

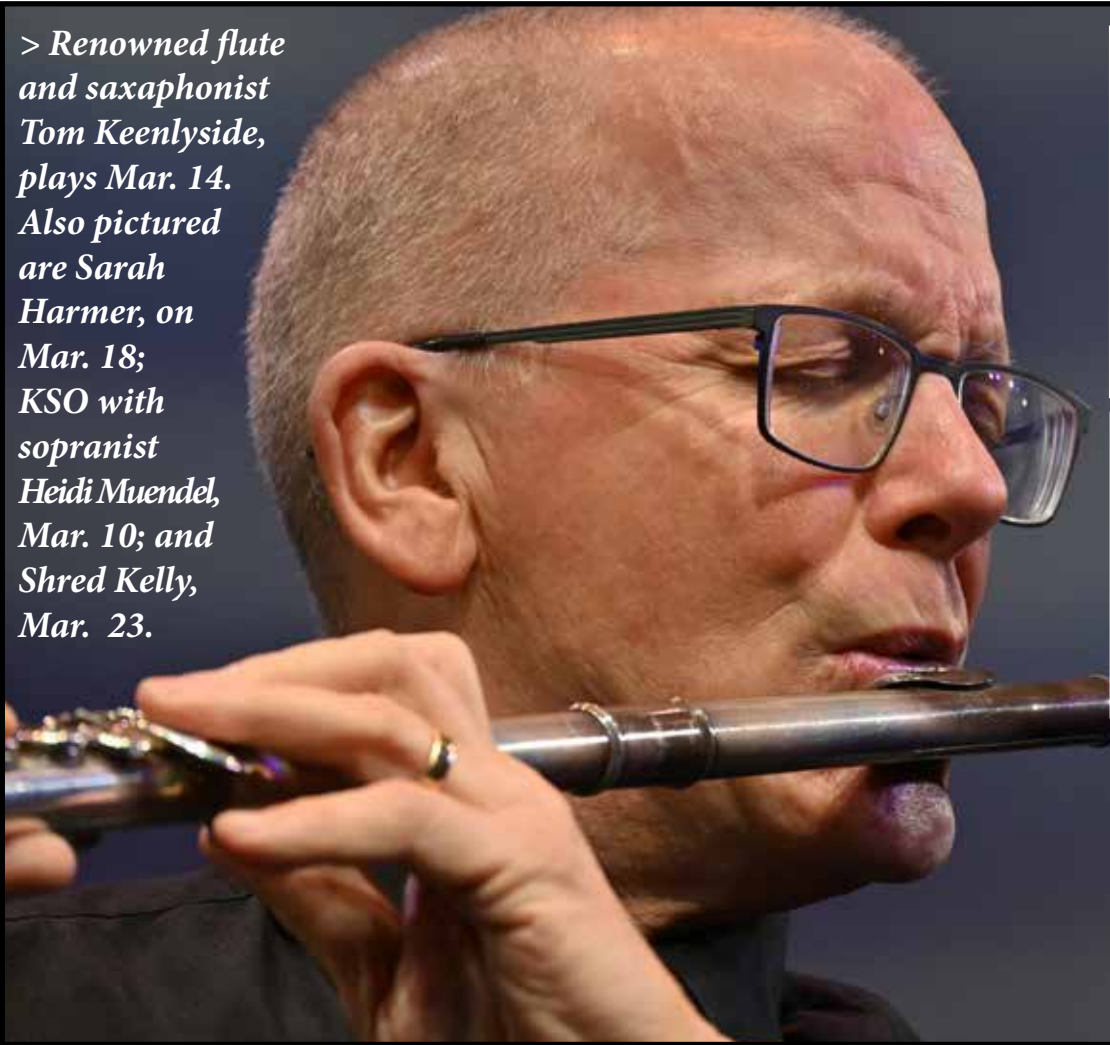


March ALL MONTH

AM

▲ Salmar Classic, one of Conservation awards recipients / 8

> *Renowned flute and saxophonist Tom Keenlyside, plays Mar. 14. Also pictured are Sarah Harmer, on Mar. 18; KSO with sopranoist Heidi Muendel, Mar. 10; and Shred Kelly, Mar. 23.*



▼ **WHAT'S ON** ■ Online: www.FriAM.ca ▶ 250.833.1141 ▶ Mar. 1, 2024 • No. 1331 • FREE

**Festivities
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Volunteer registration campaign begins / P.13

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FRIDAY

NO. 1331

AM

March All Month

**ARM MEDIA
 EST. 1997**

EDITOR & PUBLISHER

Lorne Reimer

250.833-1141

fridayam@shaw.ca

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Hucul Printing 471 - 5th St SW

DEADLINES

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Weekly FriAM: 2,500

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■ **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.

**Friday SALMON
 All Month ARM**

Next Friday AM - March 8

MAKING AMENDS TO EARTH

Although those born that year did not know it at the time, 1950 is now considered a significant milestone. It would become the marker of what scientists call the beginning of a new era on the planet.

In the 70-plus years since then, through burning fossil fuels, humanity has exceeded the energy consumption on the earth of the entire preceding 11,700 years.

This huge increase has led to pollution, environmental degradation, climate change, and impacts on salt and fresh water, soil, air, and the diversity of plants and animals.

Some suggest the planet's changes are so great that we are in a new era geologically—the “Anthropocene”. A number of sources peg 1950 as the start of this geological “epoch”. The impacts of human activity are reflected in the record of the planet's rock layers, as well as in sediment cores of lakes. Crawford Lake in Ontario is considered a bellwether lake for monitoring human impacts.

Changes on the planet have oc-



curred so rapidly since 1950 that the last seventy years have been described as the “Great Acceleration”. Just one example: between 1970 and 2014, the planet lost 60 per cent of the populations of wild mammals, reptiles, amphibians, birds and fish.

By coincidence, 1950 was the year of my birth. Sometimes the full immensity of what has been done to the planet during my lifetime overwhelms me. We have wrought so much damage that the word “doom” no longer shocks. My children and grandchildren will be the ones to bear the consequences of this “Great Acceleration.”

I share in the collective responsibility of my generation. It's a human thing to want to make amends when our behaviour hurts others. What can I—and others of my age—do to make

amends for the degradation we are bequeathing our descendants? The solutions are not simple in this complicated and connected world; it's very hard to make completely informed choices in how we live our lives. As one small example, choosing products which include palm oil most likely makes us complicit in the loss of forests and habitat in tropical countries.

Here are several ideas:

- Support nature restoration projects both locally and internationally.
- Lobby elected officials and educate bureaucrats about the need to ramp up restoration efforts.
- Support alternative media that focusses on environmental journalism. In BC this includes *The Narwhal*, *Watershed Sentinel*,
- Donate, or leave legacy bequests, to non-profits working for environmental protection and / or restoration..

□ Sarah Weaver works actively on environmental issues and posts her blog 'Coast Lines' at linesfromthecoast.blogspot.com

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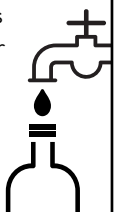


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MOLEHILLS

Lorne Reimer

Standing for rights

I was moved when Canada's new ten dollar bill came out with a human rights theme.

It was the first time a banknote displayed a regular citizen, and not a prime minister or royal.

On one side is a portrait of Viola Desmond, owner of a New Glasgow hair salon who in 1946 challenged a conviction for refusing to sit at the back of a theatre because of her skin colour.

The other side of the bill features the Human Rights Museum in Winnipeg; an Indigenous eagle feather and a quotation from the Charter of Rights.

During an interview with Cecelia Duncan, a local hair stylist who produces Trinidad-based sauces, I asked what she thought of the ten dollar bill being that she is also a black hair stylist like Viola Desmond.

Funny thing, she has seen the bill many times, but it did not click who the woman portrayed on it was.

She knew of Rosa Parks, so was delighted when I told her about Viola, who also encouraged black women to be proud of their hair, and not want it straightened as was the custom at the time.

Ironically, most of Cecelia's clients have straight hair and wish for corn rows and dreadlocks, etc.

I am proud that our nation is one that celebrates human rights.



Feedback on the fire

The Columbia Shuswap Regional District (CSRD) wants to hear from citizens about their experiences during the Bush Creek East Wildfire.

A series of in-person and online events, facilitated by an independent consulting company, will collect and communicate information and report to the Board in a publicly available report.

The CSRD release explained that it is undertaking this exercise now so that it can implement some, but likely not all, suggestions for improvement for the 2024 fire season.

Objectives include learning how residents received information during the wildfire; sharing information about the role of the CSRD in an emergency; hearing feedback on how things were managed; gathering information to improve preparedness; and offering resources, including FireSmart tips and personal preparedness tools.

