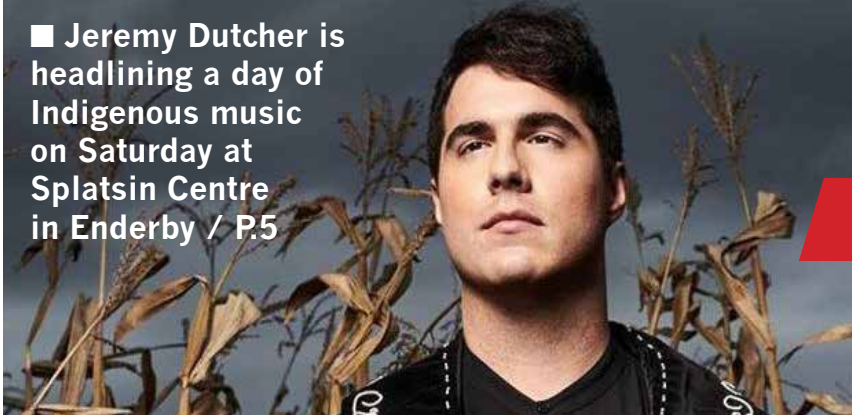


Sophisticated scams hit locals / 3,10

■ Jeremy Dutcher is headlining a day of Indigenous music on Saturday at Splatsin Centre in Enderby / P.5



Season Two of '325 Alex' /8

March

ALL MONTH



Canada's a Keeper Start with Medicare

There's a growing groundswell against Trump's notion that Canada should join the U.S. As a result, Canadians are reflecting more than ever before on what differs this nation from America, and what is absolutely worth celebrating and saving.

This article lists six good reasons, starting with universal health care and the man who shepherded it. Simply put, public health care is based on the belief that folks should not go broke when they get sick.

Tommy Douglas was named the greatest Canadian in a poll of more than 1.2 million votes in 2014. This was for his role as 'Father of Medicare' as well as for other advances he played a key role in bringing about during his 42 years in provincial and federal politics, including central banking, old age pensions and unemployment insurance. The benefits of universal health care - not a perfect system by any stretch - are borne out by better outcomes like life expectancy and far less cost per capita spending.

■ Continued on page 6



> From the top: Tommy Douglas, 'father of medicare'; Canadian comic actor Mike Myers on *Saturday Night Live*; President Trump trolling Canada with a social media post displaying his wish to acquire Canada, inexplicably with a photo of Mount Matterhorn; and an American home flying the Canadian flag in a show of solidarity.

▼ TO-DO'S ■ Online: FriAM.ca ▶ 1st & 3rd Fridays ▶ Mar. 7, 2025 • No. 1364 • FREE

Festivities
Art & Film
Concerts
Theatre
Sports 4.5



Women's Day
Mar. 8

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RCMP photo



> A receptionist was injured when an SUV ended up completely inside Salmon Arm Medical Clinic.

CLINIC SLAMMED

Driver confusion appeared to be behind a truck slamming into the Salmon Medical Clinic. A red SUV, driven by a 78-year-old woman, completely entered the waiting area of the building off Hudson by McGuire Lake. It came to a stop against an interior wall and injured a receptionist who was taken to hospital with non life-threatening injuries.

Police say the crash occurred 1:30 pm, Feb. 28 and responded by police, fire department and BC EHS. The driver was determined to be sober, uninjured and no criminality was suspected, according to RCMP spokesman Cst. Andrew Hodges. "There was potential for a lot more injuries, or worse in this incident."

One man said he was sitting in the area where the vehicle smashed into the clinic and he believed had his doctor not called him into the office earlier than his scheduled time, he would have died. ■

Buyers run without paying

One man and a woman were each scammed of hundreds of dollars by handing over items before obtaining payment.

In each incident, the social media seller agreed to meet a buyer to sell an item. One was a cellphone for \$760, the other a laptop for \$1,250.

The first seller agreed to pick the buyer up in Tappen, and drive him to a bank. The seller gave the buyer the cell phone, then buyer went inside for cash, but never returned.

The second seller met the buyer at a public location in Tappen. The buyer convinced the seller he had sent an e-transfer in the amount of \$1,250. The seller allowed the buyer to leave with the laptop before the e-transfer was received. The e-transfer was never received, and the buyer was unable to be located.

In both thefts, the buyer was described as male, 40-50 years, average build, 5'10 height, with hand and neck tattoos.

A Canoe resident complained to police that his neighbour intentionally plowed all the snow from his driveway, onto his own drive-

way, and then called him names. "There appeared to be history between the two un-neighbourly neighbours," said Cst. Andrew Hodges.

He said the alleged snow plower denied shovelling snow onto the complainant's driveway, but confirmed all the unfriendly names he called him. "The pair were both advised to avoid each other as best they could."

A retailer on 10th Ave. SW reported Feb. 6 that a woman stole a brand new vacuum valued at \$549.

The woman was observed exiting the store and leaving in an older grey Audi A4, and provided the licence plate. Police attended the store and obtained surveillance footage and were able to identify the woman from previous police encounters.

Salmon Arm RCMP made patrols for the vehicle locating it near Canoe. The vehicle was stopped and the woman was arrested for theft and possession of property obtained by crime.

The woman was released with a future court date and the vacuum was seized. ■

NO. 1364
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 MARCH 7 2025
 March All Month
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Baby stuff
 An average of 50 local families each month are assisted by the Bare Essentials Campaign. Residents are invited to drop off diapers, formula, infant/toddler snacks and baby wipes through the month of March at JungleMania near Rogers Rink or Shuswap Children's Association (551 Hwy. 1)
 The price of infant formula increased 46 per cent in BC. Diapers have also increased at a much faster rate than inflation.

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PAGE 3

AM

MARCH ALL MONTH



> Canadian Tire is considering posting a sign at their gift card display to warn customers of the gift card scam out there.

Scammers on the phone lines

Scammers have learned new sophisticated tricks on phones and computers that are fooling even the cleverest among us. The authenticity and authority of scammers, plus the better nature of people to let their guards down, are costing local victims thousands of hard earned savings.

Scammers really hit their marks when they work as a professional sound team and spoof phone numbers to appear as if originating from local police, banks or government agencies.

I heard from two local citizens this week who were lulled into believing they were assisting investigators in a sting operation to apprehend a culprit involved in a credit card or bank account frauds. One was lucky to discover what was going on before losing money, the other ended up taken for thousands of unrecoverable dollars. The latter wrote her experience in a letter printed on page 10 of this edition.

It is frightening to think of the daily dangers that can befall the trusting and vulnerable among us by simply picking up the phone or opening an email. Get educated about fraud and scam practices, especially if advised to make a payment and not tell anyone. Please be ever so careful. / P10

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Lorne Reimer



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Festivities



- > **Clocks Spring forward** - Mar. 9.
- > **World Day of Prayer** - 1:30, Mar 7, First United Church (Nexus at First). Connection to Polynesian friends.
- > **International Women's Day** - Sat., Mar. 8. Past event March 5 at Ricochet taphouse.
- > **Career Fair** - 9-2, Mar. 11, Recreation Centre. Hosted by WorkBC and SD83.
- > **Spring Break** - Mar. 15-30 Spring Break Camp. See P.13. and salmonarmrecreation.ca
- > **St. Patrick's Day** - Mar. 17
- > **Spring starts** - Mar. 20
- > **Music Festival** - April 7 to May 2. ShuswapFestival.com
- > **April big days** - Easter, April 20 • Earth Day, April 22.

Arts

- > **Overflow** - SAS Jackson show to Mar. 15, SA Art Gallery.
- > **In Dialogue with the Collection:** Fierce female artists, Mar. 29 to May 4. Eight women artists. Tribute to Faye Fawcett. Artist talk, April 17. SA Gallery.
- > **Mokulito** - Lithography on wood workshop, Mar. 22, 29. See regalo390@gmail.com to register
- > **Cardiff Miller Art Warehouse** - 11-5, Sat & Sun, Enderby. Former Ashley store.
- > **Atelier Gallery** - 321 Hudson Ave.

