

FriAM

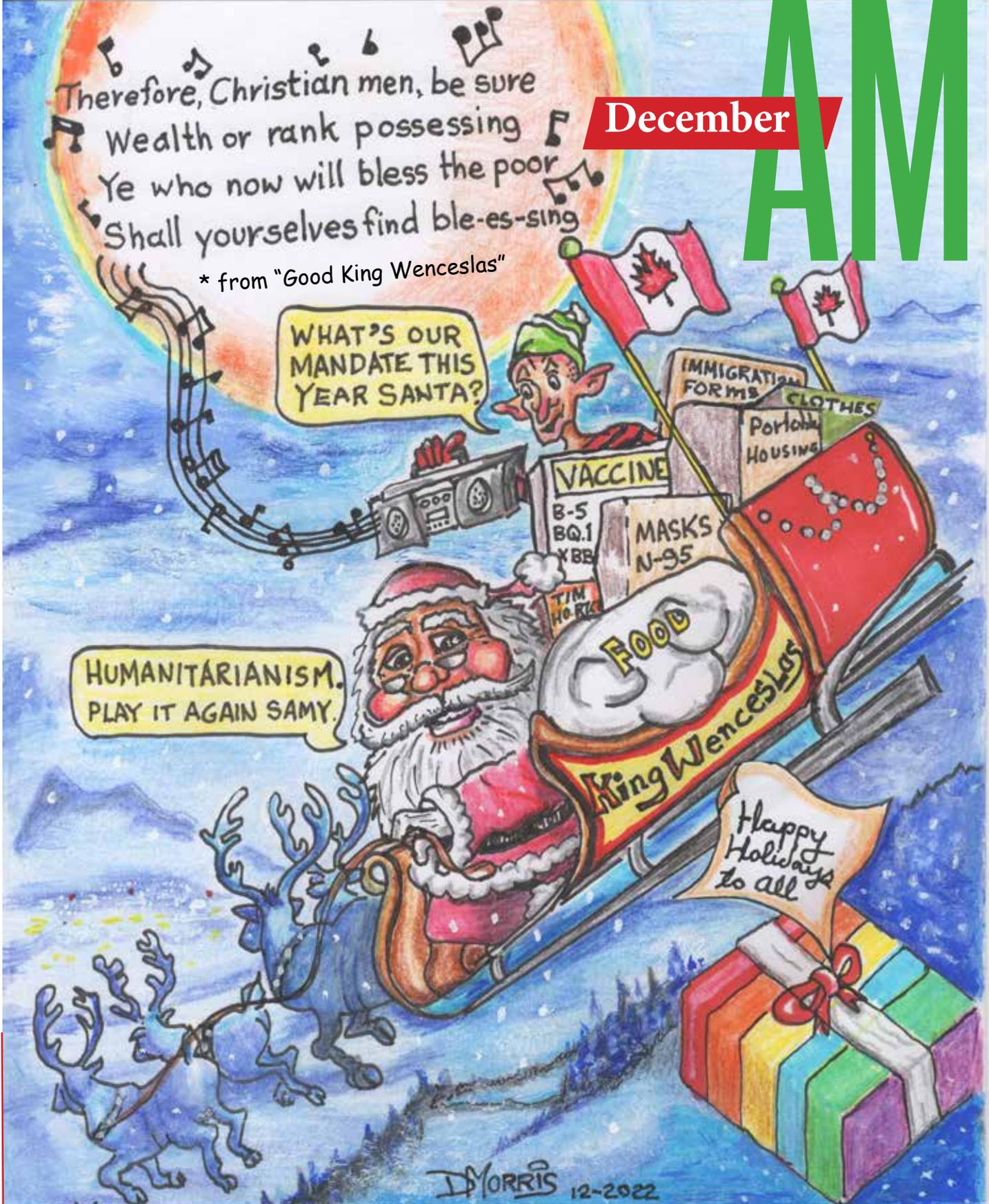
December

Therefore, Christian men, be sure
Wealth or rank possessing
Ye who now will bless the poor
Shall yourselves find ble-es-sing

* from "Good King Wenceslas"

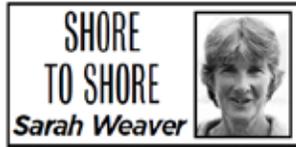
WHAT'S OUR MANDATE THIS YEAR SANTA?

HUMANITARIANISM. PLAY IT AGAIN SAMY.



Giving up is not an option

A relative who has a ranch in Saskatchewan has been hospitalized for several weeks. He tells his friends, "I want to go home to feed the cows."



We hear so much about what we "should" do to avert climate disaster. But each "should" carries trade-offs, and these add to the challenge of changing behaviour. If I take the bus to work instead of drive, I may have less time at the end of the day to cook a healthy meal. If I let my yard go "natural", how will I handle weeds which come up?

Such a simple phrase, yet it carries so many layers of meaning. I've been thinking about his dilemma.

Each of us needs to feel useful, to have a sense of purpose. My relative knows he makes a difference, every time he feeds his animals.

My niece with twins also has focus - her babies are her purpose.

But what about so many of us, whose lives are complex and messy, with few easy decisions? How do we know we are making a difference?

I've thought about this in the context of my work over the years in the environmental movement. For years I thought education was all that was necessary. If we learn what we should do for the planet, we'll do it, right? I gave talks and wrote brochures, hoping that was enough.

But of course, it's not that easy. Just because we know what to do, doesn't mean we'll do it. Sometimes it is very hard for we humans to change behaviour!

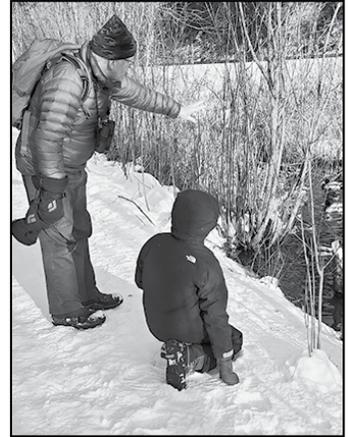
And so, I wonder, as the planet lurches from one environmental crisis to another, did I make a difference? In my last column, I wrote about not giving up.

There is a quote that was popular on the internet a few years ago. It's a fusion of several authors, although it was attributed to the Talmud.

I like the sentiments of these words, a metaphorical "feeding the cows". Demonstrate justice, kindness and humility in how I live. And, show up. Perhaps that is enough.

Do not be daunted by the enormity of the world's grief. Do justly, now. Love mercy, now. Walk humbly, now. You are not obligated to complete the work, But neither are you free to abandon it.

Because giving up is not an option. ■
 □ Former Shuswap resident Sarah Weaver is active in environmental issues and posts the blog 'Coast Lines' at linesfromthecoast.blogspot.com



Explorers club

> A special bird count for youth is planned on the foreshore. John Wood invite youth to meet at the foreshore parking lot down the road from the CSRD at 1 pm, Dec. 11. Dress warmly, bring binoculars and bird book, if you have one, and a thermos. This is an opportunity to learn about the wintering birds on the Bay.

FRIDAY AM
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December All Month

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DEADLINES
Wednesday Noon

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Weekly FriAM: 2,500
All Month (1st Fri) 4,500
FriAM.ca: Worldwide

■ **Go to FriAM.ca for 7 Bonus Blog Post Pages!**

○ *Friday AM acknowledges covering the Shuswap and sharing the lands on the traditional territory of the Secwepemc peoples.*

Stay active this Winter, but be careful when hiking, running and sports. For those sprains, strains, bruises, arthritic flareups...

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> *Salmon Arm Fire Department is highlighting individual firefighters on its Facebook page, starting with one of its newest recruits, Tammy Young. She began at Hall 1 this past summer and will be taking part in the 2023 SAFD Recruit Program. Tammy brings a very positive attitude and is always willing to learn. She is an administrative specialist in her day job and loves curling, camping, riding bikes, and singing like no one is listening.*

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Next Friday AMs
Dec. 9, 16, Jan. 6

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MOLEHILLS
Lorne Reimer



Santa gets hacked

Nobody is immune from persistent hacking and spamming, not even Santa Claus.

While local Santa, Chris, was preparing to meet Shuswap kids once again, he discovered his Facebook was hacked by a person unknown.



He said he could not access his account, change the password, or restore that content that was edited and deleted.

The worst part was the hacker's attempt to divert money. Santa heard back from a mom who inquired about booking him for a private event. She asked what the charge was, and the hacker replied back, "the usual amount". He then gave her an email address to transfer to an address in Texas. The Shuswap Santa's helper (his son) was able to get a new Facebook up and running again.

Santa will be at tonight's Zestmas event, and then he'll sit himself down at Centenoka Mall for an extended run. ■

Fund for needs

The school district received funds from the BC government to help vulnerable families struggling to provide adequate resources for kids like school fees, supplies, extra and co-curricular activities.

The district sent initial seed money of \$10,000 to each school and holding back five per cent for emergent needs for the end of the school year.

Kruger assured trustees that there is full accountability built in to the program with an application form to be filled out for families in needs. ■

TOY DRIVE

Volunteer firefighters will be collecting toys for the annual Fill the Fire Truck Toy Drive. The event takes place from 10 to 2, Dec. 10 at all four City Fire Halls.

