

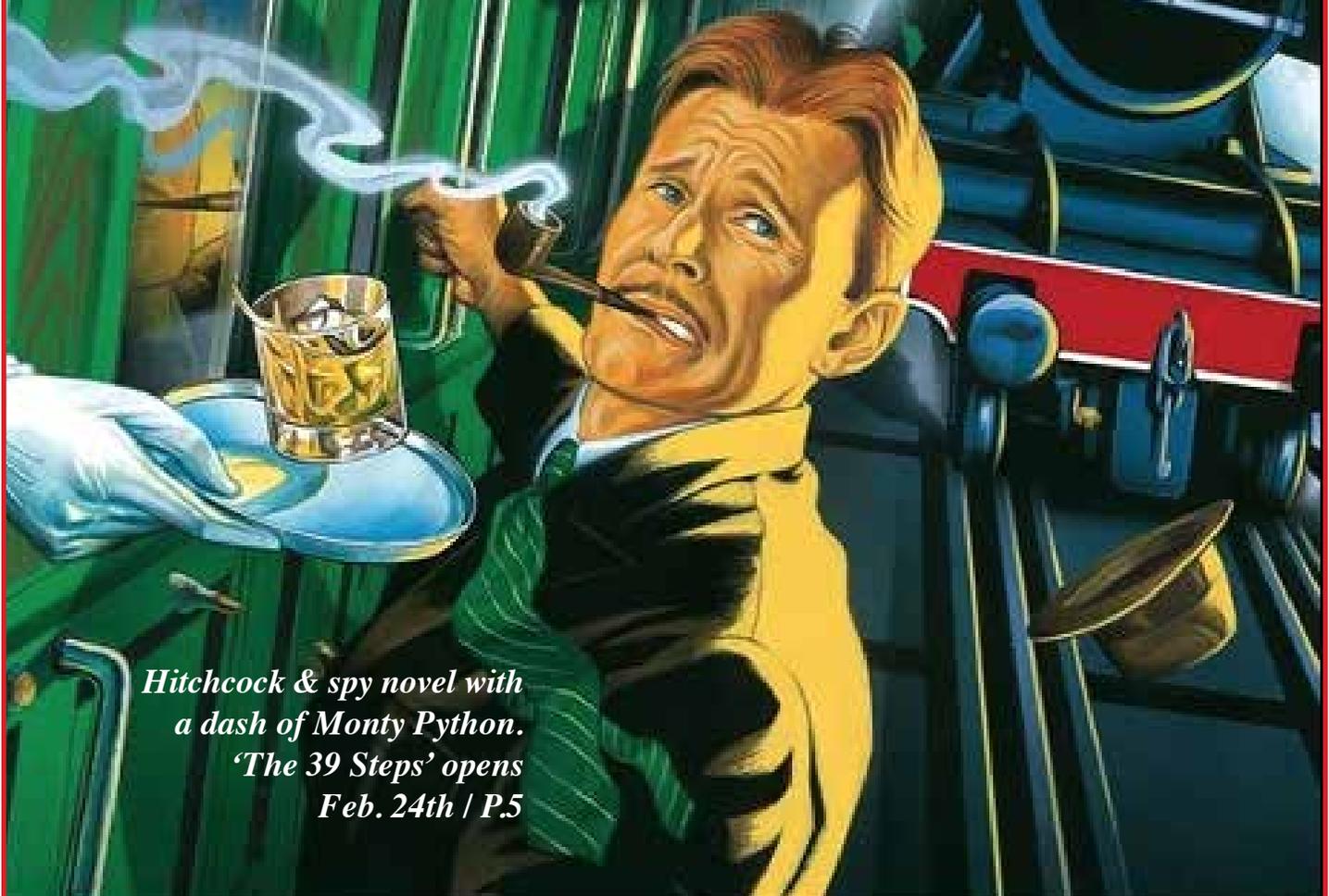
Love & Winter

- 1 day for your Valentine
 - 2 days for Winter Festival
 - 9 days for Film Festival
 - 4 days for Heritage Week
 - 6 nights for Concerts
 - 1 night 'Coldest Night of Winter'
 - 6 nights of 'Backs' home games
 - 10 nights of great theatre
- = 39 Steps for month of February!

February

AM

All Month



*Hitchcock & spy novel with
a dash of Monty Python.
'The 39 Steps' opens
Feb. 24th / P.5*

Festivities
Art & Film
Concerts
Theatre
Sports / 4, 5


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Heritage Week
February 22-25

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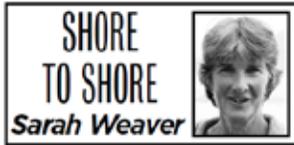
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Salmon Arm

PEOPLE CENTRED DESIGN

It's the first of its kind in North America, according to the developer. And Saanich council just approved it.



"It" is a nine-unit townhouse development, aimed at those who wish to live a car-free lifestyle. And so, the development, in the middle of a single-family neighbourhood, has been approved—with no requirement for any parking spaces.

The developer, self-described as a "social enterprise housing development company", explains that car parking uses an enormous amount of space, and dominates the design process.

Rather than car-centred, this townhouse development will be people-centred. It will offer proportionately more green space, more trees, extensive space for bike storage, and membership in a car share co-op, with a car-share vehicle and electric vehicle charging station close by.

Without having to provide parking, the company conservatively estimates that one of its three bedroom homes will be \$50,000 to \$100,000 less than a comparable home with parking.

What makes the development especially intriguing is that Saanich is not the most built-up part of Greater Victoria. The development is not in the down-

town, but rather in a single-family neighbourhood, several blocks from one of the region's two main hospitals. It's near bike lanes, as well as bus routes. The developer says that car-free housing helps lower emissions, creates safer streets, makes more efficient use of land—and is good business.

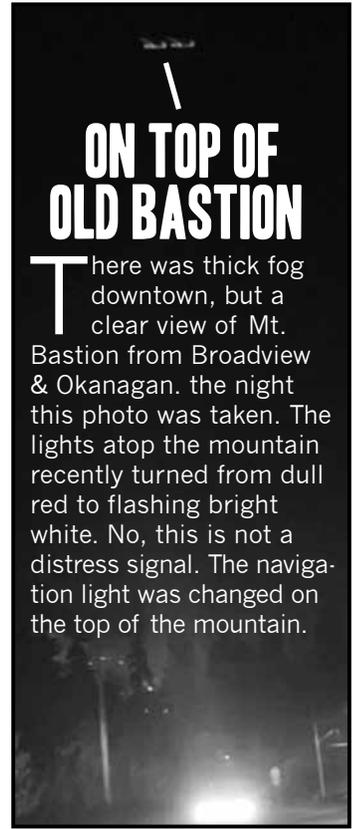
The developer, Urban Thrive, has a mission to be a catalyst for change, encouraging people to think differently about their housing and transportation options. The company suggests that with many communities creating Active Transportation Plans, and with BC Transit investing in electric vehicles, we are in the middle of a systemic shift.

Does this have any relevance to Salmon Arm? I think it does.

Centering development around cars is costly. Shifting towards providing alternate, sustainable, transportation makes sense. Many cars sit parked much of the time; car shares make sense. And, trading parking spaces in a development for more people and green spaces makes sense, providing opportunities ranging from quiet sitting areas to more housing.

Shifting away from car-centred design is the way of the future... and the future is now. ■

□ Former Shuswap resident Sarah Weaver is active in environmental issues and posts the blog 'Coast Lines' at linesfromthecoast.blogspot.com



ON TOP OF OLD BASTION

There was thick fog downtown, but a clear view of Mt. Bastion from Broadview & Okanagan. the night this photo was taken. The lights atop the mountain recently turned from dull red to flashing bright white. No, this is not a distress signal. The navigation light was changed on the top of the mountain.

FRIDAY AM
NO. 1281

February All Month

ARM MEDIA EST. 1997

EDITOR & PUBLISHER
Lorne Reimer
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Weekly FriAM: 2,500
All Month (1st Fri) 5,000
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.*

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COLD AND FOOD SECURITY

Shuswap Food Action Society is once again hosting The Coldest Night of the Year annual walk in support of the hungry, hurting and homeless. The family-friendly event is happening Feb 25 with individuals and teams meeting at 4pm at downtown SASCU. Guided 2 or 5 km. routes will begin at 5 pm through Salmon Arm and conclude with hot soup and beverages at the downtown Askews patio.

SFAS is a registered charity that seeks to bolster local food systems and raise awareness around food security. Projects include the Community Teaching Garden, Farmer's Market, food boxes for food insecure households, school meal programs, the Food Conversations program on Voice of the Shuswap and The Lighthouse Food Forest.

