76th Edition

July 2022



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Cautionary Notification of Algae Bloom

By Barbra Fairclough

notification of an algae bloom for Shuswap Lake - Salmon Arm and Sunnybrae Tappen - effective June 28.

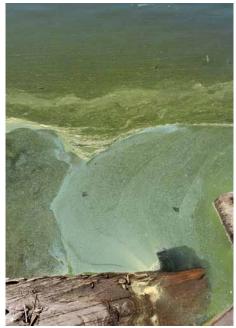
A "Cautionary" cyanobacteria advisory issued by Interior Health indicates that

algae is present and either no testing has been conducted or testing has not identified toxins.

A public update from the Shuswap Watershed Council on June 29 included a map showing the locations of the bloom. Advisement was given in the posting to avoid direct contact with the algal bloom and if contact has been made, rinse your body with clean water. Where the bloom is present people are recommended to avoid recreational activities such as swimming.

Interior Health recommends using an alternate

source for drinking water if your source of water intake is in the body of water with the bloom. Boiling the water will not remove any toxins. Consider providing pets and livestock with an alternative source of drinking water.



Algae bloom in Sunnybrae (Photo credit Barbra Fairclough)

Cyanobacteria sometimes referred to Interior Health has issued a Cautionary as blue green algae are naturally occurring microscopic bacteria that are common to freshwater ecosystems throughout BC.

> They are called blue green because they share key features with Algae such as being aquatic organisms capable of photo-

synthesising.

In most circumstances cyanobacteria cause no apparent harm in water bodies. Depending on species and abundance their appearance is quite varied including multi colours from blue green, green, brown, red, white, and blue. They can look like pea soup to globular to bead like shapes.

Several species of cyanobacteria are capable of producing toxins, neurotoxins, and skin irritants. Not all cyanobacteria are toxic and sometimes toxic species do not always produce toxins. If you have concerns, contact your local health authority.

When in doubt Stay out!

Erin Vierra of Fraser Basin Council posted algae blooms are complicated, many factors contribute to them but generally a new supply of nutrients during freshet (via (Continued on page 3)

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Cautionary Notification of Algae Bloom

continued from front page

the Salmon River) and increased sunlight are the key factors.

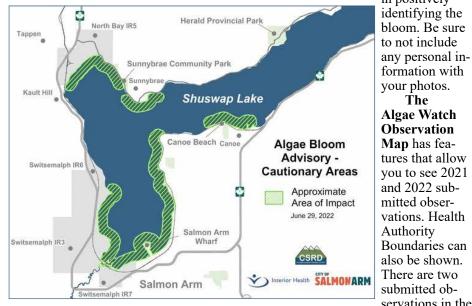
Shuswap Watershed Council is in contact with Interior Health, Columbia Shuswap Regional District, and the City of Salmon Arm and will post added information as it arises. They also support coordination of local authorities and organizations involved with the monitoring of water.

Water sample collecting is done by multiple organizations such as CSRD, City of Salmon Arm, First Nations Healthy Authority, Little Shuswap Band, be helpful for the Algae Response Team

Posted information has not been verified and is insufficient alone to determine whether the potential bloom is a risk to human or animal health. The Algae Watch Team will follow up on posted information to confirm the identification of the reported bloom.

Photos can be taken by your phone and easily submitted. A photo of the maximum extent of the bloom, another of the shoreline in the same location as the first photo and a close up photo will provide the visual information that will in positively

The



Cautionary areas of aglae bloom on Shuswap lake (CSRD)

District of Sicamous, as well as the province.

The province also invites the public to include their local knowledge on the Algae Watch web page. This is a gateway supporting resident's ability to recognize and to identify and report algae blooms in BC Lakes.

You can learn here what algae is and how to recognize it. There are a few identification tools and resources and a photo gallery to help you know what it looks like.

On this web page is a link to the Observation map. This map is where algae bloom reports from local citizens are posted.

The Algae Watch team reviews all information submitted and results posted are condensed versions of the original submission. Observations that have been posted are on the map for a calendar year. After that they are archived and Watershed Council, Province of BC available on request.

servations in the Shuswap for algae blooms on the map observed on June 24th at 6pm

and June 25 at 9:50 am. **Helpful Information on**

Cyanobacteria https://www.interiorhealth.ca/ sites/default/files/PDFS/cyanobacte-

ria-blue-green-algae-blooms.pdf Learn more about algae and submit

your observations, you will be guided through a simple questionnaire. Citizens are encouraged to report their findings at Algae Watch https://www2.gov.bc.ca/ gov/content/environment/air-land-water/ water/water-quality/algae-watch/recognize-algae/identification-tools-and-resources

Interior Health offer updates related to beach closures and recreational notices at www.services.interiorhealth. ca/publichealthprotection/waternotifications.aspx

Information courtesy Shuswap sources.

South Shuswap ADS: 250.463.2611 INFO: 250.515.2830

www.shuswapscoop.ca

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The Director's Scoop - News of Note from the CSRD

Paul Demenok Director, Electoral Area C (South Shuswap) Cell: 250-517-0810

Shuswap Economic Development Needs to Hear From You

The Shuswap Economic Development Society (SEDS) was formed in 2021 to help foster community economic development in CSRD Areas C, D and F. It replaced the Shuswap Economic Development service which was previously provided through the CSRD. The SEDS Board is comprised of local business people who have volunteered their time, from each of the electoral areas it serves.

We are now in the process of developing our first Economic Development Strategic Plan and have hired a consulting firm to help with that task. The Economic Development Strategy will provide a 3 to 5 year roadmap of deliverable goals and actions aimed at achieving a diverse, vibrant, resilient local economy and community.

To develop a great plan, we need to hear from you. What are your ideas on how our community can prosper over the next 5 years? How do we keep our community attractive for families and young people and local businesses and tourists alike? What kinds of jobs and services do we want to have in the future? To rectify this

Everyone who provides their input will be entered into a draw for a prize, to be announced later. For more information, please feel free to contact John Reed the Executive Director of SEDS

at 250-804-5527.

To provide us with your ideas please go to www.shuswapecdev.ca/strategicplan.

Help Us Improve Your Internet Service the province.

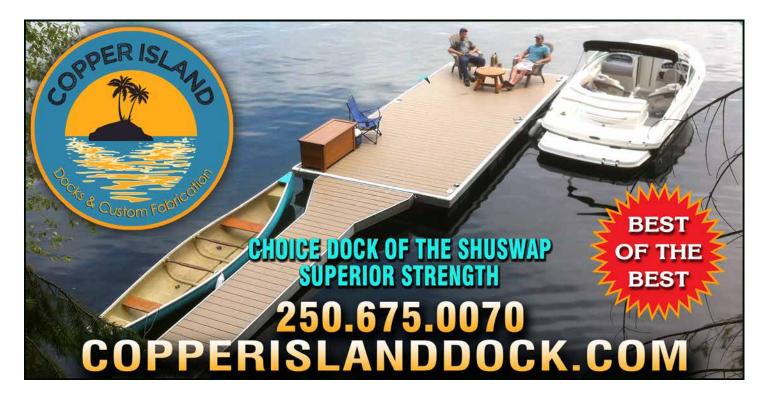
While some communities such as Salmon Arm and parts of Sunnybrae and Tappen have fast internet speeds because they have fibre optic service to the home, most of CSRD Area C does not have fibre optic service availability from internet service providers. Even though fibre optic cable is running right through our community, the "last mile" with service to homes and businesses has not been installed. Unfortunately, unlike other rural communities we cannot qualify for Provincial or Federal broadband con-Sorrento and Blind Bay, for example, are incorrectly identified as having 50/10 service. The Canadian standard for internet service is a download speed of 50 mbps, and an upload speed of 10 mbps, but we're nowhere near that in most areas. In my home, the internet speed test showed

To rectify this problem, the Shuswap Economic Development Society (SEDS) has contracted with the consulting firm, I-Valley, with the goal of achieving fibre optic service throughout the region. This service will likely require capturing a Federal or Provincial grant, but our timing is good because BC will be offering \$830 million in grant funding later this year to improve internet services across the province.

The first step in this process is to capture actual internet performance data, so we can clearly demonstrate that we do not receive 50/10 services. To do this we need 30 seconds of your time to conduct an internet performance test. This test was developed by the Canadian Internet Registration Authority (CIRA). It's free, voluntary, totally confidential, and does not identify you in any way. We will anonymously capture over 100 measurements of internet performance per residence and will create a map showing the internet speeds actually achieved in our area. These data can then be used to demonstrate that internet services here are way below standards, thus helping us to qualify for infrastructure grant funding.

Please take a few seconds of your time to complete the test. We also ask that you do this several times because speeds can vary. We want to capture the most complete data possible, and need everyone to participate.

To test your internet speed and provide us with this crucial data please go to https://performance.cira.ca/Shuswap.



South Shuswap Chamber

By Karen Brown, Executive Director

Chamber grows by 27 members in the first half of 2022

The South Shuswap Chamber is pleased to report that it has welcomed into its registry, 13 new business members. Welcome to Arma Greek Food, Brushstrokes Signs & Awnings, Carried Away Tacos, Jeannie's Printing, Lakeside Concession, Lobster Pot, Monster Designworks, Northyards Cider Company, S'wichcraft Catering, Shuswap Highland Stills, Shuswap Lake Golf at Blind Bay, Shuswap Trading Company and Torrez Signs. The Chamber also welcomes 14 new individual members as well: Beach It, Bownita, Carmen Knight/Karen Trach, Chalk Couture, Good Little Tea Co, Got Stylz, Purple Chicken Rock Shop, Robin Howley, Sheila Empey, Simply Susan, Susanna Vinjaya, Toasted Trinkets & Veronica Smith.

Social Event at Shuswap Marina

On Friday, June 17, Shuswap Marina hosted a fabulous After Hours Social & Networking Event. Chamber members were invited to come early at 4:00 pm that day followed by the general public at 5:00 pm. The rain stopped and the sun came out just in time for everyone to grab dinner at one of the food trucks and a beverage from Shuswap Cider Co or the Tapped Events truck. The evening was enhanced with music sponsored by the Arts Council for the South Shuswap – the Jordan Dick Electric Jazz Trio performed.

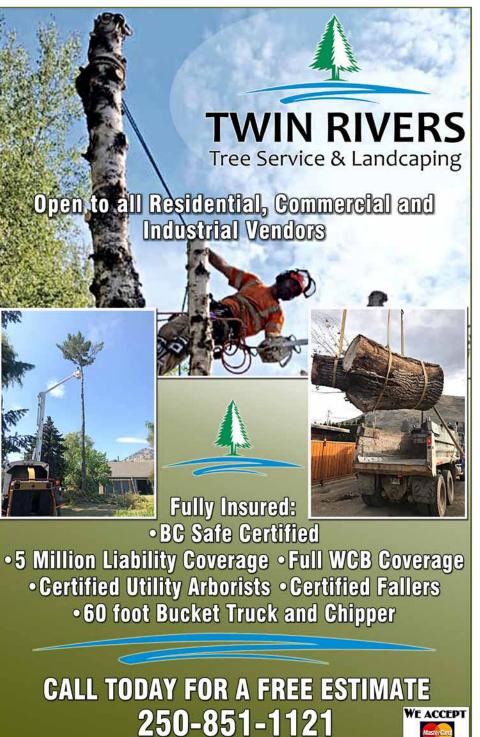
Market by the Bay & Music in the Bay

On June 30th we kicked off our 2nd annual season of Market by the Bay which coincides with Music in the Bay, Thursday nights on the waterfront in Blind Bay. Scheduled slate of headline performers for July include:

July 7 Kym Gouchie / Mozi Bones, July 14 Mimi O'Bonsawin / Russel de-Carle Trio, July 21 Colleen Brown, July 28 Marin Patenaude and August 4 Dirt Road Opera.

Come to the waterfront hungry and thirsty to enjoy the Tapped Events Beverage Garden and the vast array of food trucks and tents.

Market by the Bay/Music in the



Bay takes place each week on the waterfront (Centennial Field at the corner of Centennial Drive and Blind Bay Road). Bring a lawnchair or blanket to claim a spot on the grass. The fun starts at 5:30 pm each week and runs to 8:30 pm.

Have You Checked Out "Do The Shu" Yet? The interest and support in our new DotheShu website has been absolutely fantastic! It is a one stop economic development and tourism site showcasing the spectacular attractions, events and businesses that exist in the western gateway to the Shuswap. You're enc ouraged to check out all the site has to offer, including a full events calendar. dotheshu.com

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Water Quality Advisory issued for Sunnybrae Beach

CSRD Release

Sunnybrae Beach has been placed on a Beach Water terial counts found in recent routine water samples.

weiter to water

The beach is not closed, however, Interior Health is advising that due to the elevated water sample results, the public should be made aware of the increased risk of swimming at Sunnybrae Beach, which is located at 3580 Sunnybrae-Canoe Point Road, Tappen.

When bacterial counts are high, there is an increased risk of illness to swimmers and bathers who use the water.

Follow-up water samples are being taken and the advisory will be rescinded once samples show acceptable bacteria levels. The water at Sunnybrae Beach is routinely tested on a weekly basis.

This Beach Water Quality Advisory is in addition to the cautionary advisory issued June 28 by Interior Health regarding an algae bloom in the Salmon Arm Bay, which includes the Sunnybrae area.

Interior Health reports there can be a number of reasons for elevated E.coli levels including wildlife, such as geese, causing Quality Advisory as of June 29, due to unacceptable E.coli bac- an increase in bacteria levels. The weather can also play a factor, with heavy rains washing contaminants off the shore and into the water or temperature increasing bacterial growth.

Sunnybrae Community Beach Park will remain open for public use, however users are advised to refrain from activities in which a person's whole body and face are frequently immersed in the water. Users are reminded not to ingest any un-

treated water.

This advisory is only in place for the Sunnybrae Beach area and does not affect the CSRD's Sandy Beach or Pebble Beach in Blind Bay.

Please continue to check the CSRD website and social media for updates on the status of the beach. For further questions, contact the CSRD at: 250.832.8194. Information can also be found on the Interior Health website.



Sunnybrae Beach Community Park (CSRD Photo)







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SCOOP BUSINESS FEATURE **Budget Blinds** Into Something Truly Special

By Sionna McTavish

The skilled design and installation teams at Budget Blinds showrooms in Vernon and Kamloops are committed to transforming the interior of your home "into something truly special". Budget Blinds has an extensive range of premium quality blind, shade, and shutter product lines and custom drapery, is dedicated to enhancing the aesthetics of

any living or working space, and their customer service is complimented by some of the best product warranties in the industry. Plus, Budget Blinds serves multiple regions in the Interior of British Columbia. and offers free inhome or virtual consultations and sales quotations.

Bret Bresciani, owner of two Budget Blinds locations, explained that Budget Blinds of Kamloops provides service joy a multitude of outdoor to clients as far away as 100 Mile and Merritt. The Vernon Showroom radius reaches to Golden, and includes the Shuswap, Lake Country and surrounding areas. Each Team ation the abundant "sunshine is comprised of experienced

designers and installers, who Bret said are "interior designers at heart." Bret added that "the team has been working together for many years and has a huge reservoir of experience and product knowledge."

This wasn't the first business Bret owned in the Okanagan, nor was he new to the region. While growing up, Bret had spent time

in the Shuswap and

many of his relatives

Okanagan where

reside - including

grandparents, aunts

and uncles. Already

familiar with the re-



Bresciani Owner

gion and its many desirable lifestyle qualities, he moved from Calgary to Lake Country upon acquiring a gym that he operated for several years. Lake Country is still home to Bret, his wife and children, where they en-

sports on the water and ski hill. However, his business pursuits have taken a different course.

