

Kristal Burgess photo

> Enderby was named runnerup for Kraft Hockeyville. The city wins \$25,000 in arena repairs and \$10,000 for youth hockey equipment. Also in sports, Salmon Arm is hosting Merritt on April 5 for the first game in the BCHL Playoff series. /13



April
ALL MONTH

AM

Byron Dazey photo • CreativeFlashes.com



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Festivities
Art & Film
Concerts
Theatre
Sports 4,5



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FRIDAY

NO. 1335

AM

April All Month

ARM MEDIA
EST. 1997

EDITOR & PUBLISHER

Lorne Reimer
250.833-1141

fridayam@shaw.ca

DROP-OFFS

Hucul Printing 471 - 5th St SW
DEADLINES

Wednesday Noon

CIRCULATION

Weekly FriAM: 2,500
All Month (1st Fri) 4,500
FriAM.ca: Worldwide

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

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

**Friday SALMON
All Month ARM**

Next Friday AM - April 12

GIVING BACK IN RECIPROCITY

I appreciated that Neskonlith elder Louis Thomas reached out to me when he was in Victoria in March. We spent a couple of hours chatting about a host of topics.

One idea intrigued me.

Louis talked about “reciprocity”. He described how his people have traditionally had a deep relationship with the land, a profound sense of connectedness. If the people took from the land, they were taking from their relation. And when you take from your relation, you must give back in some way. This is reciprocity.

The industrial world view that dominates much of our life today is a very different mindset from reciprocity. In this dominant view, humans are seen as separate from the natural world. Instead of being a “relation”, the natural world is viewed as a “resource” for us to use.

Our industrial world view does not include any concept of giving back to nature when we take something from it.

I am grateful to Louis for helping me learn about reciprocity,



and the world view it reflects — a world view of all life in mutual coexistence. Land, water, plants, animals and human communities co-exist in mutual protection, benefit, and continuity. Reciprocity is all about relation.

Reciprocity is a common concept among indigenous communities, and is deeply incorporated into their spiritual ethos.

Different cultures have varied practices for how they give back. These might include songs, stories, ceremony and personal action or sacrifice.

Louis described how indigenous peoples lost their connection to the land as they were separated

from it during colonization, displaced by residential schools and onto reserves.

I am of settler heritage, and feel presumptive writing about something that is not of my culture.

Yet, reciprocity is a hugely important idea. I wonder how I might deepen the mindset of reciprocity in my own daily activities, and what that might look like.

During his visit Louis mentioned one project happening on the delta of the Salmon River, replanting the native plant wapato in wetland areas of the delta. The root of the wapato was widely used as a traditional food plant, but its use declined with the impacts of colonization.

And the exhibit opening April 6 at the Salmon Arm Arts Centre focusses on indigenous trees and shrubs under threat.

Replanting and learning... both ways of giving back to the land.

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



From Tsrep art exhibit

LAKESIDE HEALTH

Welcomes

Robert Helmer RTCMP

Acupuncturist & Traditional Chinese Medicine Practitioner

Rob is a master herbalist with over 22 years in the healing art of acupuncture and the complex science of traditional herbalism.

He has taught and published on insomnia, pediatrics, and dermatology based on his clinical experience and research.

He specializes in the treatment of chronic and complex conditions.



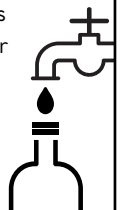
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MOLEHILLS
Lorne Reimer



Forum on wildfire

This just in as this edition goes to press... A Salmon Arm version of Kamloops' well-attended forum on last summer's wildfires is set for 7 pm, April 28 at the Salmar Classic.

Speakers include former and retired Natural Resources Coordinator, Allan Willcocks RPF; Author and environmentalist, Jim Cooperman; and North Shuswap CSR Director, Jay Simpson.

"The goal is to raise awareness of the how and why the fire swept through the community, how the community responded and to provide the recommendations for change in how wildfires are fought in the future.

There's a good chance the Premier's Task Force recommendations will be released by then as well.

There's a youtube video on the Kamloops forum. See "The Shuswap Firestorm Public Policy Forum".

AM PM
A Minute Look at the Past Month

□ A second McDonald's is proposed for near Walmart.
 ■ Shaw Centre is renamed Rogers Rink, due to the Shaw acquisition. ■ Kate Boutillier of Flake Pastry shop is still in the running after six episodes of the *Spring Baking Championship* on the international Food Network. ■ Thomas Hardy and Jasper Edge of Salmon Arm finished second in the Adventure Racing World series in Chile. ■ The original Salmon River bridge, now part of the 10th Ave SW road network, reopened after three months of upgrades. ■ Fred Attfield who served gas at Super Save into his 90s, passed away in March

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Festivities

- > **Homestead Market & Petting Zoo** - 10-3, April 27, Notch Hill. Park, rain or shine.
- > **Earth Day Celebration** - 10-1, April 20, Ross St. Plaza. Sustainability booths, art & art making, stories, talks & music. Official Earth Day, April 22.
- > **Piccadilly Mall** - Repair Cafe, 1-3, April 20 & Air Modellers Show, April 21- 28.
- > **Writers Festival - P.5**
- > **Music Festival - P.8**
- > **Salty Street Fest** - May 11

Arts

- > **Tsrep (tree)** - Exhibition about displacement of Indigenous trees and shrubs in the Shuswap, SA Art Gallery. Opening reception, 11 to 1, April 6. Runs to June 23. Artists include Doris Charest, Linda Franklin, Ellen Gonella, Hop You Haskett, David New, Delores Purdaby, Clea Roddick, Gery Thomas, Mary Thomas . Sara Wiens, plus photos.
- > **Cardiff Miller Art Warehouse** - Open 11-5, Sundays. Interactive art and internationally renowned exhibits in former Ashley store in Enderby.
- > **Courtyard Gallery** - Enderby. April artist Virginia Halper
- > **Shuswap Artist Collective** - hOurspace, 331 4th St. NE, downtown Salmon Arm.

Concerts

- > **Aura Chamber Choir** - 7 pm, April 6, Nexus at First. Bach's Passion according to St. John, featuring tenor Benjamin Butterfield. 45th anniversary concert. All 7 pm, April 7, Trinity United, Vernon.
- > **Jazz Club** - 7 pm, 2nd/4th Thur, Nexus at First. By donation.
- **Gabriel Vizcaino**, April 11. Relocated here from Ecuador.
- **Trilogy**, April 26. Jodi Proznick, Miles Black, Bill Coon
- **Mike Rudd Quartet**, May 9. Juno award winning guitarist.
- > **Steve Dawson & the Hooded Mergansers** - 7:30, April 11. Song Sparrow Hall. Singer/songwriter/producter and multi-layered guitarist. Tix at song-sparrowhall.ca
- > **Delhi2Dublin** - Dance night, 7:30 pm, April 20. Dance to an awesome mash-up of bhangra, Celtic, dub, ragga and electronics. celebrate-shuswap.ca. Photo on front cover
- > **Gordon Lightfoot tribute** 2 pm, April 13, Chase Community Hall, \$15. Reprise of earlier Wildwood Productions show. Concert also returns 5 pm, May 25 at Haney Village amphitheatre.
- > **Bad Moon Riders** - May 3, Salmar Classic. CCR tribute band.
- > **Shuswap Music Festival** - April 8 to May 3, Nexus at First and Pleasant Valley Secondary. Gala 'Best of the Fest' Concert, 7 pm, May 3, Nexus at First. More at shuswapfestival.com & P.8

CONCERTS, cont'd

- > **Carlin Hall concerts** -
 - **Rube & Rake**, April 18
 - **Under the Rocks**, May 25
 - **Plus coffeehouses**, April 6, May 4
- > **Coffeehouses**
 - **Celista & Grindrod**, 1st Fri
 - **Carlin**, 1st Sat • **Gleneden**, 3rd Sat Sunnybrae, 2nd Sat (Metro Gnomes)
 - **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))
- > **SA Community Band** - May 4, Nexus at First. By donation.
- > **Shuswap Singers** - O Frabjous Day!, 2 pm, May 12, Nexus at First. Director John Edry, pianist Bonnie Johnson. By donation.
- > **Roots & Blues** - July 26 to 28. Headliners Sarah McLachlan, Amanda Marshall & Five Alarm Funk. Full list at rootsandblues.ca
- > **Okanagan Symphony - Shift**, narrated by Salmon Arm's Peter Blacklock, 7:30, April 6, Kelowna. Bring on Beethoven, May 12, Vernon

Theatre

- > **Outside Mullingar** - April 26 to May 11, Shuswap Theatre. Tix and info at shuswaptheatre.com and Choose Refill shop. More at shuswaptheatre.com
- > **The Spaghetti Western** - Dinner theatre, 5:30, April 26, 27 & 1:30 April 28, St. Andrews United, Enderby. Fundraiser for McKenzie Camp.
- > **Theatre on the Edge** - June 14 to 16. Stay tuned at totefestival.com
- > **Jesus Christ Superstar** - April 6 - 20, Sagebrush, Kamloops