Funds raised on the walk will assist SFAS to continue ACTION projects aimed

at decreasing the barriers to people accessing and preparing healthy foods that are grown and produced in our community.

Askew's and SASCU have both returned as sponsors.

David Askew said Askews has increased use of local suppliers, especially since the pandemic and weather related transportation issues.

"Askew's gets four to five semi-loads of deliveries every week from our principal grocery supplier in Calgary. This is supplemented by multiple weekly deliveries from local suppliers.

"We have found local suppliers to be more reliable under such circumstances as they are committed to their local customers."

He said the store intends to continue this support (of SFAS) to help and development of the local food supply for the benefit of all residents of this region. ■

□ See cnoy.org/salmonarm or shuswapfood.ca

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MOLEHILLS

Lorne Reimer



State of papers

I was most grateful for the interest that Global Kelowna showed to small community weeklies by running a segment on *Friday AM* last week.

You can see why I went into print instead of broadcast media by how nervous I was. However, based on feedback, I think the mes-



got across that readers do appreciate independent papers that connect and engage with the communities they serve. A big shout-out to all those papers, especially *N. Shuswap Kicker*, celebrating its 25th this year.

Postmedia has announced plans to lay off 11 per cent of its approximate 650 journalists across Canada. If newspapers continue to flounder, disinformation may rule the day and informed democracies are doomed. ■

Shelter ready for more cold

There's added incentive to utilize the temporary emergency shelter, now set up in the gym of the Downtown Activity Centre.

Temperatures are expected to return to cold this weekend, and the homeless camp across from the indoor arena is in the process of being cleared away.

The initiative by the CMHA, City, Province and others provides 20 cots, a hot meal and bagged breakfast. Some issues were expressed over the 6 am checkout and need for storing belonging, but it is going to be appreciated during the coming subzero nights. ■

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IT'S FREEZING!

OH WAIT! IT'S MELTING! MAYBE IT'S SPRING!

WAIT! NOPE IT'S FREEZING AGAIN!

I WISH THE WEATHER WOULD MAKE UP IT'S MIND!



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Next AMs Feb. 3, 10, 17, 24 • All Month Mar. 3

Festivities

- > **Unplug & Play** - wraps up Jan. 29. shuswapliteracy.ca / P.5
- > **Trail Alliance Party** - 8 pm, Feb. 3, Recreation Centre. shuswaptrails.com for tickets and online auction information.
- > **Valentine's Day** - Feb. 14
- > **Heritage Week** - Feb. 22 to 25, Mall at Piccadilly. Co-hosted by Haney Park Museum. Includes pie contest.
- > **Salmon Arm Winter Fest** - Feb. 18, 19, Fairgrounds. Parade, broomball, fire & ice sculpture, music, food, kickball Frozen boot toss & more..
- > **BC Family Day** - Feb. 20
- > **Coldest Night of Year** - Feb. 25. cnoy.org/salmonarm / 5
- > **Vernon Carnival** - Feb. 3 - 12. vernonwintercamiva.com

Arts

- > **A Cast of Characters** - Theatre masks by Melody Anderson over past 40 years. Opens Jan. 28 with reception 11-1 at SA Art Gallery and runs to April 1. Coffee talk with artist, 2 pm, Feb. 16.



> Comedians Erica Sigurdson, Pete Zedlacher, Dan Quinn and Paul Myrehaug gather on the stage of the stage of the *Salmar Classic* Feb. 9 for a night of Stand-up comedy.

□ ARTS, con't

> **Open exhibition** - Jan. 31-Feb. 25, Enderby Courtyard Gallery

Concerts

- > **Jazz Club nights** - 7 pm, Nexus at First. By donation.
 - **Kris Ruston Trio**, Jan. 26
 - **Guitars! Gypsy Jazz**, Feb. 9
 - **The Campbell Ryga/ Chris Startup Quintet**, Feb. 23
- > **Song Sparrow Hall** -
 - **Sloan**, March 5 (sold out). Leading Canadian band since 1992
 - **Sean McCann**, May 13 - founder of Great Big Sea
 - **Five Alarm Funk**, April 16 - 20th anniversary tour.
 - **Monthly Dance parties** - See 'Dance' below & celebrateshuswap.ca
- > **Coffeehouses** - 7 pm
 - 4th Sat. Jan. 28 & Feb. 25. Silver Creek, featuring band, **Good Ol Whatserface**.
 - 1st Sat Feb. 4 - Carlin

- 2nd Sat, Feb. 11 - Sunnybrae
- 3rd Sat, Feb. 18 - Gleneden.

- 4th Fri. Jan. 27 & Feb. 24 Shuswap Writers Group, 2-4 pm. First Community (4th St. entry)

- > **Kamloops Symphony** - 2:30, Feb. 5, Nexus at First. 'Mozart's Dark Side'. / AD P.9

- > **Snowed in Comedy Tour** - 7:30, Feb. 9, Salmar Classic. Erica Sigurdson, Pete Zedlacher, Dan Quinn and Paul Myrehaug. Tix at eventbrite.ca

- > **Musical Giants** - Jaeden Izik-Dzurko & Okanagan Symphony Youth Orchestra, 7:00, Feb. 12, Vernon Performing Arts Centre. Winner of five international piano competitions, performing Glinka, Rachimaninoff, Price, Ryan and Wagner.

- > **Kitchen Sink Pocket Orchestra dinner show**, Mar. 8, Meikle Social Art HouseStudio. Orchestral music in non-traditional fun settings. See on Facebook.

□ CONCERTS, con't

> **Roots & Blues**, Aug. 17-20. updates.rootsandblues.ca

□ See also 'Live' below

Theatre

- > **The 39 steps**- Feb. 24 to Mar. 11, Shuswap Theatre. Mix a Hitchcock masterpiece with a juicy spy novel, add a dash of Monty Python. shuswaptheatre.com / 5

Sports

> **SILVERBACKS** -

- SA @ Merritt, 7 pm, Jan. 27
- W. Kel. @ SA, 6 pm, Jan. 28
- Wenatchee @ SA, 6 pm, Feb. 4
- Pr. Geo. @ SA, 5 pm, Feb. 5
- W. Kel. @ SA, 7 pm, Feb. 10
- Nanaimo @ SA, 6 pm, Feb. 11
- Pr. Geo. @ SA, 7 pm, Feb. 18
- SA @ Pr. Geo., 7 pm, Feb. 19
- Merritt @ SA, 7 pm, Feb. 24
- SA @ Cranbrook, 7 pm, Feb. 25
- > **Curling** - SA Curling Centre.
- > **Ladies & Men's**, Jan. 27-29
- **Masters**, Feb. 4, 5
- **Junior**, Feb. 11

- > **Pirate Loppet** - Feb. 3. (Elementary Schools), Larch Hills.

□ SportSpot - P. 13

at the movies

> **SALMAR GRAND**

salmartheatre.com • Jan. 27 to Feb. 2

- **M3gan** 2:00 Sat, Sun, Mon.; 7:15 nightly. Gemma pairs her M3GAN prototype with her 8-year-old niece, resulting in unimaginable consequences. (14A frightening scenes)
- **The Fabelmans**. 1:30 Sat., Sun., Mon; 6:30 nightly; Steven Spielberg film about an aspiring film maker in his adolescence, exploring power of film to help him see the truth (PG coarse lang, viol)

• **Series Five Premiere**

• **All Round Champion TV show**, featuring local para athletes Lilly Brook and Maggie Manning, 5 pm, Feb. 8, Salmar Grand. By donation. More/ P. 9

> **SALMAR CLASSIC**

• **Shuswap Film Society** • shuswapfilm.net

- **Aftersun** (UK), 5:00, Jan 28. An emotional story of family memories.
- **Living** (UK) 5:00, Feb. 4. Ordinary man tries to turn his dull life into something wonderful. Sentimental fable to a cautionary tale.
- **Tehranto** (Can) 5:00, Feb. 11, Persian Canadian rom-com. Tehranto-Toronto, get it?
- **The Good House** (US), 5:00, Mar. 4. Woman faces reckoning to family past.

• **Shuswap Film Festival**, Feb. 17- 25.

The 13 titles on the line-up (1/4 Canadian) **Blind Ambition** (opener), **All and Ava**, **Close**, **Emily**, **EO**, **Fishermen's Friends**, **Guitar Lessons**, **Intregalde**, **Geographies of Solitude**, **Riceboy**, **Rosie**, **See how they Run**, **Sleeps**, **Till**

• **Live from the Met**

• Wagner's **Lohegrin**, 9:00 am (earlier start), Mar. 18, Salmar Classic.

live & dance

> **Gleneden Hall** monthly dance, 7 pm, Feb 4, featuring **Sierra**. \$10

> **Jammers dance**, 7 pm, Feb. 19, Fifth Ave. Activity Centre. \$3 members or \$5. Musicians free. Jan. 31 dance cancelled.