They'll be collecting new unwrapped toys or gift cards in \$15 increments for ages 0-18. Co-hosted by SAFE Society, Fire Dept & Family Centre. Steve 250-833-2692. ■

Become a Welder

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No Friday AMs published on Dec. 23 and 30

Festivities

- > **Food Bank Day** - CBC Radio, all day, Dec. 2
- > **Holiday Market** - 11-3, Dec. 3, Ross Plaza. / p. 5 & 9
- > **More Christmas events** - throughout the Shuswap / 5
- > **Wineries open houses** - Dec. 3 & 4, local wineries.
- > **Candlelight Vigill against violence against women** - Dec. 6, Okanagan College. Ban-nock tacos (free) 5 pm; outdoor vigil 6:30 (dress warm)
- > **CP Holiday Train** - Dec. 15 Sicamous 5:10; Canoe 6:30; Salmon Arm 7:45; Notch Hill 9:10; Chase, 2:45, Dec. 16. Featuring MacKenzie Porter & Virginia to Vegas.
- > **Christmas/ New Year's**

Arts

- > **Séwillkwe** - 2D works by artists of all ages on water theme. Continues to Dec. 10. plus "UninterruptedVR a 360° on the waters of Adams River.
- > **Little Treasures show** - 907 Belvedere St., Enderby.
- > **Craft Sales / P.5**



> The CP Holiday Train is back Dec. 15 with four stops in the Shuswap. Performers are Mackenzie Porter & Virginia to Vegas.

Concerts

- > **Jazz Club nights** - 7 pm, Nexus at First. By donation.
 - Craig Thompson Trio, Dec. 8
 - Sandy Cameron & the Shuhorns 'Merry Kriz Special', Dec. 22
- > **CP Holiday Train** - Dec. 15. Stops in Sicamous, Canoe, Salmon Arm, Notch Hill & Chase. Featuring Mackenzie Porter and Virginia to Vegas. Food bank fundraiser.
- > **Coffeehouses** - 7 pm • 1st Sat, Carlin (Dec. 3) • 2nd Sat, Sunnybrae • 3rd Sat Gleneden Hall • 1st Fri., Grindrod Hall
- > **Book launch & concert** - 7 pm, Dec. 2, Fifth Ave. Seniors Centre. Cal White will introduce third book, Facing the Sweating Horse, and John Lent and Mark Nishihara will perform.
- > **AURA Chamber Choir** - 7 pm, Dec. 3 & 2 pm, Dec. 4, All Saints Anglican, Vernon.



- > **Cod Gone Wild** - Christmas tour, Dec. 10, Sorrento Hall. Tix at codgonewild.com
- > **Shuswap Men's Chorus** - 'A Gentlemen's Christmas', 7:30, Dec. 7, Nexus at First. Guests Richard Owings and SAS Jackson Choir. Tix \$20 at Pink Cherry or Shuswap Men's Clothing.
- > **SA Community Band** - 7:30, Dec. 10, Nexus at First
- > **Northern Lights Choir** - 2:30, Dec. 11, Nexus at First, featuring 'A Child's Christmas favourites. Tix at Acorn Music.
- > **Shuswap Singers** - 2:30, Dec. 17 & 18, Nexus at First. By donation. Celebrating 60 years.
- > **Groovineers** - Dec. 31, New Year's bash, Song Sparrow Hall. / 5
- > **Snowed in Comedy Tour** - 7:30, Feb. 9, Salmar Classic.
- > **Harry Manx** - Jan. 22 & Sloan - Mar. 5, both at Song Sparrow Hall. Tix at rootsandblues.ca Don't wait.

- > **Kamloops Symphony** - 2:30, Feb. 5, Nexus at First.
- > **School concerts / P.5**

Theatre

- > **The Secret Garden** - Runs to Dec. 4, Shuswap Theatre. Enchanting musical. Tix online at shuswaptheatre.com
- > **Surprising Story of the Three little Pigs** - 6:30, Dec. 13 & 14, SAS Sullivan Theatre. \$10
- > **The Wonderful** - Dec. 6 to 31, Caravan. caravanfarmtheatre.com
- > **Elf: The Musical** - Dec. 5 to 10, AL Fortune Secondary.

Sports

- > **SILVERBACKS** -
 - SA @ Surrey, 7 pm, Dec. 2
 - SA @ Victoria, 6 pm, 3rd
 - SA @ Cowichan, 2 pm, 4th
 - SA @ Vernon, 5 pm, 10th
 - SA @ Cranbrook, 7 pm, 16th
 - SA @ Trail, 17th
 - SA @ Merritt, 31st
 - Vernon @ SA, 7pm, Jan. 6
 - SA @ W. Kelowna, 2:30, Jan. 8
- > **Curling** - 2 on 1 Funspiel, Dec. 26, SA Curling Centre.

□ SportSpot - P. 13

at the movies

- > **SALMAR GRAND**
salmartheatre.com • Dec. 2 to 8
 - **Black Panther: Wakanda Forever.** 1:45 Sat., Sun.; 6:20, 9:20 nightly. People of Wakanda fight to protect their home from intervenino. (PG coarse lang., violence)
 - **Devotion.** 2:00 Sat, Sun; 6:30, 9:10 nightly. A pair of U.S. Navy fighter pilots risk their lives in Korean War and become among most celebrated wingmen. (PG violence, coarse lang)
 - **Strange World,** 2:15, Sat, Sun; 6:40, 8:45 nightly. Disney animation about explorer family whose differences threaten to topple mission. (G)
 - **Violent Night.** 2:10, Sat, Sun; 6:50, 9:10 nightly. When a group of mercenaries attack the estate of a wealthy family, Santa Claus must step in to save the day (and Christmas). (14A violence, lang)
- > **SALMAR CLASSIC**
 - **Banff Mountain Film Festival tour** • Dec. 2, 3. Tix at Wearbouts. Fundraiser for Shuswap Search & Rescue.
 - **Shuswap Film Society** • shuswapfilm.net
 - **Fire of Love** (US/ Can.), 5:00, Dec. 10. Documentary follows a volcano-ologist couple.



Incredibly explosive imagery of volcanoes. Film Society series returns in early January.

- **Live from the Met**
- **The Hours,** 9:55 am, Dec. 10. Adapted from novel and movie. Change to **Salmar Grand.**
- **Fedora,** 9:55 am, Jan. 14, Salmar Classic
- **Christmas movies,** Salmar Classic
- **All shows at 11 am:** Polar Express, Dec. 10 (at Grand); Elf, Dec. 17; TBA, Dec. 19-21
- **Free admission. Cash or food for Food Bank gratefully encouraged**
- **Dinner & Movie Night,** Wednesdays. Movie vouchers from participating restaurants.

live scene

- > **Jingle & Mingle,** 8 pm, Dec. 3, Canoe Hall. Hosted by Shuswap Highland Stills.
 - > **Gleneden hall dances,** 7 pm, Dec 3, featuring Barn Catz. \$10. No dance January.
 - > **Copper Island Pub** (Sorrento), Jam Tue. & Karaoke Sat.
 - > **Enderby Folk & Pattern Dance,** 7 pm, Dec. 2, Enderby Drill Hall. Adults \$5. Kids free.
 - > **New Year's Eve dance at Legion,** featuring Turtle Valley band.
 - > **Jammers Dance** - Next dance, Jan. 31.
- See concerts above & page 5

city lights

- ▶ **vernon** • Details at ticketseller.ca
- **Michael Kaeshammer,** Dec. 2
- **Christmas Variety Show,** Dec. 3
- **A Christmas Carol,** Dec. 6-13 (O'Keefe).
- **Andrew Allen: Hearts come Home,** Dec. 10.
- **Songs of the Southern Belles Country Christmas** - Dec. 11.
- **Cowboy Christmas,** Dec. 16
- **Holiday Cabaret,** Dec. 17, Schubert Centre.
- **Okanagan Symphony,** 'Comfort & Joy', 2 pm Dec. 18, featuring lyric tenor Ken Lavigne. Plus ... OSO 'Round Dance', Jan. 22.
- **The Nutcracker,** Dec. 20. Mission Dance Co.
- **Banff Mountain Film Festival World Tour,** 7 pm, Dec. 29, 30. For Vernon Search & Recue.
- **In my Life,** Beatles inspired musical, Jan. 10-14.
- **Boom X,** Jan. 14 • **Bianca Berkland,** Jan. 14.
- **Billy & Elton - Legacy,** Jan. 19.
- **Snowed in Comedy Tour,** Jan. 28
- **Bollywood Dance Show,** Jan. 29.
- ▶ **kamloops** •
 - **Alice in Wonderland Panto,** Dec. 24-30
 - **Christmas with the KSO,** Dec. 17
- ▶ **pentiction** •
 - **Bare Naked Ladies,** Dec. 2
 - **Stars on Ice,** Dec. 17 • **Anthrax,** Jan. 21
- ▶ **kelowna** •
 - **Sheep Dogs,** Jan. 17 • **Motorsports,** Jan. 23, 24
- ▶ **Vancouver** • **Kevin Hart,** Dec. 9
- **Canucks,** Dec. 3, 5, 10, 16, 17, 19, 22, 27

Book gifts & a story

Some years back, Sheryl MacKay, host of CBC's weekend morning show, *North by Northwest*, tossed out a challenge. She wanted a holiday snapshot, an anecdote in a maximum of 300 words. CBC would send one of the new fall books if the story was read.