Sports

- > **Silverbacks / 13**
 - Playoff Series 1 vs. Merritt
 - Home games: 7 pm, Apr. 5; 6 pm, Apr. 6, 12 & 16
 - Merritt games: Apr. 9, 10, 13.
- SportSpot - P. 13

live & dance

- > **Gleneden Hall dance**, 7 pm, April 6. Featuring Sierra. \$15.
- > **Enderby Legion - Rule 857** plays 7 pm, April 6. \$16
- > **Sip Sip hooray**, April 6, Shuswap Lake Estates. Sorrento El. PAC.
- > **SA Legion - Rockin' Horse**, April 13, Dance night away. \$15. **ABBA Euphoria** tribute band, May 31. / p.5
- > **Marionette Winery: Wil & Co.** 7:30, April 19. Tix \$20.
- > **Copper Is.**, Electric Jams with Blind Bay Blues Band, Tuesdays.
- > **Social Square Dancing** - 7:30-9:30, Weds, Fifth Ave. Centre.
- > **Setters Pub**, May 10, Metallica tribute band, 'Master of Justice'.

at the movies

- > **SALMAR GRAND** • salmartheatre.com • April 5 to 11
- **Kung Fu Panda 4.** 2:00, Sat, Sun; 6:40 nightly. A sorceress plans to re-summon all the master villains whom Po has vanquished to the spirit realm. (G)
- **Godzilla vs. Kong: The New Empire.** 1:45, Sat, Sun; 6:40 nightly. The two clash in an epic battle as humans unravel their intertwined origins and connection to Skull Island's mysteries..(PG viol., coarse lang)
- **The First Omen.** 1:30, Sat, Sun; 6:30 nightly. Woman in Rome discovers terrifying conspiracy determined to bring about the birth of evil incarnate (14A violence, frightening scenes)
- **Monkey Man.** 1:30 Sat., Sun, 6:50 nightly. An anonymous young man unleashes a campaign of vengeance against the corrupt leaders who murdered his mother and continue to systemically victimize the poor and powerless.. (14A violence, coarse lang)
- > **SALMAR CLA SSIC**
- **SHUSWAP FILM SOCIETY** • shuswapfilm.net •
- **Shayda** (Australia). 5:00, April 6. Iranian woman and daughter seeks refuge from abusive husband. (PG)
- **The Braid** (France/Can), 5:00, April 13. Weaving together three stories of women's struggles. (PG)
- **One Life** (UK), 5:00, April 19 - 21, pulus 4 pm, April 21. Anthony Hopkins in true story about London broker who rescued 569 Jewish children from the Nazis in months leading up World War 2. (PG)
- **Perfect Days** (Japan), 5:00, April 27. A man who is utterly content with simple life as cleaner of toilets in Tokyo, enjoys his passion for music, books and trees, and more joy from arrival of niece in his life. Rave reviews. (14A)
- **The Old Oak** (UK), 5:00, May 4. Importance of last standing pub in once thriving mining town. (14A)
- **NY MET OPERA** (Live) / P. 7 • **La Rondine**, April 20 • **Roméo et Juliette**, April 27.

city lights

- ▶ **vern** • Details at ticketseller.ca
- Creekside (C)** • **Performing Arts (P)**
- Daniel Champagne**, Apr. 5
- Aura Chamber Choir**, Apr. 6, 7. See above
- John York**, Apr. 7
- A very old man with wings**, Apr. 10 (P)
- Abigail Lapell**, Apr. 12 (P)
- Ron James comedy**, Apr. 13 (P)
- Matt Dusk**, tribute to crooners, Apr. 15 (C)
- Women's U18 National**, Apr. 21-28
- Cicchillitti & Cowan**, Apr. 23 (P)
- Sheri Ulrich Trio**, Apr. 27
- Grant Lawrence & Friends**, Apr. 27
- ▶ **kamloops**
- **Jesus Christ Superstar**, April 6 to 20
- ▶ **kelowna** • **Rock the Lake**, Aug. 9-11
- Jann Arden & Rick Mercer**, May 25
- ▶ **Vancouver**
- Canucks**, Apr. 8, 10, 13, 16
- Taylor Swift**, Dec. 6-8 • **Pink**, Sept. 6-7
- Bruce Springsteen**, Nov.22

Ulrich to perform

Every year Word on the Lake Writers' Festival, bring you top authors in every genre, plus mighty fine entertainment. This year - the 21st now - is no exception.

Early Bird prices end Saturday, April 6. Along with all the workshops and presentations, price includes Café Lit Friday evening. There's also a chance to win a week long Rocky mountain getaway for two at the Wyndham Canmore Resort in Canmore, Alberta. \$20 raffle tickets are at Buckingham Palace, the Book Nook, or PJ's. You do not have to attend the festival to win. It's a dream vacation.

Here are more presenters at the May 17 to 19 event at Prestige Resort and Okanagan College. See full program at wordonthelakewritersfestival.com

■ **David Griffin Brown** is an award-winning short fiction writer and co-author of *Immersion and Emotion: The Two Pillars of Storytelling*. His writing has been published in literary magazines such as *Malahat Review* and *Grain*. He received the Canada Council New Artist grant based on a proposal for his manuscript, *Sleeping Cutie and the Destruction of Southgate Mall*. As the founder and senior editor of *DarlingAxe.com*, David is committed to helping authors bring out their best.

■ **Shari Ulrich**, award-winning songwriter, began writing songs at the end of the reign of The Hometown Band in 1977. Her first song "Feel Good" was a hit and her solo career followed in 1978 with radio hits with "She Remembers", "Bad Bad Girl", "Romeo", "Every Road" and others. She has released nine albums of original material, along with another 16 with collaborations with UHF (Bill Henderson & Roy Forbes) and BTU (Barney Bentall & Tom Taylor) Her work has garnered two Junos, an induction into the BC Entertainment Hall of Fame, and a CFMA award for English Songwriter of the Year. She has been a songwriting educator at UBC and Humber and a long-time champion for writers, hosting and producing *Bluebird North* and *SongBird North* for the Songwriters Association of Canada for 27 years.

■ **S.M. Freedman** is a mystery and thriller author who studied acting in New York and spent a decade as a private investigator on the not-so-mean streets of Vancouver before returning to her first love of writing. Published by Thomas & Mercer and Dundurn Press, she's the author of bestsellers *The Faithful*, *Impact Winter* and *The Day She Died*. Her most recent psychological thriller, *Blood Atonement* about a woman who escapes an isolated religious sect, was selected as a Top 100 Best Books of 2022 by *Globe and Mail*.

Check out other fabulous presenters on the web.

☐ *Kay McCracken* is an author of three books and dedicated promoter of the Shuswap writing community.



Bob Demulder photo



> Shuswap Theatre is busy preparing for opening night of *Outside Mullingar* April 26. This love story, set in rural Ireland, is by turns poetic, uplifting, dark and very funny. Taking a break from working on the set are Wendy Hunter, Ron Brittnell and Laura Demulder. More at shuswaptheatre.com

You're Invited

- > **Memorial for Battle of Vimy Ridge**, 10:30 am, April 9, Salmon Arm Centotah. (April 9-12, 1917) Considered a defining moment in Canada's history. Four divisions of Canadian Corps First army fought against three divisions of the German 6th Army.
- > **Storytellers** 10 am, 1st Tues, library.
- > **SA Council meeting**, 2:30, April 8.
- > **School Board**, 6:00 pm, April 16.
- > **CSRD directors meeting**, 9:30 am, April 17.
- > **Junk in the Trunk Sale**, April 20, Carlin Hall.
- > **CSRD Trunk Sale**, 9-noon, May 4, SA Fairgrounds
- > **Free Income tax program** at Family Centre, 681 Marine Park Dr. In collaboration with Seniors Resource Centre. 10 to 2, Wed. to Sat. through to April 25. No appointment necessary.
- > **Makerspace Repair Cafe**, April 20, Piccadilly
- > **Garden Club**, 7 pm, 4th Tues, 5th Ave 50 Plus. \$2
- > **Photo Arts Demo**, April 13, Piccadilly Mall
- > **5th Ave 55 Plus Centre: Bingo**, 6:30, Fridays, games 6:30; **Pancake Breakfast**, 8-11:30 am, April 14 (\$12) **Spring meeting**, 3:45, April 18. Also 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; Scrabble/other games, Tues, 1:30; Social Bridge Thur, 1pm; Duplicate Bridge Sunday, 1:30; Table Tennis M-W-TH, 8:30-8:30 & more!.
- > **Meditation Midweek Downtown** - 2 Guided meditations and teachings, 7-8 pm, Thursdays, 450 Okanagan Ave SE, (United Church back).
- > **High tea**, May 11, Notch Hill schoolhouse.
- HighTea at Haney Village, 1-3, June 2
- > **National Day of Mourning**, April 28
- > **Haney Village**, Open for season, May 15.