> **Dance Parties**, Song Sparrow Hall - **Vanilla Gorilla Blues Band**, Feb. 25.

Big beats & classic blues.

New Groovement, Mar. 1.

Motown Review Band, Apr. 29.

Tix at celebrateshuswap.ca

> **Shawn Lightfoot**, Jan. 27, Setters Pub.

> **Enderby Folk & Pattern Dance**, 7 pm, Feb. 3, Enderby Drill Hall. Adults \$5. Kids free.

□ See 'You're Invited', next page ▶



city lights

▶ **vernion** • Details at ticketseller.ca

- **Banff Mountain Film Festival**, Feb. 3
- **Winter Carnival**, Feb. 3- 12.
- **Luca Fogale**, Feb. 9
- **Snowglobe concert with Reklaws**, Feb. 10.
- **Ballet Jørgen**, Feb. 10. Also Ballet Jorgen's **Cinderella**, Mar. 25.
- **Business Excellence awards**, Feb. 10
- **OSO with Jaeden Izik-Dzurko**, Feb. 12
- **Marc Atkinson**, Feb. 17
- **Michael Bernard Fitzgerald**, Feb. 18
- **Small Glories**, Feb. 22
- **The Mousetrap**, Feb. 22-Mar.4 (Powerhouse).
- **Tunes for Teeth** - Songs from 1920-60, Feb. 24
- **Zaniac Comedy**, Mar. 4
- **OSO Symphony Classics**, Mar. 5.

▶ **kamloops** •

• **Scotties Tournament of Hearts**, Feb. 17-26

▶ **penticton** •

• **Screwball Comedy**, Feb. 9-Mar. 5

• **George Thorogood**, April 29

▶ **kelowna** •

• **Bruce Cockburn**, Feb. 5 • **Jason Isbell**, Mar. 4

• **Bert Kreischer**, Mar. 5 • **Lee Brice**, April 12

▶ **Vancouver**

• **Thomas Rhett**, Feb. 9 • **Ebi**, Feb. 11

• **Just for Laughs**, Feb. 16-25

• **Beyond Van Gogh**, Feb. 1- Mar. 5

• **Canucks**, Feb. 13, 15, 18, 25, Mar. 2, 4, 6, 8

• **Shania Twain**, May 2 • **Madonna**, July 15

VALDY UP CLOSE

Have we got a show for you! Word on the Lake Writers' Festival, May 19 to 21, is back at the Prestige Resort. Check out the incredible line up of authors, publishers, and events this year: wordonthelake-writersfestival.com.

We have an icon of Canadian folk music coming this year - Valdy. He is also a producer for film, television and the music industry, and has recorded 15 albums, 22 singles, and four gold records. He won two Junos, seven nominations and is an Order of Canada recipient.

Festival organizers have kept the prices as low as possible, and considering the prices of everything have gone up, they have done a great job.

This is a good year for Gracesprings Collective (GC) as we have two of our authors presenting workshops - Caitlin Hicks, author, playwright and performer, and festival favorite, local award-winning author Deanna Barnhardt Kawatski.

Hicks' novel, *A Theory of Expanded Love* has won many awards, including 'Best New Fiction' on iTunes. Her audiobook of this novel was awarded Distinguished Favourite in the NYC Big Book Award of 2022. Her writing has been published in *The Vancouver Sun*, *LA Times*, *San Francisco Chronicle*, *Milwaukee Journal Sentinel*, *The Fiddlehead* and other publications.

She was at the first festival in 2003 and astonished us with her presentation on the first night.

Kudos to GC: four members have books coming out - Caitlin, Deanna, Shirley Bigelow DeKolver and yours truly. Shirley emcee's the Café Lit event that kicks off the festival. She'll be reading from her forthcoming book at the Shuswap Writers Coffee House 2 to 4, Feb. 24 at the new venue at First Community.

Andrew Buckley is among the exciting new faces. He's a film school-educated writer which means he spent most of his life with no money and a high opinion about bad movies. Sometime around the turn of the century he attended the Vancouver Film School's Writing for Film and Television program, graduating with excellence. He pitched and developed several screenplays for film and television before turning to his chosen career of novel writing (this was due, in part, to discovering that 'professional mongoose wrangler' wasn't a real profession).

Buckley favours playing in the fantasy and paranormal sandboxes and is drawn to writing with a humorous and satirical slant despite being asked politely to 'please stop doing that'.

As co-founder and lead instructor at Wordsmith Academy, he speaks to thousands of students about storytelling and writing through the delivery of interactive and engaging online and in-person workshops and presentations at schools, writing conferences, and comic cons. ■

□ *Kay McCracken is an author and promoter of the Shuswap writing community.*

WRITE ON!

Kay McCracken



> These frenetic actors are in rehearsal plaining dozens of characters in the play, *The 39 steps*, runs Feb. 24 to March 11 at Shuswap Theatre. It's an adrenaline pumping comedy for the audience, and a madcap script for actors Luke Norrie, Fernanda Fukamati, Dave Sawatzky and Taylor Hendrickson. Tickets are now on sale at shuswaptheatre.com

TALK ON BC'S BIG TREES

Everyone loves big trees, especially Terry Nelson, who has published a massive collection of stories and photos about the last of the BC interior's ancient giant trees.

The author of *Big Trees of the Temperate Inland Forest* will speak 7:30 pm, Feb. 8 at First Community (United Church). The book also includes a section about the Shuswap's record-size trees, including the story of the "Seymour Giant", written by SEAS president, Jim Cooperman.

Many of the trees documented in the book were already towering elders long



before the arrival of the Europeans. The book is timed perfectly with growing public concerns about increasing threats to biodiversity from clearcut logging.

In addition, Cooperman will address local threats from logging to the remaining antique rainforest in the Upper Seymour River Valley. Allowing more logging there, which is adamantly opposed by the Splitsin, could mean the bitter end for the rapidly declining caribou herd that depend on this habitat.

□ *The talk is hosted by Shuswap Environmental Action Society (SEAS) and KAIROS, and copies of the book will be available for sale.*

you're invited

> **Coldest Night of the Year**, Feb. 25. Details at cnoy.org/salmonarm in support of hungry and homeless, hosted by Shuswap Food Action Society. Walk Party starts 4 pm, Downtown SASCU. / P2

> **Friends of Library Book Sale**, Jan. 27, 28, South Shuswap Library.

> **Unplug & Play** - final days events Sat. Jan. 28 include **Introduction to boxing**, 11 am at Bulldogs Fitness & Boxing; **Family Footy** (Soccer), 1 to 3 pm, Old arena; **Dancing**, 1-4 pm, Shuswap Dance Centre (ages 3-12); Also **Reptile Show**, 1 pm, South Shuswap Library and **Create a Puppet Show**, 10-5, Sicamous Library.

> **SD83 Pro-D day**, Jan. 30

> **SD38 Board meeting**, 6 pm, Feb.21

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

> **Shuswap Storytellers**, 7 pm, (1st Thur), Feb. 2. For storytellers and dedi-



cated listeners Info at 250-546-6186.

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

> **'Hospice Helps'** fundraiser selling corrugated hearts for \$30 with place to print names of loved ones. On display by Marine Park, Feb. 10-15.

> **Music Festival** register to Jan. 31 for April 11-29 festival. Adjudicated sessions in piano, strings, voice, choral and band. More info. at www.ShuswapFestival.com

> **Garden Club** now meets 5th Ave Centre, 7-9, 4th Tues. Jan.speaker: Lindsay Wong of Shuswap Cider Co. Sweet & Savoury potluck.

> **Need a break?** Women caring for partners with varying disabilities, 1 to 3 pm, 2nd & 4th, Thurs. Audrey, 778-489-5102

> **Toastmasters**, 7 pm, Thurs., Fifth Ave. Activity Centre.

> **Friendship Club**, from 10 am, Tues, 5th Ave. Centre.

> **Volunteer committee members** needed for CSRD Advisory Planning Commissions. Apply by Feb. 6. www.csrdbc.ca

> **CSRD meeting**, 9:30 am, Feb. 16

ART AND SCIENCE

This is the traditional time for uplifting optimism, positive resolutions and general enthusiasm for the coming year. I really want to paint 2023 in the best light possible, but, to continue the artistic metaphor, the palette has colours too diverse for a clear picture.

