

HEARTS & BEATS

FriAM

February

ALL MONTH



Michelle Cyr photo

> Shuswap singer Megan Abel will perform at two major concerts happening February. She and Adam Hokansen, pictured above, will be among the local acts at the fundraiser for Second Harvest February 8 at Song Sparrow Hall. Others include Blu and Kelly Hopkins, Ted Crouch, James Murray, Clea Roddick & Craig Newnes and Kenthen Thomas. Then Valentine's Night, also at Song Sparrow, the Megan Abel Band will play at the annual dance hosted by Celebrate Shuswap Society. / **P.4, 8**

▼ **TO-DO'S** ■ Online: FriAM.ca ▶ 1st & 3rd Fridays ▶ Feb. 7, 2025 • No. 1362 • FREE

Festivities
Art & Film
Concerts
Theatre
Sports **4.5**



Halfway There
opens Feb. 21st

SD83 ART FAIR, Feb. 7-14



piccadillymall.com

- Valentine's Day
Feb. 14
- Family Day
Feb. 17
- Heritage Week
Feb. 19-23

Real Estate

Purchases • Sales
Mortgages



SALMON ARM NOTARY

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On board for new boardwalk

A \$350,000 fundraising drive was launched to build a new and improved boardwalk and viewing platform on the foreshore.

Shuswap Community Foundation and SASCU are matching donations dollar for dollar for the month of February. Shuswap Rotary kickstarted the fund with a \$10,000 donation as well as \$20,000 grant from the Community Foundation.

The platform will include seating ideal for school groups and nature enthusiasts as a peaceful spot for observing wildlife.

The foreshore is one of a few remaining North American urban wetlands with nearly 300 bird species, especially the Western Grebe with its dancing ritual.

The former boardwalk was demolished this past Fall due to safety concerns. New piles placed will be installed mid-February and the deck structure will be constructed post-nesting season in late August or September by Shuswap Trail Alliance.

Donations over \$20 will receive a tax-deductible receipt. More information at sabnes.org. ■



> A house at 30th St. & 8th Ave. NE is cleared to make way for the future relocation of the intersection by the Uptown Tim Horton's. The plan is also part of a plan to consolidate land for a commercial development between Nico's and 30th St.



Shoplifter assault

A No Frills staff was struck on the head with an ice cream product when she tried to stop a shoplifting suspect from exiting the store.

The employee told police she was familiar with the suspect from prior thefts. She said the man went right to the ice cream display at 9 am, Jan. 10 and began gathering multiple products. She told the man to put the items back, and as she approached him, he pushed her out of the way so he could exit the store. He then allegedly hit her on the head with one of the products.

Police attended and viewed video footage and were able to identify the man, and obtained charge approval for one count assault, one count utter threat, and one count theft against a 39-year-old man. He was located and arrested on Jan. 15 and held for a bail hearing. The judge remanded him in custody. ■

Pedestrian struck

Police are looking for a suspect involved in a pedestrian hit and run at Lakeshore Dr. and 3rd St. NW. The victim sustained non-life-threatening injuries. RCMP are looking to speak with any witnesses, or anyone who may have dash camera footage along Lakeshore Dr NW between 4:45 and 5:30 pm, Jan. 31.

The vehicle is described as a white four door sedan. Reference Salmon Arm RCMP file 2025-526. ■

NO. 1362
FRIDAY AM
 FEB. 7 2025

February 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.

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PAGE 3

AM

FEBRUARY ALL MONTH

Canadian, eh! more than ever

The timing for a closing announcement is never good, but especially so in the middle of our entire nation rallying together in defiance of what *Wall Street Journal* called "the dumbest trade war in history".

Trudeau and Mexican president Sheinbaum offered Trump an off-ramp to save face and move on to other lawless and rash actions like telling the world the US will take over Gaza Strip, purging the FBI and dismantling the government.

The only possible good thing one can draw from all this is the outpouring of pride and gratefulness to live in Canada, a sentiment event heard from Quebec separatists.

The tariff are off the table for now, but do continue to buy Canadian. ■

MOLEHILLS
Lorne Reimer




> Peavey Mart is closing all 90 of its stores across Canada.

OCP SHOFWCASE

Based on all the feedback, the City has revised and updated the Official Community Plan (OCP) to create a new draft to review, along with updated draft maps that can be read at the website salmonarm.ca. For opportunities to explore the refined draft OCP, learn how it came to be, and chat with Mayor Harrison and Planning Staff, the City is hosting two virtual and two in-person events:

VIRTUAL/ THURSDAY, FEB. 20
 ☐ 11:30 to 1 via Zoom Webinar ☐ 7 to 8:30 pm via Zoom Webinar
 Registration is required for the webinars
 Visit: <https://www.salmonarm.ca/464/OCP2024>

IN-PERSON
 ☐ 6 to 9 pm, Thursday, Feb. 27, Song Sparrow Hall
 ☐ 11 am to 2 pm, Saturday, March 1, Song Sparrow Hall
 Drop in for the in-person events, No registration required.

If you have any questions, suggestions or feedback on the new draft, Email us at ocp2024@salmonarm.ca for any questions, suggestions or feedback on the new OCP draft.

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Festivities

- > **Hot Chocolate Trail** - Feb. 1 to 28. Vote by Feb. 28 on nine downtown locations. #SAHotChocolateTrail
- > **Valentine's Day** - Feb 14
- > **Vernon Winter Carnival** - Feb. 7 to 16 • Revelstoke Winter Carnival, Feb. 15
- > **BC Family Day** - Feb. 17
- > **Heritage Week** - Feb. 17-25 at Piccadilly Mall.
- > **Film Festival** - Feb. 21-Mar. 1. See 'Movies' below.
- > **Coldest Night of Year** - Feb. 22. cnoy.org / P.5
- > **Pink Shirt Day** - Feb. 26.
- > **Music Festival** - April 7 to May 2. ShuswapFestival.com

Arts

- > **Overflow** - Curated by Grade 10 art Jackson students on fears and phobias, and how art to express emotion. Runs to Mar. 15 at Salmon Arm Art Gallery.
- > **Cardiff Miller Art Warehouse** - 11-5, Sat, Sun, Enderby, former Ashley store. New exhibits.
- > **SD83 Art Fair** - Feb. 7 to 14, Piccadilly. Displays plus workshop day, Feb. 12
- > **Gallery Atelier** - Patricia Smith show opens 4 pm, Feb. 7 (321 Hudson).
- > **Lantern workshops & Procession** - See P. 5

Concerts

- > **Shuswap Local Love** - 7 pm, Feb. 8, Song Sparrow Hall. Celebrate winter season with a heart warming concert featuring Blu & Kelly Hopkins, Megan Abel & Adam Hokensen, James Murray, Clea Roddick & Craig Newnes and Kenthen Thomas. Fundraiser for Second Harvest Food Bank. \$20 or \$10 youth.
- > **Snowed in Comedy tour** - 7:30, Feb. 6, Prestige Resort. Paul Myrehaug, Pete Zedlachler, Erica Sigurdson, Dan Quinn.
- > **Kamloops Symphony** - 3 pm, Feb. 9, Nexus at First. Mendelssohn's Scottish Symphony. Tix kamloopssymphony.com
- > **SA Jazz club** - Shows at 7 pm, by donation at Nexus at First.
- > **Jazz Implication**, Feb. 13. Liam Nadurak on trumpet • Blair Schier, Dan Smith & Friends, Feb. 27.
- > **Jazz at Lakeside Manor**, 6:30, 3rd Tuesdays with Sandy & Friends

live & dance

- > **Copper Island Pub** • Jams with Blind Bay Blues Band, Tuesdays.
- > **Valentine's Day dance** with Megan Abel Band, Song Sparrow Hall.
- > **Sicamous Legion** - Dale Trenholm, 3-6 pm, Sundays.
- > **Elks Hall** - Valentines's dance with Del Rango and the D-Railers / P.16
- > **Fifth Ave. 55 Plus Centre** - Valentine's Dance & Auction, Feb. 14. Horse show fundraiser. 804-1723
- > **Marionette Winery** - Ryan McMahon, Mar. 4.
- > **SA Legion** • Open Mic, Feb. 14, featuring the bluegrass band *Recipe for Dirt*.
- > **Setters Pub** - Liz Blair Project. 9 pm, Feb. 15
- > **Gleneden Hall dance** • 7 pm, Saturday, Mar. 7
- > **Enderby Legion dances** • William & Penny, Feb. 8; Vic's Band, Feb. 22.
- > **SUS Underground**, Rancho. Paris Pick & Damien Alblas, Feb. 14.