Legion

Salmon Arm Br. 62

- Vimy Ridge Memorial 10:30, April 9, Cenotaph
- Rockin' Horse April 13, dance Classic rock & country \$15
- ABBA Euphoria, May 31

Meat draw & 50/50 Saturday 1-3
Game Night Thursdays
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Book functions at 250.832-3687

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A MATTER OF BALANCE

Whoopie! The motorcycle season is go. I'm usually a bit earlier as I try to complete all the maintenance tasks before it is warm enough to ride and that means cold fingers in the garage but maximum riding time.

Anyone with an old bike, and mine is 38-years-old, knows the constant battle to keep everything hanging together. I knew it needed a front tire and since no one is interested in changing bike tires I have learned how to do it myself. That is only half the story. New tyres need to be balanced or the slight weight imperfections will make them patter and wear unevenly. Most home changers use a couple of ounces of special beads which, according to the manufacturers, automatically and constantly balance the tire from the inside. The problem is I don't believe them.

Tires can be out of balance in two ways. One, not round and two, slightly thicker areas make heavy spots. Either will cause patter, a speed variable vibration and either will cause uneven wear. The beads apparently find their way to the opposite sides and balance the unevenness. My question is how?

I have tried YouTube and most have some extremely iffy science and the manufacturers are completely silent on how beads work. My guess is beads might do a bit to smooth the inside of a tire but as for counterbalancing heavy spots why would they?

When you get your car tires balanced shops invariably use a spinning, computerised machine to dynamically balance all the loads. This is much better than any static balancing method.

Anecdotally, everyone who has beads love them and proclaim their excellence, I have tried them, but remain unconvinced. Sticking weights on the rim seem markedly more positive, so there I am with my homemade balance system tripping over snowdrifts in the backyard when it hits me. I balance my wheels so that a 5 gram weight stuck anywhere will roll to the bottom and without it the wheel will stop in any position. I call that balanced within 5 grams and pat myself on the back. The eureka moment came when I realised that the weights applied only total 25 grams, mostly opposite the valve stem, and 25 grams is still less than 1 ounce. Tires and wheels have got very consistent in the 50 last years. It is probably not worth balancing at all!

I have another bike that will soon need a tire, my plan is to change and balance it noting the weights and positions then run it without anything and see if it patters. I bet it doesn't! Although, because I'll probably be doing that next year, well before the riding season, I may just continue doing it old school - with cold hands and righteous inner warmth.

☐ Barry can be reached at BarryMarshall@gmx.com

REPAIR GUY
Barry Marshall



READING ROOM

by Kristy Smith, Salmon Arm Branch head

Support through book sale

It's that time of the year for the Friends of the Library Book Sale on Friday and Saturday, April 12 and 13 at Salmon Arm Library branch. Support your local libraries and discover great books for all ages. Donations of books, DVD, CD and jigsaw puzzles are being accepted at both Salmon Arm and South Shuswap branches.

This year, Friends of the Library group is celebrating its 25th anniversary. Plans are underway for a spring celebration in Salmon Arm Saturday, May 11 from 1 to 3. There will be food, musical performances, door prizes and a chance to thank the special people who support and fundraise for our library. Mark this day on your calendars and drop in for a cupcake, enter the door prize draw and enjoy the festivities!

Love reading and talking about books? Join our **Salmon Arm Reads Book Club**, 10:30 am, Tuesday, April 9. Explore settings, characters, formats, genres and perspectives that might be outside of your reading norms with our monthly challenge. April challenge: Read a book that was adapted into a movie, then watch the movie. Registration required.

Join Kristy for **Baby Time** on Mondays from 11:30 to noon. This is our joyful FREE early literacy program for babies and toddlers, ages 0-2, and their caregivers. Siblings are welcome too. **Family Story** runs Thursday at 10:30 and Saturday at 3:30, immediately followed by the new **Stay and Play** program. Enjoy time with your children and socialize with other families.

If you love to sing, join the **Family Choir** on Wednesdays.

Are you a Teen who would like to volunteer to read with young buddies to help build reading skills. Contact the library to learn more about **Reading Buddies**.

Here are more programs at the Salmon Arm Branch:

- **Genealogy Meetup** (2nd & 4th Mondays, 10:30-12:30)
- **Odd Socks Knitting Group** (Fridays, 1:30-3:30)
- **Legal Advocate in Residence** (1st Thursdays, 1:30-3:30)
- **Scrabble** (Thursdays, 11 - noon and Saturdays, 1-2)
- **Mother's Circle** (3rd Tuesdays, 10 - noon)
- **Shuswap Storytellers** (1st Tuesdays, 10 - noon)
- **Shuswap Spinners & Weavers** (Tuesdays, 1-3:45 pm)

☐ To view a complete list of events and register for library programs, please visit our online calendar at <https://orl.evanced.info/signup/Calendar> or call 250-832-6161.



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PHONE SCAMS OUT THERE

It is tax season; you know the time of year where you reluctantly send your hard-earned money to Ottawa and Victoria with the hope it will be used in a “responsible” way.

It is also the time of year that you will see more and more emails and phone scams. In fact, there are now a lot of texting scams out there too, so be wary.

It is hard to believe, but there are people out there whose whole goal in life is to use fear to prey on people. Typically, the victims are our elderly who are stuck in their homes and already feeling fearful because of current geo-political events and a media that profits from amplifying all of it.

So, whether it is a promise of monies from a long lost relative, some online cryptocurrency sure thing or a threat that you owe monies for tax; you must be on your guard.

Remember these people are experienced con artists who use fear to pressure you into giving them your personal information. With phone scams they will even change their Caller ID to make it look like it is someone legitimate including Canada Revenue. In all cases, do not ever give this information over



MALL ARKEY
Daron Mayes

the phone or email! Here are a few things to be aware of when it comes to a Canada Revenue Agency (CRA) scam:

- CRA won't ask for information about your passport, health card, or driver's license;
- CRA won't use aggressive language or threaten you with arrest or sending the police;
- CRA won't demand immediate payment by interac e-transfer or prepaid gift cards;
- CRA won't send an email with a link and ask you to divulge personal or financial information;
- CRA won't send an email with a link to your refund;
- CRA won't request payments by prepaid credit cards, gift cards or Interac e-transfer;

Unfortunately, there is a lot of this sort of thing going around and it continues to happen because the “bad guys” are clearly tripping up enough individuals to make it worth their while.

When in doubt question if what is being asked or demanded is reasonable or why is there pressure to do something immediately. If you receive one of these calls or emails, hang up the phone or delete the email right away and check with someone you trust.

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

Builder workshop

The Community Energy Association along with BC Hydro and CleanBC are hosting a free one-day session April 5 at Prestige Resort for builders, developers and city planners called “Future-Proofing Construction in the Thompson-Okanagan”.

It will include presentations on Energy Step Code and Zero Carbon Step Code to support new construction. Breakfast and lunch are included

Tickets are at Eventbrite.ca



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Two romantic operas in April

April brings two stories of love in the HD Live from the Met series—one the classic Shakespeare love story set in Verona, Italy, and the other a more modern tale set in Paris and France in the 1920's. Interesting to compare the women in these two worlds and their relative freedom to choose their life and the consequences.



CLASSICAL VIBE
Gabriele Klein

“La Rondine” by Giacomo Puccini screens live at 9:55 am, April 20 at the Salmar Classic. Soprano Angel Blue is the elegant Parisian courtesan Magda, with tenor Jonathan Tetelman as the idealistic young man offering an alternative to her life of excess. On the podium to conduct is Speranza Scappucci. This bittersweet love story is the least-known of the mature Puccini's works and did not find a permanent place in the repertoire. Each of the three acts evokes a different aspect of French life, as well as a different take on the nature of love.

The following Saturday, April 27 will feature “Roméo et Juliette” by Charles Gounod. Sparks fly as soprano Nadine Sierra and tenor Benjamin Bernheim come together as the star-crossed lovers of Gounod's Shakespeare adaptation. Yannick Nézet Séguin conducts the Met orchestra. Shakespeare's story is filled with some of the best-known images in literature: young lovers on a balcony, bathed in moonlight as they express their newfound passion; a secret wedding that flies in the face of longstanding familial strife; a desperate plan to be together in spite of hatred and exile; and a tragic finale.

Gounod's music offers a thrilling, rapturous, and heart-breaking counterpart to Shakespeare's transcendent poetry. “Roméo et Juliette” is an excellent example of French Romanticism. In the darker and more violent side of the story, the music creates drama without resorting to bombast. For the story's more light-hearted moments, Gounod supplies buoyant melodies that add musical and dramatic texture to the tragedy. Tissue alert! ■



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* GIC rates as of April 2, 2024, subject to change without notice. Certain minimums and conditions may apply.

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

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THIS WEEK



THE ADJUDICATORS



Left to right:

- **Winston Noren**, vocal/ choral
Mount Royal Conservatory
- **Dr. Wendy Zander**, bands.
Brandon School of Music
- **Sandra Joy Friesen**, piano
International performer
- **Chris Sandvoss**, Strings.
Director Conservatory Sinfonia

Festival adds days and a new category

The annual Shuswap Music Festival will extend a week longer this month from April 8 to May 3.