Here's what I came up with, and my story was read. I received a book in the mail, and being a novice writer at the time, hearing it read on CBC catapulted my confidence to another level. I have never stopped writing since.

I thought *Friday AM* readers might enjoy a funny little Christmas story. For book recommendations, talk to your local book sellers. There are lots of great gift book ideas this time of year. Don't forget about local authors books – just ask.

Christmas Sardines

The trailer park in Guadalupe, Mexico had been home to my mom and dad, my eight-year-old daughter and me for five days leading up to Christmas, but oddly, we'd neglected to buy food for Christmas dinner.

After gifts were exchanged Christmas morning, I set out to buy a chicken. My rudimentary Spanish skills were tested, however, when I came upon a small market. When my request for "poulet" brought no response, I resorted to flapping my arms and scratching the earth with my feet in a brave attempt to procure dinner.

The light went on. "Pollo!" exclaimed the man as he disappeared through a door in the back, returning minutes later with a squawking live chicken tucked under his arm.

"No, no," I said, shaking my head vigorously. The flustered chicken dropped to the earth and did an imitation of me imitating him. That's when I decided to settle for several tins of sardines, a handful of fresh tomatoes, some beans and a little rice. The gratitude I felt for the tiny, tinned fish rose rapidly in relation to the imagined horror of killing and plucking my own dinner.

At our table that evening my daughter poked a tentative fork at the silvery fish on her plate, while my father raised his glass to toast the Christmas sardines, and to give thanks that I hadn't brought home a live chicken.

The laughter and clinking of glasses rung with merriment as we anticipated fresh pineapple for dessert, and perhaps another dip in the pool.

WRITE ON!

Kay McCracken



on.. 2..3!



> Top: Celebrate Shuswap Society is hosting a **New Year's Eve bash** at Song Sparrow Hall, featuring 7-piece band The **Groovineers**. Tix are \$45 on sale online at celebrateshuswap.ca

> Above, Roots & Blues hosted concerts coming up - **Harry Manx**, Jan. 22 and **Sloan**, Mar. 5. Earlybird priced **Roots and Blues** tickets go on sale Dec. 5 online at rootsandblues.ca

you're invited

> **Community Festivities on Sat. Dec. 3 -**

- * **Holiday Market**, 11-3, Ross plaza
Featuring artisans, foods, & music, plus Santa visits 10-noon; Rotary Chili Taste off. \$20 (in support for Ukrainians); Tuba Christmas, 11:30. / P.9
- * **Chase Country Christmas**, 8-3, Dec. 3.
- * **Sicamous 'Tis the Season**, 11-4, Dec. 3
- * **Enderby Light up & events**, Fri. Dec. 2

> **Santa visits -**

- * **Mall at Piccadilly**, 11-4, Dec. 7- 24. Also Old Fashioned Chrismsta, Dec. 17
- * **Centenoka**, Starting Dec. 3.
- * **Ross plaza**, 10-12, Dec. 3

> **Women Who Wine's December Community Giving Event**, 6-8, Dec 3, Song Sparrow Hall. sponsored by SASCU, featuring three local non-profit nominees (Rise Up Indigenous Wellness, N. Shuswap Health Services and U Grow Girl). It's a Roaring 20's Cocktail Party theme & live music. Tix at womenwhowine.ca

> **Christmas Gathering** of Okanagan Historical Society - SA Branch, 2 pm, Dec. 4, SA Church of Christ (log church at 5th & 5th SW.) Estelle Noakes will talk on "The Carlin House, a Gracious Old Home and its Inhabitants." Baking donations for tea would be appreciated.

> **Voice of the Shuswap 10th anniversary drop-in party**, 11-3, Dec. 10, CKVS Studios, 450 Okanagan. (First United Church)

> **Free Lunches**, 11:30 am, Wed, First Community (United Church).

> **Shuswap Storytellers**, 7 pm, (1st Thur)

school Shows

- * **SAS Jackson bands**, 7 pm, Dec. 13.
 - * **N. Canoe**, 6 pm, Dec. 14
 - * **MV Beattie**, 12:15, Dec. 13 at Splatsin Centre
 - * **Parkland**, 5:30, Dec. 14
 - * **Carlin**, 6 pm, Dec. 7
 - * **Sorrento**, Dec. 14
 - * **SA West**, 12:45 & 6 pm, Dec. 15
 - * **Hillcrest**, Winter concert happening in early 2023
 - * **SAS Sullivan Theatre**, Play, 6:30, Dec. 13, 14
- Before presstime:*
- * **Bastion**, Nov. 30 & Dec. 1
 - * **S. Broadview**, Nov. 30
 - * **Ranchero**, Dec. 1

For storytellers and dedicated listeners Info at 250-546-6186.

> **Enderby Strummers**, 1- 3, Wednesdays, Enderby Drill Hall Ukulele Circle.

holiday sales

- * **Holiday Market**, 350 30th St. NE , Gathering Place, Dec. 3.
- * **Downtown Holiday Market**, 9-1, Dec. 3, Ross plaza.
- * **Craft & Bake Sale**, 10 am, Dec. 3, Salmon Valley Seniors, Silver Creek.
- * **Malakwa Craft Fair**, 10-2, Dec. 3.
- * **Craft Sale**, Dec. 9, 10, Mall at Piccadilly.
- * **Grandmothers to Grandmothers Christmas Sale**, Nov. 28 to Dec. 3, Piccadilly. Fundraiser for Africans raising grandchildren
- * **Community Market**, Canoe, Holiday Train 'Fill the Canoe' market, 4-6:30, Dec.15
- * **Craft Fair**, Dec. 3, 4, Centenoka Park Mall. Santa arrives Dec. 3.
- * **Zestmas Christmas Night Market**, 5-8 pm, Dec. 2, Zest Commercial Food Hub, behind Shell & Shuswap Vet Clinic.
- * **Christmas Market**, Dec. 4, Red Barn, Sicamous.
- * **Artisan Avenue Holiday Hoopla! #2**, Dec. 9 to 11, Rec. Centre.
- * **Christmas a-Fair Market**, 9 - 4, Dec. 10, 5th Ave. Srs. Centre.
- * **Mayfair Farms market**, now to Dec 15. 2200 20th Ave SE
- * **Christmas Market**, 11-4, Dec. 3, Bruhn Crossing, Sicamous.

Merry Christmas everyone. And for those who don't celebrate Christmas, Happy Holidays.
 ☐ Kay McCracken is an author and promoter of the Shuswap writing community.



> The beauty and the beast of winter are captured by these two images. A bayview posted by Ineke Hughes, and one of the fleet of plows keeing highways and city streets cleared. Cold weather is predicted for December.



Christmas budgeting 101

Well folks, it is December already and if you're like me, you are just starting to wake up to the fact Christmas is around the corner and you still haven't bought a thing.



Daron Mayes

With inflation and rising interest rates everything feels a little tighter, so here is an article how to approach spending this season and how to take the bite out of Christmas overindulgence.

- The first rule is not to wait until the last minute. So, if this is you and you are reading this article now, it's likely too late.
- Similar to #1, it is far better to slowly purchase gifts throughout the year than wait until Dec. 24. By spending through the year, you'll avoid impulsive purchases, and more likely to get a practical gift at a discount. Don't start Dec. 24, but do start Dec. 26.
- Focus your spending on practical gifts. Personally, I think it is great to give your kids clothes, shoes or sports equipment. You are going to spend money on these things anyway; why not make it part of Christmas. You don't have to get sucked in by the glitz and glamour of buying the latest toy or video game. Those items are quickly found barely used under your child's bed.
- Buy one larger, but quality gift that can be used by the whole family instead of a lot of smaller gifts without as much meaning.
- Speaking of gifts you can all enjoy; buy a board game or a puzzle. It is much more interactive than everyone sitting in opposite corners of the house on their electronic devices. Be proactive in trying to strengthen relationships, not just thumb muscles.
- Instead of buying something you put under the tree, pool the money you would otherwise spend on gifts and do something together as a family or with friends instead. Build memories!
- Another example of a practical gift is to put money into a child's Registered Education Savings Plan (RESP) or investment account. It doesn't have to be much, but it's a great practical gift that your child will appreciate down the road.
- Don't overspend. It sounds simple, but we all do it. Once a kid has a couple of gifts, the third, fourth or 15th tend to lose value; especially if they are getting multiple gifts from multiple people. If you set a high expectation that is what they'll expect. By setting a reasonable expectation, they'll be okay with that too.
- Give a gift of service instead of a present under the tree. Make up coupons of things you will do with or for others that are special. Gifts of service save you money, get you thinking of others and will build valuable long-term memories.
- Have a budget. If you fail to plan, plan to fail! When it comes to Christmas, you will overspend if you don't set a budget.

There you have it! A few practical suggestions to help with Christmas shopping without breaking the bank or being wasteful. ■

□ *Daron Mayes works as an investment advisor in Centenoka Mall. His column appears monthly in the All Month editions.*

FOOD WITH FRIENDS

Food with Friends helps supply a hot meal to anyone in need 4 times a week-noon to 1 pm (Mon, Tues, Thurs, Friday). Volunteers supply food and necessary items for living outdoors through their own pockets, plus with some community donations. The program is located on the lower side of Crossroads church. Look for the tarps and SeaCan. If you wish to bring food, cash or clothing/blanket donations, we would be most grateful.