Taking into consider-(continued on page 9)

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(continued from pg 8)

and new homes" being constructed in the Okanagan, Bret invested in two of the approximately 1500 Budget Blinds franchises that have grown across North America for 30 years. As a longstanding corporation, Budget Blinds has continued to evolve and adapt to industry changes. For example, on May 1st of this year, Canadian Corded Window Covering Regulations (SOR/2019-97), came into effect. The new rules are meant to increase child safety include restrictions to cord length, and size of cord loops on window coverings, along with other limitations. Bret said that both Budget Blinds Teams have attended training ses-



Roller Shades Living Room Enlightened Style

sions, and are well equipped with the knowledge and understanding to present clients with a vast array of window treatment options aligned with the new safety regulation requirements.

Whether wood, vinyl, or composite, interior shutters remain an attractive alternative that come in a variety of styles. As well, Budget Blinds has a stunning collection of window shades consisting of subcategories: roller, Roman, cellular, woven, solar, sheer, and bamboo. Bret explained that shades are motorized and have the capability to allow for convenient remote control

from a smart home device. One of the motorization systems used by Budget Blinds is engineered by Somfy and features heat-sensitive sensors that can adjust blinds automatically to close as the temperature rises for energy efficiency, and to prevent furniture and rugs from UV fading. cal – a begin Blinds For di Repre be ver 3456. T like to

Similar to shades, blinds can be motorized with the same benefits. And, the possibilities for adding another dimension of beauty to your home with the versatili-



Honeycomb Shades Cordless Day & Night Bedroom Norman

ty of choices that blinds afford in color, texture, material – horizontal or vertical – are seemingly endless. As you will begin to see, with a visit to the Budget Blinds Vernon or Kamloops websites. For direct inquiries, Shari, Budget Blinds Representative for the Shuswap, would be very happy to assist you: 250-241-3456.

The South Shuswap Scoop would like to wish Budget Blinds of Vernon and Kamloops a prosperous year ahead, and express many thanks for their advertising support – contributions that help us provide a forum and channel of communication for local communities.



CSRD Amendments Allow Ticketing for Development Permit Offences

By Jo Anne Malpass

To allow issuing tickets for development permit offences and to allow property owners to live on a property while building a home, several Columbia Shuswap Regional district Bylaws were amended at the Board's June meeting.

The inability to ticket for offences related to contraventions of Development Permit (DP) requirements has been an issue for many local governments in the province. Aside from seeking voluntary compliance, DP contraventions could only be dealt with through the courts via injunctive proceedings which can be time consuming, lengthy and costly, said a CSRD staff report.

Through research and discussions with local governments and others it was determined that changes to include an Offences and Enforcement section for DP offences in the Development Services Procedures Bylaw No. 4001-2 would allow Bylaw Enforcement staff to issue tickets to those landowners not adhering to DP regulations.

Staff have also encountered several recent situations where a property owner wishes to live in an existing dwelling, install a temporary dwelling, or camp in their recreational vehicle during construction of a new dwelling. Most existing zoning regulations only permit one single family dwelling unit on a property at one time and some bylaws do not permit camping on the property without a principal use being already established.

Amendments were adopted for the Development Services Procedures Bylaw, CSRD Building Bylaw, Ticket Information Utilization Bylaw and zoning bylaws, including South Shuswap Zoning Bylaw.

In other business at the meeting:

Fire fighter renumeration – The CSRD policy to compensate firefighters on a paid per call basis was instituted in 2012. Since then, there has been no raise in compensation.

It was noted by CSRD Team Leader, Protective Services Derek Sutherland that the pay rate isn't high because of area budget limitations. Firefighters have been of the opinion that they do not do the work for the pay, but to serve their communities, but the CSRD board approved this raise so firefighters aren't out-of-pocket for time spent with the department.

Recruit/Auxiliary Firefighter hourly rate goes from \$15 to \$17. Firefighter from \$18 to \$21, Captain/Lieutenant from \$21.50 to \$24.50. Deputy Fire Chief from \$22 to \$25 and Fire Chief from \$25 to \$28.50. There is also an annual honorarium for officers which increase by an average of \$200 per year. Fire Chief honorarium is now \$2,800, Deputy Fire Chief \$2,000, Training Officer \$2,000, Captain \$1,200 and Lieutenant \$750.

Community Works Funds Notch Hill Town Hall Association – The Board approved additional funds to complete the drilling of a new water well, a project which was pre-

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viously approved for Community Works Funding in February 2022.

A CSRD staff report says that since February, the Notch Hill Town Hall Association has learned that due to the high risk of contamination from multiple risks on the park grounds, the contractor engaged to drill the well will require the assistance of a Hydrogeologist. The cost estimate for this work is \$13,900 plus applicable taxes, an expense which was not factored into the original budget. In addition, rising costs have resulted in a 30% increase in the cost estimate from the low bid contractor, adding another \$5,242 in unexpected costs to the project. The Notch Hill Town Hall Association will be unable to complete the drilling of the new well without engaging the Hydrogeologist, therefore the Association is requesting additional Gas Tax funds so that they may proceed with the project.

The Hall is primarily available for public use and benefit and is not restricted for private purposes. The supported additional amount for this project is \$19,142 plus applicable taxes.

Solid Waste Management - The Board discussed the current CSRD procedure which restricts larger vehicles and double-axle trailers from depositing yard waste at the transfer station for free. Yard waste brought to landfills or transfer stations in single axle trailers are able to dispose of this material at no cost. This policy was put in place to prevent large commercial operators from bringing in large loads of waste and filling up bins. Ben Van Nostrand, Team Leader of Environmental Health Services, explained a full solid waste management review is scheduled for 2023. All options for waste disposal will be discussed and there will be opportunities for public input.

Grants-in-aid - \$5,750 Sunnybrae Canoe Point Stewards Society (website/logo creation), \$2,000 Sorrento Drop-In Society (operational funding), \$857 Shuswap & Mara Lake Decibel Coalition Society (summer public information campaign), \$8,526 North & South Shuswap Community Resources Association (swim program), \$11,425 Sorrento Village Farmers Market (\$4,600 – Vault Toilet; \$8,526 Landscaping) and \$30,000 South Shuswap Canada Day Society (Canada Day Celebration).

Following provincial legislation, these will be the last grant in aids till after the October election.

BC Timber Sales – In response to the letter from BC Timber Sales which indicated plans for logging in the Sicamous and Wiseman Creek watersheds will go ahead as planned, the Board decided to write a letter expressing disappointment in the decision. While noting there was a difference of opinion among geotechnical engineers retained by the CSRD and the professionals working for BC Timber Sales, the Board wanted to go on record with their concerns about how logging may adversely affect the safety of people living at the base of these watersheds.

55+ Games Salmon Arm – The board gave a letter of support to the City to host the 55+ BC Games in Salmon Arm, saying along with a great opportunity for local athletes to demonstrate their skills, it will showcase the Shuswap and have a positive economic impact.

Development Variance Permit – A DVP was granted for 2636 Mountview Drive, Blind Bay to increase the maximum height for the principal building from 10 m to 13.2 m. Three submissions were received in opposition to the application.



A CSRD staff report says "Height is calculated from the highest point of a building to the lowest point, where the finished ground elevation and the building meet. As such, on a sloped property it appears that the building is higher than it is on the downslope side of the parcel, compared to the upslope side. The height on the south elevation of the proposed single family dwelling is 5.68 m, which is less than the maximum 10 m permitted height. This should not negatively impact the neighbouring properties on the south side of the subject property." "The proposed single family dwelling should look proportional to the neighbouring single family dwellings to the east and west that are accessed by the driveway easement."

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Eagle Bay Fire Department



By Nigel Collett, Captain

Eagle Bay Fire Department had no call-

outs in June and by the time you are reading this a fire ban for category 3 fires will have come into effect. The water is creeping ever closer to my property, but I know there are bags and sand available behind the Eagle Bay Firehall, and if you happen to catch a firefighter at the hall, they will most likely help you fill sandbags if you need it.

Although we have had no callouts in June, we continue to practice every Tuesday evening so that we're ready. Recently we visited a condo unit in the community and the strata president kindly showed us around so that we could pre-plan where trucks and hoses would go in the event of an incident. We are trying to visit as many large structures or neighbourhoods as possible so that in the unlikely event of an incident we can recall our pre-plan in the engine cab on the way and be ready for action. We're also collecting a few keys to chains etc. which is also a better and faster option than breaking out the bolt cutters. Also look out for us this summer as we repeat our drives around the community to show our presence and explore all the nooks and crannies for access!

If you are on social media, you would have seen us presenting to the Sorrento Food Bank the haul from our annual food drive. Many thanks to the community for supporting this event – we were able to donate on your behalf a lot of much needed food and close to a thousand dollars.

And speaking of community, we showed our presence and support of two great community events recently. Wild Rose Properties held their annual Firesmart Day, the community came together to prepare for the fire season by clearing ladder fuels and brush. They are well on their way to becoming a Firesmart Community. And we also made an appearance at the Strawberry Social event at Eagle Bay Church. The kids enjoyed crawling over the fire truck (closely supervised of course) before we broke out a hose

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Firefighters Leon Kozak and newest recruit Robert Kunka washing the trucks ahead of weekend community events (Photo credit: Nigel Collett)

July 2022

(continued from page 12)

and had a tug of war. In our defence our loss was down to only a handful of firefighters (and former firefighters - thanks Chuck) against everyone else! But much fun was had by all, and we'll look for a rematch next year and bring more bodies to even up the odds a bit.

Lastly, we would like to welcome Robert Kunka our newest recruit to the fire department who is so keen he helped us wash the trucks so that they were looking good for our community events. Your first day as a volunteer may seem daunting with all the equipment we carry but with all the training and support you will receive, you will very quickly feel a part of a team. We are always looking for more new members and we would love you to come and give us a try. All training is provided, and members are paid oncall. Want to find out more, then give Alan Rendell, Fire Chief a call at 250-517-0429 and he will try and answer any questions you may have and can arrange for you to come and have a look around the Fire Hall.

You can keep up to date on lots of fire related and fire department news on our "Eagle Bay Fire Department" Facebook page or on Instagram. You will also find more information about current burning regulations and the CSRD's FireSmart initiatives. Enjoy this summer.

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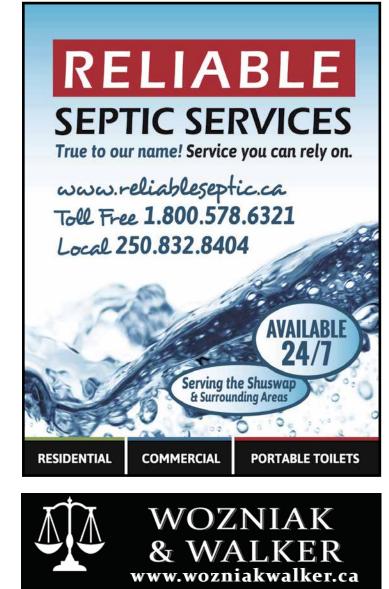
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Definitive Response on Boat Noise

Decibel Coalition Release

The results of mobilizing Decibel Coalition members to express their opinions on Transport Canada's Let's Talk web portal in support of implementing decibel limits on boat motor noise were very definitive. Over 1,000 respondents made over 2000 comments.

89% are in favour of decibel limits. Almost 30% expressed support without indicating which of options 3, 4 and 5 they preferred.

The Let's Talk portal offered 5 options. Option 1 was do nothing, option 2 was to improve the definition of a muffler, option 3 was decibel limits for manufacturers, option 4 was decibel limits for operators and option 5 was decibel limits for both manufacturers and operators. The Decibel Coalition believes option 5 is the only option that will be effective.

Of those who explicitly supported options, 84% support option 3 through 5 and only 12% expressed support for option 1. There are also many comments indicating support for clear and easy to implement enforcement procedures and significant fines and/or penalties. You can see all the questions and comments on the Let's Talk portal.

These results are significant in two ways. First, the number of comments and respondents is significant. By comparison there were 535 comments for modernizing the pleasure craft operator competency (PCOC) program and 166 comments on changes to regulation for propeller-driven surfboards. Second, with 89% in favour of decibel limits for boat motor noise, the message is loud and clear.

Members were also asked to write to their MP's, and that they did. To date almost 500 letters have been sent to over 70 MPs with cc to the Standing Committee on Transport, Infrastructure and Communities and the minister of Transport. The MPs are located from Vancouver Island to Quebec and represent rural/lake land and urban ridings.

The Coalition has used these letters as a basis to ask for meetings with MPs to ask them directly for their support. So far we have met with 8 MP's including Melissa Lantsman, co-chair of the Transport Committee and Vance Badawey, a member of that committee. Our ask is for them to express their support for decibel limits and write to the Transport

(continued on page 15)



(continued from page 14)

Minister Alghabra encouraging him to get this to conclusion quickly. All have been very supportive.

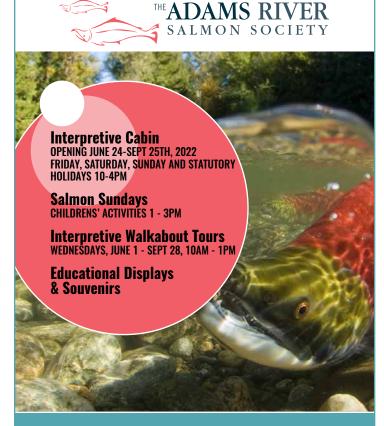
What's Next? - The regulatory change process has numerous steps before becoming final. Transport Canada has informed us that they will prepare a "What We Heard" document based on the Let's Talk consultation. This would be published ahead of the next Canadian Marine Advisory Council (CMAC) meeting in late Oct/early November. Assuming they see a need to proceed then they will publish the issue in Canada Gazette part 1. It stays open for 1 to 2 months to allow for "official consultation".

They then report to "Treasury" on how they are dealing with any identified "issues" after which it is published in Canada Gazette part 2 for final consultation before becoming a regulation. All this to say that it will take more than a year and hopefully less than 2 years to see new regulations in place. The process could be derailed due to "regulatory priorities" or effective, as yet unknown, opposition.

To keep the political pressure on, your Coalition will continue to meet with MPs during the summer.

This fall we plan to meet with marine enforcement agencies to update them on the benefits to them of the proposed regulatory changes.

The public can help by sending a letter to their MP. The automated letter can be found on the decibel coalition website at https://safequiet.ca



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Children's lifejacket kiosk at Sunnybrae Community Park

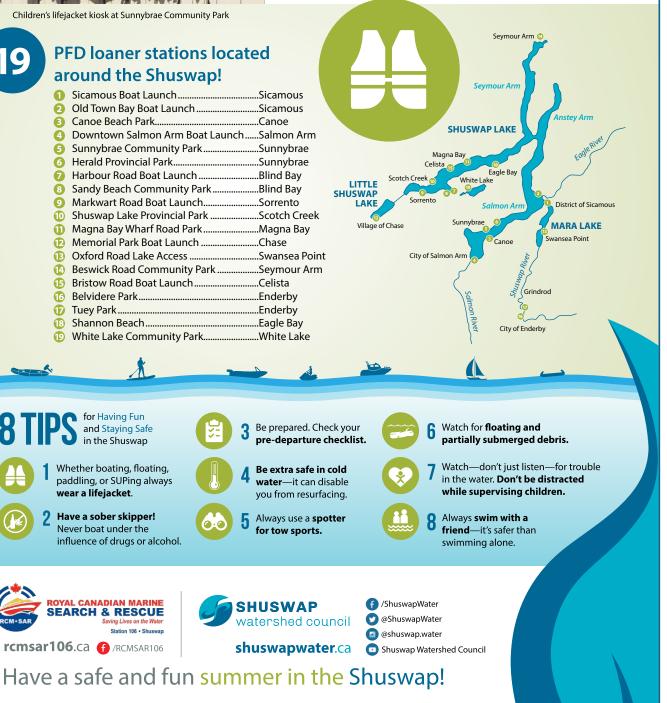
PFD loaner stations located around the Shuswap!