Concerts

- > **Confluence Showcase** - Rhizome 2 Resurgence, 2 to 11, Mar. 8, Splatsin Centre, featuring Jeremy Dutcher, Melawmen Collective, Kym Gouchie, Hasaatuk. A free movable feast Indigenous Music Showcase. Register for free at <http://m8.2rmx.ca>
- > **Krystle Dos Santos** - 'Motown get Down' show & dance, Mar. 8, Song Sparrow Hall. Tickets at celebrateshuswap.ca.
- > **Iconic Tributes** - Freddy Mercury, Neil Diamond, Rod Stewart, 6:30, Mar. 8, Shuswap Lake Estates. Fundraiser for S. Shuswap Health Services
- > **SA Jazz club** - Shows at 7 pm, by donation at Nexus at First.
- **Craig Thomson Quartet**, Mar. 13
- **Keith Gray**, Mar. 27.
- **ShuHorns - Big Band Swing Dance**, April 17 (Song Sparrow)
- **Jazz at Lakeside Manor**, 6:30, 3rd Tuesdays with Sandy & Friends

live & dance

- > **Canooligans** • Retro Riders, Mar. 7; Ian Hill, Mar. 21 • Karaoke Weds.
- > **Copper Island Pub** • Jams with Blind Bay Blues Band, Tuesdays.
- > **Sicamous Legion** - Dale Trenholm, 3-6 pm, Sundays.
- > **SA Legion** • Karaoke Them contest, 7 pm, every 2nd Friday. Country classics, Mar. 7 & TV and Movies, Mar. 21. • Burger & Beer Fridays
- > **Gleneden Hall dance** • 7 pm, Saturday, Mar. 8
- > **Enderby Legion dances** • Kelly Belanger, Mar. 8 & April 12 • Tequila Cowboy - St. Patrick's, Mar. 15 • Sierra, Mar. 22
- > **SUS Underground**, Ranchero. Reggie Reynolds, comedian, Mar. 8
- > **Song Sparrow**, Krystal Dos Santos, Mar. 8. Motown Dance.
- > **Kamloops Fiddlers Family Dance**, April 5, 100 Lorne St., Kamloops.

- > **Coffeehouse circuit**- Oct. to May. All 7 pm except Sunnybrae.
 - Celista & Grindrod 1st Fri
 - Carlin, 1st Sat •
 - 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. (Mar. 28)
- > **Sue Foley** - Mar. 11, Song Sparrow Hall. A blues rock powerhouse. rootsandblues.ca. sold out
- > **Jaeden Izik-Dzurko recital** - 8:30, Mar. 20, 21, Rotary Centre, Kelowna. Tix 250.469.8940
- > **Cat Wells Blues Band** - 7 pm, Mar. 22, SA Elks Hall showpass.com/cat-wells-blues-band
- > **Blue Moon Marquee** - April 3, Song Sparrow. Swing blues boogie jazz band. bandsintown.com
- > **Shuswap String Orchestra** - 2 pm, April 13, Presbyterian
- > **Wesli** - 7:30, April 18, Song Sparrow. High energy world music.

- > **Shuswap Music Festival** - April 7-May2. shuswapfestival.com
- > **Pharis & Jason** - May 3, Song Sparrow Hall.
- > **Bad Moon Rising** - 7:30, April 11, Salmar Classic. CCR tribute
- > **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** - ends Sunday, Mar. 9. Shuswap Theatre. 7:30 Fri., Sat; 1:30 Sun. Doctor wanders into small town. shuswaptheatre.com or Choose Refill.
- > **St. Patrick's day Improv** - March 15, Shuswap Theatre. Plan B Improv takes ideas from audience and runs with it.
- > **The Virgin Trial** - April 25 to May 11, Shuswap Theatre.

Sports

- > **Silverbacks**
HOME: 7 pm, Mar. 14 vs. Powell R. • 6 pm, Mar. 15 vs. Spruce Grove • 7 pm, Mar. 28 vs. W. Kel.
AWAY: Cranbrook, Mar. 7; Okotoks, Mar. 8; Trail, Mar. 21 & 22; Penticton, Mar. 29. Final reg. season game
- > **Mixed bonspiel** - Mar. 7-9.
- > **X-Country Skiing** - 24 Hour Ultra Race, Mar. 8, Larch Hills.
- ☐ SportSpot - P. 21

at the movies

- > **SALMAR GRAND**
• **March 7 to 13** • salmartheatre.com
- **Mickey 17**. 1:30, Sat. & Sun.; 6:30 nightly. An expendable space crew member who can be renewed and his memory stay intact if his body dies. (14A viol, coarse lang)
- **Last Breath**. 1:45, Sat. & Sun; 6:50 nightly. True story about deep-sea divers battle raging elements to rescue their crew mate trapped hundreds of feet below ocean's surface. (PG coarse lang)
- **Night of the Zocalypse**. 2:00, Sat. & Sun; 6:30 nightly. A wolf and lion team up to rescue zoo when a meteor unleashes a virus that turns zoo animals into zombies. (PG)
- **Captain America: Brave New World**. 1:45 Sat. & Sun; 6:40 nightly. High flying hero Sam tackles a global plot threatening world. (PG viol, lang.)
- Thursday, Mar. 6 is the last night for **The Unbreakable Boy** and **Paddington in Peru**.



- > **SALMAR GRAND**
■ **CHILDREN'S FILM FEST**, March 20 to 22.

- All shows at 10:30. Choice of 2 each morning / P9
- **The Lego Movie** or **Over the Hedge**, Mar. 20
- **Sing or The Crows: A New Age**, Mar. 21
- **Shrek** or **Trolls**, Mar. 22
- \$5 includes popcorn & juice. Hosted by Shuswap Children's Association • shuswapchildrens.ca
- > **SALMAR CLASSIC**
■ **Shuswap Film Society** • shuswapfilm.net
- **I'm Still Here** (Brazil), 5:00, Mar. 8 (PG) Set in Rio diJaneiro, a mother and activist coping with the forced disappearance of her dissident husband, Winner of the Oscar for Best International film.
- **All to Play For** (Rien à Perdre) (France), 5:00, Mar. 15. Single mom fights overbearing social system to bring her daughter back. (PG)
- **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. / P7
- **OSCARS** • **Anora** - Best picture/ actress (Mikey Madison) / director/ screenplay/ editing



city lights

- ! **vern** • ticketseller.ca
- Creekside (C)** • Perform. Arts (P)
- Yes Yes Yes**, Mar. 7. (P) Play created by young people on healthy relationships.
- I am Woman hear me Laf**, Mar. 8 (P)
- Tom Petty tribute**, Mar. 15 (C)
- Everly Brothers story**, Mar. 15 (P)
- Stephen Fearing**, Mar. 16 (C)
- Darby Mills: True Story**, Mar. 22 (P)
- Luca Fogale**, Mar. 27 (C)
- Legacy of Lightfoot**, Mar. 28 (C)
- Led Zepagain**, Mar. 29 (P)
- NOCCA: The Bergmann's**, Mar. 30 (P)
- The Soldier's Wife**, April 2-7 (C)
- John Reischman & Jaybirds**, Apr. 2 (Prestige)
- Disney's Lion King**, Apr. 2 (P)
- Natalie McMaster**, Apr. 5 (P)
- OSO: Mendelssohn & Chopin**, Apr. 6 (P)
- ! **Kelowna**
- Jesse Cook**, April 5 • **Fringe Fest**, Mar. 16-23
- Nitty Gritty Dirt Band farewell tour**, May 8
- ! **Penticton**
- BTO, April Wine, Head Pins**, April 4

FOR READERS TOO

March; the transition from Winter into Spring has started early. The snow is disappearing faster than the kids when it's time to do the dishes.

THE WRITE STUFF

M.D. Jackson



Registration is now open for the **Word on the Lake Writers Festival** and the writer's festival could be your chance to get up close and personal with some of your favourite writers.

Because the writers festival isn't just for writers, it's for readers as well. Readers get a chance to attend workshops put on by writers that you may know or ones that you don't. Who knows? Attend the festival and you might meet a writer you've never heard of and they might just become your new favourite.

You could meet author **Gurjinder Basran**. She is the award-winning author of four novels: *Everything Was Good-bye*, *Someone You Love is Gone*, *Help! I'm Alive* and *The Wedding*. Her debut novel was winner of the Ethel Wilson Fiction Prize and her most recent Novel, *The Wedding* was featured as a favourite on many best book lists in 2024. She will be reading and presenting workshops.

Or you could meet **Eileen Cook**. She is a multi-published, award-winning author. Her books have been optioned for film and TV. She also writes non-fiction on the craft of writing. She's an instructor/mentor with The Creative Academy and Simon Fraser University Writer's Studio Program where she loves helping other writers find their unique story to tell. You can sign up by visiting the Word on the Lake website at wordonthelake-writersfestival.com

Do you like coffee? How about a **Coffee House**. The Shuswap Writer's Group is holding a Writers Coffee House on March 28 from 2 to 4 in the Pine Room at First Community. This is an opportunity for you to read your own stories, poems, plays, a passage from your book, sing a song you have written, play a tune you have composed, or present a piece of your artwork. or simply sit, listen and enjoy our local talent. Again, you don't have to be a writer. Just come and listen. Free Coffee/Tea and snacks will be available.

