



Friday January 10 ALL MONTH

2025 QUARTER WAY INTO CENTURY

FOUR PREDICTIONS FOR NEXT 20 YEARS

1. Trans Canada will be nearly fully four-laned through the Shuswap. Image, top left, shows the new Tappen bridge. Next big project will be from 97B junction beyond Canoe.
2. Salmon Arm will reach 30,000 from current population of 20,000. Rendering, above left, shows housing proposal for the hillside around Hilltop Inn, 2nd & 8th Ave. NE, one of several new housing subdivisions proposed.
3. The West Bay trail will be completed and there will be continuous trails from Pierre's Point to Raven and from the foreshore to Haney Village.
4. Shuswap and Salmon Arm will feature a more diverse population, and its Indigenous population will be more more represented in the business and arts communities.

► 2nd & 4th Fridays this month

▼ TO-DO'S ■ Online: FriAM.ca ► 1st & 3rd Fridays ► Jan. 10, 2025 • No. 1360 • FREE

Festivities
Art & Film
Concerts
Theatre
Sports 4,5

JANUARY 17 WEEKEND
Salmon Arm hosts the BCHL ALL-STAR games & 41st Reino Keski Salmi LOPPET

HAPPY NEW YEAR
From The Mall at Piccadilly
piccadillymall.com

Real Estate
Purchases • Sales
Mortgages



SALMON ARM NOTARY
Zoë Stevens Notary Corp
3-120 Harbourfront Dr. NE • 250.803.8883
www.salmonarmnotary.ca



Islands of green

> There's plenty of green to see on local yards and fields this mid-winter season, but you're not likely to find anything greener than this turf laid down on the parking lot islands near the entrance to Canadian Tire. The mild weather is expected to turn a little cooler this weekend with possible flurries Friday.



> Another train winds around the curve by a crossing at First Nations Road in the area of the proposed West Bay Trail between Pierre's Point and the Salmon Arm fore-shore, now in the planning and engineering stage.

A Community-owned print & online paper?

■ Now is NOT the time to wrap up *Friday AM* after 28 years of covering Salmon Arm and the Shuswap.

Your semi-retiring editor would love to offer his services as a writer and editor, NOT as the publisher, owner, salesman and delivery guy. Please submit your proposals and interest in transforming this paper into a truly community-owned and operated model to: fridayam@shaw.ca by Jan. 3. We will go from there.

Club Shuswap Golf & RV

Is looking for a food truck vendor for the upcoming golf season



2-3 days per month on weekends .. or more
email golfpro@clubshuswap.com

FRIDAY AM

NO. 1360

January All Month
EDITOR & PUBLISHER

Lorne Reimer
250.833-1141

fridayam@shaw.ca

DROP-OFFS

Hucul Printing 471 - 5th St SW
DEADLINES

Tuesday Noon

CIRCULATION

All Month (1st Fri) 4,500
Mid-Month (3rd Fri) 3,200
FriAM.ca: Worldwide

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

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



LAKESIDE HEALTH

Welcomes

Nouh Turki
Manual Osteopathy
Treatment for all ages.

Cranial Sacral

Structural Therapy

Visceral Manipulation

250-833-5899

Scan to Book

Headaches	Whiplash
Sciatica	Post concussion
Back pain	Acid reflux
Birth trauma	Stress disorders
Chronic sinusitis	Improve posture
Incontinence	And more...!



Online at FriAM.ca

Welcome

2025

HAPPY NEW YEAR

TEKAMAR

mortgages

250-832-8766
info@tekamar.ca
www.tekamar.ca

Contact us TODAY!



Robert's Pick of the Week
2021 Toyota VENZA Limited

4 dr. • All Wheel Drive
97,712 kms • Hybrid
\$39,997



Stock # 040797P **Proof**
salmonarmtoyota.ca • 832-9433 DLR 30465

SALMON ARM



Sit and Sleep Gallery

Furniture & Mattresses
Home Decor
La-Z-Boy Comfort Studio

1701-10th ave SW (beside Buckerfields)

PAGE 3

AM

JANUARY ALL MONTH

Tumultuous year for politics

Canada mostly sits on the sidelines of US politics as we munch on popcorn while watching all the drama unfold on 24/7 cable news.

No such luck this first month of 2025.

Who knew that Trump's MAGA slogan, 'Make America Great Again', actually means a return to imperial Manifest Destiny, and a throwback to kleptocracy over democracy?

So where does Canada fit into all this? The president-elect has been non-stop trolling our nation, most recently stating at a news conference Tuesday that the US can take over the Panama Canal and Greenland by military force, and make Canada "the 51st State" through economic means by imposing huge tariffs.

He even absurdly suggested that Hockey great Wayne Gretzky be Canada's "State governor"

Trump is taking credit for Trudeau stepping down; Canadian multi-millionaire and reality TV host Kevin O'Leary has gone to Mar a Lago to discuss Canada's

> One cannot invent a more powerful metaphor for these uncertain times than this actual news image of a Tesla cyber truck burning in front of a Trump hotel in Vegas.



Washington Post photo

MOLEHILLS

Lorne Reimer



merger; and 13 per cent of Canadians polled say they are open to the idea of joining the US.

2025 will most likely turn into a tumultuous year of politics in the US, Canada and around the world, in large part due to the posturing of an unpredictable driven man.

On the bright side is the celebration of the life and example of former president and humanitarian Jimmy Carter who passed away at age 100 during the holiday season. Flags will continue half mast on Inauguration day.

The sheer length of *Friday AM's* annual Passages page is a jarring reminder that we are all placed on this planet for a finite time. It is sad to see how many folks left us this past year. This list serves as one way to remember and honour them.

But for every loss there are tales of resilience and survival. I give you the examples of Salmon Arm's Maggie Manning and Chase's John Perkins. Only a few months ago Maggie was competing on Team Canada in international sled hockey. Then out of the blue, this past month, she post consciousness, set off code blue, was resuscitated and placed on life support. "Life is fragile and unpredictable," she said after coming to. "We never know what is waiting for us around the corner."

John Perkins collided head on with a logging truck in the Grand Prairie area. He has no recollection of it as he lies in an Edmonton hospital all cut up with a broken femur, neck, spine, hand and humerus, yet he is alive - not paralyzed - and in good spirits. ■



> Maggie Manning surviving ten days in intensive care.

PEDRO GONZALES

Farm Fresh PRODUCE & GARDEN

NAVEL ORANGES
Fresh, sweet, juicy California premium

\$1.29 lb.
\$10 for 8 lbs.



3390 10th Ave. SW • www.pedros.ca • 250.832-4919

50% OFF
UPPER LEVEL SALE
ONE WEEK ONLY

This Seasons' Must-Haves!



wearabouts
Clothing Co.

For you
...or for giving!

START YOUR ADVENTURE LOCALLY! DOWNTOWN SALMON ARM

wearabouts.ca



CINDY DERKAZ LL.B.

REALTOR®

DECISIONS MADE EASIER

CELL 250.253.2684



INDEPENDENTLY OWNED AND OPERATED



WE BUY/SELL/TRADE ALL GOLD, SILVER AND COIN COLLECTIONS!

250-864-3521

Festivities

2 BIG SPORTING EVENTS, Jan. 17-19 weekend!

- > **BCHL All-Star weekend** - Jan. 17-19, Rogers Rink.
- > **Reino Keski Salmi Loppet** - Jan. 18, Larch Hills
- > **Robbie Burns Dinner** - Jan. 23, 5th Ave. 55 Plus Centre, Jan. 25, Sicamous Legion.
- > **Grit Kit & Dragon's Den deput** - Jan. 16 / P.5
- > **Unplug & Play Family Literacy Week** - Jan. 25 to Feb. 1. Watch for events list at shuswapliteracy.ca.
- > **Vernon Winter Carnival** - Feb. 7 to 16.
- > **Family Day** - Feb. 17
- > **Heritage Week** - Feb. 17-25 at Piccadilly Mall.
- > **Film Festival** - Feb. 21-Mar. 1. See 'Movies' below.
- > **Music Festival** - April 7 to May 2. Register online to Jan. 31 at ShuswapFestival.com

Arts

- > **Overflow** - Curated by Grade 10 art Jackson students on topics of fears and phobias, and how art is used to express emotion, opening Jan. 25, runs to Mar. 15 at the Salmon Arm Art Gallery.
- > **Cardiff Miller Art Warehouse** - 11-5, Sat, Sun, Enderby, former Ashley store. New exhibits.

Concerts

- > **SA Jazz club** - Shows at 7, by donation at Nexus at First.
- **Karen Wiseman Quintet**, Jan. 9. Drawing from the vocal legends.
- **Alexander Ward Quartet**, Jan. 23 Kamloops jazz pianist
- > **Coffeehouse circuit** - Oct. to May. All 7 pm except Sunnybrae.
- **Celista & Grindrod** 1st Fri
- **Carlin**, 1st Sat • **SA Legion**, 2nd Fri.
- **Sunnybrae**, 2nd Sat
- **Enderby Srs. Centre**, 3rd Fri.
- **Gleneden**, 3rd Sat.
- **SA Elks Hall**, 4th Fri.
- **Silver Creek & Eagle Bay**, 4th Sat
- **Blind Bay's 1st coffeehouse**, Jan. 31
- **Shuswap Writers**, 4th Fri. Next in January at First Community.
- > **Catherine MacLellan** - daughter of composer of *Snowbird* and *Put your hand in the hand*, her music reflects deep connection to PEI. Jan. 30, Song Sparrow Hall.



live & dance

- > **Marionette Winery**, Evan Symons, 7 pm, Jan. 10.
- > **Copper Island Pub** • Jams with Blind Bay Blues Band, Tuesdays.
- > **SUS Underground (Ranchero)** - Wild West Tour, 7 pm, Jan. 11 with Otis Davis, King Create, Profound X/essive and more.
- > **Sicamous Legion** - Dale Trenholm, 3-6 pm, Sundays.
- > **Red Barn** - Music Bingo & Trivia Night, 7 pm, Jan. 10.
- > **Fifth Ave. 55 Plus Centre** - Valentine's Dance & Auction, Feb. 14. Horse show fundraiser. 250-804-1723
- > **SA Legion** • Kelly Belanger dinner/dance, Jan. 25 • Open Mic, Jan 10.
- > **Gleneden Hall dance** • 7 pm, Feb. 1.

- > **January Jollies variety show** - 7pm, Jan. 31, Nexus at First United. By donation.
- > **Shuswap Carol** - 7 pm, Feb. 8, Song Sparrow Hall. Celebrate winter season with a fundraiser concert featuring local artists for Second Harvest Food Bank. \$20 or \$10 youth.
- > **Alex Cuba** - Jan. 25, Vernon.
- > **Snowed in Comedy tour** - 7:30, Feb. 6, Prestige Resort. Paul Myrehaug, Pete Zedlachler, Erica Sigurdson, Dan Quinn.
- > **Jaeden Izik-Dzurko recital** - Rotary Centre, Kelowna, Mar. 21. Another chance if you missed Jan. 4 recital in Salmon Arm. Tickets going fast.
- > **Sue Foley** - Mar. 11, Song Sparrow Hall. rootsandblues.ca. Sorry, sold out, Mar. 11
- > **Kamloops Symphony** - Next Salmon Arm concert, Feb. 9 • Music of Who & Led Zeppe- lin, Jan. 10, 11 in Kamloops.
- > **OSO** - 'Rachmaninoff & Glazunov, Feb. 9. Vernon PAC
- > **Ethan Askey and the Elevators** - April 26.