•	
1 Sicamous Boat Launch	Sicamous
2 Old Town Bay Boat Launch	Sicamous
3 Canoe Beach Park	Canoe
Owntown Salmon Arm Boat Laund	chSalmon Arm
Sunnybrae Community Park	Sunnybrae
6 Herald Provincial Park	
7 Harbour Road Boat Launch	Blind Bay
8 Sandy Beach Community Park	Blind Bay
9 Markwart Road Boat Launch	Sorrento
0 Shuswap Lake Provincial Park	Scotch Creek
1 Magna Bay Wharf Road Park	
12 Memorial Park Boat Launch	Chase
Oxford Road Lake Access	Swansea Poin
Beswick Road Community Park	Seymour Arm
Bristow Road Boat Launch	Celista
16 Belvidere Park	Enderby
17 Tuey Park	Enderby
18 Shannon Beach	Eagle Bay
19 White Lake Community Park	White Lake

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No Life Jacket?

You can borrow one for a child free-of-charge from a Kids Don't Float PFD loaner station, provided by the Royal Canadian Marine Search and Rescue, Station 106 Shuswap.

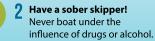


for Having Fun and Staying Safe in the Shuswap



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SEARCH

rcmsar106.ca (f) /RCMSAR106



Be extra safe in cold water-it can disable you from resurfacing.

Always use a spotter for tow sports.

Flood Watch Maintained

By Jo Anne Malpass

The water level on Shuswap Lake has been slowly inching down but Shuswap Emergency Program advises residents to leave all flood-protection measures in place until the flood risk is substantially lower.

On July 4, the lake was at 348.847 metres, down from the high level of 348.987 m but Shuswap Lake remained on Flood Watch into the first week of July as heavy rains were in the forecast.

The BC River Forecast Centre was maintaining a Flood Watch for South Thompson River (including Shuswap Lake) and Thompson River from Kamloops to Spences Bridge over concerns for the increased flood risk that may accompany these predicted thunderstorms.

Sandy Beach Community Park at 2475 Blind Bay Road, Blind Bay remains closed since June 21 due to high water.

On Sunday, July 3, the BC River Forecast Centre reported showers with potential thundershowers are forecasted across the region. On Monday, an upper low is expected to track across south-west BC, bringing wrap around precipitation with the potential for heavier rainfall and thundershowers to areas in the South Interior and Kootenays. A High Streamflow Advisory was issued July 3 for several rivers in the Southern Interior.

"Responses in rivers is expected to be highly variable across southern BC in response to upcoming weather, with rising rivers expected in areas which receive the heaviest rain. Hydrologic modeling is indicating the potential for moderate flows, in the 2-year to 5-year range, in areas. Given the uncertainty in the exact locations and intensity of rainfall, it is possible that small and medium sized watersheds throughout the region may experience high flows on Monday and Tuesday."

The public is advised to stay clear of the fast-flowing rivers and potentially unstable riverbanks during the high-streamflow period. Be prepared and know your hazards.

The Shuswap Emergency Program reminds residents to be cautious around water, especially as the lake temperature remains very cold and high water is expected to last well into

July. Fast-flowing creeks and rivers also pose a safety hazard. Please keep away from riverbanks and closely monitor children and pets.

The Emergency Program Mapping Dashboard continues to have real-time updates on lake and river levels for those who may want to keep an eye on them. See: http://ow.ly/Fcl550JM7xL





Scientists got together to study the effects of alcohol on a person's walk, and the result was staggering.





Canadians Expect Transparent Government

By MP Mel Arnold

North Okanagan-Shuswap

The lives of Canadians across the country are directly affected by decisions made in Parliament and Canadians expect open and transparent debate by their elected representatives in Ottawa.

However, the backroom deal struck by the minority Liberals and fourth place NDP has undermined Parliament's work as of late. Scrutiny and debate that Canadians expect in their democracy have been stifled through manipulation of Parliamentary committees, shutdown of debates and other procedural tricks from the Trudeau government that have limited the ability of Parliamentarians to have the time and infor-







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mation required to adequately review legislation affecting all Canadians.

Since February, I have been contacted by constituents concerned about bill C-11, the Trudeau government's Online Streaming Act. I was prepared to debate the bill and present concerns of the Canadians I represent- concerns that I share.

However, the Liberals-NDP alliance limited examination of the bill's proposals for internet regulation by steamrolling a motion through the House of Commons. It is the job of Parliamentarians elected by Canadians to thoroughly examine proposed laws by hearing from subject experts and debating the proposals and making amendments where appropriate. Without this democratic Parliamentary overview, the ruling

party is able to legislate without checks, balances or accountability. The Liberal-NDP motion undermined Parliamentary review because the government does not want to hear from subject experts, content producers, and others who have warned that the bill is incredibly flawed.

Equally troubling is the Liberal-NDP refusal to fully define how C-11 will be implemented before they force the bill through Parliament meaning Canadians and elected representatives will not know what the effects of C-11 will be before it is passed. This is particularly concerning considering that respect for Charter rights, such as freedom of belief and freedom of expression, are not guaranteed in the bill.

The Liberal-NDP coalition are also continuing to block appropriate examination of the government's invocation of the Emergencies Act. The Emergencies Act itself requires that a government explain its use of the act's extraordinary powers anytime they are declared and requires its use to be subject to an automatic review by a Parliamentary committee. However, the Liberals and the NDP have replaced this requirement with an absurd proposal to strike a committee that fails to respect the Official Opposition's responsibility of holding the government to account.

In 2015, Canadians were promised a government that was to be more open and transparent. Instead, Trudeau has delivered coverups of the SNC Lavalin, WE charity, and Winnipeg lab scandals and now he is pulling the curtains and hiding the truth by manipulating the Emergencies Act oversight committee and forcing through legislation that needs debate and amendments.

With Parliament adjourned for the summer, I look forward to more time in the North Okanagan- Shuswap connecting in-person with constituents to hear directly about the issues and concerns you expect to be addressed and debated with openness and transparency when Parliament resumes.







DANIEL WESLEY THE MIDNIGHT ECHO SPENDO **EMILY MOLLOY** WISEMAN **DR FRIDAY**



DAVID JAMES **KYLE MCKEARNEY BORN RECKLESS** EVIN COOPER IAFI DANI **BEAMER WIGLEY** TEIGEN GAYSE MAKAYLA GOUGH

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WHAT ARE YOUR IDEAS FOR HOW OUR COMMUNITY CAN PROSPER OVER THE NEXT 5 YEARS? LET'S TALK.

The Shuswap Economic Development Society (SEDS) is leading the creation of a new Economic Development Strategy for Electoral Areas C (South Shuswap), D (Deep Creek/Salmon Valley/Falkland), and F (North Shuswap) within the Columbia Shuswap Regional District. The Strategy will provide a 3-to-5-year roadmap towards our community's vision for the future of our local economy.

Share your most important ideas and be entered to win a prize.



Scan the QR code here or visit shuswapecdev.ca/strategicplan to stay involved.

WE GRATEFULLY ACKNOWLEDGE THAT THIS WORK IS TAKING PLACE ON THE TRADITIONAL, ANCESTRAL, AND UNCEDED LANDS OF THE SECWEPEMC PEOPLE.

Photo by Juan Silva

Eagle Bay - and Summer Fun!

By Cathy Wolf

A big thank you to all who attended the Hamsters' Dinner Theatre in June. Most importantly the spirit of coming together as a community and enjoying an evening of good food and entertainment takes us back to a time



that has been missed in the past two years. And, of course, there is more to come throughout the summer.

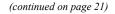
We hope that many will also attend the **Annual General Meeting** (AGM) of the Association scheduled for July 9 at 10:30 - 11:30 am in the hall. We will be providing updates on park construction, our hall upgrade, and hall events. Members will be voting on our 3-year operating budget and reviewing our approved capital budget. Paul Demenok, Area C Director, will provide information regarding changes to Area C coming this fall. Members will be voting for Board Directors and importantly, there will be an opportunity to bring questions and concerns forward.

Memberships are available at the Mercantile Store and will be sold at the door, \$20.00/family or \$10.00 for a single membership. A family membership entitles two resident family members, each over the age of 18 and present at the meeting, to vote. Single memberships entitle the community member over the age of 18 and present at the meeting to cast a vote. Proxy voting is not permitted. We hope to see you there. With so much planned and with significant changes underway, it would be helpful to hear from you.

Many will have noticed that construction on the park

has begun. We are looking for an end date of September 30 - or earlier, if possible. The moving of construction equipment and supplies requires that the hall parking lot and bottle shed be off limits on occasion. Thank you for keeping your bottles and recyclables at home on the odd day that the bottle shed is closed. We are making every effort to keep it open throughout the summer and value the contribution from the community. Recycling dollars keep the lights on at the hall and are critical to our work on the upgrade. Thank you for accommodating delays over the next few months.

We are close to achieving half of the \$120,000 needed for our hall up-





(continued from page 20)

grade. Grants, donations, along with profits from special hall events, the community has stepped up to make our kitchen and bathroom renovations possible over this coming winter. We are working on drawings and in consultation with the CSRD, believe we will have food service out to the park by this time next year. New stoves, expanded preparation space and a serving window open to the park will make for many food and fun events for years to

come. The invitation to complete Food Service 1 is still available for those who would like to use the kitchen for their family or community events. Please contact me, 250 675-2498 if you would like to know more about being certified to operate our kitchen.

We have events planned for July, August and September this year that will hopefully add to our coffers and make the new kitchen a reality. Please join in the July 16 auction, the August 6 Pub Night and the September 3rd Book and Bake Sale.

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Free Wildlife Workshops for Families and Outdoor Recreators

By Barbra Fairclough

The WildSafeBC program is back for the second year. Olivia Lemke, WildSafeBC Columbia Shuswap Coordinator, is busy connecting with a variety of groups and residents and is delivering the various free programs throughout Areas C and E of the regional district. WildSafeBC is active through to the end of November with programs available every month through summer and fall.

Olivia is a graduate of Thompson Rivers University with a Bachelor of Science in Biology degree. Along with her expertise, she is an avid outdoors person and working as the WildSafeBC Coordinator is a match for her active outdoor lifestyle. She is enjoying meeting people in this area and is busy planning and conducting free workshops through out.

July 14th you can meet Oliva at Market by the Bay. Future dates will be confirmed.

July 16th A free WildSafe Ranger workshop and a bear spray demo will be held at the Sicamous Rec Centre at the beach area. July 17th the Sicamous Firehall (701 Whitehead Street, Sicamous) will be hosting a community BBQ. Olivia will have an information booth and will be available to answer questions.

WildSafe Ranger program is an interactive educational program for kids that stimulates discussion about wildlife and introduces concepts of wildlife characteristics and behaviors, human- wildlife conflict and attractant identification and management. This program would be of interest to anyone working with children. Teachers, group leaders and other educators as well as parents and homeschoolers can all use the content of this program.

The WildSafe Ranger Program compliments the BC Science K- 9 Curriculum to "foster a basis for an intuitive relationship with and respect for the natural world; connections to their ecosystem and community; and a sense of relatedness that encourages lifelong harmony with nature." The WildSafeBC website has information on content and how to take part.

You will also find Olivia at several trailheads during the summer as well so stay tuned for dates and locations.

Take in a free online session. Bear Safety When Recreating is an informative 30 minute video. There is also a Bear Campsite Program 1.5 hours meant for owners, managers, or staff at campgrounds.

(continued on pg 23)





Workshop attendee receives guidance from Olivia Lempke at Sorrento Centre (Shuswap Adventure Girl photo, courtesy WildsafeBC)

(continued from pg 22)

The WildSafeBC workshops are proving to be popular. If you are interested in attending any planned event or having a workshop in your neighbourhood, contact Olivia early.

The summary report for the program for 2021 indicated bears were the most reported species to the Conservation Officer Service (COS). Between January 1 and October 31 in 2021 there were a total of 38 reports made. After black bears, cougars and deer were the most reported species followed closely by grizzly bears.

Last year it was noted that several residents saw black bears accessing fruit in their community but did not report the incident to the COS. Underreporting of human bear conflict appears to be a common trend in most communities in the Columbia Shuswap coverage area.

Garbage was noted to be the attractant most often associated with black bear reports to the COS.

July brings fruit ripening. Behind garbage as an attractant, fruit trees and gardens are a cause for the second highest number of calls to the COS. In this time of high food prices and shortages, gardens are having an increasing significance for families. WildSafeBC can offer a free workshop on how to preserve the bounty of your yard and garden so you will reap the benefit of the harvest. Do you have a gardening group or neighbours that would like to have a free workshop? WildSafeBC can support small hobby farm operations as well.

Find a free workshop in your area. Send Olivia an email and follow her at Columbia Shuswap WildSafeBC on Facebook for the most current information

Olivia Lemke columbiashuswap@wildsafebc.com.



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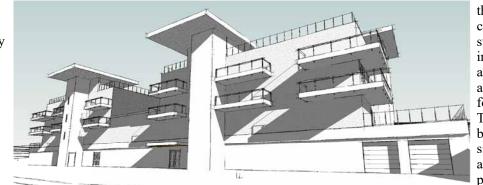




Sorrento Lions Supporting New Affordable Housing Project

By Barbra Fairclough

The Sorrento and District Housing Society with the support of the Sorrento Lions Club have partnered with Habitat Kamloops to build added senior and family housing in Sorrento. The housing society notes that Habitat's expertise and experience will be a valued component of this partnership.



through the concept design stage, progressing through the approval stage and arranging for funding. There is a step by step progression to getting all the pieces in place. He also confirms the proposed design will be incorporated onto the

The drawings are examples only, and are intended for visual presentation of the project. Images used are conceptual and are proposed for illustrative purposes only. GTA Architecture

The proposed project

at the Lions Manor site may include seniors and supportive housing as well as family housing units. The number of residential suites and unit mix will be decided in the preliminary design process. Habitat for Humanity has received funding from the Shuswap Community Foundation to be used for the predevelopment expenses, site analysis, and residential concepts design alternatives. More information will be posted on the Habitat Kamloops website as the project progresses.

Lorne Grigg of the Sorrento and District Housing Society says the project is progressing and they are busy working



property with the existing Lions Manor building. "There are no plans to alter or get rid of the existing Lions Manor." says Lorne.

The Sorrento Lions Club is now holding its regular meetings at Lions Manor. They were instrumental in the building of the original Lions Manor years ago and having meetings there seems to be a great fit for residents too. The long history of supporting housing in the area is continuing today. Some current board members were involved with the original Lions Manor project. The Lions have a tenant relations chair, and

the club can collaborate with tenants for small improvements on the manor.

There will be a public consultation phase for the new housing on this location and information on the project will be made public as the various stages unfold.

The Lions are grateful for the support of the Shuswap Lake Community Room in making the space available complimentary for nonprofits. Look forward to the Lions Garage Sale there on July 15 and 16.

New Members welcome. Call Leona at 250 675 2676.