Adjudicated performances in Strings (April 8-10), Vocal (April 15-18), Choral (April 15), and Piano (April 22-25) will be at Nexus at First Community Church in downtown Salmon Arm.

Band (April 23-25) performances will take place at Pleasant Valley Secondary School in Armstrong.

A new category of "String Orchestras" performs Monday, April 8 at 6 pm on the Nexus stage.

Choirs are scheduled for Monday, April 15 with school choirs performing in the morning and community and adult choirs performing that evening at 6 pm.

An evening of Piano ensembles will be especially enjoyable, featuring duets and 2-piano-8-hands at 6 pm, Wednesday, April 24. Everyone is welcome.

Admission to the adjudicated sessions is by donation.

The must-see Gala Concert, featuring the best of the fest will take place 7 pm, Friday, May 3 at Nexus at First. Admission is \$10 / person or \$20/family.

To find out more information and read the programs online, go to the festival website at www.ShuswapFestival.com



Encouraging Young Musicians **23** FESTIVAL

SHUSWAP MUSIC Festival

April 8th - May 3rd 2024

Adjudicated Performances

at Nexus

Vocal • April 15-18 Choral • April 15
Piano • April 22-25 Strings • April 8-10

at Pleasant Valley Secondary School

Band • April 23-25

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Fri. May 3, 2024 • 7 pm

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Everyone Welcome

Info Online
ShuswapFestival.com

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A. McGuirer

■ April 1st, 2024* * Read with care and humour



■ A handyman Special, featuring basketball hoop and rain protected hammock! In this week's *A. McGuirer* real estate section.

Treble clef, street to go Pink

Recording artist Pink will sing and trapeze her way over Alexander Street in mid-April.

Downtown Salmon Arm's iconic treble clef was chosen as the backdrop for the singer's new video, *Keys of Life*.

The superstar's stunning acrobatic skills will be on full display as she cavorts around the treble clef and swings over an entire block of Alexander from Lakeshore to Hudson.

The towering orange treble clef will be repainted bold pink for the video as will the street's pavement. The colour pink was stipulated by the Pink management team as part of the agreement with Downtown Salmon Arm before going ahead with the shoot. The treble clef and street are planned to remain pink all summer.

A few shop owners balked at the idea of a pink streetscape. "We'll be the laughing stock," said Harold Doorman, owner of Shuswap Socks n' Shoes. However, it's widely believed the video will draw two million additional tourists this summer, particularly rabid Pink fans.



Publicity from the planned video shoot also drew the attention of Netflix. Talks are underway to turn the serial novella, *325 Alex*, into a multi-episode drama series.

This will involve closing Alexander Street during shoot days, and erecting a facade of the four-storey 325 Alex building on the alleyway between Weekdays Bistro and Shuswap Pie & Muffin Incorporated.

Local residents will get to play extras in the series, simply by strolling up and down the street. Vancouver actor Seth Rougen has expressed interest in both acting in and adapting the serial novella, written by local author, Shone Canary.



Pink on trapeze at arena concert; pink treble clef; and 325 Alex facade for TV series.

'325 Alex': Episode 3 of 32

Henry Block woke groaning to his alarm blaring the Star Wars theme. He'd had two hours of sleep. Little Maggie next door was teething and she was not happy about it.

Consequently, no one else at 325 Alex Street was happy about it either. Were that not bad enough, before Maggie's howls had pierced the night, he'd been tossing and turning over Susanne.

He wasn't ashamed to admit he'd spied on her. He'd turned the lights out in his



apartment and sat staring out his window to see who picked her up for that date. He was delighted when, at 6:25 she walked out of the building alone. Unfortunately, at 6:29 he saw her in front of the Salmar embracing Nic from the pie place. It was just a friendly hug, Henry'd decided, but when the movie let out, they'd emerged holding hands and five minutes later Henry had heard their laughter on the stairs.

As he poured hot water into his French press, there was a thump on his ceiling, likely Artemis the cat knocking things over.

He ate breakfast wondering when Susanne's new neighbour would be moving in, and pondered whether they were brave or just stupid to rent that suite.

■ First two episodes of Shawn Bird's serial are reprinted in this issue's bonus pages at FriAM.ca

When he left for work, a jovial voice called from the stairwell, "Hello, Henry!" Henry scowled at Nic. He didn't want to think about why he was still in their building nor why he was in such a good mood.

Nic grinned as they descended together, "You!"

"Excuse me?"

Nic waved down the hall to the second floor suites. "Susanne was telling me last night about how entertaining she find you! I had no idea."

Henry froze on the step as Nic pushed cheerily out onto Alex Street.

He wanted Susanne to find him attractive, considerate, fascinating.

Entertaining.

That didn't sound good at all.

INNOVATION CENTRE

I am about to engage in some shameless self promotion here and I hope it might give you an understanding of one of our “centre’s of learning” here in Salmon Arm that seems to fly under the radar.

This is about the very colourful building at 220 Shuswap. that looks like a rubics cube known as the “innovation centre”. Many folks I’ve talked to about Makerspace in the Innovation Centre have never heard of it, or at least know very little.

After an in depth feasibility study the innovation centre was launched in 2018 powered by SASCU and SAEDS (Salmon Arm Economic Development Society). During this launch the “Makerspace” was created in the basement of the building and over time various tools and equipment were purchased and/or donated to create a well stocked wood and tool shop.

A “Makerspace” is based on the premise of a sharing economy and serves a diverse market from youth to seniors and hobbyists to inventors. Makerspace provides access to shared equipment, knowledge and expertise.

In addition to wood working in the traditional sense, we have a laser cutter, CNC routing machine, metal lathe and various electronic equipment, 3D printing and robotics. This space is open to the public and after appropriate courses and certification members are welcome to use this equipment to their comfort level.

There is a fee of course. This can be in the form of a yearly or monthly membership or a simple drop-in fee. The main area of focus in using this equipment is safety, particularly in using tools like table saws, lathes, chop saws and planers where injuries can occur. With proper instruction these machines are all safe to use.

We encourage the participation of young people and ladies who may feel that wood working may not be for them. If heavy wood working machines are not for you there is the lazer cutter and the CNC router machine that can do marvellous things if you are computer inclined.

On the upper floors of the innovation centre you will find available shared space where a desk/table and chair provides a place to work and access to office facilities and other folks with whom you may choose to network and share ideas. It is through these contacts that great things may be revealed to you. You may also be able to help someone who is struggling with an idea. In addition to shared space there are a few anchor tenants who rent office space. These may be lawyers, accountants or entrepreneurs who take advantage of the facilities available.

For those of you who may not know (shameless) I am one of the instructors at the maker space. I specialize in wood working projects and have been a member almost since the beginning. I offer projects that I feel will be build able by the novice but also offer a challenge to experienced wood workers. Over the years my students have built many folding Adirondack lawn chairs, convertible step stool/ child’s bench and bird houses etc.. I am very proud of their accomplishments.

If you or someone you know may be interested please Google “Salmon Arm Maker Space” or call 250.833 0608. You may also simply drop in and one of the ladies will be glad to fill you in or give you a tour. ■

□ Ed Campbell is an active senior and regular columnist.

MY TWO
CENTS



Ed Campbell

Mexico’s digital nomads face backlash

By Duncan Morris

Since the advent of the pandemic, working remotely from anywhere became a 21st century phenomena, ushering in a whole suite of cultural as well as economic possibilities for the newly emerging ‘digital nomads’ and expats.

By embracing this revolution, the Mexico City government claim a whopping \$523.4

million USD in 2021 alone (representing 15 per cent of total tourism). The influx of “Western” foreign nomads has taken advantage of the lower cost of living while simultaneously creating the gentrification of many areas of the downtown core. This ‘boon’ to their economy, celebrated by the business owners and local governments, is not shared by a growing number of disgruntled residents.

The average service and labour worker receives \$260 pesos a day (\$20.80 CAD) and must now travel up to two hours to find accommodation that fit their budget. This backlash against gentrification and the arrival of digital nomads has spread from Mexico city to Guadalajara and it’s sentiment is being felt throughout Mexico wherever desirable locations are being populated by air BnB gentrification. An organised left-wing group called GAG (Anti Gentrification Group) has been quietly placing posters in upmarket Colonia Americana settlements telling the expats they are not wanted and to “go back to your country and fight for your own liberty”. This feeling does not represent the majority of Mexicans who are generally very kind and courteous toward western foreigners – more so than the frosty welcome given to the majority of Mexican itinerant farm workers that the USA and Canada rely on for their agriculture production.

If we continue at our current rate to expand our gentrification footprint in Mexico’s cities and towns - we must learn to tread softly (and generously).

□ Read more: (How Do Digital Nomads Affect Mexico’s Economy?) <https://www.bloomberglia.com/english/how-do-digital-nomads-affect-mexicos-economy>



Bravos

Contributed:

> BRAVO

TO Wally and Ron for cleaning up the channel of water under the Harbour-front Drive walkway across the foreshore marshland. Among other refuse they fished out were Styro-foam packing material and a skateboard!
~ Judith B.

