

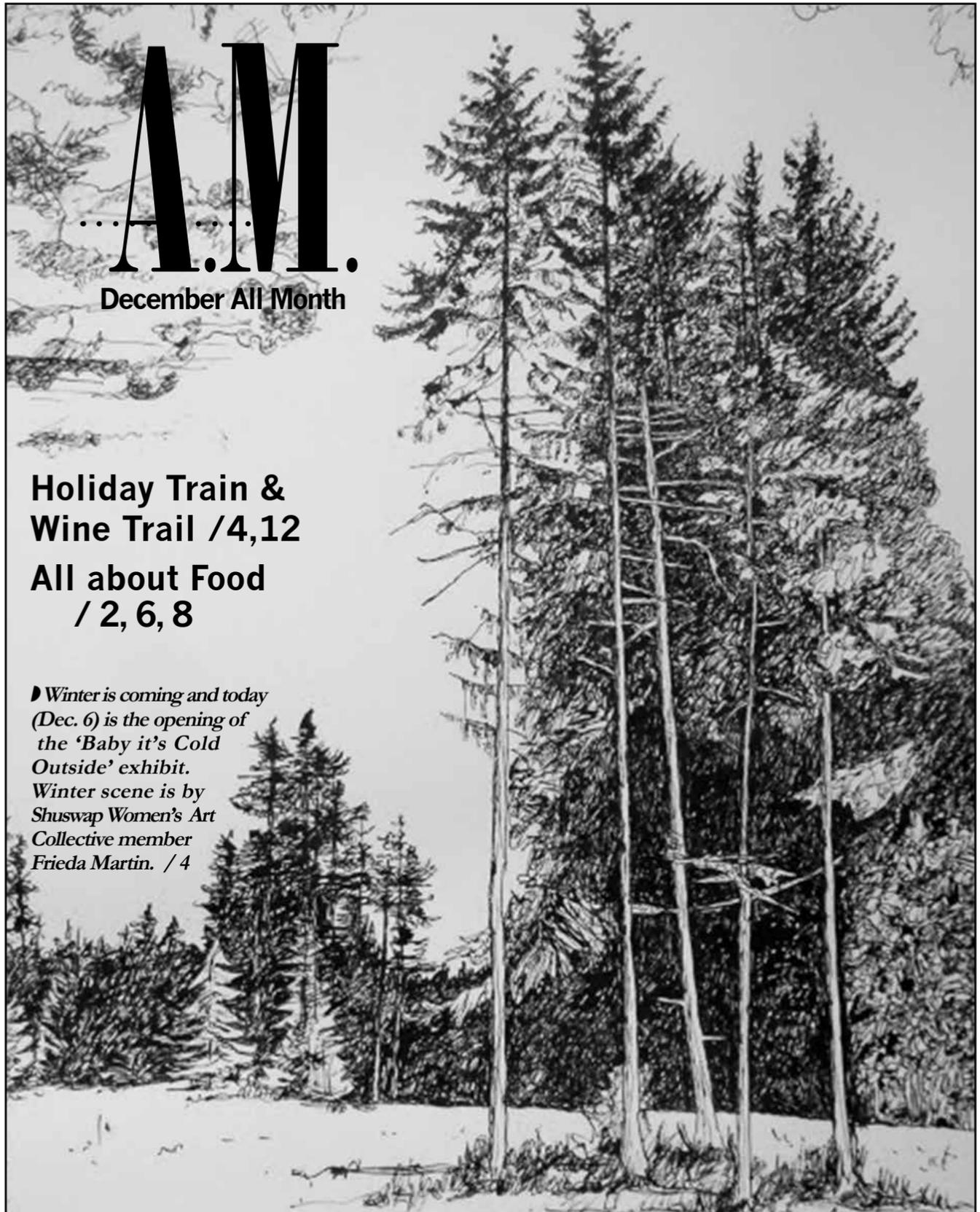
AM.

December All Month

**Holiday Train &
Wine Trail / 4, 12**

**All about Food
/ 2, 6, 8**

► *Winter is coming and today (Dec. 6) is the opening of the 'Baby it's Cold Outside' exhibit. Winter scene is by Shuswap Women's Art Collective member Frieda Martin. / 4*



▼ **What's On** ► **Online FriAM.ca** ■ **No. 1137** ► **Dec. 6, 2019** ► **FREE**

Festivities
Art & Film
Concerts
Theatre
Sports 

► *School & Church Concerts*
► *Merry Kriz Community Band*
► *Cod Gone Wild*
► *KSO / 4*

Old Fashioned Family Christmas
11-3, Dec. 21




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SOIL.. and beyond

Not too long ago I was a compost junkie. I marvelled at how my kitchen scraps, combined with leaves and grass clippings – with the assistance of pill bugs and other insects – were transformed into wonderful soil.

Occasionally I added some source of nitrogen such as horse manure from a neighbour. All this took some effort, but I enjoyed hauling the pails of kitchen scraps, and the pungent fragrance when I dug the compost pile.

Now that I live in a strata it is more challenging to make compost. I am so happy that the City picks up my organic kitchen waste. However, it is not really “waste” at all!

In fact, it is an essential building block of soil. Nature recycles our potato peelings and fish bones and turns it all into rich, crumbly humus.

I have been thinking about my love of creating soil since attending a sobering talk by Joe Brewer, an atmospheric scientist who also advocates for social change.

Brewer showed that we are approaching, or have exceeded, the thresholds of many of the planet’s life support systems. The health of freshwater, oceans, and biodiversity systems are all seriously jeopardized. After his talk, someone asked, “what can we do?” His first response was, “Build soil!”

Building soil can help restore degraded or eroded soils, and help capture and store carbon from the atmosphere. Wherever we build soil, we will be better able to feed ourselves into the future.

We can build soil in gravel pits, street boulevards, weedy lots, as well as in our

shuswap reflections

Sarah Weaver



own yards.

Most of our communities in British Columbia import a huge percentage of the food we eat, much of it grown in ways that require large inputs of fertilizers and chemicals from the petro-chemical industry. There are costs to this, some obvious, some hidden. An obvious cost is the seepage of large amounts of money out of our community, income that could stay and support local growers.

Some of the hidden costs of our food system have been laid out by Michael Pollan, who has been writing about food for over a decade.

Pollan points out the high fossil fuel cost of our North American diet. In a 2010 interview with *The Guardian* newspaper, he summarized the bottom line.

Before 1950, every calorie of fossil fuel energy expended on food production resulted in 2.3 calories of food. Now our energy consumption is over 20 times this! Ten calories of fossil fuel energy are required to produce one calorie of what Pollan calls an “edible foodlike substance”.

This has happened for several reasons. We want foods like asparagus and avocados year-round, so rather than eating local food in season, or food that we have canned or stored in root cellars, we import food from all over the planet, with all the attendant transportation costs.

Our global industrial model of agriculture depends upon vast quantities of fossil



▲ A boulevard garden in a Victoria neighbourhood.

fuel – for fertilizers, pesticides, machinery, trucking and processing.

And, we are eating food that has been processed more and more, in the name of convenience. Pollan’s example: We used to eat oatmeal for breakfast, then we started eating processed cereal like Cheerios. Now we eat even more highly processed breakfast bars!

Because of climate change and the destruction of planetary living systems, our future is not going to be “Business As Usual”. One of the implications of reducing greenhouse gas emissions means re-examining our global industrial model of agriculture – and our ways of eating.

Brewer spoke eloquently about the importance of collaborating locally. Because we are facing an imminent collapse of many systems, he suggested we need to build networks of strong, resilient communities within a bioregion.

By strengthening local agriculture, and our community’s ability to grow food, we will be helping build a community economy

which will be better able to withstand external disruptions. This may be critical in the unsettled times ahead when fires or floods could close highways for extended periods – or if there is a collapse of global food systems, as some forecast.

○○○

What can we do? Here are a few suggestions:

○ Expand the amount of food we grow ourselves, no matter how small the space – on the boulevards of our streets, in community gardens, in our yards, on our decks, or on our kitchen counters.

○ Build soil, as Brewer suggests. There is information on the internet about how to do this.

○ Increase our support of growers and producers in our area by purchasing regionally grown products, and asking stores to carry locally sourced food.

○ Support the protection of agricultural land.

○ Avoid paving natural areas – including reducing pavement in our yards and boulevards.

○ Support, or become involved in, community groups like the Shuswap Food Action Society, which are working to strengthen our resilience.

Finally, we can learn from people who have lived sustainably on these lands for centuries – the First Peoples.

We ignore their wisdom at our peril. ■

□ Sarah Weaver works actively on environmental issues and posts a regular blog at shuswapreflections.blogspot.com

No KFC in the new year

One of Salmon Arm’s original fast food chains will be no more after Sunday, December 29.

KFC is closing its doors after serving finger licking chicken for over a half century in Salmon Arm.

While franchise owners chose not to renew its lease on the building at the Ross corner, it is not clear if it plans to relocate.

Other fast food franchises that have relocated to other locations in Salmon Arm include McDonald’s, A&W, and DQ. ■



▲ US Democrat Presidential candidate Joe Biden has issues with Salmon Arm’s own Malarkey, and he has spelling issues as well.

Thrown under the Bus

We know how dirty political campaigns have become; just as we saw in our recent federal election.

The days of promoting a party platform and passionately debating issues has been replaced with campaigns filled with personal attacks and shaming.

Though I am still trying to dissect his complex political strategy; Democrat presidential candidate, Joe Biden, has just taken dirty campaigning to another level!

He could wage his attacks on Bernie Sanders, Elizabeth Warren or even billionaire Michael Bloomberg. Instead he has taken a much more unorthodox approach. He is going after Mall Arkey!

That’s right... emblazoned on the side of his campaign bus (see picture above) is the slogan “No Malarkey!”

We’ll forgive him for the spelling error, but we won’t back down from such personal attacks on Canadians and the right to free speech. This isn’t the first attempt to muzzle Mall Arkey, but it is definitely the first time a bus has been involved!

So I decided to call Joe and his team. After 30 rings we finally got a response...

“Hello this is Greg?” his campaign



Daron Mayes

manager answered. “Greg, can I talk to Joe?” I replied.

“Umm, who is this?” he sounded confused.

“Very clever Greg” I responded.

“You know exactly who this is and you thought I’d stand by and not say a word? You think Canadians are SO polite and SO passive, but not this Canuck!”

“You can’t stifle the spread of financial knowledge, stories of pets and tales of teenagers. I won’t stop hounding you until that diesel pusher is off the road.