- > **Megan Abel Band** - Valentine's Day Boogie at Song Sparrow Hall. Tix at celebrate-shuswap.ca. Dances coming up
- **Krystle Dos Santos** - Motown sound, Mar. 8 and **Ethan Askey and the Elevators**, April 26. / P.1
- > **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
 - Shuswap Writers, 2-4 pm, 4th Fri., First Community. (Feb. 28)
- > **Jaeden Izik-Dzurko recital** - 8:30, Mar. 20, 21, Rotary Centre, Kelowna. Tix 250.469.8940
- > **Sue Foley** - Mar. 11, Song Sparrow Hall. A blues rock power-house. rootsandblues.ca. sold out
- > **Blue Marquee** - April 3, Song Sparrow Hall.
- > **Shuswap String Orchestra** - 2 pm, April 13, Presbyterian Ch.

Concerts' Continued

- > **Shuswap Music Festival** - April 7-May 2. shuswapfestival.com
- > **Colin Linden** - May 24, Song Sparrow Hall. Nashville blues artist. rootsandblues.ca
- > **Roots & Blues** - July 25 to 27. Early bird tix rootsandblues.ca
- > **Creed - Summer of 99** - Aug. 16, Rogers Rink.

Theatre

- > **Halfway There** - Feb. 21 to March 9, Shuswap Theatre. A doctor wanders into a Nova Scotia small town to start a new life. Tix at shuswaptheatre.com or at Choose Refill shop. / P.5

Sports

- > **Silverbacks HOME:**
 - 6 pm, Feb. 8 vs. Sherwood Park
 - 2 pm, Feb. 17 vs. Vernon
 - 7 pm, Feb. 21 vs. Penticton
 - 7 pm, Feb. 28 vs. West Kelowna
 - 4 pm, Mar. 2 vs. Prince George
- AWAY:** West Kelowna, Feb. 7; Trail, Feb. 15; Cranbrook, Mar. 7
- > **Curling** - Junior Bonspiel, Feb. 8 • Ladies Open, Feb. 21-23; Mixed Bonspiel, Mar. 7-9.
- > **Okanagan Cup Race** - 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**
 - **Feb. 7 to 13** • salmartheatre.com
 - **Love Hurts**. 2:00, Sat. & Sun; 7:00 nightly. A realtor is pulled back into the life he left behind and has to confront the past he never fully buried. (14A lang, frequent violence)
 - **Companion**. 1:40 Sat. & Sun; 6:30 nightly. A billionaire's death sets off a chain of events for Iris and her friends during a weekend trip to his lakeside estate.. (G viol, coarse lang.)
 - **Dog Man**. 1:45 Sat. & Sun.; 6:40 nightly. When a faithful police dog and his human police officer are injured together, a harebrained but life-saving surgery fuses the two of them together. (G violence)
 - **Flight Risk**. 1:50, Sat. & Sun.; 6:50 nightly. Tensions soar as Air Marshal accompanying a fugitive to trial over Alaska. (14A)

○○○

- > **SALMAR CLASSIC**
 - **Shuswap Film Society** • shuswapfilm.net
 - **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.
- **I'm Still Here** (Brazil), 5:00, Mar. 8 (PG) Intense political story set in Rio di Janeiro. Oscar nominated for Best Picture.
- **All to Play For** (Rien à Perdre) (France), 5:00, Mar. 15. Single mom fights overbearing social system to bring her daughter back. (PG)
- **FILM FESTIVAL**, Feb. 21-Mar. 1.
- **Blue Rodeo: Lost Together** (Opener)
- **Touch • Bob Trevino likes it • A Real Pain**
- **There's still Tomorrow • Vermiglio**
- **Small things like these • Universal Language**
- **Singin back the Buffalo**
- **All we imagine as light • The Birds who Fear Death • Seeds of the Sacred Fig**
- **LIVE from N.Y. MET OPERA**
- **Fidelio**, 9:55 am, Mar. 15. Woman risks everything to save husband from clutches of tyranny. Modern day parallels in Beethoven's stirring paen to freedom.
- **CHILDREN'S FILM FEST**, Mar. 20 to 22. Hosted by Children's Association

city lights

- ! **vernon • ticketseller.ca**
- **Creekside (C)** • Perform. Arts (P)
- **Snowed in Comedy**, Feb. 7 (P)
- **Shania Twain tribute**, Feb. 8 (P)
- **OSO 'Rachmaninoff & Glazunov'**, Feb. 9
- **Dimanche Dance**, Feb. 12
- **CBC Debaters Live**, Feb. 14 (P) with Yumi Nagashima & Charlie Demers.
- **Vernon Carnival**, Feb. 7-16.
- **City of Others** - Afro Colombian dancers, Feb. 18 (P)
- **Ophelia Chooses**, Feb. 19-Mar. 1, Powerhouse. Playwright tries to right the wrong suffered by Hamlet's Ophelia.
- **Remi Bolduc Jazz Ensemble**, Feb. 23 (P)
- **Michael Jackson trib**, Feb. 28.
- ! **Kelowna**
- **Mother Mother**, Feb. 21
- **Our Lady Peace**, Feb. 22
- **Nitty Gritty Dirt Band farewell tour**, May 8
- ! **Penticton**
- **Motorsports Spectacular**, Feb. 8, 9
- **BTO, April Wine, Head Pins**, April 4

Chance on romance

Photo by Laura Demulder

February is the month of romance. I say this only because Valentine's Day falls right smack dab in the middle of the month.



THE WRITE STUFF

M.D. Jackson

Romance is a popular genre with readers in Canada. According to an AI overview I read on the internet, around 33 per cent of all books sold are categorized as Romance (but take that with a grain of salt. People buy more books about crime than romance).

Still, Canadians love romance, and what could be more romantic than a week-long getaway with the one you love in beautiful Canmore, Alberta.

Yes, you read that right.

The Shuswap Association of Writers is having a raffle to promote their Word on the Lake Writer's festival. Members are selling raffle tickets for a Rocky Mountain Getaway at the Wyndham Canmore Resort. A one week stay at a resort worth over \$1,200. That's nothing to sneeze at.

Because Canmore is a beautiful place.

Most people only stay long enough to visit the washrooms at the local Tim's then off they drive with their coffee and Timbits. But if you were to stop in Canmore and look around you would see that it is nestled in the beautiful rocky mountains, surrounded by glorious nature. And the Wyndham Resort is an exceptional place to stay and a superlative setting for a romantic getaway.

Now, there are only 400 tickets in total, which makes for not bad odds of winning. The tickets themselves are only \$20 each and all proceeds go to support the Word on the Lake festival.

The Word on the Lake is held from May 16 to 18. Friday and Saturday is at the Prestige Inn in Salmon Arm, but Sunday the 18th is held at the campus of Okanagan College and the draw for the lucky winners happens there at 4:30 pm.

Well, now I hear you asking yourself: "How can I get one of these tickets?" The answer to that is you can get them from the members of the Shuswap Association of Writers.

I happen to be one of them. If you come to Hucul Printing at 471-5th Avenue SW with \$20 in hand and ask for Mike, I will happily sell you a ticket.

Or you can contact any member of the writer's association and buy from them. Why not take a chance on romance? Throw your heart out there and buy a ticket!!" ■

□ M.D. Jackson covers the Shuswap writing community each month.



> Coffee is on in Stewiacke, Nova Scotia, where lifelong friends gather at the local café - until a stranger comes into town, a doctor there to do a locum who shakes things up. Norm Foster's Halfway There opens February 21 and is sure to help banish the February blahs. Left to right are Bridgid Hall, Chelsea Vette and Alaura Bibby. Veteran director Frank Manning said "for every line that makes us laugh, there are scenes which show us the deeper humanity of the characters."

Tickets are at Choose Refill shop near Wendy's, or online at shuswaptheatre.com

You're Invited

> **Coldest Night of the Year**, Feb. 22. Salmon Arm has 123 walkers and 35 teams registered with a goal to raise \$80,000 Hosted by Shuswap Food Action Society. See cnoy.org

> **Tropical Party in the Bay**, 7 pm, Feb. 15, Blind Bay Hall. Tropical vibes. Tix zeffy.com

> **Lantern workshops** 'Wings, Wheels & Water' theme. Workshop at SA Art Centre, 1-4, Jan. 25 and Feb. 9, and in Enderby (11-3, Feb. 1, Library & 12-3, Feb. 15, Seniors Centre). In preparation for Out of the Darkness lantern Procession, 7 pm, Feb. 16, Enderby riverwalk. runawaymoon.org

> **Fundraiser dinner & dance for Fish & Game Club**, Feb. 15, SASCU Rec. Centre. Tix at SAFGC .ca or Westside Stores.

> **Peace n' Pizza**, 5:30, Feb. 21. First Community. (3rd Fridays, by donation). Building Humanity through story-telling and listening.

> **Tech meet-up Day**, Feb. 11, SAS Sullivan. Students meet with local high tech businesses.