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Time to start FireSmart

The recent Wildfire Mitigation presentation by Salmon Arm Fire Department highlighted many valuable tools and tips to prepare for the upcoming fire season.

Local experts reviewed various facets of wildfire mitigation, including land jurisdiction, large incident response protocols, fire smarting, and other fire preventions from local groups and businesses.

The presentation was also offered online and the recording is available on the City's website. It will change the steps I take to reduce the risk to my home and my neighbours' homes in the event of a wildfire.

Salmon Arm is 155 square kilometres - 7.5 belonging to the city, 60 tp Crownlands and the balance private. This demonstrates a shared responsibility. The Fire Department has four full-time staff and 80 paid on call volunteers. Their main responsibility is structure fire, but they work in close partnership with First Nations, the CSRD, Shuswap Emergency Program and BC Wildfire in the event of a major incident. We have four well equipped fire halls as well as access to four structure protection units.

NOTES FROM THE MARGIN



Louise Wallace Richmond

Wildfire is a reality of life in BC. It's a natural part of the ecosystem. That said, there are important steps to minimize the risk. Adopting fire smart principles by following simple, preventative steps is critical to reducing impact and makes a difference.

Presenters provided an overview of how to start the process from setting up a consultation with FireSmart Representatives (LFRs) to working with your neighbourhood to become a recognized FireSmart one as was done in South Canoe.

The key is to minimize the risk of ignition from debris and combustibles near your home including what and where you plant in your yard.

While we cannot control a storm or a lightning strike, we can minimize the risk of ignition from an ember. Fire needs heat, oxygen and fuel to spread. The more fuel removed - the better and safer we all are.

For more information, visit firesmart-bc.ca or contact the fire department to set up a home consultation. ■

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

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PLEASE BE AWARE:
There have been more than one incident in the past two weeks and more over winter, of unattended wooden pallets being used in ways that can be harmful to businesses and people. Please be aware of all items left outside your business, especially overnight. Whenever possible, bring inside any item that is combustible, or that could otherwise be used with unapproved intent. By minimizing access to these items, we are enhancing the collective safety for the downtown community.
~ Notice circulated to Downtown businesses

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WEATHER SYNOPSIS



Sunny Saturday and Sunday. High +15 to low -2. Chance of rain Mon
Normal: 12C to 0C
Extremes since 1991:
18.2: 2004 • -5.4: 2023
Sunrise 6:27 • Sunset 7:34

Past Temps, Mar. 20 to April 2
By weatherman Nick Parsons
SW Gleneden, 458 m (119 m above lake):

DATE	HIGH	LOW	PRECIP.
Mar. 20	+14	+4	Trace rn
Mar. 21	+13	+1	
Mar. 22	+12	-2	
Mar. 23	+12	-3	

DATE	HIGH	LOW	PRECIP.
Mar. 24	+12	-2	
Mar. 25	+12	-3	
Mar. 26	+10	1	Trace rn.
Mar. 27	+7	0	1/4" rn
Mar. 28	+11	+1	0
Mar. 29	+10	+2	5/16" rn
Mar. 30	+10	-2	
Mar. 31	+11	-1	
April 1	+17	+1	
April 2	+17	+5	

MARCH: Av. mean high: 8.9 C
 Av. mean low: 1.9C
 Total Precipitation: 1 11/16"

NICK'S NOTES

Lake rise started early this year in March from winter low, most likely due to decent winter rains and early warmth. By Mar. 26 a rise of 12 inches was measured at the Wharf, about three weeks ahead of normal. Without the high and low elevation lower than normal snowpacks, a very slow lake rise can be anticipated. It is unlikely the lake will reach the level of 2019 but there is some hope on the horizon with the dissipation of El Nino weather pattern to a more normal La Nina giving a cooler wetter summer in Western Canada. Decent spring rains can be expected in April and May according to North American Climatologists. Let's hope this will happen.

PASSAGES

LEGACY LIVES ON
shuswaphospitalfoundation.org
shuswapfoundation.ca

Bowers Funeral Services
bowersfuneralservice.com

- ❖ James Eliason
March 23, 2024, at age 86
11 am, April 13, Shuswap Community Church
- ❖ Reginald 'Reg' Ayre
March 18, 2024
- ❖ Faye Keehn
March 22, 2024, at age 71
- ❖ David Hutchison
March 26, 2024, at age 55
1 pm, April 6, Elks Hall
- ❖ Gudmund 'Bill' Sorensen
March 9, 2024, at age 91
7 pm, May 11, Sicamous
- ❖ Joyce Aubert
February 25, 2024, at age 91
1:30, April 6, Deo Lutheran
- ❖ Francine Byron
February 25, 2024, at age 51
4 pm, April 6, Eagle River Sec
- ❖ James 'Jim' Steele
March 16, 2024, at age 75

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fischersfuneralservices.com

- ❖ Ross Leroy Chester (2023)
1-4, May 25, Canoe Seniors
- ❖ Hans Joachim Adam (2023)
2 pm, Apr. 13, Cedar Hts.
- ❖ Helen 'Gladys' Dyer
March 21, 2024, at age 79
- ❖ Arthur Nicholas Lipscomb
March 26, 2024, at age 74

- ❖ Hank Harder
1 pm, April 13, Lakeside Ch.
- ❖ Shirley Margaret Ball
March 25, 2024, at age 74
- ❖ Frances Dianne Price
March 23, 2024, at age 72
- ❖ Douglas James Agnew
March 16, 2024, at age 68
- ❖ Catherine Teresa Brookes
March 17, 2024, at age 85
- ❖ Eero Lisakki 'Eric' Makela
March 19, 2024, at age 87
- ❖ Spencer Craig McIvor
March 17, 2024, at age 62
- ❖ Margaret Alvina Pinyon
March 31, 2024, at age 90
1 pm, April 13, Carlin Hall
- ❖ Frances Dianne Price
March 23, 2024, at age 72
- ❖ Claude Joseph Cyril Roy
July 13, Salmon Arm
- ❖ Paul Ernest Sutton
March 28, 2024, at age 72
- ❖ Clifford Allen Popp
February 29, 2023
12:30-4, April 13, Canoe Srs.
- ❖ Louis Gossett, 87, actor
- ❖ Lou Conter, 102, last survivor of sinking of USS Arizona
- ❖ Joe Flaherty, 82, comic actor
- ❖ Juan Perez, 114, oldest living man since 2022.

> SPORT SPOT

> SILVERBACKS

PLAYOFFS SERIES 1

Centennials vs. Silverbacks

SA: 7pm, Apr. 5 • 6 pm, Apr. 6
 6 pm, Apr. 12 & Apr. 15
 MERRITT: 7pm, Apr. 9 & Apr. 10
 7 pm, Apr. 13

Other Series: Vernon vs Trail

West Kelowna vs Cranbrook
 Penticton vs. Prince George
 Surrey vs. Cowichan
 Victoria vs. Nanaimo
 Alberni vs. Coquitlam
 Chilliwack vs. Langley

March scores (won 8 of 10)

Mar.1: SA 5, Merritt 2

Mar.2: Trail 4, SA 1

Mar. 8: SA 1, Cranbrook 0

Mar. 9: SA 2, Cranbrook 1

Mar. 15: SA 4, Trail 1

Mar. 16: SA 5, Coquitlam 2

Mar. 23: SA 2, Penticton 1

Mar. 24: SA 7, Merritt 3

Mar. 29: SA 3, Cranbrook 1

Mar. 30: Trail 4, SA 2

Standings at end of Season

SA 33 W • 17 L • 3 SOL • 71 pts
 Penticton 82 • W. Kelowna 77
 • SA 71 • Vernon 68 • Trail 62
 • Merritt 50 • Cranbrook 43
 • Prince George 35



Sept. 10 to 14

> Sign up to volunteer at bcseniorgames.net/sa2024/VolunteerModule/register

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

SA Fairgrounds. Details on Facebook at "Salmon Arm Demolition Derby 2.0"

> TENNIS, book indoor courts at clubsparks.ca

> SALTY DOG, May 12.

REGISTER FOR PADDLING SEASON

The Shuswap Rowing and Paddling Club (SRPC) celebrates its 20th anniversary this year. It offers dragon boating, outrigger canoeing and rowing with a mission to encourage a healthy, happy lifestyle and to build a stronger community through paddling and rowing activities.

While paddlers remained resilient, programs are still recovering from the years of Covid. The 2023 season had 73 paddlers registered in the two programs. Paddlers are encouraged to register early for the 2024 season and the club is excited to invite new members who wish to learn and participate in these healthy non-motorized sports on our fabulous and beautiful Shuswap Lake.

This season paddling activities are offered at two locations: the wharf in Salmon Arm and at Canoe Beach. We will have an information tent set up at the Salty Street Fest on May 11.

A Paddling Open House is planned the weekend of May 25 and 26, and the 18th Shuswap Dragon Boat Festival is set for June 15, both at Marine Park and wharf.