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	5 years 5.00%	Down 0.10%

* GIC rates as of Nov. 29, 2022 subject to change without notice Certain minimums & conditions may apply

THIS WEEK

Daron Mayes, BBA, CPA, CA, CFP
Investment Funds Advisor

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READING ROOM

by Larissa Image, Salmon Arm Library Branch

Holiday season at the library

The holiday season is upon us, and we have a roster of winter-themed events happening this month:

- **Festive Day**, Dec. 3 (12-4:30). Piccadilly Mall and the library have banded together to offer holiday crafts, performances from Jingles the Elf and more, as well as a holiday storytime with Ardie at 3:30.
- **Holiday Sing-along**, Dec 7 (3:15). All ages sing your heart out at Ardie's Sing-along (enthusiasm required, expertise not!).
- **Holiday Storytimes**, Thurs. Dec. 8 at 10:30 am and. Sat Dec. 10 at 3:30, both with the wonderful Ardie.
- **Scrabble Club**, Thurs. Dec. 8 (11 am): meet new friends and show off your skills at our new club. Drop in to the group Thursdays at 11am – Scrabble boards and dictionary provided.
- **Upcycled Book Ornaments**, Dec. 3 (12-4:30) Drop-in.
- **Genealogy meet-up**, Dec. 12 (10:30 am). Delve into your family history with this friendly group! Use our microfilm, dig through our genealogy books, or pop onto the library's ancestry database.
- **Winter Origami Workshop**, Wed. Dec. 14 (3:30): learn new folding skills and create beautiful art at with Eiko Uehara. For ages 9-14; please register on our website for this event.
- **Fire Safety Storytime**, Thurs. Dec. 15 (3:30pm): – sing songs and read books all about firefighters and fire trucks, and then meet a real firefighter! We'll have a mailbox set up for kids to send a thank you card to the Fire Department.
- **DIY Gifts & Swap**, Sat. Dec. 17 (noon-4:30): bring your crafty skills to the library! Trying to be creative with gifts this year and save a little money? Come see what you can create with supplies provided by the library. For all ages – kids, teens, and families!

■ Don't forget to sign up for our **Salmon Arm Reads book club**. We'll meet at 10:30 am on Tues. Jan. 10, and will be discussing Kate Quinn's *The Huntress*, which is, according to the *Library Journal*, "a great choice for historical fiction fans, particularly of World War II-set novels, mystery readers or anyone seeking well-crafted stories in which good triumphs over evil."



We will be closed for the holidays starting Friday, Dec 23rd and will re-open Tuesday, Jan. 3. Our **bookdrops** will remain closed for the duration – keep those books at home until we open again! (Please do not leave them outside the library door.) Don't forget you can have up to 100 items checked out on your library card, so make sure you don't run out of reading materials over the break. You can also borrow **ebooks**, **eAudiobooks**, and magazines through our **Libby app** over the break – ask us how if you're not sure!

Keep an eye on our online Events calendar and our branch webpage for upcoming events in January – including our annual **Tiny Story Contest**, a Vision Board workshop for your New Year resolutions, and a **Beginner Ukulele Workshop**.

☐ See www.orl.bc.ca for more information



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Dec 9th 2pm – 8pm
Dec 10th 9am – 6pm
Dec 11th 10am – 4pm

Come join us at the Salmon Arm Recreation Centre for all your holiday shopping!

Visit Salmon Arm's best local artisans and shop local this holiday season!

From fine art to craft spirits and everything in between, it's the perfect place to find that perfect something for everyone on your list!

@ArtisanAvenueSA



10th anniversary drop-in party

11-3, Dec. 10, CKVS Studios, 450 Okanagan.

programs & info at voiceoftheshuswap.ca

Call for Candidates

We are seeking diverse, community-minded individuals to participate in the 2023 Spring election for the SASCU Board of Directors.



Our strength comes from having a wide range of perspectives, experiences, and talents focused toward a common goal. You will be provided with professional development, director networking, and remuneration, along with the opportunity to be innovative and strategic.

Is this your time to become a leader of this prominent regional organization?

FIND OUT MORE:

Online Only Info Session: Tuesday, December 6 at 7:00 p.m. (pre-registration required)

Submission Deadline: January 4, 2023

Ask a SASCU Representative for a Board Package or visit sascul.com/Nominations

Holiday MARKET

**Saturday, December 3
11AM - 2PM
Ross Street Plaza
& Hudson Ave**

Local food, warm beverages, artisan crafts, music and so much more!



Visit with Santa 10AM -12 NOON

Get Elved! The **SASCU** Elf will be spreading holiday cheer and **\$5 downtown dollars**. Redeem at participating downtown retailers.



Rotary Chili Taste Off! Get a taste of chili from all five locations and choose your favourite! Tickets \$20. *Proceeds to Shuswap Support for Ukrainians.*



TUBAChristmas Enjoy the festive sounds of Salmon Arm's inaugural TUBAChristmas **11:30AM**.

BE MERRY & SHINE BRIGHT



DOWNTOWN SALMON ARM



DETAILS: salmonarmdowntown.com or facebook.com/DowntownSalmonArm

HOLIDAYS, PLUS

Yes, folks it is the Holiday Season. It is recognized by many groups, societies and religions. To all those who identify as "Christian" I say Merry Christmas and to all others I invite you to enjoy our holiday season and your own special festivity at this time.

My wife, Irene, and I recently enjoyed a vacation in Victoria to celebrate our 65th wedding anniversary, my birthday and the birthday of our nephew who, along with our niece, joined us in Victoria. We had a grand time doing all the things there is to do in that wonderful city.

I could turn this column into a travel log and describe in detail all the things we did. Things like, eating raw oysters, evening snowstorm in Victoria of all places, special personal tour of parliament buildings with Keith Bauldry of Global News, Port Renfrew for lunch, hikes through ancient forests and so and so forth. I'm not going to tell you all about that but will tell you of the nightmare of trying to get home.

It seems that a couple of weeks prior to our vacation WestJet airlines had a computer malfunction that set in motion a series of delays and cancellations that spilled over into our vacation time. Apparently, they had the malfunction corrected, but the series of cancellations continued. In trying to catch

up they had staffing shortages due to overwork. The most problematic was the pilots as they have limits to the number of hours they can fly in a month, rightly so I might add. I talked to one pilot who told me that he had been stuck in Victoria for three days.

I am not about to go off on a rant complaining about WestJet because it would implicate the employees and I cannot, in all conscience, do that. Those folks are top notch in my books and do everything they can to help their customers.

I will direct this rant to modern technology and how necessary it seems to be with everything we do. I did however learn a lot about how technology is used in our modern age and particularly how it relates to travel.

We were not well versed in the system used so were at a disadvantage when we found our flights cancelled and what we had to do to get compensation for taxis, meals and hotels. There we were at the airport, unable for some reason, to connect to Wi-fi and unable to access our benefits for overnight stay.

To the rescue came a very helpful WestJet employee who, over one hour, was able to obtain paper vouchers for meals, taxi and hotel.

☐ Continued on the bottom right

MY TWO CENTS



Ed Campbell



Happy 65th anniversary Irene and Ed. And such a beautiful love story to tell, meeting at nine and marrying 10 years later.

Bill Wharton at age 98

Bill was a most inspiring local teacher and a founding member of Shuswap Theatre. Here he is in his memorable role as Teyve in *Fiddler on the Roof* in 1978. He was an amazing gift to the Shuswap, and friend to all who knew him.



BUILDING FOR ALL

Every community in BC is challenged with the same social problems and frustrated to find some solutions. Most people would do whatever they could to help if they just knew what or where.

In the past two years, First United has changed to a focus of reaching out to all levels of the community. Its name has changed as well to First Community to reflect this new focus to a broader audience.

The most recent addition to this outreach is a Wednesday free hot lunch program at noon. Anyone is welcome and encouraged to join us. This program is staffed by volunteers and much of the food is donated. Cash donations also help to offset rising food costs. Clearly, there is a need as the numbers coming for lunch keep growing with the coming winter. If you want to make a contribution in some small way, there is always a need for servers, clean up help or donations of casseroles, soups or buns. You are also free to join the less fortunate of those out in the cold for a hearty bowl of delicious soup.

There are many small groups that need a space to meet. Organizations periodically need a board room to organize a community event, some groups need a safe place to gather, local performers a place to share their talents, or a variety of support and social groups like bridge and alcoholic anonymous. Rotary, Probus, jazz nights, Kamloops Symphony and Music Festivals all have regular bookings.

In fact, it has become a very busy centre every day of the week, not just the classic image of a Sunday meeting place.

It is a new image for First, and a fully engaged building is becoming a valuable part of the life of our community. For further information or to help, contact First Community office at 250-832-3860 or office@firstcommunity.ca

Doug Leatherdale, Salmon Arm

Letter

City FIXINGS

> Visibility is blurry on winter nights. Make sure you can be seen by the traffic around you.

Bravos&BOOS

> **BRAVO TO** the Voice of the Shuswap on its 10th anniversary. Open house party from 11 to 3, Dec. 10 at the United Church
 > **BRAVO TO** the tall young man who helped out Friday AM's bookkeeper, Eleanor, when she took a fall to the floor at Dairy Queen. First, he asked if she was okay, and then he picked her up.
 > **BOO TO Friday AM** for placing the 'Boo' template again in front of an item that should have been a 'Bravo'. The 2 am curse.

