



November

All Month

P.8

AM

FEATURING NOVEMBER MONTH

Morris in Exile Revisited

The Backstory

■ How local cartoonist Duncan Morris drew life living in Bangkok / P.9

▼ **WHAT'S ON** ■ Online: www.FriAM.ca ▶ 250.833.1141 ▶ Nov. 6, 2020 • No. 1180 • FREE

Festivities
Art & Film
Concerts
Theatre
Sports 4,5



- ▶ Dani Strong's new album / 4
- Radio play / 4
- Silverbacks play Nov. 13 / 5
- US politics / 11
- Mental Health concept / 14

Lest we Forget



Nov. 11 hours 11-4
 Contest results / 3
 Christmas Craft Fair, Nov. 21, 22

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> Bat Family Marty and Kimberley van derPauw and kids. Doreen Toebosch deploys the candy chute

LISTENING TO SILENCE

Did you know that urban noise is considered a pollutant by the World Health Organization, because of its effects on human health?

**SHORE
TO SHORE**

Sarah Weaver

Since the beginning of the last century, sirens now are 40 decibels louder, in order to be heard! However, we need silence; it's part of our genetic make-up. We should not have to go out of town to find a few moments of peaceful solitude in nature.

We often look to public spaces to provide respite from the din of the city. Yet, in Salmon Arm, it is hard to escape the roar of the highway in our parks. Finding innovative ways to create quiet outdoor spaces is a challenge—but one that is critical.

Here are three ideas:

Take advantage of the sound-baffling function of buildings and walls. For example, the mass of the CSRD Building and Lakeside Manor blocks the sound of both the railway and the highway. Consequently, the walkway which goes along Shuswap Lake on the north side of these buildings is relatively quiet.

Any time a public or semi-public building faces away from a busy road, we should ask, "Are there ways this building can be used to create a public quiet area outside? Can the back of the building be used for a quiet people place?"

Often the most protected spaces are occupied by parking lots and garbage dumpsters. As we look at ways to reduce our use of fossil fuels, and create a sustainable, pedestrian-oriented community, these areas could provide quiet outdoor spaces free from both highway and railway noise.

Use trees and shrubbery to reduce sound. Plants can baffle sound. Depending on the type of planting, shrubs and trees can reduce sound levels by up to 10 decibels.

Perhaps a dense buffer of vegetation is an idea for the slope between the highway and McGuire Lake. Trees and shrubs also give us nature sounds to focus upon, such as rustling leaves and bird song.

Create water features. The fountain at Ross Street Plaza helps mask highway noise—as well as creating an attractive focal point in the downtown. Water features could be considered in other developments.

Let's become more aware of the need for quiet spaces, and explore how to create them in new developments. ■

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

FRIDAY AM

NO. 1180

November All Month

ARM MEDIA
EST. 1997

EDITOR & PUBLISHER
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DROP-OFFS
Hucul Printing 471 - 5th St SW
DEADLINES
Wednesday Noon

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Silverbacks play this Weekend, Nov.6,7

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Dreams come True **NO THING**
A Sailor's Enlightenment
 A one hour Workshop by Werner M. Gysi, around the world sailor, releasing his fifth book -*No Thing: A Sailor's Enlightenment*
7 pm, Nov. 20
Presbyterian Church
Admission by donation • 50 people max. Bring along a face mask, please



Sit and Sleep Gallery
Furniture & Mattresses
Home Decor
La-Z-Boy Comfort Studio
 1701-10th ave SW (beside Buckerfields)

MOLEHILLS
Lorne Reimer



Political roots

It appears that the Shuswap is a breeding ground for budding politicians of all political persuasions. Last week I told you about Lorne Derksen winning his first term as BC Liberal MLA for Cariboo-Chilcotin. Lorne (what a great name) spent his younger years in Salmon Arm, and I worked with him for a time when I was at *The Observer*. My family had just arrived in town in December, 1994, and I will never forget how he surprised our little girls, aged three and ten at the time, by dressing up as Santa Claus on Christmas Eve. Well, it turns out another one who grew up in Salmon Arm was also elected to her first term Oct. 24. NDP candidate Michele Babchuk was elected to the equally vast North Island Riding. She and husband, Dan, both graduated from SAS. ■

Bitcoin scam involves multiple fraudsters

Some must think this city is called 'Scammin' Arm' for all the reports of phone scams in recent weeks. RCMP Staff Sgt. Scott West describes a recent scam that starts with a robot informing a resident that his social insurance number will be cancelled if he doesn't press '1'. "A local person pressed '1' and was greeted by a guy who was posing as a CRA

agent. (This person) then told the victim that his/her social insurance number was used to open 25 illegal bank accounts in a number of places," said West. The victim denied this so was put on the line with another person posing as an RCMP officer who basically confirmed what the 'bench code agent' said before referring the victim back to the first fraudster. The fraudster then got the victim to drive down to the bank, get all the money the victim could and then deposit the money in the local bitcoin ATM to a government safety deposit box. "The scam can change in wording, but it always involves purchasing Bitcoin," said Sgt. West, adding that the victim then received a call with 'Salmon Arm RCMP' set up to show on the victim's call display. "In this case, the person defrauded reported to the police and we were able to advise to stop all of these transactions." Scott stressed that the government does not cancel Social Insurance Numbers or accept payment in Bitcoin, and the CRA does not threaten people with arrests. ■

A Monopoly game with Salmon Arm location names on the board is now on the market.

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► The Mall at Piccadilly's **Online Children's Halloween Costume contest** winners: *Best costume:* Sir Dax & steed, *Sassy Pants:* Mad Hatter Grace; *Most Creative:* Mad Hatter Dexter; *Most Original:* Riddler Dexter; *Family/Group:* The Syme Construction Team. ** Congratulations to all the winners and thanks to all who entered!

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Festivities

> **Remembrance Day** - Wednesday, Nov. 11th. This year there will be not be a public parade and ceremony at the Cenotaph. Residents are invited to listen to a special broadcast of the event on EZ Rock from 10:45 to 11:30 am. Make sure to wear a poppy, now available throughout the community. / 8

- **November month / 9**
- **Celebrate Shuswap**, See under Concerts
- **Holiday Train** - is cancelled

Art & Film

> **Dust to Dust** - 15 regional artists explore the topic of death. Exhibit runs to Dec. 12 at SA Art Gallery. Coffee break & virtual artist talk, 2-4 pm, Nov. 26.

> **Poetry Workshop** - 4:30 pm, Nov. 13, Enderby Country Coffee Time. Led by poet/novelist, Serena Summers. \$15 (Limit 15). Register Courtyard Gallery or 1-778-443-0529.