We all want low inflation to make our dollars go further but the high interest rate cure curtails investment. Too much for too long and the economy is damaged - a delicate mix of light and shade. We trust the good folks at the Bank of Canada to balance the composition.

More confusing is the notion of confidence. The financial world is basically scientific. One can largely predict outcomes, unlike artistic. Confidence can drastically affect markets, and, while it is secretly gratifying to hear traders bemoan their losses, the funds that are being traded mostly belong to us in the form of pensions and savings.

Market confidence is built on stability and grows irrepressibly - until it stops. That stop is fleeting. As confidence bursts the algorithms and the nervous quickly sell, they wipe impossible numbers from world stock values. Confidence is the artistic component that underpins the financial picture.

The weather and politics are both treacherous and, apparently, man made. Wars and record floods, fires, hot and

REPAIR GUY
Barry Marshall



cold now occur every year. The effects are devastating to nations, catastrophic to individuals and shatter market confidence. Events a world away can affect you and every little thing you do can affect those events. This is more obvious in climate than politics, but we get who we vote for.

Unfortunately, I am unable to provide a traditional uplifting forecast. I come closer to the fantastic image of a Brazilian butterfly's wing flap causing a tornado in Texas. The optimist in me feels it necessary to include the often forgotten second line of that quote "it [the butterfly] can equally well be instrumental in preventing a tornado." This colourful idea is central to Chaos Theory which describes a point which might unexpectedly move from order to disorder at the tiniest disturbance. I fear that is where we are now.

One example of stability we can rely on in 2023 is the 26th anniversary of the AM, a testament to the hard work of Lorne Reimer. He is everyone from editor to delivery man and a very nice person.

After all, he lets me ramble on every month! The traditional gift for a 26-year anniversary is a picture, this is mine. ■

□ *Tech and social commentator Barry Marshall can be reached at BarryMarshall@gmx.com*



Girl Guides are introduced to boxing at the Bulldogs ring. It was one of the events of Unplug and Play week.

Doggie bed and breakfast

A little over five years ago our third son aka "The Junior Bean Counter" was curious about what would happen with the family home once him and his three brothers moved out. The conversation came on the heels of our oldest graduating from high school and moving away to college.

At the time I reassured him that just because his brother went to college doesn't mean he wouldn't be back in the summer to work and live at home. However, I did explain that eventually him and his brothers would move out and Mom and I would have to decide whether to keep the home or downsize. At the time the Junior Bean Counter suggested that we should keep the house and turn it into a dog shelter so that he would have a dozen dogs to play with when he comes to visit.

Well, fast forward to the present and it seems we are starting down the path of a dog shelter or at least a Doggie Bed and Breakfast. You see my oldest son is now married and a year ago got a puppy. So, whenever the kids are needing someone to watch their dog, we have him over to our place.

Our family dog Jasper is a fun loving, quiet and overall, a very low-maintenance dog. My son's dog is also fun loving, but unlike Jasper, he is super high energy and has no off-switch! I mean he is only a puppy, but I cannot see being like Jasper anytime soon. He just goes and goes and goes.

Over Christmas we had him stay at our house for three days and like most grandparents with their grandkids; we were exhausted by the end! He didn't want to just lie down by your feet like we are accustomed to with Jasper; instead, he wants to run and play from dawn to dusk.

At the time, I started thinking that if the boys all get dogs and they all bring their dogs over at the same time, the Junior Bean Counter's dream will have come true. However, for my wife and I the thought of it makes our heads spin!

It also makes us wonder how we did it when the boys were younger. They going non-stop along with the dishwasher and the washer/dryer. Glad we were a lot younger and the appliances were new! ■ □ *Daron Mayes works as an investment advisor in Centenoka Mall. His column appears monthly in the All Month editions.*

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Daron Mayes

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READING ROOM

by Larissa Image, Salmon Arm Library Branch

Short month, many events

February is a short month in days, but a big month for programs at the Salmon Arm library branch. All our programs are free and we'd love to see you there!

■ Join us for **Babytime** (0-18 mos) 10:15 am, Fridays; **Family Storytime**, 10:30 am, Thursdays and 3:30, Saturdays; and **Pajama Storytime** (wear pjs and bring a stuffie!) 6 pm, Feb 17. On Saturday mornings, say hi to Rolo the pup at **Paws 4 Stories**; register online for your own special reading session!

■ For school-aged kids, we have **Children's Choir** meeting at 3:30, Feb. 1 and 15. Please register so we know how many music sheets to print. Build amazing creations at our **Lego Block Party**, 3:30, Feb. 8 and try new tech at **STEAM Adventures**, 3:30, Wed. Feb. 22. Come listen to *Fortunately, the Milk* book at **Stories & Snacks**, 3:30, Friday, Feb. 17.

■ Our in-person book club will meet 10:30 am, Tues Feb. 14 to discuss Delia Owens's *Where the Crawdads Sing*. No registration required – just show up ready to chat!

■ We have our weekly **Scrabble program**, 11 am, Thursdays; no experience required. We have friendly members who can help you out. On Saturdays, 3 pm, Feb. 4 and 18 at 3pm, take part in thoughtful discussions with great thinkers at the **Philosopher's Corner**, mediated by Dave Reed.

■ Our 2nd Annual **Tiny Story Contest** is underway. Story submissions are capped at 500 characters (including letters, spaces, and punctuation). It's a tricky task to impart a story with so few words, but give it a try – you have until Feb 14 to send submission. The Events Calendar has further instructions. Starting Feb. 15. Stories will be posted for People's Choice voting.

■ Local health practitioner Michael Cruikshanks, 6:30, Tues., Feb. 28. He will discuss non-duality and how it can help cope with chronic health conditions and overcome obstacles in daily living. A health crisis or chronic conditions of pain or other physical and mental health concerns can be mitigated with a new approach where we learn to cultivate a kind and compassionate relationship with all parts of ourselves, even - the parts we resist may be unaware of. The outcome is often having a decrease in chronic pain, overwhelm, fatigue, and an overall improvement in physical, mental, and emotional wellbeing.

■ **Genealogy group** meets 10:30 am, Feb. 13 and 27. Share ideas, learn new tips and tricks, and solve research roadblocks. You can also learn how to work on microfilm.

■ Pop into the **Ukulele Circle**, 2:30, Feb. 9 and 23 to strum and sing Please bring your own ukulele.

■ For fibre enthusiasts, **Spinners & Weavers** runs 1- 4 pm, Tuesdays and **Odd Socks Knitting** from 1:30 to 3:30, Fridays.

SOUTH SHUSWAP LIBRARY

■ **Friends of the Library Book Sale**, 10-5 pm, Jan. 27 and 10-4, Jan. 28. A great selection of books for sale, South Shuswap Library.

• **South Shuswap/ Salmon Arm Friends of the Library meeting**, 2 pm, Feb. 13, Picadilly Mall board room, New members welcome.

Children's programs

- **Drop-in Lego** (wash hands before using)
- **Take & make bags to go**, first Saturdays of month (School-age)
- **PJ Storytime** - Songs and rhymes with a light snack, 6 pm, Feb. 7
- **Mother Goose**, 10:15 am, Feb. 3 & 10 - songs, rhymes, fingerplays
- **The Bug Guys** will be at branch with reptiles, 1-2, Jan. 28.

Adult programs

- **Card making** - basic stamping and die cutting/ dry embossing, make two cards with envelopes, 1-2:30, Feb. 9. Register 250-675-4818.
- **Take & make craft bags to go**, 2nd Saturday.

☐ Continued on next column ▶

South Shuswap Library • continued from left

☐ Continued from first column

- **Page Turners Book Club**, 10 am, 1st Thursdays. 250-675-4818.
- **Blind Bay Garden Club**, 10 am, 2nd Tuesdays.
- **Fireside Knitters**, 10 am, 1st/3rd Fridays.
- **LASS Cyber Seniors Computer Tutoring**, free one-on-one tutoring for those who have never used computers or only basic knowledge. Starts 1 pm, Jan. 31. Register to Sierrre Allison 250-463-4555 or info@shuswapliteracy.ca

• If you haven't seen the new shelving, visit the branch to see how open and bright the library looks.

☐ See orl.bc.ca for information on all seven Shuswap Branches

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Sunset over the Shuswap

Photo by Bobbi McCall with iPhone 13, Blind Bay

> After days of fog and clouds, the sun bathed the sky over the Shuswap in spectacular fashion one recent sunset.

BUNCRANA, COUNTY DONEGAL

BY MAUREEN SHAFFER



> The iconic Castle Bridge and beautiful beach on the seashore at Buncrana. On right, Maureen Shaffer, on a wintery day.