Life TIPS

> Movember has passed, but the issue of Men's Health month is as critical as ever. Doc Dunc says: "Grow the 'Mo' but more importantly, don't fear the fickle finger of fate". (Sculpture by Jackie Schumacher ©).



My two cents

☐ Continued from the left
 Unfortunately, by this time it was past ten o'clock and all restaurants closed so we ended up at a McDonald's with only "drive thru". So, walking through the "drive thru" we managed to grab a burger and staved off starvation.

I cannot fully describe the sinking feeling that comes over one while watching the information board as flights are delayed, then delayed again and finally cancelled at boarding time. My heart goes out to those who endured, day after day, cancellations during the initial computer glitch.

If you have some time during this season, enjoy yourselves, folks. It's all good. ■

☐ Ed Campbell is an active retiree in Salmon Arm.

DECEMBER GIVING

When I was little, I vividly remember moving into our new house in North Bay. No one had ever lived in it before. I remember thinking how weird that was. Nobody had ever slept in my room, cooked in that kitchen, or ever left their bike in that carport. Nobody else's mom had turned that porch light on when it was time to come home for dinner.

I was so grateful and amazed. And I'm not sure who picked the avocado green appliances or violet bathroom fixtures in it, but what did I care, I finally had my own room.

It was a new development. Across the street, on the "more desirable" lakeside, were dilapidated shacks, scheduled for demolition to make room for new houses.

As the weather turned colder, a little girl who lived in one of those homes, would sometimes ring our doorbell asking if I could play. She was half my size. I was seven. She was probably four. I vaguely remember peanut butter and jam sandwiches and a short visit, maybe we would play with my Barbie dolls for awhile. My mom would gently remind her it was getting dark and time to go home. When she would leave, my mom would ask her if she'd forgotten her mittens at home. The answer was always yes.

My mom would say it was okay because we had an extra pair she could have. We didn't really have extras, I'm pretty sure it was all they could do as young parents to get us from an apartment in the big city to my dad's new job and into a house hundreds of kilometres away. My mom would just knit more.

I don't remember the last time I saw her, but I never forgot and I can still see those little mittens.

There was a time when my mom was little too. She lived in a village in Quebec. It was war time. My Grand Papa worked on the railway and he and my Grand Maman had 14 kids. His war effort was fought at home. As was hers. My mom often recalls the story of a Christmas when boxes would just show up at the door with food, some toys and maybe even some knitted mittens. Not because anyone had much extra in those days but because what little extra



was available could do more good in being shared than kept aside.

I've been thinking about this lately. It seems to me we are singularly focussed on what we need right now rather

than what we might go without to contribute to what happens next.

For a few years now, I've canvassed friends to put together a Christmas wallet with some gift cards, a bit of cash, and an anonymous note of encouragement for a person in need prior to the holidays, offering them some agency and dignity over their choices on how to mark the season.

It strikes me that if ever there was a time to give a merry Christmas, rather than to wish one, it's now. We might disagree on the reasons for that which, to be honest, does complicate matters, but regardless, in the long run, all that will really matter is that we did something, anything, we could.

So here's my ask. If you've not yet decided what you might be able to do to help this holiday season, canvas your friends, family and colleagues, put together a wallet, write a note of encouragement and get it into the hands of someone whose needs are greater than yours well before the holidays.

Do it quietly and humbly. No photos opps, no logos, no names, no prizes. Nothing, because at its core, giving is not about what you have extra, it's about what you're willing to do without to help someone else.

And if you need ideas on where those wallets might go, reach out. It might surprise you to know that as a city councillor, I've learned far more about the needs of our most vulnerable and the amazing people who work tirelessly every day to help them, than the aspirations of those who aren't so.

Maybe community is like a pair of mittens. Always needed. And always in search of more wool and knitters willing and able to make a few more pairs.

To give a merry Christmas is the best way to have one. Stay safe out there. See you in 2023. ■

□ Louise Wallace-Richmond is a regular contributor to the All Month, and a third-term city councillor.

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You're Invited from page 5

- > **Chess Club.** 6 pm, Wed.. Okanagan College. \$2. Tourneys
- > **Duplicate Bridge** - 1 pm Tues. & Thurs., United Church.
- > **Bingo,** from 9 am, Mon., Canoe Seniors. & **Crib,** 1 pm, Fridays, Canoe Srs. Hall.
- > Organic farmers market, 2-5, Wednesdays, Askew's Uptown.
- > **Shuswap Music Festival** registration Dec. 1 to Jan. 31. The festival from April 11 to 29 offers adjudicated sessions in piano, strings, voice, choral and band. More info. at www.ShuswapFestival.com

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- > **Toastmasters,** 7 pm, Thurs., Okanagan College.
- > **Friendship Club,** from 10 am, Tuesdays, 5th Ave. Seniors

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> **Auditions** for Shuswap Theatre play - *39 Steps*. 6 pm, Dec.11, 12. Three males - 25-50. & one female, 25-50.. Opens Feb. 24

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WEATHER

WEEKEND AHEAD

Mix of sun / clouds. Low to -12, high -7. Snow Friday night, but no more snow in forecast

Normal 0 to -5

Extremes since 1991:

+8.4 1995 • -12.2: 2005

Sunrise 7:35 am • Sunset 3:56 pm

> *Nick's notes:* November was colder than normal by 5C degrees by day and 4C. by night. Final month data will be in the next AM. Environment Canada's Weather Office stated that early December will likely match or exceed a 100-year record for cold for much of BC, including the Okanagan and Shuswap. With official winter still three weeks away, a good old fashioned winter has to be in the cards. It is a good idea to carry ballast and sand bags over the rear wheels for the best grip. Studded tires are worth their weight in gold. Front wheel drive vehicles can be pretty hopeless in winter conditions. ■

Past Temps, Nov. 23 to 29

By weatherman Nick Parsons

SW Gleneden, 458 m (119 m above lake):

DATE	HIGH	LOW	PRECIP.
Nov. 23	+2	-2	
Nov. 24	+5	-1	
Nov. 25	+3	-2	1/16" rn.
Nov. 26	+3	0	
Nov. 27	+3	-1	1/2" sn.
Nov. 28	-4	-3	
Nov. 29	-6	-9	2" sn.

PASSAGES

Bowers Funeral Service
bowersfuneralservice.com

Candlelight ceremony, 1pm, Dec. 11

- ❖ Charles 'Chuck' Brown
November 22, 2022, at age 81
- ❖ Agnes 'Anne' Chalmers
November 23, 2022, at age 93
- ❖ Robyn Doebert
November 16, 2022, at age 75
- ❖ Robert 'Bob' James Hawley
November 21, 2022, at age 75
- ❖ Dennis Gerard Marchessault
November 24, 2022, at age 68
- ❖ Johannes 'John' Jensen
November 26, 2022, at age 91
- ❖ Elsa 'Hilma' Martens
November 18, 2022, at age 97

LEGACY LIVES ON
shuswaphospitalfoundation.org
shuswapfoundation.ca

Fischers Funeral Service
fischersfuneralservices.com

- ❖ Marie Yvette Jeanne
'Constance' DeSchutter
November 25, 2022, at age 94
10:30, Dec. 1, St. Joseph's
- ❖ Barry Kaye Holloway
November 25, 2022, at age 76
- ❖❖❖
- ❖ Bill Wharton, at age 98 /P.10
- ❖ Joyce Burkitt Dorey
November 22, 2022, at age 88
- ❖ Louise Tobin, 104, jazz singer
- ❖ Christine McVie, singer/key-boardist with Fleetwood Mac

> COVID-19 UPDATE

CANADA #33 rank	6,638,940 deaths
4,408,276 cases	625,378,013 recovered
47,781 deaths	BC
4,298,243 recovered	389,479 total cases
62,252 active cases	4,607 confirmed deaths
USA #1 rank	21 new deaths
100,532,711 cases	37 current critical care
1,105,049 deaths	328 current hospitalized
98,079,399 recovered	30,092, hosp. to date
WORLD	498 new cases
647,164,825 cases	13,759,603 doses admin

Numbers likely more due to many unreported home tests.
worldometers.info/coronavirus • bccdc.ca



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> SPORT SPOT

> SILVERBACKS

GAMES - Nov. 27: Merritt 4, SA 3 OT • Nov. 26: SA 1, Cranbrook 0
• Nov. 23: Penticton 5, SA 3

POINTS - Penticton 46 pts, W. Kelowna 28, Prince Geo 28, Salmon Arm 26, Cranbrook 25, Vernon 21, Trail 21, Wenatchee 15, Merritt, 15

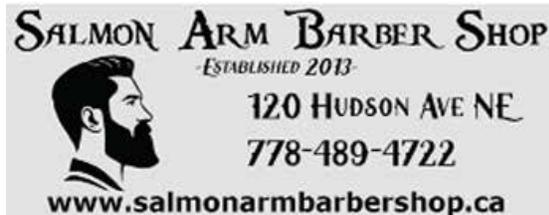
NEXT - Travelling to Surrey, Dec. 2. Victoria Dec. 3., Cowichan, Dec. 4.

Three SilverBacks will play on the BCHL All Stars game Jan. 21 in Penticton - Matthew Tovell., Nathan Mackie and Owen Beckner.