> **Writers Coffeehouse** - 2-4, Nov. 17, Westgate Market

> **Christmas Craft Fair** - Nov. 20, 21, Piccadilly Mall

> **Spinners & Weavers-Sale** - 10-4, Nov. 26 to 28, Centenoka Mall.

> **Christmas Market** - Downtown Canoe, Nov. 21.



Dani Strong

■ **Salmon Arm's Dani Strong** is a rising country music powerhouse, and has just released her second album, *Undefined*. The collection of 13 songs offers messages of strength, hope and empowerment. The album is available physically and on all streaming platforms.

At the MOVIES

> **SALMAR GRAND:**

salmartheatre.com

Nov. 6 to 9

Salmar open only weekends for now due to minimal new releases and reduced attendance.

• **The Kid Detective** (14A), 2:15, Sat -Sun, 7:00 Fri -

Sun. A once-celebrated kid detective, now 32, continues to strive to solve same trivial mysteries between hangovers and self-pity. Finally, he gets his first 'adult' case.

• **Let him go** (14A),

1:45 Sat, Sun; 6:30

Fri - Sun. Retired

sheriff and his wife, grieving over loss of son, set out to find their only grandson.

• **The War with Grandpa** (G), 2:00 Sat, Sun; 7:15 Fri - Sun.

Boy has to share his room with his grandfather (DeNiro).

• **Come Play** (14A), 2:30 Sat, Sun;

7:15 Fri-Sun. Monster manifests itself through smartphones.



> **SALMAR CLASSIC**

• **SHUSWAP FILM SOCIETY**

shuswapfilm.net

• **Invisible Life of Euridice**

Gusmao (Brazil) (18A), 4:00,

7:30, Nov. 7. Two sisters forge

their life paths

• **Mystify: Michael Hutchence**

(Australia) (14A), 7:30, Nov. 11.

Documentary on the sad life of

the leader of rock band, INXS.

• **Summerland**, (UK) (PG), 4:00,

7:30, Nov. 14. Reclusive woman

adopts London WW2 evacuee.

• **Mystery of Henry Pick (Fr./**

Belgium) (14A), 4:00, 7:30

Nov. 21. Unraveling mystery of

an author's authenticity.

• **First we Eat** (Can) (14A), 7:30,

Nov. 25. Study in Arctic survival

• **Misbehaviour** (UK) (PG),

7:30, Nov. 28- Dec. 3. Stories

from 1970 Miss World pageant.

• **Percy** (Can) (PG), 4:00, 7:30,

Dec. 5. Christopher Walkin

plays recently passed Sask.

farmer who took on Monsanto.

Details and conditions:

salmartheatre.com

Concerts

> **Celebrate Shuswap** - series of concerts recorded at the new Song Sparrow Hall (former Living Waters Church) and presented online, featuring Megan Abel, Chicken-like Birds, Jimmy Two Shoes and the Lost Souls, Tara Willard and more. See acousticavenuemusic.com.

> **Socially Distanced Stand Up Comedy Tour**, 5:30, 8:00, Nov. 14, Vernon Performing Arts Centre. ticketseller.ca

Theatre

• **Dead Men don't do Radio Plays**, 7 pm, Nov. 13, 14 and 1:30, Nov. 15, Shuswap Theatre. Julie 833-1496 or jebody@telus.net to participate. See below.

Sports

> **SILVERBACKS**

Silverbacks play West Kelowna at home 6:30, Nov. 6 and away, 7 pm, Nov. 7. Final series for Okanagan Cup starts Nov. 13 (*Regular season still to be posted, to start early December*)

> **CURLING** - Curl for Cancer and Sr. Men's bonspiels cancelled. AGM, 1 pm, Nov. 15. In person or Zoom.

☐ See page 5 for 'You're Invited'

Theatre on the air

A century has passed since early radio stations began airing radio dramas.

Now, as Shuswap Theatre has to adapt to the reality of Covid-19, this community gets to be treated again to this classic form.

Radio plays were very popular back in the day, initially adapting stage plays, but soon writers were brought in to create dramas especially for this medium. These were full-fledged dramas with numerous actors with music and sound effects created on the sound stage using ingenious props.

There were the usual genres of the time - soap operas, serials and detective series, as well as BBC dramas that were more high brow. Orson Welles' legendary *War of the Worlds* radio play felt so real that it set off widespread terror on the streets.

The introduction of TV in the 1950s struck a devastating blow on radio in general. Many stations abandoned dramas altogether.

Shuswap Theatre's upcoming production, *Dead Men don't do Radio Plays* is on a spoof on the

ShuBiz

spate of *film noir* crime dramas of the time.

It features two episodes of PI

Frank Grayson's escapades as he tracks down the bad guys and gets the girl. "We wanted something that would keep our actors and audience members safe," says director Julia Body. "This play fit the bill, but is also hilarious. People will love it!"

"Stories that let us use our own imaginations to picture what we're hearing is a whole different experience. The *film noir* genre is famous and I find that when you spoof the serious Sam Spade kind of character, there's a lot of great comedy."

The play will run in front of an audience 7:30, Nov. 13, 14 and 1:30, Nov. 15 for up to 45 people, and will be recorded for broadcast on Voice of the Shuswap Community radio (93.7 FM) ■



city lights

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

• **vernon** - See ticketseller.ca

• **Ballet Kelowna**, 3 & 6, Nov. 7

• **Mike Delamont Comedy Tour**, 5:30 & 8:00, Nov. 14

• **Corb Lund**, Nov. 20, 2020

• **Colin James**, Nov 14, 2021

• **kelowna**

• **Fred Penner**, Nov. 15

• **kamloops**

• **KSO 'Phantom of the Opera'**, Oct. 29 -Nov. 29 Web; In person at Paramount, Nov. 8

• **vancouver** - 2021

• **Joe Rogan**, Apr. 20

• **Weeknd**, June 12, 13.

• **Bachman Cummings**, June 15

• **Maroon 5**, July 31

• **Harry Styles**, Aug. 16

• **Celine Dion**, Aug. 28, 29

WRITING ESCAPES

I get asked all the time, are you writing another book? Yes, I say, and add it is what's keeping me sane. We all have our ways of coping with the strange and uncertain times we find ourselves in.

Readers read. Writers write (and read). Painters paint and potters pot. Some people adopt animals or take up drinking!

As I take Bobby and Sally – my main fictional characters – across the country I'm travelling with them by the only means I can right now.

I'm in two worlds: I'm here in my cozy warm apartment and I'm also in Banff, Calgary, East End, Saskatchewan and the Cypress Hills. Next I'm off down the highway to Oak Lake, Manitoba, an Ojibway reserve, Winnipeg and so on. With copious research I've learned so much about our amazing country. Our history is worth exploring.