> **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

> **SA council**, 2:30, Feb. 10, 24

> **CSRD**, 9:30, Feb. 20. > **SD83**, 6 pm, Feb. 18

> **Downtown Winter Market**, Saturday morns

> **Free Lunches**, 11 to 1, Wednesdays, First Community on Okanagan Ave.

> **Pancake Breakfast**, 8-11:30, Feb. 9, 5th Ave. 55Plus Centre. \$12 ages 5+ to 105.

> **Shuswap Trails Online auction** -

Feb. 7 to 16. Go to <https://trellis.org/2025-shuswap-trails-fundraiser>

> **Tech workshop**, 10:30, Feb. 10, CMHA Learning studios. Smartphone, tablet, laptop

> **Voice of Shuswap AGM**, 7 pm, Feb. 19 via Zoom

> **Garden Club**, 7 pm, 4th Tues, Fifth Ave.

> **SA Toastmasters**, 7 pm, Thursdays, 5th Ave Centre. Lorraine 514-898-1776.

> **Kindergarten/ French Immersion / Outdoor Learning registrations** on now.

> **French Immersion information**, 6 pm, Feb. 20, Shuswap Middle School

> **Pro-D days** - School district wide, Feb. 14 session for parents for programs of choice.

> **Drawing for ages 6-9** by artist/educator Peter Joch, 3:30-4:30, Thursdays, Feb. 6-27, SA Arts Centre. \$20 drop in or \$60 all 4 sessions. supplies included. Peter.joch@gmail.com

> **Chess drop-in**, 6 pm, Wednesdays, Okanagan College. salmonarmchess@gmail.com

> **Sleigh ride Social**, on the hour, 11 to 4, Feb. 15, 16. Tix caravanfarmtheatre.com

> **Theatre on Edge**, June 13-15. Apply by March 30 to totefestival.com

> **Trustworthiness - door of security for all**, 1 pm, Feb 8, Piccadilly board room. 250-804-8657.

> **Meditation Midweek Downtown** - 7-8 pm, Thursdays, 450 Okanagan, (off 4th St. SE).

> **Team Spelling Bee**, 7 am, May 7, Song Sparrow Hall. shuswapliteracy.ca

> **Home Show**, April 26-27, Rogers Rink.

> **Library events**, See page 7

□ Email You're invited to FriAM.ca



> A public dining room is back at the Hilltop Inn with a new name and cuisine - "Fork Seasons". Maria Morena, above, originally worked as chef in Singapore at Shangri la hotel before moving to Salmon Arm with her husband. The fare specializes in south-east Asian cuisine as well as Canadian favourites. Above right is Chicken Teppanyaki from the lunch menu.



Cheques in

> EagleValley Arts Council donates to "All our Voices" for the drum for the kids were saving for.
 > Salmon Arm Legion makes another big donation of \$3,000 to the good works of Salvation Army.



BOWL PARTY

It is February which means we've likely broken our New Year's Resolutions already; we talk about the weather way too much and the Super Bowl is on the horizon.



The Junior Bean Counter lives for the big game. The only issue with his team (New England Patriots) this year was they were one of the worst in the league, so, he is more excited for the draft than the Super Bowl. Either way he is making his grocery list for the game hoping to at least catch a good commercial or two.



Over the years he has had lots of practice with his Super Bowl Menu and takes great pride in it every year. So, the 2025 menu is as follows...



JBC's Super Bowl Party Menu

- Big pot of chili. Get slow cooker going early and let it simmer for hours!
- Deep fried Mozza Gooey Cheese sticks (emphasis on the "gooey")
- Hot wings – the more flavours the better
- Jalapeno Poppers
- Garlic Chilli Cheese Fries (just saying it will raise your cholesterol levels)
- Pizza Bites
- Garlic sausage, cheese and crackers
- Potato Chips
- Lots of dips - dill pickle, plum, thai, ranch, blue cheese for Dad

He has had to exclude the following seeing as the Patriots aren't playing, but usually his Super Bowl prep includes:

- Blue and red Jello
- Blue and red Cupcakes
- Blue and red balloons
- Blue and red face paint
- Patriots Jersey and Gear

I'll have to convince him to still go with the Jello because a Super Bowl party without it just doesn't seem right.

So, there you have it. Don't forget the Junior Bean Counter's famous saying... "The more dips the better!"

And if you are still clinging to a food/diet New Year's Resolution just let it go, eat well and cheer hard or is it eat hard and cheer well?!

Enjoy the game! ■

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

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 Recipe for Dirt, Feb. 14 • The Purples, Mar. 14
 Doc & the Disorderlies, Apr. 11 • Blu & Kelly, May 9

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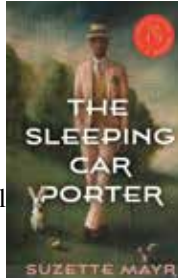
READING ROOM

by Melanie Wilke, Reference librarian, SA Branch

English conversational group

As 2025 picks up, so too are happenings at the Salmon Arm Library! We have a new program offering! Starting Feb 4, come to the library on Tuesdays at 6 pm for **English Corner**, a conversational group for people with beginner to intermediate English skills. Bring your family – a childminder will be present to supervise children. Everyone is welcome. If you have any questions, please reach out to stewartfuson@gmail.com.

Join us for a special book club session in honour of *One Book, All Communities* from 2 to 3 pm, Saturday, Feb. 8. We will be discussing Suzette Mayr's *The Sleeping Car Porter*. Register online and pop into the library to borrow a copy of this novel that brings to life an important part of Black history in North America, from the perspective of a gay man living in a culture that renders him invisible in two ways. Affecting, imaginative and visceral enough that you'll feel the rocking of the train, *The Sleeping Car Porter* is a stunning accomplishment" (publisher).



The **H.O.P.E.S.** (Hospice Optimizing Palliative Experience in the Shuswap) Committee is holding two focus group events in the library to gather community input on palliative and end-of-life care at 1 pm, Feb. 19 and 6:30 pm, Feb. 25.

Looking forward to a less-cluttered life? Join our **Decluttering Workshop**, 6 pm, March 7. Come learn about the art of letting go, practical techniques for tackling and disposing of clutter, and how to create personalized organization solutions for your home. Please register in advance on our website.

The **Family Choir** starts up again on Feb. 5, meeting every Wednesday at 3:30 pm until March 12. Register online, and ensure children under age 9 have a responsible caregiver in the library.

Once a month on Tuesday evenings, the **Salmon Arm Film Club** and meet other film buffs to discuss classic movies from Kanopy's film collection. The movie for discussion on Feb. 18 at 6 pm will be Charlie Chaplin's *Modern Times*.

Other recurring programs include **Scrabble, Mahjong, Therapy Dogs, Tech Help, Ukulele Circle, Knitting Circle**, and more! The events calendar is posted at orl.bc.ca and kept up-to-date with all the free events and programs.

Don't forget the library will be closed on Monday, Feb. 17 for **Family Day**. As always, our Libby and Kanopy online platforms will still be available, so please ask staff for more details on those e-Resources if you're unfamiliar with them. We are always happy to help!

☐ Visit orl.bc.ca for more information

South Shuswap Library Branch programs include..

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

■ **ADULT PROGRAMS** - • **Page Turners Book Club**, 1 pm, 1st Thursdays. Registration required, 250-675-4818. • **Knitting Circle**, 10:15 am, drop-in 1st/3rd Fridays • **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

KSO journeys to the Highlands

We take a journey to the misty highlands of Scotland with Kamloops Symphony on Feb. 9 on the Nexus at First stage as the

orchestra perform the sweeping melodies of Felix Mendelssohn's "Scottish Symphony".

We will feel the emotion as rising Canadian star Elisabeth St-Gelais brings Wagner's "Wesendonck Lieder" to life, a beautiful and moving reflection on love and longing.

Also featured on the program will be the vibrant energy of Bacewicz's "Concerto for Orchestra" and the rich, warm melodies of Duparc's "Phidyle".

This is music that tells stories, stirs the soul, and takes the audience on an unforgettable journey.

This inspiring music is the final Salmon Arm performance of the KSO's 48th anniversary season and is presented by Sterling Land

CLASSICAL
VIBE



Gabriele Klein

Wealth Management Group of RBC Dominion Securities.

Elisabeth St.-Gelais is an Innu from the Pessamit community of the Côte-Nord in Québec and graduated with a Master in Music from McGill University. She places great importance on sharing her culture through her mission as an artist.

As an indigenous artist, she is committed to the reconciliation of Indigenous peoples in Canada. Elisabeth has won numerous prizes including the Prix d'Europe 2023. Also in 2023, she won 1st prize and Audience Choice award at the Canadian Opera Company, CentreStage Competition, and won the Western Canada District and Northwest Regionals Encouragement Award

as part of the MET OPERA LAFONT Competition.

The concert starts at 3 pm this Sunday, Feb. 8. Tickets are at the door or at kamloopssymphony.com (follow the links).

☐ Gabrielle reviews each month.