And don't forget about the romantic getaway! \$20 gets you a chance to win a week-long retreat to the Wyndham Canmore Resort. I have tickets and you can find me at Hucul Printing at 471 5th St SW in Salmon Arm. ■

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



> A showcase of Indigenous performers will perform at Splatsin Centre in Enderby, including classically trained composer/ activist Jeremy Dutcher and folk country artist Kym Gouchie. Others include Gamksimoon, Hasaatuk, Asko, The Melawmen Collective, Ana Cornejo and Leo Vara. Register for free. See virtualfeast.ca.

You're Invited

- > **Repair Cafe**, 10- 3, Mar. 8, Shuswap Maker-space, butterfly building on Shuswap St. Bring items for handy folks to fix.
- > **Peace n' Pizza**, 5:30, Mar. 21. First Community (United Church). (3rd Fridays, by donation). This month's fireside chat with Arpita Dash from India. Event builds humanity through story-telling and listening, and includes a delicious dinner of pizza and veggies. See peacebuilders.world.
- > **Spring Book Sale** on March 21, 22, Piccadilly Mall. More library events on page 7.
- > **Traditional Ethiopia Dinner**, Mar. 29, 5th Ave. 55 Plus. Fundraiser for Partners in Ethiopia. / **P16**
- > **Health-Care Auxiliary**, 1:30, 3rd Tuesdays at the hospital's board room.
- > **Sips of Self-Love**, Women's Day High tea & workshop, 4:30-6:30, Mar. 8 at Sweet Magnolia. Register amy@sweetmagnoliacafe.com
- > **Make your Marriage or Relationship a Fortress for Well Being.** 1-2 pm, Mar. 8, Piccadilly Mall. Hosted by Ba'hai. 250-804-8657.
- > **Fly at Night**, 6-8 pm, Tues & Wed., Children's association. fly@shuswapchildrens.ca
- > **SA council**, 2:30, Mar. 10, 24.

- > **CSRD**, 9:30, Mar. 20.
- > **SD83**, 6 pm, Mar. 11
- > **Downtown Winter Market**, Saturday morns
- > **Free Lunches**, 11 to 1, Wednesdays, First Community on Okanagan Ave.
- > **Pancake Breakfast**, 8-11:30, Mar. 9, 5th Ave. 55Plus Centre. \$12 ages 5+ to 105.
- > **Garden Club**, 7 pm, 4th Tues, Fifth Ave.
- > **SA Toastmasters**, 7 pm, Thursdays, 5th Ave Centre. Lorraine 514-898-1776.
- > **Chess drop-in**, 6 pm, Wednesdays, Okanagan College. salmonarmchess@gmail.com
- > **Theatre on Edge**, June 13-15. Apply by March 30 to toteffestival.com
- > **Free income tax preparation** (individual taxes up to \$35,000, couples \$45,000), 9-3 Mon-Thur, now to April 30, Shuswap Family Centre, 681 Marine Park Dr. 250-832-7000 or seniorsresourcecentre.org
- > **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.
- > **Peace Gathering**, 8:45am-4 pm, April 5, satellite from Grand Forks to Song Sparrow Hall

> **Environmental Expo**, April 22 to 25, Piccadilly Mall. Co-hosted by School District 83 Other Earth Day activities through the school district.

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Six Canadian advantages that shout out.. 'Canada's a Keeper!'

From page one

1 Single payer healthcare: Canada's medical system has its problems, but few Canucks could ever imagine abandoning the system practiced by every developed nation except America. 40 per cent of US bankruptcies are medical related. Canada's annual per capita health cost is half the US' (\$6,300 vs \$12,500), yet health outcome is far better (80 years life expectancy vs. 78.6 in the US)

2 Smaller Scale: There are many advantages being one tenth the population. 40 million is a lot of people, but 340 million is unwieldy. There's almost a small town feel in Canada when one single State exceeds our population. It is interesting how many Canadians go on to reach the apex of stardom in the US. Four of the top ten albums of all time are by Canadian women singers. Canada, being the small size it is, tends to incubate its talent ready to launch. Being the big fish in the little pond is edifying, and the big fish is then ready and able to swim that big pond.

3 History & Culture: Canada enjoys a wonderfully diverse culture that is something to behold and really celebrate. The Maritimes, Quebec, Ontario, Prairies, The Shuswap (yea!) and the West Coast are all unique in their own ways. We would lose nearly all of this should Canada be swallowed

Trump talks of taking over The Canal, Gaza, Greenland & Canada. Our nation is NOT for the taking. Here are four reasons that Canada is a forever keeper! 51st State? NEVER!

whole by the US. So much history. It's unimaginable to give this away. This is especially true in the current climate when one country is suppressing its darker past and our nation is doing the exact opposite, coming to terms with its past, knowing that one cannot go forward without it.

4 Politics: Election campaigns are mercifully short in Canada. The US, meanwhile, is in perpetual campaign mode and politicians are forever fundraising from lobbyists who then expect obscene payback. Canada's multi-Party parliamentary system with its leaders elected by the Parties, has its own problems, but arguably does a better job getting things done.

5 Gun violence: There are 120 guns per 100 people in the US. Americans do love their guns. The downside is 4 gun deaths per 1,000 in 2024, including 500 mass shootings. 2nd amendment dogma has paralyzed the capacity to effectively address this issue.

6 Humility vs brash: Bragging about humility is irony, and it is. "Minnesota nice" is a thing in the US, and Minnesotans share some of the Canadian vibe- not so brash, but no pushover either. And do we always say "sorry" or is that still the case? The list goes on and on. Atwood's Survival vs. Conquer; the CBC; The Great Big Three Seas. How can we ever give up the notion of Canada?

RSP vs. TFSA

Your opportunity to contribute to an RSP to get a tax deduction for 2024 has now passed.



With introduction of the Tax-Free Savings Account (TFSA) in 2009, the question continues whether a person should bother contributing to a RRSP or fund a TFSA. It would be easy to maximize your contributions to both, but most of us do not have the funds to maximize both. So with a limited amount to save, what should you do?

The answer isn't as clear cut as you may think, but there are some guidelines to help make the decision.

With a TFSA you do not receive a tax deduction when contributing. However, you don't have to pay tax on your funds (including growth) when withdrawing. With a RSP contribution you receive a deduction, but your funds are ultimately taxed upon withdrawal.


Let's look at a simple example: Assume the Junior Bean Counter earns \$30,000 in pre-tax income from shovelling driveways and mowing lawns; and therefore, is taxed at a rate of approximately 20 per cent (this example doesn't take into consider tax credits the Junior Bean Counter would be entitled to). This leaves \$24,000 (\$30,000 - \$6,000 tax). He then invests the \$24,000 in a TFSA and earns 4 per cent or \$960 after one year (\$24,000 x 4 per cent). So, he now has \$24,960.

Now assume the Junior Bean Counter instead invests \$30,000 of pre-tax income into an RSP. You essentially don't pay tax on it because you get to claim an offsetting deduction on your tax return. That \$30,000 earns 4 per cent after one year or \$1,200, leaving a total of \$31,200 inside the RSP. He then decides to withdraw the total amount and is taxed at the same 20 per cent tax rate as noted in the first scenario. He will also end up with \$24,960 (\$31,200 - \$6,240 or 20% x \$31,200).

So the results are the same in the end. However, that only works if the tax rate at withdrawal is the same as the rate when the funds are contributed.

So what if the tax rate when you contribute is different than the rate when you withdraw? I will save you the pain of more numbers and simply tell you. RSPs make more sense if you anticipate your tax rate upon withdrawal to be lower than the rate when contributing; especially if the gap between the tax rates is significant.

Continued on page 10



Humankind is One
"So powerful is the light of unity that it can illuminate the whole earth."
 - Bahá'u'lláh

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SALMON ARM FUN GUIDE
 SPRING BREAK 2025



Spring Break Fun Guide is now out!
salmonarmrecreation.ca

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by Larissa Image, SA Library Branch

De-clutter and Spring to life

Perhaps it's the lengthening days that promise warmer weather on its way, or maybe the finalizing of summer camping trips. As spring marches closer, I find myself increasingly impatient to dive into the season. It's time to pack away the winter mittens, toques, scarves, snowpants and boots cluttering the entryway; clear the garage of sleds and skis to make space for bikes and scooters; tuck seeds into soil; and spend more time out and about while the sun is up.

And if you're feeling impatient for that too, we have programs at the library to help!

If decluttering and spring-cleaning are on your mind, register for the **De-Cluttering Workshop** 6 pm, Friday, March 7. Get expert advice from *Simplify Life Your Way* and learn how to let go of material possessions and organize your belongings - and do so sustainably. Register on our website or call 250-832-6161.