In September the club is supporting the dragon boat races in the 55+ BC Games, an important part of the BC sport system and the largest annual multi-sport event in BC.

Next month's column will focus on and introduce you to the Outrigger Canoe program. To learn more, visit shuswaprowingandpaddling.com or our Facebook page 'shuswaprowingandpaddling'.

~ Ted Crouch, Outrigger Canoe Paddler, SRPC Director / Registrar



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Self-Regulation

Self-regulation refers to how you manage your emotions, behaviors and thoughts/impulses. Thinking before reacting. The more self-aware you are, the easier this becomes. If you can recognize what you're feeling and why, you can respond appropriately. Self-regulation also involves the ability to rebound from disappointment and to act in a way consistent with your values. It is one of the five key components of emotional intelligence. Here are some of its qualities:

- Act in accordance with their values
- Calm themselves when upset
- Cheer themselves when feeling down
- Maintain open communication
- Persist through difficult times
- Put forth their best effort
- Remain flexible and adapting to situations
- See the good in others
- Stay clear about their intentions
- Take control of situations when necessary
- View challenges as opportunities

Self-regulation allows you to act in accordance with your deeply held values and express yourself appropriately. If you value academic achievement, it will allow you to study instead of slack off before a test. If you value helping others, it will allow you to help a coworker, even if you are on a tight deadline yourself. Tools to improve your self-regulation:

- **Pausing Before Responding:** Give yourself time to stop and think before replying. This could be as simple allowing for a 20-second pause so that your feelings get out of the way of your thoughts.
 - **Take a step back:** It's often better to take a walk, drink some water or call a friend than make a snap judgment or send a scathing email.
 - **Recognize your emotions:** Try jotting down your feeling and what caused distress and start identifying patterns. The next time a similar situation occurs, you'll be better positioned to handle it in a positive way. Acknowledge your emotions and give yourself time to process, then you can craft how you respond and avoid doing anything that could jeopardize the goodwill you've worked hard to build.
- ☐ Full article at verywellmind.com and follow links.
Contact CMHA Shuswap-Revelstoke by calling (250)832-8477 or email: info.sr@cmha.bc.ca

Mental Health Matters
Denise Butler

Summer heat - here we go again!

It's going to be a hot summer. I tried to find a few forecasts that were the same, but I gave up on that after a while. Some say hot and dry, some say hot and wet, some say normal. Whatever.

What we do know here is that summer can bring very hot days and fairly hot days. What many of us do not know are easy ways to keep cooler in the coming heat.

I write of this every spring. So here is my 2024 rant. Some of this is repeated because it needs to be heard.

Number one: Exposed skin will not make you cooler in the heat. If you cover that skin with a light covering of natural fiber fabric, you can decrease the temperature on the skin by 10 to 15 per cent.

If temperature on your skin without coverage is 32 C, covering with a light cotton shirt will decrease skin temperature about 25 to 28 C. That is doable.

If you cover up with polyester or a knit (t-shirt), that skin temperature can INCREASE about 20 per cent. So if air on your skin is registering 32 C, a polyester or knit shirt can increase that up to 43 C. That's not doable... For this reason, T-shirts are one of the worst things you can wear in the summer. Period.

From the National Collaborating Centre for Environmental Health (<http://www.nceeh.ca/content/clothing>): "People wearing polyester fibres in hot environments tend to have higher body temperatures, sweat more and experience greater discomfort than those wearing cotton or wool."

Higher body temperatures increase heart rate and blood pressure."

Now, take this information and apply it to bed sheets and sleeping clothing. You will sleep better with long-sleeved, long-legged lightweight cotton (or linen, or silk) PJ's and in cotton sheets, than in anything else. And your sheets will stay a lot cleaner, too, you won't be soaking

them every night with body sweat.

You can reduce the perceived temperature of your environment by using eye tricks. Use a blue glass for water. Add some blue to your environment - fake

flowers, some blue cushions, blue sheets, and a blue tablecloth. Wear blue clothing. When this is posted on the website, I'll put in my favorite pictures of the same room with blue or red walls. This shows how colour impacts our perception of temperature. Of course, most people won't paint walls just for summer, but the compass orientation of a room should be considered when choosing paint.

Some other favorite heat-busters:

Use a neckerchief thing with water-soaked beads. These really do work to cool body temperature. Or at least perception.

Keep the air moving through your home. Warm air moving will feel cooler. This means that shutting the windows and pulling the drapes is not necessarily a good way to cool a room.

Sure, pull the drapes but leave the windows open, leave the drapes open a bit, and get two fans to move that air around. (One pointed into the room, one pointed out.)

An FYI is that blackout curtains alone can reduce the temperature in a room by 20 degrees. Lots of options are available for blackout add-ons to existing drapery.

Solar film is an excellent way to reduce the heat in your home and at a decent cost without air conditioning. Just film alone can make a 20-degree difference from 12 inches outside the window to 12 inches inside. I was installing drapery in a window with this film, and the homeowner told me they had checked, and were actually getting 30 degrees difference.

So, get ready, get prepared, and happy summer! ■

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WORD SEARCH **Events in the month of April**

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 X V I M Y R I D G E P E R S T Y A D H T R A E
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 W J D A E T S E M O H E L A K G N H S O L I F
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 N N V O M T R I L O G Y X V I Z C A I N O L G
 N J F N D G U A I R M O D E L L E R S L K A Z
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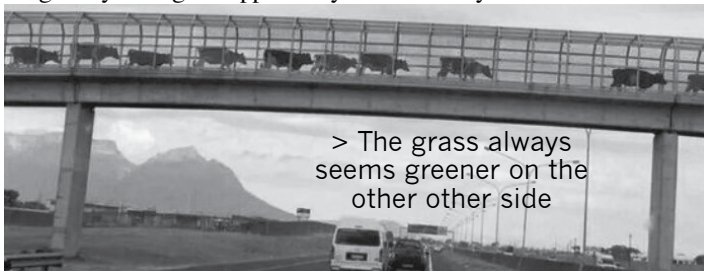
> Earth day, Repair cafe, Music festival, Air modellers, Aura, Vizcaino, Trilogy, Dawson, Mergansers, DelhiDublin, Rube Rake, Mullingar, Spaghetti Western, Silverbacks, Homestead, Tsrep, Cardiff, Ulrich, coffeehouses, Wil, Panda, Godzilla, Kong, Perfect Days, Lightfoot, RCAF, Vimy Ridge, Income tax, Rogers rink

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

> "If we all lived our lives by what people thought of us during high school, we wouldn't leave the house"
 > "Beware of any Christian movement that demands the government be an instrument of God's wrath, but never a source of God's mercy, generosity and compassion." ~ Rev. Benjamm Ceaser
 > "Do not regret growing older. It is a privilege denied to many."
 > "Socialism without capitalism leads to communism; Capitalism without socialism leads to fascism."

FUNNY BONE

> A twist to practice of asking a band to perform for exposure and beer: "Looking for a pub to support fir3ee beer at our music fstival weekend. We can't pay you anything, but the musicians will play your favourite songs for you. A great opportunity to showcase your beer!"



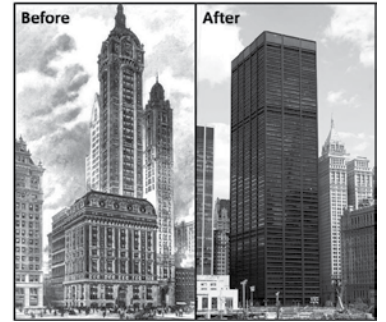
> The grass always seems greener on the other other side

POP QUIZ

> What was the best group, single and album at the Juno awards?
 Best Album - 99 Nights, Carlotte Cardin
 < Best Group - Beaches; Best Single - Greedy, Tate McRae

PICTURE THIS

> Progress? The Singer building in Manhattan in 1969 was demolished in 1969 to make way for the building on the right that looks rather like the box the original building came in.



> Happiness is something you create.



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MEASURING THE LAKE

For seven years Nick Parsons has faithfully recorded rise and fall of Shuswap Lake. He passes along his measurements to *Friday AM*, along with the week's temperatures and precipitation.



"When we first arrived in Salmon Arm ten years ago, I was fascinated with the differential of spring, summer and winter lake levels," said Parsons, "but there were no visual recordings for these seasonal happenings."

Nick Parsons, next to his new sign

"I figured out a simple way to measure the lake height which also gave me a sense of purpose in my new surroundings," explained the retired farmer who continues to grow a large vegetable garden in Gleneden that produces tons of donations to Second Harvest Food Bank.

He also erected what he calls "a rather primitive maximum lake level signs" near the boat basin showing levels from 2017. The signs have gathered interest with both locals and visitors and are added to yearly during June.

"Measurements have been within one inch, give or take the odd lake ripple," he said.