“You think the political elite can just walk all over the small town Canadian business owner? Well it ain’t happening and you can tell Joe... Hello? Greg? Are you there? Joe? Hello? I won’t be ignored, Joe!”

After a couple minutes I managed to calm down and caught my breath. Clearly my random phone call did not have the effect I thought it would.

I guess it is back to the old drawing board, but if Joe Biden thought of Mall Arkey was done he is sadly mistaken. I will not back down. Stay tuned... ■

□ Daron Mayes works as an investment advisor in Salmon Arm. His column appears monthly.

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

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A news archive

Taking off that week in mid-November to undergo surgery, I knew I might miss a few news items after I get back.

Sure enough, I just discovered an email from Museum Curator Deborah Chapman about her "Shake a Tree" open house of her archives room. (*Spoiler alert: this event has come and went.*)

Anyhoo, I think I will run her news release anyway since it is a topic dear to my heart.

Deborah writes: "Ever wondered what resources are available in the archives room at RJ Haney Heritage Village? Join us for "Shake a Tree", a familiarization tour of what we have in this room and what online resources are available."

(Editor's note: Sorry readers, as said before - the event is over. The leaves of 'Shake a Tree' are raked and bagged).

She goes on to write: "Did you know there are over 12,000 photographs in the archives?"

".. Did you know that volunteers have indexed the tax records of the rural municipality? That we have a collection of old phone books and copies of directories to research your neighbours? Were you aware that BC births, deaths, and marriages are publicly available after requisite waiting periods? 20 years for deaths, 75 years for marriages, and 100 years for births?"

"Did you know that volunteers have indexed the greatest community record, *The Observer*, from 1907-1953? (*Another Editor's note: Hmmph... Did you know there are Friday AMs from 1997 to 2019 in the Salmon Arm library?*)"

Deborah then concludes her release: "We've got lots to share!", and provides the usual time, day and RSVP details about that old November event, ending with an inexplicable friendly reminder to "wear good winter boots"... in case.

This column is one for the archives. ■

mole hills
Lorne Reimer

▲ Archive volunteer Janice Darbyson, indexing brittle old *Observers*.

Arnold shadows Fisheries & Oceans

North Okanagan-Shuswap MP Mel Arnold will play an important role in the Official Opposition's Shadow Cabinet.

Arnold was appointed Shadow Minister for Fisheries and Oceans and the Canadian Coast Guard. "Canada's fish stocks, fishermen and the supply chains they support require meaningful and balanced policies to survive and flourish," he said.

As for his other responsibility with the Canadian Coast Guard, Arnold said it needs to be adequately equipped and resourced so it can fulfill its roles securing our waters and providing safe passage.

"I will work with fishermen, coastal communities and all Canadians who depend on the Department of Fisheries and Oceans and the Canadian Coast Guard and fight for the policies and resources required to conserve and protect our precious resources."

Arnold added that he look forward to his second term in office, working with colleagues to hold the minority Trudeau government to account. ■

▲ MP Mel Arnold

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▲ Two of the three-buildings in Salmon Arm's provincially funded affordable housing project at 5th Ave. and 3rd St. SW are under construction. Inset shows the Housing wheel of six basic types of housing.

Housing strategies explored

Salmon Arm Housing Task Force hosted a Community Housing Strategy Open House after presstime on Dec. 5.

The two-hour sharing session sought input from the public on how to address the city's diverse housing issues, including affordable housing, rental housing, density, homelessness, and non-market housing such as what is being developed on 5th Ave. SW. (picture above) ■

☐ Go to Salmon Arm.ca
Link to 'Housing at a Glance'

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Registration is now open for the 20th Anniversary Shuswap Music Festival running April 21 to May 1. Disciplines include Band, Strings, Jr. and Sr. Piano, Voice and Choir.

Register online at www.ShuswapFestival.com before Jan. 31, 2020. The Festival celebrates and encourages amateur musicians of all ages. ■

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Spotlight

Festivities

- **Sorrento Christmas Light up**, 6-8pm, Dec. 6, Sorrento Hall
- **Christmas Parade & Light-up**, 5:30-7:30, Dec. 7, Sicamous.
- **Breakfast with Santa**, 8:30-11:30, Dec. 7, Lakeside Manor. \$10 at door.
- **Shuswap Winery Open Houses**, Dec. 7, 8. / P.12 • **Craft Sales / P.5**
- **CP Holiday Train**, Sat. Dec. 14. Sicamous 5:10 pm; Canoe 6:30 pm; Salmon Arm 7:45; Notch Hill 9:10 pm; Chase, 2:35, next day. Musical host - Terri Clark and Dallas Smith.
- **Bonfire Night**, Dec. 19, Downtown.
- **Outdoor Christmas Party**, 5:30-7:30, Dec. 20, Shuswap Com. Church. / 7
- **Old Fashioned Family Christmas**, 11-3, Dec. 21, Mall at Piccadilly.
- **School Holidays**, Dec. 21-Jan. 5
- **Lantern Ski**, starting 5 pm, Dec. 28, Larch Hills. Bring item for Food Bank.

► Terri Clark and Dallas Smith will play four stops in the Shuswap from the CP Holiday Train stage Dec. 14 *Times on right*



On the MOVIES

- **Salmar Grand** • Dec. 6 to 12 • www.salmartheatre.com • 832-2263
- **The Good Liar**. A conman (Ian McKellen) sets sights on a widow worth millions (Helen Murren), but swindle escalates into a cat and mouse game with the ultimate stakes. 2:10 Sat-Sun; 6:40, 8:50 nightly. (PG sexual violence involving minors)
- **Frozen 2**. Anna, Elsa, Kristoff, Olaf and Sven leave Arendelle to find the origin of Elsa's powers in order to save their kingdom. 2:10 Sat-Sun; 6:45 (2D), 8:45 (3D) nightly. (G)
- **Playmobil: the Movie**. Animated feature film inspired by the Playmobil brand toys. 2:00 Sat-Sun; 6:35, 8:40 nightly. (G)
- **Knives Out**. A detective investigates the death of a patriarch of an eccentric combative family. 2:00 Sat-Sun; 6:30, 9:00 nightly. (PG Violence, Coarse lang)
- **Salmar Classic** • *Alexander St.*
- NATIONAL THEATRE
- **The Audience**, 5:00, Dec. 8. Helen Murrin, starring as the Queen, in conversations with the PMs over 67 years.
- NY MET OPERA
- **The Magic Flute**, 9:55, Dec. 14.
- BOLSHOI BALLET
- **The Nutcracker**, 1:00, Dec. 15.
- FILM SOCIETY • shuswapfilm.net
- **Photograph** (Ger/India/US), 5:00, Dec. 7. Struggling street photographer convinces stranger to pose as fiancée to satisfy grandmother's wishes.

FILMS, con'td

- *Film Society in January* -
- **And the Birds Rained Down**, Jan. 4. Lives of elderly hermits changed by looming wildfire and arrival of two women.
- **Song of Names**, Jan. 11. Friendship, betrayal and reconciliation unfolds over two continents and a half century.
- **Motherless Brooklyn**, Jan. 17-24. Lonely private detective with Tourette's
- **Village Rockstars**, Jan. 25. Girl in rural India determined to start rock band.
- **Human Nature**, Jan. 29. Scientist and naturalist study man raised in the wilds.
- **Okanagan College** • *Uptown*
- **United against Violence against Women**, Dec. 6. Marking 30 years since the Montreal Massacre
- **Documentary Film**, 4 pm
- **Highway of Tears Film**, 5 pm
- **Candlelight Vigil service**, 6:15 (outdoors, bring warm clothes)

Concerts

- SCHOOL CONCERTS
- Remaining concerts:*
- **Silver Creek**, 6:30, Dec. 6
- **Parkview**, 5:30, Dec. 10
- **Salmon Arm West**, 12:45, Dec. 11
- **MV Beattie**, noon, Dec. 18 (Splatin)
- **Bastion School**, 12:45, Dec. 18, 19
- **Hillcrest**, 1 & 6:30, Dec. 17, 18
- **North Canoe**, 6:30, Dec. 17
- **South Broadview**, 1 & 7 pm, Dec. 18
- **Ranchero**, 6 pm, Dec. 19
- **King's Christian**, 1:30, 6:30, Dec. 19 (Carlin & Sorrento already took place)

CONCERTS, con'td

- **Salmon Arm Community Band**, 7:30, Dec. 7, Nexus at First. Featuring special mystery guests. By donation.
- **"Merry Krizz"**, 7 pm, Dec. 12, Nexus at First United Church. Christmas songs with a jazzy flavor, led by Sandy Cameron, and featuring Colin Spence, Bill Lockie, Brian (PJ) Pratt-Johnson, Terry Kosowick, Brook Roberts, Gareth Seys and vocalists Andrea Roberts and Jonas Roberts. Hosted by SA Jazz Club. By donation.
- Also.. **Shujazz** free concert featuring Christmas jazz and a carol sing-along, 6:30 pm, Dec. 17, Lakeside Manor.
- **A Christmas Liszt**, piano recital by Emily Wark, Dec. 6, St. Andrews Presb.
- **Shuswap Singers 'Stars Tonight'**, with special guests The Potpourri Ensemble. 7:30, Dec. 13 and 2:30, Dec. 15, St. Andrew's Presbyterian. Tix \$15 at Acorn Music or choir members.
- **Terri Clark and Dallas Smith** perform on the Holiday Train, Dec. 14. See Festivities for times of the four stops through the Shuswap.
- **"Once upon a December"** by Shuswap Dance Centre. Jr. show, 6:30, Dec. 13 & Sr. show 7 pm, Dec. 14, Nexus at First. Tix \$10 at Studio.
- **Christmas in Canoe**, 2 pm, Dec. 15, Canoe United Church.
- COFFEEHOUSE CIRCUIT
- **Carlin Hall**, 7 pm, Dec. 7, Jan. 4
- **Sunnybrae Hall**, 7:30, Dec. 14, Jan. 11
- **Enderby Drill Hall**, 7 pm, Dec. 20
- **Celista Hall**, 7:30, Dec. 21
- **Kamloops Symphony Christmas concert**, 7:30, Dec. 15, Nexus at First. Featuring vocal quartet, Quartom
- **Cod Gone Wild Neighbourhood** Rounds Christmas tour, 2:30, Dec. 14, Shuswap Theatre & 7:30, Dec. 15, Sorrento Hall. codgonewild.com/shows
- **Christmas Concert**, 7 pm, Dec. 20, Little Mountain Bible Church, 3481
- **Okanagan Symphony: Handel's 'Messiah'**, 2 pm, Dec. 22, Vernon Performing Arts Centre. Also 'Orchestral Rock Odyssey', 7 pm, Jan. 19. OSO and Gary Cable Project performing timeless rock songs. ticketseller.ca

CONCERTS, con'td

- **Snowed in Comedy Tour**, 8 pm, Jan. 25, Salmar Classic. Pete Zedlacher, Damonde Tschritter, Paul Myrehaug, Erica Sigurdson, Dan Quinn.
- **Kamloops Symphony Salmon Arm series** - next concerts: 'Heroes & Heroines', Mar. 6 and 'A Sense of Wonder', featuring Jaeden Izik-Dzurko and Sydney Frelick, May 3. All 7:30 pm at Nexus at First.
- **Roots & Blues** tickets now on sale at office or rootsandblues.ca

Theatre

- **Wizard of Oz**, ends Dec. 8, Shuswap Theatre. A delightful production for those lucky to scoop up tickets. Directed by James Fagan Tait, this epic show was sold out in advance.
- **The Nutcracker** winter sleigh ride show, 4, 6 & 8 pm, Dec. 10- Jan. 4, Caravan Farm Theatre. ticketseller.ca
- **Charlie & the Chocolate Factory**, 7 pm, Dec. 9-12, SAS Sullivan Theatre.
- **A Red Plaid Shirt**, Feb. 21 - Mar. 7 Shuswap Theatre. Comedy about retirement and crazy ideas.