If you're looking to get out of the house, come to the **Meet the Author event**, 11 am, April 5 and listen to Blind Bay resident Keri LeFavre read from her latest book *The Chrysalid: A Soul's Struggle to Rekindle Its Inner Magic*, which details her healing journey as she struggles to silence the demons of her past and tries to find a place of peace. Register in advance!

Friends of the Library will be hosting their **Spring Book Sale** on March 21 and 22 at Piccadilly Mall, the proceeds of which provide funds for library programs, upgraded furnishings, and resources for library staff. Donations of good-condition books, CDs, DVDs, and puzzles are most welcome.

Bring the kids to the library over Spring Break to participate in **Spring Scavenger Hunts**, March 17 to 29.

We will be bringing out our collection of Lego, Duplo and Keva Planks for the **Building Block Party** on Mar. 19 at 3 pm. Come build amazing creations with other creative kids.

Psst! Are you starting seeds for your garden? Sow a few extra and bring those seedlings to our 4th **Seedling Swap** on May 10. It's also the time of year to bring in donations for our Seed Library! Check our events calendar on our website (www.orl.bc.ca) for all the dates, times, and registration details or call us at 250-832-6161.

☐ 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. • **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) ■

Shuswap Pie Company is holding its 10th fundraiser

in support of **Safe Motherhood Project** in Guatemala! Throughout the whole month of March, each cup of drip coffee sold helps support this project that teaches traditional midwives safer birthing skills, saving lives of babies and mothers. All funds raised will be matched by **Max Voets Coffee Roasting LTD.**



www.safemotherhoodproject.ca

Beethoven's message to the world

Salmar Classic is bringing Ludwig van Beethoven's 'Freedom' opera, 'Fidelio' Live from the Met on Mar. 15.

Beethoven composed only one opera, and it contains a timeless human message. Through this work, the visionary Beethoven expresses the ideals of freedom, equality and brotherhood. He shows us that faith, truth, hope and love in a small intimate setting work to good in the greater world and have the power to shake up political systems.

This opera contains so many emotional highs including the amazing prisoners chorus when the prisoners are briefly let out into the light and sing of hope and faith.

Forestan, in his great aria as he is imprisoned in a dungeon, sings that his heart is glad because he has done his duty. He spoke truth to power and that power put him in chains and is about to murder him when his courageous wife rescues him. The large-scale arias for Leonore (Fidelio) and Forestan are the ultimate showcase for great dramatic singers.

Throughout the work the arias

CLASSICAL VIBE



Gabriele Klein

and ensembles elevate the human spirit and remind us of our shared humanity, what kind of world we want to live in and what we can create.

The 'Freedom' chorus of the stirring finale expresses the unimaginable joy of liberty and is reminiscent of



Beethoven's 'Ode to Joy'. Beethoven is again at his most sublime with music that resonates with humanity as each person strives for freedom, dignity, truth, and love.

The stellar cast headlines dramatic soprano Lise Davidsen in this stirring celebration of freedom in

the face of tyranny. Tenor David Butt Philip is the political prisoner Forestan. Other great voices include Tomasz Konieczny, René Papem, Ying Fang, Magnus Dietrich, Stephen Milling, Don Fernando and Susanna Mälkki conducting.

If I had to choose my favourite opera it would be 'Fidelio' because of what it expresses.

Our world desperately needs this 'hymn to freedom and human dignity and truth over deceit'. Come and be moved and inspired. The opera starts 9:55 am.

☐ Gabrielle reviews each month.

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> Olly Wilmott Carter Kosick Carter Lawrence

Community in grief

The three young men who perished in two separated incidents in February were all friends, and their loss has shocked the community. A collision near Malakwa took the lives of Carter Kosick, 18 and Carter Lawrence who recently turned 19, and Olly Wilmott, 18 drowned earlier when he fell through the ice on Shuswap Lake. Celebrations of life are planned for Carter Lawrence, 2 pm, March 8 at Shuswap Community Church; Carter Kosick, 2 pm, Mar. 16 at The Gathering Place; and Olly Wilmott's already took place Feb. 28. ■



*Stay linked to
our community*
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For info & programming voiceoftheshuswap.ca

SEASON 2: Episode 1

Serial story by Shawn L. Bird

Suzanne stood at her window in her spring coat, looking down onto Alexander Street where the sky seemed uncertain whether to rain, sleet, or drizzle.

She reached out to Artemis the cat, who was curled at the top level of her cat tree, her tail flicking idly. Suzanne scratched between her ears.

Artemis had always been a home-body. She'd been perfectly content to watch the world from her cat tree, but Cougar, the tawny cat from the second floor, had teased her until Artemis had made the bold leap one day and followed her through the hole camouflaged behind the cabinet above the fridge.

She discovered there were unexpected riches hidden in the walls of 325 Alex.

"Spring has to arrive sometime, doesn't it?" Suzanne said to the cat. "You're lucky you don't have to go out in this dreary weather."

Artemis purred and rolled over onto her back, so Suzanne could relocate her scratches to the belly. Artemis wished Suzanne would hurry up and leave.

Suzanne glanced at her watch and sighed, "Time to go to work. You be good, Artemis."

Artemis meowed in a tone that Suzanne took to be agreement. It was not.

No sooner had Suzanne shut the door than Artemis was sitting up alertly, watching Alexander Street until Suzanne appeared. Artemis watched Suzanne head to Hudson Street and turn to walk past McGuire Lake to the hospital for her shift.

Artemis yowled as Suzanne disappeared.

An answering yowl came from the kitchen.

Cougar had popped her head through the cupboard hole. It was a clear call to adventure.

Artemis leapt onto the fridge and followed Cougar through the maze of the interior ceilings and walls until they emerged into apartment #302, formerly the home of the dela Cruz family, now a vacant cat paradise. ■

□ Read Season 2, Episode 2 of '325 Alex' in the Mid-month issue of AM



A serial story set in Salmon Arm
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\$5 Tickets, Popcorn and Juice Included
(Tickets available at the door. Cash, Tap or e-transfer.)

Thursday
March 20
10:30 am
The Lego Movie
or
Over the Hedge

Friday
March 21
10:30 am
Sing
or
The Croods; A New Age

Saturday
March 22
10:30 am
Shrek
or
Trolls

All children under 10 must be supervised by a parent or caregiver (over the age of 11).
Child minding is not provided. Private event. Salmar Theatre passes cannot be accepted during the film festival.



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www.shuswapchildrens.ca

IN MEMORY OF..

My wife and I were deeply moved by the loss of three teenagers in our community.

These young men barely started on their journey into the world of adulthood. The tragedy is compounded when you consider the tremendous loss to the other family members and friends.

Our hearts particularly go out to the grandparents. We lost our 15-year-old grandson in August 1999 to an accident at Albas falls at the top end of Seymour Arm. He and another boy went over the falls on a Sunday afternoon. It was a week later we recovered his body from the river.

In many ways, grandparents suffer a double whammy. We also felt the grief being suffered by our own children suffering the loss of their child. We experience the waves of deep grief and the highs as we recall the memories of a much loved grand child.

It is these wonderful memories we hang onto as we traverse the long and winding path of reconciliation with the truth and loss. No one can know what it feels to lose a grandchild unless they have been there. We have been there and can assure you that as time passes the grief becomes easier to bear and you will eventually feel comfortable to talk about it and rejoice in the memories of a much loved grandchild.

Some times we criticize the behaviour and actions of young people as reckless. However, it is by testing the limits that we move along through life and, through this experience, gain wisdom. Occasionally, testing the limits goes too far and we pay the price. This is not foolishness. It is just simple bad luck. We have all had close calls in our lives and have survived. It is these close calls that enable us to say with authority "don't do that" or "don't say that".

I have experienced a number of close calls, like flying a small plane when the engine faltered over the mountains, skydiving when the parachute failed, being caught in a storm on a big lake with lightning flashing about and fishing and hunting mishaps. Perhaps such experiences enabled me to survive these events or was just plain dumb luck. I like to think that, perhaps a bit of "divine intervention" had something to do with it.

We extend our sympathy to families who have lost a young one recently and to assure you, as time goes on, your grief will subside and you will suffer less, but will never forget. This is how it should be.

Enjoy the spring folks. The robins are back. ■

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

**MY TWO
CENTS**



Ed Campbell

Stung by a 'Sting' scam

The following is written by a local resident as a warning to others about her costly experience with the sophisticated gift card scam:

In light of the unimaginable grief suffered by our community from three tragic deaths, I hesitated to write this story of scamming as the only one affected was me, and I am okay.

A few days ago, I lost a significant amount of money to a scam using gift cards. This involved no divulging credit or debit card numbers and no personal information. It was a sophisticated scam involving 'suspicious purchases on my credit card and a stolen identity', and could I help by visiting local stores where I shop, in a "sting operation" to find the person who may have stolen it.