Sessions are scheduled:

- Sorrento Hall, 6-8, Mar. 7
- N. Shuswap Elementary 2:30-4:30, Mar. 9
- Lakeview Com. Centre 2:30-4:30, Mar. 10
- Quaaout, 6-8, Mar. 11
- Virtual Sessions, 6:30-8:30 Mar. 13 and 14

More at csrd.bc.ca

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Tuesday, March 12 9:30 - 11am

Wednesday, March 13 9:30 - 11am



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Festivities

- > **World Day of Prayer** - 1:30, Mar. 1, St. John's Anglican, 170 Shuswap St. (Ecumenical)
- > **30th Seed Swap** - 10-3, Mar. 2, Splatins Centre, Enderby. /5
- > **Women's Day** - Mar. 8 at 4 pm, Shuswap Pie Co.
- > **Clocks change** - Mar. 9/10
- > **St. Patrick's day** - Mar. 17
- > **School Spring break** - Mar. 15 to 30. (Equinox Mar. 19)
- > **Earth Hour** - 8:30, Mar. 30.
- > **Pellsquepts Springwinds Festival** - 1 pm, Mar. 23, Splatins Centre, Enderby. See 'Concerts' ▶▶
- > **Easter Sunday** - Mar. 31.

Arts

- > **Environments for Reading** - Runs to Mar. 23, Salmon Arm Art Gallery. Soft sculptured pods for places to read - homage to when gallery was town's library.
- > **SD83 Art Fair** - Mar. 4 to 11, Piccadilly Mall.
- > **Tsrep (Tree)** - April 6 to June 22, Salmon Arm Art Gallery
- > **Cardiff Miller Art Warehouse** - Open 11-5, Sundays. Interactive art exhibits in former Ashley store in Enderby.
- > **Shuswap Artist Collective** - Exhibit by 12 local artists, hOurspace, 331 4th St. NE
- > **Courtyard Gallery** - Open Exhibition to March 2, Enderby.

Concerts

- > **Northern Lights Chamber Choir** - 'Something Old, New, Borrowed, Blue', 2:30, Mar. 3, Nexus at First & 7:00, Mar. 9, St. Mary's, Sorrento. By donation.
- > **Kamloops Symphony** - 'Light of the Night' A Symphonic Graphic Novel, 3:00, Mar. 10, Nexus at First / P.7
- > **Jazz Club** - 7 pm, 2nd/4th Thur, Nexus at First. By donation.
- > **Rolling Deep**, Feb. 29
- **Tom Keenlyside Quartet**, Mar. 14
- **Sandy Cameron's Shuhorns**, Mar. 28, featuring Nick Dyson.
- > **Coffeehouses**
 - Celist & Grindrod, 1st Fri
 - Carlin, 1st Sat • Sunnybrae, 2nd Sat
 - Gleneden, 3rd Sat
 - Enderby, 3rd Fri. (Srs. Centre)
 - Silver Creek, 4th Sat.
 - Writers group, 4th Fri (Mar. 22)
- 2 to 4, First Community (United Church (4th St. entrance)

SONG SPARROW HALL

- > **Sarah Harmer** - West Coast Tour, 7:30, March 18, Juno award winning singer-songwriter. Tix at rootsandblues.ca **Sold Out**
- > **Shred Kelly & Hyanaes** - 7:30, March 23. songsparrowhall.ca
- > **Steve Dawson & the Hooded Mergansers** - 7:30, April 11. Tix at songsparrowhall.ca
- > **Delhi2Dublin** - Celtic music dance night, 7:30 pm, April 20. Tix at celebrateshuswap.ca.

CONCERTS, cont'd

- > **Pellsquepts Springwinds Festival** - 1 pm, Mar. 23, Splatins Centre, Enderby. Free event Co-hosted by Roots & Blues. Featuring Dallas Arcand, Melawmen Collective, All My Relations Pow Wow Dance Group, Sabina Dennis & Conway Kootnay.
- > **Be Seein' ya Comedy tour** - 7:30, Mar. 21, Salmar Classic.
- > **Okanagan Symphony** - 'Vivacious Vivaldi', 7 pm, Mar. 7, Vernon Performing Centre.
- > **Daniel Champagne** - 7:00, April 3, Carlin Hall. Australia-born singer songwriter.
- > **Shuswap Music Festival** - April 8 to May 3. shuswapfestival.com
- > **Roots & Blues** - July 26 to 28. Early bird prices ends March 10.

Theatre

- > **Dry Streak** - ends March 2, Shuswap Theatre. Tix for this delightful rural Saskatchewan-based play at shuswaptheatre.com and Choose Refill shop. More at shuswaptheatre.com

live & dance

- > **Barley Station**, Singer songwriter Robin Henry, 7 pm, Mar. 2.
- > **Gleneden Hall dance**, 7-11 pm, Mar. 2 with Sierra. \$15
- > **Copper Is. Pub**, Electric Jams with Blind Bay Blues Band, Tuesdays.
- > **Spring Fling Dance** with Island Fogg, Marc. 30, Blind Bay Hall
- > **Salmon Arm Legion** - The Cher Show, 8 pm, Mar. 15, featuring Bonnie Kilroe. Musical and comedy tribute. Many costume changes. ○ Salsa Fever in support of Hospice Society, 7:30 Mar. 1.
- > **Social Square Dancing** - 7:30-9:30, Weds, Fifth Ave. Centre
- > **Road Rescue Unit Dinner & Dance**, Mar. 8, Recreation Centre, Tix at Hideaway liquor, Touch a Texas, Raceway Barber.

THEATRE, cont'd

- > **Shuswap Geriactors** - 4:30, March 15, 16, Anvil Coffee Collective Cafe. Free.
- > **The Butler did it** - 7:30, Mar. 7-10, Centennial Hall, Armstrong. Grindrod Players
- > **St. Patrick's Day Improv** - Laughing Gas Improv Troupe, 7:30, Mar. 16, Shuswap Theatre. Tix at door or Choose Refill.
- > **Outside Mullingar** - April 26 to May 11, Shuswap Theatre.
- > **Theatre on the Edge** - June 14 to 16. Stay tuned.

Sports

- > **Silverbacks / 13**
 - Traveling to Merritt, Mar. 1
 - hosting Trail, 6 pm, Mar. 2.
- > **Bonspiels** - Firemen's, Mar. 15-17; Mixed, Mar. 8-10
- > **Larch Hills** - BC Race, Mar. 1 & Ultra Race, Mar. 16
- > **Wild Ride** - Thrash Wrestling, 7:00, Mar. 23, Rec. Centre.
- SportSpot - P. 13

at the movies

- > **SALMAR GRAND** • salmartheatre.com • March 1 to 7
- **Ordinary Angels**. 1:45 Sat, Sun; 6:40 nightly (plus 9:45 Fri. & Sat.). Inspired by story of a hairdresser who single-handedly rallies community to help a widowed father save life of his critically ill young daughter. (G)
- **500 Days in the Wild**. 1:30 Sat, Sun; 6:30 nightly (plus 9:00 Fri. & Sat.). Dianne Whelan's solo self-recorded journey travelling across Canada. (PG coarse lang. sexual content)
- **Dune: Part Two**. 1:30 Sat, Sun; 6:20 nightly (plus 9:30 Fri. & Sat.). Paul Atriedes unites with Chani and the Fremen while seeking revenge against the conspirators who destroyed his family. (PG)
- **Bob Marley: One Love**. 2:00 Sat, Sun; 6:50 nightly (plus 9:10 Fri. & Sat.). Biopic of reggae icon Marley's life journey behind his revolutionary music (PG)
- **COMING: Kung Fu Panda 4**, Mar. 8-14 • **Ghostbusters: Frozen Empire**, Mar. 29-Apr. 4.
- > **SALMAR CLASSIC**
- **SHUSWAP FILM SOCIETY** • shuswapfilm.net •
- **The Teacher's Lounge** (Germany), 5:00, Mar. 2. A dedicated young teacher is caught in the middle of complex school dynamics. More she tries to do everything right, more desperate her position becomes. (PG)
- **Employee of the Month** (Belgium), 5:00, Mar. 9. Mishap by employee and intern spirals out of control. (PG)
- **NY MET OPERA (Live)** • **La Forza del Destino**, 9 am, Mar. 9. ill-fated love, deadly vendettas, and family strife. Upcoming: La Rondine, April 20 • Roméo et Juliette, April 27.
- **Shuswap Children's Association FILM FESTIVAL** - Mar. 21-23. Annual fundraiser for Shuswap Children's Association, featuring: *The Lorax* • *Happy Feet* • *How to Train your Dragon*
- *Kung Fu Panda* • *Despicable Me 1 & 2* • *Madagascar: Escape to Africa* • *Shrek*

city lights

- ▶ **vern** • Details at ticketseller.ca
- Creekside (C)** • *Performing Arts (P)*
- Importance of Being Earnest** - to Mar. 2
- James Keelaghan & Jezz Lowe**, Mar. 7
- Frog Belly Rat Bone**, Mar. 2 (P)
- OSO Vivacious Vivaldi**, Mar. 3
- Black Deeds in White Horse**, Mar. 9-16
- I am Woman, hear me Laff**, Mar. 9 (P)
- Momentum of Isolation talk**, Mar. 16 (P)
- Royal Wood & Jeffery Straker**, Mar. 16 (C)
- Relive 50s/60s music**, Mar. 17 (P)
- Ballet Kelowna, taqəš**, Mar. 9 (C)
- Sarah Harmer**, Mar. 21 (C)
- Everly Brothers story**, Mar. 21 (P)
- LIPS Rolling stones tribute**, Mar. 23 (C)
- X (Dix), Mar. 27 (P)
- ▶ **kelowna** • **Chelsea Handler**, Mar. 9
- **Jann Arden & Rick Mercer**, May 25
- ▶ **Vancouver** • **Canucks**, Mar. 9, 13, 16, 19, 21 • **Taylor Swift**, Dec. 6-8
- **Pink**, Sept. 6-7 • **Springsteen**, Nov. 22

IMPACT OF A.I.