When I sold my beautiful and well loved heritage home in Salmon Arm last summer, I realized that the only place that called to me was County Donegal, Ireland, the birth place of my paternal grandmother. I narrowed my landing spot to Buncrana, which filled my two criteria: proximity to the ocean and to cousins living 20 minutes away.

I arrived early September. Buncrana, with a population of 6,000, and lifelong home to most of its residents, is the most welcoming and inclusive community I have encountered.

During my first week here I was adopted by a walking group. Then a needlework group was happy to embrace me. Helping to serve weekly lunches to seniors in the community centre came next.

Daily walks along the beaches of Lough Swilly and Inishowen peninsula, aka Amazing Grace country, fills my soul. Every person I meet has a greeting, “How are ya,” a smile and often a few friendly words. Although in some ways Buncrana feels like the back of beyond, it has everything I need.

The many moods of Lough Swilly suit me perfectly. With a 20 minute drive to Derry, and four hours to Dublin, Buncrana is the perfect landing place for a ‘blow in’ from Canada. ■



Shuswap's para athlete trio: A world champion & two TV stars



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1st
NATALIE WILKIE
PARA NORDIC WORLD CHAMPIONSHIPS
PARA BIATHLON
SPRINT



▶ **Natalie Wilkie**
Salmon Arm's seven-time Paralympic medal winner has done it again. Natalie Wilkie won her first Para Nordic World Championship title in cross-country skiing, winning the women's standing skate-ski sprint race Jan. 24 in Oestersund, Sweden. She also won her first world champion biathlon title on her 22nd birthday the day before, plus a silver in the long-distance classic-ski distance race.

▲ **Maggie Manning & Lilly Brook**
Two para athletes from Salmon Arm are on the team for season 5 of the show, *All Round Champions*. A special screening of the Premiere is planned for 5 pm, Feb. 8 at Salmar Grand. Admission is by donation. Lilly Brook and Maggie Manning will compete in different sports than they normally play in.

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○○○
> **Askew's Word on the Lake writing contest** - Deadline for submissions - Jan. 31 in categories - fiction, nonfiction and poetry. Three prizes for each category (\$200, \$125 and \$100). Additional prizes offered to winners attending festival as well as copies of anthology. Details at wordon-thelakewritersfestival.com > links

FIRST HAND LOOK

For the past six weeks I've had the wonderful opportunity to view our health care system first hand. I've veiwed its flaws and strengths from the vantage point of a patient.

I fell and broke my leg Dec. 11. It was a nasty break. I had a hip replacement three and a half years ago and it was where the device entered the femur that I smashed the bone.

As luck would have it, no ambulance was available. It took me half an hour on a cold floor before I could summon help, and another two hours for an ambulance to arrive to scoop me up. There I lay another three days before I could get to Vernon for surgery.

The timing could not have been worse. Coming up on Christmas there were staffing shortages in every department. Doctors, ambulance staff, nurses and all other support staff were running short, and it is because of this I am writing my column based on these shortages. The dedicated people who strive so hard to overcome these shortages and provide the service they are trained for deserve our love and respect.

I could whine about my suffering and discomfort while waiting for attention, but so what. The hospital is full of people suffering. It is the health-care workers in there I praise. Real people who do their best to alleviate this suffering and make "whole" those of us unfortunate or careless enough to find ourselves there.

Healthcare professionals in our clinics and hospitals do not deserve the state of our healthcare system. We are in this "shortage" situation because of lack of foresight in leadership. They have had ample time to prepare for an aging population and the increases in population that requires vast increases in facilities and personnel.

What were they thinking when they let large numbers of nurses go because of covid protocols. Could they not have kept them on payroll while at home? That may sound counter productive but what is the cost of training new nurses?

There is another segment of our society that I would like to give a "shout out" to. Along with our healthcare workers, there are spouses, friends, neighbours and in my case a very special son and daughter. Without these special people my recovery from leg surgery would have been miserable indeed.

In addition to my leg problem, my wife and I came down with a bout of 'RSV' which is a very nasty virus akin to pneumonia and will not let up as it rips at your lungs. My wife, "my care giver", was hit hard with this virus yet gave the best she could.

Our friends and neighbours were there in a steady stream with meals, hot soup, flowers, comforting goodies and blessed get well wishes. Thank you so much.

Continued on the right

MY TWO CENTS



Ed Campbell



"Look, as soon as a private room becomes available, you'll get one."

Pacing out the distances

I walked like a duck on Sunday - twice, in fact. Not with a bunch of ducks like by the wharf (P.16), but just myself conducting a little experiment. I paced out the distances of a downtown block, compared to a mall parking lot. I found that the distance just beyond the first light standard in the Piccadilly parking lot, the portion - the part most desirable for parking - is the same distance as a downtown block (120 paces each). So next time you think it's awesome to find a prime spot in the mall parking lot, but find it inconvenient to walk a block downtown, remember this experiment. ■



City FIXINGS



> This is not cool. At the corner of Shuswap and Okanagan where hundreds of children walk by daily, this derelict house in the process of being torn down is open to step inside with all sorts of hazards lurking inside. Close it up or finish tearing it down. > The new light at 10th takes way too long crossing the highway.

Bravos&BOOS

> BOO TO the person(s) who removed the decorations from Park Hill trails and left some at the garbage can & took the others. Every year, hikers decorate their favourite tree along the trails at the beginning of December and take them down before February. So many people enjoy seeing them. This year, someone removed the decorations and took them.

So dedicated

Continued from the left
Thankfully we are now on the mend. In one week I meet with my surgeon who, hopefully, will give me the "go ahead" to start putting weight on my wounded leg. After that it will be physiotherapy and the rest is up to me how fast I get back to doing the things that make me happy. Stay healthy folks. ■

Ed Campbell is an active retiree in Salmon Arm.

Come sing with us!

By Nan Dickie

Do you ever imagine singing with others, where focus is not on you or individual voices, but the voice produced together? There is an opportunity in Salmon Arm, with no experience necessary, to enjoy exactly that. Kristina Jessen's singing circle invites all, beginners and 'non-singers'. "We sing to move from our heads to our hearts and to cultivate genuine community and connection".

Songs are primarily learned using the oral tradition of call and response, occasionally lyrics are provided. The repertoire of songs reflects a diversity of origins, inspirations, and cultures. Kristina chooses songs that participants can take with them and bring into the rhythms and routines of their everyday life. She creates a safe and comfortable environment, where the overall intention is to feel and connect, not to perfect or perform. The weekly hour of 'Sing into Spring' will begin Feb. 7 at 5:30 pm at Galeria Estima, across from downtown Askews. Kristina can be contacted at earthinharmonysing@gmail.com, or 604-329-8816. Visit kristinajessen.com. ■

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WORDS WITH MEANING

I am fascinated by the evolution of language. As an avowed word nerd, one of my favourite days of the year is the publication of the giant holiday crossword in the *Globe and Mail*.



Unfortunately, due to a snow event, it did not actually make its way to Salmon Arm until after Christmas. Kudos to Buckingham Palace for keeping me two copies, so I could spend some time between Christmas and New Years trying to solve it.

I've put together a list of 10 words that caught my fancy this past year and made me think.

■ **Permacrisis** - seems self explanatory but we seem to leap from one disaster to another when it comes to climate. How many of us even knew what an atmospheric river was once upon a time. Now we know.

■ **Derecho** - speaking of weather - did you know about derechos - "widespread, long-lived, straight-line wind storms that are associated with a fast-moving group of severe thunderstorms" that battled parts of Ontario and Quebec this past year? I didn't. I do now.

■ **Oligarch** - Oligarchy is a common concept in basic economics. It's a small group of companies or individuals having control over a sector of the economy. We tend to think it's reserved for obscenely wealthy Russians. Truth is, by definition, we have them too. We just don't call them that. Maybe it's time we did.

■ **Bivalent** - bi means two, of latin origin, valere means to be well and strong so it won't surprise you that a bivalent vaccine works by simulating an immune response against two different antigens.

■ **Deplatform** - To remove a person or a group from a social media platform - preventing them from widely spreading, shall we say, - disquieting views.

Cont'd from P. 5
Shuswap Quilters' Guild Come Quilt with Us 2nd / 4th Wed. , 9-3, St Joseph's, 832-9045
 > **Crib**, 1 pm, Fri-days, Canoe Srs.

■ **"Don't at me"** - Seems we're now using the word "at" as a verb. As in, don't at me, referring to social media username prefixed by the @ sign. In short, it means, I said what I said and that's all I have to say.

