sense of loyalty, lost their lives doing their duty.

Duty to one's country should be foremost, whether you like it or not. ■

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

MY TWO
CENTS



Ed Campbell

Celebrate 70th year

In less than two months, the Queen will be celebrating her 70th year on the throne.

Letters

It also means that she will have presided as our head of state for nearly half of the history of this country. Whether one is a Monarchist or Republican, this achievement is without precedent and calls for appropriate celebrations.

While there are plenty of plans afoot in Britain and other Commonwealth countries, we in BC have not heard anything from Ottawa, Victoria or our local municipal / regional governments.

After almost two years, of Covid, the Jubilee offers the opportunity to recognize not only the extraordinary sense of duty and service of the Queen to Canada, but also can recognize the service and sacrifice made by so many Canadians.

Canadians have a long history of coming together to celebrate our communities and each other and the celebrations might include our indigenous peoples, new Canadians, live local celebrity performances, a parade, community block parties and luncheons, tree plantings and more.

School curriculums should include the role of Her Majesty as Queen of Canada. As we emerge from almost two years of Covid, the Platinum Jubilee celebrations should be able to lighten the mood and remind all British Columbians of our home and heritage.

There will not be another Jubilee in this Reign. Let's do the right thing.

Derek Hall, Vernon

Editor's Note: Louis XIV ruled France for 72 years, and two others both ruled 70 years (Thailand and Liechtenstein).

City FIXINGS

> Fall is the time to prepare yourself against the hazards of falling. A single fall can change one's life in an instant.

Bravos & BOOS

> **BRAVO TO:** a fun and safe Halloween night.

Web SITINGS

> Search youtube for Elisey Mysin, performing piano with symphony orchestras since age 8.

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Remembering...

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we honour his service
to our country and all
of the sacrifices of
those who served in the
various world conflicts.**

"In war there are no unwounded soldiers" - Jose Narosky

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TEN TINY THINGS TO DO

COP 26 in Edinburgh wraps up next week. Our news feeds are full of high level policy decisions, or our best last chance to save the planet and ourselves as it has come to be known.

If I'm honest, I feel quite disconnected from the whole affair other than the hope that there are decisions that will indeed help save the planet. Even the name, COP26, is a question mark for me. Turns out, it stands for the 26th meeting of the Conference of the Parties that signed the treaty of the Union Nations Framework Convention of Climate Change in 1994. I'm grateful Canada was among the signatories.

That being said, the disconnect does not absolve responsibility to do my part. On average, Canadians' per capita carbon footprint is higher than average. While it's true that we live in a relatively large, fairly cold country with one of the lowest population densities in the world (4 people per 1 square km), our average is 14 tonnes per capita per year when the global targets are more like 2.5. We clearly have work to do.

Many contributing factors are structural and industrial and will require high level government policy, corporate commitments and investor intentions to lower overall carbon output, but we are not, as individuals or small communities, without some ability to make a difference.

There are small steps we can take on a regular basis to mitigate climate impact to reduce our footprint.

Many of the steps I took are a result of the pandemic. Working from home for a over a year definitely changed habits and, as it turns out, reduced my footprint. I don't plan on going back to the old way anytime soon.

■ Eat local. I've shopped more often at local markets in an effort to support our farmers. That reduces my footprint and has upped my culinary game.

■ If you enjoy a drink, choose a local one. We have amazing beer, wine, ciders and spirits. Why have a global brand flown in when you can support

NOTES FROM THE MARGIN



Louise Wallace Richmond

local businesses?

■ I haven't shopped as much as I once did and when I do, I go to thrift stores or buy second hand on Marketplace. Way better stuff. Way lower prices. Much lower impact. And so much more exciting.

I've found some lovely things that meet my needs and make my heart sing.

■ COVID first kept us from using our own shopping bags so I opted for paper instead of plastic. Turns out you can fit a lot more in a paper bag and they are way more useful and more compostable than plastic ones.