Artificial Intelligence (AI) is revolutionizing the world as we know it. Author and

illustrator **M.D. Jackson** is presenting a workshop on the impact of this new technology on fiction and non-fiction Writers.

The **AI workshop** will take place on Saturday, March 16 from 10:30-12:30 in the Pine Room of the United Church (4th Street SE entrance) Fee is \$25, pay when you arrive.

Says Jackson, "the AI situation is changing so rapidly, it is hard to keep up... In this workshop I hope to be able to help writers navigate this rapidly changing situation."

He has been following the developments and charting the implications from its beginning and has been a consultant on AI policy for fiction magazines. Bring your questions and concerns.

○○○

Word on the Lake Writers' Festival runs May 17 to 19 at the Prestige Resort and Okanagan College. Every year we bring you the best authors in every genre, as well as mighty fine entertainment. The 21st edition is no exception.

Early Bird Registration runs March 1 to April 6. The Early Bird Draw is worth \$550 and includes two nights at the Prestige, two bottles of wine, a \$50 gift card for the 1905 restaurant.

Here are profiles on two more talented presenters Please check out the website and all the other presenters at wordonthelakewritersfestival.com.

■ **Robert J. Sawyer** is "the dean of Canadian science fiction," according to the CBC and *Ottawa Citizen*. The writer of 25 best selling novels is the only Canadian to win all three of the world's top awards for best science-fiction novel - the Hugo, Nebula, and John W. Campbell Awards. He also won more Canadian Science Fiction and Fantasy Awards ("Auroras") than any one else in history.

■ **Sheri-D Wilson** is the award-winning author of 13 books, 4 short films, and 4 albums that combine music & poetry. Known for her electric performance-style, she has performed and taught workshops at festivals around the world. In 2019 Sheri-D was appointed to The Order of Canada, for her contributions as a Spoken Word Poet and her leadership in the community. She was Calgary Poet Laureate Emeritus from 2018 to 2020.

Wilson explores personal story, beauty and love, social justice, lost languages, bullying and violence against women & the earth. She brings a quirky sense of humor and uplifting presence to her work. She founded the Calgary Spoken Word Society that produces a festival for the past 11 years, and in 2005 Sheri-D she began The Spoken Word Program at Banff Centre. ■

□ *Kay McCracken is a novelist and dedicated promoter of the Shuswap writing community.*

WRITE
ON!



Kay McCracken

BEST OF VANCOUVER JAZZ

■ FROM THE FRONT COVER

It never ceases to amaze the calibre of talent that continues to show up at Salmon Arm's regular jazz nights on the Nexus at 1st stage.

The latest coup is an absolute legend of the Vancouver jazz scene - saxophonist and flautist **Tom Keenlyside**.

His musical career spans six decades, performing and recording with some of the names in the music business - Diana Krall, Harry Connick Jr., Natalie Cole, Dizzy Gillespie, Mel Torme and Tom Jones. An inductee in the BC Entertainment Hall of Fame, Keenlyside is a mainstay at the premier international jazz festivals at Newport, Montreal and Montreux Detroit.

His quartet for the March 14 show includes Neil Fraser and Shelby Wahl on and Salmon Arm's own Jake McIntyre-Paul on bass.

The late Red Robinson called him a "musician's musician". Another BC legend, Paul Horn, said Keenlyside's "musicality transcends categories."

"Keenlyside has a lush, warm sound

A review in New York's *Cadence*

SHUBIZ

magazine, wrote that he has a "lush, warm sound fleet technique and a complete command of the expressive devices available to the flute."

The concert starts at 7 pm. Admission is by donation.

The second jazz night this month features Sandy Cameron's **Shuhorns** on March 28, featuring Nick Dyson.

Shuhorns - the best local flavour name since the Salmon Armenians.

○○○

Other concert events this month include the second **Pellsquepts Springwinds Festival** starting 1 pm, March 23 at Splatins Centre, Enderby. The Roots & Blues co-hosted event will feature Dallas Arcand, Melawmen Collective, All My Relations Pow Wow Dance Group and Sabina Dennis & Conway Kootnay.

Nexus at First will host **Northern Lights Chamber Choir**, 2:30, Mar. 3, and **Kamloops Symphony**, 3:00, Mar. 10, and the Song Sparrow Hall will host celebrated recording star **Sarah Harmer** Mar. 18 (sold out show) and **Shred Kelly and Hyanaes** on March 23. (See 'Concerts' P. 4)

You're Invited

- > **Mature Drivers Workshop**, 9:30-11 am, Mar. 12 and 13, Deo Lutheran. Register 250-832-9335. / P.3
- > **Storytellers** 10 am, 1st Tues, library.
- > **Wildfire Mitigation**, 6-8, March 27, City Hall
- > **SA Council meeting**, 2:30, Mar. 11, 25.
- > **School Board**, 6:00 pm, Mar. 12.
- > **CSRD directors meeting**, 9:30 am, Mar. 21.
- > **Enderby Old Time Dance Club**, celebrating 98 years of Pattern Dancing, and featuring Halina Pattern Dancers, 1 pm, Mar. 10, Enderby Drill Hall.
- > **Fifth Ave. 50Plus Activity Centre** Hot Lunches, M-F, 11:30-1, (\$16 or \$14 Members; Canasta M-W-F, 10 am; Carvers Tues, 9:30 am; Crib, Mon, 2 pm & Thurs, 7 pm; Floor Curling Wed, 10:30; Ladies Pool Tuesday, 10 am; Scrabble/other games, Tues, 1:30; Social Bridge Thur, 1pm; Duplicate Bridge Sunday, 1:30; Table Tennis M-W-TH, 8:30-8:30-1:30; Tai Chi Practice M-W-F, 5:30, 3 pm.
- > **Free Income tax program** starts Mar. 6 at Family Centre, 681 Marine Park Dr. In collaboration with Seniors Resource Centre. Run 10 to 2 through March & April.1. No appt. necessary.
- > **Piccadilly Mall events** - SD83 Art Fair, Mar. 4-11; St. Patrick's Day, Mar. 17; Easter party, Mar. 30; Makerspace Repair Cafe, April 20; Earth Day Fair, Apr. 22. Aero Modelers, Apr. 25-27.
- > **Garden Club**, 7 pm, 4th Tues, 5th Ave 50 Plus. \$2
- > **Bingo**, 6:30, Fridays, 50 Plus Activity Centre. Doors open 5 pm; games at 6:30.

Legion



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Friday **SALMON**
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Lost skills of art & writing

I'm sitting here daydreaming of Spring. There is a list of maintenance items to be done on the motorcycles but in my muse that's all completed and, in a few days, I'll be cruising.

A quick check outside and my hopes are dashed! Two inches of snow has fallen from nowhere! That seems to be the pattern, there is no pattern. I hope nature works it out. I have a few buds showing, but I understand Okanagan grapevines are 90 per cent destroyed. I'm no expert, but thought it took generations to establish good grapes.

I guess we should enjoy what we can of last years wine and look forward to the blends of the future. Who knows? The ever ingenious vintners might be really good at it but I hope they can eventually recover to full production.

A pal told me a story about a man who took his cow across a vineyard everyday. I guess he herd it on the grapevine. Dad jokes aside, I noticed that the grandchildren always send me cards they have drawn. It seems I have been cheaping out and just scrawling a line on a storebought card for too long. This Christmas I drew them each a card on their favourite themes, cats and Minecrafts. The latter took a bit of research, although I have listened to more Minecraft lore than one needs, I had no clue what it looked like. The magic of the internet spawned a dozen Minecraft Christmas trees and I was a hero for the day!

It is my daughter's birthday soon and some whispers have been heard. Clearly, I have another art project to complete. I can usually get the inspiration and complete the task, but this seems less of a task and more of a well deserved tribute to the person. Those pesky kids have taught me another lesson!

A dear friend moved from Canada to the UK. We regularly email to keep in touch, and recently, she sent a lovely hand-written letter. As a linguist she writes in a beautifully personal manner and, this time, in a perfect flowing script. Prompted by the hand drawn cards episode, I set out to reply with my best flourishing cursive hand. Oh dear! I have forgotten how to write.

An early career as a draftsman got me printing in capitals and that's what I do in my daily diary. It's clear and legible. But when I usually write it is, as my primary school teacher once said, like an inky legged spider had crawled across the page. I guess in the same way I relearned how to draw, I must relearn writing. Perhaps its just as well spring is a long way off, I might need all that time to remaster this forgotten art.

□ Barry can be reached at BarryMarshall@gmx.com, www.ascot-gas-services.com

REPAIR GUY

Barry
Marshall



READING ROOM

by Kristy Smith, Salmon Arm Branch head

SPRING INTO THE LIBRARY

The March selection for **Salmon Arm Reads Book Club** is *The Invisible Life of Addie LaRue* by Victoria Schwab. The novel has been called literary masterpiece that "displays the potential concept of immortality as it follows the journey of a girl.". The club meets at 10:30 am, March 12 at 10:30 to discuss. Book Club Kit copies are available to registered participants.