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The Role You Can Play in Saving Your Home from a Wildfire

By Len Youden

CSRD FireSmart Coordinator

In the event of a wildfire in our communities, all eyes are on firefighters to put out the fire as quickly as possible. But did you know that your actions can help make the firefighters' job much easier?

A wildfire on Crown land is a BC Wildfire responsibility. An interface fire (a wildfire inside of a fire protection boundary) will initially be responded to by your local fire department. However, residents play an essential role in reducing damage.

Ideally, the role of the resident starts long before a wildfire.

You can help protect your home and stop the spread of an interface fire by reducing the risk of your home ever igniting. It is a common misconception that a wildfire engulfs a community like an avalanche and there is nothing you can do to save your home. We know this is not true and, while there are no absolutes, you can reduce the flammability of your home and property. Research and experiences from major wildfires around the world are at the core of the FireSmart Program.

Experience tells us that your home and the first 10 meters (30 feet) around the home is the most important factor in whether or not it ignites during a wildfire. Logic tells us that if there is nothing combustible on or near your home, then it can't ignite from an ember or direct flame contact.

The reality is, most people have a wood deck or coniferous vegetation near their home. That doesn't mean you should throw in the towel. It's rare to find a perfectly FireSmart home or property but for every hazard you reduce or mitigate, you start stacking the odds in your favour.

The statistics tell us that if you have a non-combustible roof, non-combustible siding, and nothing combustible within 10 meters of your home, it has a 90 per cent chance of surviving a wildfire. Even with the perfectly FireSmart property, there are always unforeseen events. Let's assume you have a wood deck, wood siding and coniferous vegetation near your home. You may not be in the 90 per cent category but for every coniferous branch, bush or tree you remove, you start improving your odds. Small steps over time add up to big improvements.

At some point in the future, our communities will experience a wildfire. The steps you take today will play an important part in how severe the fire could be. FireSmarting your property will help any firefighting effort in your community.

Homeowners have a number of resources available to help. Any CSRD resident can request a free wildfire property assessment. We will help you identify hazards and recommend ways to mitigate them. The CSRD website has a number of excellent resources to help get you started. The FireSmart BC website has a wonderful interactive home-owners manual and the newly published FireSmart BC Landscaping Guide can help you identify and plant safer vegetation. Help us out by doing your part.

For more information contact firesmart@csrd.bc.ca or call 1-888-248-2773.



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Just for the Health of It

Submitted by Bryan Lowes

For the last 24 years Cedar Heights Community Centre has been the home place for an incredibly popular fitness program. The Keep Fit program has provided a gathering space for the community to connect and share some laughter all while getting an excellent physical workout. Newcomers who had joined Keep Fit developed lifelong friendships by the time the first session was completed! Many of our fitness participants have become valuable volunteers in the community; thanks to the networking this program provides.

Each of our outstanding instructors bring their own style, expertise, and sense of humour to our classes. And each are fully qualified through BCRPA (BC Recreation and Parks Association).

Sadly, there is a risk that the Keep Fit program may come to an end if we are unable to find persons to come forward and to volunteer as instructors. Our current instructors have volunteered thousands of hours and many years of their lives to ensure our members stay happy and healthy.

Two of our instructors have recently retired so now is the time for someone to step up to join the team and share their unique talent. If you are already licensed we would cover any licensing fees and provide insurance. If not, Cedar Heights would cover the cost of qualifying in addition to the above fees. All costs of qualification courses would be covered by Cedar Heights.

With becoming an instructor you will experience the

satisfaction of providing a viable service to your community. As one of our participants stated after recovering from a severe health challenge, "The doctors saved my life; the Keep Fit Instructors are keeping me alive."

Our community needs you. If you or anyone you might know would be interested in becoming a Keep Fit Instructor please contact Sharon Spearman at srsharleygrandma@gmail.com



Live Music Tuesdays all summer! Westgate Public Market Salmon Arm, BC

July 2022

Lots to Celebrate in The Shuswap This Summer

By Greg Kyllo, Shuswap MLA

This is a special time of year for our graduating high school students, who have not only completed their K-12 education but are about to take that exciting next step — whether it's post-secondary studies, a new job, or some well-deserved time off to explore.

Our Shuswap graduates have put in a tremendous amount of work in to get here. As we congratulate them, let's also acknowledge the teachers, staff, and community members who have offered academic and personal support over the years.

Meanwhile, summer has arrived in the Shuswap. Outdoor recreation opportunities abound, and I hope you will support our local attractions and tourism operators over the coming months.

As I wrote this, Canada Day was fast approaching. Armstrong's daytime event featured music and activities at Memorial Park, with the Red & White Dinner and Music in the Park at night. Elsewhere, South Shuswap Canada Day was back with Lions Club breakfast, entertainment through the day and fireworks in the Bay; the North Shuswap Summer Festival took place at Shuswap Lake Provincial Park with a pancake breakfast and lots of family fun, and the Salmon Arm Canada Day CountryFest featured performances at the Salmon Arm Fairgrounds.



Music lovers also won't want to miss the Salmon Arm Roots n' Blues Festival taking place August 18-21. This event is celebrating its 30th year with names like Jann Arden, Tom Cochrane, the Snotty Nose Rez Kids and Alex Cuba.

From the downtown farmers' market in Salmon Arm, to the Enderby Arts Festival, to the Monashee Music Festival in Sicamous — there's always something to do in the Shuswap. I look forward to seeing you around town.

FIRST RESPONDERS NEEDS YOU III Feel the satisfaction of helping those in need. FREE TRAINING We need more volunteers! For more information contact South Shuswap First Responders 250-833-5060 - ssfr@shaw.ca







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Turtle Valley Donkey Refuge Plays Match Maker



By Barbra Fairclough

The Turtle Valley Donkey Refuge (TVDR) is actively seeking foster homes for Senior Donkeys.

Emails are received daily about a donkey in need. "Requests to surrender donkeys to our care has increased significantly," says Shirley Mainprize, Founder and Operations Manager of the TVDR.

Over the years the refuge has become known for their husbandry and care for donkeys. Responsible owners try very hard to find new homes for their donkeys. Unfortunately, re-homing donkeys, particularly senior donkeys, is difficult.

Responsible donkey owners have few options when they can no longer care for their beloved "long-ears." For those who are not re-homed, there are only two other options – humane ending of their lives or sale at an auction (which seldom works to the donkey's benefit or chance of longevity). This is where the donkey refuge comes in.

When an animal comes to the refuge sometimes, they are in physical distress. The refuge has a team of professionals who are called upon to immediately assess and provide care and each animal is monitored until they are cleared to be integrated with the herd.

The donkeys are assessed on an ongoing basis and individual care programs are developed and changed as needed. Including kindness and patience into the care plan supports animals that have not been treated well.

There is a care network of professionals that collaborate with the Donkey Refuge. Strong associations with farmers ensure they supply the kind of hay that is best for donkeys. Equine veterinarians, equine dental veterinarians, and farrier all aid in providing appropriate care. Donkeys

(continued on page 29)



July 2022

(continued from page 28)

are a durable animal, tolerant of heat and dry climate and can live up to 50 years depending on their working life conditions. Donkeys enjoy the company of humans and are responsive to human care.

The TVDR had its early beginnings when Rob Miller and Shirley Mainprize were gifted two donkeys while living in Sunnybrae. It soon became clear that they needed a larger space for a growing herd and they relocated to the Turtle Valley. Today they tend 105 animals.

The TVDR is excited to open this summer with new programs and is inviting the public to sign up for any one of their enjoyable new offerings.

Visiting hours will we weekends only, Saturday and Sunday 10:30 to 3:30 pm.

Quiet Tuesdays - This is a quiet day where visitors are invited to relax on the new patio and enjoy the Donkeys in their paddock. The Donkey Shoppe will be open. Visits will be booked for a two hour period from 10:30 to 12:30 and 1:30 to 3:00 pm.

Tours - Prebooked for 10 or more people until August 25. This guided tour includes a guided historical talk about the Turtle Valley, the Refuge, and the Donkeys as well as a special visit with the Donkeys. There will be time to relax on the new patio and enjoy the donkeys in their Paddocks. Coffee and tea are provided and the Donkey Shoppe is open.

The TVDR is a registered charity and there are numbers of ways you can support the work they are doing. The webpage is a great place to find information or make a monetary donation. Everything you need is there. This is also where you go to book a visit in any of the program offerings. Interest is strong so book early.

Shirley says they are very excited to be welcoming people back to the farm after the pandemic. Shirley adds "It's wonderful to see everybody again and the donkeys are thrilled to see people once more. It's happy days."

Are you interested in providing a foster home for a pair of donkeys? Shirley is very interested in hearing from you. Send an email to donkeyrefuge@gmail.com or call 250 679 2778.



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Sorrento Centre



By Michael Shapcott

The wisdom and work of Secwépemc Elder Dr. Mary Thomas is being honoured in a new exhibit at the Salmon Arm Museum at the R.J. Haney Heritage Village. The exhibit will be in place for at least two years – and will continue to grow

under the careful stewardship of Bonnie Thomas, the youngest of Dr. Mary's 16 children and foster children, along with other curators.

The Sorrento Centre, the wider Shuswap region and further beyond are all part of the traditional and unceded land of the Secwépemc people, who have lived in harmony with this land since time immemorial.

Dr Mary was affectionately as "Mother Nature" and, in addition to nurturing her own large family, was known and celebrated for her love of Secwépemc culture and the natural environment. "Healing" is a word closely tied to the legacy of Dr. Mary – healing among divided people, and healing between people and mother nature.

In the words of the Switzmalph Cultural Society, which was created to lift up and carry on the legacy of Dr. Mary: "she recognized that all people, both Aboriginal and non-Aboriginal, must work together to deal with conservation and

environmental issues because everyone, regardless of their cultural background, is equally affected by threats to mother earth."

At the Sorrento Centre, we are grateful for the life of Dr. Mary, and grateful that her teachings are kept alive by the Switzmalph Cultural Society and in the exhibit at the Salmon Arm Museum. We are encouraging all our guests, and all our neighbours, to spend time with Dr. Mary at the museum exhibit.

It doesn't end there, however. We are working with Switzmalph Cultural Society to create "signposts" around our main campus that identify and tell stories about native plants and trees. We hope to launch this project with a special ceremony this summer extending the legacy of Dr. Mary in the South Shuswap.

We have other events and activities through the summer

and fall that are part of our commitment

to reconciliation and celebration with our Secwépemc neighbours.

"Opening our Hearts to Reconciliation" (from July 31 to Aug 6) focuses on reconciliation between the church and

Indigenous people – a journey that is complex and necessary and involves listening and engaging between non-Indigenous and Indigenous people.

As mentioned last month, in mid-fall (as the salmon run through the Adams River and other waterways in the Shuswap), our centre will welcome Indigenous leaders on October 22nd. This will be a very special, one-day session of community building, adult education and cultural celebration! Together we will learn about indigenous ways of knowing and our interconnection with nature.

Order-of-Canada recipient, Dual Law program co-founder, and Anishinaabe, Dr. John Borrows, will facilitate conversations on Indigenous Law and apply living principles outdoors with Dr. Rebecca Johnston, Hannah Askews, and students. Simon Fraser University professor in linguistics and indigenous studies, Dr. Marianne Ignace, will define Secwépemc law and speak on the con-

nection between Language and Land.

In the afternoon, a team of guides will lead drumming, singing, and meditation on lake front land on the unceded territory of the Secwépemc people.

Conservation and culture are joined together in the teachings of Dr. Mary Thomas – and we seek to carry forward this wonderful, colourful and powerful vision at the Sorrento Centre.

For more information:

- Switzmalph Cultural Society (and legacy of Dr. Mary Thomas): www.switzmalph.com
- · Sorrento Centre events and activities: www.sorrentocentre.ca
- R.J. Haney Heritage Village & Salmon Arm Museum: www.salmonarmmuseum.org

Michael Shapcott is Executive Director of the Sorrento Centre





Bonnie Thomas at new exhibit

(Photo credit - Sorrento Centre)

July 2022



The Bug Guy and other Fun Things at the Library

By Barbra Fairclough

on hand for July at the South Shuswap Library branch in Blind Bay.

The Bug Guy is on location on July 19 for a drop in presentation.

The Bug Guy, Stuart Brown has been doing presentations for 13 years. Many at libraries and museums and

eventually due to their popular appeal, at birthdays and other children's gatherings.

Stuart is a long time animal lover following in the path of his father and grandfather, who were both hobbyist entomologists. Stuart says many people have asked him how he got into this work and he says it was always just something he loved. It seemed easy being surrounded by it growing up.

"It's just always been in my DNA."

He will bring fun creatures for kids to learn about. Possibly a gecko or iguana, and maybe a parrot and bugs too. Surprise guests will delight kids' interest and the presentation will be interactive and up close. Children will have a chance to meet the You can come by the library animals.

"Kids should come away with a newfound love and respect for the animals" says Stuart.

Desiree Pat, a Zoology major and partner with Stuart, shares that kids will come away with an understanding of animal lifestyles and biodiversity and why it is important to promote connection with the natural environment. any questions 250.675.4818

Another upcoming event Several fun activities are is on July 12 when Oliver Samonte, known as Dr. Recycle, will be at the library to host a "Junkology" workshop.

> Children will turn empty recyclables like empty milk jugs into ducks, sharks, whales and a host of other creations without any glue! Samonte has been turn-

ing recycling

into art for

20 years. He

visits schools

and speaks at

libraries and

other commu-

nity locations,

inspiring kids,

and adults to

creatively re-

use recyclable

Also

ing is Crazy

session on

Creations Art

materials.

upcom-

The Bug Guy coming to the Librarv (Photo contributed)

July 26 (registration required) and Indigenous stories with

Helen Gallagher

on August 2. The Summer Teen

Playlist Challenge engages participants with online activities where you can read, listen, create, and connect. There are prizes for participants who complete the challenge. The challenge runs from June 13 to September 9. and pick up your challenge tracker or it is available online. Prize winners will be announced September 27.

The Blind Bay location of the Okanagan Regional Library is in the Blind Bay Market Place. This tiny treasure is a local favorite. Find a favorite summer read or take in some cool learning. Please call the branch if you have



(North Okanagan- Shuswap) PO Box 129 - 341 Shuswap St. S.W. Salmon Arm, BC V1E 4N2 Phone: (250) 832 - 2157

The Board of Education of

School District No. 83

CUSTODIAN SPARE BOARD

Applications are invited for custodians in a regular, temporary, and casual custodial assignment at North Shuswap Elementary school, as well as throughout the school district. Custodian positions are union positions, and the salary will be \$22.56 per hour.

Qualifications required include:

Minimum grade 10. The Building Service Worker Certificate, or equivalent from a vocational institute is an asset. Must be able to perform all custodian duties including lifting heavy objects and shovelling snow, ability to perform cleaning and minor maintenance. Must be able to speak and read English.

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Please submit resume with full supporting documents to Make a Future at www.makeafuture.ca

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Shuswap's Largest Heritage Attraction Opens for the Season

Media Release

R.J. Haney Heritage Village and Museum is a registered not-for-profit charitable organization that proudly preserves the history of Salmon Arm and surrounding areas. Located on the east side of Salmon Arm at 751 Highway 97 B, it is the Shuswap's largest heritage destination.

It welcomes visitors from far and wide to discover how the early settlers and pioneers of the Shuswap lived. Set on 40 acres of the prettiest farmland in the Shuswap, the site comprises 24 replicas or original build-

ings and over 30 exhibits, including the original 1910 Haney House. Your admission includes access to the Heritage Village and Museum, Children's Discovery Centre, Sprig of Heather restaurant, walking trails, daily activities and tours.