Theatre

- > **Mean Girls Jr.** - 6 pm, Jan. 14-18, SAS Musical Theatre. Also 2 pm show, Jan. 18
- > **Halfway Theatre** - Feb. 21 to March 9, Shuswap Theatre. A doctor wanders into a Nova Scotia small town to start a new life. Also at Shuswap Theatre. Play Reading Group, Jan. 29.
- > **True Story of Circus Gothic** - 2 pm, Jan. 26, Lakeview Centre, Anglemont.

Sports

- > **Silverbacks HOME:**
- 6 pm, Jan. 11 vs. Blackfalds
- 6 pm, Jan. 25 vs. Okotoks
- 7 pm, Jan. 31 vs. Brooks
- 6 pm, Feb. 8 vs. Sherwood Park
- 2 pm, Feb. 17 vs. Vernon
- 7 pm, Feb. 21, vs. Pentiction
- AWAY: Pentiction, Jan.10; West Kelowna, Jan.24 & Feb.7; Trail, Feb.15.
- > **Curling - Stick Bonspiel** Jan. 18/ 19 • **Men's Bonspiel**, Jan. 26, 17
- > **BCHL All-Star weekend** - Jan. 17-19, Rogers Rink.
- > **Reino Keski Salmi Loppet** - Jan. 18, Larch Hills. Also Pirate Loppet, Jan. 31 and Okanagan Cup Race, Feb. 8.
- > **Thrash Wrestling 'Wild Card'** - 7:30, Feb. 8, SASCU Recreation Centre. Tix Eco Treats.
- ☐ SportSpot - P. 21

at the movies

- > **SALMAR GRAND**
- **Jan. 10 to 16** • salmarthatre.com
- **A Complete Unknown**. 1:30, Sat. & Sun; 6:30 nightly. 19-year-old Minnesotan named Bob Dylan arrives in Greenwich Village music scene, destined to change the course of American music. (14A coarse lang, violence)
- **Mufasa: The Lion King**. 1:45 Sat. & Sun; 6:50 nightly. The unlikely rise of the beloved king of the Pride Lands, 'Mufasa'. (G viol)
- **Sonic the Hedgehog 3**. 1:45 Sat. & Sun; 6:40 nightly. Sonic, Knuckles and Tails reunite against a powerful new adversary. (PG violence)
- **Den of Thieves 2: Pantera**. 1:30 Sat. & Sun; 6:40 nightly. To foil the plot of a massive heist of world's largest diamond exchange. (14A violence)
- > **SALMAR CLASSIC**
- **Shuswap Film Society** • shuswapfilm.net
- **Sweetland** (Canada) 5 pm, Jan. 11. An endangered Newfoundland community and one determined man to resist its extinction.



- young twins after his second wife leaves him.
- **Chosen Family** (US) 5:00, Feb. 8. Yoga teacher trying to find inner peace despite a manic family and miserable dating life
- **Across River and Into the Trees** (US/ Italy) 5:00, Feb. 15. War drama adapted from 1950 Ernest Hemingway novel.
- **Film Festival**, Feb. 21-Mar. 1. Titles TBA
- **LIVE from N.Y. MET OPERA**
- **Aida**, 9:30 am, Jan. 25. Ethiopian Princess is torn between love and country. Soprano Angel Blue makes her long waited NY Met debut. /P.7

Saturday Night (US)

- 7:30, Jan. 17, 18; 4:00 & 7:30, Jan. 19. Comedy/ drama on the story behind the 1975 premiere of NBC's SNL.
- **Queens**, 5:00, Jan. 25. A trio of women on the run and adventure.
- **Goodrich** (US) 5:00, Feb. 1. A father (Keaton) seeks help of his adult daughter to raise his

city lights

- ▶ **vernon** • ticketseller.ca
- **Creekside (C)** • Perform. Arts (P)
- **Dominic Miller**, Jan. 14 (P) (Sting's guitarist)
- **Madison Violet**, Jan. 22, Jazz club
- **Alex Cuba**, Jan. 25 (P)
- **Dawn Pemberton**, Jan. 25 (C)
- **Jake Vaadelan & Sturgeon River Boys**, Jan. 26 (C)
- **Ballet Jorgen: Sleeping Beauty**, Feb. 6
- **Snowed in Comedy Tour**, Feb. 7 (P)
- **OSO** 'Rachmaninoff & Glazunov, Feb. 9
- **CBC The Debaters Live**, Feb. 14.
- **Vernon Winter Carnival**, Feb. 7-16.
- **Ophelia Chooses**, Feb. 19-Mar. 1. PowH.
- **Michael Jackson tribute**, Feb. 28. (P)
- ▶ **Kelowna**
- **Sum 41**, Jan. 14 • **Mother Mother**, Feb. 21
- ▶ **Pentiction**
- **Globetrotters**, Jan. 28
- **BTO, April Wine, Head Pins**, April 4
- ▶ **Vancouver**
- **Canucks**, Jan. 16, 18, 21, 23, 25, Feb. 2, 4, 8
- **SVNS VAN**, Feb. 21-23, BC Place

Greetings & Stuff

There are many ways to say hello. We can say, "Greetings" which is very formal. Or we can say "Howdy", which is very informal and what you would say if you were a cowboy. We can say "Hail, fellow! Well met," which would be a cheerful greeting typical in 1589. Or we can say merely "Yo" if we are dedicated to brevity (or are Rocky Balboa). "Ahoy!" is a good one if you're a keen reader of nautical adventures or pirate yarns.

Or one could just say "Hello," which is simple and humble and it's where I think I will begin.

Hello. My name is M. D. Jackson and I am a writer. I have written mostly non-fiction as M. D. Jackson for several websites and print publications, most recently for the (now defunct) *Shuswap Magazine*. (Though if you were to look up a fiction writer named Jack Mackenzie, you would certainly notice that he and I bear a very strong resemblance to one another).

I am taking over the duties of writing this column from my friend Kay McCracken. I'm renaming it and moving right in with my own tone and sense of humour, but, as Kay previously did, I will still be highlighting the events that are being presented by the Shuswap Association of Writers, in particular the Word on the Lake Writer's Festival.

So, to start with the basics, the Word on the Lake Festival happens in Salmon Arm at the Prestige Harbourfront Hotel. It happens May 16 and 17 at the hotel and then moves to the campus of Okanagan College for the final day, Sunday, May 18. The festival will have workshops and entertainment and contests as well as a banquet, readings and music.

The presenters at the festival are a diverse group of Canadian writers, songwriters and publishers which is still growing. Next month I will focus on some of the presenters who will be visiting our area and who will be putting on workshops during the festival.

You can always visit wordonthelake-writersfestival.com to get more information. I will be there and I hope to see you there as well.

Then maybe we can say "Hello"! ■

☐ *Welcome my good friend, M.D. Jackson as he writes on the Shuswap writing community each month in the All Month issue of Friday AM. All the best to Kay, handing off her column after two decades of dedication.*

THE WRITE STUFF

M.D. Jackson



■ Watch 'Dragon Den's' pitch debut on the big screen and the Grit Kit (Toxic free eye block) launch with Missy and son Evan, 5:30-8:30, Jan. 16 at Song Sparrow Hall. Keynote speaker - Aaron Volpatti, author & former NHL player. Goal to raise \$150,000 for KitSport Canada to ensure no child is left on the sidelines. Game Play try on stations, snacks & refreshments, speaker panel, photo booth & more. Ticket info. at mismack.com

You're Invited

- > **Pancake Breakfast**, 8-11:30, Jan. 12, 5th Ave. 55Plus Centre. Eggs, pan fried or scrambled, ham, sausage, Pancakes, (strawberries & whipped cream), coffee or tea, \$12 age 5+
- > **Shuswap Makerspace**- Pen Making workshop, 12-3, Jan. 14. Register inovatesa.ca. Watch for next Repair Cafe.
- > **Peace n' Pizza**, 5:30, Dec. 20. First Community. (3rd Fridays, by donation). Building Humanity through story-telling and listening.
- > **Health-Care Auxiliary**, 1:30, 3rd Tuesdays at the hospital's board room.
- > **Fly at Night**, 6-8 pm, Tues & Wed., Children's association. fly@shuswapchildrens.ca
- > **Staying Positive in a Conflicted World** -from a Baha'i Perspective , 1-2 pm, Dec. 14, Piccadillyl (across from office). 250-804-8657.
- > **SA council**, 2:30, Jan. 13, 27.
- > **CSRD**, 9:30, Jan. 16. > **SD83**, 6 pm, Jan. 21
- > **Free Lunches**, 11 to 1, Wednesdays, First

- Community on Okanagan Ave.
- > **Shuswap Trails Alliance** - Round Table Working group, 9 pm, Jan. 17, White Lake. Online auction starts Feb. 7.
- > **Meditation Midweek Downtown** - 7-8 pm, Thursdays, 450 Okanagan, (off 4th St. SE).
- > **Garden Club**, 7 pm, 4th Tues, Fifth Ave.
- > **She Wolf Women's Empowerment summit**, Jan. 11 2025, Splatsin Centre. eventbrite.com
- > **SA Toastmasters**, 7 pm, Thursdays, 5th Ave Centre. Lorraine 514-898-1776.
- > **Robbie Burns Dinner**, Jan. 23, 5th Ave. 55+ Centre. Tix \$30 at Centre office
- > **Kindergarten/ French Immersion / Outdoor Learning registration**, from 9 am, Jan. 15 and throughout school year. Also an information session for parents for each of the programs of choice.
- > **Pro-D days** - Secondary schools only, Jan. 28. School district wide, Feb. 14

Eric's Shuswap Automotive



Friendly & Professional Automotive Repairs

■ Call 250-832-7543
2560-10th Ave SW
U-Haul 250-832-2310

Stay linked to community 93.7 FM



the VOICE

For info & programming voiceoftheshuswap.ca

January

...in the Shuswap



HUCUL PRINTING LTD 250.832.5054



Silverbacks' away games at Setters Pub

The Silverbacks have an away game. The screens are up and ready to stream at Setters Pub.

The opening play. A man and woman being seated and ordering their drinks. Two Ricochet brewing companies Silverbacks Lager. Within minutes it is delivered to their table. They make their order and wait. The man is holding his lager as their food arrives.

He puts down his drink. Carefully, he looks out over his plate. The fries are in the cage. The Smash burger is to the left. He leans in and picks up the burger and gages where he can take the first bite.

He takes aim, starts to open his mouth and.. INTERCEPTED by a hand above the table! Snatched from him, he sees her take the



FOODIE'S SCOOP
Frances Simpson

first bite. "This is really good"! She says with a glint in her eyes. She puts it back on his plate. Gaining composure, he goes for his net of fries, takes one and stares at her while swirling it in the ketchup. He waits for an opening so he can take his shot and grab her Chicken Burger.

Who won on that game day, you might ask? Well, Salmon Arm Minor Hockey of course with \$1 being donated for every Smash Burger or stuffed Chicken Burger sold.

Who will win the SA Silverbacks tickets? Well, that depends on who comes up the hill to Setters Pub for a very scrumptious meal and then enters.

Who always wins is anyone served by the pub's bubbly effervescent staff who really make dining there a pleasure.

Who won between the man and the woman? Well, maybe a judge should decide.

☐ *Frances Simpson writes each month on the people and food that make up the Shuswap restaurant scene.*



> Watch Silverback away games on the big screen at Setters Pub.

RESOLUTIONS



MALL ARKEY
Daron Mayes

I say it every year, but with the turning of the calendar it is hard not to ask where has the time gone as we enter 2025. Most kids in college were born long after Y2K. How crazy is that?!

At the start of the year, the Junior Bean Counter helps me come up with a new set of New Year's resolutions so here we go...

■ Duma the Cat is wavering in her old age, but we've given her the first resolution of increasing her quota of mice. She is getting old, but maybe if we set her a goal, she will be more motivated.