Back in November, Parsons proposed to Council to erect a sign on the wharf about his findings. A thumbs up was given with wording agreeable to City staff. An 18" x 12" sign was designed by Hucul Printing, paid for by Parsons as a citizen's initiative, and now posted on the railing overlooking his measurement signs. ■

□ See weather update and Nick's Notes / P.13

RICHARD'S PICK OF THE WEEK

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AM

Blog Post

Friday SALMON
All Month ARM

FROM FACEBOOK DAILY POSTINGS

'325 Alex': Episode 1 of 32

Artemis gazed from her cat tree in suite 401 of 325 Alex Street. From here, she could see all. Lorne was walking with a stack of his weekly newspaper, his wheaten-poodle cross Lexi following at his heels. He entered the pie shop.

The apartment door rattled. "Susanne! You won't believe it!"

Artemis ignored it.

Lorne emerged and glanced up. He saw Artemis watching and waved. She appreciated those who knew how to honour the superiority of cats.

Lexi did not look up. Dogs rarely did, unless they were trying to catch a ball.

The apartment door rattled again. Artemis jumped off her perch, hissing.

"Come on, Susanne! Open up! I've got news!" It was Henry, who lived below them in 301.

He knocked, waited, and then muttered. "Damn. I guess you're not there."

Artemis heard steps in the hall, and then, "Oh! There you are!"

"Hi, Henry. Let me get my groceries in."

Susanne pushed open the door, puffing from the stairs. "The landlord needs to fix that elevator," she said.

Artemis began to weave between her legs, covering Susanne with the scent of belonging.

Susanne stumbled into the kitchen. She set her cloth Askew's bags on the counter and leaned down to pick up the cat. "Silly girl," she murmured into her fur.

"What did you want Henry?"

"They've rented #402!"

Susanne blinked. "They can't rent #402. It's unethical." Apparently they disclosed everything. They're giving him a rent deduction."

"I wouldn't live there for free." She shuddered.

"How long do you think they'll last?"

"A month?"

"Ten bucks says two weeks."

"Deal." They shook.

"Poor sap," said Henry.

Artemis yowled her agreement

□ **Episode 2 over to next column**

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



Shawn Bird,
local author
of serial
'325 Alex'

'325 Alex': Episode 2 of 32

Susanne yawned as she stood in the café line alternately admiring the pies in the case and contemplating the menu board above the counter. The baby on the third floor had been crying all night.

"The usual?" Nic said, when she was finally at the front. "Quiche and coffee, two cream, one sugar?"

Susanne laughed. "Yeah, perfect."

"I hear you have a new neighbour coming," he said as he punched in the order. "I thought they'd never be able to rent that unit."

"Me, neither," she said, taking the coffee.

She sat at a table, facing the street, sipping. A tall young man with a pencil thin moustache swept the street with earnest focus.

She saw Henry, her downstairs neighbour, and pulled into the corner, hoping he wouldn't look this way.

The marquee across the road announced the film society showings. She checked her phone to read about the options, thinking she could use a distraction.

Nic set the quiche on the table. "Listen, I wonder if you'd like to see a movie?" he gave a nod to the marquee. "Tonight's looks good."

Susanne nodded, "I was thinking I'd like to see it. Yes."

As she ate her quiche, a text came in: Henry inviting her to the same movie.

"Sorry Got a date," she typed back.

She shut off the phone and put it in her pocket. She didn't want to know Henry's reaction. She stood up.

Nic looked up from washing a table. "I'll meet you out front at 6:30!"

She nodded and stepped onto Alex Street, wondering how long she could hide before she had to deal with this trouble. ■

□ **Episode 3 on page 5 of April All Month issue**



eh?/em!

Blog Post

No Friday AM
March 29

Friday SALMON
All Month ARM

March 26, 2024 • 1st posting of day • FriAM.ca

AM



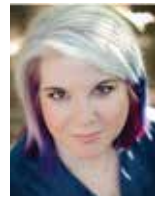
GRAND DAD'S
Braggers corner

> I believe my grandson Logan, 12, has the makings of an artist. Another granddad brag: Sofia turns three this Good Friday!



What happens at **325 Alex** stays in the pages of Friday AM

■ Episode 3 of 32 in April All Month on April 5. Serial by **Shawn Bird**



Children's Festival Society dissolves, assets available to non-profit groups

The Canada Day Children's Festival Society voted unanimously at its recent AGM to dissolve the Society. After providing residents with over 15 years of Canada Day celebrations the core group is now retiring.

The festival was cancelled 2020 thru 2022 due to Covid restrictions and subsequent attempts to recruit new members and or interested groups in taking over the popular festival have not been successful.

Any cash will be donated to the Shuswap Community Foundation to support funds for

children and youth in Salmon Arm and surrounding communities; while the assets will be given to other non-profit local organizations. The Society is asking groups interested in receiving some of the assets to submit a letter to shuswapdaycare@telus.net.

Deadline for letters of interest is April 22.

Some of item available include a 20-foot sea-can, two large entertainment tents, a large shade tent, numerous 10X10 pop up tents, bouncy house, bouncy pirate slide, many carnival games, assorted prizes, foldable picnic tables, Canada Day items, arts & craft supplies.



Looking to the future

Maycee gets the hang of her new skateboard on Easter Sunday. This precious 11-year-old granddaughter has another ten or more years to enjoy her youth. The sign behind her reminds me that I have to think of the next five or so years of my senior years covering the Salmon Arm community with Friday AM. I would love to make this an even better paper into the future, but with me doing what I do best, and others to take on cooperative style ownership and divvy out the tasks.

Let the discussion begin. Please post or email your thoughts and vision on a truly local community print/web paper going forward the best it can be.

eh?/em!

Blog Post

March 22 Friday
AM is now out!

Friday SALMON
All Month ARM

March 22, 2024 • 1st posting of day • FriAM.ca



> Sign at entrance to casino. Why is there even need to be a sign?

MOLEHILLS

Lorne Reimer



Town at night

Yesterday I wrote an upbeat post on enjoying dropping papers off during the day.

I have to say, I do not always get the same feeling at night.

When I left papers at McDonald's I saw a man swearing the 'f' word at the staff at the counter. Two well dressed men nearby were arguing with each other.

On the other end of town, between the Salmar Grand and Shuswap Theatre, there were two intoxicated individuals yelling. Apparently, there have been fires set in the alleyway along Shuswap Theatre. There was an earlier fire that actually closed the movie theatre for a few days.

I listened to my car radio. about the happiness survey. Canada placed 15th among happiest nations, but 58th in the under 30 age group.

I believe this is overall a kind and happy community, but something is happening, and I'm not sure what it is.



> A semi lies on its side off a straight stretch of the highway between 97B junction and Canoe.

> A local resident witnessed and took photos of a verbal and physical assault of this homeless man in Blackburn Park. His possessions were then strewn on the ground. The assailant then drove off in his truck. The incident was reported and photos given to the police.



eh?/em!

Blog Post

No March 29
Friday AM

Friday SALMON
All Month ARM

March 29, 2024 • 1st posting of day • FriAM.ca

> There are a growing number of newbies in Salmon Arm, and there are unique things that every person, once they make the wise decision to live here, should know. Here are two of the customs and lore - the Salmon Arm hand shake and the face on Mountain Bastion.

What Newbies need to know

1. Salmon Arm handshake



> These two demonstrate the **Salmon Arm handshake** involving slapping each other's forearms, much like mating salmon do.. There's actually a cool story behind these two dudes. Matt of Abbotsford, formerly of Salmon Arm, and Brandon of Salmon Arm, formerly of Vernon, met at a little girl's third birthday party on Good Friday and discovered they are first cousins who had not seen each other in 19 years. This is why this small city with big ideas is sometimes known as Serendipity Salmon Arm

2. Face on Mt. Bastion



> The late Goldie Denise Wilson shows in the best way possible the face on Mountain Bastion with her own face. Often the face is referred as that of a long ago Indian chief. Goldie was a well loved and inspiring resident of Salmon Arm who sadly passed away from cancer in October 2022. Remember this image of Goldie next time you're at Canoe Beach and you will always see the face.

☐ [Email fridayam@shaw.ca](mailto:fridayam@shaw.ca) for other customs.

Black Press Media concludes transition of ownership

Hyperlocal news network Black Press Media completed its sale Monday (March 25), following the formerly announced corporate restructuring.

The sale comes as the company wraps up its creditor protection process in the B.C. Supreme Court and its related U.S. proceedings.

The company will remain Canadian-controlled, with its head office based in Surrey, British Columbia.

The ownership group includes Canadian institutional investors Canso Investment Counsel and Deans Knight Capital Management, as well as local media company Carpenter Media

Group.

Black Press Media intends to continue serving as the go-to source for local news – online and in print – by operating its 80-plus local news publications and various customer solutions services within Canada. The media company employs roughly 1,200 employees between its Canadian and U.S. divisions.

“Black Press is dedicated to serving communities with the best hyperlocal journalism, available 24/7 and produced by passionate journalists living in those communities,” said Glenn Rogers, chief executive officer of Black Press. “With our strong financial position and the support

of our new Canadian-controlled ownership group, Black Press readers and advertisers can count on us to continue delivering the quality journalism and advertising solutions that we are known for.”