This year, **Friends of the Library** group is celebrating its 25th anniversary. Plans are underway for a spring celebration at the Salmon Arm Library, 1 to 3 pm, May 11. There will be food, musical performances, door prizes and a chance to thank the special people who support and fundraise. Drop in, eat a cupcake, enter for the door prize draw, and enjoy.

The **Ukulele Circle** happens Thursday afternoons from 2:30 to 4:30 for a jam! For intermediate players, register for a Uke-Strumental in C workshop, 1 to 3, March 25.

Join Kristy for **Baby Time** Mondays 11:30 to noon. This is our joyful FREE early literacy program for babies and toddlers ages 0-2 and caregivers. Siblings are welcome too. There's **Family Story** Thursdays at 10:30 and Saturdays at 3:30, immediately followed by our new **Stay & Play** program. Enjoy time with your children and socialize with other families. These programs will run March 21 and 23, then we'll have a one-week break, resuming April 4. Do you love to sing? Join the **Family Choir** on Wednesdays! All are welcome. Are you a Teen who would like to volunteer to read with young buddies to help build reading skills. Learn more about **Reading Buddies**.

Join us for **Spring Break Scavenger Hunt**, March 18 to 28. Can you find the hidden eggs? Drop by any time during break. Find the eggs, solve the riddle and enjoy a small prize. Art therapist Eiko Uehara will host **Spring Origami**, 11 am, March 20. Geared for ages, 9 to 14, she'll teach how to make fun spring origami creations. All are welcome to register. Children 9 and under must have a responsible adult for both programs.

Here are other programs happening in February:

- **Genealogy Meetup** (2nd & 4th Mon, 10:30 am – 12:30 pm)
- **Odd Socks Knitting Group** (Fridays from 1:30-3:30 pm)
- **Legal Advocate in Residence** (1st Thursdays 1:30-3:30)
- **Scrabble** (Thurs. 11 am- noon and Sat. 1-2 pm)
- **Mother's Circle** (3rd Tues, 10:00 am - noon)
- **Shuswap Storytellers** (1st Tues. 10 am - noon)
- **Cyber Seniors** (Tues. 1-4 pm)
- **Drop-in Tech Help with LASS** (Tues. 3-4 pm)
- **Shuswap Spinners and Weavers** (Tues. 1 -3:45 pm)

□ For a list of events and register for library programs, visit <https://orl.evanced.info/signup/Calendar> or call 250-832-6161



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TAX SEASON IS UPON US

The pain of shoveling might be behind us (hopefully), but the next most painful thing is now upon us... "TAX SEASON".

The good news is those massages and chiropractic appointments from too much shoveling may qualify as a medical expense on your tax return. These expenses along with visits to the dentist, optometry expenses, prescriptions and even travel expenses to see a specialist can qualify too. There are a lot of different rules around the medical expenses that qualify and those that don't, so be sure to consult a professional and be sure to keep all your receipts.

A couple other things to note are as follows:

■ File a tax return even if you don't think you need to.

If your income is very low or even zero you should still file a tax return because there are different benefits that are tied to filing a tax return. For example, the Guaranteed Income Supplement or the GST/HST credit.

Also, for teenagers, if you have earned some income, it is advisable to file a return to build up your RSP deduction room for the future even if you don't need the benefit of it now.

■ Be sure to report all tax slips

This seems obvious, but often when someone finds a slip after already filing their return they'll say, "I'll just add it to next year's" or "Canada Revenue (CRA) gets copies of these things, so they'll figure it out!"

Well, CRA will figure it out, but unfortunately, they may charge some penalties/ interest for failing to include everything. So be sure to double check that you have all your slips and file an adjustment for any slip you find after the fact.

If you are unsure that you

**MALL
ARKEY**



Daron Mayes

have everything, be sure to sign up for "My Account" through the CRA website and you can access all your slips online. This isn't a guaranteed method in that it sometimes it takes

a while for all the slips to show up on the CRA website, but it can be a good place to start if you feel you are missing something.

■ Disclose the sale of your home

Starting in the 2016 tax year, CRA required that you report the sale of your principal residence even if it doesn't create a tax liability. You might say "I thought the sale of my principal residence wasn't taxable; so why should I have to disclose it?" Well, the problem stems from the fact the principal residence rules are complicated and even though owing no tax on the gain from a sale often is the result; there are situations where tax can arise.

Again, you might then ask, "I don't want to tell them that information and I know taxes will not arise so what's the harm in not disclosing this to CRA?"

○○○

Like all rules CRA puts into place they expect you to comply, and they also will charge penalties for non-compliance. These penalties can be steep. So, if you missed this disclosure in a prior year, talk to your accountant and they can advise you on how to make an adjustment.

So be aware of the items above along with a myriad of others that I haven't noted. Be sure to talk to a tax professional. However, if they look bug-eyed and frazzled; don't take it personally it is just that time of year and they are probably drinking a lot of coffee!

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

Opera & Symphonic delights

March brings a 'double bill' of opera and symphonic delights to our community on the March 9 and 10 weekend. It's the perfect recipe for this time of year!

On Saturday, March 9, at 9 am (note earlier time) at the Salmar Classic, The Met: in at HD Live presents "La Forza del Destino" by Giuseppe Verdi.

Yannick Nézet-Séguin conducts Verdi's grand tale of ill-fated love, deadly vendettas, family strife and desperate struggle. Stellar soprano Lise Davidsen is the noble Leonora, one of the most tormented and thrilling heroines in all of opera. This will be the Met's first new "Forza" in nearly 30 years, setting the scene in a contemporary world and making extensive use of the Met's turntable to represent the unstoppable advance of destiny that drives the opera's chain of events. We have grand opera and high drama with stellar soloists and the amazing Met chorus right here is Salmon Arm.

○○○

The next day, at 3 pm, Sunday, March 10 (doors open 2:30) in the Nexus at First, Kamloops Symphony presents "Light the Night", A Symphonic Graphic Novel in honour of International Women's Day. This unique audio-visual experience will take a look at the often overlooked Alma Mahler, Gustav Mahler's talented wife. The audience is invited to immerse themselves in this Prix Opus-winning concert created in part by Canadian musician Catherine Varvaro and artist Pauline Stive. 800 hand-drawn illustrations combine with works by Alma Mahler and Gustav Mahler's passionate "Symphony No. 5", telling the story of Alma's struggles and aspirations as a composer and as a woman in the early 20th century. Inspired in part by Alma's private diaries, "Light the Night" explores love, loss, creativity, and identity through stunning images and powerful music. Witness this fusion of artforms in celebration of women's voices in music. The concert will feature Soprano Heidi Mundel singing Alma's music and Gustav Mahler's great Symphony No. 5. In a reduction by Klaus Simon. Dina Gilbert will conduct. ■

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Daron Mayes, BBA, CPA, CA, CFP
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Cecelia's Flavour fusions

Cecelia Duncan has lived in Canada for over a quarter century now - 20 years in Winnipeg, and the past six years in Salmon Arm. But it is her roots in Trinidad that has inspired her to pursue two totally different business directions.

Cecelia runs a hair stylist business on Shuswap St. where she offers unique styles, including box braids, cornrows, extensions and dreadlocks, by appointment.

Her other business that is now showing growing potential is her line of Trinidadian inspired sauces.

She sells bottles at the Saturday market on Ross plaza, and it is also at Askew's and Demilles. She produces the sauces in the Zest Commerical Kitchen.

Cecelia's Flavour Fusions includes Zesty Hot Fusion, a zesty hot sauce with an authentic Trinidadian kick, and the Herbaceous Fusion. It is used as a marinade, dip or salad dressing, and is really good on fish or added to sour cream for a dip/dressing! She said her product is hand-made using local ingredients with no preservatives.

Cecelia is on facebook and can be reached at 204-296-9065 for hair appointments.

Prior to relocating to Salmon Arm with her teenage son, she ran a daycare in Winnipeg. ■



> Cecelia Duncan shows her variety of Trinidad-inspired sauces she produces out of the Zest Commercial kitchen

Egyptian adventures

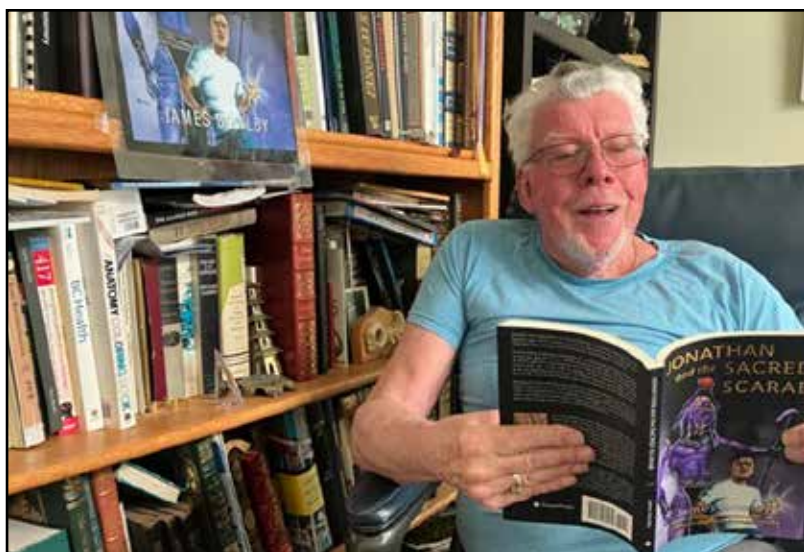
James Bowlby has led a long and storied career in education and theatre that includes writing scripts for his acting students and extensively researched historical plays.