■ **Agrivoltaics** - this is a fascinating one meaning the use of land for both farming AND electrical generation (by solar panels) at the same time.

■ **Textspeak** - how we text has modified, for better or for worse, the way we communicate, increasing the use of abbreviations, acronyms and emojis creating textspeak, a combination of writing and speaking at the same time.

■ **Frugalism** - I think this might be my favourite. I love finding ways to cut costs and still have fun. We have amazing second-hand stores and buying old or previously used is sometimes much better, much cheaper and comes with so many great stories. It's worth a try.

■ **Nearshoring** - this one might be new to you - the movement to bring manufacturing back to shore after years of outsourcing from far away place for efficiency and cost benefits. The post-pandemic economy has shown the volatility of the supply chain and the value of having more access to critical supply, nearby.

The new year will bring new words. 2022 saw the addition of several hundred. Our job is to listen, learn and better understand. And if you do, the *Globe and Mail* 2023 Holiday crossword will be a breeze to complete.

Wishing you peace, meaning and fulfilment in the year ahead. Stay safe out there.

□ Louise Wallace Richmond is a Salmon Arm councillor and business person, and a regular contributor to the All Month edition.



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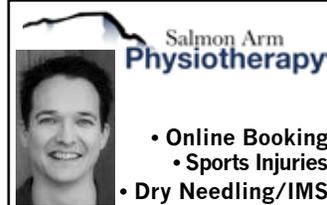
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> SASCU presents Shuswap Community Foundation with \$75,000 for the SASCU Youth Endowment. Back Row - Barry Delaney, SASCU CEO ; SCF Youth Philanthropy Advisory Committee (YPAC) members: Finn Hamilton, Hazel Gamble-Fell, and Devan Landsdowne; Kelly Bennett, SASCU Director; Adam Currie, SCF. Front Row - Laurie Page, SCF; YPAC members - Mikayla Wilkinsson and Callie Hay-Vicars.

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WEATHER

WEEKEND AHEAD
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 Chance of flurries on Friday.
 Normal -1 to -7
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 +9.6 2019 • -23.6: 1997
 Sunrise 7:43 am • Sunset 4:36 pm

Past Temps, Jan. 18 to 24
 By weatherman Nick Parsons
 SW Gleneden, 458 m (119 m above lake):

DATE	HIGH	LOW	PRECIP.
Jan. 18	+2	+1	1/16" rn.
Jan. 19	+3	-3	
Jan. 20	-1	-5	
Jan. 21	0	-6	3" sn.
Jan. 22	0	-6	
Jan. 23	+1	-4	1/2" sn.
Jan. 24	0	-5	1" sn.

PASSAGES

LEGACY LIVES ON
shuswaphospitalfoundation.org
shuswapfoundation.ca

Bowers Funeral Service
bowersfuneralservice.com

- ❖ Trudy Gail Hall (Garbutt)
January 15, 2023, at age 66
10 am, Jan. 28, Rec. Centre
- ❖ Ruth Nellermann Keskinen
January 3, 2023, at age 83
12-4, Jan. 28, Canoe Srs. Hall
- ❖ Clifford Edward Hughson
January 22, 2022, at age 86
3 pm, Feb. 4, St. Andrews
Presbyterian Church
- ❖ **Fischers Funeral Service**
fischersfuneralservices.com
- ❖ Robert James Byers
January 12, 2023, at age 91
- ❖ Mary Helen Cooper
January 16, 2023, at age 88

- ❖ Morgan Paige Hill
January 19, 2023, at age 66
- ❖ Douglas Allen Lagore
January 21, 2023, at age 75
(NOT the former City CAO)
- ❖ Wayne Fernie Matthews
January 17, 2023, at age 82
(12 years as City Councillor)
- ❖ William McFarlane Macaulay
January 18, 2023, at age 85
- ❖ Michael Carman McBride
January 17, 2023, at age 84
- ❖ David Crosby, 81, Byrds, Crosby, Still, Nash & Young /15
- ❖ Lin Brehmer, 68, DJ known as Voice of Chicago with signature line, "It's great to be alive!"

> COVID UPDATE BC exceeds 5,000 deaths

CANADA #34 rank	6,750,145 deaths
4,539,229 cases	645,853,555 recovered
50,135 deaths	BC
4,427,535 recovered	394,366 total cases
61,559 active cases	5,007 confirmed deaths
USA #1 rank	27 new deaths
103,532,711 cases	17 current critical care
1,129,618 deaths	268 curent hospitalized
100,981,556 recovered	32,540 hosp. to date
WORLD	560 new cases
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> SPORT SPOT



> Three local students - brothers Kaiden and Nolan Beck of the BC1 gold medal Blaiser team and Austin Tomlinson of the runner-up BC2 team will compete at U18 curling nationals in Timmins, Ontario, Feb. 5- 11.

> SILVERBACKS

POINTS - Penticton 64 pts, Cranbrook 49, W. Kelowna 44, Prince Geo 39, Salmon Arm 38 (17W, 14L, 3 OTL, 1 SOL), Vernon 36, Wenatchee 35, Trail 32, Merritt, 15
NEXT - Travelling to Merritt, 7 pm, Jan. 27 • Hosting West Kelowna, 6 pm, Jan. 28, Wenatchee, 6 pm, Feb. 4 and Prince George, 5 pm, Feb. 5
Silverback Defenceman Adam Boatter was signed for the 2023-24 season.
 > **Curling** - Men's Open & Ladies Open, Jan. 27-29; BCIMCA Ladies' Masters & Men's Grand Masters, Feb. 4, 5; Jr Bonspiel, Feb. 11, 12; Mixed, Mar. 10, 12. salmonarmcurling.com
 > **Tennis** - Go to clubspark.ca for indoor court bookings.
 > **Elementary School Pirate Loppet** - Feb. 3, Larch Hills. skilarchhills.ca/pirate-loppet
 > **Family Footy**- (Soccer / Unplug & Play), 1 to 3 pm, Old arena.

❖ Sarah Bradshaw • May 28, 1954 ~ Dec. 18, 2022

Sarah Bradshaw died in her home of natural causes. She is survived by three sisters, two brothers, four children and five grandchildren. There will be a ceremony in her honour from 2 to 4 pm, May 28 at the Splatsin Community Centre, 5767 Old Vernon Road in Vernon. A potluck and refreshments will follow. Please bring what you can. All are welcome.





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RESILIENCY in KIDS

Whatever the challenge, whether involving stress, emotional pain, trauma, tragedy or some kind of threat, resiliency is the ability to believe in yourself, to cope to the best of your abilities, and to adapt well in difficult circumstances.

Mental Health Matters

By Denise Butler, CMHA

Resiliency is not something you are either lucky to be born with or not. It is learned, and it's what makes some young people seem like they can do anything and get through even the toughest times to survive, and maybe even thrive.

If you're a parent, building resiliency and a "can do" attitude can begin at an early age. When a kid takes on a new challenge, from learning to tie a shoe to hitting their first baseball, they gain a huge sense of confidence in their abilities when they see their effort achieves something - no matter how big or small.

Self-confidence is what kids tap into when taking on future challenges. With each mistake or setback they overcome, and each new skill they learn, they come to understand the idea behind "I can do it!" and, "Where there's a will, there's a way!"

Parents can help with plenty of opportunities to take on and master new skills and experiences. Be patient, allow kids to make mistakes and persevere. Be there to cheer them on so they don't stop trying to achieve a goal. When other challenges and setbacks present themselves, these kids will grow up to be resilient teens and adults with the kind of attitude and determination that will enable them to trust in themselves and be able to handle almost any kind of difficult situation, no matter how tough. ■

□ *For more on resilience visit:* heretohelp.bc.ca/factsheet/resiliency-a-guide-for-parents-and-youth *Good mental health is essential to overall wellbeing. CMHA Shuswap-Revelstoke, (250)832-8477 or email: info.sr@cmha.bc.ca*

SUMMER CUSHION SEASON STARTS

The best thing about summer is that it comes every year. No matter what happens, we know it will show up. Sometimes late, sometimes ineffectively, sometimes with too much rain. But it always comes.

And one of the things that also happens every year is that, if you own summer outdoor cushions, you need to get them out of storage. Hoping they are still good enough for one more season.

Here are the top three things to help you decide if they're okay or need to be replaced.

■ If you squish the cushion and it sounds like cellophane being crinkled, it means the foam inside has started to disintegrate. Replace.

■ If you accidentally poked your finger through the fabric, this, too means replace. At least the covers.