Carpenter Media Group, formerly Carpenter Newsmedia, operates leading community news publications in southern United States, including Texas, Louisiana, Mississippi, North Carolina, Tennessee, Georgia, Virginia and Kentucky. Carpenter publishes titles such as the Bowling Green Daily News in Kentucky and the Port Arthur News in Texas.

“Canso, Deans Knight and Carpenter res-

olutely support the vital role that effective journalists, newspapers and digital news organizations play in thriving communities, and we are committed to ensuring our publications continue to play that essential part in the communities we serve,” Todd Carpenter, chairman of Carpenter Media Group, said on behalf of the new owners.

Black Press Media was founded in 1975. Today, its print audience reaches more than 4.5 million readers across Canada and the U.S., and publishes 150 daily and weekly newspapers, magazines and websites. Readership across the network exceeds 19 million users per month.

The word is ‘hyperlocal’, truth is something else

I learned a new word today: “hyperlocal”. From the Web: “The term hyperlocal is typically used when describing a very small area that is much smaller than what is usually considered local. If a community is termed as hyperlocal, it simply means that it is a well-defined group.”

“Hyperlocal” was used twice in The Observer’s news release to pitch in the most positive spin possible about the corporate restructuring of Black Press by two financial companies and a Mississippi-based media group, referred in the release as “local media company Carpenter Media Group.” It goes on to say that Carpenter Media Group

operates leading community news publications in southern United States, including Texas, Louisiana, Mississippi, North Carolina, Tennessee, Georgia, Virginia and Kentucky. I may be just a small town bumpkin reporter in the Shuswap, but how can our local paper print a release saying it was purchased by a “local media company” that is in the business of informing a population that mostly believes the 2020 election was stolen from Trump? It doesn’t sound to me that its readers are well informed. The release does assure that the Black Press papers will remain Canadian controlled from its head office in Surrey.

Why do people do such things?

Every time one turns around some hateful person comes up with another heinous way to express himself. The other day a niece and scholar of Haida language and culture led a public zoom lecture attended by a roomful of people at Simon Fraser.

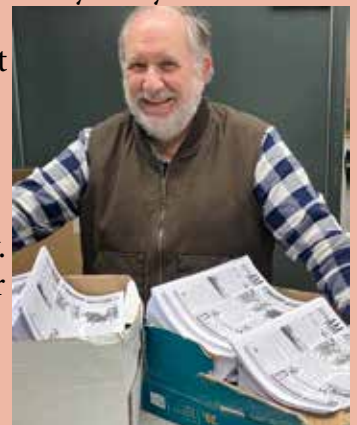
Suddenly some twisted individual hacked into the zoom presentation and proceeded to say terrible racist things and show disturbing and disgusting images. The person hacked the host status of the moderator and it could not be easily stopped. Those in the room and everyone else watching on zoom were in shock. The University plans on taking action, released a statement, and is investigating it as a serious offence. Says JasKwaan in her post about the incident, “I returned to the room and after a cleansing song offered kindly by Dr. Peter Jacobs I finished my presentation in love, care and yahgudang for those physically present, as well as to the knowledge and people I represented in my talk. I want to extend that same love and care to those impacted by the event who were watching virtually.”

papering the town

On the road again. It’s time for Todd, Yenny, Maycee and I to paper

the town. Best part about delivering are the little conversations along the way. One old timer was telling me just now about neighbours up

and down the valley over the years. “Every time they got broke,” he said, “they’d sell another piece of dirt until all they had left was their chicken barn.”



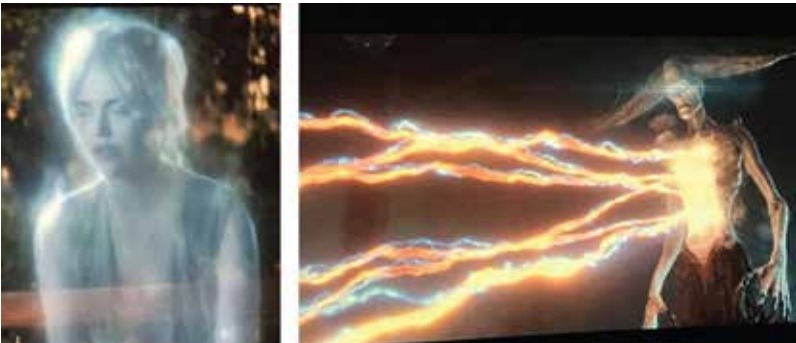
View of the city

I like the excitement of visiting big cities once in a while with all the skyscrapers, skytrains and unique sights, but am always happy to be back in Salmon Arm where a skyscraper is six storeys and one of the tallest is a bright orange treble clef.

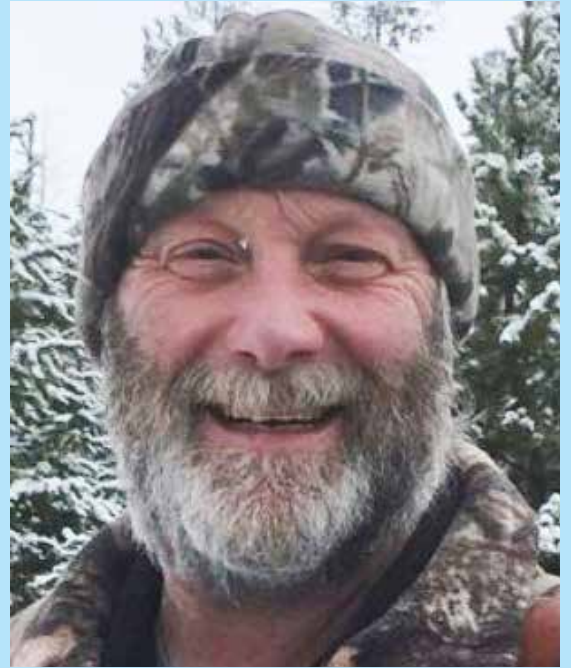
Of course when you think of it, the tallest big city skyscraper is dwarfed sitting next to our Mt. Bastion or Mt. Ida. Also, did you ever notice when you return to Salmon Arm from a visit to the coast when you drive around Kault Hill at night, it looks like your driving into a big city. All the houses stacked up the hillside from lake level to 400 feet up appear a little like skyscrapers at night.

It's a funny warm feeling to leave the excitement of the big city and know what looks like a big city ahead is actually the familiar small city you love.

It's a little risky to take a photo from Kault Hill with all the rock blasting underway, but I've never actually seen an image of that view of Salmon Arm at night. I have a feeling that this view will be even more spectacular after all the crushed rock is cleared away.



> Just saw the Ghostbusters sequel with Maycee.. Besides quite entertaining, we learned ghosts are much like regular folks., There's the friendly ones you can play chess with, and some not so friendly ready to blow up the planet, or at least Manhattan



Farewell to another good neighbour

It's so special how one's good neighbours feel like family over time. Earlier this year, Roy and Marlene, great neighbours over the back fence of my former home in Sherwood Forest, both passed within a few months of each other, both from cancer.

This past Tuesday, another neighbour, David Hutchison - first neighbours over the side yard fence, passed away, also with cancer, at the tender age of 55. I never took up fishing, but I could enjoy fishing vicariously through David's stories. He was a good dad to his son, David Jr., and also a fine woodworker.

A celebration of his life is planned for 1 pm, April 6 at the Elks Hall.

Silly dreams

The silly part about sleeping in on a Saturday morning are the particularly colourful dreams that finally convince you this is ridiculous, it's time to get up. This morning I was dreaming about sitting around the dinner table with my daughter's family, and suddenly Sofia crying after a mosquito buzzing around the kitchen decides to bite her.

Then Maycee goes off about how much she hates mosquitos. So for whatever reason, I concoct this story about how not all mosquitos are out for blood. I told the kids about this family of mosquitos that left home one morning without the sweets that their mom always packed for them.

The mom was quite concerned about this, so she gathered up the tiny bags of sweets and set off looking for her kids. I explained to Maycee and Sofia that this mommy was not looking to bite anyone. All she was interested in was finding her kids. So there's that.

While I'm thinking perhaps there's a children's book out there I could write about a loving mosquito mom, I believe that was the day my daughters phoned each other up about finding a home to look after their aged dad. And then I awoke.

Ch-ch-ch-changes

We are blessed with our children, then give them wings to go their own ways. For added

great blessings, they often give us grandchildren. And of course, grandchildren go where their parents go. Sad to say, won't see as much of granddaughters come summer as the family starts a new chapter in Alberta.



A Good Friday for Sofia's 3rd Birthday

> Sofia methodically opens all her gifts, and get a few tips from big sister on riding off on her new bike. A gorgeous cheese cake by Irene Vis. Big smiles from baby sister Aubrey

REMEMBERING ALWAYS..



❖ Anna Hyde, born 101 years ago, March 23, 1923



- ❖ Elsie Reimer, 6 years ago, March 21, 2018, at age 91 Playing with Maycee
- ❖ Erdmen Reimer, 32 years ago, April, 1992 at age 71 With Chelsea & Angela, a month before his passing
- ❖ Pictured with my Grandma, dining on the most wholesome buns and soup on our living planet