■ Jasper the Dog's turn. He is getting hard of hearing in his old age. I am not sure if it is that he can't hear or like a lot of people as they age, he is choosing to be selective in his listening. So, his 2025 resolution is to come when he is called and avoid the neighbour's horse manure.

■ Bucky my granddog's resolution is to stop chewing and swallowing everything he lays his eyes on.

■ After stuffing himself over Christmas, Mall Arkey Junior (me) will go for a walk a couple times a week... or at least think about going for a walk! I thought I heard you can burn calories just thinking about stuff.

■ I'll give my new grandson all the things I wouldn't let his dad have because there are no rules for grandparents. That is just what we do!

■ The Junior Bean Counter will reduce the amount of trash talking of his father when playing board games. That used to be my job, but I guess that is what happens when you are supplanted as the one who usually wins games in the house. I didn't tell him I would slip this one in!

■ The Junior Bean Counter will cheer for my football team (Denver Broncos) in the playoffs this year after an abysmal year by his team (New England Patriots).

■ As usual the final resolution is for us all and that is to ensure we enjoy life. We live in a beautiful part of the world so get out there and enjoy it. Just so long as I don't pull my hamstring!

Happy New Year everyone and all the best with your own resolutions!

☐ *Daron Mayes is an investment advisor at Centenoka Mall. His column runs monthly in the All Month issue.*

Professional Organizer

Declutter - Organizing
Mudrooms - Basements
Design - Room Makeover
Downsizing - Senior Living
Rental Suite Set Up
Estates
Storage Unit
Businesses
Moving In - Out of Home

clearawaythecatternow@gmail.com
Melissa Nelson: 403 502 3454
Salmon Arm - Shuswap

POC OPC Licensed & Insured

PROFESSIONAL ORGANIZERS IN CANADA ORGANISATEURS PROFESSIONNELS EN ALGÈBRE

Terry Greenhough

Studio 16 Art Works

250.832.3980
or 250.832.5899
itsgreen@telus.net
3350 16th Avenue NE
Order prints & originals
online TerryGreenhough.ca

**PICTURE FRAMING.
GALLERY VIEWING BY APPT.**

RETRO HAUS

VINTAGE-RETRO-ANTIQUE
DECOR, FASHION, HOUSEHOLD,
FURNITURE AND MORE.

WE ARE LOCATED:
IN THE ALLEY
BEHIND PHARMASAVE

Salmon Arm **Legion** Br. 62

Always welcoming members & non-members with best prices in town!

COMING & ONGOING

Dinner & Dance with Kelly Belanger, 7:30, Jan. 25th
Open Mic night, Jan. 10th

Meat Draws Sat • Jams • Tues & Fri. • Burger & Beer Fridays • Game Night Thursdays

150 Lakeshore Dr. NW • salmonarmlegion. Book at 250.832-3687 BC Gaming #146987

READING ROOM

by Melanie Wilke, Reference librarian, SA Branch

One community reads

Winter celebrations have wound up and we still have some cool, grey days ahead. This can be a slow and challenging time of the year to navigate, but Salmon Arm Library has some interesting activities to pull you through the doldrums! We are inviting you to join *One Book, One Community Reads*. This is an opportunity for connect with your community, by reading and discussing a book with your neighbours, old friends – and friends you haven't met yet!

The book we are discussing is *The Sleeping Car Porter* by Suzette Mayr. This Canadian historical fiction takes us on a cross-country train trip in 1929, through the eyes of Baxter, a passenger train porter. In 1929, being a passenger train porter was fraught with challenges. R.T. Baxter greets you at the train, loads your luggage, escorts you to your compartment, gets you water, gets you liquor, gets you a sandwich, tells you the train's schedule, shines your shoes, offers comfort, watches your child, cleans your toilet, makes your bed and generally doesn't sleep. His duties run around the clock and offer few sympathies for missteps.

Baxter is judged for being Black, judged for being gay and the train's passengers can say anything they like to earn him demerits or even jail time (*Kirkus Reviews*). Delving into these themes of racism, discrimination and isolation, offer us a chance to explore some of Canada's dark past, and to evaluate where Canada stands today.

We will have library displays, an interactive comment board, and will be hosting a book club discussion on Feb. 8 at 2pm. Maybe you would like to interact with one of those activities, or your book club would like to read and discuss, or you would just like to check out this fantastic novel on your own! This is a chance to get out of our houses, expand our minds, and connect as a community.

Another fun way to beat the winter doldrums is drumming. We are hosting an introductory drumming workshop on January 13 and then following it up with a monthly drum circle on the 4th Monday of every month. Drumming reduces stress, builds confidence, strengthens muscles and teaches new skills; those sound like great ways to bring in the New Year.

If you are like many of us, it's easy to make a New Year's Resolution, but so much harder to keep it. If you are wanting to learn more about goal setting, come and join our Goal Setting workshop on Jan. 21. Or, if you need some group accountability, we have a group meeting every Tuesday at 3:30 who can help keep you on task. With all this extra support, this is your year!

☐ [Visit orl.bc.ca](http://visit.orl.bc.ca) for more information



South Shuswap Library Branch

■ **CHILDREN PROGRAMS** - *Mother Goose with Rebecca*. songs, rhymes, fingerplays, 10:15 am, Fridays.

■ **ADULT PROGRAMS** - *Readers' Theatre*, 1-3pm, Jan. 7. Read a script together • *Page Turners Book Club*, 1 pm, 1st Thursdays. Registration required, 250-675-4818. • *Knitting Circle*, 10:15 am, drop-in 1st/3rd Fridays • *VisionBoard making*, noon to 4, Jan. 11. help with goal setting for the new year.. • *Writer's Nook*, 1-3, 2nd & 4th Tuesdays • *Readers' Theatre*, 1-3, 1st/3rd Tuesdays • plus *Guided Meditation Circles* • Cyber Seniors computer one-on-one tutoring (250-463-4555) ■

All Month: SALMON
Mid Month: ARM

Next edition Jan. 24th
Normally 1st & 3rd Fridays
Online at FriAM.ca

Jaeden performs to his hometown

Happy New Year to all. Along with time honoured wishes for health, happiness, joy and peace, I wish everyone a year filled with music that engages our emotions and uplifts our souls.

Jaeden Izik-Dzurko gave a recital to a packed house at The Nexus. Extra chairs were set up, listeners seated in pews moved together to allow others in and about 50 had to be turned away.

The atmosphere was electric in anticipation. As Jaeden stepped onto the stage cheers and applause erupted to greet Salmon Arm's own extraordinary pianist. Pride and love surrounded this young performer who was home to visit his family and perform for his community in return for donations to Second Harvest.

He played Alexander Scriabin, *Fantasia in B minor, Op 28*; Maurice Ravel, *Mirrors III and IV*; and Nikolai Medtner, *Sonata Minacciosa in F minor, Op. 53, No. 2* in the first half. The audience was abuzz with delight and marvel at this young man's amazing dexterity and virtuosity.

One friend commented, 'my hands are sore just watching him play'. Before the second half Jaeden thanked the audience for their support, recognized his grandmother visiting Salmon Arm and dedicated the concert to his mother, Patricia, on her birthday. I cannot imagine a more perfect birthday gift from a son to his mother. The concert concluded with Sergei Rachmaninoff, *Sonata No. 1 in D minor, Op. 28*.

After this thrilling performance the audience rose to their feet as one to cheer and applaud and Jaeden rewarded with an encore.

He came to chat with audience members at a lovely post-concert

CLASSICAL
VIBE



Gabriele Klein

reception. One patron commented: "We are so fortunate to be able to hear a world-class pianist right here in Salmon Arm".

After winning several piano competitions in recent years, capped by the prestigious Leeds in England in 2024, Jaeden now lives in Detmold, Germany to be close to European performances and studies

in Rome with pianist Benedetto Lupo.

All of Salmon Arm, is proud of Jaeden, his talent, hard work and accomplishments.



The Met: Live in HD will start the opera year with *AiDA*, the grandest of grand operas. Be prepared for the thrilling grand march, the heartbreaking love triangle, and the passion for honour, duty, country and of course, love. Big emotions! The opera is at 9:30 am, Jan. 25 at the Salmar



Classic

The spectacular new staging of *Aida* by director Michael Mayer brings ancient Egypt to life by taking audiences inside the towering pyramids and gilded tombs with intricate projections and dazzling animations.

Set in ancient Egypt and packed with magnificent choruses, dramatic arias, complex ensembles and elaborate ballets, the opera never loses sight of its three protagonists. Amneris, the proud daughter of the pharaoh, her slave Aida, who is the princess of the rival kingdom Ethiopia, and Radames, the Egyptian warrior they both love.

Mark your calendars for 3 pm, Feb. 9 at the Nexus when the Kamloops Symphony presents another Salmon Arm program that includes Mendelssohn's 'Scottish Symphony', and the Innu soprano, Elisabeth St-Gelais singing Wagner's "Wesendonck Lieder."

☐ *Gabrielle reviews each month.*

PASSAGES OF 2024

^ Centenarian • * 55 or under • **Bold: Recent**
 Alphabetical; Known first name then last name
RECENT PASSAGES LIST on Page 13