Through all of this, Bowlby has also been forever captivated by ancient Egypt. He travelled there twice and has studied hieroglyphs. This passion turned into the perfect vehicle for writing a young adult adventure series.

He now has a series of three books completed, or in the works, starting with this week's release of *Jonathan and the Sacred Scarab*.

The young protagonist, Jonathan, only wanted to be an Egyptologist like his father, but when his father mysteriously goes missing, he and his best friend set out on a highly dangerous mission to find him. The wild adventures also happens to take place during the Covid-19 pandemic.

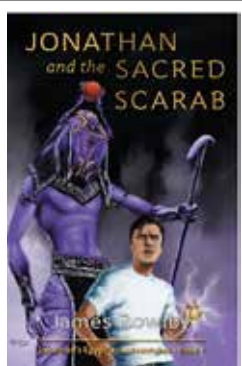
The book, published by Friesen Press, is available online on Barnes & Noble and Amazon, and in print at Bookingham. Bowlby will be at Bookingham, 11 to 3, March 16 to sign copies. More on the series at Jonathansadventures.ca



> James Bowlby looks over newly arrived print copies of Book one of his adventure series, *Jonathan and the Sacred Scarab*.

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■ Heritage is always a winner! Here are the winners of this year's Heritage Conservation Awards, plus winners of the annual Heritage Week Pie Contest

The annual Heritage Conservation awards were awarded to three historic properties in Salmon Arm at the Feb. 26 council meeting - the Salmar Classic Theatre (1949); the MacLeod house of Edgemont Farms (1894); and the Presbyterian Manse on Beatty Ave. (1901).



> SA Councillor David Gonella presents to Jordan Grieve of the Salmar Community Association.

> The Salmar Classic was built in 1949 to replace the outdated Rex Theatre on Alexander Street with surplus funds raised by the Salmar Association redirected to build the Memorial Arena the same year. The art deco style quansot design reflects the post war economic situation. After the opening of the four-plex Salmar Grand the Classic still enjoys good use for festivals, concerts and additional movies.



> The MacLeod house at Edgemont Farms on 30th St. SW near Foothill Road is one of the finest historic homes in the valley. It was built by Wesley Shaw in 1894, then owned by Charles Ehlers. John Walter MacLeod, who served on council, the Farmers Exchange and Creamery Board, purchased the home in 1911, and stayed in the family ever since.



> The original Presbyterian church is long gone, but the Manse, next to it, still stands at 341 Beatty Ave. between the lake and CP tracks. Photo shows Mary Landers of the Heritage Commission presenting the award to owners, Bill and Arlene Olson. Bill is a third generation Salmon Arm resident; his great grandmother nursed at the first hospital. The Manse features simple late Victorian detailing utilizing materials readily available in what was then a remote area back in 1901. Its first resident, Rev. W. Gold, used to ride the rail on a specially equipped bicycle to serve the congregation in Tappen.

Heritage pie baking contest

> The 28th Best of the Shuswap Pie Baking Contest of Heritage Week and pie and online auctions raised over \$70,000 for Haney Heritage Village & museum. Yenny won first with her mouthwatering Apple Pie; Jeanette. 2nd for her delicious Granny Smith Apple Pie. and Alyssa, 3rd with her scrumptious "Very" Berry Pie. Pictured are judges, winners and staff from Haney (winner Yenny missing from photo) - Bruce, Marv, Alyssa, Jeanette, Deborah, Jen, Joel and Susan.



SIGNS OF SPRING

Spring is a coming folks. It is the time of year when a young man's fancy turns to thoughts of what the girls have been thinking all winter. I heard that somewhere.

Spring has always held a special place in my heart for it represents life and renewal. What sheer pleasure it is to drive, for the first time, with the window rolled down and the sweet smell of spring wafting in.

The other day our neighbour arrived at our door with a whole armful of pussy willows – a sure sign of spring. I haven't seen any robins as yet, but can feel they are not far away. The snow has pretty much disappeared except for the odd pile that the snow removal companies have left for us. Yesterday I heard the flickers drumming on some metal heat pipes next door on the church roof.

I was driving around the other day and noticed a gaggle of geese in a field in town standing around a large puddle and they all seemed to be in pairs (a sure sign of spring) and if you see geese down at the wharf they too are beginning to pair up. The geese that we see here all winter are not real wild geese, in my opinion, but soon we hope to see hundreds and indeed thousands of the high fliers winging their way northward to the nesting grounds in the high Arctic.

I understand that snow geese are increasing in numbers to the extent that they are damaging their feeding grounds. Hunting limits are quite high for these birds indicating a real concern.

When I was a youngster living on the farm tapping the four maple trees in the fence row was a spring ritual that I thoroughly enjoyed. I have written about this before when my poor mother tried to help me by boiling the sap on the kitchen stove and the due to the high moisture in the room the wall paper fell off the wall. In years at our former place of residence we had three maple trees that I tapped each year and yielded a couple of litres of syrup. It takes forty litres of sap to yield one litre of syrup. I boiled it outside for obvious reasons.

Living as a kid in southern Ontario there were few lakes near by in which to fish. There were however lots of small streams with eastern brook trout that you could get to on your bike. Early in the spring my friend Bill and I would get out fishing gear and go over it piece by piece, polish spinners, sharpen hooks, oil the reels, separate flies and just generally put things into shape. May first opening day was the magic date. Of course all this sharpening and polishing conjured up visions of all the fish we were going to catch and especially the big one that will give us bragging rights for the whole year.

These streams that I talk about were spring fed and very cold. So cold in fact that you could not hold your hand in the water for very long. The brookies that we caught were not large (seven to 12 inches) but very pretty and the flesh pink. There was no such thing as catch and release in those days (heaven forbid) and the limits were generous.

After my wife and I were first married we would occasionally get up early on a Sunday morning and head for my favourite stream and catch a dozen or so of these prized trout and take them home for breakfast. It was a favourite spring time pass time of ours and we talk of it from time to time.

Happy spring folks. Enjoy the season. ■

□ Ed Campbell is an active retiree in Salmon Arm with many stories and many skills.

MY TWO
CENTS



Ed Campbell



> Herb Higginbottom, proprietor of the Deep Creek Tool Museum exhibits some of his collection at Piccadilly Mall for Heritage Week.

MORE PLASTIC?

It is jaw-dropping that council has approved the use of artificial turf on a newly bought soccer field here in Salmon Arm. Everyone knows that plastic bags for shopping is being banned or restricted everywhere. However, this is the proverbial drop in the bucket.

Plastics have permeated our entire globe. Microplastics (the bits that break down from larger pieces) are found everywhere, from high in the atmosphere to the deepest oceanic trenches. They 'rain' down on our planet, they are in our food, in the air we breathe and are even found in the amniotic fluid of pregnant moms.

Many of these plastics hold toxins which affect human health, and certainly the health of all ecosystems on our planet. We need to stop producing them. It is likely that the parents of young people pushing for artificial turf are concerned about the health of their children.

Ironically, this decision does the next generation very poorly. There are literally tens of thousands of scientific papers describing this disaster and its impact.

For those wanting more information, an excellent recent book (2022) is available from our library (or your bookstore): *A Poison Like No Other: How Microplastics Corrupted Our Planet and Our Bodies* by Matt Simon. We recommend it.

Art & Annette Borkent, Salmon Arm

more You're Invited

> **Earth Day celebration** - 10-1, April 20, Song Sparrow Hall. Sustainability booths, art making, stories, music.

> **Meditation Midweek Downtown** - 2 Guided meditations and teachings, 7-8 pm, Thursdays, 450 Okanagan Ave SE, (United Church back parking lot).

City FIXINGS

> Westside Public Market should be one of the stops on the Shopper's Shuttle bus route.

Bravos & BOOS

Contributed:

> **BRAVO TO** Lily Bradbury who celebrated her 6th birthday at the Silverbacks game, and instead of asking for gifts, she asked for donations for Shuswap Paws Rescue Society. Thanks to the generosity of friends, family, neighbours and Silverback fans, Lily raised a total of \$729.15! Well done. All the cash collected will go to help the cats and dogs of the Shuswap.

> **BRAVO TO** Bailey and Tovah and the staff at the Shuswap Pie Company for their faithful donation in support of the Safe Motherhood Project. It gives us huge pleasure to be supported by them especially in that they support women's coffee growers in Central and South America. Drop by and have a cup of drip coffee during March and 25 cents from every cup will be donated. The Shuswap's Safe motherhood project team will be volunteering in Guatemala from March 1 to 19.