Sports

- **SILVERBACKS / p. 7**
- **Home** - vs. Trail, 3 pm, Dec. 15 vs. Vernon, 3 pm, Dec. 29 & Jan. 12 vs. Penticton, 7 pm, Jan. 3 vs. Coquitlam, 3 pm, Jan. 5 vs. Alberni Valley, 7 pm, Jan. 10 vs. Prince George, 7 pm, Jan. 15
- **Away** - Nanaimo, Dec. 6 • Alberni, Dec. 7 • Cowichan Valley, Dec. 8 • Wenatchee, Dec. 13 • Vernon, Dec. 28 & Jan. 19 • Penticton, Jan. 18
- **Tim Horton's Holiday Skate**, 1-3, Dec. 8, Shaw Centre - Hucul Pond. Free, incl. Timbits & hot chocolate.
- **More 'SPORTS'; P. 7**

Art & Film

- SALMON ARM ART GALLERY
- **The Little Lake**, a community soft sculpture project depicting McGuire Lake, ends Dec. 14 at SA Art Gallery.
- **'Still Life: Meditation & drawing night'**, 7 pm, Dec. 10. Create art around "the Little Lake", exploring artistic practice as a method of mindfulness.
- **Family Saturdays**, 2-4 pm, Dec. 7. Meet the Gallery Elves
- **She-She** by Vernon's Julie Oakes, opens 7 pm, Jan. 17, running to Feb. 15.
- **Winter Arts Market**, Dec. 18 / P.5
- ○ ○
- **Little Treasures** by 26 local artists, Nov. 13- Dec. 24, Courtyard, Enderby
- **'Baby it's Cold Outside'**, new selection by Shuswap Women's Collective. Opening reception, 7 pm, Dec. 6. Continues Dec. 7-14, Lazuline Gallery, 101 Hudson.
- **Vail Village** - a holiday diorama of lights, sound, movement & 140 buildings, 3 to 7 pm, Dec. 12-23, 351 Alexander Street. Free. Donations to SPCA.

DINNER'S ON

The most special Christmas event for many folks in Salmon Arm nearly didn't happen this year. Salmon Arm couple Ken and Erin Fraser stepped up to the plate after learning that there would not be a Friends at Christmas dinner after a long run in our community. The couple then set out to organize the **Home for Christmas** free turkey dinner event for 200 guests at 1 pm on Christmas Day at St. Joseph's Parish Hall. Plans are to include live entertainment, carolling, and activities for the kids. Free tickets are available at Churches Thrift Shop and Second Harvest. Right now the Frasers need more volunteers and have called a meeting for 7 pm, Dec. 14 at St. Joseph's hall. They could also really use donations to help cover their costs. Cheques can be payable to "Home for Christ-

ShuBiz

mas", PO Box 221 Salmon Arm V1E 4N3, and they can be reached at 250-832-4663.

There are many struggling individuals and families, during the holiday season, and year round. The Salvation Army's kettle campaign and Second Harvest need your support, and there's also collections of unwrapped gifts at SASCU, Piccadilly Mall, Shuswap Family Centre, area churches, and other agencies underway.

Don't forget to tune into CBC Radio all-day today (Dec. 6) for the annual **Food Bank Day**. Last year's event raised \$823,000 for food banks across the province, and \$9 million since the fundraiser began 33 years ago. Meanwhile, Salmon Arm's own EZ Rock is busy recruiting sponsors for its annual **Turkey Drive**. ■



▲ "It wasn't a dream.. it was a place.. and you and you and you and you were there.." Shuswap Theatre scored a big hit with *The Wizard of Oz* as it wraps up this week with three more sold out shows.

LIVE Scene

- **Scotch Creek Hub** • **Jam Night**, Dec. 6
- **Ugly Sweater Night**, Dec. 21 • **Blind Bay Blues Band**, Dec. 28 • shuswapub.com
- **Lakeside Manor** • **Shujazz** free concert featuring Christmas jazz and a carol sing-along, 6:30 pm, Jan. 17. Regular Jazz Nights, 6:30, 1st & 3rd Tuesdays. By donation.
- **Holiday concert fundraiser** for Larch Hills Trail, 7 pm, Dec. 20, Nexus at First (United Church) / 7

Dance ON

- **Enderby Legion** • Dance to **Sleepless Nights**, Dec. 14 & New Year's Eve.
- **Enderby Drill Hall** • Old Time Dance 'Christmas theme', 7 pm, Dec. 6 - Adults \$5, kids free. Light lunch. 250-515-1176.
- **Gleneden Hall** • 7 pm, Dec. 7, featuring **BC Barn Cats**.
- **5th Ave. Seniors Activity Centre** • **Jammers Dance**, Cancelled for December. Generally falls on the second Sunday of the month.
- **Carlin Hall** • **Square Dance**, Dec. 29, featuring renowned caller from Ohio, Sean Fen, and Wayne County Hog Tie. \$15 at Acorn Music. Concert 7:30, Dancing at 8.
- **Recreation Centre** • **New Year's Eve Dinner & Dance**. Tix at *Your Dollar Store with More*. Music by **Shuswap Rocks** aka **The News** ■



▲ 'Shuswap Rock Band', now 'The News', are playing the New Year's Eve Dinner & Dance at the Rec. Centre, hosted by Son of Stomp.

Merry Christmas & Happy 2020!

- **Burger & Beer**, 11-7, Dec. 6
- Crib, Mondays • Tues Night Fun
- Shuffleboard • Drop-in Pool Snooker
- Meat Draws 3 pm, Saturdays

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HUDSON VINTAGE

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city lights

- **vernon** • See ticketseller.ca
 - **Music of Queen by Glee**, Dec. 5-8
 - **Shriners Variety Show**, 4 & 7 pm, Dec. 6
 - **Rotary Carol Festival**, Dec. 7, 8
 - **Frozen Jr. musical**, Dec. 12
 - **Andrew Allen**: Hearts come Home, Dec. 14
 - **A Christmas Carol**, Dec. 15
 - **The Nutcracker**, Dec. 16
 - **God is a Scottish Drag Queen**, Dec. 17
 - **O Christmas Tea**: British comedy, Dec. 19
 - **Cod Gone Wild**, Dec. 20
 - **All Decked out' Christmas tours** of Mackie Lake House, Dec. 20
 - **A Dharma Dolls Christmas**, Dec. 21
 - **Hear the Music Night**, Dec. 21
 - **OSO Messiah**, Dec. 22
 - **Banff Mountain Film Festival**, Dec. 29, 30
 - **Baroque for Harpsicord**, Jan. 8
 - **Ruckers 1604 Harpsicord Recital**, Jan. 9
 - **Angeliue Francis Trio**, Jan. 18
 - **OSO Orchestral Rock Odyssey**, Jan. 19
 - **Infinity by Hannah Moscovitch**, Jan. 22
 - **Samajam**, Jan. 25
 - **Tlakentli**, Jan. 30 (Indigenous Mexico)
 - **Vernon Winter Carnival**, Feb. 7-16
 - **kelowna**
 - **Big White Winter Rally**, Dec. 6-8
 - **Nutcracker**, Dec. 13-15
 - **Celebration of Light**, Dec. 16
 - **'New York' New Year's Eve**, Dec. 31
 - **kamloops**
 - **Christmas with the KSO**, Dec. 14
 - **Wildlights**, Dec. 13- Jan. 8
 - **Sound of Music**, runs to Dec. 10
 - **The Snow Queen**, Dec. 24-28
 - **penticton**
 - **Boney M**, Dec. 7
 - **Globetrotters**, Jan. 30
 - **vancouver**
 - **Canucks**, Dec. 7, 10, 12, 17, 19, 21, 23, Jan. 2, 4, 16, 17, 18, 27.
 - **Chainsmokers**, Dec. 6
 - **Paw Patrol**, Jan. 24-26
 - **US-Canada Women's Hockey**, Feb. 5
 - **Celine Dion**, April 17
- gvpta.ca/vancouver-theatre-guide
livenation.com • georgiastrait.com
gvpta.ca/vancouver-theatre-guide

Peace on Earth

The season for giving and good will is upon us. But let's not go crazy racking up debt (I tell myself!)

write on

Kay McCracken



We'd do well to remember that giving and goodwill are relevant all year long. Peace on earth may seem a long way off at this time in history, but it's something we can all strive for in our own small way in everyday interactions, and in our communities. We are the fortunate ones to live in wonderful Salmon Arm.

Let's embrace our Christian, Muslim, Buddhist, Sikh, Hindu, our Indigenous brothers and sisters, and others, with an open heart and a desire to learn from each other.

Those are my thoughts as we head into December. But writers please remember that the Askew's Foods' Word on the Lake Writing Contest opens this month and the prizes are colossal! Watch for details.

As Kay Johnston, who we fondly refer to as KJ—to distinguish her from the other Kay (moi), says—the Christmas elves have been working hard to bring us another great Word on the Lake Writers' Festival, May 8 to 10.

KJ is Treasurer and Past President of SAW, and remains Chair of the Word on the Lake Writers' Festival.