■ And speaking of compost, I'm a big fan of our ability to compost. It's cut down so much on household garbage and the more we can divert from the waste stream, the better.

■ I don't go to town much as I used to and when I do, I try to plan to do as many errands as possible, thus saving on gas and making more efficient use of my time.

■ When I do laundry, I wash in cold water. And I do much less laundry than I did before. Seems you don't need to wash things that you've only worn once. Really, you don't.

■ Run appliances off hours. My dishwasher and my washing machine generally run in non-peak hours. It's easier on the electricity grid.

■ Add a staycation to your travel plans. I know you want to go away. I want that too. But if you replace one vacation with a staycation you're in for a lovely surprise and a far lower carbon footprint.

■ Turn the thermostat down. And wear a sweater. From a thrift store. Under your favourite blanket. Seriously, cozy and climate friendlier.

Essentially, each of us are in a relationship with Mother Earth. And as if the global pandemic wasn't sign enough, a heat dome, forest fires and a drought makes it plenty clear to me that she is in dire need of some drastic care and attention from us all. ■

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

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MISCELLANEOUS FOR SALE

 Canadian Mental Health Association
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We Remember Closed Nov. 11
 433 Hudson Ave
 Hours: 10 - 3 • Tues - Fri.
 Donation bin hours Mondays 9-3

Good Times restaurant equipment (Ranchero) - near new kitchen, 5 fridges, chairs, tables, Folgers golf machine, candy machine. 250.804-9363

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 High +8 to low 0
 Normals - +6 to -1
 Extremes since 1991:
 +16 2012 • -11.6: 2017
 Sunrise 7:52 am • Sunset 5:29 pm
 Clocks FALL back Sunday.
OCTOBER WRAP-UP
 3 1/4" rain. Drought is over!
 Mean average low +3 C
 Mean average high +11.

PAST TEMPERATURES
 Oct. 27 to Nov. 2
 By Nick Parsons, SW Gleneden
 Elev. 458 m (119 m above lake).

DATE	HIGH	LOW	PREC.
Oct. 27	+13	+5	Trace
Oct. 28	+13	+4	1" rain!!
Oct. 29	+10	+3	Trace
Oct. 30	+6	+8	Nil
Oct. 31	+6	-5	Nil
Nov. 1	+17	-6	Nil
Nov. 2	+6	-1	Nil

Sport Spot

> **SA Silverbacks**
 UPCOMING: Merritt@ SA, 7 pm, Nov. 5 • SA@ Coquitlam, 7 pm, Nov. 6 • Cranbrook@ SA, 6 pm, Nov. 13 & 4 pm, Nov. 14 SA 5, RECENT SCORES: Nov. 3: Vernon vs. SA?
 • Oct. 30: SA 7, Victoria 4 • Oct. 29: SA 8, Wenatchee 2
 • Oct. 21: SA 4, Nanaimo 1 • Oct. 20: SA 5, Coquitlam 2
 INTERIOR STANDINGS: 6 Win • 0 Loss • 1 OTL • 13 pt
 Penticton 14 • Prince Geo. 14 • West Kelowna 10 • Trail 11
 Cranbrook 8 • Vernon 8 • Wenatchee 3 • Merritt 0

> **Curling Centre** - Senior Men's, Nov. 12. • Ashley Classic, Nov. 19

> **Tennis Club** - Book indoor courts at clubspark.ca

> **Sicamous Eagles** - HOME (7 pm) - vs Summerland, Nov. 12; Osoyoos, Nov. 13 • Revelstoke, Nov. 15. AWAY to Chase, Nov. 6, 10.