Silverbacks forward Connor Welsh has been traded to the Vernon Vipers in exchange for future considerations.

> **Curling** - 2 on 2 Funspiel, Dec. 26; Stick Bonspiel, Jan. 21; Men's Open & Ladies Open, Jan. 27-29; BCIMCA Ladies' Masters & Men's Grand Masters, Feb. 4, 5; Jr Bonspiel, Feb. 11, 12; Mixed, Mar. 10, 12. salmonarmcurling.com

> **Tennis** - Go to clubspark.ca for indoor court bookings.



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Minding mental health

Holidays can bring about feelings of depression, anxiety, envy and even dread and despair, rather than joy and merriment.

Mental Health Matters
CMHA

These blues can stem from a variety of factors like pre-existing mental health issues, seasonal affective disorder, a recent loss, the anniversary of the loss of a loved one, jam-packed social commitments, emotional and financial pressures from family and friends, and family strife.

The American Psychological Association found over 38 per cent felt increased levels of stress, depression, and anxiety and reported more substance abuse during the holiday season.

The good news is there are ways in which you can plan for and protect your mental health during the holiday season. Below are some suggestions:

- Identify your triggers. Knowing your own holiday triggers helps to curb emotional reactivity and for putting plans in place to reduce holiday-related stress.
- Give yourself permission to feel your emotions. Tell yourself it's OK if you're not feeling particularly "merry or joyous".
- Limit or take a break from social media.
- Be patient with yourself. It's important to keep in mind that it takes time, patience, and self-compassion to sort out complicated emotions and to understand the full circumstances surrounding them.
- Practice self-compassion by treating yourself as you would a good friend.
- If your usual pattern is to feel more lonely, depressed or isolated, being proactive can help reduce negative feelings.
- If these steps do not work as hoped, it's important to give yourself permission to ask for help. For more information or support contact CMHA Shuswap-Revelstoke by calling (250)832-8477. If you would prefer email: info.sr@cmha.bc.ca

MY HOME SHOULD SUPPORT ME

While doing some Declutter learning, I read that our house should support our lives, not clash with it. If we are spending hours cleaning, (which often means just trying to find a place to put things), our house is taking away time from our family, our hobby or even our job.

DESIGN DILEMMAS
Linda Erlam



live this way and it's still a work in progress. I recently moved, again, and I am sadly aware, in spades, that I have too much stuff. I'm back to gleaning possessions. I hate this.

The benchmark, suggested by one pro, is: 'What would happen to your house if you got sick and couldn't clean' for five days? Would it be a disaster or would it be in the same condition as when you went down?' That was so profound to me that it prompted me to rethink how I lived in my own home.

I got rid of things that were nice, but did not serve me. Beautiful pottery bowls lined up across the top of my cabinets. Never used. Dust and grime catchers.



A little chair by the door in my bedroom that was really pretty but useless. Too tiny and too low to actually use except to hold clothes that hadn't made it to the hamper.

About 15 feet of books that I'd been carting around for over 20 years. Moved them several times and always had good intentions to re-read them.

Three huge totes full of magazines that I couldn't even move myself.

Things looked okay on the surface, but every closet, every drawer, and every place had stuff. And most of it I didn't need, want, or use. But, by golly, it was MY stuff and I had to keep it.

"My house should support me". What a concept. It should make my life easier, not more difficult.

I should be able to come home and relax, not come home and stress. Or avoid coming home at all.

It was two years ago that I started trying to

But the upside is that with every possession that goes out the door, my shoulders get straighter, and my breath comes easier. With every space I create in the closet, I think how much nicer it will be to get something out of that closet that isn't wrinkled from being crammed into other clothes.

It's great to be able to get into the baking utensil drawer and not have to jimmy it to get it open.

Little things like this make my life easier, and make my house support me, not take my time away from me.

It's things like having room in the hall closet for visitor's coats. It's having

room in the linen closet for all the clean linen and realizing that eight sets of sheets for one bed is overkill. Got a lot of room back when I took care of that.

It's being able to sit or stand in any place in any room and feel like the space is quiet, it's clear of extraneous stuff, it doesn't make me jittery or click that, 'Well, that's something you should take care of,' switch in my brain.

When my house is calm, I tend to be calmer. I can actually enjoy sitting with a cup of tea while looking out the window. I don't feel like I'm cheating if I take time for myself.

I realized that, in this era of self-care overload, the best self-care I can do is to have a home that supports me and nurtures me. I like my home now. Still have stuff to get rid of, but it's coming, and I am able to just be calm here. Because my house is calm too. ■

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

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WORD SEARCH **Fully decorated Christmas tree**

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

> Tree, garland, ribbons, lights, ornaments, angel, tinsel, star, skirt, stand, water, balls, icicles, handmade, candy canes, gifts, artificial, real, spruce, fir, pine, gingerbread, boughs, needles, bulbs, beads, brlnking, candles, cards, trunk, hook, nativity, sheep, camel, shepherds, oxen, wise men, Mary, Joseph, Baby Jesus

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

- > "Being humble means recognizing that we are no on earth to see how important we can become, but to see how much difference we can make in the lives of others."
- > "We are not going to be able to operate our Spaceship Earth successfully, nor for much longer, unless we see it as a whole space-ship and our fate as common. It has to be everybody or nobody." ~ Buckminster Fuller
- > "If you went back and fixed all the mistakes you made, you would erase yourself."
- > "Paths are made by walking." ~ Franz Kafka

FUNNY BONE

> I got an email explaining how to read maps backwards. It was spam
 > I replaced my litter box with a FedX box. Now when it's full I just tape it shut and put it on my porch for someone to steal.
 > As grandma was getting ready to leave the house on Christmas Eve, Olivia looked at her with concern. "Make sure to be really careful on your way home; Santa is delivering presents."
 Her grandmother smiled at her. "I don't think I have to worry about Santa."
 Olivia looked at her incredulously. "Haven't you heard? He's already run one grandmother over."

POP QUIZ

> What hit rock song did the songwriter admit copying from the melody of "O Come all ye Faithful"?
 < Twisted Sister's "We're not going to take it"

Mayfair Farms 5th Annual Christmas Market
 30 plus local vendors
 Now to Dec 15th • 9am-3pm • 2200 20th Ave SE

PICTURE THIS



- > New way to display stand your Christmas tree.
- > Poor Rudolph - not allowed to play any reindeer games.



Santa Visits

December 7th-24th

Photos and Visits with Santa will be available from 11 am - 4 pm daily

To book photos online go to piccadillymall.com

Wishing you all a Happy Holiday Season!

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> Salmon Arm Community Band will perform 7:30, Dec. 10 at Nexus at First - the band's first concert since the outbreak of you-know-what. Admission is by donation with proceeds to local food charities. Director Jim Johnston will introduce a second director - Syd Griffiths - previous music coordinator at Kamloops School District. The concert will feature regular band pieces, plus a fun carol sing-a-long. See page 4 & 5 for other community concerts during this festive season.

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> This ornate train car is actually the labour of love of Richard Lawrence. He spent a year and a half converting a semi trailer into the Notch Hill Express Railway car. It will be featured on a future episode of Rust Valley Restorers.

Merry CHRISTMAS

Children's Christmas Party
 Saturday December 3rd 12- 4 pm
 Salmon Arm Library

12pm -4pm Ongoing Activities:
 Jingles Roving
 Crafts Station
 Santa Visits 11:30-1:00pm
 (Free pictures by parents)

12:30pm Jingles the Elf Performance

1:30pm Up-cycled Book Ornaments
 Holiday Games

2:00pm Santa visits & Jingles Roving

2:30pm Jingles the Elf Performance

3:30pm Christmas Story telling
 Ardie SA Library

The Mall at Piccadilly



Richard's Pick of the Week




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*Read Friday AM
 each week - in print
 or online FriAM.ca*

eh?/em!

Blog Post

FriAM.ca

FROM FACEBOOK DAILY POSTINGS

AM



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> Honestly, I think I'm really losing it. Reflecting on how I'm having a hard time lately figuring out people's ages, I ask the older boy in this first week of Santa photo what his son's name is. They're brothers, of course, one is 16, the other 10. Then this nice woman tells me to sit down with Santa and she'll take a photo of us with my own iPhone. So I sit down with Santy and dutifully take out my reporter's notepad. How inappropriate. I could have used that time effectively and told him what I want for Christmas

LIFE'S IMPORTANT LESSONS



> **FACEBOOK POST-** What was your biggest accomplishment today? Me: It took me less than a minute of rubbing my fingers together to open a bag in the produce section.

> **FACEBOOK HELPFUL COMMENTS -**

■ "The best trick is to see where there's some water on the shelf in the produce section from the sprinkler. Touch with fingers and presto, bag opens." ~ *eve*

■ "Little known trick: before picking up your produce bag gently touch the tips of thumb and forefinger against the plastic covering of a produce product that sits under that misting spray then get to your produce bag. Way more sanitary than the finger licking method meant for KFC." ~ *larry*

■ (Affirmation) "I was shown that trick by a produce employee. Works every time." ~ *joan*

eh?/em!

Blog Post

All Month
next Dec. 2

FriAM.ca

NOVEMBER 26 • FIRST POSTING OF DAY

94,000 MDs in Canada, some will die

I can't believe what I will do in the interest of exposing unadulterated pure B.S.