The festival offers something for writers working in every genre, for writers at every stage of their writing career, for readers interested in the latest books from award-winning authors - to hear them tell their personal stories, have a book signed, and meet and chat with them in person.

Check out the website for details at www.wordonthelakewritersfestival.com

If you have a loved one, who is a book lover, here are a few suggestions from the top selling books at Buckingham Palace Bookstore in Piccadilly Mall.

○ *One Drum: Stories and Ceremonies for a Planet* by Richard Wagamese.

This is from a manuscript that Richard had been working on prior to his passing. It was just recently published.

○ *The Testaments* by Margaret Atwood

The sequel to *The Handmaid's Tale*.

○ *The Innocents* by Michael Crummey

Although Crummey's book did not win the Giller Prize this year, it has been, by far, the most popular of all of this year's Giller nominees. The story of a young sister and brother who become stranded in a remote region of Newfoundland and their need to survive. It's been called The 'Book of Genesis' meets 'Hansel and Gretel'.

○ *The Body* by Bill Bryson

Bill Bryson fans will enjoy his new guide to the human body. The book goes into quite a bit of detail while being very readable/humorous.

○ *Talking to Strangers* by Malcolm Gladwell

Gladwell breaks down how to interact with strangers and why these interactions don't always go well. Wishing everyone all the best this December. Stay warm, remember those less fortunate with a visit to the hospital, extended care homes, a donation to the food bank, or in whatever way works for you. ■

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



Festive Times

▲ The 140 buildings, and the lights sounds of Vail Village, above, will be set up from 3 to 7 pm, Dec. 12 to 23 at 351 Alexander St., Downtown.

▲ Above right, Santa goes sleigh riding with children at Piccadilly Mall.

▲ The first annual Festival of Wreaths, on right, made a dazzling display at Lakeside Manor.



Craft & Bake Sales

* **Grandmothers to Grandmothers**, continues Dec. 6 and 7, Piccadilly Mall by Library. Handmade knitwear in support of Stephen Lewis Foundation.

* **Winery Open Houses**, Dec. 7, 8. Details Page 8

* **Holiday Cookie Walk**, 9-12, Dec. 7, First United Church. Festive cookies. Gourmet cookies for sale, festively wrapped for Holiday gifts. Cafe refreshments

* **Christmas Craft Fair**, Dec. 13, 14, Mall at Piccadilly.

* **Malakwa Christmas Fair**, Dec. 7. Also Sicamous Light-up & Parade, Dec. 7.

* **Shoparama Holiday Gift Sale**, Dec. 7, 8, Vernon Recreation Centre.

* **Christmas Pop Up sale**, Dec. 12, Barley Station. Local artisans gift for all.

* **Community Market Christmas Sale**, Dec. 13, 14, Centenoka Park Mall. Plus live music and demos.

* **Winter Arts Market**, 12-7, Dec. 18, Salmon Arm Art Gallery. Pottery, paintings, knits, jewellery, leather works, Indigenous works, Organic Jams & more. Also elements from the Little Lake exhibit that wraps up Dec. 14.

* **Christmas Craft Corner**, 1-5, Dec. 14, Canoe Seniors.

* **Crannog Ales Open House**, 10-4, Dec. 21 (706 Elson Rd, Sorrento) Seasonal beers, Inspired Breads treats & breads, Wolf Springs Farm honey and haskap smash, Golden Ears Farm eggs, Enderberry Farm preserves, natural body and home care products, and Left Fields wool yarn and rovings. .

* **Hospital Auxiliary Bake Sale**, 10-3, Dec. 20-21, Piccadilly Mall. Also providing annual Gift Wrap service from Dec. 16-24, by donation.

□ If your sale is missing on this list, email to friam@shaw.ca

SALMON ARM CITIZENS PATROL

• Community Service + Flexible Hours + Interesting information + Friendship = **SACP membership**

Help keep Salmon Arm safe by going out on a four hour patrol one one afternoon or evening each month.

We also take part in numerous community events and enjoy socializing together.

○ For more information and an application, find SACP at salmonarmcitizenspatrol.ca or Facebook



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Thank you to everyone who donated wreaths to our 1st Annual Festival Of Wreaths at Lakeside Manor!

Trena Beer & Rosanne Admiraal • Woman Who Wine • Tri Crown RV • Residents Of Lakeside Manor • Curbside Contessa • Downtown Salmon Arm Association • 4 O'Clock Club at Lakeside Manor and Wendy Boyd • Buckerfields • On Alex • Shuswap Optometric • Copperline Mechanical • Wildwoods Flower Emporium • Vantage Living • Book Ladies at Churches Thrift Store • Turtle Ridge

Fly Hills Orientation

The Snow Blazers club is hosting a family friendly day Dec. 27 to introduce snowmobilers to the Fly Hills snowmobile area.

This is an opportunity to explore and tour more of the mountain with a guide, or just come up to the Chalet and warm up by the fire and visit with other snowmobilers.

There will be BBQ hamburger and hot chocolate at the concession. The tour will leave from the chalet between 10:30 and 10:45 am and return between 2 and 3.

The Open house will run from 10:30 to 3. For more information, contact the Salmon Arm Snow Blazers at 250-833-4833 or email at salmonarmsnowblazers@gmail.com or on facebook, salmon arm Snowblazers ■

□ See page 7 for more recreation and sports events during the holiday season.

JAZZ CLUB presents

Merry Krizz!

Come Join Us For Some Christmas Jazz

Featuring:

Sandy Cameron & his Christmas Band With special guest Andrea Roberts



Thursday, December 12

The Nexus at First

450 Okanagan Ave SE

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Visit Us Online: jazzsalmonarm.com

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The Importance of Human Connection

What do you do from day to day to care for yourself? Most would say to be healthy, you need a good night's sleep, nutritious food and exercise.

But what about social connections? Research shows that loneliness is on the rise, and that a lack of human connection can be more harmful to your health than obesity, smoking and high blood pressure.

In today's age, we live busy lives, trying to strike a balance between work, school, hobbies, self-care and more.

Often, our social connections fall by the wayside. But connecting with others is more important than you might think.

Social connection can lower anxiety and depression, help us regulate our emotions, lead to higher self-esteem and empathy, and actually improve our immune systems. By neglecting our need to connect, we put our health at risk.

The reality is that we are living in a time of true disconnection. While technology seems to connect us more than ever, the screens around us disconnect us from nature, from ourselves, and from others. Wi-Fi alone is not enough to fulfill our social needs – we need face-to-face interaction to thrive. Technology should be enhancing our connection to others, not replacing it.

Our inherent need for human connection doesn't mean that every introvert must become a social butterfly. Having human connection can look different for each person. If you're not sure where to start in finding meaningful connection, that is okay. Here are some ideas to help you out:

- Join a new club, or try out a group activity.
- Reach out to an old friend you've lost touch with.
- Volunteer for a cause you care about.
- Eat lunch in a communal space.
- Introduce yourself to your neighbours.
- Ask someone for help when you need it.
- Do a random act of kindness.

If you're feeling lonely, know you're not the only one. And that you don't have to live in isolation. We live in a world with over seven billion people, and we all need connection.

Good mental health is essential to overall health and wellbeing. <https://cmha.ca/blogs/the-importance-of-human-connection>

Visit our website www.shuswap-revelstoke.cmha.bc.ca or contact Denise Butler (250) 832-8477 ext 102 to hear about some of the ways to get connected in the Shuswap.

Mental Health Matters

Denise Butler

WORD POWER

Weird theories, like fake news, seem to spread like wildfire - and I would love to blame our (anti?) social media, but speculation is also the grist of gossip and conversation, and lots of us still talk to each other.

Not that I'm against healthy imaginations. I like a theory that a pal of mine came up with recently. He believes that some part of our being is eternal, and a lot of folks agree with that.

The scientific Conservation of Energy law states that energy can neither be created nor destroyed so, without getting all Quantum on it, there is sound reasoning behind the theory. My pal has too much time on his hands, so he took it further.

If our souls, for want of a better description, are a force and live on after us, then it makes sense that they transfer, otherwise we would run out of them.

But wait, the world human population is growing. Ah, but there are also a lot of species extinctions. Reincarnation neatly solves the problem - but also raises even more questions. That is conversation!

Gossip, on the other hand, is rumour and tattle. Usual-

repair guy

Barry Marshall



ly at the expense of others and their private lives. Sharing speculation on a neighbour's visitors and conjuring lurid fantasies probably says more about the speculator than the speculee!

Justin Bieber's latest haircut is perhaps a middle ground as some part of him is, by his choice, public property.

Quite how this subject became part of a serious radio news segment, I don't know, but clearly dear Justin's coiffure is of more concern to some than others. It does illustrate that there is a value to public interest stories but their debate can easily strain the borders between gossip and conversation.

The newly constructed "twin peaks" to the west of town beg a few questions. Firstly, are we expecting a fleet of large ships on Salmon River or is this a good time to divest any lake front properties from one's portfolio either due to expected water levels or Viking invasion? Yep, that is tattle! But it does open the conversation to questions of where our dol-

lars are spent. Would you rather shave an hour off a Vancouver to Calgary run or have extra hospitals and schools in all the communities on the way?

They are different budgets but it's still our money.

There are clearly lines between gossip and conversation as there are between speculation and fake news.

Where the boundaries are might depend on your motives for choosing a topic, and if the other person understands them.

The same subject might be used to dupe and elicit more details from an unwitting conversationalist or as a red warning flag for their own protection.

The distinction between gossip and conversation is yours to make.

Dull conversation is wasted time for both parties. I recently read that "Are you busy at work?" and the weather are the top openers. I guess as icebreakers between strangers they are safe, but how about "What was the best thing you did this year?"

Christmas gatherings can be a bit diverse, try to hear a new story at each one. Who knows where the conversation will go! ■

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

Three-layer Crispy squares

One of my friends is celiac, which means she cannot eat crispy rice cereal unless the box promises "gluten-free".

I was ready to make some allergen-friendly baking to share at a pot luck when I decided to double-check the ingredients on a box of rice cereal, the kind my husband enjoys for a hearty breakfast, and there it was – barley.

My squares would have to wait until I found the gluten-free version, but that was fortuitous. With time to think and create, a more attractive finale emerged. Also, I had bought peanut butter and knew there had to be some rescue from my desire to eat the entire jar ("I'd better mix the oil into the peanut butter.... I'll just eat this little bit that's on the spoon...that wasn't even a teaspoon's-worth, I can have more... just a smidge more won't hurt....wait, how many tablespoons in a quarter-cup....hmm, what can I use this empty peanut butter jar for?) How does one turn simple cereal squares into a fancy dessert? Here's how – oh, and this is a really flexible recipe, open to colourful variations which will add festive flare and consideration to various dietary restrictions.