It was all top secret, so if any cashiers questioned my purchases of gift cards, I was to assure them they were for my children. In hindsight, I have no idea how buying gift cards while getting the name of the cashier and then giving the scammers all the details on the gift cards would solve this problem. My understanding was they were putting funds into my account to cover the cost of these. Of course, they were on the phone the whole time I was driving and while I was in the stores, directing me. Consequently, I felt very stressed while not thinking straight and their manner was one of great urgency, persuading me that I was talking to someone senior in a fraud investigation.

He mentioned, "our local bank had a security breach a few days prior and someone had stolen my identity at that time. They shared the name of someone responsible for the fraud activity on my card with two purchases of \$499 and \$1,499. The RCMP and fraud specialists planned to review CCTV footage at the bank the next day to identify her. The purchase was international, but they were in contact with American authorities to try to get that money returned and had assured them I was a loyal bank customer and not the scammer.

After I had "givent" them all this money, I was told, "they would be working all night trying to find the culprit and would call the next day. Also, an RCMP officer would arrive the next day to collect all the gift cards and receipts. "I was not to give them to anyone but him." I did ask when they were going to put all the money back in my account, but received a vague response. Oh, my regrets.

I wish my husband had been home at the time of the initial phone call. I wish I had not pressed the button after the very official female voice mentioned there had been fraudulent activity on my VISA, I wish I had something going on at that time and could not leave the house to go downtown to be part of this "sting operation". I wish when I asked to go to the bathroom and called my husband that I was going to be late that he would go online to check our accounts.

Thousands of dollars lost. I feel stupid, angry and humiliated. I know I am trusting and respectful of authority, but also thought I was reasonably savvy. Nevertheless, I am grateful. hat our children have jobs where they earn an honest living. My family has been very supportive and understanding.

After speaking to the bank, VISA and the RCMP, I realize that I am not alone. I hope this experience will not cause me to lose my faith in the kindness and goodness of most people.

I can only imagine how those with no family support and limited financial means can be caught up in something like this. Please be careful. If you answer a call like this, hang up and call the bank or your credit card provider.

I hope this helps someone. ~ Name withheld by request

City FIXINGS

> The name and words run together - Salmon Arm Seminar Centre. Market this city's half way between Calgary and Vancouver, and its college, its dorm and rec. centre as an ideal place for summer conferences.

Bravos & BOOS

> **BRAVO** to Jeff McSweeney of North Okanagan Wheelchair Shuttle for his donation of a wheelchair accessible van to Jon Phillips of Salmon Arm.

> **BRAVO** to the nearly 300 participants of this year's 'Coldest Night of the Year' event. \$86,500 was raised for food security needs.

Web SITINGS

> www.rcmp-grc.ca Search Internet and phone fraud and scams.

Tax choices

□ Continued from page 6

However, like I said at the beginning, it isn't as cut and dry as you may think. You also need to consider a variety of other factors like the effect future RSP income will have on your Old Age Security, Guaranteed Income Supplement and other benefits or tax credits affected by your income.

In the end, the important thing is to save money in some form or another. However, it is worth asking what vehicle is best for you because if you are like the Junior Bean Counter, he doesn't like paying any more taxes than necessary! ■

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

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The Kindness refuge

I grew up in North Bay, a small city in Northern Ontario, its slogan, 'Gateway to the North', ironically, south of Salmon Arm. That said, here is my observation of that time long ago in light of what we face today with our US neighbours.

Remember when you used to spend your summers here, with us? We always looked forward to your visit. We made sure to have an extra bicycle for you so you could join us on neighbourhood adventures. Trips to the store for popsicles. Swims at the beach. All manner of childhood fun.

We never really understood why you were here though we suspected challenges at home from somewhere in the Midwest United States that we'd never heard of nor would ever have reason to go. But that didn't matter. You were our friend.

You weren't alone. Many would come for the summer from Michigan, Minnesota and Iowa, filling our lakeside motels. Fishing was often the excuse but now, all these decades later, I'm left to wonder if we weren't a refuge from the brewing unhappiness so painfully obvious to us now.

I am heartbroken for the pain of our neighbours and desperate to make it make sense. From what I can gather, this stretches as far back and perhaps further back than the Vietnam War that we did not go to, and the crushing defeat that was handed to them. It changed how the US saw itself.

It was followed by the Iranian hostage crisis, in which we played a crucial and life saving role - watch the film *Argo* if you don't know that story. Then came Regan, Thatcher and the world's pivot to neo-liberalism. The only thing that trickled down from that was the increasing income inequality, the offshoring of manufacturing jobs, the push for 'free' trade - an oxymoron of devastating global proportion.

And yet, the Eastern Block did crumble. Apartheid did come to an end. The green movement had begun. They even turned the doomsday clock back a few minutes. Where did it all go wrong? Reaganomics, that's where.

NOTES FROM THE MARGIN



Louise Wallace Richmond

Banks were deregulated, and income tax cuts led to the era of mass consumerism and the proliferation of credit card debt.

We survived the OPEC crisis, and resulting stagflation, only to focus on neon outfits, great music and big hair. Not that it wasn't fun, it was. But it was a wasted decade, in looking back, that interrupted an important opportunity to move the world forward in a much more meaningful way.

As a Gen-X-er, I see it now and my heart is full of regret. We missed our chance. We did.

Our generation never produced a President, at least not yet. This is not to say that our generation has not made important contributions to society, we have, and continue to do so. But to say we took a leading role in world affairs would not be true. We didn't, likely because there were too few of us. We were the baby bust, after all.

Then came the war in Kuwait, when Iraq attempted to annex the Gulf nation to the ire of the US who, obsessed with oil prices, invaded. The resulting impact and sanctions, one could argue, led directly to the carnage of 9-11, a blow to the US tantamount to its loss in Vietnam and its eventual crushing failure in Afghanistan.

Nor must we forget the banking crisis of 2008 which could reasonably be traced back to the deregulation in the 80s. No bankers went to jail, but many US families lost homes. If you can still find it, watch *Inside Job*, the documentary about that crisis. It's powerful and profound.

So how does that lead us to today? Our neighbours' anger has been escalating for decades. Trump's re-election, I contend, is not so much the result as the side effect. Anger is a dangerous thing and angry people make terrible decisions. We know that. Important, I think, to point out that when we are angry, it is most felt by those closest to us. It's no wonder, upon reflection, that Canada and Mexico are most subject to the US's anger.

□ Continued on page 16

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WEATHER SYNOPSIS



High 10 to low 1 for the weekend. Sunny Friday; ran Sat. & Sun. Normal: +6C to -3C Sunrise 6:35 • Sunset 5:43

Past Temps, Feb. 19 to Mar. 3
By weather reporter Nick Parsons

DATE	HIGH	LOW	PRECIP.
Feb. 19	+3	-1	1/4" rain
Feb. 20	+5	0	
Feb. 21	+3	0	1" 1/2' rain
Feb. 22	+8	0	1/8" rain

DATE	HIGH	LOW	PRECIP.
Feb. 23	+11	+1	1/16" rain
Feb. 24	+8	0	
Feb. 25	+7	+2	1/8" rain
Feb. 26	+8	0	
Feb. 27	+11	+3	
Feb. 28	+8	+1	
Mar. 1	+12	0	
Mar. 2	+11	-1	
Mar. 3	+10	+4	
Mar. 4	+10	-3	

Lake still at winter low and not rising as of Mar. 4

MONTH OF FEBRUARY:
Prec: 1 3/4" rain
Mean average high: + 0.5 C
Mean average low: - 7.5c

PASSAGES

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- ❖ Douglas Edwin Berry February 28, 2025, at age 72
- ❖ Ruth Joan Betker February 16, 2025, at age 94
- ❖ Mike Armund Bolen February 16, 2025, at age 90
- ❖ Viento Alberto Brideau January 18, 2025, at age 38
1-4, April 26, 5th Ave. Sr.
- ❖ Muriel Laura Falardeau February 22, 2025, at age 98
- ❖ Doug Frederickson February 15, 2025, at age 91
- ❖ Diedrich 'Dick' Friesen February 25, 2025, at age 94
- ❖ Wayne Gordon Ham February 22, 2025, at age 81
- ❖ Wilfred John Hampson February 17, 2025, at age 80
- ❖ Harold Elmore McAfee February 26, at age 96
- ❖ Kathleen Doris Pottery February 21, 2025, at age 72
- ❖ Wayne Laughlin Smith February 28, 2025, at age 68
- ❖ Roderick Frank Tischik January 28, 2025, at age 55
- ❖ Florence Edna Townsend February 20, 2025, at age 76
- ❖ Shannon Dale Walcer February 12, 2025, at age 53