There's a free newspaper that you can find stacked up all over town. It's called *Druthers*, and, if I had my druthers, I would walk by and completely ignore it .. and you'd be wise to do the same.

Instead I looked at the screaming headline at the top: **"80 CANADIAN MDs, VAXXED AND DEAD"** and underneath there are 80 tiny photos of doctors with the tiniest printing below each photo that I have ever seen.

So there's a Dollar Store nearby, and not only do I pick up a copy, I walk into the store and spend a dollar on a magnifying glass.

Okay, let's do a little fact checking here. There are 94,000 physicians in



Canada which works out to 246 physicians per 100,000 population. So, in my mind, 80 deaths among them doesn't

sound outlandish.

The crazy thing is, when you take out your magnifying glass, it tells you right there the causes of death - car accidents, cancer, ALS, natural causes, etc.

The question is, who does that - takes out a magnifying glass?

Well, we all need to be more discerning readers, and I'll tell you why. Take a look on either the web

> Richard Fierro is everything a true hero embodies. He served 15 years in the military, and when faced with a crazed shooter, all his years of combat training instantly kicked in and he tackled the madman, and saved countless more lives. However Fierro made the mistake of empathizing with the people in the gay bar. It took one day for him to be smeared as a groomer by the far right.

or your local newsstands.

On the web, the best publications often hit pay walls, and for good reason.

The best publications are where you find the writings of the best quality, written by experts and journalists who need to be paid. If you find a good reliable publication, why not pay the low subscription fee? It's way lower than print subscription fees.

Sadly, propaganda blogs and trashy news sites are free and easy to find.

It's the same with newsstands. Have you noticed that magazine and newsstands have largely disappeared from Salmon Arm - Askew's, Pharmasave, Bookingham - they're gone.

Good quality magazines are hard to find in town. But not the trash ones like *National Enquirer* and their ilk. They're still right there at the checkouts. ■

❖ George Harrison,

Gone too soon 21 years ago, Nov. 29



"The last time I met him, he was very sick and I held his hand for four hours. As I was doing it I was thinking "I've never held his hand before, ever. This is not what two Liverpool fellas do, no matter how well you know each other." I kept thinking, "he's going to smack me here." But he didn't. He just stroked my hand with his thumb and I thought "Ah, this is OK, this is life. It's tough but it's lovely. That's how it is." I knew George before I knew any of the others and I loved that man. I'm so proud to have known him." - Paul

❖ Christie McVie,

November 30, at age 79



> Seriously, people. Hateful propaganda has consequences. Just last week a deranged man stormed into a drag show in Colorado and killed five people and wounded many others.



> The photo on the left is going around the web these days calling for Trudeau to resign. It includes hashtags #Justinindrag or #trudeau-mustresign. How about the people who did this photoshop and those spreading it, take a good long look at themselves for their shameful dishonesty. As for the quality of the photoshop, I'd be very embarrassed. You left Trudeau's white shirt at the bottom right. And what exactly is so terrible about standing next to a dragqueen singer and dancer?

Some of you might wonder how I keep track of the passing of famous people and horses. I check this wikipedia page about three times a week. So far, today, there are five on the list for Nov. 29, including a thoroughbred racehorse and the world's oldest prostitute. Apparently, Vogel-Coupe started in the business in her 80s. It's truly stunning what you learn on wikipedia.

- ❖ Tapunuu Niko Lee Hang, 68 Samoan minister of finance.
- ❖ Hiroshi Miyamura, 97, American soldier, Medal of Honor.
- ❖ Mohd Hashim Mustapha, 56, Malaysian football player.
- ❖ Sheila Vogel-Coupe, 93, British sex worker.
- ❖ Ouija Board, 21, British Thoroughbred racehorse

eh?/em!

Blog Post

Friday AM
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NOVEMBER 25 • FOURTH POSTING OF DAY

eh? The last word in a classic Canadian sentence.
em! Typographical unit and the root of many emblematic words... like **emotion**, **empty**, **emphatic**, **empathy**, **embrace**, **emulate**, **embarass**, **empirical**, **embedded**.. and many more

LOCAL SANTA GETS HACKED

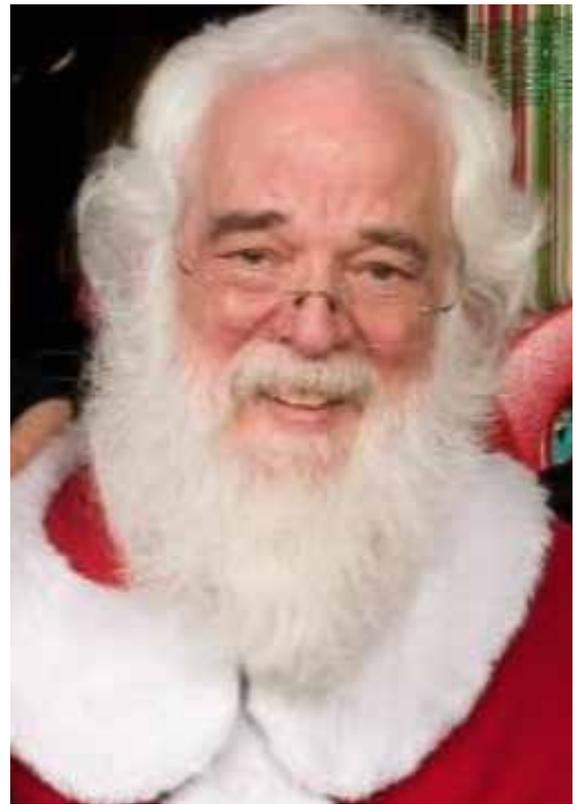
First of all, this is not a funny story. This really just happened to a Shuswap favourite Santa Claus (You will see him next week at Zestmas Dec. 2, and Centenoka, starting Dec. 3)

This Santa's Facebook account was totally hacked, to the point where he could not access it, change the password, and try to restore content that was edited and deleted.

The worst part was the hacker's efforts to divert money. Santa heard back from a woman who inquired about booking him for a private event. She asked what the charge was, and the hacker replied back "the usual amount" and gave her an email address to transfer to an address, apparently in Texas.

This Santa also plays drums in a band when he's not Santa-ing, and was concerned about the effect the hack has on communicating upcoming gigs.

The Shuswap Santa is now working with his son to regain control of his facebook account. Shame!



SOME CLAIM JESUS IS A REPUBLICAN

■ Disclaimer: Not the Jesus in the Bible; not the one most of us know



"Give your money to those who are wealthy and already with privilege"
"Feed only those who look like us and pass the drug test."
"Blessed are those who take away health care from the sick and weak."
"If you get hit, hit back harder"
"The rich and the powerful shall inherit the Earth"
"Do not give them aid, for their country is a sh*thole."
"If they are in need and are strangers, deport them"
"Do onto others, before they do onto you."

eh?/em!

Blog Post

Friday AM
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NOVEMBER 25 • THIRD POSTING OF DAY

AM



> This labour of love by Richard Lawrence is the showcase of a special holiday season event at Fair Realty this afternoon (wraps up at 7 pm on Starbucks parking lot). The conversion of a truck trailer to the Notch Hill Express Railway took a year and half for Lawrence to create and will be featured on a future episode of *Rust Valley Restorers*. It also includes an open-up area for a concert stage, and can be used for weddings as well. ■



DOWNTOWN
SALMON ARM
BRIGHTEN
— THE —
HOLIDAYS



Giving is the best part of the holiday season!

Second Harvest Food Bank

Donations of items or monetary value are accepted during hours of operation. E-transfer donations can be sent to: secondharvestshuswap@gmail.com
(Include your mailing address in the comment area for tax receipt.)

Lighthouse Salvation Army

From food hampers to helping put toys and clothes under the tree, help provide practical assistance to those in need this Christmas. Families and individuals may register for holiday assistance 250-832-9194.

Shuswap Family Resource Centre

"Family to Family" Christmas gift campaign or "Adopt-a-Family for the Season" programs
REGISTER: 250.832.2170
familyresource.bc.ca

SAFE Society

Clothing and personal care items for women and children and one-time or ongoing monetary donations.
250-832-3203

Free
ADMISSION
with a
donation to
the food bank!