Where does Eve come into the process, you ask? She was more than a taster; she did the hard work of blending and she also washed dishes. Anyone who ever melted marshmallows knows how terrible a job THAT is. Eve gave a thumbs-up but, thanks to the rich final product, she only had a smidge.

Triple Layer Crisp Rice Bars

*I made these dairy, gluten, and egg-free

Layer 1

- Melt 1/4 cup coconut oil with a small bag of coloured marshmallows in a large pot.
- Add 6 cups crisp rice cereal (this is

Family kitchen



Candice Lucey

..with Eve & Faye

easier than trying to pour the marshmallows into the cereal.) ○ Cool slightly, then blend with your hands. I recommend oiling your hands with grapeseed or vegetable oil (olive oil will leave a strange taste and

the purpose of making them dairy-free).

- Press into a square pan and leave to set.

Layer 2

○ In a medium-sized bowl, using a fork, blend 1/2 cup natural peanut butter with 1/4 cup icing sugar to form a spreadable paste. If there isn't quite enough to cover a square, add more peanut butter 1Tb at a time and icing sugar 1/2 Tb at a time. I was using a new jar of peanut butter, so I used some of the oil to thin out my paste. Spread to cover the squares and refrigerate.

Layer 3

○ Melt 1 cup of dairy-free chocolate on low heat in a saucepan. If you do this very slowly, you won't need a double boiler.

○ Spread over the peanut butter layer and refrigerate before cutting into small squares. A little goes a long way.

Additions/alterations:

○ Sprinkles or crushed candy canes on top; colourful candied or dried fruit in the marshmallows; peanut-butter alternative for the middle layer and sugar-free icing sugar to reduce carbs; sugar-free, white chocolate, or coloured wafers for the top; butter in place of coconut oil. You get the picture. These are extremely rich but easy enough for even very young kids to participate.

*Use a really sharp knife to cut the bars or the chocolate will crack. Don't ask me how I know. I'm telling people 'uneven squares' is a rustic trend for 2020. ■

□ Candice and her daughters, Faye and Eve, continue trying out and creating new recipes, and sharing in the All Month issue.

READING ROOM

by Kristy Smith, Branch Head, Salmon Arm ORL

SEASON'S READINGS

Happy Holidays from everyone at the Okanagan Regional Library. We hope your holidays will be filled with joy and laughter through the New Year.

Come down to the Mall fish pond for an **Old Fashioned Family Christmas Story Time** and stick around after for fun games and activities on Sat., Dec. 21 at 11 am.

What happens when Santa gets sick? Is Christmas cancelled? Come find out the answer at our **Holiday Puppet Play** with Ardie and Kristy on Dec. 18 at 3:15 pm.

Take part in a fun **Holiday Origami workshop**, led by local art therapist Eiko Uehara on Dec. 7 at 11:30 am.

Join us for **Baby Time** (0-18 months) Mondays at 11 am, **Toddler Time** (18 months-2 yrs) Thursdays at 10:30 am, **Family Story Time** (3-6) Wednesdays at 10:30 am and Saturdays at 3:30 pm, and **Pyjama Story Time** (3-6) for holiday-themed stories on Dec 20 at 6 pm.

Drop in for **LEGO & Keva Building** (ages 5+) on Dec. 19 between 2 and 4.

Love singing? Sign up for our **Library Children's Choir** (ages 5+) Dec. 11 at 3:30 pm. Registration required.

Fa la la la! Join us for a good **Old Fashioned Holiday Sing Along** at the library Dec. 9 and 16 at 2 pm. Online registration is required.

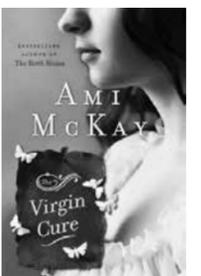
On Dec. 6 at 1 pm, learn how to create **Quilted Holiday Postcards** that anyone will appreciate receiving! Starter ideas and fabrics provided along with everything you need to make a small piece of art or a postcard that can be sent through the mail. Please bring fabric scissors and a sewing machine if you have one. This program is for adults. Online registration is required.

We have some great special events at the library this month! Nicole from BTrueByou will be giving us an introduction to **Chair Yoga, breathing exercises and meditation** on Dec. 11 and Jan. 8, 10:30-11:30 am.

Join us for a refresher on all things **Kobo eReaders** on Dec. 11 at 12:30! Find yourself struggling with your Kobo? Or maybe thinking about getting one for Christmas? Let's get back to the basics and learn together. Online registration is required.

The **Library Ukulele Circle** meets every Tuesday, 1:30-3 pm. We will be playing holiday songs during our December sessions. All playing levels are welcome, but please note there is no instruction component to the Circle. We will be hosting a **Beginner Ukulele Workshop** on Jan. 13 at 1:30pm, so mark your calendars!

Join us for good books and good conversation at our Wednesday **Afternoon Book Club** on Dec. 18 at 1 pm. We will be reading *The Virgin Cure* by Ami McKay. We have a limited number of copies set aside for participants, so drop by the library to pick up your copy today!



All branches of the ORL will be closed starting Dec. 23 and will reopen Jan 2.

Thank you for a wonderful year and we'll see you at the library in 2020! ■

□ To view a complete list of programs and events, visit us online: <http://orl.bc.ca/hours-locations/salmon-arm>.

Do you have an idea for a library program that you'd like to attend? Would you like to host a program or event?

We'd love to hear your suggestions! Please contact Kristy at ksmith@orl.bc.ca

Neighbour Branches

■ **ENDERBY** • Sit n' Knit .. or crochet or cross stitch.. 1 pm, Dec. 10, 17 • **Writer's Workshop**, 6 pm, Dec. 13
• **Storytime with Santa & Mrs. Claus**, 3 pm, Dec. 13
• **Family Craft & Storytime**, 10:30 am, Dec. 21
• **Drop-in Mystery** Friday, 2:30-4, Dec. 20.

■ **SOUTH SHUSWAP** • **Fireside Knitters**, 10 am, 1st/3rd Fri. • **Page Turner's Book Club**, 10 am, Dec. 19.

■ **SICAMOUS** • **Heart & Mind Writing Group**, 6:30 pm, Dec. 6, 13, 20 • **Build it!**, 2:30 pm, Dec. 11, 18 - Lego and Keva • **Socrates Cafe: Big Thoughts Talk**, 3- 4:30, Dec. 7, 21

You are Invited to come and shop at **Salmon Arm's Christian Book Store** BEV FLEWELLING'S BASEMENT, 121 16TH ST. NE OPEN HOUSE – afternoon, 1 to 5 pm or by appt. in mornings or evenings - **Call 250-804-8775**. *Odyssey CD's • DVD movies • Bibles for all ages Books • Christmas/ Birthday/Sympathy Cards Lots of beautiful hard cover books for children.* **CHECK WEBSITE www.livingbooks.com**

Dec. 4 at presstime

FOR THE RECORD
Weather
 Range from +3 to -5 for the week-end. Possible flurries Friday, rain Saturday, and sunny Sunday.
 Past Temps, Nov. 27 to Dec. 3 by Nick Parsons, SW Gleneden
 Elevation: 458 m (119 m over lake)

Date	HIGH	LOW	PREC
Nov. 27	0	-5	0
Nov. 28	-1	-8	0
Nov. 29	-4	-11	0
Nov. 30	-4	-12	0
Dec. 1	-5	-11	1 1/2" sn.
Dec. 2	-1	-5	1" sn.
Dec. 3	+3	-2	1" sn.

 Sun rise 7:40 • Sun set 3:54 pm
 Normal this week: 0 to -5
 Records since 1991 -
 Dec. 4: +11, 2012 • -18, 1994
Month of November -
 Mean Average low ... -0.5 C
 Mean average high ... +4.3 C

Passages
 ❖ Allison Joseph Clair
 ❖ Pauline Symchuk
 November 27, 2019, at age 98
 ❖ Robert Buffie
 November 27, 2019, at age 77
*Bowers Funeral Service
 bowersfuneralservice.com
 Holiday Remembrance Service
 7 pm, Dec. 12, Bowers Chapel*
 ❖ Alice Elsie Kastak
 November 26, 2019, at age 64
 ❖ Kayla Megan Leontowicz
 November 19, 2019, at age 33
1:00, Dec. 6, Fischer's
 ❖ Shirley Anne Meyers
 November 30, 2019, at age 84
 ❖ Ethel Doreen Pelletier
 November 30, 2019, at age 89
 ❖ Ronald 'Ron' Charles Pettitt
 November 26, 2019, at age 87
 ❖ Robert Boyd Slous
 November 28, 2019, at age 56
*Fischers Funeral Services
 fischersfuneralservices.com
 Candlelight & Remembrance
 service, 1 pm, Dec. 7*
 ❖ Kaye Baumann
 November 26, 2019, at age 78
 ❖ Miriam Charlotte Crowie
 October 27, 2019
 ❖ Neil Brookes
 1 pm, Dec. 14, Splitsin Centre
** Funeral noted if after presstime*
 ■ shuswaphospitalfoundation.org
 ■ shuswapfoundation.ca

Remaining flu clinics
 ■ • Salmon Arm Health Centre, 2-7 pm, Dec. 16 (By Appointment)
 • Clinics offered at all local pharmacies
 ■ Info line: 250.833-4150
 or visit: www.interiorhealth.ca