> Elisabeth St.-Gelais, Innu soprano, performs Feb. 8 with the KSO in Salmon Arm.

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ANNUAL GENERAL MEETING

7 pm, Feb. 19
via Zoom

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HEARTS & BEATS

When Valentine's Night happens to fall on a Friday, the bands get playing, and the folks get dancing. There are at least four musical events and dances happening in Salmon Arm on February 14. Not to mention the places to dine.

The **Celebrate Shuswap** monthly dance features the local **Megan Abel Band**, also featured on this issue's front cover. According to organizers at the boogie dance at Song Sparrow Hall, her band will play a variety of "feral, outlaw" blues-rock originals spiced up with many funky favourite cover tunes. She'll be joined on stage with virtuosic guitarists Adam Hokenson and Jon Treichel, along with groove master bassist, Neil Brun.

She and Hokensen will also perform this Sunday, Feb. 8 with other local performers at Song Sparrow for the fundraiser concert for Second Harvest food bank.

Three other Valentine's night events feature **Del Rango and the D-Railers** at the Elks Hall (see back page); the deejay duo of **The Gentlemen** at 5th Ave. 50 Plus Activity Centre; and **Recipe for Dirt** bluegrass band as featured act at the monthly Open Mic night at Salmon Arm Legion.

Salmon Arm meets its goal as *music town* on Valentine's Night.



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Works by the Shuswap Artist Collective

Co-op grants

Co-ops across Western Canada are offering a total \$1 million to support capitol projects dedicated to recreation, environmental conservation and urban agriculture.

Registered charities or community service co-operatives are invited to apply online from now until March 3 for funding between \$25,000 and \$150,000.

"Armstrong Regional Cooperative is proud to support organizations and projects that make a difference to our members and community" said Jason Keis. "We encourage local community organizations working on eligible projects that could benefit from capital funding to apply."

Since launching in 2015, Co-op Community Spaces has provided \$13.5 million to 189 projects. For more information or to apply, visit communityspaces.ca ■

UNPLUG & PLAY!



Unplug & Play Week wrapped up February 1 with over 60 educational and fun events across the Shuswap. Photos show the acting workshop at Shuswap Theatre, a performance by Evan the Juggler, family skating, and a cooking challenge. The week-long initiative is hosted by Shuswap Literacy Alliance in partnership with many community groups. The activities promoted literacy and strengthened family and community interaction, all while reducing screen time. ■



Shuswap Literacy photos



Legion

Salmon Arm Br. 62

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I DON'T THINK SO

To say the very least folks I have been struggling these past few days. I have been struggling with the spectre of losing Canada to the US as their 51st State.

MY TWO CENTS



Ed Campbell

The very thought of becoming an American under the dictatorship of one person so vile that frankly has made me feel ill. I have always tried to resist becoming political in this column but under these threatening circumstances it is difficult to resist.

However, rather than rant and rave about these political issues I have decided to extend my hand in love and friendship. It is soon to be St. Valentines day and I think it is not only time to send love to our friends and loved ones but to expand this love to include our neighbours to the south who are not stupid but know what is going on, for the most part, and are quite embarrassed about it.

This poor world of ours needs all the love it can get.

Let us put our hearts and souls together and support one another. Happy Valentines' folks. ■

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

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4 Pillars of Education

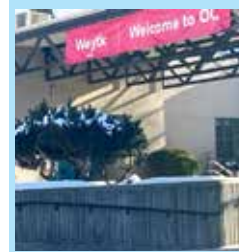


WHERE HAVE ALL THE PILLARS GONE?

> “The four pillars are gone,” said retired professor Les Eleanor as we walked toward the college the other day. Yes, those pillars that stood for the ‘Four pillars of education.’

I always thought those pillars were the signature architectural feature of the college. They didn't seem that close to the new housing.

> I messaged Bernd Hermanski, the architect of the college over 30 years ago, and he wrote this: “I just recently saw that the columns were gone, and was quite dismayed to see that.”



1. Learning to know
2. Learning to do
3. Learning to live together
4. Learning to be



> As well as the recent opening of the 60 bed campus residence across from Okanagan College, there's a new active transportation feature - a lock-up garage to store bicycles. The residence includes one and two bedroom apartments.

City FIXINGS



> The signs don't look good on two housing developments in the Canoe area - a stop work order on seven foundations in the Park Hill subdivision, and the Show Home for sale at the Canoe Beach Estates townhouse development.



Bravos & BOOS

> **BRAVO** to Twice but Nice Enderby and District Care Society for its \$10,000 gift to the award winning AL Fortune Secondary Drumline program.

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Love in time of Cólera

Ariff, if you will, on the title of Gabriel Garcia Marquez's seminal novel *Love in the Time of Cholera*, published in 1985 about a strife-ridden and complex affair spanning decades and bringing into question what is more important in a relationship - loyalty or passion.

You see, in Spanish, cólera, means anger, rage and ire. As I write this, I am in Mexico, and feeling grateful to be here, but Canada is never far from my mind despite the crashing waves, glorious sun and welcoming embrace of our hosts.

This week, Canada is locked in an Arctic chill, physically and metaphorically, and the ire and anger are palpable.

On layover in Calgary Saturday evening, you could feel the pathetic fallacy; when the weather matches the mood, of the moment, tariff day, announced over the networks, that is, once the guy south of us finished his golf game.

It was a dark, cold and blustery minus 25 as our eagerness for the early flight to Manzanillo was rudely inter-trump-ted.

The response was equally swift from both Canada and Mexico, but to my mind, the best, and likely most Canadian response of all, was when the US anthem was played during the Ottawa Senators and Minnesota Wild game. The crowd booed for all to see on Hockey Night in Canada broadcast in households and establishments, nation wide. A better scripted response, I cannot fathom.

It must be said that our relationship with the United States has historically been tempestuous at best, at times full of anger, like last Saturday, and, at times, full of loyalty, like the response to 911 or the more recent assistance provided by Canadian fire crews to the devastation of the California wildfires. It cannot be helped.

NOTES FROM THE MARGIN



Louise Wallace Richmond

We are always going to be neighbours.

While our reaction was one of anger and ire, our response, I hope, will be more focussed on resilience and resistance.

We know, from experience, how to do that. We've done it before, We will need to do it again. It will come, no doubt, at a significant cost.

My underlying sense is that the US tactic itself is less about economic punishment of neighbours and more about the cycle of chaos and uncertainty that, throughout history, has always benefitted the rulers and the rich.

Why else would he announce the tariffs on a Saturday when the markets are closed only to lift them "temporarily" after the market re-opened?

Stocks did drop. Tariffs were suspended. Stocks rose once again. Money was made. Not by you or I, but by those so eager to align, and in some cases, submit, to his chaos-for-cash new world order.

The American economy is the most powerful in the world. But back to Spanish for a moment. It wasn't always that way. Over 300 years ago and for over 300 years, Spain was the world's leading economy. So wealthy and powerful, it ruled land and ocean across the globe. But the King embraced protectionism, hoarding so much gold it eventually killed its value, thus leading to its downfall. Sound familiar? I thought so.

The chaos from one day to the next, I feel, is intentional. Let's not let it keep us from seeing the big picture. The more we understand history, the better we'll be equipped for what happens next, come passion and loyalty or anger and ire.

As always, thanks for reading.

☐ Louise Wallace-Richmond is a Salmon Arm councillor and regular contributor to the *All Month* edition.

"Cycle of chaos and uncertainty has always benefitted the rulers and the rich."

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WEATHER SYNOPSIS



Continued cold -8C to -15C under sunny skies
Normal: -2C to t -6C
Sunrise 7:27 • Sunset 4:56

Past Temps, Jan. 22 to Feb. 4
 By weather reporter Nick Parsons
 SW Gleneden, 458 m (119 m above lake):

DATE	HIGH	LOW	PRECIP.
Jan. 22	-2	-5	
Jan. 23	-2	-4	
Jan. 24	0	-5	1" sn/1/8"rn

DATE	HIGH	LOW	PRECIP.
Jan. 25	-1	-4	
Jan. 26	-1	-4	
Jan. 27	-2	-6	
Jan. 28	-3	-6	
Jan. 30	+1	-3	1" snow
Jan. 31	+1	-2	4" snow
Feb. 1	+1	-2	
Feb. 2	-7	-10	2" snow
Feb. 3	-11	-13	1" snow
Feb. 4	-10	-15	

27" of snow to date this winter
MONTH OF JANUARY:
 Prec: 1 9/16" rain; 12" snow
 Mean average high: + 0.9 C
 Mean average low: - 2.2c