The Montebello Museum is the recipient of the 2018 Thompson-Okanagan-Kootenay Commercial Building Awards "Award of Merit" and is the Associations Canada 150 Lasting Legacy Project. Nine storefronts complete the Village stories, such as the Salmon Arm Observer, Demers and Tillman Pool Hall and Barbershop, the McGuire General Store, Lingford and Honey Photo Studio and the E.A. Palmer Butcher Shop. It is the home of the Ernie Doe Archives Room, the Museum's collection and the Museum Gallery.

The Children's Museum and Discovery Centre and the Outdoor Play Area provide hours of playful discovery for families. Located on the main level of the Broadview School House in the heart of the Village, the Children's Museum and



Discovery Centre's themes are nature, water, and history. The outdoor play area is located directly behind the Discovery Centre.

If you are looking for a unique lunch experience, the Village's licensed full-service restaurant, the Sprig of Heather, offers indoor and outdoor seating for up to 150 guests. It is also the new home for Villains and Vittles Dinner Theatre dinner service. The commercial kitchen handles all the culinary needs for the daily menu and catering for events, weddings and corporate functions at the Heritage Village. Just want to come for lunch? Ask for a free visitor pass to the restaurant at the ticket kiosk.

A must-see is our very popular Villains and Vittles Dinner Theatre Production. You can enjoy a home-cooked meal and live theatre every Wednesday, Friday, and Sunday evening in July and August. It is a highlight of Salmon Arm's summer cultural entertainment! Seating is limited - call 250-832-5243 to reserve your tickets today. The ticket price includes your ad-

(continued on page 33)



Tickets: Adult: \$35.00 • Seniors: \$32.50 • Children 5-12: \$15.00 • 4 and under: Free

Tickets & Reservations call 250-832-5243 or visit the Village Show Times: July - Aug (Every Wed, Fri and Sun) Check in: 5:00pm Dinner: 6:00pm Special Matinee Show Thursday August 25th



SMALL CITY, BIG MUSEUM SALMOWARM 250-832-5243 751 Hwy 97B Salmon Arm BC www.salmonarmmuseum.org

Art on the Green Returns

By Barbra Fairclough

Art on the Green is returning this year due to popular demand. Last year's juried art show was a well received event. Held on the grounds of the Cedar Heights golf course, it proved to be an enchanting place to enjoy exquisite art

along with great food, wine, and beer surrounded by enjoyable music.

Susan McLeod says feedback from both attendees and artists was positive. Having done the event once now and with constructive input from patrons and

artists alike, the planning committee has been able to tweak a few things and they are excited to host an even better event this year.

"We look forward to highlighting a wide variety of Art created by talented local artists in a beautiful outdoor setting. Watch for an expanded show with returning artists as well as many new ones." says Susan.

There are an expanded number of tents to accommodate more artists. Susan Yards Cidery will also be on hand. says a new feature this year will be a tent for new and emerging artists. Artists who include setting up tents. Earlier shift for have a new practice and those who may have been doing art for a period of time and are considering selling their work, simply need a forum to explore this potential. This tent will support those artists wanting to sell their work for the first also. If you are interested in volunteering time. These allows artists to receive feed- send an email to sherrysg58@gmail.com. back and engage directly with patrons and other artists with similar interests.

There is a maximum number of tents for artists, dictated by space, but the number has increased this year to 25 tents. If you are an artist interested in

booking a tent, send an email indicating your interest to artongreendon@outlook. com.

There will be food and beverages available on location including a beer, wine and cider tent.

Roving musicians including two



Art on the Green Event from 2021 Picture credit Susan McLeod

choral groups will serenade patrons throughout the event. Crystals Baked Blessings bakers of cupcakes, individual pies, and cake in a can, along with "Gord Oh's" food truck with delicious savoury sandwiches, mac and cheese and delicious home cooked food will all return this year. Sunnybrae Winery and North

Volunteer shifts are available and set up begins at 7:00 am with set up completed by 9:30 am. Later shifts include take down which begins after 5:00 pm. Lunch breaks between 11:30 and 1:30 pm requires assistance for lunch breaks

Come rain or shine, Art on The Green will go ahead so mark your calendar, you will not want to miss this one. August 20th 10-5pm at Cedar Centre golf course 2316 Lakeview Drive, Blind Bay.

Shuswap's Largest Heritage Attraction Opens for the Season continued

(continued from page 32)

mission to the Heritage Village.

The property boasts a 2.5-kilometre walking trail in a woodland setting covering two climatic zones and parallels Canoe Creek. With a Trail Guide in hand, visitors discover the property's natural history and identify the plants used by First Nations and early settlers.

Visitors can also participate in the many special events hosted at the Village with our community partners throughout the season, including High Tea, the

Annual Car Show, Harvest Celebration and more.

Some of the best memories are made at R.J. Haney Heritage Village & Museum, and a visit from May through September is well worth the trip!

For more information on annual passes and events, or to become a member, volunteer or donor, contact R.J. Haney Heritage Village & Museum by calling 250-832-5243 or check out our website www.salmonarmmuseum.org.



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Sorrento and Area Health Centre

Welcome back busy!

By Celia Dyer

I remember the first weeks of the pandemic, back in March 2020, as being ghostlike. One of the first community initiatives was delivering groceries to residents who were unable to get to the store themselves. The early morning shopping excursions and the drives to find hidden corners of our neighbourhood were almost eerie as the world seemed to have taken on a quietness that we were not accustomed to. Funny how we got used to it; rolled up our sleeves, donned our masks and got on with what had to be done.

Of course the quiet never really hit the Health Centre. Our Nurse Practitioners, office staff and patients all acknowledged the challenges and overcame them with competence, collaboration, patience and most importantly, compassion. The silver lining was the lesson learned that, as a community, we can handle anything if we handle it together.

That quality of being there for one another lives on. As the Health Centre Board prepared for our first summer in-person event, the July 1st celebrations, we were once again amazed and humbled by the willingness of local businesses to donate to our silent auction. We know how supportive they are of many other worthy organizations who provide essential services to our communities. In return, let's remember our neighbourhood businesses by spending locally as much as we can.

As we tested the return to normal; we were able to partici-

pate (actually participate, not fire up the Zoom app) in several valuable gatherings this spring.

The first was the Gathering of Gratitude sponsored by the Shuswap Community Foundation which was a showcase of or-



ganizations who have received funds from the SCF. It was a great first "outing". Thanks to the SCF for putting on a great day.

The second was organized by the Rural Coordination Centre of BC (RCCbc). An RCCbc

team visited our community and invited all local groups involved in any aspect of health to gather, share ideas and resources and communicate the health care needs of our local residents.

Several themes emerged such as the need for more Primary Care; more community care in the form of Home Support workers and Community Paramedics and more communication between Interior Health and nonprofit organizations.

RCCbc will feed the information learned from our community groups back to The Joint Standing Committee (JSC) on Rural Issues who will then advise the BC government and Doctors of BC on matters pertaining to rural medical practice.

The latest get together was an Emergency Preparedness workshop for businesses and nonprofits hosted by our local Chamber of Commerce and facilitated by Robyn Cyr, Rural Business Advisor with Shuswap/North Shuswap Rural



The South Shuswap Scoop 35

July 2022

(continued from pg 34)

Business Support Program.

Tom Hansen of Shuswap Emergency Services spoke on the Neighbourhood Emergency Program (NEP) which focuses on preparedness in specific neighbourhoods. There are over 30 NEP's within the Shuswap. The Shuswap Emergency Program is actively supporting NEP groups in our area. To find out more about how to start a NEP in your neighbourhood, contact 250.833.5927 or email sep@csrd.bc.ca

We also learned about the FireSmart program which gives homeowners advice on how to mitigate fire risk on their properties. The FireSmart website: firesmartbc.ca is a treasure trove of clearly presented and thought provoking information. Highly recommended!

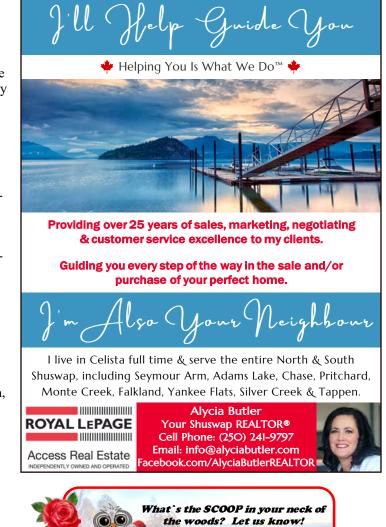
Another interesting concept Tom presented was the Alertable App. Alertable is an Emergency Notification App that tells you if there are emergencies such as closures, evacuations, restrictions or hazards in your specific area. It is very customizable and easy to use. There is lots of information on how to set up the app on the CSRD website and at alertable.ca

John Reed of Shuswap Economic Development Society spoke about emergency preparedness and presented the idea of a "Grab and Go" kit tailored for businesses and organizations. More information available at: shuswapecdev.ca It's an intriguing idea to think about preparing your organization, not just your home, for an emergency.

All of this is great food for thought as we head into another summer season.

Other news from the Health Centre is that in addition to our Nurse Practitioners, we will have a locum physician, Dr. Andrew Wright, at the clinic from July 11th to 20th to help out with summer visitors.

And the best news of all! Our Nurse Practitioner Lyndsay Lazzarotto and her husband Tyson Salo welcomed a baby girl into their family on May 25th. We are thrilled for Lyndsay and Tyson and wish them every happiness.







Just Do Something

By Jerre Paquette

Jennifer was born in Vancouver, Ron in Winnipeg. Each had a strong sense of adventure in their bones that ultimately brought them together to live, travel, and raise an equally adventurous family of five children.

They met in the **Black Forest** of Germany in 1980, each of them having arrived independently of the other to study German—there, they came to fancy one another during their strolls through the forest to the school. During one stroll, Jennifer sprained her ankle badly and Ron piggy-backed her to safety and care. Perhaps that was the bonding clincher-they're not sure. In any case, while in the Black Forest, they acquired the German language and one another.

In 2020, they arrived together in the Shuswap and purchased Sue Moore's Notch Hill Organic Farm because they saw the possibility there of realizing their to spend several years volunteering on powerful world vision and achieving the demands of their personal goals.

In between 1980 and 2020, they raised five children in Kamloops: Mark, Damarise, Anika, Antoine, and Alexa, with an abundance of remarkable skills and talents and predispositions, including intellectual rigour, political vision, community healing and building, dance, translation, performance arts, landscaping & gardening, and teaching. Whew!

The parents are no slouches, either: Jennifer is a professional Occupational Therapist and artist; Ron is a school teacher and multi-talented musician/singer. Now, they are farmers, focused on building a farming community right here in the Shuswap.

And all of them have earned and developed a world view through their individual and early family travels, visit-



Jennifer & Ron Ste Marie Notch Hill Community Growers (Photo credit: Jerre Paquette)

ing, working, and living in such diverse places as South America, Taiwan, Korea, pursue: Germany—and now the Shuswap.

Their reflections and observations during their time in that busy mix of places, peoples, philosophies, values, and cultures ultimately motivated them farms, including Notch Hill. They recognized the world is under stress because of how societies live on the planet, and particularly because of how we grow our food. When I asked Ron what specific aspect of their world experiences, readings, and dialogue prompted them to buy their own farm, without hesitation, he said "Climate Crisis!":

We understand that a large part of the carbon that is created these days is caused by agriculture-how we farm and provide food to one another. Since we are not diplomats or scientists, we thought farming is one thing we could do to answer the state of the world.

They could no longer do nothing in the face of climate change and soil destruction. So they took it upon themselves to learn about farming and that led to their learning more about soil, and water, and air-and community.

One of the first things they did once their purchase of the farm closed was to rename it from Notch Hill Organics to one that expressed their personal vision and their intentions-Notch Hill Community Growers. Depending on how you give voice to the title, their farm will be a member of a larger community of 'growers' or (and) a farm that grows a community.

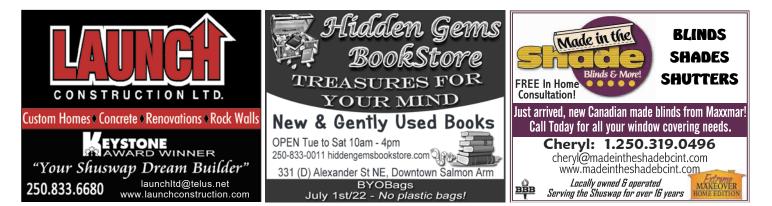
Renaming was not enough, though—they needed to know precisely what it was they could do with a farm to bring about significant change. So they developed five goals they could actively

- 1. Farm in ways that specifically address climate change
- 2. Increase biodiversity
- 3. Regenerate the soil
- 4. Build community, and
- 5. Address local food security

While each of these goals require elaboration and specifics, perhaps the most interesting and telling goal is #4, building community—Jennifer and Ron know full well they cannot, alone, affect change in the climate crisis no matter how effective their specific actions are.

The Shuswap has a new couple of neighbours with a vision and goals and skills that can have a significant, positive impact on the quality of our lives. They have started taking action already, but it's a long road they have chosen to travel and they invite us to join them, one step at a time.

Contact Jennifer & Ron Ste Marie call to **Just Do Something** about the by email ttjstemarie@hotmail.com; call them at 778-257-9150; visit their farm at 1962 Notch Hill Road Sorrento, British Columbia Canada V0E2W1



July 2022 Arts Council

Submitted by Karen Brown, **Executive Director** Music In the Bay Kicks Off

The long-awaited Music in the Bay series kicked off on June 30 with Donnie MacDougall of the Guess Who and his band. Opening for Donnie was local band Concerned Citizens.

This season promises to be another great one featuring such artists as Russel deCarle Trio (of Prairie Oyster), Kym Gouchie, Mozi Bones, Mimi O'Bonsawin, Colleen Brown, Dirt Road Opera, Marin Patenaude, Kenny Blues Boss Wayne, Jennie Thai, Holly Hvatt Band and The News. A variety of food trucks and tents, classic cars, Market by the Bay vendors and the Tapped Events Beverage Garden all round out the weekly experience on the waterfront.

Music in the Bay / Market by the Bay takes place on Centennial Field (at the corner of Blind Bay Road and Centennial) from 5:30 to 8:30 each Thursday until September

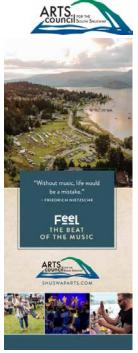
Faces Schedule Being Finalized for Fall Classes

Missy Charko, Artistic Director for the FACES Programme which is overseen by the Arts Council, is working with instructors in dance, art, music and theatre, to prepare the final schedule for youth registration in the Fall. Watch next month's issue for a full schedule and tuition fees for all options for learning.

Art on the Green August 20

The second annual Art on the Green, an art show held on the golf course at Cedar Heights in Blind Bay, takes place on August 20 this year. Show opens at 10:00 am on that day and runs through to the afternoon. Participating artists this year include Cynthia Langford, Susan McLeod, Judith Kimmerly, Don Chambers, Rebecca McMahon, Carmen Miller, Donna Goodgrove, Roxi Sim-Hermsen and Rebecca Shepherd. Admission into the show is free to the public.





Feel the Beat Banner. Arts Council photo

Business Continuity Planning Support

By Barbra Fairclough

A business disaster planning event was hosted June 22 at the Blind Bay Memorial Hall, in partnership with Shuswap Economic Development Society and the South Shuswap Chamber of Commerce.