You're Invited
 ■ Continued from page 5
 • **Final Farmer Market** for the season, hosted by Shuswap Food Action Co-op, 10-1, Dec. 7 First United Church.
 • **Retired teachers Christmas luncheon**, 11:30 am, Dec. 12, Hilltop Inn. Wear a tacky sweater, prizes, musical entertainment, bring guest. \$20 payable at door. RSVP to cem-candrew@gmail.com. Hosted by Shuswap Retired Teachers Association.
 • **Outdoor Family Christmas Party**, 5:30-7:30, Dec. 20, Shuswap Com. Church, 3151 5th Ave. SE. Free • Carnival games, sledding, sleigh rides, food, music, popcorn, cotton candy
 • **Amnesty International Write for Rights**, hosted by KAIROS, noon to 2, Dec. 8, First United Church.
 • **Shuswap Community Foundation Grant Application** - Letter of Intent - Deadline Dec. 15
 • **Shuswap Women who Wine** - Community giving event, Dec. 6. Dinner tax \$25; voting tickets \$100 donation. Presentors - turtle Valley Donkey Refuge Society, Shuswap Children's Association and Shuswap Association for Community Living.
 • **Gifts gone Green**, 6-9 pm, Dec. 6, United Church GreenSpace, hosted by Mirella Project. Swap or donate for Christmas gifts. Runaway Moon will provide opportunity to create three practical items that don't involve materials.
 • **Okanagan Historic Society - Salmon Arm**, 7 pm, 3rd Mondays, Piccadilly Board Room.
 • **City council meetings**, 2:30, 7:00, Nov. 12, City Hall. Agendas at salmonarm.ca
 • **CSRD regular meeting**, 9:30 am, Dec. 19, head office on Harbourfront. csrd.bc.ca
 • **SD 83 School Board meeting**, 6 pm, Dec. 17 DESC; Jan. 21, AL Fortune (Note venue)
 • **Pain Support & Wellness Group** for people living with persistent pain, 2nd & 4th Tues, alternating mid-day/ evening, 2 hour free sessions, 781 Marine Park Dr. https://www.painbc.ca/about/programs/pain-support-wellness-groups.
 • **Srs Drop-in**, 31 Hudson - **BINGO**, 6 pm, Sat; Painting, 9-2, Mon, Tue; Silent meditation (\$2) 7 pm, Wed; 9 am, Mon; Zen meditation, 7 pm, Wed; Carving, 9 am, Thur; Pool/Cards/Games/Puzzles, 10-2, Fri
 • **5th Ave. Seniors Activity Centre** - Pancake B'fast, 8:30-11:30, 2nd Sun. Jammers Dance, 7-9 pm, 3rd Sun.; Yoga for Cancer survivors, noon, Mon/Fri; Sing-a-long, 9:45 am, Fridays; Birthday lunch, noon 1st Fridays; Dup Bridge Mondays, 1-5; See 5thaveseniors.org for schedule for activities and clubs, including vintage car, Photo Arts Club, Social Bridge, Whist, Canasta, table tennis, pool, fitness, crib, line dancing, darts, scrabble, Weight Watchers, floor curling, Ukulele.
 • **Shuswap Storytellers**, 7 pm, Dec. 7 (1st Tues), Askews Uptown. Place to tell stories or just listen. Estelle 546-6186. Followed by Christmas party.
 • **Salmon Arm Library branch**
 ○ **English Conversations**, 6-8, Tues.
 ○ **Baby Time**, 11-11:30, Mon.
 ○ **Philosopher's corner**, 3 pm, Dec. 7.
 ○ **Games Night**, 5-8 pm, Fridays.
 □ Email your event to friam@shaw.ca

Sport Spot
 ■ Continued from page 4
 • **SILVERBACKS** / past month
 • 19 wins, 10 loss, 1 OTL, 40 pts.
 ○ Nov. 30: Vernon 2, SA 0
 ○ Nov. 29: Langley 4, SA 2
 ○ Nov. 23: West Kelowna 6, SA 2
 ○ Nov. 22: Vernon 2, SA 1
 ○ Nov. 21: Wenatchee 3, SA 1
 ○ Nov. 17: SA 3, Wenatchee 2
 ○ Nov. 15: Penticton 6, SA 3
 ○ Nov. 13: SA 4, Penticton 3
 ○ Nov. 9: Merritt 6, SA 5
 ○ Nov. 8: SA 4, Merritt 3
 ○ Nov. 2: SA 2, Trail 1
 ○ Nov. 1: Trail 5, SA 4
Top 11 team points: Coquitlam 52, Penticton 47, Nanaimo 44, Trail 42, Cowichan 41, SA 40, Chilliwack 34, Wenatchee 34, Vernon 32, Albemni 28, Langley 28
 □ □ □
LARCH HILLS
 • **Teck BC CUP #1**, Jan. 4, 5. About 400 racers from across the province are expected. Classic Sprint race on Saturday; Interval race Sunday. Volunteers are needed including course marshals, parking directors, finish line refreshments, hosts and course maintenance. To volunteer, contact jelliott4412@gmail.com
 • **Lantern Ski**, starting 5 pm, Dec. 28, Larch Hills. Bring non-perishable for the food bank
 • **36th Reino Keski-Salmi Loppet**, Jan. 25
 • Fundraisers for Trail lighting project - **Sponsor a pole campaign**
Holiday concert, 7 pm, Dec. 20, Nexus at 1st. rosbty@telus.net to register to perform. Visit skilarchhills.ca
 ○ ○ ○
 • **SA Curling Centre - Curl for Cancer**, Stick Bonspiel, Jan. 12
 Men's & Ladies Open Bonspiels, Jan. 24-26
 • **SA Minor Hockey tournaments** - Atom Rec, Dec. 6-8.
 Hockey names like PeeWee, Midget and Atom will be no more next season. New simpler names will include U7, U9, U11, U13, U15, U18 and U21.
 • **Winter Fun Guide is now out.** Winter Recreation registrations underway.
 • **Tim Horton's Holiday Skate**, 1-3 pm, Dec. 8, Shaw Centre - Hucul Pond. Free, includes Timbits & hot chocolate.
 • **Holiday Swim / Movie Night** (7-12 year-olds) 6-9 pm, Dec. 13, 20.
 • **Salmon Arm Snow Blazers snowmobile club** family friendly event, Dec. 27, Fly Hills. See page 5 for details.
 • **Donations** totalling \$10,700 from Shuswap Community Foundation, SAS-CU and proceeds from Pirate Loppet provided ski equipment for five schools.
 • **Deadline** Dec. 6 for Men's Basketball tourney, Feb. 14, 15. kootenaychill.com
 • **Polar Bear Swim**, 10 am, Canoe Beach

Balancing Imbalances

A wise person recognizes when their life is out of balance and summons the courage to do something about it. Balance is the key to everything. What we think, say, eat, feel, and do all require awareness, and through this awareness, we can balance the imbalances and keep suffering at bay.

Extremes are easy; balance is hard. Chronic imbalance affects our physical, mental and spiritual wellbeing. It shows up in our life as a racing mind, insomnia, forgetfulness, fatigue and lack of vitality. And in our body as anxiety, aching joints, bloating, hot flashes, obesity, and digestive issues.

An excellent place to start to correct these imbalances is within the flow of our breath and energetic pathways. Pranayama such alternate nostril breathing helps to balance and re-charge our nadis and energetic channels.

A dominant side imbalance in our body can lead to imbalances with one side of your body becoming stronger and or more flexible than the other.

These imbalances lead to restrictions in the range of motion and movement of our bodies, resulting in specific muscle working harder to compensate, leading to pain and injury. Yoga is the ideal solution balancing strength with flexibility, and range of motion with joint care.

Imbalances in lifestyles can result in chronic stress causing imbalances in the endocrine system, especially within the adrenals and hormones. Inverting postures such as downward-facing dog, standing forward bends, and shoulder stands balance the thyroid, heart, hormones and lungs by increasing circulation.

Meditation helps to balance the imbalances in our thinking patterns by strengthening thoughts that lead to inner peace and wisdom. It also helps to balance awareness spent between our perception of the external world and internal perspective.

Thus balancing deeper connections to intuition, insight and knowing ourselves beyond the physical form. Yoga balances the imbalances physically, mentally and spiritually in harmony, freedom and equilibrium to thrive in our lives. ■

□ Nancy Whitticase runs Namaste Yoga and Wellness

yoga basics



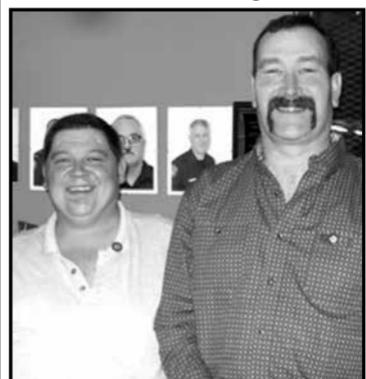
Nancy Whitticase

Physically, mentally and spiritually

Silver Creek Fire Department
 ▲ Dreydon Trinque & Chris Parmenter (centre) are presented hoodies and hats for their participation in Silver Creek's junior fire fighter program. Pictured with them are Dept. Chief Doug Felhauer, Chief Len Sarrazin, and Training Officer Darcy Blair.



► Mike Sarrazin is presented the 5-year pin and Capt. Ted Steiger, 10 year pin. Ted began with the Silver Creek Dept. in 1988, then went on to work with a fire dept. in Sandgudo, Alberta before returning to Silver Creek. Ted has 27 years in the Fire Services,



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Call for 2020 Nominations

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Join our Board of Directors
 Information Session:
 7 p.m., December 3 at Orchard Room, Salmon Arm Uptown Branch
 Deadline is December 17, 2019

Review and complete the 2020 Board of Directors Nomination Package at sascu.com/Nominations

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FOOD PRODUCTION VS. BOOZE AND DRUG PRODUCTION

I recently heard on CBC radio a piece about a factory in the Lumby area that is producing doggie food laced with marijuana.

Mind you, they claim that THC has been eliminated and only CBD remains complete with the medicinal qualities claimed by manufacture's. With the THC removed you can be assured that your pooch will not stagger off down the road whooping and carrying on like a fool.

However, this begs the question, where is all this production of mind altering compounds taking us? I include the production of wine in this category as well. The acreage consumed in the production of

my
two
cents

Ed Campbell



about food.

Most of our vegetables come from California and to a lesser degree other places around the world. Many of these places are enduring difficulties in their food production and the worst of all is California.

The "Central Valley" in California is sinking at an alarming rate with estimates of one to two feet per year and an estimated 28 feet since 1920.

"Subsidence" as it is called, is caused by the pumping of water

marijuana and grapes is staggering and makes one wonder who in this world is consuming all this stuff and what

out of deep aquifers during times of drought. The water is removed at a faster rate than the aquifers can be recharged so the land sinks to fill the space.

This space for water storage can never be reclaimed. It is permanent. This subsidence also affects the canals and aqueducts that bring surface water to the farms and used to flood the land to recharge the aquifers. These canals become nothing more than stagnant sloughs unable to fulfil their function.

Granted, California is developing methods and plans to save and ration water but as the climate temperature and droughts continue to increase it is only a matter of time before California will no longer be the

"bread basket" that we have come to depend on.

I realize that the production of wine and increasingly the production of marijuana products is a great value to our economy and creates many jobs. The value of wine itself adds approximately 50 plus billion to our GDP and I have no idea the value of marijuana production.