PASSAGES

LEGACY LIVES ON
shuswaphospitalfoundation.org
shuswaphoundation.ca

Fischer's Funeral Services
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- ❖ Aino Rauha Alaniemi
January 30, 2025, at age 95
- ❖ Mary Louisa Breen
January 22, 2025, at age 77
- ❖ Sisco Leo Alexander
January 24, 2025, at age 68
- ❖ Eleanor Ann Caminiti
January 9, 2025, at age 94
1 pm, Feb. 22, Fischer's
- ❖ Garry David Davis
January 20, 2025, at age 90
- ❖ Amie Bertha Eisner
January 31, 2025, at age 85
- ❖ Harold Shaffer Ingram
January 18, 2025, at age 88
- ❖ Janet Eleanor Jackett
January 29, 2025, at age 82
- ❖ Ivan Christian Koch
January 16, 2025, at age 90
- ❖ Maxine Levely
January 31, 2025, at age 80
- ❖ Lillian 'Jane' Muir
January 21, 2025, at age 85
- ❖ David Henry Pearson
January 24, 2025, at age 86
- ❖ Brian Leigh Perry
January 25, 2025, at age 83
- ❖ Audrey Quaife
January 29, 2025, at age 89
- ❖ George Frank Woodward
January 19, 2025, at age 88
- ❖ Philip 'Phil' Allen Vibert
January 8, 2025, at age 78
11 am, Feb. 15, Fischer's
- ❖ Michael Douglas Vomacka
January 22, 2025, at age 35

Bowers Funeral Service
bowersfuneralservice.com

- ❖ Shauna Christina Adams
January 16, 2025, at age 60
- ❖ Nellie 'Rose' Jalina Douville
January 28, 2025, at age 92
10 am, Feb. 8, St. Joseph's
- ❖ Emil Peter Foltan
January 25, 2025, at age 90
- ❖ Greta Sylvia (Pierce) Fotsch
January 26, 2025, at age 94
- ❖ Robin Froud
January 24, 2025, at age 58
- ❖ John Rasmussen
January 17, 2025, at age 81
- ❖ Dawna Lois (Davidson) Snow
January 29, 2025, at age 41
1 pm, Feb. 8, St. Joseph's Ch.
- ❖ ❖ ❖
- ❖ Bill Wilson, 80, Kwakwaka'wakw Hereditary chief and politician, Father of former cabinet minister Jody Wilson-Raybould
- ❖ Harold Katz, 87 founder of Nutrisystem
- ❖ John Sykes, 65, legendary heavy metal guitarist
- ❖ Marianne Faithfull, 78, singer, Beatles & Stones muse
- ❖ Vadim Naumov, and Evgenia Shishkova, world champion figure skaters, plus members of a Boston figure skating club, in the DC air disaster.
- ❖ David Byrd, 83, created the psychedelic rock poster genre

SPORT SPOT

> From left - Isabella Markum, Shayna Fowler, Alyssa Hucul, Bethany Henrie, Sophia Mitchell, Summer Wagstaff, Letitia Wigglesworth, Alora Christensen, Sarah Hucul Sophia Mitchell.
 Missing: Brooke Inglis, Brooklynn Daniels.



> **Figure Skating Club** - Okanagan Regional Championships happens in Penticton this weekend, Feb. 7-9. Below are medalists from recent CNC Region championships in Quesnel (FS - Free Skate):
Shayna Fowler, gold Star 5 FS; Gold Star 7 Artistic • **Sarah Hucul**, silver Star 5 FS; bronze Star 7 Artistic • **Alora Christensen**, gold Star 4 FreeSkate • **Isabella Markum & Letitia Wigglesworth**, bronze Star4 FS • **Alyssa Hucul**, Silver Star 3 FS • **Sophia Mitchell**, Silver Star3 FS • **Brooklyn Daniels**, bronze Star2 FS; silver Showcase 1 Ind. • **Brooke Inglis**, gold Star 5 Artistic • **Isabella Markum**, gold Showcase 2 Ind. • **Summer Wagstaff**, silver Showcase 2 Ind • **Alyssa Hucul & Sophia Mitchell**, silver Showcase 1 Group and Team Elements Star 4 • **Isabella Markum & Letitia Wigglesworth**, gold Team Elements Star 5 • **Letitia Wigglesworth**, gold Star 4 Elements Ind.



> **SILVERBACKS:** 20 W, 12 L, 6 OTL, 46 pts.
 (Int. East: Penticton 60, Trail 55 • Brooks 54, Sherwood 45, SA 46)
Recent scores: Jan. 31: Brooks 6, SA 1 • Jan. 25: SA 6, Okotoks 2
 • Jan. 24: West Kelowna 2, SA 1 • Jan. 11: Blackfalds 5, SA 1
Next games: Feb. 7 in West Kelowna
 • 6 pm, Feb. 8 vs. Sherwood Park in SA • Feb. 15 in Trail
 • 2 pm, Feb. 17 vs. Vernon in SA • 7 pm, vs. Penticton in SA
 • 6 pm, Feb. 22 in SA • 7 pm, Feb. 28, vs. West Kelowna in SA
 • 4 pm, Mar. 2 vs. Prince George in SA



> **Sicamous Eagles home** - Feb. 7, 14, 21
 > **Curling** - Men's Bonspiel, Jan. 24-26; Jr. Bonspiel, Feb. 8, 9; Ladies, Feb. 21-23.
 > **Minor Hockey** - U7, U7 F, Feb. 1 • U11 Fem Rec, U13 Fem. Rec, U15 Fem Rec, U18 Fem Rec, Feb. 14-17
 > **Swim Meet**, Feb. 7 to 9, SASCU Recreation Centre.
 > **Tennis**, book indoor court at clubsparks.ca
 > **Okanagan Cup Race**, Feb. 8 • **Hard Day's Night**, 24 Hour Ultra Race, Mar. 8. • **Ladies Night Skate Ski clinic**, Feb. 11.
 See skilarchhills.ca

All Month: **SALMON**
 Mid Month: **ARM**
 Next issue: Feb. 21

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GET MOVING!

Although 84 per cent of Canadians know physical activity is important, only 49 per cent of adults and 39 per cent of kids meet national guidelines.

Mental Health Matters
Denise Butler

Many struggle with barriers like lack of time, motivation, and resources, alongside modern distractions and sedentary lifestyles. However, by identifying and addressing these challenges, individuals can unlock the benefits of an active lifestyle, including better mental health, sleep, and energy. Making space for movement - physically, mentally, and in daily routines - can help overcome these obstacles.

■ **Reframe physical activity as essential** – Treat movement as a non-negotiable daily habit, like eating or sleeping, rather than an optional task.

■ **Schedule movement like appointments** – Block time for exercise in your calendar and set reminders. If plans change, reschedule rather than skip it.

■ **Make your space movement-friendly** – Keep fitness gear visible and create room for activity, or choose exercises that require little space or equipment.

■ **Habit stack for consistency** – Pair movement with existing habits, like squats while brewing coffee or walking while listening to a podcast.

■ **Use active transportation** – Walk, cycle, or wheel instead of driving whenever possible. Even small changes, like walking from the furthest away parking spot, add up.

■ **Join a community or group** – Social support makes staying active easier and more enjoyable, which helps to build consistency.

□ *Full article at participaction.com/blog/habits/how-to-make-room-to-move/
Good mental health is essential to overall health and wellbeing.*

For more info or support, contact CMHA Shuswap-Revelstoke at (250) 832-8477 or info.sr@cmha.bc.ca

Choosing the right colours in home decor

I recently hosted a webinar for an international soft furnishings library — yes, there is such a thing!

‘The Curtains and Soft Furnishings Resource

Library archives and provides current information for the entire Soft Furnishings Industry. My focus was on colour and undertones, specifically how to choose colours effectively in home decor. It was both enjoyable and demanding. Color is among my favorite topics, and each webinar or presentation I do makes me learn.

Afterwards, I was invited to do an expanded webinar for the Library and decided to look at how colour impacts our everyday lives, to start. I asked my assistant, Yana, to identify ten significant ways colour influences our daily experiences. While I knew some aspects, like how yellow and orange enhance happiness and red stimulates appetite, I was surprised to learn that blue can make time seem to slow down and that complementary colors boost memory retention.