~A-D~	Ethel Clarke	Per Gabrielli	David Hutchison*	Sharon Marchand	Margaret Pinyon	Ruth Smith
Gwendolyn Aasen	Gary Clement	Marion Gamble	~I-M~	Corinne Marineau	Yvonne Pizzezy	Garlin Smith*
Jean Abbott^	Deborah Cloutier	Genevieve Garner	Frank Illes	Blanche Marshall	Waylon Pointer	Virginia Smith
Florence Abney	Marilyn Cole	Land Garrow	Beverley Ingram	Brandy Lee Martin*	Helen Postnikoff	Merle Snider
Linda Adama	Eunice Coley	Caroline George	Bliss Innis	Randall Martin	Al Poulis	Brody Solbakken*
Emilie Aeyelts	Darrel Collins	Beth Gerault	Clint Irving	Bernard Mayer	Betty Powell	Robert Solinger
Lois Agar	Michael Colmorgen	David Gervais	Janice Isaac	Jeremy Mazur	Lynne Proznick	Holger Sonntag
Douglas Agnew	Tyler Conklin*	Barry Gildersleve	Myrna Isackson	Wesley McCulloch	Myrna Proznick	Bill Sorensen
David Aitken	Marion Conron	Sherry Gilroy	Gloria Jackson	Edith McEwen^	Sherry Preston	Phyllis Spencer
Steven Allen*	Lauren Cote*	Tim Gollan	Reinhold Janke	Spencer McIvor	Roy Prevost	Ted Squire
Harold Allinott	Rita Cronquist	Gary Goodridge	Henry Jans	Joe McKillop	Frances Price	Dieter Staengle
Duane Amundrud	'Rosco' Crooks	James Goodridge	Kathryn Jarosinski	Lois McLean	Ryan Price	Patrick Stanford
Evelyn Anderson	Nannette Crossley	Linda Gordon	Katherine Johnny	Carol McLellan	Collin Pringle	Evelyn Stark
Bradley Antchak*	Bill Crotty	Helen Gowans	Ike Johnson	Joan McManus	Mary Proteau	Guy Stedman
Jack Appel	Ole Cumming	Ray Gowriluk	Danny Johnston	Dan McPherson	Peter Pukas	Jim Steele
James Armstrong*	Dennis Cutler	Judy Graham	Pamela Jones	Mary Melvin	Edra Querin	Brent Stevens
Fred Attfeld	Donald Dalton	Robert Graham	Ruth Jones	Peter Merton	Eileen Quiring	Millie Stevenson
Joyce Aubert	Tony Danczak	Janice Granger	Minnie Kalinek	Glendon Middlestead	Gerald Radcliffe	Gerri Stewart
Ilse Aust	Bonnie Davidson-	Thomas Granger	Lyle Kazakoff	Emma Mier	Michael Rahn	Sylvia Stewart
Reg Ayre	Dodge	Clayton Grant	Faye Keehn	Wesley Millis*	Leonardus Ramakers	Karen Stockland
Victor Babcock	Hazel Davis	Ronald Grant	Cheree Kehler	Marilyn Mills	Doug Rawson	John Storey
Shirley Ball	Sadie Davy	Helen Gray	Jim Kenaken	Roy Mills	Richard Reay	Harry Stripling
Kaylee Bannister*	Heather De Bortoli	David Green*	Ken Kermack	Kensel Mitchell	Lloyd Reed	Mary Stuart
Virginia Barkman	Lyvonne De Bruin	Loretta Greenough	Patricia Kersey	Russell Montgomery	Norm Reimer	Gerald Stuebing
Jerry Baron	Ruth Dean	Marie Greer	Joseph Kilmier	Ray Moore	Tilman Reuter	Robin Suddaby
David Barry	Roy Decker	Thomas Grier	Robert Klepacz	Joseph Moret	Louis Rewita	Jesse Sundmark*
Bettie Baxter	Kathleen Delay	Merle Grott	Marvin Knight	Ernie Morgan	Tobiah Riley*	Ronald Surry
Barbara Beazley	Lynn Demoline	Peter Grout	Gail Koo	James Morgan	Dennis Roberts	Paul Sutton
Jennifer Beer*	Willy Den Biesen	Gustav Gustafson	Delmer Kotowsky	Paul Morris	Raymond Robertson	Gary Sweetnam
Edith Bell	Carmen Denton	Doris Gwin	Joan Kraft	Erika Motherwell	Marilyn Robinson	Elizabeth Szabo
Cary Benson*	Judy Derksen	Lorelie Hackl	Felix Kraus	Anne Mowers	Elsie Rodwell	Hans Szikora
Marilynn Bentley	Fabiola Desloges	Francis Hagel	Evelyn Lamb	Marilyn Munson	Morrie Roegele	Louise Taylor
Megan Bentley*	Georges Desloges	Kilmer Hagen	Albert Lamoureux	~N-R~	Andreas	Brian Thomas*
Edith Berglund	Nellie Dewitt	Audrey Hall	Udo Langheinrich	Romeo Red'Nadeau	Roland-Nachtigall	Rhonda Thompson
Neil Berglund	George Dimion	Jim Hall	Joyce Larsen	Wayne Nechavatel	Derrick Roots	Loni Thomson
Linda Bexten	Court	Bob Haller	Wally Larsen	Sharon New	Doris Roth	Annie Tikkanen
Judy Bird	Mary Doebert	Courtenay Dobbie*	Larry Larson	Gerald Nickason	James Rowe	Sharon Tisdale
Ryan Blanchard*	Christine Doerffling	Lesley Hallett	Rita Lauridsen	Don Nickolson	Linda Rowse	Ross Townsend
Raymond Blois	Norm Doucette	Gail Hamilton	Edna Lawn	Jim Nickles	Cyril Roy	Clyde Tucker
Maureen Booth	Martina Douglas	Tim Hanel	Lena Lawson	Donald Oaks	~S-Z~	Laura Lee
Kenneth Bourgeau	Catherine Downie	Arv Hansen	Irene Leis	Shannon O'Neill	Adelka Sadlwynk	Vanden Bosch*
Freda Bowman	Pierrette Druar^	Hank Harder	Dave Le Mieux	Harry Olenyk	Max Sagesser	Tony Volpatti
June Bracken	Robert Duell	Valerie Harrison	Victor Lethbridge	Jim Olichny	Robert Salter	Dennis Walker
Ina Branson	June Dunphy	Justin Hart*	Gloria Lewis	Erik Olson	Dawn Sanderson	Mel Walters
Bill Brau	Edwin Dunn	Hertha Haslop	June Lewis	Fred Olsson	Shawntelle Savard*	Angie Wangler
Terry Braybrook	Gladys Dyer	Paul Haugaard	Matt Lien*	Joan Olsson	Tony Say	Doug Watson
Bill Brett	~E-H~	Dianne Head	Terry Linn	Donald Oryall	Terry Schier	Gary Weippert
Wray Brook	Gary Eamor	Dennis Hemeyer	Arthur Lipscomb	Jacqueline Oshvalda*	Henry Schmidt	Garry West
Catherine Brookes	June Edwards	Lorraine Henderson	Gary Little	Donald Paget	Ivy Schultz	Tim Weygandt
Gary Bruys	Ole Ekren	Joan Hendy^	Adrienne Lucas*	Nancy Pahl	Thomas Schwandt	Dani Wheeler
Peter Budda	James Eliason	Clinton Henry	Eileen Loewen	Bob Paillé	Morgan Schwarne	Marilyn White
Robert Burke	Arthur Elliott	Lynza Henzke*	Linda Lucas	Keneth Parker	Harry Schwarz	Robert White
Bob Burns	Ken English	Roy Hetherington	Garry Lybeck	Kenneth Parker	Catherine	Valerie White
Audrey Bussiere	Grace Erhardtsen	Maureen Holmes	Adrienne Lucas*	Bob Parker	Sholinder	Ruby Wicklund
Roy Butterworth	Tony Essex	Stephen Holmes	Eileen Loewen	Michael Parrott	Diane Siefert	Ted Wilkins
Francine Byron*	Charles Ewing	Cynthia Hopkins	Linda Lucas	Gavin Paterson^	George Siefert	Melvin Willey
Leona Cadden	Lorraine Faherty	Doreen Howard	Garry Lybeck	Ilene Patterson	Bonny Serwa	Marion Williams^
Art Callaghan	James Falls	Anna Hrytzak	Daniel Lywood	Stu Pedersen	John Shewchuk	Yvonne Williams
Maye Cann	Marleen Ferguson	Maureen Hucul	Joyce Mackenzie	Diane Perozak	Dianne Silvey	Carol Wilson
Thomas Carson	Werner Fernahl	Dick Hume	Kathy Mackey	Sharon Peterson	Daniel Sim	Marge Wilson
Doug Caverly	Sharon Fischer	Patricia Hurstfield	Malcolm MacPhee	Mike Petkau	Joan Skelly	Robert Wilson
John 'J' Chandler	Alfred Fisher		Glenn Madsen	Dorothy Peturson	Russell Skinner	Joan Wolsey
Lyle Chapman*	Harry Fisher		Colleen Madsen	Rita Pharaon	Dick Smith	Elaine Woods
Rob Chmilar	Bill Fitt		Curtis Magarian*	Randy Pickering	Jayne Smith	Phyllis Young
Jamie Christensen	Mickey Ford		Patrick Mahoney	Shirley Pilcher		Russ Younger
Nancy Christie	Barry Foster		Medeleine Mahringer	Judith Pilloud		Abe Zacharias
Guy Christianson	Beth Froess		Eric Makela	Jack Pilon		Ralph Zarowny
Ronald Clark	Barbara Fry		Darleen Maki	Laurie Pincheira*		Paul Zyri
Darlene Clarke	Bernice Fry		Florence Manderson			
	Michael Funk*		Roy Manning			
	Geoffrey Fuoco*		Wayne March			

The wharf is a magical place to be because it is ever changing. On this day, the mountains, sky and cityscape danced in the water.



NEW YEAR & HOBBIES

Here we go again folks. A whole new year is starting and we have choices to make – or break for that matter. Most of us will take a bit of time to reflect on the past year and begin to look forward to the new year ahead of us.

We wonder if we could have done better in the past year. Perhaps worked a little harder or smarter, been more kind to those we touch, or perhaps more kind to ourselves. Maybe we should have given ourselves more breaks and taken the time to smell the flowers or treated ourselves to more vacation time. Time to reflect and ponder the question of who we are and why we do the things we do.

At this time of year I notice folks searching for something new in their lives. Whether renewing an old gym membership, focussing with more commitment on that journal that has gathered dust, or finding a new hobby or taking up an old hobby.

For those of you who don't know, I teach wood working classes at "the Makerspace" in the Innovation Centre on Shuswap. (shameless promotion) sorry.

Enrolment seems to pickup at this time of year. Interestingly enough, it is women who most seek out these classes although many men also sign up. Some have no wood working experience, but wish to explore developing a new hobby. Others, have some experience, but want to continue with a hobby that has long been dormant. Some have been left a shop full of tools due to the passing of a parent or loved one and are not sure what to do with all these tools.

They take the "woodworking 101" class for a day and this gives them some confidence and skills to pursue it as a hobby. It also gives them the right to use the tools at the Maker Space wood shop.

Some hobbies can be all consuming and completely fill in our days while others can be spotty and only take a small portion of our time. Some hobbies can be down right expensive like restoring old cars or can be simple and not expensive at all such as cooking or baking sourdough bread. There is no end to the possibilities.

Recently, one neighbour in our complex offered a workshop on baking sourdough bread. Periodically he would show up at the door and offer a loaf of fresh baked bread so he had a reputation as a great baker. I have baked a lot of bread over the years, but had very poor success in baking with sourdough.

After this workshop I am now consistently able to turn out beautiful sourdough loaves that I now can share with others. It makes a great gift and people appreciate so much a fresh loaf of bread at any time. I here give a public thank you to my neighbour George. A new hobby for me.

I dearly love helping others as they launch themselves on a journey of discovery into a new hobby or wood working project. In return I too appreciate the help I get in learning new skills, by people who willingly share their knowledge with me and others wanting new challenges.

Happy New Year folks and all the best for the coming year. ■

□ Ed Campbell keeps himself quite busy in his retirement, and has many tales to tell over the years.

MY TWO
CENTS

Ed Campbell

Bureaucrats take note

As a scientist I am repeatedly, but cynically, amused by the surveys that accompany so many of our transactions. Buy a pencil from Staples and get a request to fill a survey about your experience.

Requests are now ubiquitous for virtually all purchases. However, as every sociologist knows, these surveys are completely unscientific and give highly biased results. Surveys are generally filled out by people either very displeased or happy with their experience. This is why sociologists and reputable pollsters spend a great deal of time thoughtfully designing survey questions to ensure that the population is properly sampled.

At the end of December, I had a CT scan done at our local hospital. I was rather shocked to receive a request from Interior Health to fill out a survey because my "feedback is very important to us and will be used to make improvements to the services we provide". Doesn't Interior Health recognize the importance of evidence-based decisions in their organization? I was astounded! Their survey includes questions about my experience with the staff, such as whether they were respectful of me and my culture and traditions (being of Dutch heritage, I feared I would not be allowed to wear my wooden shoes), whether posters were informative, and whether the exam area was clean.

Other questions are directed at my appraisal of staff and the quality of service. I cringe thinking about how such a survey will be used. In all of our social institutions, bureaucrats repeatedly impose various changes and new tasks on frontline workers based on their limited perceptions. What is nearly universally missing is consultation with those actually doing the work. I have, for decades, somewhat sadly joked with medical staff, teachers, social workers and others wondering what it would be like if administrators came to them and asked the question: "How can we help you do your job?"

For the record, I am deeply grateful to have health care workers who assist me and so many others in our society with such skill and care. For whose benefit does this survey, and others like it, actually serve? We can do far better than have biased survey results to help the frontline with their already demanding work. **Art Borkent, Salmon Arm**

Why I live here

Just thought I'd share a nice story that happened to me the other day. I went to the bank machine outside Downtown SASCU to deposit a cheque and take out some money. I grabbed my card, and seconds after, driving up Lakeshore, I realized that I hadn't taken the cash.

I had to keep driving to turn around so it took a few minutes to get back. I asked a guy at the machine if he had seen any money sticking out. He said no, so went inside. There was a woman at the teller I recognized who had gotten out of a car near the entrance. She turned around to leave, saw me and said. "I gave your money to them at the desk".