Web SITING

> **bcbirdtrail.ca**

This guide to bird watching in BC includes a comprehensive section of on Shuswap bird-watching itinerary, developed in collaboration with Salmon Arm Economic Development Society. The diverse landscape and waterways of the Shuswap is widely considered a top destination for springtime birdwatching for travelers and locals.



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ENGAGE IN OCP REVIEW

The OCP Review Project is now underway. An OCP provides a community with an overall vision and direction for the future. Ours was last updated in 2011 and its now time for a comprehensive review.

Much has changed since 2011 and an updated OCP will help us navigate what happens in the short, medium and long term future.

It's your city and your ideas are key to updating our community's plan. The public engagement process has now begun and work will continue throughout 2024 with a final plan to be presented in early 2025.

The OCP Review Steering Committee has been established and its role is to support and assist Council ensuring that the revised OCP document is reflective of and connected to the public input received in the engagement process. The committee is made up of the Mayor and one member of council, (I am grateful to have been selected), members from a wide variety of community groups and services as well as six members at large and is supported by the City's Planning department.

It's the goal of the city and the committee to engage residents of all ages and walks of life to participate in a wide number of activities to collect valuable feedback. To that end, watch for pop-up events around the community in the

NOTES
FROM THE
MARGIN



**Louise Wallace
Richmond**

weeks and months to come, in addition to online surveys and other opportunities to share feedback.

The OCP is a critical document for planning purposes and it guides much of the work that we are legislated to conduct on the provincial

Local Government Act. It impacts our zoning and land use policies. It covers a range of important areas of community development including residential, commercial and industrial areas, parks, recreation and greenways, transportation, utilities and infrastructure, arts, culture and heritage, and overall community services.

Last spring, the provincial government passed important housing legislation that is profoundly changing zoning regulations in BC. Some of those changes are already in effect and the majority will take effect at the end of June. The timing of our OCP update is ideal putting us in a good position to align our vision for our community with the new provincial legislation.

If you have questions or comments, please reach out to the Planning Department, watch for public events and sign up for updates by e-mailing OCP2024@salmonarm.ca to share your ideas for your city. ■

□ Louise Wallace Richmond is a regular columnist, multi-media specialist and Salmon Arm councillor.



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PERSONAL

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Past Temps, Feb. 14 to 27

By weatherman Nick Parsons

SW Gleneden, 458 m (119 m above lake):

DATE	HIGH	LOW	PRECIP.
Feb. 14	-1	-9	
Feb. 15	-1	-12	

DATE	HIGH	LOW	PRECIP.
Feb. 16	-1	-12	.
Feb. 17	-1	-12	.
Feb. 18	+1	-9	.
Feb. 19	+4	-5	1/16" rn
Feb. 20	+4	0	7/16" rn.
Feb. 21	+6	+1	1/8" rn.
Feb. 22	+6	+2	
Feb. 23	+9	0	
Feb. 24	+9	+2	
Feb. 25	+10	+1	1/16" rn
Feb. 26	+3	-2	
Feb. 27	-4	-9	4 1/2" sn

NICK'S NOTES

Normal snowpack for late February is around 12" This year only 1" snowpack. Back in 2017, 2018 and 2020 24"-28" of snowpack measured with high water levels in the lake. This is an indication that the lake will be low this summer even though there has been an 8" lake rise since the recorded low measurement in November last. Snowdrops are out on Feb. 25, many weeks ahead of normal.

PASSAGES

LEGACY LIVES ON
shuswaphospitalfoundation.org
shuswapfoundation.ca

Bowers Funeral Services
bowersfuneralservice.com

- ❖ Marilyn Mills
February 17, 2024, at age 73
- ❖ Myrna 'Lynne' Proznick
February 14, 2024, at age 84
- ❖ Tobiah George Herber Riley
February 9, 2024, at age 53
- ❖ Adelka Sadlwnyk
February 8, 2024, at age 96
- ❖ John Storey
February 23, 2024, at age 90

Fischers Funeral Service
fischersfuneralservices.com

- ❖ Terry James Braybrook
February 22, 2024, at age 68
- ❖ Charles Ewing
February 28, 2024, at age 83

- ❖ Maureen Grace Holmes
February 20, 2024, at age 81
- ❖ Minnie Rose Mary Kalinek
February 14, 2024, at age 75
- ❖ Darleen Margaret Maki
February 15, 2024, at age 88
- ❖ Roy Alford Manning
February 15, 2024, at age 81
- ❖ Mary 'Marlene' Lavallee
December 23, 2023, at age 81
- ❖ Harold 'Jim' Olichney
February 25, 2024, at age 86
- ❖ Louis Agassiz Rewita
February 13, 2024, at age 79
- ❖ Gerald Lloyd Stuebing
February 16, 2024, at age 76

❖❖❖
❖ Richard Lewis, 76. Robin Hood, Curb your Enthusiasm



Patrick Ryley photo

300 walk for food security

A rousing display of support for food security was witnessed at the Coldest Night of the Year event Feb. 24. The event drew 300 walkers in 49 teams and raised over \$86,000 to be used by Shwap Food Action Society for community food programs.



Long wait

> Gale Paule and Ken Davison are celebrating their 4th anniversary and their 16th year of marriage on account of their wedding falling on Leap year February 29.

> SPORT SPOT

> SILVERBACKS

Forward Patrick Raftery has been added to the Silverback roster. He began the season in the US Hockey League (USHL) with the Muskegon Lumberjacks

February scores

Feb. 2: Penticton 5, SA 2

Feb. 3: Vernon 5, SA 2

Feb. 9: SA 5, Prince George 2

Feb. 16: W. Kelowna 5, SA 4

Feb. 17: Vernon 5, SA 4

Feb. 19: SA 3, Penticton 2

Feb. 23: Merritt 3, SA 2

Feb. 24: Merritt 4, SA 0

March games

Mar. 1: SA @ Merritt, 7 pm

Mar. 2: Trail @ SA, 6 pm

Mar. 8: SA @ Cranbrook, 7 pm

Mar. 9: SA @ Cranbrook, 7 pm

Mar. 15: Trail @ SA, 7 pm

Mar. 16: Coquitlam @ SA, 6 pm

Mar. 23: SA @ Penticton, 6 pm

Mar. 24: Merritt @ SA, 4 pm

Mar. 29: Cranbrook @ SA, 6 pm

Mar. 30: Trail @ SA, 6 pm

Standings as of Feb. 1

SA 26 W • 15 L • 3 SOL • 55 pts

Penticton 69 • W. Kelowna 62

• SA 55 • Vernon 53 • Trail 48

• Merritt 40 • Cranbrook 40

• Prince George 31

You're Invited

> **Grandmothers to Grandmothers sale**, Mar. 1 and 2, Piccadilly Mall, supporting grandmothers in Africa, raising orphaned children.

> **Naturalist Club**, 7 pm, Mar. 5, SA library. "Walking with badgers"



Sept. 10 to 14, 2024

Volunteer Registration begins March 1. Sign up at www.bcseniorgames.net/sa2024/VolunteerModule/register

> CURLING

Firemen's bonspiel, Mar. 15-17

Mixed Bonspiel, Mar. 8-10

> LARCH HILLS NORDICS

BC Championship Race, Mar. 1

Hard Days Night - 24-hour

Ultra race, Mar. 16.

> WILD RIDE, Thrash Wrestling, 7:00, Mar. 23, SASCU

Recreation Centre.

> DEMOLITION DERBY & Swap Meet, June 15 & 16,

SA Fairgrounds. The demolition derby will be back after a seven year hiatus, and over days in June. Details on Facebook at "Salmon Arm Demolition Derby 2.0."

> TENNIS, book indoor courts at clubsparks.ca/salmonarmtennisclub

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Cooking is good

Why is cooking good for mental health? According to recent research focused on culinary therapy, here are some of the ways that cooking can improve your mood and general well-being:

- Requires concentration, so can act a healthy distraction that allows you to slow down and "get out of your head."
 - Serve as a form of mindfulness. Cooking awakens your senses, requiring you to pay attention to the present moment.
 - Helps you get into a "purposeful state," since it's both challenging and enjoyable at the same time.
 - Encourages you to learn new skills and expand your knowledge base.
 - Physical benefits from being on your feet, fetching ingredients, mixing, chopping and cleaning up.
 - Provides consistency and routine in your day.
 - Provides adventure as there are always new recipes to try.
 - May improve your mood and help you feel less anxious, depressed or overwhelmed, since cooking gives you a feeling of accomplishment, sense of control and can also provide pleasure.
 - It's a way to practice gratitude for the food available to you and can give you a boost in self-esteem if you take the time to appreciate and enjoy what you've made.
 - Cooking gives you outlets to express yourself creatively and produce something tangible of substance. Plus, the added bonus that you can eat and share your work of art!
 - Cooking for others or with others can have a positive influence on socialization. Planning and then cooking the meals as a team can actually be a fun way to gather, bond and enjoy time together.
 - Improved general well-being from eating home cooked meals verses take-aways or restaurant food. Not to mention it may be kinder on the bank balance. See <https://draxe.com/health/cooking-therapy>
- *Good mental health is essential to overall health and wellbeing. For more information or support contact CMHA Shuswap-Revelstoke by calling (250) 832-8477 or info.sr@cmha.bc.ca*

Mental Health Matters

PREPARE OUTDOOR FABRIC

Broken record here, but it's that time of year again. It's coming on fast this year, too, I do believe.