This is all very good but at what cost. There was a time when Canada was a self reliant nation with many farms producing all the food we could eat.

Small organic farmers today struggle to provide us with quality food that we can eat with reassurance that it is not laced with growth hormones and pesticides.

The medium size grocers in our area sometimes display local produce but it is very limited and hard to find. We can get fine quality food at our local farmers market but it is usually quite seasonal. It may be a bit expensive but the quality is worth the extra price.

These people need our support. They are our lifeline.

So as we sit drinking our local wine and smoking a joint we can giggle and laugh our way into starvation. Granted there is lots of money in these products but we cannot eat money or purchase food when none is available. ■

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

SINGING IN TUNE

Yes, it's a re-run. Every year, though scripts vary among

different players, the story repeats.

All year, you—let's say Laura—have been saying to your brother, Reg, that "Mom (I'll use Mom here) isn't doing well, she's forgetting, she doesn't recognize her friends, and her speech, her walking, are changing."

But sometimes Reg calls and chats with Mom, then gets on the phone with you. "Laura, I don't know what you are talking about, Mom is fine." He's right, he hears his/your cheerful mom, who though she sometimes wanders off in the conversation, sounds "just fine."

This confrontation repeats, damaging your sibling relationship.

Most people in early dementia have, though the name varies, "a social box." This allows them to discuss weather or common daily activities with reasonable accuracy. The "box" ability varies. It can last approximately 20 minutes, and changes along with the progression of various types of dementia.

But then Christmas arrives and Reg comes in for the holiday. Laura, I suggest you give the gift to everyone and not say, "I told you so," and just let Reg notice. Step back, leave out, "What Mom means is..." Whew, that's going to be difficult.

Get everyone involved in your family traditions, and Reg will recognize the changes. If possible, avoid, "Mom, remember when..." and use "I/we always enjoy the..."

Even if Mom has forgotten, the laughter remains. Even when your brother is suddenly aware that your phone calls were accurate, keep the "Peace on Earth."

When Mom is off to bed, it's time to make plans. There may be tears, frustration, or anger, but she is still Mom. Her reality may be different—though just as valid—and although dementia is irrevocably fatal, your team work will make her remaining time—months or years—as filled with joy and respect as possible.

In the morning, involve Mom in the conversation. Although some of her behaviour may be child-like, she's an adult. Why wouldn't role reversal or potential drastic changes bring on anxiety? Reassure her, emphasize ongoing caring and safety.

Educate yourself, through your local Alzheimer's Society branch or online. Prepare, get all the paperwork in order. Clarify your roles in the caregiving and plan for respite for the primary caregiver. The future is unknown, for everyone, therefore make no promises to your mother that she will always live in her home or yours or in Independent Living.

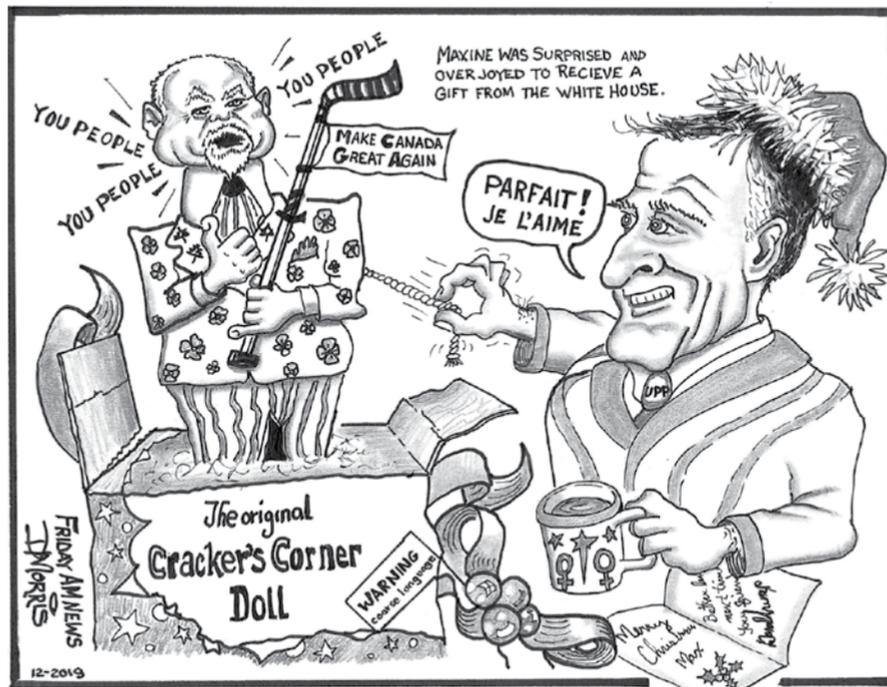
Christmas can be the most stressful event of the year with *Hark the Herald Angels Sing*, distinctly off tune. So, make a toast to Mom, (and or Dad), and enjoy. Especially the dessert. ■

□ Karen Bissenden offers support and dementia care any place Mom or Dad call home. 250 253-1703

Senior
Living



Karen Bissenden



Campground is a trend reversal

The proposed marina and campground on the site of the former Waterway Houseboats is a welcome reversal of the past three decades.

Condo developers have eliminated hundreds of needed campsites in the Sicamous area. While such developments inject new tax dollars into the local economy, one cannot underestimate the revenues that campers inject. They are often more likely to patronize local businesses. Condo owners may tend more to load up at Costco as they leave their primary big city residences.



▲ The proposed Two Mile Marina and Recreation Park on Mara Lake.

The District of Sicamous has purchased the 16-acre parcel in partnership with the Sicamous Development Corporation. The ultimaste proposal is to develop a public beach, park, boat launch, and 75 camping sites. ■

Lack of respect

I have noticed the bleachers in Blackburn Park have been tipped over and laying on their backs for two months.

They were donated by Rotary, I believe. This a deplorable way to treat something that I am sure was donated and given to the club.

Does no one care? Is this the way it is now days - if I don't pay for it, I'm not responsible...?

Fran Horvath,
Salmon Arm

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Here's to the Unsung Heroes



Notes from the Margin
Louise Wallace Richmond

Here's to the unsung heroes who quietly walk among those of us who pride ourselves on getting the job done. They have so many skills we often take for granted December is the time of year their praises should be chanted.

Here's a list of people I hope you'll think to thank our city won't work without them you can take that to the bank.

Bus drivers for a start whose skill is quite an art they drive us all around to school, to work, to town.

And savvy child care workers who care for little ones putting minds at ease for many dads and mums.

Parent volunteers who serve throughout the year quiet, calm and smart parenting too, is an art.

Fire fighter fellows on every Tuesday night always get together to ensure we'll be alright.

Snow plowers and recyclers now there's a hearty bunch get through the month without them I doubt it, is my hunch.

And finally the greatest thanks is due to those who care for others who need help to make it through.

Healthcare and social workers there when our people hurt I can't begin to thank you for such important work

We are so very lucky and let that be the reason to celebrate and give much thanks this most meaningful Christmas season

Amities, Louise

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



TRAIL MOVES ALONG

Planning is well underway for the Shuswap-North Okanagan Rail Trail between Sicamous and Armstrong.

A series of public information sessions began last week in Enderby for citizens to learn more about the project. There's also a dedicated website at www.ShuswapNorthOkanaganRailTrail.ca, as well as more meetings for agricultural landowners.

Public information drop-by displays are scheduled for Dec. 9 at Shuswap Lake Estates Community Centre; Dec 11 at Sicamous & District Recreation Centre; and Dec. 15 at Oddfellows Hall in Armstrong. The meetings run from 5 to 8 pm.

A special meeting for Landowners in the Agricultural Land Reserve, adjacent to the Shuswap North Okanagan Rail Trail, is planned for Dec. 7 from 2 to 4 pm at Enderby Drill Hall

The purpose of the agricultural information meetings is to discuss the non-farm use application to the ALC for a recreational trail within the Agricultural Land Reserve.

Following the presentation, representatives will be available to field questions or concerns related to the Shuswap North Okanagan Rail Trail ALC application.



▲ A section of the Sicamous-to-Armstrong Rail Trail near Sicamous.

While the rail trail is for non-motorized use, residents can expect to see project personnel travelling the corridor by foot or vehicle during their investigations. Temporary half-kilometre markers have been installed to aid planning consultants.

The Rail Trail project receives financial support from a grant through the BC Rural Dividend Program, leveraging contributions by the CSRD Area E and District of Sicamous Economic Initiatives fund.

☐ For more information, visit www.ShuswapNorthOkanaganRailTrail.ca.



▲ Sunnybrae residents Jim and Clare Hale visit the warehouse in Calgary where the gift boxes for Operation Christmas Child are shipped off to children in Central America and West Africa. "They're packed with love.. and give hope to the children who receive them," said Clare. There's still time to packing shoeboxes with school supplies, hygiene items and toys. It can be done online at www.PackaBox.ca

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Friends..
I want to thank each and every one of you who has chosen to trust me with your look this year. Your trust and repeat visits are most welcome. I have grown to know several of you - even if I don't remember your names! - over the years.

2019 saw the Shop grow beyond my wildest dreams. What began in 2013 has now grown too big for one barber to handle alone. I want you to give the new Barber the same chance you gave me. She is starting on December 6th and will be each Friday afternoon and all day Saturday.