■ If you can see how bright the print was once, compared to what it is now, chances are the covers, at least, need to be replaced. How to check? Fold back that tiny bit of fabric running along the zipper teeth. Or check the part of the cushion that sits at the back of the chair, nearest the seat for signs of color change. Or check the fabric underneath a button.

Sun will damage most fabric within one or two summer seasons — the sun in Salmon Arm has the same intensity as the sun in Phoenix. That's a whole lot of UV rays beating down on your fabric.

Unless you have fabric specifically made to withstand this sun, expect damage in the form of color fading and fabric disintegration. The foam breaks down from the UV rays penetrating the fabric, so it, too, is impacted by the summer sun.

You have several options for replacing your

DESIGN DILEMMAS

Linda Erlam



cushion foam and/or covers. Retail stores that sell outdoor furniture often sell just cushions and you may get lucky and find cushions exactly your size and the color you want.

A note about outdoor fabric: Sunbrella is a brand made particularly for outdoor use. It offers a guarantee (unheard of in almost any other fabric brand), the fabric is almost impervious to sun-fade, and the fabric can be bleached without any damage. Revolution is another one, same sort of durability, as is Outdura.

A note about foam: good, firm 5-year foam is about \$3 a board foot. That's a piece 1x1x12 inches and costs about \$3. The seat cushion, 4 inches thick and 24x24 would cost about \$48.



Online, of course, you can get just about anything. Canadian Tire sells a set with a seat and back cushion for \$109, as does Amazon. If this size and style, and color work for you, these are probably a good two-year solution for you.

Custom made locally, from Sunbrella fabric the 2-cushion set the same size as these examples would be about \$275 depending on the foam. Using a budget outdoor fabric, which may last several years, or may not, would be about \$225, depending on the foam.

The biggest advantage of having new covers made locally is that you can get the exact size and shape you need, with added options like no-rip ties to secure them to the chairs, added toss cushions to match or co-ordinate, different grades of foam, the exact trim color, etc. etc.

But it starts with getting those cushions out and taking a good look at them. Spring is on its way.

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

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Friday SALMON All Month ARM

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WORD SEARCH **And the Oscar nominees are...**

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

- > McDonagh, Kwan, Scheinert, Spielberg, Field, Ostlund
 - > Butler, Farrell, Fraser, Mescal, Nighy
 - > Blanchett, de Armas, Riseborough, Williams, Yeoh
 - > Avatar, Elvis, Banshees, Top Gun, Triangle, All Quiet, Women Talking, Fabelmans, All at Once
- 5:00 PT, March 12, BYOP, bring your own popcorn

HIDDEN GEMS

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

- > "It's not our job to toughen our children up to face a cruel and heartless world. It's our job to raise our children who will help make the world a little less cruel and heartless." ~ I.R. Knost
- > "In the garden, growth has its seasons. First comes spring and summer, but then we have fall and winter. And then we get spring and summer again." ~ Peter Sellers as Chance in 'Being There'
- > "Each day I am thankful for nights that turned into mornings, friends that turned into family, dreams that turned into reality, and likes that turned into love."
- > "A good conscience is the only sure reward." ~ JFK

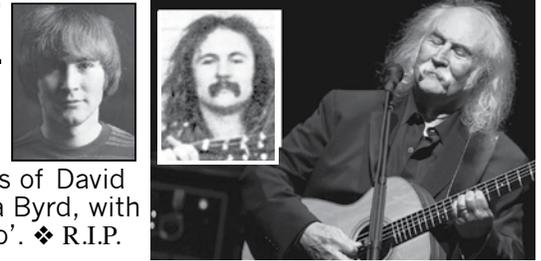
FUNNY BONE

- > Two American cowboys overheard at a horse event in Canada:
 Cowboy #1 "I don't get this KMH on the highway signs."
 Cowboy #2 "They got different miles than us up here. KMH means Canadian Miles an Hour!"
- > It's a shame nothing is built in Canada anymore. I just bought a TV and it said "Built in Antenna" I don't even know where that is."
- > How many (...) does it take to change a light bulb?
Telemarketers? Only one, but he has to do during you're dinner.
Narcissists? One holding bulb while the world revolves around
Do-it-yourselfers? One, but it takes 2 weeks and 4 trips to the store.
Paranoids? Who wants to know, and check the socket for bugs first.

POP QUIZ

- > What political story does this pun sentence refer to? "Denial isn't a river in Egypt; it's a Lake in Arizona".
- > What has been the longtime nickname on Parliament Hill for federal Opposition Leader Pierre Poilievre?
 Poilievre was given nickname "Skippy" early in his political career.
- > Karti Lake continues to deny the race for Arizona governor.

PICTURE THIS



> Three faces of David Crosby ..as a Byrd, with CSNY & 'solo'. ♦ R.I.P.

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> You can call Hunter Keehn our local ‘duck whisperer’. Grandmother-Cindy said her little guy was delighted to be surrounded by this huge throng of feathered friends that hang out by the wharf.

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Eric Valentine Gordon's Day

Something else to remember on Valentine's Day is historic literary figure, Eric Valentine Gordon. He was born in Salmon Arm on Valentine's Day 1896.

Celebrated author J.R. Tolkien wrote in his diary of his colleague at Leeds University: "Eric Valentine Gordon has come and gotten firmly established (here) and is my devoted friend and pal."

E.V. Gordon formed the Viking Club with Tolkien. They would read Old Icelandic sagas with beer, and invent original Anglo-Saxon songs. A collection of these songs was published in the book, *Songs for the Philologists*. The two also worked together on a Middle English Vocabulary. ■



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> Valentine's Day will stretch all the way to December for long-time residents, Lawrence & Mary Williams. The couple looks forward to celebrating their big 75th anniversary Dec. 24. When Lawrence, 95, was asked what their secret was, he smiled and said, "pick the right one." ■

Friday SALMON All Month ARM

AM is literally embedded in Salmon Arm!

eh?/em!

Blog Post

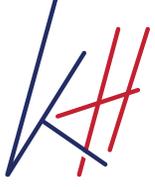
FriAM.ca

FROM FACEBOOK DAILY POSTINGS

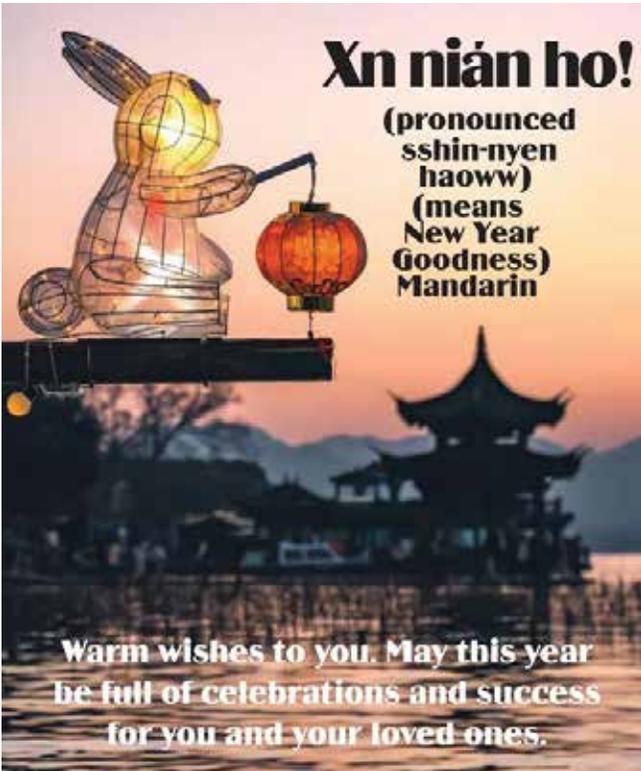
AM

eh? is the last word in a classic Canadian sentence.

em! is a printing term and root of dozens of words from emotion to empathy and email to emoji



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China, Taiwan, N&S Korea & Vietnam celebrate Lunar New Year today

Let's create a NEW word today!

Word: TRUMPUS

Definition: The singular genius ability of some trust fund babies to grow up and spectacularly pull the wool over people's eyes with money, lies, chutzpah to take all credit, and sociopathic personality. The word combines Trump, Musk, trumpet, rump, pus, and especially rumpus - a noisy disturbance; "he caused a rumpus with his flair for troublemaking" ■



A Salmon Arm couple received devastating news that their nine-year son has been diagnosed with stage 3 Burkitt Lymphoma cancer.

Gage Penney was airlifted to Vancouver Children's hospital in mid-January where a large cancerous tumour was found in his stomach area.

A fellow RCMP officer to father, Tyler Penney set up a goFundme, plus an account at SASCU to help the family through this. Go to gofundme.com and search "Gage's Fight" or donate at SASCU where 100 per cent of money wil go to the family: Salmon Arm Credit Union(SASCU).