Anyway. If you have outdoor cushions, curtains, or covers for the barbecue, bicycle or even motorcycle covers, it is time to make sure they are still good for another summer season.

Do you know that the sun here is as strong and as damaging as the sun in Phoenix, Arizona? Yes, we know the sun here is brutal, but what does that mean for your outdoor fabric?

It bleaches the fabric. Just like bleach on regular fabric, the sun destroys the integrity of fibers and they disintegrate. Literally fall apart.

A client took down some 100 per cent cotton curtains that had been hanging for one summer season, washed them, and they fell apart. Pile of threads.

I put a roll of blue cotton piping I'd made on the floor inside a north-facing window, which had an awning on it, for 24 hours, and the sun-bleached the top layer to brilliant yellow. (I'll put a picture of this in this piece when it goes on the website in a week.)

If your pieces are outside at all, even under the eaves, on the north side of the building, or never in direct sunlight, they will STILL be subject to sun damage. If there is light, there is damage happening.

So, what do you do to prevent this?

Here are four things to look for:

- The best preventer is to buy good quality outdoor fabric pieces. That means fabric that is stipulated as 'outdoor'. But beware here. There are very inexpensive fabrics sold that are labeled outdoor but aren't. Check the

following criteria.

- Good outdoor fabric is not printed. How do you tell? The design on both sides of the fabric is exactly the same.

That means that the threads are dyed, and

that means that the dye is part of the actual fiber. Not printed, which means it's bright on one side and almost white on the other.

- Buy fabric or pieces that have a label that tells what the fabric is. The most common will be the 'Sunbrella' label. Sunbrella is the gold standard, although that may be changing. Sunbrella fabrics can be bleached, will not sun-fade for years (there is a guarantee), and are made from solution-dyed acrylic fibers.

Another good outdoor product is 'Revolution'. Several established fabric distributors like Schumacher and Kravet are producing outdoor fabric now too and a totally new outdoor fiber is coming onto the market this year, I believe.

If you are having cushions or covers made, ask for proof that the fabric is outdoor. The invoice from the supplier will state Sunbrella, or the type of outdoor fabric, the invoice from the sewer will indicate that, too.

- Buy fabric or pieces that have clear laundering instructions. Laundering outdoor fabric is pretty easy, typically. Warm wash, hang to dry. DO NOT IRON. Sunbrella can be bleached. You may think that these fabrics are expensive, but the fact that they can last 10 or more years outdoors without sun damage brings the per season cost down a whole lot.

If you think you might need to have new covers made, call me. Let's talk. ■

□ Visit me at designsewlutions.ca

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WORD SEARCH **Events coming up in March**

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

> Art Fair, Bonspiel, Cher, Clock, Coffeehouse, Dune, Earth hour, Easter, Equinox, Day of Prayer, Dry Steak, Geriactors, Hard day's night, Harmer, Keenlyside, Kung Fu Panda, Larch Hills, Marley, Northern Lights, Opera, Seed Swap, Shred Kelly, Shuhorns, Silverbacks, Springwinds, St. Patricks, Symphony, Thrash, Women's Day

HIDDEN GEMS

> "The biggest communication problem is that we do not listen to understand. We listen to reply."

> "The Earth doesn't belong to us, we belong to the earth."

> "You seriously have no idea what people are dealing with in their personal life. so just be nice, it's that simple."

> "There's nothing a man can do that I can't do, better and in heels."
~ Ginger Rogers

> "The most common way people give up their power is by thinking they don't have an." ~ Alice Walker.

FUNNY BONE

> Lasers were once a huge scientific breakthrough; now we use them to play with cats. Computers were once a huge scientific breakthrough; now we use them to look at cats. Conclusion: Science was made for cats.

> This week's housekeeping tip: Always keep several get well cards on your mantel. That way, if unexpected guests arrive, they will think you've been sick and unable to clean.

We can almost laugh now, three years later

> Ran out of toilet paper and started using lettuce leaves. Today was just the tip of the iceberg, tomorrow romaines to be seen.

> My mom always told me I would never accomplish anything by lying in bed all day. But look at me now, ma! I'm saving the world!

POP QUIZ

> What are the five books and authors of CBC's Canada Reads event happening from March 4 to 7?

*ture by Catherine Leroux; Bad Cree by Jessica Johns
Carley Fortune; Shut up, you're Pretty by Tea Mutonji; The Fu-
> Denison Avenue by Christina Wong; Meet me at the Lake by*

PICTURE THIS



> Rest in peace Fiaco at age 13. Last February this much celebrated eagle-owl escaped the New York Zoo. He managed to live free for an entire year in Central Park, evading continuous attempts to recapture. He died by window collision this month.

SO THIS HAPPENED....

Since I have the audacity to run a little mugshot of myself on the front of Friday AM each week, occasionally strangers wonder where they've seen me before. Some will even say, "Hi Lome" which my false modesty loves to hear. On this particular occasion, I was standing in a line of about four at SASCU, and the guy in front of me turns around and looks at me. He's not just looking at me, it's like he's studying me. Of course, I assumed he was wondering where he'd seen me before. so I asked, "do I know you from somewhere?" His answer was priceless and threw me off my pedestal with perfection. "No," he said, "but you have blue toothpaste all over your moustache."

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Money for Makerspace

> The Rotary Club of Salmon Arm donated \$10,000 to Shuswap Creative Makerspace Society. Rotary member Rob Marshall is shown presenting cheque to Rick Hirtle of Makerspace that operates on the lower level of the colourful Inovation Center in Salmon Arm. The well equipped space strives to create a welcoming and inclusive space for all Shuswap residents and visitors to gather to work on projects while sharing ideas, equipment and knowledge. Along with sharing tools and equipment, there are learning opportunities, skills training and mentorship for all who seek it.



►► Note new name
for Totota dealership

> Two thirds of BC's population is located in the a small southwest corner of the province

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one third of
population

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**Friday SALMON
All Month ARM** *for
you!*



Born on a schooner

Interesting locals who lived in Salmon Arm for many years, but never got to meet.



Here is an excerpt from the obit of Minnie Kalinek

who passed on Valentine's Day at age 75.

"Minnie was born on her grandfather's schooner named "Only Way" while out whale hunting. She lived most of her younger years in Inuvik, NWT. She met her lifelong husband, Kuno and had two children. They moved their family to Salmon Arm in 1983 where she enjoyed sewing Inuit crafts, later joining the Farmer's Market and Christmas bazaars. Minnie and Kuno visited Inuvik on many summers, and would return to Salmon Arm to share her wonderful stories."

eh?/em!

FriAM.ca

Blog Post

Friday SALMON
All Month ARM

FROM FACEBOOK DAILY POSTINGS

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



> I think they're finally ready to build the big apartment between Save on and Mt Ida. They're clearing the preload. Nolan and grandson Caden show there's more than just digital fun at Arc Games in Centenoka, and there's a new breakfast and bakery cafe at Westgate



eh?/em!

March All Month
out March 1

Feb. 21, 2023 • 1st posting of day • FriAM.ca

Blog Post

Friday SALMON
All Month ARM



> Some folks I automatically take a liking to, simply by reading their bumper stickers. And others where the total opposite is true. Obviously, I appreciate this driver, unseen.

MOLEHILLS

Lorne Reimer



Executive decision

I can't believe it has now been a year since I made the executive decision not to publish Friday AM every last Friday. One of the best decisions I ever made - a chance to relax and recharge.

Well, you may have noticed the past few months I made another executive decision to dispense with an online only issue on these ELF Fridays. So now there's truly no deadline to fuss about, only the occasional blogposts as the spirit moves.

○○○

For this week's walk with Les Ellenor, he had an oil change at the GM, so we decided to walk from the dealership to McDonald's for hot chocolate.

When you walk you notice things you don't when you drive like this exquisite eagle and varmint scurrying into a hole. ■



SHOES & CASHEWS

Last week I told you about the passing of David Barry, the husband of my bookkeeper who I always enjoyed chatting with on my weekly visits with my brown box of papers.

One time I left their apartment wearing Dave's snowboots, so it was a no brainer when Eleanor asked if there's anything I would like to keep as a memento of Dave's. "A pair of his shoes," I replied, figuring that I obviously wear his same size.

So Eleanor gave me a choice of urban cowboy boots, the snowshoes I once accidentally walked home in; or a pair of black loafers. Well, I will never be an urban cowboy like Dave; I already own a perfectly good pair of snowboots; so his loafers were the perfect choice, especially being on my week off when I literally get to loaf around. As a bonus, Eleanor threw in a container of unsalted cashews that Dave never had a chance to get into. I promised myself to only open the jar when there's company so it should last a long time.

And speaking of company, one never knows when a tea drinker drops by. So I decided to bring down my tea pot for a washing. Good lord, what a terrible smell! My advice: Always make sure to empty your tea pot if you only use it once a year.

eh?/em!