Here’s a summary of our findings:

■ **Mood Influencer** - Bright colours like yellow and orange can evoke happiness and excitement, while darker hues, such as gray or black, might induce sadness or intimidation. ~ *Colour Studies by Edith Anderson Feisner*

■ **Energy Level** - Colours like red are linked to increased physical activity and alertness, often used in spaces requiring energy and motivation. ~ *Effects of Colour on Performance by Nancy J. Stone*

■ **Appetite Stimulation** - Warm colours like red and orange are used in restaurants to stimulate diners’ appetites, enhancing meal enjoyment and promoting longer stays. ~ *The Influence of Colour on Consumer Behavior by Satyendra Singh*

■ **Perception of Time** - Blue environments can make time appear to slow down, aiding relaxation, whereas red can accelerate time perception, creating a sense of urgency. ~ *Effects of Colour on Perception by Pieter H. M. Levelt*

■ **Productivity and Focus** - Blue tones

DESIGN DILEMMAS

Linda Erlam



are linked to cognitive boosts and concentration, making them popular in offices and study areas to enhance productivity. ~ *Pervasive effects of colour on psychological functioning by Andrew J. Elliot*

■ **Stress Reduction** - Green and blue hues have calming effects, helping to alleviate stress and anxiety, and promoting a sense of tranquility, especially in healthcare settings. ~ *Colour and Psychological Functioning: The Effect of red on performance attainment by Andrew J. Elliot*

■ **Perceived Temperature** - Colours like red and orange make a space feel warmer and cozier, while blues provide a cooler ambiance, affecting perceived comfort. ~ *The Influence of Paint Colour on the Perception of Temperature by K.M. Gin*

■ **Spatial Perception** - Light colours like white make small areas appear more spacious, while darker tones like navy can create a cozy atmosphere. ~ *Space Perception of Interior Color by Chien-Kuo Wang*

■ **Attention and Memorability** - Contrasting colours draw attention and enhance memory retention, a common strategy in advertising and educational materials. ~ *Colour Psychology and colour therapy by Faber Birren*

■ **Cultural Associations** - Colour meanings vary across cultures, with red symbolizing celebration in China and warning in the United States, influencing its usage. ~ *The Role of Culture in Color Naming by Joerg Finger*

I wanted to share these insights that will feature prominently in the upcoming colour webinar. I may expand on each point later. Speaking of the website, Designsewlutions.ca, I’m reclassifying all the posts by subject matter. I’m working backward and updating each post with fresh content and images. It’s a big job, with about 400 posts to tackle, but the wealth of information is impressive, if I do say so myself. I’ve been writing these pieces for 16 years and want the information be easily accessible to anyone who is interested. ■


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



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that it can illuminate the whole
earth.”

- Bahá’u’lláh

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WORD SEARCH **Titles & names of Oscar nominees**

O O I Q O P I A N O R A F N R E U Anora, Brutalist,
 D O Y J K I D W F P F B I F H I B Unknown, Perez,
 T O I D M W I C K E D U E L U R R Conclave, Dune,
 D B R U T A L I S T P F N I N P O Still here, Brody,
 U R O S S E L L I N I S N I K E D Nickel boys,
 N I C K E L B O Y S F I N H N A Y Substance,
 E N O R T O N I O F E T E C O R I Wicked, Chalamet,
 H G I S C O N C L A V E S C W C P Domingo, Stan,
 E T Y U S J C F C I G K A I N E E Fiennes, Erivo,
 H E U B E O H D M O T I L S B F S Gascon, Madison,
 D Y A T R N A P E R E Z D T A A S Moore, Torres,
 R E S A I E L G A X T E A R R O M Borisov, Culkin,
 I U D N V S A R T L R A N O B U O Norton,
 G A S C O N M A O O D I A N A S O Pearce, Strong
 J E C E W L E N G J R E J G R T R Barbaro, Grande,
 I N G O F H T D D P T F V O O A E Jones, Rossellini,
 T I L L H E R E M A D I S O N N O Saldaña

PICTURE THIS

> How did the movie, 'Groundhog Day' finally shift to the next day? Bill Murray's character, Phil, broke the cycle when he shifted his focus from himself to devoting himself to helping others. Yes, that's exactly how we get out of this. All of this.



> Winter just got real at the start of February. On right is a stuck truck in the Sicamous area. Photo from the 'Skilled Truckers' facebook page.

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

> "Every word has consequences. Every silence has too."
 ~Jean-Paul Sartre
 > "Some people don't understand that sitting in your own house, in peace, eating snacks, and minding your business is priceless."
 > "Hard times create strong men. Strong men create good times. Good times create weak men. And, weak men create hard times."
 ~ G. Michael Hopf, *Those Who Remain*
 > "Wrong does not cease to be wrong because the majority share in it." ~ Leo Tolstoy
 > "Geography has made us neighbours. History has made us friends. Economics has made us partners. And necessity has made us allies." ~ JFK, *address to Canadian Parliament in 1961*

FUNNY BONE

Not sure if this fits the definition of puns, but check out this word play:
 > I was at a funeral of a friend. His wife asked me if I could say a quick word. I cleared my throat, choked back tears and said "plethora".
 "Thank you", my dear friend's widow replied. "That means a lot".
 > The next man stands up, sniffing, and says, "Earth".
 "Thank you", the wife says, "that means the world."
 > Another guy goes up and says, "waterhole", then sits back down. The widow thanked him and said, "I know you meant well".
 > Another guy gets up, walks to the front and says, "totality". The widow says, "thank you, that means everything."
 > A woman then gets up and says, "underestimate".
 "Thank you very much," the widow says, "that means more than you know."
 > The last man gets up and says, "bargain."
 The widow says, "Thank you, that means a great deal."

POP QUIZ

> What two loveable and hilarious roles did this 6 ft. 6 in. actor play in two popular TV sit-coms from the 1960s? (Frankenstein's Monster) in *The Munsters* (64 to 66) Mildoon in *Car 54, 761* (63) and Herman Munster (Fred Gwynne (26-93) played Officer Francis



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* GIC rates as of Feb. 4, 2025, subject to change without notice. Certain minimums and conditions may apply.

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Enter the **Best of the Shuswap Pie Baking Contest** as part of Haney Village's Heritage Week activities at Piccadilly Mall. Drop off your creation on Saturday, Feb. 22 between 10 and 11 am at the Mall's Centre Court. Judging will be based on authenticity (fresh or frozen fruit only); appearance; golden crust; neatly sealed edges; a filling that stays put; and Crust of flaky, layered, and melt-in-your-mouth perfection. Got it? ■

Housing between Downtown and Uptown



> A mixed development of 120 housing units and nine commercial spots is before council on a hilly 2.4 acre parcel on 16th St. NE between east of the Service Building and below highway. The concept plan shows a six-storey structure.

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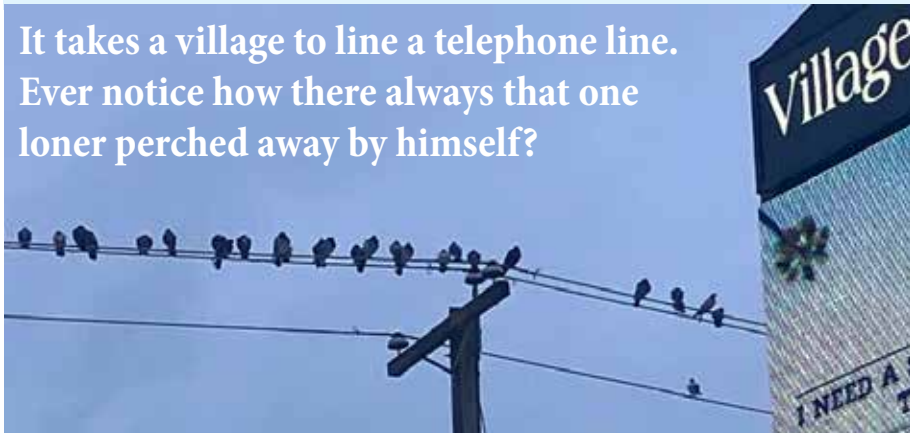
poetry corner >>

Lazy man on a snowy day



I looked out my window
To see cold blanket of snow
Then looked at my bed beckon
Back to warm blanket I go.

It takes a village to line a telephone line.
Ever notice how there always that one
loner perched away by himself?



Lexi would have turned 20 today (Tuesday). She was a fun pup and loved her job as “paperdog”. She could hardly sleep each Thursday night knowing there was a load of Friday AMs in the car. So at nearly exactly 4:30 am, she nudged me awake to get those papers out. She knew where all the doggie treats were stashed downtown so zipped right over to the special drawers behind the counters at SASCU and Dunwoody and wait to be served. Geepers I miss that hound. ■

(Top corner photo: Edmonton sunset by daughter Chelsea)

RCMP CHRONICLES

RCMP highlights through January

January 9

11th Ave NE: At 2pm a Salmon Arm RCMP member observed a known prohibited driver, driving a grey Toyota Corolla along 11th Ave NE. A traffic stop was initiated, and the driver admitted he was prohibited from driving. Police confirmed the driver's prohibition. The vehicle was impounded for a mandatory 7 days, and the driver was served a future court date for driving while prohibited.

January 10

100 block Trans Canada Hwy: At 9am a store employee reported a man shoplifting. The employee reported she was familiar with the man from prior thefts. The man went right to the ice cream display and began gathering multiple ice cream products. The employee told the man to put the items back. As she approached him, he pushed her out of the way so he could exit the store, and hit her on the head with one of the ice cream products. Police attended and viewed video footage and were able to identify the man. Salmon Arm RCMP obtained charge approval for 1 count assault, 1 count utter threat, and 1 count theft against 39-year-old Tyler Chamberlain. Tyler Chamberlain was located and arrested on January 15, 2025, where he was held for a bail hearing, and a judge remanded him in custody.