I thanked her, got the money which was nicely placed in an envelope for me and left. The man at the ATM outside was still there. I told him they had my money inside and aid to him "that's why I live in this town!" **Joyce Couillard Salmon Arm**

LETTER

City FIXINGS

> This summer, let's organize a Dîner en Blanc ("Dinner in White") on the wharf. This is a worldwide event in which people dress in white for a meal in a temporary dining setup in a public space.



Bravos & BOOS

> **BRAVO** to Caravan Theatre, another tradition that makes living in Shuswap/ North Okanagan so special. A great sleighride theatre show wrapped up Sunday.

Contributed:

> **BRAVO** to Salmon Arm Taxi for the wonderful Christmas dinner at Namaste. Awesome! *Your staffers.*

> **BOO** to the constant barrage of phone scammers, identity thieves and assorted fraudsters that prey daily on residents, in particular, the more vulnerable among us. To learn more about the red flags to watch for in the most common types of scams, please visit sites such as the BC RCMP Frauds and Scams, Canadian Anti-Fraud Centre, or the Competition Bureau.



Web SITINGS

> **Everything Music in the Shuswap- Events, Musicians and Buy/Sell**

New Facebook group featuring local musical resources.

EARTH FRIENDLY
CHOOSE REFILL
LIVING

- Personal care products and home cleaning refills
- Bring your own container or purchase one from us
- Eco-friendly Canadian products including...

Wink! ONEKA

LAKESHORE VILLAGE, SALMON ARM
chooserefill.ca 250.463.9104

AMPLIFY THE JOY

I know I told you I'd be handing off my space here to celebrate the amazing work of our non-profit organizations these next few months - and will continue to do that - but because it's January and we have some things to face in the not distant enough future, I wanted to share a message, a wish, if you will, for 2025.

It's not a resolution so much as a theme. Resolutions imply that we are flawed and in need of improvement to achieve some nebulous concept of perfection.

Nobody is perfect. In fact, there is no such thing. So instead, look for the joy around you and amplify it.

There is more of it than the giant corporate conglomerates (mostly owned by US hedge funds) who call themselves the mainstream media and the tormented souls who narrow cast on paid social platforms, who purport to be the alternative one, want you to see, lest you turn your back on them. They will say just about anything to keep our attention.

It is a demonstrable fact that the majority of disinformation and misinformation that infects our adopted social networks is generated by an infinitesimally small group of bad actors who benefit substantially from our need to make sense of the world in which we live, creating a false sense of reality.

Call it a 'pick your own adventure' approach to current affairs. We are not their audience nor their customers. We are their product, their paycheck, and their power.

Case in point, this week's doubling-down on the 'Canada as the 51st state nonsense' from our neighbours' President Elect. If we really did not matter to the US, why make such a fuss of us? This school yard bullying tactic is amateurish at best, unproductive, disruptive and disturbing at worst. But it is headline grabbing and has gotten our attention, at least for the time being.

Don't we have more important things to get done here? We

NOTES FROM THE MARGIN



Louise Wallace Richmond

do indeed. And to get that done, we need to stay focussed and positive. Angry people make terrible decisions, as we've come to learn a time or two.

Last time I checked,

we still get to decide where we put our focus and ply our efforts. No one is so powerful they can take away the beauty of a sunset, the joy of a healthy newborn, the amazement of a snowflake, the dopamine of a good laugh, the marvel of an unexpected surprise, the taken breath of an act of art, the thrill of an overtime victory, the memory of an old photo, the excitement of the Blue Jays' opening day, the pride of a job well done, the majesty of a forest walk, the symphony of a crashing wave, the quietude of a starry night, the kiss of a loved one or the hug of a dear friend. Nobody, unless we let them.

I write this as much for me as for you in the days, weeks and months ahead. Look for joy. And if you can't find it, seek it out. We will need it more than ever and it is within our grasp. It's always been there. Waiting, patiently, for us, to embrace its power.

And in the words of my favourite singer of late, John Samson, I leave you this new year with the closing lyrics from his song *Fantasy Baseball*.

"So I'm putting in love now, I'm putting in faith, putting fear on a long term IL (p.s. - that is baseball talk for injured list) - I'm going outside, I'm gonna help organize, something better, something beautiful."

I hope to meet you there in 2025. As always, thanks for reading. ■

□ Louise Wallace-Richmond is a Salmon Arm councillor and regular contributor to the All Month issue.



Send a floral hug this holiday



Place for flowers & locally made gifts
10-4, Tues-Sat • Okanagan & 2nd SE

Open 6 days a week

MON - SAT



Winter Maintenance Package



WINTER MAINTENANCE PACKAGE
Including Safety Check and Tire Rotation

- **Oil, Lube & Filter**
Change the oil, install a new oil filter & lubricate the chassis
- **Brakes**
Check front and rear brake systems
- **Front End**
Check shock absorbers, struts & steering components
- **Exhaust System**
Visual inspection of catalytic converter, muffler, exhaust pipes, manifold & gaskets
- **Electrical Systems**
Check battery, lights, horn & wipers
- **Tires**
Rotate all tires, check tread depth, & adjust tire pressure
- **Cooling Systems**
Check for leaks, check hoses, clamps, water pump, radiator
- **Belts**
Check all belts & hoses
- **Fluid Level**
Check all fluid levels

all this for \$69.88 plus env. fees & taxes

Up to 5L oil Synthetic oil extra

ACDelco FRAM

FRONT & REAR BRAKE SPECIALS

\$50 OFF LIST PRICE

Raybestos

Brake Pads (parts only)
• Replace front or rear brake pads
• Check drums or rotors, bearings, hoses, springs & parking brake cable

Does not apply to OEM pads or to Brake Shoes

Coupon expires Jan. 31, 2025. Offer may not be combined with any other coupons or promotions. Coupon must be presented for discount surcharge may apply

Your One-Stop Auto Repair Centre!



MINIT-TUNE & BRAKE AUTO CENTRE

2400 Trans Canada NE
Uptown Salmon Arm
778-489-5333

HERE TO HELP
WITH FEDERAL GOVERNMENT PROGRAMS

MEL ARNOLD MP
NORTH OKANAGAN - SHUSWAP

1-3105 29TH STREET VERNON, BC V1T 5A8 MELARNOLD.CA 250-260-5020 MELARNOLD.C1@PARL.GC.CA

MISCELLANEOUS FOR SALE

HUDSON
thrift
shoppe.

**HAPPY
NEW
YEAR!**

433 Hudson

Mon - Fri.: 10-3 • Sat. 10-2
Donation days Mon, Thurs. & Saturday



SERVICES

Rick's Rubbish Removal

- Estate Cleanouts
 - Household Waste
 - Construction debris
 - Commercial
- Seniors Discount 10%

Call Rick at 250.293.0433

Apple Macs Only

Consultation, maintenance, upgrades, troubleshooting, internet setup. On site training for new users.

Carol Creasy 250 833.3544

COMMUNITY RADIO



Stay linked to
community
93.7 FM

For info & programming
voiceoftheshuswap.ca

Spacious 2 floor condominium available for rent in Bucerias, Mexico, a short taxi-ride from the airport in Puerto Vallarta. It is in the gold zone of the city, two blocks from the beach and is on top of a hotel (La Posada de Bucerias).

benson.geoff137@gmail.com for more information

SALMON ARM CITIZENS PATROL

• Community Service + Flexible Hours
+ Interesting Information + Friendship = SACP membership
Help keep Salmon Arm safe by going out on four hour patrol one afternoon or evening each month. We also take part in numerous community events and enjoy socializing together.

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

HEALTH & BEAUTY



LAKESIDE HEALTH

Acupuncture & East Asian Medicine
Registered Massage Therapy
IFM Cert. Functional Medicine Practitioner
Laser Therapy
250-833-5899

Across from the Prestige Inn

Many plans • MSP • DVA • RCMP • GOV employees

www.lakeside-health.com

Growing health, naturally - since 2005.

Salmon Arm Physiotherapy



- Online Booking
- Sports Injuries
- Dry Needling/IMS

info@salmonarmphysio.ca
or visit: salmonarmphysio.ca

Daniel von Hollen BSc, MPhtySt
250.804.3033 • 120 Harbourfront

● LOCAL
● TRUSTED
● EXPERIENCED

Full-time RMT Since 1999

For an appointment
Call, text or email
250.804.3818
todd@toddstevens.ca
2B-120 Harbourfront Dr. NE

Cattle for sale - Highland & Highland cross, beef cattle, cow calf pairs, heifers & steers. Steers for your freezer
Ph 250-803-1960

SERVICES

Craig T. Excavating

- Competitive Rates
- Mini excavator, skidsteer & 4-yard dump truck
- Digging, demo, brush work, leveling, hauling

Call 250.517.8385

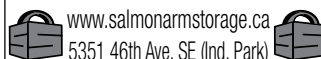
MARKETPAGE WORKS

250-833-1141

SALMON ARM STORAGE

SECURED/Easy Access
Heated Indoor Units
Outdoor Containers
RV & Boat Storage

250.833.1442



BIG OR SMALL, WE HAVE ROOM FOR IT ALL!

Shuswap Day Care

is HIRING!

We are Seeking a fulltime Early Childhood Educator or Assistant (40hrs/week).

To join our team working in the 3 to 5-year-old program starting January.

Applicants must have a valid BC ECE or ECEA License to practice, first aid and clear criminal record check.

Wage ECE \$28.00 - ECEA \$24.00, with increase after 6-month probation. Extensive benefit package

Email resume to

shuswapdaycare@telus.net

or drop off at 90 5th Ave. S.E.

"Whatever You Want - Whenever You Want It!"

833-6622

COIN COLLECTOR & GOLD/SILVER BUYER

PURCHASING COINS, collections, jewelry, nuggets, bullion, old money, sterling, gold, silver, platinum +++ TODD 250-864-3521



**5 FIFTH AVENUE
50Plus Activity Centre**

170 5th Ave. SE, Salmon Arm
5thaveseniors.org
seniors5thave@shaw.ca

ACTIVITY CENTRE RENTALS

Weddings, Celebrations, Special Occasions, Reunions, Meetings of all types (monthly & annual), auditorium with sound system & stage, two smaller meeting rooms available evenings & weekends, Commercial kitchen, New upgraded WiFi, All handicapped accessible.

In-house liability insurance is now available for your rental needs.

FOR BOOKINGS, CALL OFFICE AT 250-832-1065



Salmon Arm Elks #455

3690 30th St. NE, elks455sa@gmail.com
10 minutes to Canoe Beach & Boat launch

ELKS HALL RENTALS

Reunions, Teas, Meetings, Banquets for all Occasions. Plus Ball park, RV sites & playground.

For Hall bookings, call Holly 250 833-4803. For Catering by Ladies of Royal Purple, call Dee 250 833-6520 or Karen 604 803-9889

Friday AM/ All Month Marketpage • 250.833.1141 or fridayam@shaw.ca

- \$11 pre-paid for up to 15 words • 15¢ for each additional word • \$1 for boxaround
- \$15 photo • \$5 logo • Display ads \$11 per column inch • **Drop off: Hucul Printing**

*Advertise in the paper
read cover to cover!*

WEATHER SYNOPSIS

Less mild this weekend. Chance of flurries Friday. Range from -6 to +2 now to Sunday.
Normal: -2C to -8C
Sunrise 7:58 • Sunset 4:10

Past Temps, Dec. 4 to Jan. 7

By weather reporter Nick Parsons
 SW Gleneden, 458 m (119 m above lake):

DATE	HIGH	LOW	PRECIP.
Dec. 18	+3	0	3/16" rn.
Dec. 19	+1	-1	
Dec. 20	+3	0	3/16" rn.
Dec. 21	+2	-1	7/16" rn.
Dec. 22	+3	-1	1/8" rn.
Dec. 23	+6	+1	1/16" rn.