The purpose of the event was to get information out about the Shuswap **Emergency Program and** to introduce businesses to the Community Futures Business Continuity planning tool kit, which helps businesses react to disruptions like COVID-19, floods, fires, and more. They can equip themselves to protect employees and assets and ensure business can continue upcoming sometime in the to operate.

The plan helps businesses to analyze and reduce risks, identify hazards, and keep track of critical business information.

Business continuity planning is free through the Community Futures of the Shuswap and can be accessed online.

It was critical to inform businesses of resources available to them right now. The intention was to introduce information on the Shuswap Emergency Program and this event made it possible to connect with businesses and convey information. Information and communication are key during emergencies.

This event is one step for businesses to connect to regional level assets that will support them during emergency.

A workshop may be fall to help businesses build their continuity plan. Look for postings from Shuswap Chamber of Commerce or Shuswap Economic Development Society.



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Armstrong MetalFest Announces 2022 Lineup

Media Release

Western Canada's largest extreme music event, Armstrong MetalFest is proud to announce its 2022 lineup for its return to the Okanagan after pausing 2020 and 2021 productions due to the Covid pandemic.

Hosting two days of live metal and camping on July 15 and 16 in Armstrong, BC at the IPE Grounds and the Hassen Arena, this year's lineup features headliners Spokane, WA deathcore titans ENTERPRISE EARTH, performing in support of their al acts to the quiet, little latest album "The Chosen". The lineup also sees Vancouver's cult loved pyro maniacs ZIMMERS HOLE performing for the first time at AMF along with the return of festival alumni progressive death kings NECK of THE WOODS. Presenting a very special performance for this year's lineup is Kelowna's **OMNIA NIHIL** (formerly Apollyon) in memory of beloved vocalist Matt Depper who suddenly passed away this January.

A total of 28 bands from across Western Canada and the USA will be fueling the moshpit for much-needed music therapy.

Festival organizers add, "We are so very pleased to present the 2022 lineup! It's pretty much the 2020 lineup just two years later! We decided it was only fair to offer everyone the invitation back since Covid took the first one. Speaking of which, we

are honouring all tickets sold for 2020 for the 2022 event (if that doesn't work for you, you can claim it in 2023 or 2024). This is the overall biggest lineup we've ever put together. It's going to be wild. I am looking forward to seeing the gang back together again, two years of extra wrinkles and all!"

Since 2009, West Metal Entertainment and Armstrong Metalfest has not only fostered the talent of hundreds of local bands but brought in well-known, internation-Canadian town of Armstrong, British Columbia.

Each year up to 700 metalheads from Canada and the USA descend into the picturesque Okanagan Valley and under the blistering sun they spend three days camping, taking in over 30 bands, participating in wrestling events, and scavenger hunts and catching up with their metal family. At the end of the revelry, the festival disappears without a trace, leaving the landscape as pristine as it has always been.

West Metal entertainment is a non-profit society that not only puts on Armstrong Metal Festival every year in Armstrong, B.C., but gives bands opportunities to play different venues throughout the region including all-ages shows, to encourage musical passion in kids as well as adults.

Tickets are available at www.armstrongmetalfest.ca.



Festival alumni progressive death kings NECK of THE WOODS is one of 28 bands performing at this years Armstrong Metalfest event (photo contributed)



Lifejackets Dumped or Not Returned

By Jo Anne Malpass

A Facebook post from Royal Canadian Marine Search and Rescue Station #106 - Shuswap said "old and useless PFD's, mostly adult, but some children's, are being dumped at our kiosks. Perhaps people think they are still useful, but they are not. Our kiosks are not dumping places for junk PFD's.

RCMSAR PFD's are being used and not returned. For our kiosks to be useful and effective, these PFD's must be returned.

These photos are of the kiosk under the Bruhn Bridge in Sicamous on June 26. Thanks Doug for cleaning up the mess and restocking.'

Station #106 volunteers have installed 19 Kids Don't Float (KDF) kiosks, including seven on the South Shuswap, with children's Life jackets when you're finished Jackets for borrowing while they boat or are swimming.

RCMSAR wants kids to

stay safe in the water. If a child needs a PFD, the parents are welcome to borrow one at the kiosk. Parents must ensure they choose the right size PFD for their child and it is properly worn while boating or swimming.

These KDF kiosks have had great financial support of a variety of community sponsors in the locale of each kiosk.

A recent post from Shuswap Watershed council said Station #106 - Shuswap provides a wonderful community service by building and equipping self-serve lifejacket loaner kiosks for children.

"Unfortunately, the lifejackets they offer aren't being returned and older miscellaneous PFDs are being dumped in their place. Please return the RCM-SAR lifewith them so other children can borrow them."



PFD kiosk in Sicamous photo before being cleaned up by RCMSAR (Photo credit RCMSAR)





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- We successfully lobbied local and provincial governments to allow for larger docks.
- We advocate for waterfront owners rights and keep our . members informed of their responsibilities
- We continue to monitor the activities on the Shuswap Watershed Council and stress responsible use of taxpayers dollars
- We actively support local and provincial efforts to prevent the introduction of Zebra and Quagga mussels to BC.
- Our board members have over 300 years of experience on the Shuswap, and are familiar with issues like the new changes to the Federal Fisheries Act
- We continue to keep our members updated on the status of buoys and their removal

A two year membership of \$50 will help you to stay current on issues, give you access to expert advice and to the SWOA website with information on lake regulations associated with living and building on the lake.

> **Shuswap Waterfront Owners Association** go to SWOA.ca and click JOIN SWOA





Community Futures Shuswap Because it's not always apples to apples. Taking Care of Small Business in the Shuswap Advice. Loans. Support BeYourFuture.ca 250.803.0156

Sorrento Memorial Hall

By Corryn Grayston Our Annual General Meeting was held on May 30 and we are pleased to announce the new Sorrento Memorial Hall Association

Board for our 2022/2023 fiscal year: Angela Bourgeois, Karen



Sorrento Memorial Hall

Brown, Jo Genn, Corryn Grayston, Sandra Heschuck, Lawrence Magis, and Steve McLean.

The executive from the new board will be elected at our next board meeting and those announcements will come in August's article. However, the newly installed Sorrento Memorial Hall, we Board is already discussing ways in which to strengthen our community connection and develop the existing Individual Membership is venue to support new offerings and host community-wide events.

We've also been cleaning up the exterior space around the Memorial Hall and are excited for the upcoming events and bookings that will take place over the summer months. We are anx- details. iously awaiting the arrival of our newly purchased beverage coolers and pour over coffee station items as well as our round dining tables and linens. These are just some of the improvements the board has been working on over the last few months.

In addition, SMHA will have a booth each Thursday at Market by the Bay / Music by the Bay, starting June 30 through to September 1. We are delighted to be able to share information about the

Memorial Hall and to solicit individual feedback on recreation and programming that everyone would like to see in our community. Please drop by our booth and share your

ideas and dreams for our community. All the details on the Market Events can

be seen at www.dotheshu. com/events

Community halls are an integral part of the history and fabric of a community and we ask that you support these not-for-profit organizations through whatever means possible. For our invite any and all community members to become a member of our Association. \$10.00 per annum; Family Membership is \$20.00 per annum and Business Membership is \$25 per annum. Until our website is up and running you can email sorrentomemorialhall@ gmail.com for membership applications and additional

Our electronic sign is also an economical and effective way to advertise your event or business offering. Located on the TransCanada Highway, it's visible and can be booked for either short term or long term marketing messages. For more details and pricing email sorrentomemorialhall@gmail.com.

We wish everyone a wonderful summer! Be safe, have fun, and enjoy all our community and region have to offer!

I've just finished installing a high voltage fence around my house. The neighbors are dead against it!



Carlin Hall Community Association

By Jane Stephenson

As this is sent to print, game 6 of the Stanley Cup playoffs is taking place between the Avs and the Lightning. What will the outcome will be? Even with a game 7, hockey will have wrapped up by July 1 and we will know that summer is truly here!

As people take time to recharge their batteries with the arrival of summer, the Board of Directors at Carlin Hall is doing a little of the same. While on hiatus, there are still thoughts of upcoming programming, concerts and other activities. If new to the Shuswap, now would be a suitable time to introduce you to the Carlin Hall Community Arts and Cultural Centre in Tappen, just off the TCH near Carlin School.

The Carlin Hall Community Association is a non-profit organization which provides a community gathering place to foster the enjoyment of Arts and Culture.

The upper level of Carlin Hall is home to monthly coffeehouses, weekly programming, special events, rentals, and concerts extraordinaire! The Carlin Hall Board has hosted musicians/bands from all across Canada, as well as Europe and the UK.

Recent renovations have Association banner/tamade this venue extremely attractive to touring musicians. Be you a performer or audience member, you will find a warm, welcoming feeling upon entering Carlin Hall. The state of the art sound, lighting and stage and look for us on Facebook presentation supports musicians as they showcase their talents. Audiences are treated to a musical experience to remember.

Carlin Hall Community Association has an active membership base, and along with the Board of Directors, these people define 'volunteerism'. They all believe in the importance of this very special gathering place and work hard to offer good things to the community.

The lower level of Carlin Hall is home to the Arts Council of the South Shuswap. This organization spearheads the FACES program, Music in the Bay,

and the Small Hall Crawl, to name a few.

With Carlin Hall's regular programming well es-

tablished, the Board is always eager to consider new ideas. Perhaps a yoga class? Fitness class? Do you have an interest or hobby that requires a larger space to accommodate you and other like minded people? Are you interested in forming a club and in need of a meeting place? Drama, art, music, fitness, board games, cards! So many possibilities!

Carlin Hall's location is the perfect place for being home to a variety of clubs. How about such things as: film club, cooking club, foreign language club, photography club...the list is endless.

Remember to look for the Carlin Hall Community ble at Music in the Bay at Centennial Field during July and August. As you meander about the field, it would be great to have you stop by to sav hello.

Check out carlinhall.net and Instagram.

Until next time, take good care and enjoy making good memories this summer.



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Chase, BC

Need a Ride? Call South Shuswap Rides



We Are:

A non-profit society whose volunteers provide safe, affordable transportation for South Shuswap residents who are unable to drive themselves

We Provide:

- Door-to-door service on weekdays, 9am to 5 pm, with an electric vehicle
- COVID-19 precautions and free masks
- Courteous volunteer drivers who have undergone driver safety training
- Rides to local businesses and Salmon Arm; medical trips to Vernon, Kamloops and Kelowna with sufficient notice.

Riders must:

Reserve at least 24 hours in advance; first-come, first-served Complete a registration form, Covid-19 questionnaire and sign a Statement of Understanding

Suggested donation amounts are posted and welcomed. For more information go to www.southshuswaprides.ca





Copper Island Health and Wellness

Submitted by Sue McCrae

Welcome new neighbours and visitors to the South Shuswap! This is an opportunity to let you and the communities know who we are and what we do. South Shuswap Health Services Society has been promoting and supporting healthy Copper Asland built communities in the South

resources, opportunities for support groups to meet, indoor walking for fitness, healthy aging webinars, nutrition programs and more. The vision and long-term plan of SSHSS is to have a community health centre in the South Shuswap that pro-

vides primary and allied health care HEALTH & WELLNESS CENTRE services to our communities "bringing

Shuswap since incorporation health care closer to home' in June 2013.

Copper Island Seniors resource Centre opened in October 2014 in Blind Bay. When mobile lab services became available, Copper Island Health and Wellness Centre was established in 2017. CIHWC brings support services to the South Shuswap such as mobile lab services, footcare, seniors'

SSHSS operated a Saturday walk in clinic from October 2019 which in turn allowed them the opportunity to have a doctor in the clinic during the spring of 2021. Unfortunately, the Dr. was unable to continue, and Copper Island Medical Clinic was closed. It was very evident there is a need

for more health services

(continued on page 43)



July 2022

in the South Shuswap. The Sorrento and Area Community Health Centre provides the services of two nurse practitioners to serve our communities. This model is working very well. The population is growing and certainly currently exceeds 8,000 and increases in the summer. SSHSS is working hard to recruit physicians to utilize the clinic in Blind Bay.

The success of Copper Island Health and Wellness Centre is due to the dedication of community volunteers and support. SSHSS is funded through grants, fundraising, and memberships. Operations are not supported financially by IHA or government funding. Thank you to the Blind Bay Bunch for a successful Golf Tournament! Thank you to the hole sponsors, golf teams, donors, and volunteers!

The Shuswap Rural Communities of Chase, Sicamous, CSRD Area C and Area F had the opportunity for their health centres to meet individually and together with the Joint Standing Committee on Rural Issues to tell their story and the needs of the communities. These discussions provide the opportunity to be heard by those who can facilitate change. Many communities in BC rely on the grass roots efforts to secure basic health and support services for their communities.

BC Cancer Mobile Mammogram Van- will be at the Blind Bay Market Place on August 6. Call 1-800-663-9203 to book an appointment.

Visit us at the farmers market in Sorrento. Saturdays – 8 am to 12 Noon from May to October 8. Located in the Sorrento Shoppers Plaza, 1240 Trans-Canada Highway. https://sorrentofarmersmarket.ca

Call 250-675-3661 to book lab and foot care appointments. Open Tuesday and Thursday. We are always looking for volunteers. Visit our website https://sshss.ca Email sshealthss@gmail.com or visit Copper Island Health and Wellness Centre at #10 2417 Golf Course Drive, Blind Bay.



My ability to remember song lyrics from the 60s, 70s & 80s, far exceeds my ability to remember why I walked into the kitchen





250-675-2583 Blind Bay Marketplace Mall #4-2425 Golf Course Dr

By Judi Kembel

We are happy to announce that we will be holding our 7th Annual Garage Sale at the Shuswap Estates Community Centre on July 15 and 16 from 8:00 am to 3:00 pm each day.

We had a very successful Farmers' Market Pancake Breakfast (our last one for the summer) on June 18 when we celebrated Father's Day. The market was

busy and so were we. So great to see everyone out and about once again.

On July 1st at the Canada Day Celebrations at Centennial Field we served our famous pancakes, sausages and juice boxes (by donation). I'll give a full report with pictures for the August issue.

We cooked hot dogs for the Sorrento Elementary School Fun Day on June 16 at the Sorrento Elementary School as weather forced a change of location to there from the Sorrento/Blind Bay Community Park.

On June 16, our Zone Chair Karen Bassett installed our incoming 2022-2023 Officers.

Sorrento Lions Club

President - Lion Leona Pryor, 1st Vice-President - Gary Pfeiffer, 2nd Vice-President - Lorne Grigg, Treasurer -Brian Butcher, Secretary – Judi Kembel and Directors - Patrick Wright (Tail Twister), Wayne Kembel (Lion Tamer) and Bob Kreiger. Coffee and dessert were served at the end of the meeting. Our next official meeting will be held on work in the community and new mem-September 1, 2022.



Our last weekly meat draw was held at the Copper Island Pub in Sorrento

on June 24. We thank the community for their continued support of this fund raiser and will see you again in mid-September.

We look forward to continuing our bers are always welcome. If you are in-

> terested in helping in your community, please consider joining our club as either a member or a "Friend of the Lions" volunteer.

Both women and men over 19 years of age are welcome to join. We meet on the 1st and 3rd Thursday of the month (September to June) at 6:45 pm at the Shuswap Lions Manor, 2780 Falaise Road, Sorrento. If you would like more information about becoming a Lion, please contact the Sorrento Lions Club at our email address: sorrentolionsclub@yahoo.ca.