On another completely different topic, we are hoping for a 'live' Word on the Lake Writers' Festival in May 2021 if all goes well. Every safety protocol will be followed. Plan B is to have a virtual festival. Check out the exciting line-up of presenters on board for May 9 to 11. wordonthelakewritersfestival.com

Juanita Austin, retired Sicamous United Church minister and author, will sign her new book, *Cup of Wine and a Piece of Bread*, at Buckingham Palace in the Mall at Piccadilly on Saturday, November 7th. Juanita writes music, collaborates, and plays music with her musician husband Jim. Her new book is described as "non-churchy" and focuses on the universal themes of human suffering, the empowerment of women, grief, forgiveness and healing.

Something else of interest is a program on Voice of the Shuswap Community radio, CKVS 93.7, called *Writing Out Loud*. The stories are written and read by members of the Shuswap Writers Group. See voiceoftheshuswap.ca for days and times these delightful stories are on air.

CKVS began a new project, Wordsmiths of the Shuswap! The project is much like last year's Stories for Seniors, but we have a few more things we'd like to do this time around.

Authors who submit/read stories will have an opportunity to be a part of a CD series that we are hoping to submit to the Okanagan Regional Library. And, we'd like to share our program with other community radio stations via the NCRA program exchange. Authors who don't wish to take part can opt not to.

As with our last project, we'll be burning the stories to CDs and giving them away to local care homes. If you have a story you'd like to share email wordsmiths@voiceoftheshuswap.ca for more information on how you can get involved. ■

☐ *Kay McCracken is a local author and dedicated promoter of the local writing community.*

WRITE ON!



Kay McCracken

Chris Fowler photo



> The Silverbacks play two more games in the 12-game Okanagan Cup series. They play West Kelowna at home Nov. 6, and away the next day. Salmon Arm lost seven and won three, so far, and is guaranteed at least one game in the finals to start Nov. 13. The scheduled is yet to be posted for the delayed regular season tentatively to start in early December.

2020-2021 ROSTER

FORWARDS: Cameron Recchi (Kamloops) • Philippe Jacques (Quebec City) • Noah Serdachny (Salmon Arm) • Danny Ciccarello (Kirkland QC) • Simon Tassy (Montreal) • Daniel Panetta (Bellville ON) • Mattieu Bourgault LW (Salmon Arm) • Sullivan Mack (Anchorage AK) • Paul Dore (Gatineau QC) • Braden Fischer (Winnipeg) • Nathan Morgan (Windermere BC) • Logan Shaw (Salmon Arm) • Drew Bennett (Mount Pearl NL) • Carter Loney (Winnipeg)

DEFENCE: Joaquim Lemay (Saint-Pierre-les-Becquets QC) • Kieran Ruschinski (Calgary) • Tucker Hartmann (Southboro MA) • Hunter Sansbury (Lomita CA) • Lucas Matta (Kleinburg ON) • William Lavigne (Blainville QC) • Jagger Benson (Lynnfield MA)

GOAL: Ryley Kohonic (White City SK) • Liam Vanderkooi (Abbotsford)

You're Invited

> **Public meeting** of Sorrento-Blind Bay Incorporation Advisory Committee, 7:30, Nov. 16, SLE Community Centre (30 max). Also available on Zoom (csrd.bc.ca follow links)

> **Werner Gysi**, speaking on his sail around the world, and release of fifth book, 7 pm, Nov. 20, Presbyterian Church. By donation, 50 max/mask.

> **Council meeting**, 2:30, Nov. 9, 23, City Hall. Agendas posted at salmonarm.ca

> **Book signings** - *Cup of Wine and a Piece of Bread* by Rev. Juanita Austin, 11-3, Nov. 7, Piccadilly. Book of songs, prayers & reflections.

• Also authors of *Essence of Sounds* and *Metatron's Code*, 1-3, Nov. 21, Spirit Quest Books.
> **Salmar Community Assoc. AGM**, 7:30, Nov. 26, Salmar Classic.

> **Shuswap Quilters' Guild** is raffling a hand-made quilt for hospital fundraising. Tix on sale and quilt on display Fri/Sats at Piccadilly Mall.

> **SA Meditation Centre** - Live-streamed meditations. Register at www.kmcv.ca

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LIGHT WORK

Switches are a pain. I don't mean the metaphorical kind, although all change is a pain, but electrical switches.

It used to be that when you flicked a switch you moved a lever and unseen mechanisms closed a contact and a light, the indicators or a fan came on. To stop it, you moved the lever the other way. Perfectly intuitive and no instructions needed.

Why is it that when I buy flashlight, I can push the button to illuminate it but when I push the switch again it stays on? Not only on but it might flash the SOS sequence, or glow red or strobe.

Some of them take four pushes to go off. This is a pain; I want it binary, either on or off.

I get the thing with rotary knobs where immediately after off they are full power and reduce as you turn further. It wasn't always like that. They used to go from off to slow then more as you turned, that was intuitive, but a bit dodgy as you could leave a fan running imperceptibly slowly thinking it was off.

The new regime stops that. I just feel a bit miffed that the international switch standard changed, and nobody asked me.

It was bad enough moving from the UK to Canada and discovering that all household switches are upside down. The UK has up (or in at the top) as off, after

REPAIR GUY Barry Marshall



15 years I still don't always get it right (but then, I very occasionally get in the wrong side of the car!) To be accurate it is really the UK that has switches wrong

as most of Europe and all north America has them as down = off but I don't want the facts to stand in the way of a good argument.

My main gripe is with flashlights. It appears to me that the manufacturers are showing off. Microchips are as cheap as er...chips so they can put toggle-logic into the devices and demonstrate how clever they are by making them do so many functions with the push of a single button. However, I do not remember when I last needed a strobe and if I wanted to flash SOS I would not be able to unless it was programmed.

More importantly, I would have no light at all if I put it down and it was not really off. As good as LED's are, they will use all the battery if left to themselves.

There are flashlights that use one button for on/off and another mechanism for mode, but it seems perverse that the economical ones all demonstrate excessive cleverness. The answer may be that, unlike LED's, I'm not as bright as I used to be. ■

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

RESP Refresher

The idiom of "time flies" seems to ring true when your kids graduate from high school and begin spreading their wings! I am not sure who goes through the biggest adjustment when a child leaves home; the child or the parents. In my case, I'm pretty sure it's the parents!

The other thing you learn is that kids tend to come back to the nest when they need money; especially if they are going to college or trade school. With the cost of post-secondary schooling being so expensive it is therefore important to remember the value of a Registered Education Savings Plan (RESPs) and starting one as early as possible.