Account Name: Gage Penney

Sascu Account Number: 1832047

Email E-transfers: gagepenneytrust@gmail.com



> Masks used in the production of *The Number 14* by Melody Anderson.

Masks are people too

A Cast of Characters exhibition of theatre masks opens 11 to 1, Saturday, Jan. 28. It features over 100 masks representing eight theatre productions by Vancouver-based artist Melody Anderson.

Anderson has been creating masks for theatre productions for four decades, and has recently published a book on the process, sensibly titled, *Making Masks*.

The masks in this exhibition represent productions that have been staged in the Thompson Okanagan region, including *The Caucasian Chalk Circle*, *Law of the Land* and *The Number*

14 and *The Coyotes*

There is also a Coffee Break and Curatorial Talk planned for 2 pm, Feb. 16 at 2pm with guest speaker Astrid Varnes and a Theatre-Lover Mixer Night the same day from 6:30 to 9:30 pm in the Art Gallery.

On the last day of the exhibition, Melody Anderson will lead an Artist Talk and Fast-Mask Demo beginning at 1 pm, Saturday, April 1

A Cast of Characters runs from Jan. 28 to April 1. Gallery hours are 11 to 4, Tuesday to Saturday, admission by donation. This exhibition is generously sponsored by Lois Higgins. ■

eh?/em!

Blog Post

Jan. 20 AM is out
All Month next week

Friday SALMON
All Month ARM

January 19 • First posting of day • FriAM.ca

Despite the tendency for my brain to completely disengage from my mouth the moment I stand before a camera, I got through



today's interview, thanks to the great skills of Global reporter Sydney Morton and the kind backup words from friends Bernie, Gary, Kari, Mike and Otto.

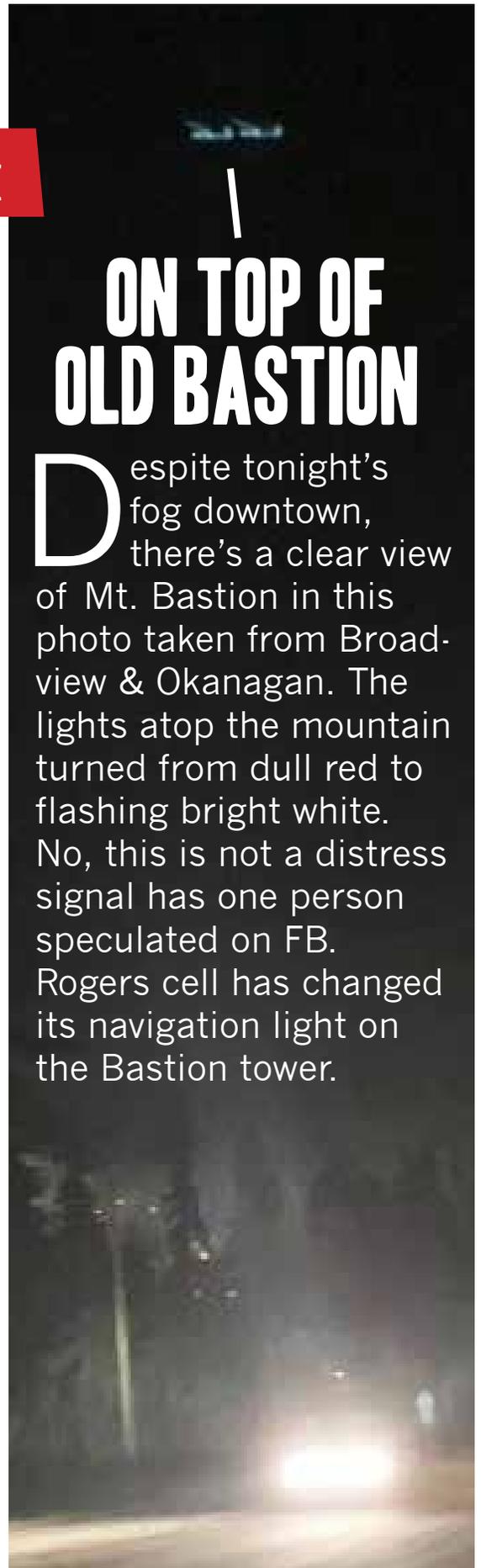
I was sitting at the new traffic light at 10th Ave. SW and realized it was 5 pm news time, and that the light to cross the highway there is the longest light in the entire city (A future City Fixings item there).

So I finally get to my daughter's place and sit at the TV surrounded by family and a bag over my head. However, when the segment finally came on toward the end of the hour, everyone said it was all right.

I was thinking afterwards some of the things I could have said - like my favourite stories to write are about people at both ends of the age spectrum - achievements of the young, and lives well lived of the older generation. And speaking of old it was sad to hear of the passing of David Crosby. He spoke of getting old, saying, "It's tough losing friends. It's a time to stay close to friends and family." He also sang beautifully about youth with the CSNY song, "Teach your Children". I will post a link to that song, above. ■

ON TOP OF OLD BASTION

Despite tonight's fog downtown, there's a clear view of Mt. Bastion in this photo taken from Broadview & Okanagan. The lights atop the mountain turned from dull red to flashing bright white. No, this is not a distress signal has one person speculated on FB. Rogers cell has changed its navigation light on the Bastion tower.



AM

eh?/em!

Blog Post

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January 22 • 2nd posting of day • FriAM.ca



> There are a lot of ducks by the wharf. This colour image taken by Cindy Kehn of her grandchild Hunter will be printed in colour in this week's All Month issue.

PARKING DOWNTOWN OR THE MALLS.. BY THE PACES

I walked like a duck today - twice, in fact. Not with a bunch of others like the ducks in the photo above, but just myself conducting a little experiment. I paced out the distances of a downtown block, compared to a mall parking lot.

I found that the distance just beyond the first light standard in the Piccadilly parking lot, the portion that is most desirable for parking - is the same distance as a downtown block (120 paces each)

So next time you think it's great to find a prime spot in the mall parking lot, but find it an inconvenience to walk a block downtown, remember my little Sunday afternoon experiment. ■



> The exact same distances

life light

> My smarty pants kitty Tessa lied on her resume about being a lion, but she got the job anyway. What can I say? I need to stop her from watching Washington news.



> What a difference two years make! From a cloud of pink dust on Canoe Beach revealing the gender of a little baby on the way, came this beautiful child! Birthday #2 coming the end of March.

OSCAR NOMINEES

I just took a call from "Service Canada". A disembodied voice said matter-of-factly: "If you want to know why your Social Insurance number was suspended, there was suspicious activity. Want to know more, press one." Oops, I pressed the red button. I think the government figured out that I accidentally left my wallet in my pants while doing laundry.

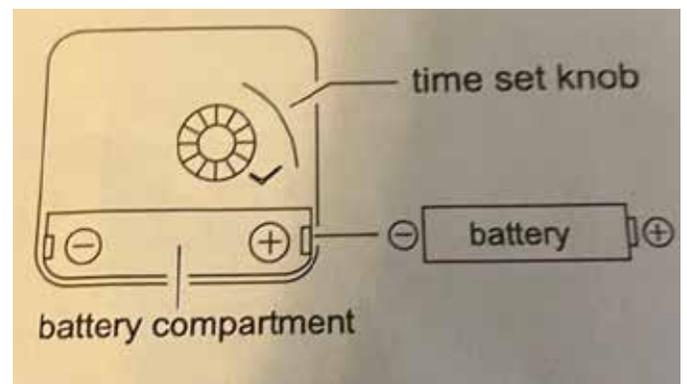
Enough about me. Here are the best actor, director and picture Oscar nominees announced Monday...

■ **PICTURE:** All Quiet on the Western Front, Avatar: The Way of Water, The Banshees of Inisherin, Elvis, Everything Everywhere All at Once (11 nominations!), The Fabelmans, Tár, Top Gun: Maverick, Triangle of Sadness, Women Talking

■ **DIRECTOR:** Martin McDonagh, Daniel Kwan, Daniel Scheinert, Steven Spielberg, Todd Field, Ruben Östlund

■ **LEAD ACTOR:** Austin Butler, Colin Farrell, Brendan Fraser, Paul Mescal, Bill Nighy

■ **LEAD ACTRESS:** Cate Blanchett, Ana de Armas, Andrea Riseborough, Michelle Williams, Michelle Yeoh



> I finally purchased something today where you don't need an engineering degree or a granddaughter to help you read the instructions. It only took me two tries installing the battery and put a screw in the wall, but I finished the job in just two minutes, according to my new clock on the wall.