NICK'S NOTES -

I have some interesting numbers compiled from 2024 data. Salmon Arm's 30 year precipitation (rain/ snow) average is 25 3/4" (655 mm) Precipitation for 2023 was just 15" (380 mm) and 26 1/4" (666 mm) in 2024. You could say things are looking up and having received 11 1/16" rain equivalent during Oct., Nov. and Dec. in '24. Shuswap Lake is up 18" as of Jan. 1 over Jan. 1, 2023. The excellent steady moisture for Fall has made the difference.

Climatologists predicted earlier that a La Nina weather pattern would shape up after El Nino, but this has failed to occur.

Continued next page

PASSAGES

LEGACY LIVES ON
shuswaphospitalfoundation.org
shuswapfoundation.ca

Fischer's Funeral Services
fischersfuneralservices.com

- ❖ Wray Bernell Brook
Dec. 23, 2024, at age 81
- ❖ John 'J' Chandler
Dec. 21, 2024, at age 89
- ❖ Catherine Carol Downie
Dec. 15, 2024, at age 79
- ❖ Gary Lewis Goodridge
Dec. 15, 2024, at age 79
- ❖ Helen Andrea Maria Gray
Dec. 16, 2024, at age 87
- ❖ Gloria Clarice Lewis
Dec. 7, 2024, at age 79
- ❖ Daniel Carl Lywood
Dec. 10, 2024, at age 71
- ❖ Patrick Robert Mahoney
Dec. 15, 2024, at age 67
- ❖ David 'Dave' Edward Le Mieux
Dec. 27, 2024, at age 75
- ❖ Wesley Carmen Millis
Dec. 10, 2024, at age 38
- ❖ Russell Dale Montgomery
Dec. 10, 2024, at age 65
- ❖ Andreas Roland-Nachtigall
Sept. 12, 2024, at age 73
- ❖ Dawn Lynn Sanderson
Dec. 31, 2024, at age 62
1 pm, Jan. 18, Fischer's
- ❖ Kenneth Allen Seppala
January 2, 2024, at age 66
- ❖ Joan Skelly
Dec. 22, 2024, at age 94
- ❖ Gary Omer Sweetnam
December 7, 2024, at age 60
- ❖ Dennis Mervyn Walker
Dec. 28, 2024, at age 78

Bowers Funeral Service
bowersfuneralservice.com

- ❖ Pierrette (Johnner) Druar
Dec. 30, 2024, at age 101
 - ❖ Roy Hetherington
Dec. 10, 2024, at age 89
 - ❖ Paul Morris
Dec. 10, 2024, at age 78
 - ❖ Elsie Rodwell
Dec. 17, 2024, at age 90
 - ❖ Joan Isabel Kraft
Dec. 19, 2024, at age 89
 - ❖ Udo Langheinrich
Dec. 22, 2024, at age 65
 - ❖ Curtis Karl Magarian
Dec. 20, 2024, at age 27
 - ❖ Romeo 'Red' Nadeau
Dec. 30, 2024, at age 84
 - ❖ Dorothy Peturson
Dec. 21, 2024, at age 87
 - ❖ Yvonne Lillian May Pizzey
Dec. 24, 2024, at age 64
2 pm, Feb. 15, Wainwright
- ❖ ❖ ❖
- ❖ Jimmy Carter, 100, former US president and humanitarian
 - ❖ Peter Yarrow, 86, Peter, Paul & Mary
 - ❖ Wayne Osmond, 74, one of the Osmond brothers
 - ❖ Rod Sykes, 95, Calgary mayor
 - ❖ Charles Dolan, 98, founder of cablevision and HBO
 - ❖ Burt, 90, starring crocodile in movie, 'Crocodile Dundee'



SPORT SPOT

The Silverbacks signed Salmon Arm native and Defenceman Tate O'Brien ('07), along with Forward Antonio Bevacqua ('06). O'Brien started the season in the KIJHL with the Quesnel River Rush where he put up 20 points. "This is something I dreamed about as a kid, growing up in Salmon Arm and finally being able to play in my home town is pretty special to me," said O'Brien. "I think this will be a great opportunity for me and can't wait to get rolling with the team."

Bevacqua joins the Silverbacks trying to continue his hot start to the year where the 18-year-old played in 27 games with the Olds Grizzlies of the AJHL and had 13 goals and 14 assists for 27 points.

> **SILVERBACKS:** 19 W, 9 L, 5 OTL, 43 pts.
 (Int. East: Penticton 50, Brooks 48, Trail 47, SA 43, Sherwood 40)
Recent scores: Dec. 28: SA 4, Vernon 3 • Dec. 29: SA 4, Vernon 3 • Jan. 1: SA 4, Brooks 3 • Jan. 3: Blackfalds 2, SA 1 • Jan. 4: Okotoks, SA 1
Next games: Jan. 10 in Penticton • 6pm, Jan. 11 Blackfalds in SA
BCHL All Star weekend, Jan. 17-19, Rogers Rink, Salmon Arm
 • Jan. 24 in West Kelowna • 6 pm, Jan. 25 Okotoks in SA
 7 pm, Jan. 31: Brooks in SA.

- > **Sicamous Eagles home** - Jan. 11, 17, 25, Feb. 7, 14, 21
- > **Curling** - Stick Bonspiel, Jan 18 (possibly 19th); Men's Bonspiel, Jan. 24-26; Junior Bonspiel, Feb. 8, 9; Ladies, Feb. 21-23.
- > **Minor Hockey** - U13 Rep T2, Jan. 17-19 • U15 Fem A, Jan. 13-Feb. 2 • U7, U7 F, Feb. 1 • U11 Fem Rec, U13 Fem. Rec, U15 Fem Rec, U18 Fem Rec, Feb. 14-17
- > **Tennis**, book at clubsparks.ca.
- > **Larch Hills** - • Reino Keski Salmi Loppet, Jan. 18. The Loppet includes 1 / 2 / 5 / 10 / 17 kms, para classes and a new single lap 32 km. course. \$426,000 was raised for Heart and Stroke Foundation over past 40 years. Pledges are optional and based on participation, not kilometres skied. www.fitforheart.ca/reinokeski-salmiloppet • Pirate Loppet, Jan. 31 • Okanagan Cup Race, Feb. 8 • **skilarchhills.ca**

All Month: SALMON
 Mid Month: ARM
 Next issue: Jan. 24

"Whatever You Want - Whenever You Want It!"

Bizzy Bee DELIVERY
833-6622

ANYTIME FITNESS 24/7

- 24 HOUR ACCESS
 - ACCESS TO ALL ANYTIME FITNESS' WORLDWIDE
 2890 10 AVE NE, next to Subway • Top of the Hill
 778.489.5323 • salmonarmbc@anytimefitness.com

- SUPPLEMENT SALES
 - PERSONAL TRAINING & CLASSES

CLUTTER: it's all down to personal choice

I've had a bit of an epiphany lately about clutter and excess. I know how dangerous it can be, emotionally and physically. I see how it impacts daily lives. But I cannot do anything about it in other people's lives unless they ask for help. And, given that the generally accepted recidivism rate for hoarders returning to hoarding behavior is 97 per cent, there isn't much chance of success anyway. I know that's a rather negative attitude, but it is a realistic one.

DESIGN DILEMMAS
Linda Erlam



clutter and excess. The best action, for everyone concerned, may be inaction. Even if personal health and safety are at risk, and they know that and don't want to change, maybe what we need to do is nothing. Here are some considerations for just leaving things alone:

■ **Personal Comfort:** If the person genuinely feels comfortable, happy, and stress-free in their environment, the clutter might not have a negative impact on their well-being.

■ **Creative Environment:** Some people thrive in what others may perceive as a cluttered space, finding inspiration and energy in a dynamic, ever-changing environment. They may want to have a lot of memory-invoking objects around them. Think Victorian-- the nick-nacks were like TV; they were conversation starters.

■ **Acceptance of Lifestyle:** If an individual has acknowledged their lifestyle and is not negatively affected in terms of health, relationships, or productivity, there might be no urgent need to declutter.

Bear in mind, though, that excess accumulation is an addiction and addicts rarely admit that their behavior is an addiction. Once they do, they may be closer to overcoming it, but they are often masters at avoidance.

■ **Emotional Attachment:** Objects in the clutter may have extreme sentimental value, and forcing a change can lead to emotional distress.

If it's the way the person wants to live, I'm done discussing or 'suggesting'. This year, I'm determined to change my approach. I know I can't change theirs.

I'm going to hope my people who are suffering under the weight of excess see through the fog and get help, but if they can't, or won't, it's their choice.

My choice? I don't have to go into those homes or mention how they live. It's really very simple. I can only control how I live. ■

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

Coming from about 25 years of addiction, personally, I know it only changes when the owner of the addiction really wants to change. Anything else is a band-aid solution.

Let's start by talking the same language. I think it is essential to define 'clutter'. While, technically, clutter is anything not in its allocated space, the problem arises if those possessions never make it back to their assigned space because that space is now occupied by other possessions.

If a task takes twice as long to perform because too many possessions need to be moved first, there is a problem. If the residents buy things only to find they already have one, two, or three of that item, there is a problem.

If the floors can't be swept or cleaned easily, without moving boxes or storage totes, or piles of possessions, there is a problem.

A few other life situations impacted by clutter:

- Allergies, respiratory issues
- Reduced physical activity
- Hygiene and cleanliness
- Reduced productivity
- Feelings of embarrassment
- Decision fatigue
- Depression and low mood
- Diminished sense of control

And as an interjection, organized excess is still excess. If all the closets and drawers are packed full of things never looked at or used, there is an excess issue.

And now for the heretical approach to



> You do not need to look hard to find unhomed folks in Salmon Arm. Shelter under a billboard.

WINTER AHEAD

■ Continued from page 13

The outlook now and for the foreseeable future is a neutral La Nada pattern with a slightly warmer and wetter winter.

As unseasonably mild and mundane the weather has been this past month, I would not be surprised to see considerable cold and much snow ahead during the next two deep winter months, keeping fingers crossed as usual.

I wish AM readers a happy and healthy New Year and continued interest in this weather segment that is now going into my eighth consecutive year.

For anyone interested, there will be no more lake height measurements until Springtime. ■

□ *Nick Parsons is Friday AM's dedicated weather reporter. His lake measurements over the years can be observed on the boat channel below the entrance to the wharf.*

Mind over Mattress

Getting up early is a gift to give to yourself. Few disciplines have the power to transform your life as does the habit of early rising. There is something very special about the first few hours of the morning. Time seems to slow down and a deep sense of peace fills the air. Joining the "Five o'clock Clb" will allow you start controlling your day rather than letting your day control you.