We would love to hear from you! Check out our website at http://e-clubhouse.org/sites/sorrentobc/



2022-23 Lions Club Officers Left to right standing: Director and Tail Twister Patrick Wright; 2nd VP Lorne Grigg; 1st VP Gary Pfeiffer; Director Bob Kreiger; President Leona Pryor; Past President Hans Schmidt; Treasurer Brian Butcher; Secretary Judi Kembel; seated: Director and Lion Tamer Wayne Kembel and our Zone Chair Karen Bassett from Chase. (Photo courtesy of Judi Kembel)



July 2022



Monica Seys shakes the hand of a crew member on the Tolonen vessel (pictures credit: Barbra Fairclough)

Shuswap Marina Guests Meet Tolonen

By Barbra Fairclough Shuswap Marina brought out the community at an after hours social night on June 17. People came by water and land. The weather threatened but cleared in time for a dry calm evening. The South Shuswap Chamber and the Arts Council co-sponsored the entertainment.

Music provided by Jordan Dick Electric Tr3o set the tone. Local food and drink producers came out with trucks and displays.

Royal Canadian Marine Search and Rescue crew and vessel Tolonen made a special appearance and offered vessel tours for everyone as well as boating safety awareness. Children attending were particularly enthralled with Tolonen. With crew members entertaining questions and conducting tours of the vessel for the kids and families. Monica Seys, Marina Manager was happy for the turn out with people arriving throughout the event.

Shuswap Watershed Council Chair and Area F Director Jay Simpson attended. The Watershed Council supports the life ring project and with the crew of Tolonen presented a life ring donation to the marina for a permanent placement on location.

Monica was happy with the turn out. "The evening was amaz-



Area F Director/Shuswap Watershed Council Chair Jay Simpson and RCMSAR member Bruce Reiker present a life ring to Shuswap Marina

ing with a lot of people and the weather was great. Out next event is on Friday July 29. The musical group "Concerned Citizens" will be entertaining." Follow on social media to get updates. Monica says, "We like to share as much as we can on social media."



Ski, Pontoon Boats, Kayak, Stand Up Paddle Board Rentals, Service Department, Boat Accessories, Summer Boutique, Board Shop, Toy Shop, Moorage, Gas Dock & More...

250-675-2250 info@shuswapmarina.com shuswapmarina.com

We are located across from Copper Island. 2127 Ingram Lane Rd. Blind Bay. VOE 1H2

Cedar Heights Community Centre

By Shaunne Letourneau

Happily, it has been a busy month at the Centre. Lobsterfest was held June 11 and the dinner was enjoyed by 75 guests. It was lovely to be able to get together with neighbours and friends again. The food was prepped by the trusty Lobsterfest team headed by Hilary Brown. The conversation was lively and everyone had a good time.

An Outdoor Sports Day was scheduled for June 17. Unfortunately, the weather didn't cooperate so the outdoor event was rescheduled to June 29. Not to be deterred, the 55 participants made the best of it and played indoor games



Cedar Heights Lobsterfest cooks left to right Simon Brown, Martin Greenwood, Mike Murrel, Russ McLeod. (Picture courtesy of Sheila Armstrong)

including snooker (men vs the ladies), cards, ball toss and carpet bowling. After the games, everyone enjoyed an Italian dinner of lasagne, Caesar salad and garlic toast.

Our outdoor facilities are open and visitors and families are most welcome. Our friendly Greeters can help you with



golf club rentals for [the Par 3 Golf



course, no tee time is needed. Want to give **Bocce** a try? The Greeters can help with the correct Bocce court set up and rules of play. **Pickleball** is enjoyed by many. Visitors are welcome to try it out on our four Pickleball courts. You don't need to have your own equipment as we supply paddles and balls. The outdoor sports facilities are open from 9 am to 8 pm daily.

The newest edition to our outdoor play is for those of you who are the non-golfers but enjoy the outdoors and are looking for a new activity. Not a golfer but want to join the golfers in your family for a round? Come and give **Fling Golf** a try. Rather than hitting the ball, you use a special club and do an overhand throw to get the ball to the green. Groups can have a

mixture of regular golfers and fling golfers so can be enjoyed by the whole family.

Wacky golf day. Want to try a new and fun way to play golf? Come to Cedar Heights Community Centre on Saturday July 23 from 10 am to 3 pm to play a round of

golf. Just don't bring a club! CHCA is having a wacky golf day where the only rule is that you have to get your ball from the tee box to the hole without using a club! Each hole will give you a new wacky way to get the ball in the hole such as slingshots, frisbees, fling sticks and more. Admission includes a 9 hole round of play and lunch. Tickets are available at the Centre kiosk from 9 am to 8 pm until July 19 or phone 250-675-2012. Cost is \$15/ticket. All ages welcome.

Additional information on these and other events and activities can be found on our Facebook page or website (cedarheightscommunity.ca). Have a question? Give us a call at 250-675-2012.



July 2022

Sunnybrae Community Association

By James Clark

Thank you all for coming out to the Music Swap Meet and Junk-in-the-Trunk Sale on Sat 18th June. Together we raised \$666 (yes, we know!) for the Sunnybrae Community Association: a huge help toward keeping the hall up and running for all to share and enjoy.

Big thanks to the Sunnybrae Seniors Hall for serving lunch for us all too. A great way for us to collaborate, get together and raise some funds! Thank you to all the vendors who participated, and we hope you enjoyed your day! And of course to our local sponsors, we are forever grateful for your kind contributions and donations to our prize draw. We appreciate your support so very much! Braby Motors, Shuswap Coffee Company, Shuswap Cider Co, The Shuswap Pie Company, Marionette Winery, Sunnybrae Vineyards & Winery, Askew's Foods, Salmon Arm Silverbacks, Tappen Co-op, Synergy Studio, Dale Bush, Susan Henderson and Kim Weninger... THANK YOU! We had enough positive feedback to consider a repeat event later in the summer... so stay tuned!

Get ready for A Million Dollars in Pennies, live in concert at the Sunnybrae Community Hall on Saturday 9th July at 7:30 pm, featuring support from Sue Kyle & Al Bates. If



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55+ Community in Sorrento Place on the Lake Access to Community Beach, Fire Pit, Boat Launch and Club House with Pool Table and Mail Room.

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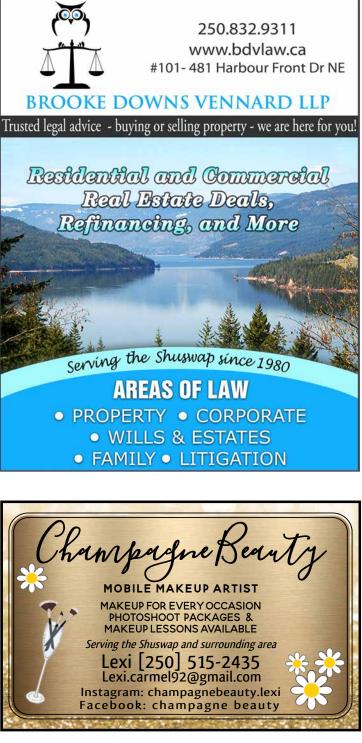


you are familiar with these musicians, you'll know they are no strangers to the Sunnybrae Hall and this is one special evening! If you are unsure of who these folks are, you can check



Mike & Steph's music out on Facebook, Spotify and other such outlets! Rest assured it will be a fantastic evening of live music and entertainment! Tickets can be "reserved" through the web link via their Facebook post and admission is "Pay what you want" at the door.

That's about it for now. We hope you all have a wonderful season!



Shuswap Overland Adventures The Annual Break

By Jason Lutterman

Like a kid on Christmas, I find it hard to sleep the night before a long-awaited adventure. Not because of the overwhelming excitement, but rather the uneasy feeling that something is about to go wrong.

Take as many last minute, spontaneous trips as we like and nothing (knock on wood) ever goes wrong. Clashing with that sense of comfort is the fact that every heavily planned, annual or otherwise long in the legs trip comes with a vehicle failure. For example, jinxing myself at the end of day one on the Whipsaw Trail, "Land Cruiser ran great". Next morning it didn't start. The EFI main relay had failed, though I keep a spare and we continued on after a concerning breakfast discussing our very few options in the middle of nowhere.

We are doing the Whipsaw again in two weeks fingers crossed, but the one thought that kept me awake was last year's Cornwall Lookout run. One of my favorite treks that brings many new and old faces together for a challenging attempt to reach the lookout as early in the season as possible, though last year, luckily after we had finished and were returning home, cost me a transmission. Built bigger and better now, that problem has been solved but has left me a little gun shy about this longer run.

My rig sees very little kilometers daily and the only time it gets a lengthy drive is during these types of outings where



a mechanical failure can be far worse than a nightmare. I spend every day maintaining the vehicles of others and with the pace of life, have little time to tend to my own. They



#findyourscoop

say never buy a mechanic's car and they may be right. Truth is, I have replaced or rebuilt most of the truck in the last year and the more I repair it, the more concerned I seem to grow. It's an ongoing joke amongst mechanics, the sleepless nights laying in bed wondering if that bolt is tight or if that seal is going to hold. Whether that rattle is from the front or the back. Regardless of this we build, customize and test the strength of engineer's theories every time we hit the trail.

It helps having a group so diverse and mechanically inclined, if we can't fix it, MacGyver himself couldn't get off this trail. The annual trek always starts with a fuel stop and a short tailgate meeting. Once everyone is on the same page, the radio channel is confirmed, and the new guys are packed into the middle of the group, then we all head out.

That is where I noticed the leak. Truthfully I heard it, an odd hiss followed by a spray of hot coolant. As I looked for the cause, the leak slowed. I knew right away the radiator seam had split, only eight weeks old. A defective crimp, this is when a normal person calls a tow truck. Refusing to be sidelined, I dumped two bottles of stop leak from the gas station into my radiator and threw caution to the wind. The first stop was the Native pictographs that remind us all what a good kept secret can mean for the survival of something very special. There we also air down and prepare for the climb through and above the clouds.

The lookout sits at 6680 feet, 2036 meters elevation. I fearfully looked under the truck to see if the leak had sealed. There were no drips, we were good to go. I quickly made my way on foot to get a photo of the artwork and when I returned, so had the leak. I realized the "hot soak" when the

(continued on page 49)



July 2022

July 2022 (continued from page 48

engine is off was when the leak would present itself. Of course, when gas has never been more expensive is the day I can't turn off my V8 engine. As we navigated our way, up every time we stopped, I let it idle. No leak.

At the top I had to shut it off; luckily the stop leak had taken hold and it looked like we were safe. We decided to take the back side of the mountain down through the dead forest, silver bare ruins remain of the tall trees that lived before the forest fire. Riddled with fallen trees, we cleared trail the entire way down, it felt like we stopped more than we moved. We must have cut and cleared more



Four-wheel drive enthusiasts pushing the boundaries

than 20 fallen trees, some very large, blocking our passage along the tight trail.

While the other 14 rigs sat quiet as the chainsaws screamed, there idled the Blazer in the background. Once we reached the bottom, with more luck than skill, I couldn't help but feel relieved. Like last year we had completed the trail and if it failed now, "so what". I stood looking at my drip, Bryan in front of his truck with the same look on his face, was pondering his power steering failure, another fellow was re mounting his flat tire onto his spare carrier and I realized I wasn't the only one feeling the relief.

We are four-wheel drive enthusiasts, we push the boundaries of our craft and without that foreboding sense, it would be too easy not to take seriously. We succeed because of it and because we all respect the rule that we don't go out to wear things out. We go out to break them.

Shuswap Better at Home

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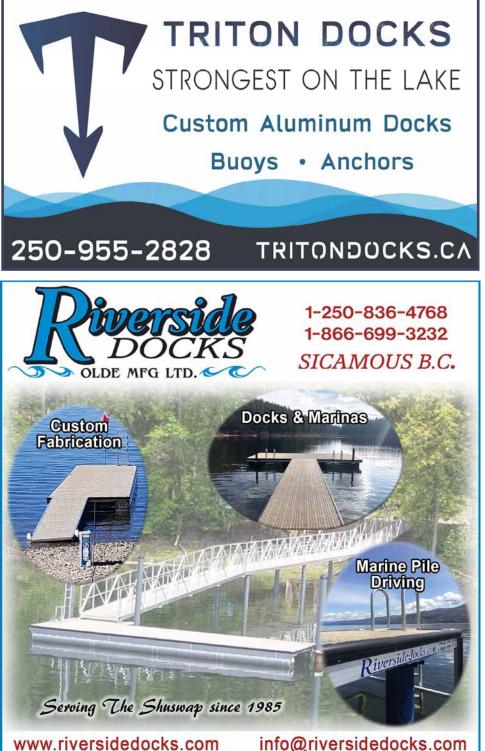
SERVICES AVAILABLE AT THIS TIME:

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Staff, Volunteers and Contractors have been carefully vetted and trained for your security Central Intake 250-253-2749









SOUTH SHUSWAP CANADA DAY HAD A GREAT TURNOUT IN BLIND BAY! Photos shared from: Jerre Paquette, South Shuswap Lions Club, Shuswap Coffee & Cars - Craig Breckenridge, Mel Arnold MP (Facebook), Sorrento Centre (Facebook)

RECYCLING DEPOTS

Sorrento 1164 Passchendaele Rd (parking lot of Fire Hall #1)



Wed, Thu & Fri Noon to 4pm Sat & Sun 10am - 4pm, Stat Holidays Closed

TRANSFER STATIONS

SALMON ARM 4290 - 20th Ave SE April 1 to Oct 31 Daily 9am - 5pm Nov 1 to Mar 31 Daily 9am - 4pm Christmas, New Years & **Remembrance Day Closed**

CSRE

SKIMIKIN 2281 Skimikin Rd Fri to Tues 10am - 4pm Stat Holidays Closed



South Shuswap

Music and Market in the Bay at Centennial Field in Blind Bay, Thursdays 6 to 8pm. July 7 - Kym Gouchie, then Mozi Bones, July 14 - Russell DeCarle Trio, July 21 - Colleen Brown, July 28- Marin Patenaude, August 4 - Dirt Road Opera. See get the ball in the hole such as ad on page 7

Reedman Gallery & Gifts now open until August 21st, Thursday to Sundays. At Blind Bay Memorial Hall. Unique works by local artists and artisans. For info and hours, see ad on page 20.

A Million Dollars in Pennies Sunnybrae Community Hall. July 9, 7:30 pm. Check them out at amilliondollarsinpennies. net With support from Sue Kyle & Al Bates. FMI on Facebook (Sunnybrae Community Association).

Eagle Bay Community Association AGM - July 9, 10:30 - 11:30 am.

South Shuswap Library -Summer Reading Club - register and pick up your reading tracker package. We have in branch programs, fun guessing games and challenges, and an amazing assortment of books to choose from. Drop in for Junkology with Dr. Recycle -July 12, The Bug Guys - July 19 and Indigenous stories with Helen Gallagher – August. Registration required for Crazy Creations Art session - July 26 FMI 250.675.4818

Sorrento Centre Events-

Leadership, Experience and Adventure Program July 10-23 / Creative Journaling July 10-16 / Creative Watercolour Mandala July 17-23 / Intro into weaving July 24-30 / Wild Church July 24-30 / 21st Century Pilgrims: Walking on Holy Ground July 31-Aug 6 / Opening our Hearts to Reconciliation July 31-Aug 6. FMI and to register go to https://www.sorrentocentre. ca/events/calendar

Lions Club Garage Sale -Shuswap Estates Community Centre, July 15 and 16 from 8 am to 3 pm each day.