Ross St: At 9am a local business employee reported an attempted fraud using stolen credit cards. The employee reported two men entered the store and compiled several items to purchase. The men then told the cashier that their boss would call with a credit card number to charge for the items. The men provided a credit card number which was declined by the machine, and the men departed without the items. Salmon Arm RCMP are advising all local businesses to be aware of this tactic for using stolen credit cards, and to follow proper policy and procedures for accepting credit card payment.

3000 block Trans Canada Hwy: At 2pm Salmon Arm RCMP were on patrol east bound on Hwy 1 and observed a blue Ford F-150 travelling west bound on Hwy 1 and a high rate of speed. Po-

lice radar confirmed the truck to be travelling at 143km/h in a post 90km/h zone. The officer safely pulled over, turned around and engaged in a traffic stop with the vehicle. The 23-year-old male driver was issued a violation ticket for excessive speed in the amount of \$368, and the truck was impounded for a mandatory 7 days. The matter was referred to RoadSafetyBC.

January 11

Salmon Arm: At 4pm a 59-year-old woman called Salmon Arm RCMP and reported that her 64-year-old brother was threatening to throw her in the nuthouse if she didn't start contributing to the household and paying her share of the bills. The woman explained that she and her brother both own the property they live at, but the brother was convinced the sister wasn't paying any of the bills. The woman reported she was paying her portion. There was no criminal offence, but police spoke with the brother to ensure the two could try to sort their issues out civilly before anyone tried to send the other to the nuthouse.

January 19

4th St SE: At 1am a woman called reported her husband had run away from the house severely drunk, and was worried about his safety due to the cold temperatures as he was only wearing pyjamas. While speaking with the wife, police could hear the sound slippers down the road, and observed a dark figure duck into a multi-unit complex. Police made a foot patrol down the road, and could see the 27-year-old man attempting to hide behind a narrow tree. The man was obviously intoxicated, smelled of alcohol, was staggering while walking, and admitted to drinking a lot of vodka. Police advised the man to return home, but after several attempts the man continued to refuse to go home. Unable and unwilling to slip away from his bad decisions, the man was arrested for being intoxicated in a public place. He found himself a new place to sleep for the night, in cells to safely sober up. The man was also issued a violation ticket for being intoxicated in public place in the amount of \$115.

Drawn by a homeless man. What a dream!

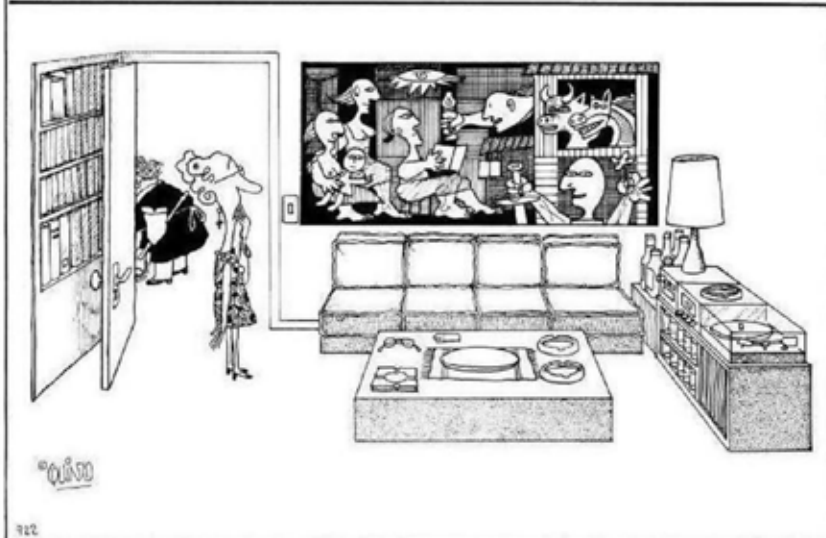


That'll be the day... when I die.
Feb 3, 66 years ago, at age 22

This housecleaner is good!



**Geez Grandma! It's not that hard!
Go into Settings... select wi-fi... Select it! Tap it with your finger... OMG**



walk with Les



> This afternoon's walk with Les was a freezing cold loop around the college and arena area, and an indoor loop with about 25 other walkers inside the arena. Above is the new bicycle garage in front of the college, and on left, I was relieved to see the drums were not sacrificed from the housing construction. Sadly, the same cannot be said for the ivy covered four pillars. see below ▼

WHERE HAVE ALL THE PILLARS GONE?



> "The four pillars are gone," said Les as we walked in front of the college. Yes, those pillars that stood for the four pillars of education. "Oh no", I thought. I always thought those were the signature architectural feature of the college. Why? The pillars appeared far enough away from the new housing.

FOUR PILLARS OF EDUCATION

1. Learning to know
2. Learning to do
3. Learning to live together
4. Learning to be

*Friday AM is now bi-weekly
1st & 3rd Fridays*

All Month: **SALMON**
Mid Month: **ARM**



BREAKING NEWS

TRUMP SAYS U.S. WILL "TAKE OVER" THE GAZA STRIP AND "LEVEL IT"

Oh my lord... The US is taking over, levelling and rebuilding Gaza, Trump just said at a news conference with Bibi. So many questions. Trump, always the shady real estate developer, says "I see it as the Riviera of the Middle East" and "it's a demolition site". "He said 'World people will live in it.'" and "We will do what's necessary" when asked if he will use the military to do this, and who will live in it. It is heartbreaking to say this, the US now feels like a rogue state

This is the young squad of computer geeks that Musk dispatched with cots to invade the Treasury department. It was by far the biggest and most brazen hack in this planet's history. These non-security cleared "kids" monkeyed around with a complex computer system containing banking information, social security numbers, and health information of untold millions. Musk is starting to feel like one of those supervillains in a Bond movie.



Trump chose to make political the deaths of 70 people by blaming Biden and diversity hiring. As long as he wants to go there, Trump's firing of the FAA director on Musk's urging, and putting a freeze on hiring air traffic controllers was hardly helpful. Such a tragic loss. Photo shows last photo of figure skating team.



> This afternoon's walk was the old reliable standby that always brings one joy - McGuire Lake and the Foreshore boardwalk. The first thing noticed on McGuire Lake was the new bridge. Before you say, "Hey, I could have built that".. the fact is it's a temporary bridge.. There was much flooding in the area, so there was much work needed on the stream. The permanent bridge will be installed later. Kevir Hansen of City Operations was on site, so we know this to be true. > Also pictured is a bird

> Oh, oh... I'm finally busted! I confess to you all that I have not used my Canon camera with telefoto lens for over a year now. My iPhone has done me well for the hundreds of images I've published in print and online.. until now. It finally caught up to me today. I noticed a heron on the foreshore about a hundred feet away, and this painfully blurry image was the best I could do.



door on an apartment window so that wild birds can come in for a visit. At least that's what Les told me. Was he having me on? The tree trunk features a large hole right through, and there were tons of ducks on both lakes, and a bit of garbage. Les told more cool stories and also showed off his talent for imitating bird songs. There weren't letters in the English language for some of the sounds he made.

Honestly, do not know why I'm posting this throwback blog. I wrote it after St. Patrick's day pancake breakfast two years ago on the morning of the Spring time change. However, it's a lighthearted look at a moment of time in Salmon Arm. It touches on how we are connected as a community that during these times of uncertainty, we must never forget. The next pancake breakfast at 5th Ave. is Feb. 9. the next time change is Mar. 9.

Dispatch off the Griddle

■ **11 pm, Saturday:** *You have no idea what a sacrifice this will be. We're going to lose an hour tonight, and I like sleeping in Sundays at the best of times. Nevertheless, I am determined to make it for pancake breakfast at Fifth Avenue at 9:30. Anyone care to join me? Just show up and introduce yourself!*

■ **9:30 am, Sunday:** *Okay, sportsfans... reporting back from St. Patrick's week pancake breakfast.*

There was a fabulous turnout for a lose-an-hour's sleep morning. Nobody took me up on my late night FB offer to join me for breakfast, but did run into Tom Crowley at the front of the line. He told me his emails keep bouncing back, so I told him to add 'day' to the address, then made a mental note to find him when I get my plate done up.

The guy in front of me in the line (know him but forgot his name) took an incoming call from his grandkids that they slept in and won't make it. The egg detail lady got to work on an over-easy request. I was five bodies away from the pancake counter so the timing was perfect. What a busy bunch of folks in the kitchen. Some even older than I. Got my full deal juice, butter, strawberries, whipped cream and syrup, couldn't see where Tom sat, but saw Isabel Sinclair, so sat across from her.