Winning the "battle of the bed" and putting "mind over mattress" by rising early will provide you with at least one quiet hour for yourself during the most crucial part of your day - the beginning. If spent wisely, the rest of your day will unfold in a wonderful way. ■



Friday Night BINGO
Doors open at 5 pm
Games begin at 6:30
Concessions!
Gaming license 151881

5th Ave. 50Plus Activity Centre • 170 5th Ave. SE

The Smile People
dental hygiene clinic
Stable, pain-free, functional
maintenance - whitening - pain relief - Est. 2009
thesmilepeople.ca **250 832 6692**
online scheduler, after-hours available

STAN'S
Auto Repairs
Friendly, efficient service
for YOU & your Auto
400 7th St. SW • 832-3005

WORD SEARCH

SA's Historic street names

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

> Alexander, Arnold, Auto, Beatty, Booth, Dalton, Demmon, For-
 gotten, Fraser, Front, Green, Harbell, Harris, Harper, Hart, High,
 Homely, Hudson, Kalke, Kerr, Lakemount, Lein, Loring, Martin,
 McDonald, McLeod, McNary, Merton Hill, Narcisse, Okanagan,
 Orchard, Parker, Picadilly, Power, Rabishaw, Raven, Rockland, Ross,
 Rotten Row, Shuswap, Tanemura, Turner, View, Whitehead, Yales

HIDDEN GEMS

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

> “A strong nation, like a strong person, can afford to be gentle, firm, thoughtful, and restrained. It can afford to extend a helping hand to others. It’s a weak nation, like a weak person, that must behave with bluster and boasting and rashness and other signs of insecurity.” ~ Jimmy Carter

> “Music and the arts enrich our lives—adding auditory colour as well as relaxation to the times when all there is for us to do is socialize, sit back, and enjoy.” ~ Carolyn Park Mintz

> “Not everyone you want in your life wants you in theirs.” ~ Robert De Nero

> “Once you carry your own water, you’ll learn to value every drop.”

> In English, we say: “I overthink.” But in poetry, we say: “I replay your words a thousand times, searching for a meaning you never meant.”

FUNNY BONE

> It’s not so cold so far this January, so here’s a reminder when “It is so cold that..”

- ... Starbucks is serving coffee on a stick.
- ... your false teeth chatter, and they are still in the glass.
- ... the snowman is begging to come in and get warm.
- ... I actually felt like listening to to Fox News for some hot air.
- ... we had to chisel the dog off a lamp-post.”
- ... hitchhikers are holding up signs with pictures of thumbs.”
- ... Gangstas are observed pulling their pants up.
- ... I’m thankful for hot flashes
- ... cops are tazing themselves to keep warm.

POP QUIZ

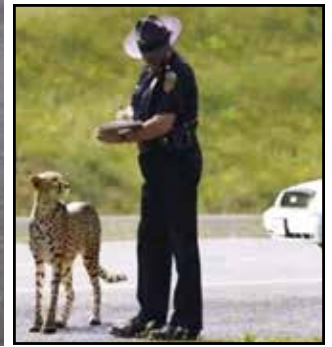
> How many cruise ships and passengers did Canada Place in the Port of Vancouver welcome during the 2024 season?



< 322 cruise ships • 1.32 million passengers, March to October 2024

PICTURE THIS

> A dog leads way at North Shuswap’s New Year’s Day dip.
 > A cheetah is ticketed for going 90 in a 60 kmh zone.



SALMON ARM BARBER SHOP
 ESTABLISHED 2013
 120 HUDSON AVE NE
 778-489-4722
www.salmonarmbarbershop.ca

THRIVING BETTER BY LIVING TOGETHER
 at the Ackerview Guesthouse in South Canoe
 Rooms available at Ackerview Guesthouse.
 Companion housing in a tranquil setting for people 55 and more.
A Natural Way of Aging
 833-0445 • 1531 60th St. SE • Ria Van Zeeland
ackerviewguesthouse.com • ria@ackerviewguesthouse.com

Ron Marchand
“The Videoman”
 “I’ll transfer your family films, videos, photos & slides to USB Flash Drives”
 Ph: 250-832-3320
ronmarchand49@gmail.com

MALL ARKEY FINANCIAL LTD. **THIS WEEK**
 Where the serious invest their money
 Have you bought your TFSA yet? Do you need travel or mortgage insurance? Pile your money in a wheelbarrow and bring it on in. Be sure to check our website mallarkey.ca for our up-to-date posted GIC rates.

Savings Account	1.95%	No Change
90-Day Cashable	2.70%	Down 0.15%
1 year	3.70%	No Change
2 years	3.60%	No Change
3 years	3.40%	Down 0.20%
4 years	3.50%	Down 0.10%
5 years	3.50%	Down 0.10%

* GIC rates as of Jan. 7, 2025, subject to change without notice. Certain minimums and conditions may apply.

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

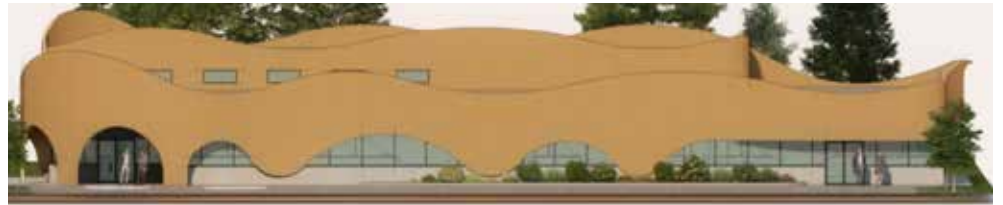
Centenoka Park Mall • 250-832-5000 • admin@mallarkey.ca
 315-360 Trans Canada Hwy SW, Salmon Arm, BC V1E 1B6



GEOSURV Solutions Inc.
SURVEYING - MAPPING - DRONES

- SURVEYING & MAPPING**
Conventional - GPS - Drone Surveys - GIS
- DRONE IMAGERY**
Real Estate - Marketing - Social Media
- CONSTRUCTION SURVEYS**
Site Plans - As Bults - Topography - Layouts
- AERIAL INSPECTIONS**
Roofs - Infrastructure - Visual & Thermal
- AGRICULTURE & VINEYARDS**
Multi Spectral & Thermal Plant Mapping

todd@geosurv.ca www.geosurv.ca
250-833-8663



> The Sek'emaws (Sicamous) Health Centre is shaping up to transform the delivery of health services in the Sicamous area, also offering 3,200 sq. ft. of community space.

CARDIFF MILLER ART WAREHOUSE

Exhibiting 8 Installations
OPEN Sat & Sun 11 - 5 pm
cardiffmillerartwarehouse.ca
507 Granville Ave, Enderby



WE FIT ORTHOTICS

Active Chiropractic
Function, Fitness, and Rehabilitation
250.833.1010
Dr. Daphne Brown
Dr. Jourdyne Mason
Open Mon. to Sat. with early & late appts.
ACCEPTING NEW PATIENTS



BROWNE JOHNSON Land Surveyors
FORSITE Forest Management Specialists
EAGLE HOMES
Johnston Meier Insurance Agency Group
TERRA CIVIS INC REALTY & SERVICES
N NORTHWEST PLASTICS LTD.

Your generosity helps support Rotary projects!

Bill Laird

toliver ADVERTISING & DESIGN INC.



Peace Building
Bringing humanity to our society by developing curiosity about other's world views through story telling and listening in a fun format.



Community Teaching Garden
New learners are engaged, as well as seasoned gardeners, in the art of growing food! We work together to grow an abundance of naturally-grown produce to share with Second Harvest, the community and volunteers.

Salmon Arm Nature Bay Enhancement Society
SABNES is embarking on an exciting project to build a new boardwalk and a wildlife viewing platform.



Barani School Scholarships Kenya
We sponsor 20 students to complete Grade 9 to 12 in a country where there is no government funding of secondary schools. Your donations go a long way!



Youth Exchange
Shuswap Rotary proudly sponsors a student from another country to spend a year in Salmon Arm. This allows a Shuswap student to experience a year in a different country.

One Team. One Dream. A Polio-Free World
The world has made huge strides against polio with cases down 99.9% over the last four decades. With renewed global attention and commitment, we can finally beat polio.

www.shuswaprotary.org





1905 Restaurant
A&W Salmon Arm
Acorn Music
Alexander Dental Center
Andiamo Italian Ristorante
Arc Gaming Centre - The Arch by Aman - The
Armstrong Regional Co-op Gas
Arthur's Gem Set Studio
Askw's Foods
Barley Station Brew Pub
Bart's Muffler Ltd.
Big Rob McKibbin
Bill Laird
Boathouse Marine & Leisure
Book Nook
Bookingham Palace
Bounce Radio
Brooks Down Vennard Law
Browne Johnson Land Surveyors
Buckerfield's
Bulldogs Fitness & Boxing Centre
Canoe Forest Products Ltd.
Canooligan's Pub
Cantina Vallarta
Century 21 Executives Realty
Chadalin Skin & Laser
Charlene Owens
Clarion Home Inspections
Club Shuswap Golf & RV Destination
Comfort Inn & Suites
Cooper Equipment Rentals
Crazy River Clothing Co.
Crown's Furniture & Mattress
Dairy Queen
Dancing with the Shuswap Stars
Dave and Maureen Woolliams
DeMille's Farm Market & Orchard
Eagle Homes Sales (Salmon Arm)
Eclectic Soul
Elaine Hansen
Fabricland
Famous Yan's Restaurant

Fieldstone Organics
Fix Auto
Florabella Decor and Design
Foods of India
Forage General
Forsite Consultants Ltd
Friday AM
Gabby Klein
Garage Furniture
Gene and Cindy Tymkiw
Golf North Inc
Grant Thornton LLP
Healthy Spot Pet Nutrition & Supply
Heavenly Outhouse
Heritage House Jewellers
Hideaway Liquor Store
Hungry Panda
Integrity Roofing Corp.
Jacobson Ford Sales Ltd.
Jeanne's Printing & Graphics
Jody Boudreau
Johnston Meier Insurance Agencies
KAL Tire
Kathy and Ed Dunfield
Lakeside Bowling
Lakeside Medical Supplies
Larch Hills Nordic Society
Lina Alhamad
Lintusen Press
Lori's Dog House Pet Grooming
Lynn McKibbin
Mike Boudreau (Newco Systems Inc.)
MisMack Clean Cosmetics
Momentum Gymnastics
Mr. Mike's - Vernon
Namaste Restaurant
Nico's Nurseryland Ltd.
Northern Plastics Ltd
Northyards Cider Co
Ogston Family Catering
On Alex Ltd.
Panago Pizza

Peavey Mart
Pho Ly Restaurant
Pink Cherry Café
Prestige Harbourfront Resort
Proair Heating & Cooling
Quesada Restaurant
Revelstoke Mountain Resort
Rita Greggor
Romi Boon Photography
Rosemarie Trafford Assessment
First Massage & Lymphatics
Royal LePage Access Real Estate
Salmar Community Association
Salmon Arm Flying Club
Salmon Arm Folk Music Society
Salmon Arm Golf Club
Salmon Arm Recreation
Salmon Arm Silverbacks
SASCU
Secret Closet
Shuswap Clothing & Shoe Co.
Shuswap Coffee Company
Shuswap Veterinary Clinic LLP
Skookum Bike & Ski Ltd.
Sky Dive Nova
Solstice Auto Glass
Starbucks
Steen Andersen
Studio on Tenth
Tappen Coop
TCM Machine
Terra Civis, Inc.
Terry Touch - The Nom
Thread & Paper Crafts
Toliver Advertising & Design Inc.
Tuff Toys
Tybro Construction Ltd.
U Grow Girl
Uptown Animal Hospital
Wildwood Flower Emporium
Whiz Bang Boxing
Woodsmen Equipment & Rentals
Wyrs Beadz & Schtick

eh?/em!