Blog Post

March All Month
out March 1

Friday SALMON
All Month ARM

Feb. 23, 2023 • 1st posting of day • FriAM.ca

The 16th Century and a teepee on Predator Ridge

Wow, the things that happened behind the scenes while bad old covid was going on! Part of my mission during Friday AM's week off is to explore the incredible sights that surround us.

This Friday it was lunch on Predator Ridge.

The stunning Sparkling Hill Resort that sits high above Okanagan Lake literally sparkles with tens of thousands of crystals. Its geometric architectural designs are truly something to behold.

But enough about the internationally celebrated hotel and spa, I am here to tell you about two relatively new additions that were quietly built and opened during the Covid era.

Those who visited Sparkling Hill pre-2019 will have completely missed this.

First of all, there's a second restaurant, but not just any restaurant. Gerni's Farmhouse is an original 16th century building from Austria that was dismantled, then rebuilt on the shores of Okanagan Lake beneath the resort.

And second - closer to home to the actual heritage of this region - is a magnificent teepee that is adorned with 16 paintings relating the stories that honour the history of the Okanagan Indian Band. In keeping with the crystal theme, crystals are beautifully encrusted. Two must-sees on your journeys these coming seasons. ■



■ As a boomer, I like to think of my generation straddling the second and first halves of two centuries, and how cool is that. Then I remember, I have a great granddad born in 1837, and feel really old. Here's a post about my great granddad starting the first store in a village that is now about the same size as Salmon Arm.

If my Great Grandpa Klaas could see his old town now..

Peavey Mart is now extending its reach to its most easternmost location to Steinbach, Manitoba. This city that is nearly the same size as Salmon Arm at 18,000, has my great grandfather, Klaas Reimer, to thank for opening its first store. The following is from the description of the restored Reimer Store in the Manitoba Mennonite village & Museum:

"Mennonites were almost exclusively farmers and believed that making a living from the soil was most desirable since it required little contact with the outside world. Small general stores, however, began to make their appearance and often became flourishing businesses. They were just big enough to fit a family out for a visit, a group of boys buying candy or a group of men needing a place to converse.

The Reimer store, in Steinbach, was started when Mr. Klaas Reimer went to deliver produce to Winnipeg one day and the merchant sent \$300 worth of merchandise along with him, which he then sold to the villagers from his house.

This continued to grow until he built the store. When this small building became the first museum in Steinbach, instead displaying goods for sale, it showcased artefacts that local Mennonites had preserved. This small building is now part of our village main street.

Storekeepers provided early settlers the necessities for life on the farm. This saved them the effort of making a long journey by horse and buggy to a city like Winnipeg to buy supplies. For those not so agriculturally inclined, being a storekeeper was one the first options to do and be something else. You could



not be a grumpy person and still have good results. Now good public relation skills were essential, as was knowing some English to do business with city merchants.

Villagers would order merchandise from the storekeeper who, in turn, went to pick it up in Winnipeg with a team of horses and a wagon or he would have a local farmer pick it up for him. There were more than just cash purchases at the store. Shoppers would often barter for goods using farm produce, mostly eggs, butter, and lard.

A fun feature of the store was the underground pipe telephone. It was used to communicate between the house and the store. The person lifted the cap and blew into the pipe, causing it to whistle through the tiny hole at the other end.

Having gained the others' attention, he could then speak loudly into the pipe and with his ear next to the opening the other person could hear what they had to say. ■

*Rollin,
Rollin,
Rollin
down the
folder*



HOW CLICKBAIT WORKS

I am not a wise person, but actually wise to how clickbait works. I decided to click on this post anyway, not to see how the teaser story concludes, but to see how far down you have to scroll to find the conclusion to the teaser story.

As you can see, there's a small logo for the sponsor "Money Awaits" that most folks never notice, and, below it, a larger profile photo, of, I suppose, some paid influencer to get people to click on the advertising.

Anyway, I scrolled down rapidly, over one hundred such stories, and wouldn't you believe it, the come-on story on the facebook post was not among them. My question is, why would anyone do business with a company that practices such manipulative trickery?

Oh, yes, I am pretty sure, some creative person made up all these stories, and the choice of wording "The Karen" is as offensive and prejudicial as what the made-up story is about. As I have said before, all the Karens I know are nice people.

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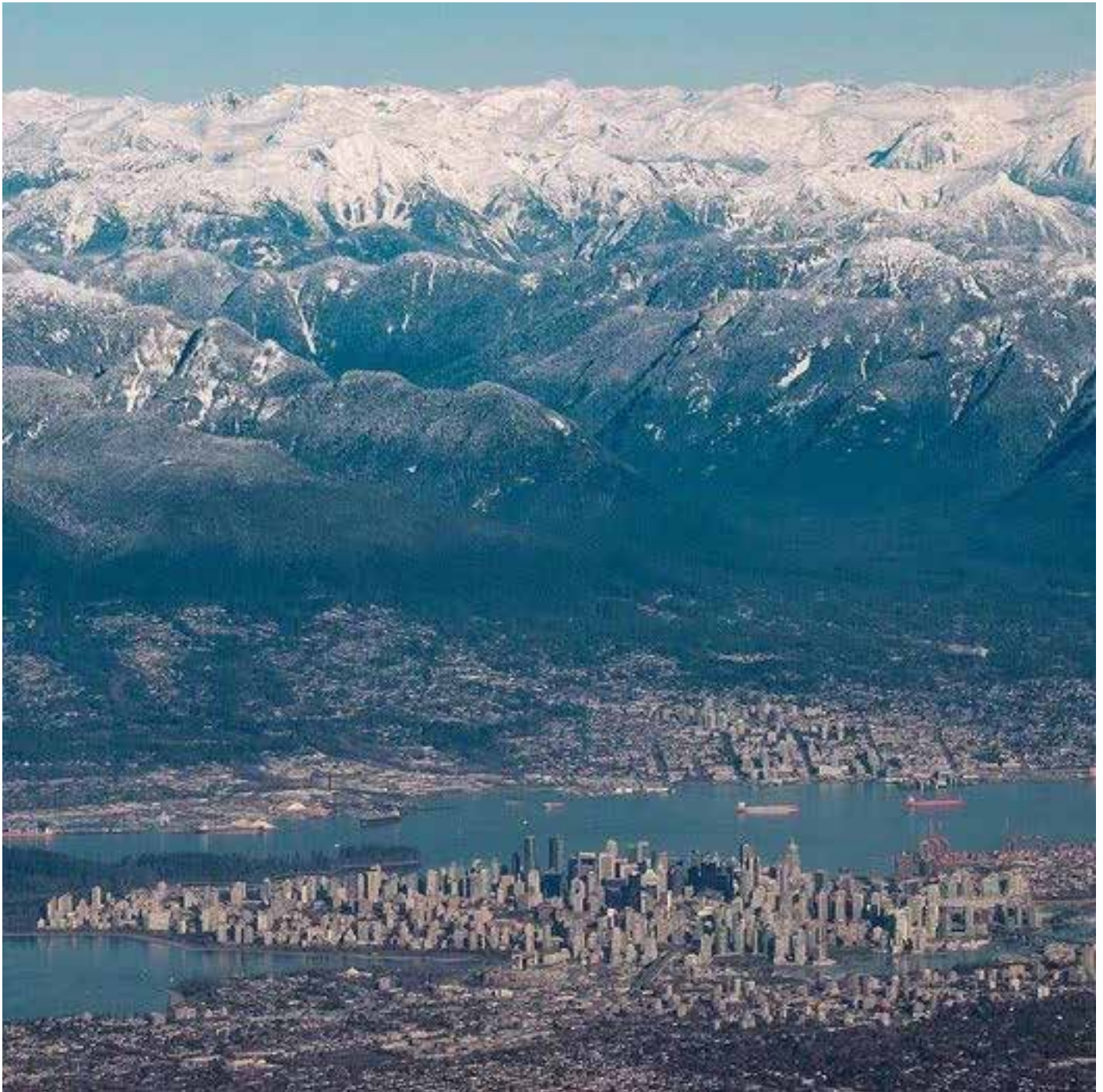
One sentence can shut anyone down.

 **Anne Turcotte**
[@tcotteokc](#)

I was having lunch with a co-worker and we were practicing our Spanish. when the Karen at the next table came up to us.

HER: "Stop talking Mexican!"
ME: "This is America, we're allowed to talk."
HER: "Not around my kids you can't!"
ME: 😞 😞

We continued speaking Spanish so Karen SLAPPED THE DRINK out of my hand! I calmly stood up and said, "Do you know



> This image puts Vancouver's skyline in a little perspective. It's no wonder Vancouverites have to drive the same distance as going to Moosejaw Saskatchewan to reach Prince Rupert that is just up the coast from them

From apple town to the Big Apple

I am a Canadian small city BC guy through and through. I am horrified by gunism and trumpism in the US, and yet I cannot get over this deep longing to explore a unique piece of it called Manhattan.

Believe it or not, Salmon Arm's 155 square kilometres are a whole hundred square kilometres more than Manhattan. Except every square foot of the island is big city at its big citiest, save an enormous park smack in the centre.

I've read so many books, and seen so many shows, I feel I know this island top to bottom, upper to lower. So before I get too old, and, lord help me, depart this great planet, I promise myself one day to be a one-week fast talking, fast walking New Yorker.