Had an amazing conversation over her life story about returning to her hometown in 2005 after seeing the world. She grew up in the Sinclair house when it was surrounded by orchards and forest. She remembered her grandfather and sliding down the banister, and enjoyed touring this heritage house after Bernd Hermanski completed restoration. Isabel taught in schools in California



- Santa Barbara, Palisades and one of the toughest neighbourhood in LA. She also worked with Vietnamese and Tibetan refugees in the UK back in the 70s, and enjoyed visits to India and other faraway places. When her mom broke her hip, she returned to Salmon Arm. We talked about how many come back to Salmon Arm to raise their kids or retire. We then talked about both waiting on cataract surgery and how good that will be when it's done. I whined to her about buying the Saturday *Globe & Mail* yesterday and not being able to read it like I used to. It was so sad because there were were some great long pieces in it. She mentioned an obscure book, and a lady walked by and mentioned the author. I thought how cool was that how someone would walk by and pick up on a detail like that. Marie came by to pick up plates and told me she had a big boo to go in next week's paper. Someone had nails done at Centenoka,

and walked out without paying. I thought that is in another league beyond shoplifting. You're actually making a connection with a service provider and then they stiff you. It reminded me when I once worked as a waiter at Denny's on West Broadway when I lived in Vancouver for nine months in 1974. These two guys would come in for just a coffee for months. I enjoyed talking to them, and it felt almost like a friendship. Then one night they order two big meals for the first time. They enjoyed their meals, then walked out, and never saw them again. So it doesn't matter if it's Vancouver or Salmon Arm. There are people like that everywhere. But they'll always will be a small minority.

All the people at the pancake breakfast were wonderful.

An article posted in the Buffalo News by Gerry Boley

Misconceptions in the United States about Canada are quite common. They include: there is always snow in Canada; Canadians are boring, socialists and pacifists; their border is porous and allowed the Sept. 11 terrorists through; or, as the U.S. Ottawa embassy staff suggested to Washington, the country suffers from an inferiority complex. This is a great time to clarify some of these misconceptions and better appreciate a neighbour that the United States at times takes for granted.

With the exception of the occasional glacier, skiing in Canada in the summer just isn't happening. Frigid northern winters, however, have shaped the tough, fun-loving Canadian character. When it is 30-below, the Canucks get their sticks, shovel off the local pond and have a game of shinny hockey.

The harsh winters have also shaped Canadians' sense of humour. Canada has some of the world's greatest comedians, from early Wayne and Shuster, to Rich Little, Jim Carrey, Russel Peters, Seth Rogan, Mike Myers, Leslie Nielsen, John Candy, Martin Short, Eugene Levy and "Saturday Night Live" creator and movie producer Lorne Michaels.

The suggestion that Canadians are soft on terrorism is a myth. The 9/11 Commission reported that terrorists arrived in the United States from outside North America with documents issued to them by the U.S. government, but Canada was initially linked to allowing the terrorists into the U.S. because of lax border control. The Canadians in Gander countered despicable terrorist acts with love and caring to their U.S. neighbours when planes were diverted there.

Americans glorify war with movies, but it is the Canadians who are often the real "Rambo." The Canadians are anything but pacifists and their history is certainly not dull. Be it on the ice or battlefield, this warrior nation has never lost a war that it fought in... - War of 1812 (versus the United States), World War I, World War II, Korea and Afghanistan. During the '72 Summit Series, Soviet goalie Vladislav Tretiak said, "The Canadians have great skills and fight to the very end."

In hunting the Taliban in Afghanistan, U.S. Commander and Navy SEAL Capt. Robert Harward stated that the Canadian Joint Task Force 2 team was "his first choice for any direct-action mission."

Contrary to Thomas Jefferson's 1812 comment that, "The acquisition of Canada will be a mere matter of marching," the witty Native American leader Tecumseh and Maj. Gen. Isaac Brock captured Brig. Gen. William Hull's Fort Detroit without firing a shot. The Americans never took Quebec and when they burned the Canadian Parliament Buildings at York, the White House was torched in retaliation.

Canada consolidated its status as a warrior nation during World War I battles at Vimy Ridge, Passchendaele, Somme and the Second Battle of Ypres, where soldiers were gassed twice by the Germans but refused to break the line. By the end of the war, the Canadians were the Allies' shock troops.

In the air, four of the top seven World War I aces were Canadians. Crack shots, the names William "Billy" Bishop, Raymond Collishaw, Donald MacLaren and William Barker, with 72, 60, 54 and 53 victories, respectively, were legendary. These were the original Crazy Canucks, who regularly dropped leaflets over enemy airfields advising German pilots that they were coming over at such and such a time, and to come on up. Bishop and Barker won the Victoria Cross, the highest award for gallantry.

The pilot who is credited with shooting down the Red Baron, Manfred von Richthofen, with a little help from the Australian down under, was not Snoopy but Roy Brown from Carleton Place, Ont.

During World War II, Winnipeg native and air ace Sir William Stephenson, the "Quiet Canadian," ran the undercover British Security Coordination under the code name Intrepid. From Rockefeller Center in New York, as a liaison between Franklin Roosevelt and Winston Churchill, Stephenson invented the machine that transferred photos over the wire for the Daily Mail newspaper in 1922. Americans were not aware that the BSC was there or that it was stocked with Canadians secretly working to

preserve North American freedom from the Nazis.

Also little known is that Intrepid trained Ian Fleming, author of the James Bond series, at Camp X, the secret spy school near Whitby, Ont. Five future directors of the CIA also received special training there. It is suggested that Fleming's reference to Bond's 007 license to kill status, his gadgetry and the "shaken not stirred" martini, rumored to be the strongest in North America, came from Stephenson.

When Wild Bill Donovan, head of the U.S. OSS, forerunner of the CIA, presented Intrepid with the Presidential Medal of Merit in 1946, he said, "William Stephenson taught us everything we knew about espionage."

American military writer Max Boot wrote recently in Commentary magazine that Canada is a country that most Americans consider a "dull but slavishly friendly neighbour, sort of like a great St. Bernard." Boot needs to come to Canada, have a Molson Canadian and chat about Canadian history. He owes his freedom to Canucks such as Stephenson and the courageous soldiers and fliers of the world wars who held off the Germans while America struggled with isolationism.

Canadian inventions such as the oxygen mask Martin Baker ejection system, and anti-gravity suit, the forerunner of the astronaut suit, allowed U.S. and other Allied fighter pilots to fly higher, turn tighter and not black out with the resulting G-force. The 32 Canadians from the Avro Arrow team helped build the American space program and were, according to NASA, brilliant to a man. The most brilliant, Jim Chamberlin, chief designer of the Jetliner and Arrow, was responsible for the design and implementation of the Gemini and Apollo space programs.

Although Canadians have had a free, workable medical system for 50 years, they are not socialists and there are not long lineups, as some politicians opposed to Obama care suggest. This writer has had a ruptured appendix, hip replacement, pinned shoulder, blood clot, twist fracture of the fibula and broken foot, and in every case, there was zero cost to me. Canadians have and value a medical system for all Canadians that is free with minimal waits. That is not socialism; that is caring about fellow Canadians.

Americans may be surprised by the Canadian content in their life. Superman - "truth, justice and the American way" - was co-created by Canadian Joe Shuster, the Daily Planet is based on a Toronto newspaper, and the 1978 film's Lois Lane, Margot Kidder, and Superman's father, Glenn Ford, were both Canadians. The captain of the starship Enterprise was Montreal-born William Shatner. Torontonians Raymond Massey played Abraham Lincoln in 1956. And as American as apple pie? Ah, no. The McIntosh apple was developed in Dundela, Ont., in 1811 by John McIntosh.

Many of the sports that Americans excel at are Canadian in origin. James Naismith from Almonte, Ont., invented basketball. The tackling and ball carrying in football were introduced by the Canucks in games between Harvard and McGill in the 1870s. Five-pin bowling is also a Canadian game. Lacrosse is officially Canada's national sport, and hockey - well, Canadians are hockey. And Jackie Robinson called Montreal "the city that enabled me to go to the major leagues."

To make everyone's life easier, Canadians invented Pabulum, the electric oven, the telephone, Marquis wheat, standard time, the rotary snowplow, the snowmobile, Plexiglas, oven cleaner, the jolly jumper, the pacemaker, the alkaline battery, the caulking gun, the gas mask, the goalie mask and many more.

Canadian inferiority complex? That is another myth. Never pick a fight with a quiet kid in the schoolyard. Never mistake quiet confidence for weakness. Many a bully has learned that the hard way. Canadians are self-effacing and do not brag. That does not mean we do not know who we are. We are caring but tough, fun-loving but polite and creative, and we share with each other and the world. Our history is exciting but we don't toot our horn. The world does that for us. This is the third year in a row that Canada has been voted the most respected country in the world by the Reputation Institute global survey.

Perhaps once a year around our collective birthdays, Americans can raise a toast to their friendly, confident neighbour in the Great White North.