Bowers Funeral Service
bowersfuneralservice.com

- ❖ Joan Bailey February 25, 2025, at age 80

- ❖ Carter Michael Jerry Kosick February 17, 2025, at age 18
2 pm, Mar. 16, Gathering Pl.
- ❖ Carter Myles Lawrence February 15, 2025, at age 19
2 pm, Mar. 8, Shuswap Community Church
- ❖ Terry Knuff April 7, 2025, at age 63
- ❖ Isabel 'Diane' McPherson February 14, 2025, at age 80
- ❖ Oliver 'Olly' Willmot February 8, 2025, at age 18
Celebr. of life held Feb. 28
- ❖ Margo Pederson February 18, 2025, at age 92
- ❖ ❖ ❖
- ❖ Gene Hackman, 95, Oscar awarded actor, plus his wife...
...Betsy Arakawa, 63
- ❖ Roberta Flack, 88, singer (First time I ever)
- ❖ Michelle Trachtenberg, 39
Played Harriet in Harriet the spy and other roles
- ❖ Boris Spassky, 88, world chess champion
- ❖ Clint Hill, 93, ran into path of bullets and leaped in car to save Jackie Kennedy
- ❖ David Johansen, 75, punk singer (NY Dolls) and lounge singer (Hot Hot Hot)
- ❖ Frank Maher, 90, Epic New foundland accordionist

Chris Fowler photo



SPORT SPOT

> Silverbacks up against first place Vees. Eight games left in the regular season

> **SILVERBACKS:** 24 W, 14L, 7 OTL, 55 pts.

Interior East: Penticton 75; Brooks 71; Trail 65; Sherwood 57, Cranbrook 56; SA 55; West Kelowna 45; Okotoks 42; Spruce Grove 39; Vernon 34; Blackfalds 20

Coastal: Chilliwack 65; Victoria 57; Surrey 56; Cowichan 55; Coquitlam 54; Alberni 49; Nanaimo 48; Langley 43; Prince George 40; Powell River 24

- **Recent scores:** Mar. 2: SA 3, Prince George 1 • Feb. 28, West Kelowna 5, SA 1 • Feb. 22: SA 2, Cranbrook 1 • Feb. 21: Penticton 4, SA 3.
- **Next games:** Mar. 7 in Cranbrook • Mar. 8 in Okotoks • 7 pm Mar. 14: Powell River in SA; 6 pm, Mar. 15: Spruce Grove in SA • Mar. 21 & 22: SA in Trail • Mar. 28: 7 pm, West Kelowna in SA • Mar. 29: SA in Penticton • End of regular season games.



- > **Curling** - Mixed Bonspiel Mar. 7-9 • Firemen's Bonspiel, Mar. 14-16.
- > **Minor Hockey** - U15 Rec, Mar. 7-9 • Dist. Rec championships, Mar. 14-16 • BC Hockey Provincials, Mar. 15
- > **Tennis**, book indoor / outdoor courts at clubsparks.ca
- > **Hard Day's Night**, 24 Hour Ultra Race, Mar. 8. skilarchhills.ca
- > **Minor baseball**, Volunteers needed for 2025 spring season. Email to president@salmonarmbaseball.com Hit2Fit Boxing Charity Gala, 4-10:30 pm, April 26, SA Recreation salmonarmboxingforwellness. simpletix.com

SPRING BREAK GUIDE available in print & online

Register March 10 • Kids Camp, 8:30-3:30 drop off at Little Mt. pick up at Recreation Centre. Mar. 17-21 & 24-28 \$240 wk. (age 6-12) Play group games & sports, daily hiking & swimming, arts & crafts & much more.

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All Month: SALMON
Mid Month: ARM
Next issue: Mar. 21

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- 1st: Bonnie Peterson with Tart Cherry Pie
 - 2nd: Norma Harisch - Pink Lady Apple Pie
 - 3rd: Kate Korda with Fresh BC Apple Pie.
- The Live Pie Auction raised \$64,650, including \$7,000 from the Old Guys Yoga Club.

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Five must-do's

As winter fades and the fresh energy of spring emerges, it's the perfect time to refocus on mental well-being. This is not a destination, it's an ongoing process that shapes our overall health and resilience.

Mental Health Matters
Denise Butler

Here are five essential steps:

■ **Practice Mindfulness** – Stay present in the moment to reduce stress, increase relaxation, and improve overall mental health. Mindfulness can be practiced anywhere and helps shift focus from autopilot to intentional awareness.

■ **Embrace Gratitude** – Cultivating gratitude helps train the brain to focus on what you have rather than what you lack. Simple habits like journaling or reflecting on small daily blessings can improve overall well-being.

■ **Volunteer** – Giving back to the community provides psychological, social, and physical benefits, including increased self-esteem, motivation, and a sense of purpose, while also reducing anxiety and burnout.

■ **Ask for Help When Needed** – Seeking support from friends, family, or professionals is a sign of strength, not weakness. Building a support system makes it easier to navigate life's challenges.

■ **Stop Comparing Yourself to Others** – Avoiding comparisons helps reduce stress and anxiety while fostering self-acceptance. Focusing on personal progress and practicing gratitude can improve self-esteem and motivation.

Small, intentional steps toward mental wellness can make a significant impact over time. By integrating these five must-do's into your routine, you're investing in your well-being and building resilience for the year ahead. Mental health is a journey—be patient with yourself, seek support when needed, and celebrate progress along the way.

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

TRENDS vs. CLASSICS IN DECORATING

In the ever-evolving world of interior decor, homeowners often face a crucial decision: follow current trends or invest in classic design elements.

Understanding the difference can save both money and regret in the long run, while helping create spaces that truly reflect personal style and function.

Trends represent contemporary movements that gain rapid popularity before eventually fading. These styles often emerge due to cultural shifts, technological advancements or influential design showcases. While trendy designs can make a home feel current and fashionable, their defining characteristic is their temporary nature. Think of stacked glass backsplashes of ten years ago. A perfect example of a trend.

Classic design refers to elements and principles that have demonstrated staying power across decades or even centuries. These timeless approaches prioritize harmony, proportion, balance and quality materials over momentary appeal. It doesn't mean outdated or stuffy—rather, it represents enduring beauty that transcends fleeting fashion cycles. The most prevalent of these is the white subway tile backsplash.

Consider the avocado-green appliances of the 1970s—once the height of kitchen fashion. Similarly, the Tuscan kitchen trend of the early 2000s, with its faux finishes and ornate details, has largely fallen from favor. More recently, the farmhouse style popularized by design shows is showing signs of oversaturation.

In contrast, classic design elements continue to work decade after decade. White subway tile, first used in New York subway stations in 1904, remains a versatile and appealing backsplash option. Shaker cabinetry, with its clean lines and functional simplicity, has maintained its relevance since the 18th century. Hardwood floors, neutral wall colors, and well-proportioned furniture pieces transcend trends through their fundamental design quality.

Design trends typically follow predictable patterns of adoption and decline. Major trends often have a lifecycle of seven to ten years before appearing notably dated, though social media is accelerating this timeline. Micro-

DESIGN DILEMMAS

Linda Erlam



trends—smaller, more specific design elements—may last only one to three years before feeling outdated.

Trends typically follow a pattern: ■ **Emergence:** Appears in high-end projects and design publications

■ **Mainstream adoption:** Retail stores begin offering affordable versions

■ **Peak popularity:** The look becomes ubiquitous in homes and media

■ **Saturation:** Overexposure leads to fatigue
Decline: The once-fresh approach begins feeling clichéd

■ **Dated:** The style marks a home as from a specific period

The most successful interiors often blend trend and timelessness strategically. Consider investing in classic “bones” for your home—architectural details, major furniture pieces, and fixed elements like flooring and cabinetry. These provide a solid foundation that can evolve.

Trends can then be incorporated through less permanent elements—accent pieces, textiles, paint colors, and smaller furniture items. This approach allows homeowners to refresh their spaces periodically without major renovations.

Classic design elements typically retain value better than trendy elements. Quality materials and timeless styling often command higher resale value and require less frequent updating.

The most sustainable approach to home design embraces longevity over novelty. By understanding which elements are likely to stand the test of time and which might feel dated within a few years, homeowners can create spaces that feel both current and enduring—interiors that evolve rather than requiring complete overhauls with each new design cycle.