RESPs and the Canada Education Savings Grant (CESG) have been around for over 20 years, so most people are now familiar with the basics of how they work. However, I thought it would be good to remind you of some of the details along with a few you might not be aware of.

In any case, be sure to consult your local investment professional for a complete breakdown of how the RESP works.

Here are a few highlights.

○ The biggest benefit to the RESP is the money the federal government throws in when you contribute some of your own. This is the Canada Education Savings Grant (CESG).

■ Continued next page



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Daron Mayes

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* GIC rates as of Nov. 3, 2020 subject to change without notice. Certain minimums & conditions may apply.

THIS WEEK

Daron Mayes, BBA, CPA, CA, CFP
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RESP ■ Continued

Per Canada Revenue Agency, for every dollar you contribute the Basic CESG adds 20 per cent to a maximum of \$500 per year, per child, until the child reaches age 17. For example, to maximize the grant in a given year you would need to make a contribution of \$2,500 to receive the maximum basic grant of \$500.

If you miss a year or two of contributions, the government allows you to make it up with RESP contributions of up to \$5,000 in a given year entitling you to a basic grant of \$1,000.

○ If your adjusted family net income is lower than \$95,259 (for 2020 based off your 2019 tax return), you can qualify for additional CESG. The additional CESG is 10% of the first \$500 if your net family income is between \$47,630 and \$95,259 for 2020 or if your income is below

\$47,630 then you get an additional 20% on the first \$500 contributed annually. The adjusted family net income thresholds are published annually by the Canada Revenue Agency.

○ Contributions for an RESP are subject to a lifetime maximum CESG of \$7,200 per child.

○ Unlike Registered Savings Plans, RESP contributions are not tax-deductible. However, investment income and gains generated within the RESP are allowed to grow on a tax-deferred basis; meaning it is taxable, but not until the income is withdrawn.

○ When RESP funds are used for post-secondary education costs, the income portion earned along with any CESG withdrawn will be included in your child's taxable income. Often this results in little or no tax as most students have a lower income and will be eligible for the tuition and education tax credits. Be sure to consult your tax accountant to be sure.

○ If your child doesn't pursue post-secondary studies, the income and growth can be rolled over tax-free into your RRSP, provided that contribution room is available. However, the CESG portion of the funds must be returned to the government.

In summary, when the government is giving out money you should take advantage of it. Besides, even though your child or grandchild thinks a Lego set is more valuable now; they won't when they're 18 years old and wanting to go to college. So instead of throwing money at something they'll forget about in a few weeks; buy an RESP that will benefit them for a lifetime!

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

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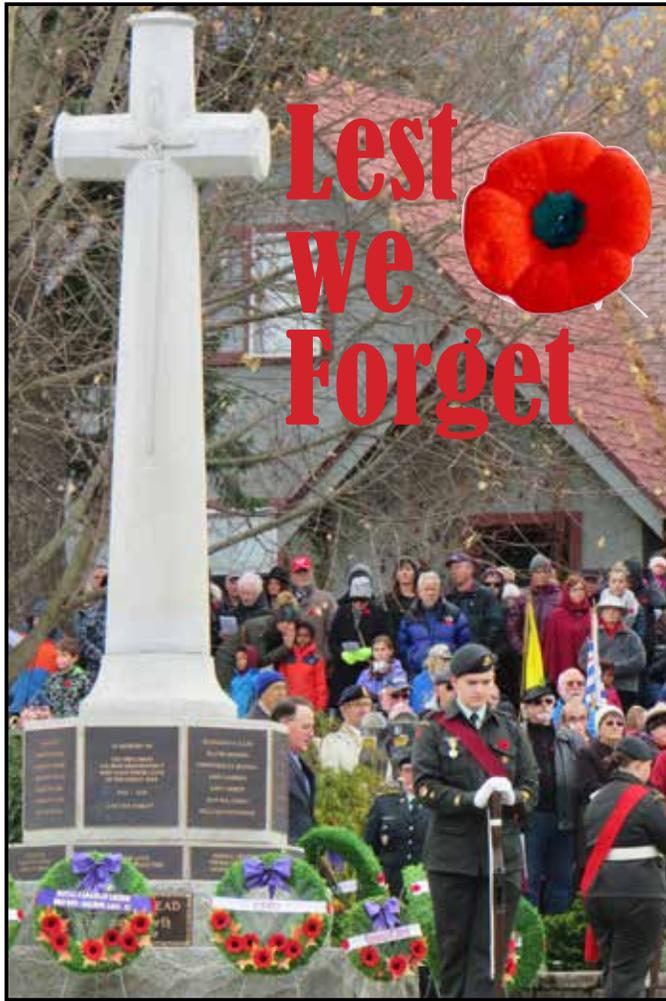
Information Session:

December 1 at 7:00 p.m. in Virtual Zoom Online Meeting
Contact: juliapayne@sascu.com

Deadline is December 18, 2020

Review and complete the 2021 Board of Directors Nomination Package at **sascu.com/Nominations**

READ ONLINE @ FRIAM.CA



> There will be no parade or public ceremony at the Cenotaph this year, like the above scene from last November. There will be a modified ceremony that Salmon Arm's Legion Branch is requesting the public not to attend due to the risk factor. Residents are invited to listen to the ceremony and special programming on EZ-Rock on November 11 from 10:45 to 11:30 am. One suggestion is for people to solemnly stand in the front of their homes for the two minutes of silence. ❖



> Shuswap World War 2 veteran James "Joe" Munro passed away in August. He fought in the battles for Caen and Falaise before crossing into Dieppe. He received the French National Order of the Legion of Honour for his part in the largest seaborne invasion in history.

READING ROOM

by Kristy Smith, Branch Head, Salmon Arm Library

Many programs at Library

○ Adults

The Legal Advocate is back at the Salmon Arm Library on Nov 5 and every first Thursday of the month. Drop by the branch any time between 1:30 and 3:30 pm with your questions! Offered in collaboration with the Shuswap Family Centre, the **Legal Advocacy** program provides free confidential information and advice on residential tenancy disputes, income assistance, provincial and federal benefit programs, seniors advocacy, and debt.

Welcome to **Classics Weekly**, a virtual book club where we tackle a classic novel together and meet online every Thurs from 1 to 2 pm to discuss what we've read. On Dec 3, we will be reading *A Christmas Carol* by Charles Dickens, in which a miser learns the true meaning of Christmas when three ghostly visitors review his past and foretell his future.

And from Jan. 7 to Mar. 11, we will be meeting online every week to discuss *Middlemarch*, George Eliot's novel of provincial life. *Middlemarch* is widely considered to be both a literary masterpiece and, according to Virginia Woolf, "one of the few English novels written for grown-up people."