Polar Express
Sat. December 10th, 11AM

Elf
Sat. December 17th, 11AM

Christmas Break Movies
December 19th - 21st, 11AM

BE
MERRY
— & —
SHINE
BRIGHT

CHRISTMAS BREAK Classics at the Classic

Bring your family to enjoy some favourite Christmas movies on the big screen at the **Salmar Classic!**



DOWNTOWN
SALMON ARM



DETAILS: www.salmonarmdowntown.com or
www.facebook.com/DowntownSalmonArm

BE MERRY & SHINE BRIGHT



Salmon Arm HOLIDAY MARKET

SATURDAY, DECEMBER 3rd
11 - 2PM

Visit with Santa 10AM - 12 Noon
Rotary Chili Taste-Off

Ross St Plaza & Hudson Ave. Local food, artisan crafts, music and visit with Santa.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
November 27 Secret Garden @ SHUSWAP THEATRE	November 28 Shop 'n Win Draw!	DECEMBER 2022		1 Secret Garden @ SHUSWAP THEATRE	2	3 HOLIDAY Farmer's Market Visit with Santa Chili Taste-Off TubaChristmas
4 Secret Garden @ SHUSWAP THEATRE	5 Shop 'n Win Draw!	6	7 Dinner & a Movie at participating restaurants	8	9	10 Polar Express @ the Salmar Classic 11AM - Bring a food bank donation for free admission
11	12 Shop 'n Win Draw!	13	14 Dinner & a Movie at participating restaurants	15 CP Holiday Train	16	17 EIF! @ the Salmar Classic 11AM - Bring a food bank donation for free admission
18	19 Shop 'n Win Draw! Christmas Break Classics at the	20	21 Dinner & a Movie at participating restaurants	22	23	24 Last Day to Shop!
25 Christmas Day	26 Boxing Day	27	28	29	30	31 New Year's Eve Gala @ Song Sparrow Hall 7PM Details @ celebrateshuswap.ca

DOWNTOWN
SALMON ARM



DETAILS: www.salmonarmdowntown.com or
www.facebook.com/DowntownSalmonArm



Holiday MARKET

December 3, 11AM - 2PM
 Ross Street Plaza & Hudson Ave

VISIT WITH SANTA DOWNTOWN 10AM - 12PM



Local food, warm beverages, artisan crafts, music and so much more! Enjoy the holiday spirit!



Club of Salmon Arm Rotary

CHILI Taste Off

Get a taste of chili from all five locations and choose your favourite! Saturday, December 2, 11AM - 3PM

\$20

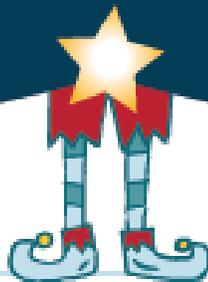
Tickets at the Rotary Tent at the Holiday Market
 PROCEEDS TO SHUSwap SUPPORT TO UKRAINIANS



Get Elved!



The **SASCU** Elf will be making random appearances downtown starting December 3, spreading the holiday cheer and **\$5 downtown dollars**. Redeem them at participating downtown retailers.

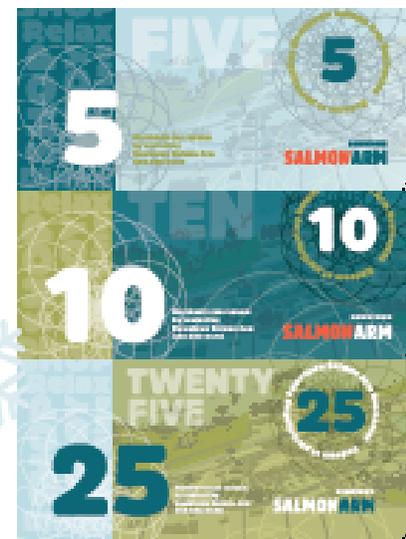


SASCU



The GIFT that always fits!

Downtown Dollars can be used like cash at over 70 downtown businesses. Great gifts for teachers, coworkers, and family. These are available for purchase at Saponi Olive Oils and Vinegars or by emailing info@salmonarmdowntown.com



DETAILS: www.salmonarmdowntown.com or www.facebook.com/DowntownSalmonArm

TUBA Christmas

Enjoy the festive sounds of Salmon Arm's inaugural **TubaChristmas, December 3, 11:30AM.**

Tuba and euphonium players from around the Shuswap, including students from local school bands, will entertain you with Christmas carols as you peruse the Holiday Market.



Dinner & a Movie

Wednesdays in December dine at a participating downtown restaurant and receive a **Salmar voucher** with purchase of the dinner special. Salmar voucher valid through March 31, 2023.

- Cantina Vallarta
- Hanoi 36
- Weekends Restaurant & Lounge
- Night Café
- Barley Station Brew Pub
- Stillfood Bistro & Cappuccino Bar
- Andiamo Italian Restaurant
- Sushi Kotan Japanese Restaurant
- Hungry Panda Curbside Noodles



SCAN THE CODE to enter the draw!

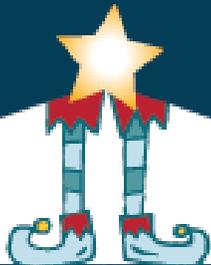
Shop Local & WIN!!

Shop Downtown November 21 to December 19 to be entered to win weekly draws of **\$250 downtown dollars.**

Shop often! Scan the QR code to enter at participating retailers. No limits on entries per person. Names will be drawn on November 28, and December 5, 12, and 19.

Winners will be announced on Facebook and Instagram.

BE MERRY & SHINE BRIGHT



A Gift that Keeps on Giving

Consider Shuswap Community Foundation for your annual giving, providing ongoing community support for local students, organizations, and small businesses.



SHUSWAP COMMUNITY FOUNDATION

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250.832.5428
shuswapfoundation.ca

DOWNTOWN SALMON ARM

How can a city be more beautiful than this? Alesund, Norway.



> Alesund is a port town on the west coast of Norway, at the entrance to the Geirangerfjord. It's known for the art nouveau architectural style in which most of the town was rebuilt after a fire in 1904, as documented at the Jugendstilsenteret museum.

There are panoramic views of Alesund's architecture, the surrounding archipelago and fjords from the Mount Aksia lookout.

Population 45,747

~ Google.

AM

eh?/em!

Blog Post

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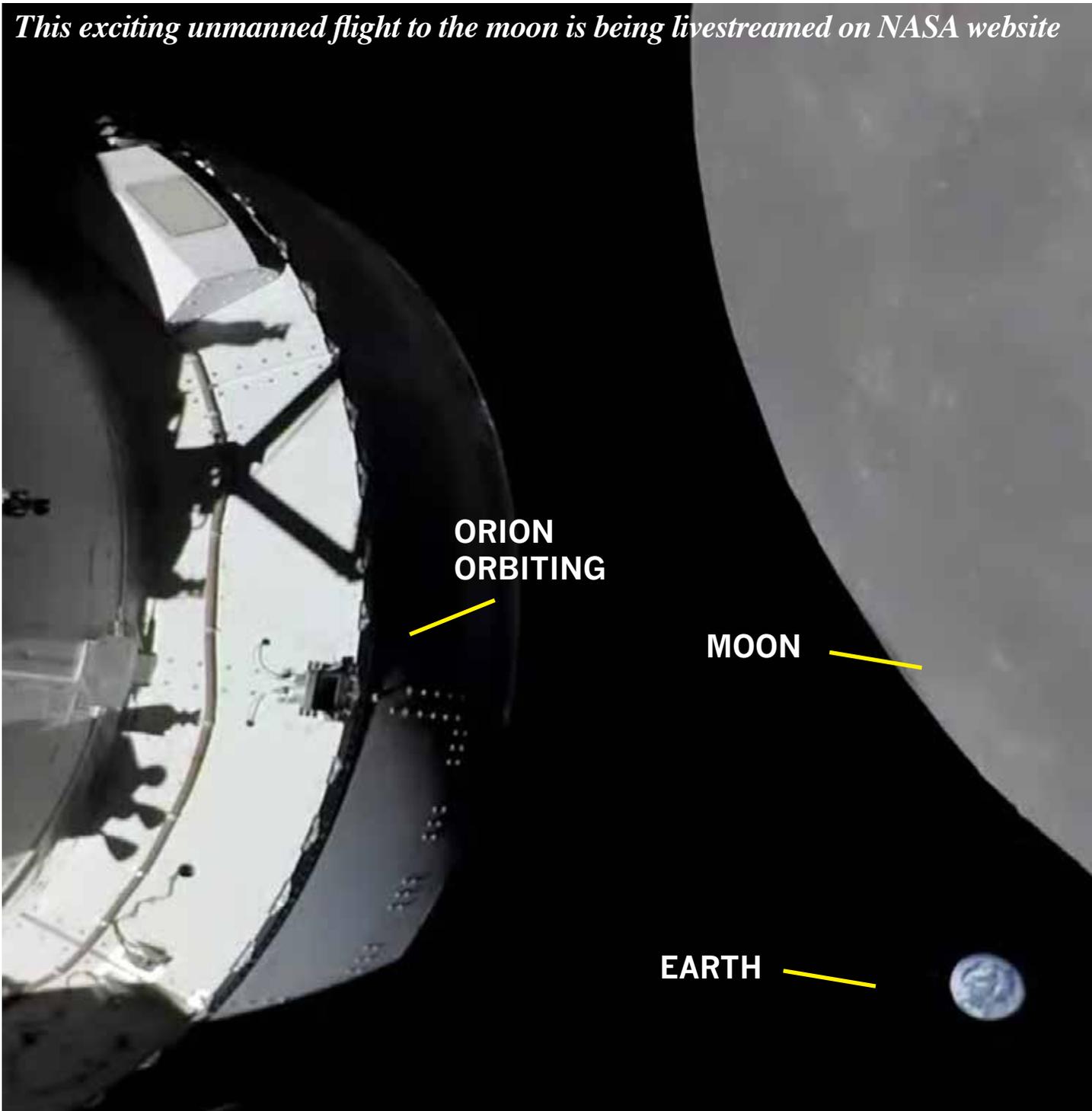
FriAM.ca

NOVEMBER 25 • SECOND POSTING OF DAY

DAY 10 today

Preparing for return visit to the moon soon

This exciting unmanned flight to the moon is being livestreamed on NASA website



ORION
ORBITING

MOON

EARTH