I reflect on this year with gratitude and hope for the future. From all of us to all of you we would like to wish you a warm and heartfelt Seasons Greetings, Happy Holidays, Merry Christmas, and a Happy New Year - all the best in 2020!
~ Matthew, Christine, Olivea & Maycee

NAME THAT TUNE

Sorrento & Area Community Health Centre Society thanks all of our spectacular donors and sponsors for their contributions to the success of our one fundraising event of the year on Nov. 16, 2019, NAME THAT TUNE:

- Acorn Dental • Anne Briggs • Askew's • Back 40 Storage - Pat & Tina Hysop • Bernice Jones • Bernice Robinson • Blind Bay Market • Buckingham Palace • Breathe Yoga Studio • C.A. Wholesale - Paul and Candice Arduini • Cantina Val-larta Restaurant • Century 21 Lakeside Realty Ltd. • Chinese Garden Restaurant • Copper Island Fine Homes • Copper Island Pub • Cork 'n Cap • Crannog Ales • Dan McKerracher • Dan Redekop • Emma Widdifield • Fair Realty - Shalon Clarke • Final Stitch Longarm Quilting • Finz • H & R Block • H204U • Healthy Spot • Home Restaurant • Hub Insurance • It's All Good Bulk and Health Foods • Jason Bedford - RBC • Jeanne's Printing & Graphics • Joanne McPeck • Judy Teves • Kirsten Chapman • Lighthouse Market • Lindy's Boutique • Lisa Shorrock • Little River Boat World • Loonie on the Lake • Melany Dyer • Mills Mechanical • Mud Sweat & Tears Pottery • Munro's Pharmacy • Nature's Bounty • Nico's Nurseryland • Pedro's • Pennerosa Farms • Phil Clark • Proair Heating & Cooling • Rainbow Glass • Rick Porteous • River of Life Church • Robert Hislop - Edward Jones • Rose Collin - Artisan's Market • Rossworn Henderson • Rustic Raccoon • Rustic Wedding • Safety Mart Foods • SASCU • Seven Sisters Boutique • Sherry's Fine Art Studio • Shuswap Fitness • Shuswap Lake Estates • Shuswap Marina • Shuswap Marine Service • Shuswap Pie Co. • Shuswap Soles Foot Care • Shuswap Veterinary Clinic • Sorrento Building Centre • Sorrento Hair Fashion • Sorrento Stoneware • Spinnaker Cafe • Subway • Sunnybrae Winery • Susan McLellan • Tappen Co-op • The Scoop • The Spa • Village Grocer • Village U Brew • Walters Sleigh Rides • White Sands Cottages.
- We wish everyone a wonderful Christmas and a healthy New Year!

For 10 years now, Vernon's Emmanuel Baptist Church has re-created the Palestinian town of Bethlehem of some 2,000 years ago. Just follow the star into the village from Dec. 6 to 8. Over 3,000 people attend the three-day event each year, involving 250 volunteers who run 20 market stalls, engage in Centurian sword fighting, put on short plays and lead in Carol singing. The church is at 3412 15th Ave Vernon.

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THANK YOU

Many thanks to Tammy and Vince Fischer for their compassion and professional service that they provided us following the passing of our daughter.
 ~ Jim & Virginia Hopps

Health Trend of the Month
Jude Corfield

Sweet Potatoes

Sweet potatoes are widely available in the winter. They are surprisingly not related to potatoes or yams, but are a sweet, starchy root vegetable grown worldwide. There are hundreds of varieties of sweet potatoes.

• **Selection:** Chose firm, medium-size sweet potatoes that have no cracks, wrinkles or bruises. Make sure that they do not have any black spots or mold, are not sprouting and feel heavy.

• **Storage:** Keep unwashed sweet potatoes in a cool, dry, well-ventilated place for up to 2 weeks. Do not refrigerate or store in plastic bags.

• **Good partners:** Apple, black beans, Brussels sprouts, cranberries, garlic, sage, swiss chard and winter squash.

• **Nutrients:** sweet potatoes are an excellent source of beta carotene, vitamin C and potassium. They are also a decent source of many other vitamins and minerals.

• **Interesting facts:** Juice extracted from sweet potato can produce hundreds of dyes (shades from purple to black) when combined with lime juice. Produced dyes are used in the textile industry.

☐ Jude Corfield operates the Shuswap Homeopathic Clinic at Uptown Askew's.

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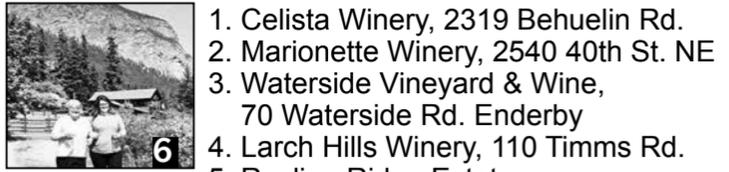
The Shannon Sharp Learning Circle Committee is thrilled to announce the completion of this beautiful structure at Salmon Arm West. Without the significant donation from Co-op Community Spaces, this project would not have been possible. Thank you also to the following for their support:
 Armstrong Regional Co-op • Mounce Construction • Rotary Club of Salmon Arm (Shuswap) • Salmon Arm Metis Association • Salmon Arm Savings & Credit Union Financial Group • Salmon Arm Home Building Centre • Tim Dunne (Dunne Enterprises) • Blackburn Excavating Ltd. • Shuswap Total Fitness • Shuswap Women Who Wine • Blind Bay Blues Band • Pedro's Farm and Garden Market • Cou try Bakery • Barley Station Brew Pub • Vella Radio Promise Photography • Annie Williams & Tony Bell (Avon) • Larch Hills Cabins • Chadalin Medi-Spa • Artist Bench Guitars • Flowers by Fimmy • Total Office Supply • Pamper Day Spa (Paige Murphy) • Jerry & Helen Kohorst • Troy Sharp & Family • Wright and extended Family Salmon Arm West PAC • SD #83 Admin and Staff
 • All individuals who donated \$ and auction items.
Contractors: Dunne Enterprises (Engineering & Design) • Mounce Construction (Site Preparation) • Shea Larking (Carver) • Alpha Log & Timber (Construction) • Carlo Bordin Contracting Ltd. (Concrete) • Integrity Roofing (Roofing).

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Shuswap Wine Trail

Christmas Open House Weekend

11-5 • Saturday & Sunday • December 7 & 8



1. Celistia Winery, 2319 Behuelin Rd.
2. Marionette Winery, 2540 40th St. NE
3. Waterside Vineyard & Wine, 70 Waterside Rd. Enderby
4. Larch Hills Winery, 110 Timms Rd.
5. Recline Ridge Estates, 2640 Skimikin Rd.
6. Sunnybrae Winery, 3849 Sunnybrae
7. Ovino Winery, 1577 Yankee Flats Rd.



▲ A pure white blanket of snow covers the foreshore and shallow waters of Salmon Arm Bay. More snow is in the forecast may turn to rain by Saturday. Jude Corfield photo

design dilemmas

Linda Erlam

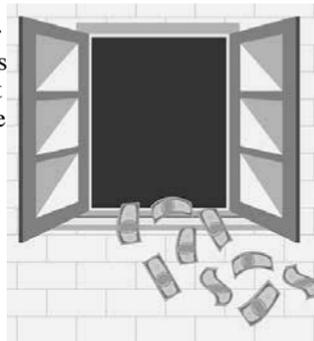


MONEY OUT THE WINDOWS

All of 25 per cent of your heat goes straight OUT your windows. If your heating bill is \$100 for a month, about \$25 of that goes directly out your windows. So, it ain't rocket science to see that if you can reduce this one area of heat loss, you can actually see a dollar drop in your heating bill.

Most people know how to reduce heat loss by replacing door weather stripping, adding snakes to the bottom of the outside door to prevent drafts there, and by keeping the furnace filter and ducts clean and in good working order. You can google any of that and get great suggestions and how-to's.

The following nine steps are specific to windows or drafty doors. I'm assuming you know that replacing your old windows is one of the best ways to reduce heat loss, but many of us don't have the budget luxury of doing that right now.



Please also be very aware of this one fact: the insulation in your walls is probably rated at R-24. The BEST windows on the market right now are about R-4 or 5.

I know, and you do too if you've been a reader for awhile, that windows should not be measured in R-value, but rather in U-Value. However R-value is what most people understand, so must windows have that rating too.

To summarize: the higher the R, the better - R-40 is high for wall insulation.

The LOWER the U, the better - U-value of 15 is great.

There ARE windows on the market which are reaching an R-value of 11. And they cost about \$250 per square foot, where a medium-quality new vinyl window can cost about \$ 25 and up per square foot.

So here are ways you can reduce your heat loss. And some of them you can do today with no, or minimal, cash outlay.

- 1. Install plastic film over the inside of the window frame.
- 2. Install window film onto the window surface.
- 3. Put lining on your existing curtains or drapery.
- 4. Install a gap filler between any blinds and the window frames.
- 5. Think about putting a movable curtain on the wall to cover little-used, or drafty, doors.
- 6. Clear furniture from in front of, or over, any heat registers.
- 7. Use heat deflectors above floor grates to move heat into the room.
- 8. Plug the chimney if it's not being used. (A chimney balloon. No kidding.)
- 9. Use magnets and magnetic tape to help seal the window covering to the wall or window frame.

I will expand this piece with all the how-to's and references when this is posted on my website, designsewlutions.ca -- which is typically a few days after this column's publication in *The AM*. ■

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

'Sip of the Season' Christmas Open House

11-5 • Dec. 7th & 8th

Sip mulled wine and enjoy samples of locally produced gourmet Legendairy cheeses on Saturday, December 7th, and local artisan arts and crafts all weekend. Come and try this year's new dessert wines - Cherish (Cherry), Blackberry Bliss, Waterside Blues (Blueberry) and Rockin' Raspberry wines! Savour the award-winning library wine 2014 Marechal Foch, the new 2018 Castel red wine (BC's only Castel varietal, a French x American Hybrid), or new vintage of the Ortega and Gewürztraminer. Don't forget our most popular Sex in a Bottle White & Red wines, now also in cans!

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~ Merry Christmas & Happy Holidays from your A.M.

We are F.A.M.I.L.Y.* *Friday AM Is Looking at You!

Season's Greetings!

FROM THE SALMON ARM LIBRARY

Stories for Seniors...

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December 19
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AM/PM

A Moment's look at Past Month

City Engineer **Rob Nieuwenhuizen** addressed Chamber members on the many infrastructure projects underway or in the works. These include the Ross underpass, new bridge and four-laning, the highway corridor through downtown, Auto Road connector to Foothill Rd., and Taxi-way Charlie. ■

A new concert venue is proposed for the Lakeshore Dr. building formerly occupied by Living Water Church. ■ Local Air Cadet **Nicholas Lourens** receives top provincial honours for his flight training. ■ Two fundraisers are organized for two Shuswap musicians, **John Fleming** and **Willy Gaw**, both stricken with cancer. Sadly Willy passes away just prior to event. ■ The CSRD approves a scaled back version of a proposed cannabis production facility in Notch Hill area. ■ **Josh and Joanna Bickle** wins the Couples category of the Shuswap Dancing with Stars 2019, and **Bonnie Van De Vosse** and **Orlando Robertson** wins in the Pro-Am category. ■ Salmon Arm is selected for a major mental health study. ■



Giant Christmas tree is dwarfed by towering Treble Clef.

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Flynn new CSRD chair

Salmon Arm Councillor Kevin was selected to chair the CSRD.

He replaces long-time Chair Rhona Martin, director of Area 'E' who will now serve as vice-chair.

Flynn said he hopes to help build a more unified board in a very diverse region. ■

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