Registration is required. Both books are available in a variety of formats from the ORL catalogue: www.orl.bc.ca

○ Youth & Family

Join us this Fall for fun Virtual Story Times with your favourite Youth Services staff member! Story times will be offered weekly until Nov 28. Registration is required.

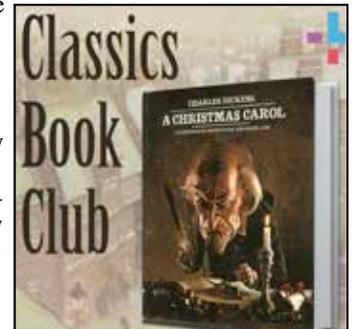
- Monday - **Story Time with Val** - 11am
- Tuesday - **PJ Story Time with Judy** - 6:30 pm
- Wednesday - **Story Time with Ardie** - 10 am
- Thursday - **Story Time with Stephanie** - 11 am
- Friday - **Story Time with Judy or Otilia** - 11 am
- Saturday - **Story Time with rotating YS Staff** - 11 am

On Nov 10 at 10 am, join us for **Polyglots Song Around the World**. Polyglots offers a fun, natural way for children to learn a language outside of regular classes. Join us online and learn fun actions songs in different languages. Registration is required for this free program.

We will be having a Winter Celebrations Story Time on Dec 2. Happy Hanukkah, Happy Solstice, Merry Christmas, and more! Enjoy online for seasonal stories that celebrate Canada's rich December traditions. Registration is required. The 10 am program is geared for ages 2-5; 4 pm program is geared for ages 3-8.

Christmas is just around the corner! Join us for a fun, online **Christmas Puppet Show** that the whole family can enjoy. Dec. 5 at 3 pm. Registration is required.

To view a complete list of events and register for library programs, please visit our online calendar at <https://orl.evanced.info/signup/Calendar> or call us at 250-832-6161. ■



NOV.11th



CHASING A MIRACLE

Duncan Morris writes about the other 'lifesaving' reason he and his wife, Vivian, spent over four months in Thailand during the first wave of the global pandemic:

This time last year we were mountain biking in Moab after cycling down the western seaboard and across the mid-west USA.

Recently retired, I persuaded my wife, Vivian, to take a year off teaching to join me for a year of travelling and cycling. Thoughts of living in Thailand for four and a half months, at that time, was not on our radar.

Fate can be an unruly travel agent. It can blind side you. "It does not do to leave a live dragon out of your calculations, if you live near one" ~ J.R.R. Tolkien

Some of you may recall my reports last spring where I posted some of our exploits in and around Bangkok as Pandemic-land locked thousands of foreign nationals in Asian countries. That was the "how" we became exiled in Bangkok for four months - this is the "why".

Cue the dragon. December 23rd, I was diagnosed with stage four metastasized prostate cancer and was informed by my GP that my PSA was "astronomically" high.

My oncologist said I had a "huge burden of disease". There is no stage five (think Frank Zappa). We heard from concerned friends that we should research Radioligand therapy: a targeted, cutting-edge, radiation therapy that is conducted in only a handful of locations around the world, Bangkok, Thailand being one of them.

At the culmination of a two-week cycling trip in Vietnam with our daughter Phedra we arrived back in Bangkok to have my first treatment at the world-famous Samitivej Hospital. Between therapies we planned to stay on Koh Samet, a small island two hours by cab from Bangkok.

There we would relax between hospital visits, or so we thought (there be Dragons again). We received a call from our daughter, head of operations for the Canadian High Commission in Dhaka, Bangladesh with inside sources, telling us to get off the island and back to Bangkok as the provinces were closing the borders and would leave us stranded with no way to continue my treatments. The following chaos of the pan-



> Duncan Morris awaits a therapy session. Cartoon shows backstory of their 'vacation'.



demio ensued like a tsunami that included the Bangkok airport shutting down as well as major airlines grounding throughout S.E. Asia. We found ourselves scrambling to extend our visa without the mandatory flight out of the country.

Stress levels rose faster than a Space X rocket as we stood in line for four hours with a thousand ex-pats waiting to be processed at immigration. A cash machine swallowed one of our credit cards and the hospital said they had to delay my second treatment as the supply chain was breaking down. After returning (somewhat dazed and confused) to our hotel, whose staff outnumbered patrons 15 to 1 - we poured whiskey at 4 pm.

In the end, we hunkered down in a beau-

tiful apartment in the Ari section of Bangkok, and I received three treatments (one per month) with few side effects or loss of energy. We ran 5 km. daily, cycled up to 35 km. on the weekends and my PSA dropped from 998 to 0.10! I am now in total remission with no metastasis showing in my final CT scan. A miracle of modern medicine for which I am profoundly grateful.

Friday AM's editor, Lorne urged me to come forward with our backstory. If I had planned on privacy I probably would not live in a small town - so that ship had already sailed. I am sharing my story now as a source of hope for prostate patients whose vision of the future seems opaque.

I also urge my fellow males (of a certain age) to visit their doctors regularly, have their prostate checked and PSA bloodwork done yearly. I urge you not to follow the laissez faire path that almost led to my demise.

I am not sure if I could have pulled this off on my own. Vivian, my wife, and partner in all things extraordinary, was my rock, my drill sergeant, my advisor, and my constant companion throughout this foray into the medical "Twilight Zone".

Together we faced the dragon and discovered a miracle in the process while the world as we knew it convulsed around us.

Memories are not all we have from our stay in Bangkok - It was an experience of a lifetime...my lifetime. ■

Therapy offers hope

Over 23,000 men will be diagnosed with prostate cancer this year in Canada, over 4,000 will die from it. With care and attention this does not have to be your fate.

**Radioligand therapy is currently in clinical trials in Canada. Half a dozen countries are accepting patients for this treatment under a medical tourism visa. For more info on this therapy, contact me at Duncanmorris@shaw.ca . Stay safe.*

WE REMEMBER

With November 11th looming in another week it sets me to thinking of the events in my family that are directly related to this time. I am old

enough to remember the Second World War and how it affected me.

In this day of plenty it is hard to think that at one time food was rationed. Sugar, sal, meat and many other items were in short supply and each family was allotted only so much. Tokens were issued and exchanged for goods according to the size and age of your family.

During the war we did not live on the farm, but had some land to grow things and grandparents not far away that helped supplement our food supply.

As I grew and became aware of things, and at four, I remember listening to the broadcasts from CFRB Toronto and the booming voice of Lorne Greene (Ben Cartwright of Bonanza) and his nightly reports of successes and casualties of the war in Europe. I thought at the time that war was just something that was a part of life and it had always been so. For me, I guess, that was the truth of it.