> **SA Minor Hockey tourneys** - U15 Rep. T2/T3, Nov. 5-7. U18 Rec Nov. 19-21 • U11 Dev #1 T2, Nov. 26-28 • U11 Rec. Dec. 3-5

PASSAGES

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shuswapfoundation.ca

Bowers Funeral Service
bowersfuneralservice.com
 ❖ Bruce Daniel Bernard Anderson
 October 26, 2021, at age 50
 ❖ Adelard Christian
 October 28, 2021, at age 36
*Public wake 4 pm, Nov. 3-noon,
 Nov. 5, Enderby Com. Centre*
Fischers Funeral Service
fischersfuneralservices.com
 ❖ Claude Armstrong
 October 28, 2021, at age 87
 ❖ Sheila May Brewin
 October 28, 2021, at age 96
 ❖ Alexander George Duncan
 October 30, 2021, at age 89
 ❖ Markreta Dyke
 October 27, 2021, at age 87
 ❖ Brenda Susan Harrison
 October 24, 2021, at age 68

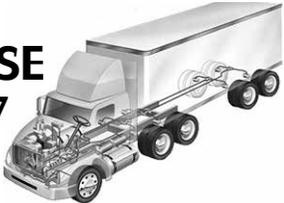
❖ Robert Brian MacIntyre
 October 25, 2021, at age 73
 ❖ John Duncan Reid
 October 27, 2021, at age 74
 ❖ Royal Landels Fetterley
 October 31, 2021, at age 88
 ❖ Loretta Irene Fuller
 October 17, 2021, at age 63
 ❖ Dan Engelland
 11-6 pm, Nov. 13, Hullcar Hall
 ❖ Tessa Allwood
 2-5 pm, Nov. 6, First United Ch.
 ❖ Ado Campeol, 93, inventor of my
 favourite dessert , tiramisu
 ❖ Aron Beck, 100, co-founder of
 Beck Inst. Cog. BehaviourTherapy
 ❖ Secco, 90, Bob Marley's drummer

> COVID-19 UPDATE

CANADA #27 rank	2,156 confirmed deaths
1,722,140 cases	197,396 recovered
29,089 deaths	155 current critical care
1,669,585 recovered	436 curent hospitalized
USA #1 rank	4,982 active cases
47,083,299 cases	584 new cases
770,561 deaths	8,199,432 doses admin.
37,094,322 recovered	Cases Oct. 24 to 30:
WORLD	43 Salmon Arm
248,722,157 cases	9 Enderby; 15 Armstrong
5,035,877 deaths	66 Vernon; 131 Kamloops
225,374,159 recovered	121 Central Okanagan
BC	11 Revelstoke; 5 Nelson
204,914 total cases	9 Merritt; 4 South Cariboo

worldometers.info/coronavirus • bccdc.ca

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 call **Shirley 250 832-6145**

MOVEMBER FOR MEN'S HEALTH

Movember is about men's health; mental health and suicide prevention, prostate cancer and testicular cancer. Globally, men die on average five years earlier than women, and for reasons that are largely preventable.

It doesn't have to be that way: we can all take action to live healthier, happier and longer lives. Here are 5 ways our fathers, partners, brothers, sons or friends can take action:

- Spend time with people who make you feel good.
- Talk more.
- Know the numbers.
- Know thy nuts. Simple.
- Move, more.

MENTALHEALTH MATTERS

Denise Butler

How can we support our men?

Four simple steps – use ALEC to help you navigate a conversation with a friend who might be doing it tough.

Ask

Start by asking how he's feeling. It's worth mentioning any changes you've picked up on: has he stopped replying to texts? Does he sound different on the phone? Has he gone quiet in the group chat?

Listen

Give him your full attention. Let him know you're hearing what he's saying and you're not judging. You don't have to diagnose problems or offer solutions, but asking questions lets him know you're listening.

Encourage Action

Help him focus on simple things that might improve how he feels. Is he getting enough sleep? Is he exercising and eating well? Maybe there's something that's helped him in the past – it's worth asking.

Check In

Follow up your conversation with a phone call or FaceTime. This helps to show that you care; plus, you'll get a feel for whether he's feeling any better.

Movember is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide.