Live Auction Fun(d) Raiser -Eagle Bay Hall July 16, 11am - 2pm. Looking for donation or commission quality items to be auctioned. FMI Paul or Cathy at 250 675-2498 or email paulwolf1951@gmail.com See ad on page 13.

Wacky Golf Day - Cedar Heights Community Centre on Sat. July 23, 10 am to 3 pm. Each hole has a wacky way to slingshots, frisbees, fling sticks and more. Tickets at the Centre kiosk from 9 am to 8 pm until July 19 or phone 250-675-2012. All ages welcome.

Red Cross Swimming Lesson Registration - Sunnybrae- July 11-21 day & evening, Blind Bay July 25-Aug 5 Day; Blind Bay August 8-18 Day & evening. For more info and to register visit http://www.nsscr.ca/

High Country Pottery Sale -July 30 & 31, 10am to 4pm at the Memorial Hall, Sorrento. See ad on page 29.

BC Cancer Mobile

Mammogram Van - August 6 at Blind Bay Market Place. Call 1-800-663-9203 to book an appointment.

Essie's Place 2nd Annual Big Gay BBQ - August 6 from 3 to 9pm at the Sorrento Centre. Open to friends, family, allies, all LGBTIQ2SA+ people. Enjoy food, beverage, music and some sun. See ad on page 26.

Pub Night Fun Raiser - at Eagle Bay Hall Aug 6. Doors open at 6pm. Games start at 7pm. Proceeds to #RaiseaLittleHall. Tickets and more info at https://www.eaglebaybc.ca/ events

NimbleFingers - registration open now at www. nimblefingers.ca for Bluegrass & oldtime workshops at Sorrento Centre Aug. 14 to

19 and Aug. 21 to 26. Festival Weekend August 19-21. Art on the Green - Sat. August

20 at Cedar Heights Golf Course, 10am - 5pm. Art, food, wine, music and cider.

Keep Fit program instructor for seniors wanted at

Cedar Heights Community Association. See ad for the requirement details, etc. on page 26.

Yin/Yang Yoga – Eagle Bay Hall. Tuesday evenings 6:30-7:45pm. Friday yin only class. 6:15-7:15pm. Contact Shannon at 778 994-5851

Blind Bav Painters: every Tuesday 9:00am - 3:00pm. Contact Trudy (250)253-0320

Hiking group for women Monthly free organized outdoor experiences. Welcome to The Lady Alliance - Shuswap Chapter. FMI_www. shuswapadventuregirl.ca or https://theladyalliance.com

Friday Night / Movie Night at Cedar heights. Doors open at 6:30, movie starts at 7 pm. Bring a comfy cushion. Snacks available. FMI http://www. cedarheightscommunity.ca/ movie-night

Copper Island Health Centre -Mobile Lab Tues and Thur 8:00 am to noon, Foot Care Wed. The Smile People Dental Clinic 3rd Fri, community paramedic last Thurs. of the month. To book appointments and access seniors resource services, call 250-675-3661 To book immunizations call 250-833-4101. Located in the Blind Bay Market Place.

Sorrento & Area Health Centre - Primary care by Theresa Walters - 250-675-2167. Foot care by Vanna King Tuesdays - 250-574-9969. To book an immunization call 250-833-4101

NORTH SHUSWAP

Live Music at the Hub - July 7 Bran Sanders, July 8 Frapp City, July 9 LooPs, July 15 Daytime Highs, July 16 The Band, July 21 Turtle Valley Band, July 22 Rawnside of Town, July 23 Someone to Blame, July 30 3/4 Crush, Aug 5 Tanner Dawson, Aug 6 Blind Bay Blues Band. OPEN MIC on Sundays at 2pm. FMI shuswaphub.com or 250-955-2002.

Family Movie Night - Mitchell & The Machines, Sat. July 23 at sunset (around 9PM) by the amphitheater in Shuswap Lake Provincial Park.

Great Shuswap Pottery Sale

- July 23 & 24, from 10am to 4pm at Celista Hall. See ad on page 27.

Car Show - Porsche Club of BC will be at Celista Estate Winery on Sunday, July 24. Enjoy a glass of wine and check out the cars.

One Woman Show-Bonnie Kilroe - Sat. July 30 at Lakeview

Community Centre, doors open at 5:30pm. For tickets and more information, contact Marianne 250-517-8365.

2nd annual North Shuswap Fine Art Show on Saturday, August 6 at Celista Estate Winery. Support our local artists. Music by Daveton Jones. Sponsored by NS Chamber.

Splish Splash Art Market -August 6 & 7 from 10am to 4pm at Celista Hall. See ad on page 28.

Shuswap Coffee and Cars -Cruise to the Hub in Scotch Creek every 3rd Sunday of the month. For more info or to become a member of Cruising the Okanagan email : cruisingtheokanagan@gmail. com

Bingo at NS Community Hall - every Monday except stat holidays. Bingo starts at 7:00 pm.

Lions Meat & 50/50 Draw - Saturdays 3-5 pm at the Hub in Scotch Creek.

Adams River Salmon Society's Wednesday Walkabouts - at Tsútswecw Provincial Park. 10 am to 1pm. Interpretive Guides lead you on a 45-60 minute walk. Please bring water, a hat, and have good walking shoes. Free, although donations to support Salmon society outreach programs gratefully accepted. See ad on page 15.

Certified NS First Responder - Red Cross training sessions twice monthly. Join the team and provide valuable service to the community. Attend our meetings on the 1st and the 3rd of the month at 7pm at Celista Firehall. For more information, call Don 250-572-7735.

CHASE

Lakeside Music Series - every Tuesday in July and August from 6:30 to 8:30pm along the shores of the Little Shuswap Lake at Memorial Park. www. chasefestival.ca for the schedule. See ad on page 28.

Chase Curling Club Pancake Breakfast - Sunday July 10, 9am to 11am. Pancakes, sausage, eggs, coffee, juice **Turtle Valley Donkey Refuge**



- Open for Visiting Saturdays and Sundays 10:30am to 3pm until September 11. Or book for Quiet Tuesdays. Email donkeyrefuge@gmail.com or call 250 679-2778. See ad on page 28.

SALMON ARM & AREA

Villains and Vittles Dinner Theatre - at R.J. Haney Heritage Village and Museum. Wednesday, Friday, and Sunday evenings in July and August. For tickets and more information on annual passes, events, or to become a member, volunteer or donor, contact 250-832-5243 or check out the website www. salmonarmmuseum.org. See ad on page 32.

Tuesdays, all summer. Westgate Agenda available approximately 3pm. 6349 Chief Jules Drive, Public Market. See ad on page 26.

Armstrong MetalFest - July 15 and 16 in Armstrong at the IPE Grounds and the Hassen Arena. 28 bands from across Western Canada and the USA. Tickets at www.armstrongmetalfest.ca.

SICAMOUS

Monashee Music Festival

- Featuring 54.40 and much more on July 22 & 23 at Sicamous Dog Park. monasheemusicfestival.com for more information and see ad on page 19.

ONLINE / WEBINARS etc. CSRD Board Meeting

- Thursday, July 21 at 9:30 am. Sunday - Adams Lake Shuswap Cider Co. Live Music - Pre-register at www.csrd.bc.ca. Community Market - 9am to

one week in advance of the meeting.

ONLINE Guided MEDITATION Classes - Tues. & Wed. 7 - 8:15 pm / Topics vary. Register at: www.kmcfv.ca

- watch a 30 minute online

webinar. Pre-register at www. csrd.bc.ca/firesmart 1-888-248-2773. See ad on page 12.

FARMERS MARKETS

Sunday - Scotch Creek Farmers' Market - opens on June 26, 9:30 - am. Located behind The Hub. Fresh produce, plants, crafts and more. See ad on page 22.

Chase

Continued

Wednesday - Celista Farmers Market at North Shuswap Community Hall, starting June 29. 9am to 1pm.

CSRD Learn how you FireSmart Thursday - Market by the Bay at Centennial Field in Blind Bay, 5:30 to 9pm. From June 30 to Sept. 1

> Friday - Chase Home Hardware Field, May 20 to Oct. 7, 10 am to 2 pm.

> Saturday - Sorrento Village Farmers' Market - until October 8. Organic Vegetables, Local Art, Live Music & More. Sorrento Shoppers Plaza 1240 TCH, 8am - noon.

CLASSIFIED ADS MUST BE PAID IN ADVANCE \$8 up to 25 words, 25¢ ea. additional word. \$2 for box-around. Single column Classified Display Ads: \$14.00 for the first inch, then \$2.25 per 1/4 inch thereafter. Email ads to classifieds thescoop@gmail.com or Call/text 250-463-2611. We accept cheques and email money transfers for payment. AUGUST DEADLINE JULY 24 (DELIVERY AUGUST 05)





ORGANIZATIONS ſ,

Arts Council for the South Shuswap Karen Brown 250-515-3276 Blind Bay Bridge Club Vicki 250-675-2141, vicki00@telus.net 4445 Eagle Bay Rd., Chief Alan Rendell, Blind Bay Community Society 250-675-3919, blindbayhall@gmail.com Blind Bay Painters Jean Toker 250-675-5521 jtokersix@gmail.com Blind Bay Garden Club Susan 250-835-2351 **Blind Bay Citizens Patrol** Carolyn & Tom 403-796-7221 info. bbcp@shaw.ca **Carlin Country Market** Angela Inskip 250-833-2094, carlinpac@hotmail.com Carlin Elementary Middle School PAC Angela Inskip 250-833-2094, Carlinpac@hotmail.com Chase Fish & Game Club Helen 250-679-8019 Copper Island Health & Wellness Centre 2417 Golf Course Dr. Blind Bay Market 250-675-3661 **Copper Island Seniors Resource** Services (CISRS) (beside Spinnake r Cafe) 250-675-3661, cisrcbb@gmail.com CRIMESTOPPERS 1-800-222-8477 CSRD Area C Director Paul Demenok 250-517-0810, pdemenok@csrd.bc.ca Cruising the Okanagan Car Club Facebook or email Anna-Marie Eckhart cruisingtheokanagan@gmail.com **Emergency Support Services** Cathy Semchuk and Tom Hansen 250-

833-5927 sep@csrd.bc.ca FIRE DEPARTMENTS Eagle Bay 250-517-0429, EagleBayVFD@csrd.bc.ca Sorrento Hall #1 1164 Passchendale Road, Chief Gary Hoult, 250-517-7980 ShuswapVFD@csrd.bc.ca Sorrento Hall #2 2505 Greer Rd., Chief Gary Hoult, 250-517-7980 ShuswapVFD@csrd.bc.ca Tappen/Sunnybrae 3732 Sunnybrae-Canoe Point Rd., Chief Marc Zaichkowsky, 250-835-8696 TappenSunnybraeVFD@ csrd.bc.ca White Lake 3607 Parri Rd., Chief Bryan Griffin 250-835-4500, WhiteLakeVFD@csrd.bc.ca Fire Services CoordinatorA Sean Coubrough 250-833-5955 scoubrough@csrd.bc.ca FIRST RESPONDERS Debbie Edwards, ssfr@shaw.ca GT Dragon Boat Society Susan Eisenberger 250-803-6864, www.gtdragonboatsociety.ca HEALTH SERVICES South Shuswap Health Services Society Sue McCrae 250-675-3661, http://sshss.ca Sorrento Health Centre 250-675-2167 Sorrento Health Centre Society

Eldene Lindberg 250 675 4168 Lions Club sorrentolionsclub@yahoo.ca / Web: Sorrento Lions Club - Lions e-Clubhouse Neighbourhood Emergency Preparedness Cathy Semchuk and Tom Hansen 250-833-5927 sep@csrd.bc.ca North/ South Shuswap Comm. Resource nsscr@live.ca, Leigh 250-515-4682 Notch Hill Cemetery Society Louise 250-253-5776 Okanagan Regional Library (ORL) South Shuswap Leigh Schaffer 250-675-4818, Ischaffer@orl.bc.ca Blind Bay Market www.orl.bc.ca/branches/south-shuswap ROAD MAINTENANCE Acciona Infrastructure Maintenance Inc - 1-866 222-4204, Vernon Moti 250-503-3664, aimroads@acciona.ca Shuswap Better at Home Central Intake 250-253-2749, sbahintake@outlook.com Shuswap Community Foundation 250-832-5428, www.shuswapfoundation.ca Shuswap Emergency Program Cathy Semchuk and Tom Hansen 250-833-5927 sep@csrd.bc.ca Shuswap Hospice Society 250-832-7099, 250-675-2568 (Sorrento) Shuswap Lake Aero Modelers 1-866-293-3851, info@slams.ca / www.slams.ca Shuswap Theatre Society https://shuswaptheatre.com

Karen Brown 250-515-3276, manager@southshuswapchamber.com Shuswap Volunteer Search & Rescue Luke Gubbles 250-803-1095. shuswapvsar.org Shuswap Tennis sletennisclub@gmail.com Shuswap Waterfront Owners Association (SWOA) info@SWOA.ca / www.SWOA.ca Sorrento Drop In Society 1148 Passchendaele Rd. 250-675-5358, sdis@shaw.ca / www.sdis.ca Sorrento Food Bank Tina Hysop 250-253-3663, sorrentofoodbank.ca Sorrento Lions Club Sorrento Lions Manor. sorrentolionsclub@yahoo.ca Sorrento Minor Ball Geoff 250-804-6923. sorrentominorball@gmail.com South Shuswap Canada Day Committee Tammy Packer 250-463-2495 Turtle Valley Donkey Refuge Shirley 250-679-2778 or donkeyrefuge@gmail.com Victim Services Guy Ramsay 250-679-8638 White Lake Community Hall Society 3617 Parri Road, 778-231-8810, whitelakehall@cablelan.net White Lake Residents Assoc. -(WLRA) info@wlra.ca / www.wlra.ca White Lake New Horizons Seniors **Club** - Gary Loeppky 250-803-2828

South Shuswap Chamber of Commerce

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Please check with your local community hall for more information and scheduled events

Blind Bay Memorial Hall

2510 Blind Bay Rd. 250-675-3139 blindbayhall@gmail.com Facebook: Blind Bay Memorial Hall & Reedman Gallery www.blindbaymemorialhall.ca

<u>Carlin Hall</u>

4051 Myers Rd. Tappen www.carlinhall.net Hall rentals: 250-675-5426 carhall4051@gmail.com

<u>Cedar Heights Community</u> Association 2316 Lakeview Drive, Blind Bay

250-675-2012 www.cedarheightscommunity.ca

Eagle Bay Community Hall

4326 Eagle Bay Rd. www.eaglebayhall.ca Hall rentals: 778-888-7391

Notch Hill Town Hall

1639 Notch Hill Rd. Pres. Anna-Marie Eckhart 250-804-3374 Check us out on Facebook Heritage Rentals - Marianne Romyn 250-835-4721 Notch Hill Hall Events - Amy Berry 250-803-1806

<u>Shuswap Lake Estates</u>

Community Centre sle@shuswaplakeestates.com www.shuswaplakeestates.com 250-675-2523

<u>Sorrento Memorial Hall</u>

1150 Passchendaele Road, 250-675-2222 Sunnybrae Community Hall 3595 Sunnybrae Canoe Point Rd.

Hall Rentals - Rob Milne: 250-835-8657

Facebook.com/SunnybraeCommunityAssociation

sunnybraecommunityassociation. com

<u>Sunnybrae Seniors Hall</u> 3585 Sunnybrae Canoe Pt. Rd. sunnybrae.srs@gmail.com 1-877-452-0719

<u>White Lake Community Hall</u> 3617 Parri Road 250-803-4616 whitelakehall@cablelan.net