In 1942 my dad joined the "British Commonwealth Air Training Program" and was "luckily", in many ways, not shipped overseas. He was able to obtain leave periodically and come home for a couple of days.

This happened only two or three times per year, however, and it set my mom into a tizzy preparing for his visit. My brother Bobby and I were equally excited and planned many things to do with our dad when he got here.

My Uncle Bill was with the "Queen's Own Rifles", a regiment based in Toronto, and was in the first waves to land on Juno Beach, June 6, 1944. He never talked about the war very much when he returned, but I do know some things that happened. He was away from home for almost four years and he too, like my dad, had a wife and two boys. Apparently, he captured a German soldier who was only 14 years old. My uncle Bill found him kneeling beside his dead father and, scared to death, he surrendered.

The wages of war are brutal.

After the war I lost my Uncle Ralph in Germany. He had joined up with the expeditionary forces that were charged with helping Germany get back onto its feet and their economy going again. This was a good plan, for after WW1 the world decided to punish Germany for the terrible losses. Because of years of hardship, Hitler was able to gain a foothold, and so began the second World War. My uncle was out for a walk one evening in a small town in Germany when he was run over by an intoxicated service man from his own company. Tragedy.

So at this time of year, I have a number of reasons to remember and reflect on the contributions that my ancestors have made in the name of peace.

The soldiers who lost their lives did so with the hope that we would have a better life for all mankind. They did not give their life, they did not want to die, and this makes their bravery all the more remarkable. Please take a moment and remember on, November 11. These brave lads and lassies surely did their best. ■

□ Ed Campbell is an active retiree and writes each month in the All Month edition.

MY TWO
CENTS



Ed Campbell



Photo by Bob Boxall, Bob spelled correctly this time.

> A pair of trumpeter swans with a young duck bringing up the rear.

Usually when I get a call to print a 'bravo' or 'boo' it only takes a line or two. Peter Budda began his call simply enough. "I'd like to send a bravo to my neighbour, Larry," he began.

"And...? I ask, never imagining what would come next. Peter went on to say that he now knows that he should not be doing in his 70s what he used to do in his 60s.

It was that time of year to disconnect the hose under his three-foot high porch, not including beams. When it came time to burrow his way out from under the old porch, Peter said he found himself totally wedged in, and no matter how he tried, the 77-year-old could not wedge himself out.

"I really thought this is where it ends," said Peter in a reflective moment during his account. His wife, Cilla, was out shopping at the time, but eventually Peter heard his neighbour, Larry, pattering around in his yard.

Finally, Larry responded to his pleas for help, and with Herculean efforts, he got Peter out and Cilla returned from shopping.

EDITOR'S NOTES

City FIXINGS

> Disposable face masks are ending up on the ground and in landfills, and some end up on birds like these. Cutting the string is one way to prevent this sad thing from happening.



> The speed humps on Okanagan need to be lit up at night.

Bravos & BOOS

> **BOO TO:** daylight savings time. We don't need it to be dark so early in November.

> **BRAVO TO:** Peter Budda's neighbour, Larry. See on left.

Web SITINGS

> csrd.bc.ca ..follow links The CSRD is still offering free property assessments to help homeowners determine wildfire risk and offer advice on how to reduce that risk. Residents can also qualify for a rebate of up to \$500 for their efforts in putting the FireSmart principles into practice. Information and a video on the program on the CSRD website.



Remembering...

**Trooper William Hucul
XII Manitoba Dragoons**

**Bill survived WWII...
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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NEVER ENDING ELECTION

The election cycle in the United States never really ends. Two years ago, there was an election, yesterday there was an election and two years from now, there will be another.

Elected representatives up and down the ballot spend a shockingly remarkable amount of time raising money for elections while in office. Meanwhile, the business of government carries on. The elected run while serving and serve while running.

An old friend recently reminded me that there are really two modes of elected office - election mode and governance mode - it's difficult, and I suggest, perilous, to try and do both at once. And yet, that's what they do in the good old USA.

It's a big money business. And big money attracts its share of charlatans. But thankfully, and by and large, the drive to serve the common good and represent a beloved community attracts many talented people of honour of all political stripes.

Unlike in Canada, where a writ is dropped, government moves into caretaker mode for the election period and major decisions are not considered, in the US, governance and election happen simultaneously.

In this never ending election cycle, a presidential vote is held every four years on the first Tuesday in November come hell, high water and in the case of 2020, a nation-shattering pandemic.

In Canada, national elections are independently and centrally run by Elections Canada and provincial and municipal ones are run by provincial election agencies.

Elected officials only decide when, not how, an election occurs. In the US, there is no equivalent to Elections Canada.

In essence, what we witnessed last night was 50 separate elections happening at the same time. Elections operations are decentralized and run by state and municipal

NOTES FROM THE MARGIN



Louise Wallace Richmond

officials, and as such, rules and procedures vary significantly from place to place.

In Canada, our ballots ask a single question of voters (except if a referendum is added to a ballot). Who do you

select to be your representative in your federal, provincial, civic/school district jurisdiction. And there are separate elections for each jurisdiction.

In the States, ballots ask voters many questions from choice of President and Congressperson, to State Governor, to County Judge and Local Sheriff.

The Canadian system is arguably less complex and more efficient. By that logic, you would think our voter turnout would be higher but estimates from last night suggest a US voter turnout of 67 per cent, almost exactly the same as our voter turnout in the 2019 election.

While it is too soon to call the morning after, hopefully we'll learn the final count in the next few days. What happens after that is anyone's guess. I'm hopeful that wisdom, patience and honour will prevail.

And with a minority federal government of our own, there is always a chance we too will head back to the polls in the not too distant future. To my way of thinking, there are some early lessons from yesterday.

Every vote matters and every vote counts. And understanding and trusting the process is separate, distinct and equal in importance to understanding and trusting candidates and their platforms.

So please, don't wash your hands of any vote, but do keep washing your hands.

Take care. In the end, everything will be okay. If it's not okay, it's not the end.

Louise Wallace Richmond owns Mediability, and is a second term Salmon Arm councillor, living in Canoe.