Ultimately, the most successful homes reflect their owners' authentic preferences rather than solely chasing trends. By understanding the difference between momentary fashion and enduring design principles, homeowners can create spaces that remain relevant and beautiful for years to come. ■

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

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- Mikey
- Madison
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- Zoe Saldana
- Baker & Quan
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- Flow
- El Mal
- Still here
- Not a Robot
- No other land
- Brutalist
- Dune
- Conclave
- Cypress
- Only Girl
- Substance

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HIDDEN GEMS

THIS QUOTE SPACE HOSTED BY
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- > "You can sway a thousand men by appealing to their prejudices quicker than you can convince one man by logic"
 ~ Robert A Heinlein
- > "Never forget who ignored you when you needed them and who helped you before you even had to ask."
- > "Growing old happens. Growing up is optional."
- > "Human greatness does not lie in wealth or power, but in character and goodness." ~ Anne Frank
- > "Rudeness is the weak man's imitation of strength." ~ Eric Hoffer
- > "It can as small as a smile from a stranger, a nudge from an animal, words from a writer, the lyrics to a song, an observant friend. We are all saving each other every single day in tiny seemingly insignificant ways."

FUNNY BONE

- > "Knowledge is knowing that tomato is a fruit
 Wisdom is knowing not to put it in a fruit salad
 Philosophy is wondering whether that makes ketchup a smoothie
 Common sense is knowing that ketchup isn't a smoothie."
- > Friend: "So, are you seeing anyone now."
 Me: "Like do you mean dating, therapist or hallucination?"
 Friend: "Never mind".
- > Life is short. Make sure you spend as much time as possible on the Internet arguing with strangers about politics.
- > Sign on the front hall wall of a home: "All our visitors bring happiness - some by coming, others by going."
- > Dogs make everything better unless you're making a bed.

POP QUIZ

- > Which big winner at this year's Oscars played both real-life brother and acting brother as two young boys in a 1990 blockbuster movie?
 - > What was the biggest Canadian connection at last Sunday's Oscars.?
- < Kieran Culkin won best supporting actor in movie *A Real Pain*. He was younger brother in real life, and in the movie *Home Alone* to Macaulay Culkin.
 < Vancouver's Samantha Quan is co-director of best picture, *Anora*.

PICTURE THIS



- > Above left: Canoe boasts a unique portage postmark.
- > Above centre: "Growing old happens; growing up is optional". Her hubby is so busted. No one smiles like that while pretending to read the financials. (FB pic)
- > Above right: The old penny slots in UK rest rooms is the source of the expression, "Going to spend a penny."

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3 years	3.58%	Up 0.18%
4 years	3.57%	Up 0.19%
5 years	3.67%	Up 0.18%

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

Daron Mayes, BBA, CPA, CA, CFP
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Sat March 29, 2025
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Tickets (cash only) at
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More at partnersinethiopia.org/rotarydinner



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All Month: **SALMON**
Mid Month: **ARM**
1st & 3rd Fridays
Next issue Mar. 21



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Kindness refuge

Continued from page 10
So what is the antidote? Guardrails, as in, I know you're angry and I understand, but won't be treated this way.

Guidance, as in, I know you are trying to achieve something, here is a more plausible, less mutually destructive way forward.

Gumption, as in a shrewd way to advance a better outcome than what we fear. We have options. We know it. They know it. We just need the gumption to do it.

And, just as a back-up plan, have an extra bike on hand in case they decide to come visit. Go for a ride, stop for a swim, grab a popsicle. Show kindness. Be a happiness refuge. It lingers long after anger wanes.

Our neighbours, not their sycophantic leaders nor their corporate oligarchs, will need our kindness in ways even they don't yet understand, so deep is the damage being done to them by their own. Nobody can tariff that exchange. Nobody. ■

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



eh?/em!

Blog Post

FriAM.ca

All Month SALMON
MidMonth ARM

FROM FACEBOOK DAILY POSTINGS

Did you know?

> “If you spell drawer backwards you get a reward, but if you spell repaid backwards you get diaper” That is called an Emordniplap, the opposite of a palindrome



> When members of the Heritage commission called me over to put down my nanaimo bar and tea, and take a photo, I thought they meant “take” a photo. I forgot that I’m a member of the commission and forgot to put on nicer pants. From left: Mayor Harrison, Cindy Malinowski, Linda Painchaud, Mary Landers, Deborah Chapman, Councillor David Gonella (chair) and me. Missing: Pat Kassa and Morgan Paiement (recorder & photographer)



> It was sad is to learn of the passing of the star of “Harriet the Spy”, the VHS tape I watched with my daughters a hundred times. I remember this little girl with those big eyes and sweet smile and voice. Time really is moving along. Michelle Trachtenberg was 39 and recently underwent liver transplant

■ Rockin’ in the free world. And then there’s this... Paul Simon is playing three shows at the Orpheum in Vancouver in July



NEIL YOUNG ANNOUNCES FREE CONCERT IN UKRAINE AS PART OF UPCOMING LOVE EARTH WORLD TOUR

walk with Les

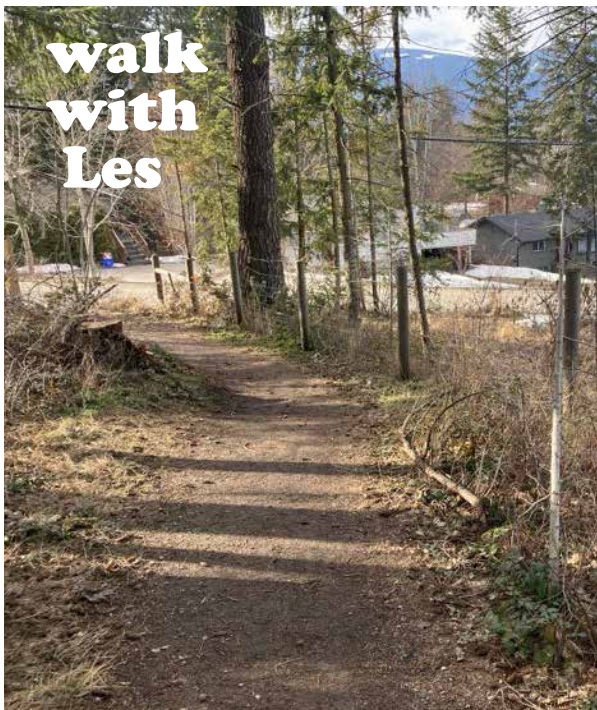


I would mail a letter from Canoe just for its new portage postmark. I do love this far flung corner of Salmon Arm.

This week's walk around Canoe was special for Les. He was only 35 when he and Joan bought the house on the right to begin instructing at the brand new college. They lived in this house from 1970 to 72 before moving to Hillcrest. Les instructed English at the College for 30 years until retiring in 2000.

Also pictured here: From top: the park will continue as Lund Park, but the pond is to be renamed Wright Pond after the original family; Canoeists are the friendliest - chatting with Ruby and others along the way; majestic Bastion always feels close by; the baseball fields already look green and ready; dropping in to visit Jim Johnston who lives along Park Hill, shown in his music studio, adorned with instruments and railway memorabilia; below: some folks in Canoe never take down their outdoor decorations. ■





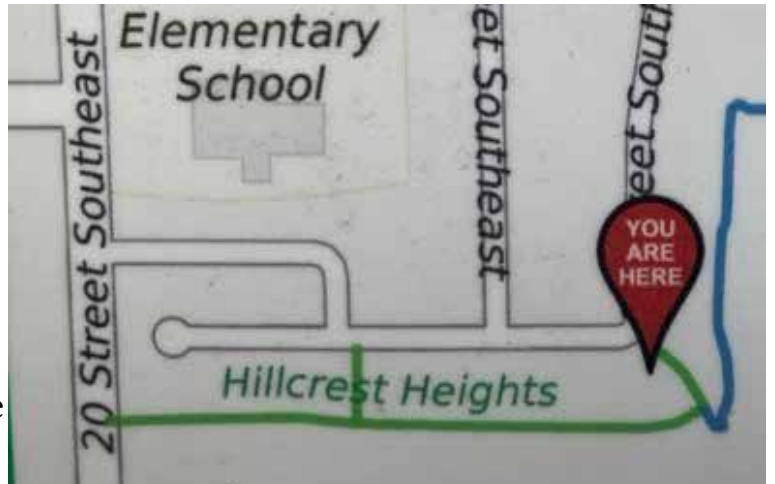
HILLCREST HEIGHTS

There's Hillcrest, then step up a little higher, and there's "Hillcrest Heights". This afternoon's Walk with Les took us to the Ellenor family's old stomping grounds, their second home across the street from Hillcrest School.

We took a long slow walk around 1970 10th Ave SE, which, interestingly, 1970 is the year they moved here from Port Alberni.

Les reminisced about this house - the skating rink he'd flood for the local kids; the trees the family planted; the addition they built overlooking the backyard gardens; and how daughter Jessica would jump off the roof - a forerunner to her days as a movie stuntwoman.

The reminiscing would not be complete without running into at least one old neighbour. Heather was out raking her leaves - yes, snow is nearly all gone, even in the snowbelt. I listened to them chat about her years working at the hospital, and his days as a patient.