Blog Post

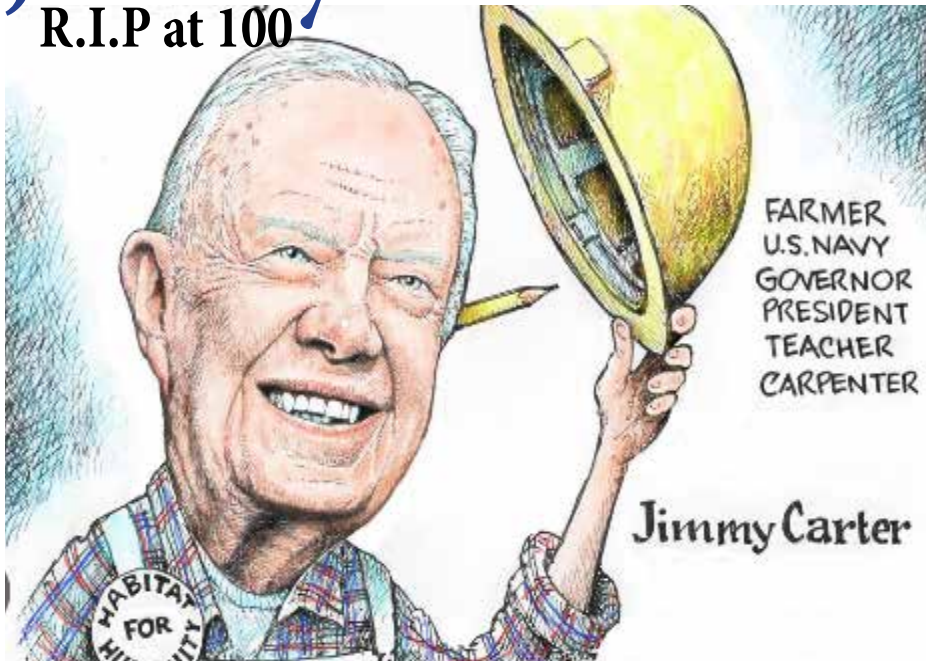
FriAM.ca

All Month SALMON
MidMonth ARM

FROM FACEBOOK DAILY POSTINGS

Jimmy Carter

R.I.P at 100



On the eve of Trump's second go at it, a great predecessor passes away who showed what a real leader looks like: A team player, conciliator, humble, hardworking, honest, gives credit where due, respectful, dignified and ready to accept responsibility when things go wrong.

Dear Editor

Mel Arnold, local MP continues to parrot his party's whining about Justin Trudeau.

While Trudeau has many faults and deserves his low place in the polls it is time for Mel Arnold and his Conservative colleagues to tell us what their policies and focus will be if elected.

How will the Conservatives replace the axed tax?

What are the Conservative beliefs about man made climate change?

What reputable research do Mr. Poilievre and Mr. Arnold present considering the overwhelming conclusions of the top climate scientists that human caused emissions are causing our dire climate events?

The answer is nothing!

Similarly, other issues receive simple trite solutions.

Beware of politicians like Mr. Arnold and Mr. Poilievre who offer simple solutions (like "Axe the Tax", "wokeism", kill migration, improve housing, restore "traditional values") for complex problems.

And, what are Mr. Arnold's ideas about standing up for Canada in the face of American bullying by the USA president elect?

Sincerely, W. Spencer, Salmon Arm

RCMP CHRONICLES

Compiled by RCMP Cst. Andrew Hodges

December 17:

On November 13 Salmon Arm RCMP reported a incident on Nov. 9 involving a man who fled from police with active arrest warrants. 38 year-old William Travis Young has now plead guilty, and sentenced for multiple offences that occurred in Salmon Arm. These include 4 counts theft under \$5000; 1 count flight from police; 1 count wilfully resisting or obstructing a peace officer. This is the result of the diligent work of our officers. Flight from police creates a safety concern for our officers and the public. Thankfully no one was injured in this instance. Theft hurts business owners, and the community overall. Our officers strive to ensure our retail spaces are safe for both staff and customers

November 30

Tappen: A man reported he had been the victim of identity theft. Over the past two weeks, someone had been opening accounts in his name at various retail outlets, and had also applied for four new credit cards in his name. The transactions appeared to be occurring in Surrey, BC and included over \$12 000 spent on several new cell phones. The man was provided information on how to protect himself going forward. As the offences occurred in Surrey, the information was shared with Surrey Police Service to investigate further.

December 1

Hudson Ave NE: At 12 :45am a Salmon Arm RCMP member was on patrol and observed a grey Nissan Rogue parked on the wrong side of the road with a male in the driver's seat. Police conducted a traffic stop to check driver sobriety. The 35-year-old driver admitted to consuming one alcoholic beverage, while one of the passengers in the vehicle stated it was more than one. Police conducted a breath demand, and obtained a fail reading. The driver wished to provide a second sample on a different device, which again read fail. The driver was prohibited from driving for 90 days, and the vehicle was impounded for 30 days. The matter was referred to RoadSafetyBC.

December 2

Canoe: At 3am a man reported someone had vandalized his truck. Police attended and spoke with the man who stated he had gotten into a fight with his brother earlier that night. When the man returned to his truck he found it appeared to have been kicked several times causing dents, and suspected his brother had done the damage. A few days later the complainant reported that his brother would be paying to repair the damage and did not wish for police to be involved.

December 3

Salmon Arm: A 69-year-old woman reported she had fallen victim to a fraud. The woman reported she clicked on a link while on Facebook that caused an alarm pop-up telling her she had been hacked and that she would be reported for accessing child pornography if she didn't call a phone number on the screen. The woman called the phone number and was convinced to purchase \$9000 in Apple iTunes gift cards, and provided the card numbers to the scammers. The woman added that the retail clerk warned her of such scams prior to purchasing the gift cards, but she continued with the transaction despite the warning. The woman was referred to victim services and advised to consider attending a fraud presentation, and having her computer professionally reformatted. The phone number she called was a California phone number, and police had no way to trace the iTunes gift cards.

December 4

Trans Canada Hwy: At 1:30pm Salmon Arm RCMP received a report of a blue Chevrolet Cobalt driving erratically east bound on Hwy 1 near Tappen. Salmon Arm RCMP located the vehicle near 10th St NW and conducted a traffic stop. The vehicle was found to have no insurance, and the 67-year-old female driver was previously prohibited from driving. The woman was served a future court date for the offence of driving while prohibited, and her vehicle was impounded for a mandatory 7 days. The woman was also served a \$598 violation ticket for driving with no insurance.

eh?/em!

Blog Post

AM

2025
QUARTER WAY
INTO CENTURY

Next print Friday
AM on Jan. 10

Friday SALMON
All Month ARM

December 28, 2024 • 2nd posting of day • FriAM.ca

Things that disappeared or are disappearing this century



1. Hotel restaurants

> When I stepped into the new Sweet Magnolia on Shuswap Street, I thought it displayed that same fine ambience of a hotel restaurant, however, it is hard to find a big hotel with something other than a self-serve breakfast room, like all of Salmon Arm's major hotels, except for the Prestige Resort.



2. Big Department Stores

> I used to love going to Eaton's and The Bay in downtown Winnipeg back in the day. The 7-storey Eaton's was torn down for the new arena, and the interior of the historic Hudson's Bay is soon about to look like this.

More things...

- 3. Keys • 4. Cash • 5. Land lines
- 6. Paper maps • 7. Paper • Business cards
- 8. Cash machines • 9. shopping Malls
- 10. Parking meters • 11. Print catalogues
- 12. Pay Phones • 13. College Text books
- 14. Calculators 15. Chalk boards
- 16. Mail collection boxes • 17. Single use plastic bags
- 18. Cheques • 19. Cursive •
- 20. Fax machines • 21. Alarm clocks
- 22. CDs • 23. Paper bills/ receipts





walk with Les



> Today's Walk with Les was to check out the area of the future West Bay Trail that will offer a safe link from Pierre's Point to Salmon Arm foreshore. We walked the First Nations Road and at the precise moment arriving at the rail crossing we got a loud blast from a train as an RCMP pickup truck drove by. A bit of excitement on that otherwise lonely road, and exciting to think of the trail to come.



FriAM

eh?/em!

Blog Post

Next print issue
Dec. 6

Friday SALMON
All Month ARM

Nov. 20, 2024 • 1st posting of day • FriAM.ca

■ There are many park system trails and linear link trails in the Shuswap and Salmon Arm to enjoy for short hikes or half days walks. And then there are these four SUPER TRAILS, listed below. These trails all in the realm of reality, if not already nearly completed. Such an incredible outdoor paradise that surrounds us!

WE HAVE TRAILS - and.. wait for it - WE HAVE SUPER TRAILS!



WEST BAY CONNECTOR TRAIL Above, extension of boardwalk, west

Sicamous to US border

Yes, that is the ultimate goal! Work is well underway on the Shuswap North Okanagan Rail Trail (SNORT for short?)

Sicamous to Salmon Arm

Yes, that is the reality of the existing Larch Hills Traverse

Canoe to Pierre's Point

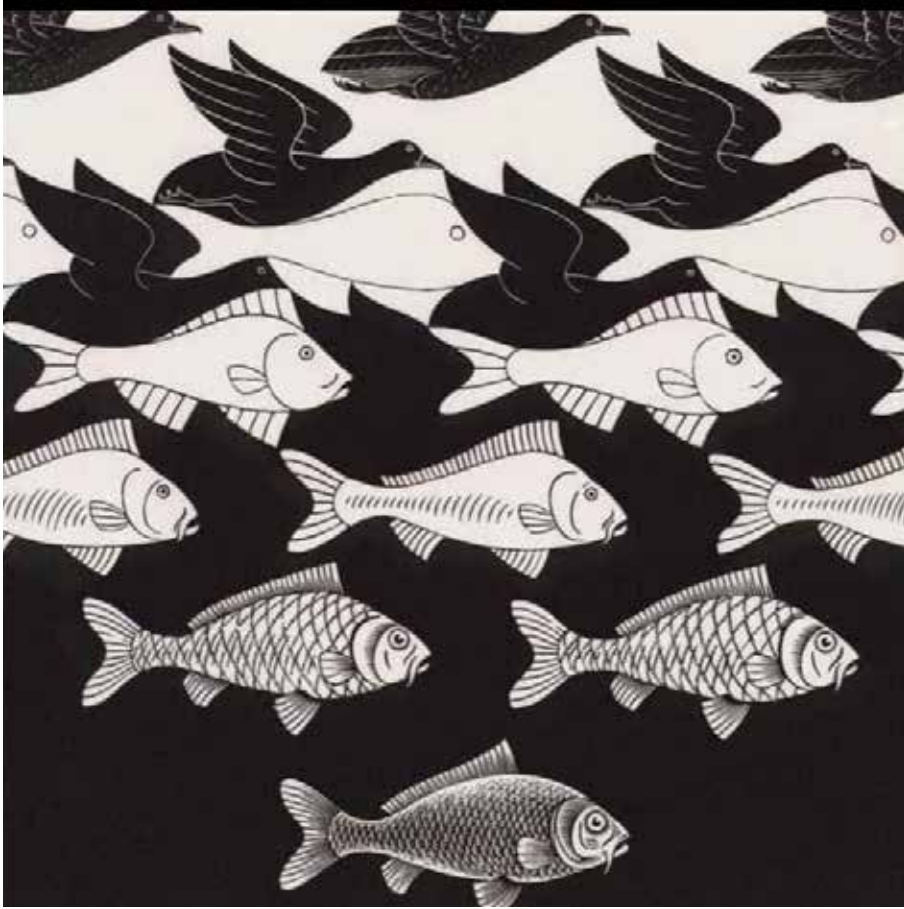
The West Bay trail (see left) is now in the planning. Add Raven to Canoe to make it truly amazing

Haney Park to Foreshore

Foreshore trails and Little Mtn./Turner Creek/McGuire lake trails already in place. Link to Haney all that's left



GOING DEEPER



Above woodcut of different unified perspectives -
“Air and Water” by M.C. Esch

In English we say: “Why wasn’t I enough?”

But in poetry we say: “I wore the masks you chose for me, swallowed the words you didn’t want to hear, and built myself around your anger, yet your eyes never softened when they looked at me.”

In English, we say: “You didn’t reply.”

But in poetry, we say: “Your silence said what your words couldn’t.”

In English, we say: “I overthink.”

But in poetry, we say: “I replay your words a thousand times, searching for a meaning you never meant.”