> Construction starts on the Canadian wall across the US border

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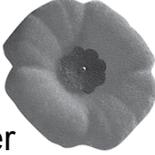
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Operation Christmas Child collecting now
Shoeboxes are ready to fill for the Operation Christmas Child campaign. The gift boxes will be collected at Centenoka Mall, 11:30 to 3:30 from November 16 to 21. The special boxes can be picked up at the mall, or people could use their own shoeboxes, or clear plastic boxes.
 More information about this annual campaign that collects much needed items for children in Third World nations at www.SamaritansPurse.ca

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WEATHER > WEEKLY SYNOPSIS



Weekend Outlook

A cool but sunny weekend. Highs from 5 to -5 Friday to Sunday

Normals - +6 to -1

Extremes since 1991:

+15: 2016 • -13: 2017

Sunrise 6:54 am • Sunset 4:27 pm

Time change makes early sunsets

Past Temperatures, Oct. 28 to Nov. 3
By Nick Parsons, SW Gleneden
Elevation 458 m (119 m above lake).

| DATE | HIGH | LOW | PRECIP |
|---------|------|-----|--------|
| Oct. 28 | +4 | +1 | 1/8" |
| Oct. 29 | +5 | +2 | 1/16" |
| Oct. 30 | +8 | +3 | 1/8" |
| Oct. 31 | +8 | -1 | Trace |
| Nov. 1 | +9 | -1 | 0 |
| Nov. 2 | +10 | -1 | 0 |
| Nov. 3 | +6 | +4 | 1/4" |

OCTOBER - Mean average low +3.5 C • Mean average high +9.7 C

Total precipitation: 3 1/2" (including 6" snow)

October 2019: Average low 2.5 C • Average high 10 C • 15/16" rain

PASSAGES

LEGACY LIVES ON
shuswaphospitalfoundation.org
shuswapfoundation.ca

Bowers Funeral Service
bowersfuneralservice.com

Fischers Funeral Service
fischersfuneralservices.com

- ❖ Kathrine 'Kay' Blank
October 7, 2020, at age 92
- ❖ Julian Stanislaw Gajewski
October 16, 2020, at age 80
- ❖ Thomas Joseph Higgins
October 7, 2020, at age 58
- ❖ Nelewarda 'Wanda' Kelder
October 9, 2020, at age 83
- ❖ George Joseph Sperle
October 11, 2020, at age 96

- ❖ Leonard Dergousoff
October 29, 2020, at age 80
- ❖ Thomas Arthur Halvorsen
October 27, 2020, at age 79
- ❖ Nancy Ann Holman
October 28, 2020, at age 90
- ❖ Charles Francis McCarthy
October 30, 2020, at age 77
- ❖ Kenneth David Pearson
October 27, 2020, at age 78
- ❖ Aneda Mary Zontag
October 24, 2020, at age 73

❖ Sean Connery, actor, at 90 ❖ David Braley, CFL owner, at 79

> COVID-19 UPDATE

CANADA

244,935 cases
10,279 deaths
203,509 recovered

BC

13,224 cases
258 deaths
11,437 recovered

INTERIOR REGION

717 cases
2 deaths
641 recovered

USA

9,693,632 cases
238,656 deaths
6,237,271 recovered

WORLD

47,894,604 cases
1,221,335 deaths
34,386,119 recovered

worldometers.
info/coronavirus
(as of Nov. 3)

COMMUNITY DRIVES

> Churches Thrift Store has started regular Online Auctions. at www.churchesthriftshop.org
> The Copper Island Health & Wellness Centre's online auction items can be viewed at the Blind Bay Marketplace Go to www.32auctions.com/CIHW.

> Orders close Nov. 16 for the Air Cadets' sale of poinsettias, outdoor planters and wreaths. Order at <https://222aircadets.growingsmiles-fundraising.com> Cadets are also selling \$100 Askew's Gift Cards, and collecting bottles. Contact Karen at khuyter@hotmail.com



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Salmon Arm Elks #455

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10 minutes to Canoe Beach & Boat launch

Wool, Silk & Bamboo duvets

I've written two columns on down duvets (search Duvet on the website)

which are still valid today with respect to how fill is measured, the advantages of down, pricing, cleaning... all that good stuff.

But in the last few years, other fillers have become more available which are giving down a real run for the money in comparison to warmth and loft.

So, it's time for some new info. In case, like me, you found yourself looking at a wall of duvets and didn't know what was up with bamboo, silk or wool.

I'm not going to go into synthetics. That's an entirely different column. Maybe next month.

Most duvets we have are stitched through from the top to the bottom, in both directions, across the duvet. This is where you first see that fill is clumping and lumping up in one corner of the 'square'. A better way is with 'baffle' construction. In cross-section they look like this:

The advantage of baffles is there are no areas of high compression - as in lack of insulation, where the stitching lines are. Baffle duvets will look fluffier, and will stay fluffier longer.

Putting on a cover used to require two people, be a wrestling match, and in the end, the cover shifted all over, anyway. We, in the soft furnishings industry, got around this by sewing long ties into the four inside corners to tie the duvet and cover together or installing snaps.

Most quality duvets have loops or ties in the corners now, as do the better quality covers. (Many duvet cover makers are also now installing zippers from halfway down one side, across the bottom, and half-way up the other side). And please, don't forget to use natural fibre covers.

DESIGN DILEMMAS

Linda Erlam



And stay away from man-made covers on the duvets. These may substantially negate the wicking and cooling properties of the fill.

Bamboo is harvested by cutting off the plant above ground, which enables the plant to regenerate. Fairly eco-friendly. It's vegan, helps neutralize bad odors, it is resistant to dust mites and mildew, is machine wash and dry (yay!) and It wicks moisture away from the body.

Bamboo fill in duvets create many 'pockets', as down does, but bamboo has an unexplainable property of regulating the below temperature close to the above temperature. You



will sleep at a temperature closer to the room temperature than a heavy down or synthetic duvet, which tends to trap heat under themselves. It has microbial qualities that inhibit fungal growth... no kidding. (quote here about athletes' foot).

Wool: will keep you warm in winter and cool in summer. You won't get a big loft as with down, but you will get superb warmth. Check for washability. Wool is known to retain a fair bit of warmth even when wet, so it follows that if it wicks moisture off the body, you shouldn't lose heat control. The moisture it does wick off evaporated quickly, too.

Silk: is also a natural moisture wick, and is also mildew and mold resistant. It can be machine wash and dry, make sure you check the label. Silk is very lightweight and it doesn't conduct heat or static. Best for mid-range heated rooms, silk duvets drape around the body easily, providing good snuggle-sense.

So there you go. Sleep well! ■
 □ If you have design issues, or have a suggestion for a future column, email to linda@designsewlutions.ca or visit designsewlutions.ca

WE NEED YOUR INPUT

Exciting things are happening at our local Canadian Mental Health Association.

We are looking to do what many CMHAs across the nation have done - to transition from the Clubhouse-model of service

into a Recovery College, or Mental Health and Well-being Learning Centre. This means providing resources to anyone affected by mental health, which is all of us. Everyone has mental health and everyone deserves to better themselves and their situation.