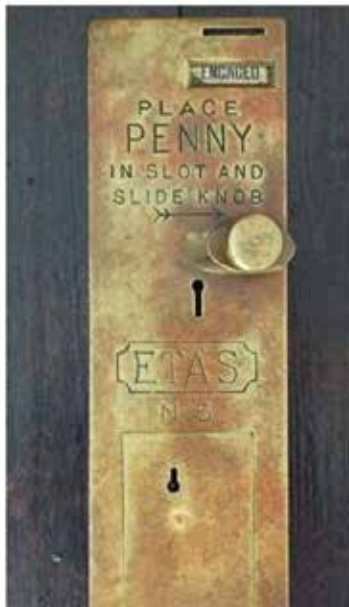
Then the actual walk began... south up 20th Street to the trailhead of the Hillcrest Heights trail on the backside of 14th Ave. SE. It was a delightful wooded trail (see the green line above). On one side, the backs of all the new homes along Hillcrest Elementary School. On the other side, pastoral fields leading up to a snowy hill.

While a little sad to see most of the woods gone, there's no debate that Hillcrest Heights - on the southern edge of town - is an awesome neighbourhood to raise your kids. ■

*Askews
Uptown
joins the
World
Gallery
of great
Public
restroom
keyholders
with its
big
spoon*



Other noteworthies:



*... And then
there's the
venerable
English
"penny slot"
.. ergo the
expression:
"I'm going to
spend a penny*



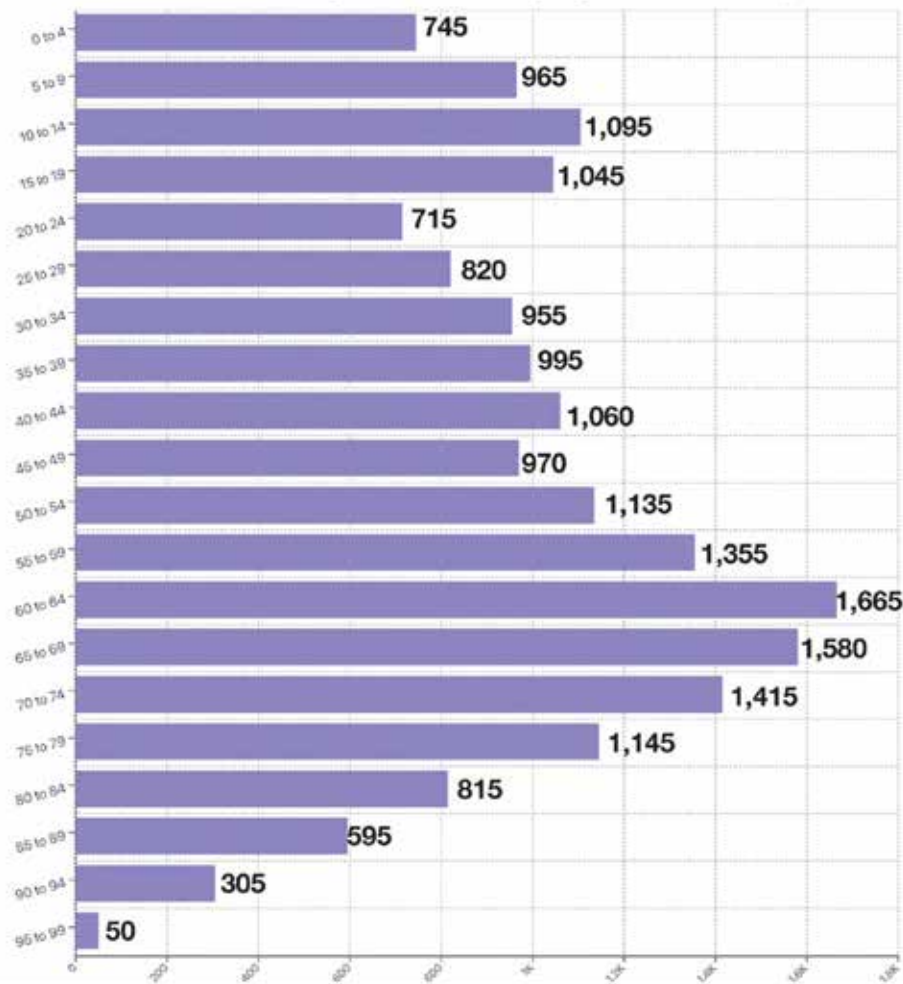
*Friday AM is now bi-weekly
1st & 3rd Fridays*

All Month: SALMON
Mid Month: ARM

POPULATION BY AGE

Salmon Arm could use a few more 0-4 and 20-24 year-olds

SALMON ARM • Median age - 51.6 • Average age 47.9 • Total Pop 20,547



COMMENTS..

- Terry Greenhough: I am hanging in there at 76 and 5 months!
- Sandra Van Den Ham: Yes...my son is 22 and there is a shortage of Young people.
- Kate Bischke: Then this town better do something to help foster the desire for the young adults to want to stay...
- Richard Sevigny: There's a shortage of decent paying work for that particular demographic. Can't hang around when there's no way to support yourself. So they go to a city. Or they work in the oil fields or the bush.
- Rick Kwitkoski: Lots of us "OLD FARTS" around here!
- Lorne Reimer: Another one to factor in are the significant populations living outside the city boundaries.. Seniors living inside Salmon Arm to be close to health service, etc, and young families living on acreages and semi-rural residences outside city boundaries.
- Kathryn Vennard: The very lovely Herb Pendell turned 100 in April 2024. Why did the graph stop at 99?

My sister's son lost his total sight in a construction accident some years back. Jordan is an amazing young man and it is beautiful how he "reads" to his young daughter with stories from his imagination. My last living aunt told my cousin, a Vancouver Island based singer-songwriter about Jordan, resulting in one of the songs from his latest album. Here are the lyrics from "Till Then" (Socan Music, 2024) You can download his album at www.markwonneckmusic.com/music

5. Till Then

The story of the relationship between the father and daughter in this song was told to me by my mom. The beauty of it was like a shiny stone in a stream that I couldn't turn away from

She likes to read with her dad
With her favourite book, she climbs in his lap
And he makes up a story, a new one each time
With magic, adventure, a girl brave and kind

She never opens the book
It's not something that he can see
Still pictures form in her mind
Like love planting a seed

We are who we are
By twists of fate
At some point we might choose
Who to love
Who to hate
Till then love is all we can do

Her dad lost his sight before she was
Now he plays tea party, teacher and magic unicorn
She loves him for that and the sound of his words
The smile on his face, the smell of his shirt

She moves his slippers off to the side
She's learned he might trip on them otherwise
She doesn't know what a blind man cannot do
She holds his hand because she likes



WHY I LIKE TO PHOTO CROP

> You could miss a mountain or dinosaur

FACTS MATTER.


Democracy takes courage.

FACTS:

- Canada is a sovereign democratic nation, not ripe to become the 51st State of the USA
- Canada's led by Prime Minister, not Governor
- It's the Gulf of Mexico, not Gulf of America
- Panama owns the Canal
- Palestine belongs to Palestinians
- Greenland cannot be bought
- Russia invaded Ukraine, not the other way around
- Trump is not a King
- It is conflict of interest of the highest order for the world's richest man to control agencies that regulate his federal contracts



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Trust in what was promised

Russia, US, Britain and Ukraine sign the Budapest Memorandum in 1994, a treaty assuring Ukraine's sovereignty and defence security in exchange for Ukraine eliminating its nuclear capability, at that time, the third largest arsenal in the world. Any nation



that does not abide by international treaty and law is a rogue nation. In one month, Trump managed to transform the US into the definition of a rogue nation.

The Trump/Vance ambush of the brave man fighting for his nation and the free world.

Trump concluded his tirade saying, "this will make great television"



"why don't you wear a suit...do you own a suit? A lot of Americans have a problem with you not respecting the dignity of the office"

> That question was directed at Zelenskyy, not Musk, wearing -t-shirt, ball cap and kid on his back. Zelenskyy's perfect measured response: "I will wear a suit when the war is over."

RANT

I don't know what to say anymore. The ridiculous tariffs are now in place to ostensibly punish Canada and, in effect, the US even more.

VP JD Vance went on Fox News and said Britain is "some random nation that hasn't fought a war in 30 or 40 years" - even though the Brits fought the American led Gulf, Iraq and Afghanistan wars and came to US' aid after 911. Many hundreds of Brits died in those wars.

I cannot fathom all the bold face lies banded about. Trump gave his big speech to explain away the past month. Among other things, he promised the death penalty for police killers after pardoning hundreds of police killers and attackers on his inauguration day.

All I really want to do is serve my community as a positive and honest news source. It's not my idea to be all political, but one must speak out.