Since 2003, Movember has funded more than 1,250 men's health projects around the world, challenging the status quo, shaking up research and motivating men to take action for their health. Visit movember.com

☐ *Good mental health is essential to overall health and wellbeing. For more information or support contact CMHA Shuswap-Revelstoke by calling (250)832-8477. If you would prefer email: info.sr@cmha.bc.ca*



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What does 'Quality' mean?

If you attach the word 'quality' to something, what does that really mean?

DESIGN DILEMMAS

Linda Erlam



How does this help a homeowner? You find some blinds at a terrific price in a retail store and buy them. After a few weeks,

they stop going up on one side.

How does this get fixed? You take them down and take them back to the store. The clerk takes the time to accept the return (hopefully) and refunds the price. Their profit is impacted. The blinds get sent back to the supplier and THEIR profit is impacted. It doesn't stop there, but this is the simple version. Every step along the way costs actual dollars.

You now have to spend more time finding new blinds, having them installed, and probably paying more for the second set because of your experience with the first.



Quality is Job 1.

While you may not think your time is worth anything, it is. If you had to drive your car, it costs you money. If you had to

pay for parking, or take an extra hour off at lunch, or pay the sitter extra, it costs you money. Bank charges?

What it cost the store can be calculated too. The clerk's time, the storage costs, shipping preparation, and cost. And lost profit.

I was able to attend a week-long training program on the Quality Initiative, and the model has stayed with me. It has become second nature to me, and when I hear someone saying, 'Well, I thought it was a quality thing, but it just fell apart after four months', I have to suppress the urge to expound.

The next time you decide to buy a product, take a few minutes and define what the product needs to do for you and your home, and then buy according to that. (Remember 'best'?) Stick to your guns. It will cost you less in the long run. ■

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

It may be of limited quantity, it is probably more expensive than other similar items, and it is considered 'better' than the other items. It may be made of rare components, it may be made following a patented formula, and it probably isn't easy to replicate exactly.

All of which may well be true, but it gets murky when we try to define quality without being subjective. Even saying it is more expensive than other similar items carries an element of subjective decision-making. What is expensive to me may not be expensive to you.

Knowing your personal definition of quality will help you save money when you are purchasing for your home. Or shopping for a new car, or getting a dress hemmed, or buying a backpack, or a sewing machine. The money saved will not necessarily be just in the purchase price, but you may save money as you use the item.

My definition of quality is this: 'Providing a product or service which meets and/or exceeds the needs of the customer'. Well, that's pretty dull, isn't it? But I believe it's dead right.

Here's the backstory: Ford used to have a slogan 'Quality is Job One'. We, out here in the world, believed that meant that they made the biggest trucks and the prettiest cars, often with the largest price tag.

But we were not privy to what it really meant. They adhered to the 'Quality Initiative', a business model which defined quality as I just did (it's where I got my definition). It included the idea that if you do not provide a 'quality' item, the dollar cost to the producer, and the consumer, can be measured.

This was labeled 'non-compliance'. And the whole idea is to produce items that make money, not cost money.

WORD SEARCH **Rock stars who are classically trained**

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

> Katy Perry, Freddie Mercury, Elton John, Charlie Puth, PSY, Ed Sheeran, Lady Gaga, Kelly Clarkson, Annie Lennox, Björk, Ariana Grande, Jason Derulo, Alicia Keys, Roberta Flack, Eddie & Alex VanHalen, Ray Charles, Billy Joel, Jack Bruce, Roger Waters, Elvis Costello, Matthew Fisher (Whiter Shade of Pale)

HIDDEN GEMS

THIS QUOTE SPACE HOSTED BY
 Hidden Gems Bookstore,
 331 Alexander Street
 www.hiddengemsbookstore.com

> “The purpose of a public education in a public school is not to teach kids only what parents want them to be taught. It is to teach them what society needs them to know. The client of the public schools is not the parent, but the entire community, the public.”