MENTAL HEALTH MATTERS

Paivi Sarre

Relationships, community engagement and education are guiding principles of a Mental Health and Well-being Learning Centre.

This is where you, the reader/community member come in - to help with the co-production.

The Learning Centre's philosophy draws on the shared power and knowledge of individuals. We cannot do it alone. We need your input, especially if you have lived or living experience of mental health challenges.

□ Continued on page 16

MEANING of MEANING

The great philosophers such as Socrates, Plato, Aristotle have been contemplating "the meaning of meaning" for centuries.

YOGA BASICS

Nancy Whitticase



print of meaning: a union between the limited Self (atman) and the cosmic Self (brahman). That we are all connected and shedding the small limited Self to

How to live a life of meaning has been a central question of philosophy since man contemplated thought. Might the pandemic be showing us the cracks in our western approach to finding meaning through acquiring more things and having more entertaining experiences?

Are we trading a life of meaning for a life of pleasure and getting the short end of the experience? Are we ending up lost and disconnected from inner truth, purpose and grasping for meaning by returning again and again to the meaningless bag of tricks in hopes they will work this time. If so, I invite you to allow the pandemic to awaken your "inner philosopher." To ponder the question, what does the meaning of a "meaningful life" look like for me.

The famous philosopher of Yoga, Patanjali, compiled ancient wisdom of "how to live a meaningful life" over 2000 years ago. By its very definition, yoga gives us the blue-

align with greater meaning has a longer shelf life for happiness than just the consumption of pleasure.

Yoga shows us the path towards stillness and quiet observation of inner wisdom. It helps turn off the external distractions created by our "pleasure-seeking senses" that keep our energy stuck in meaningless pursuits. And redirect this energy towards the "universal inner library" of meaning.

Life is not an effect, not a cause, but a spiritual pursuit and an opportunity to celebrate each moment as a moment of meaning. We don't have to look hard to find a "meaningful life."

There is meaning in forgiveness, kindness, love, helping ease others' suffering, or making the world a better place. Step outside of atman (the limited Self) and re-align to Brahman (cosmic Self), and the meaning of meaning will be realized. ■

□ Nancy Whitticase operates Namaste Yoga and Wellness

WORD SEARCH **Famous folks from SASKATCHEWAN**

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

- Sports - (Glenn) Hall, Howe, Wickenheiser, Sandra (Schmirler)
- Politicians - Tommy (Douglas), Diefenbaker
- Singers - Joni, Buffy, Colin (James), Tom (Jackson)
- Writers - Fotheringham, (WO) Mitchell, Grey Owl
- Actors/TV - Linkletter, Butt, Eric (Peterson), (John) Vernon, Leslie (Nielsen), Wallin, (Dick) Irwin, Keith (Morrison), Coates .. plus a whole bunch of great Shuswap residents from Saskatchewan, too many to name (brackets mean - not in search)

HIDDEN GEMS

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> "Science: If you don't make mistakes, you're doing it wrong. If you don't correct those mistakes, you're doing it really wrong. If you can't accept that you're mistaken, you're not doing it at all."
 > "Canada identified its first case the same week that the US did. The number of people who died, per capita, is 2.5 times higher. If we had handled this pandemic like Canada did, 140,000 of our fellow Americans might still be alive today."~ Barack Obama

FUNNY BONE

- FAKE SCIENTIFIC FACTS:
- > Kids have two stomachs. One is the meal stomach, about the size of pea. This is why children cannot consume a full breakfast, lunch or dinner. The second stomach is the snack stomach. This stomach stretches and has infinite amount of space.
 - > If you took out all the veins from your body and laid them out from end to end, you would die.
 - > Squirrels can remember the hiding places of up to 10,000 acorns, but consistently forget their lifetime partners' birthdays.
 - > Believe it not, but there are more airplanes in the ocean than there are submarines in the sky.
 - > Life is short. Smile while you still have teeth.

POP QUIZ

> What is a big similarity between Bruce Springsteen's "Born in the USA" and Leonard Cohen's "Hallelujah?"
 > Those who are inspired by the choruses of these two songs are not so much by the lyrics of the verses.

PICTURE THIS



> When you get angry, take a breath and count to 10. But headbutt them at 8. They never expect that.

at the oxymoron museum

recent past, lost discoveries, new artifacts, primitive advancements, authentic models, restored ruins, extinct life, current history, private exhibits, permanent loans, individual collections, civil war, neo-classic, virtual reality.

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AM/PM
A Moment's look at Past Month

Okanagan region shows noticeable spike of Covid-19 cases in second half of October with 90 reported cases for a total of 477. This total includes seven in Salmon Arm and four in Enderby. Slippery conditions claim the life of a beloved Scout leader and family man, **Aaron Timmers**. Another single vehicle accidents claims a Sorrento man. Actor **Kim Coates** of *Sons of An-*



BC NDP won a majority of 55 seats in a snap election. Greg Kyll won his third term for Shuswap with 53% of vote, defeating Sylvia Lindgren for NDP and Own Madden for the Green. *archy* has a home in Blind Bay. Winter walking returns to the Shaw Centre. Factors that include reduction of students due to Covid contributes to a deficit of \$2 million. Salmon Arm holds its first PRIDE Festival Two RCMP officers are injured, responding to a mental health crisis in Sorrento. The baseball community loses Coach Grumpy aka **Pat Phelan** to cancer.

Recovery College Concept

- Continued from page 14
- Here is the philosophy in short:
 - It is a process to create change and innovation.
 - It recognizes the gifts and assets of the people involved.
 - The responsibility of design, delivery and improvement is shared equally.
 - Those involved are equal and whether they are a professional or a person of lived experience does not matter but their knowledge and perspective is valuable and needed.
 - There are no bad ideas and no judgment in the co-production process, every idea is worth listening to and considering.
 - Brainstorming is the major action of co-production, creativity and enthusiasm are welcome.
 - Decisions will be made by consensus. (When consensus cannot be achieved then CMHA leadership input will be requested).
- If this speaks to you or interests you, please connect with us today.
- Mental health is essential to overall health and wellbeing. For more information or support, contact CMHA Shuswap-Revelstoke at (250) 832-8477 or sr@cmha.bc.ca*




CONNECTING PEOPLE WHO CARE WITH CAUSES THAT MATTER

A shared passion for the Shuswap led Doug and Donna Adams to establish a fund supporting RJ Haney Heritage Village & Museum and another that allows the Foundation to address emerging community needs. Ask us how you can too.

 SHUSWAP COMMUNITY FOUNDATION

www.shuswapfoundation.ca
250.832.5428
info@shuswapfoundation.ca