> “I knew people who had suffered from anxiety and found it find of hard to undertand, but then when it hits you, you’re like, ‘Oh my God, what is this?’ ~ *Shawn Mendes*

FUNNY BONE

- > I think my dog always follows me to the bathroom because I always follow him outside and he thinks that’s the way it works.
- > By replacing your potato chips with grapefruit as a snack you can lose up to 90 per cent of what little joy you still have left in your life.
- > It’s weird being the same age as old people.
- > The anti-Fax machine rallying cry. “It’s my paper, it’s my choice who uses my paper!”
- > A cookbook is being compiled by the ladies of the church. Please submit your favorite recipe, also a short antidote for it.

POP QUIZ

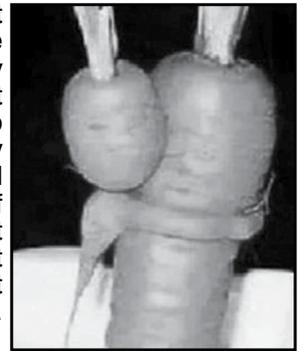
- > What rock band never penetrated American consciousness, but had nine albums reach number one in Canada?
- > What does the French line in the Beatles song, Michelle, “sont les mots qui vont tres bien ensemble”, mean in English?
- > What is Lady Gaga’s real name?
- > Stefani Joanne Angelina Germanotta
- > “go together very well.”
- > “It means the same thing as the English line, “these are words that
- > The late great Tragically Hip

PICTURE THIS



> Something about the sign above that tell me that I should take it seriously.

> Look at this little baby carrot clinging to its mommy carrot and tell me if you carrot all about innocent veggies.





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CONTINUING STUDIES AND CORPORATE TRAINING



NOVEMBER 2021 NEWS

B.C. EMPLOYER TRAINING GRANT PROGRAM

Okanagan College offers programming and corporate training that is eligible for this grant.

The goal of the Employer Training Grant (ETG) is to help British Columbians access the skills training needed to adapt to the changing requirements of jobs and the labour market while encouraging employer involvement in the training of their employees.



TRAINING STREAMS

- C19 Impacted Worker
- Workforce Training
- Technical Training
- Foundational Training
- Persons with Disabilities

HOW IT WORKS

- Reimbursement amounts vary between 60% and 100% depending on the training stream
- Training must result in a better job once training is completed
- Employers must submit their application on their own
- If approved, employers are to pay for all costs in full and, after training has started, submit a reimbursement claim
- Employers are eligible to receive up to \$300,000 per fiscal year

For more information and to set up a quote you can use to apply for the grant, contact our team:

Mandie Belle
Program Coordinator
MBelle@okanagan.bc.ca

Zach Webster
Corporate Training Specialist
ZWebster@okanagan.bc.ca

UPCOMING OFFERINGS

GENERAL INTEREST COURSES

Excel in a Day: Level I	Nov. 10, Salmon Arm Nov. 16 and 18, Online
Emergency First Aid (OFA 1 Equivalent)	Dec. 4, Salmon Arm
Standard First Aid	Nov. 15 and 16, Vernon Nov. 19 and 20, Salmon Arm
Occupational First Aid: Level III	Nov. 15-26, Salmon Arm Nov. 15-26, Revelstoke
FoodSafe	Nov. 27, Revelstoke Dec. 1, Salmon Arm Dec. 4, Vernon
Coaching and Developing Employees	Nov. 5, Kelowna Dec. 1 and 8, Online

CERTIFICATE PROGRAMS

Landscape Horticulture	Part-time: In-person • Vernon: January Full-time: In-person • Kelowna: January
Basic Accounting	• Kelowna: January • Salmon Arm: February • Vernon: January
Advanced GIS	• Online: January
Education Assistant	Part-time: In-person • Salmon Arm: January • Revelstoke: January • Vernon: September Full-time: In-person • Kelowna: January • Penticton: January

FOR PROGRAM INFORMATION AND REGISTRATION:

okanagan.bc.ca/cs

1-866-352-0103

csshuswap@okanagan.bc.ca

