

THE GRADUATES / P.7-17



June

AM

ALL MONTH

MID-JUNE EVENTS



> Mid-June events (Photos from above left): Jesse Clarke tribute concert • Peter Paul Van Camp • ToTE Festival • Dragon Boat Festival • PLUS.. Demo Derby • Father's Day • Pioneer Day • Kids Fishing Derby / P.4, 18

> Ralph Owens and Lois Angle light the torch, marking 100 days to the BC 55 Plus Games, from Sept. 10 to 14.

▼ WHAT'S ON ■ Online: www.FriAM.ca ▶ 250.833.1141 ▶ June 13, 2024 • No. 1343 • FREE

Festivities
Art & Film
Concerts
Theatre
Sports **4,5**



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DILEMMA OF THE HEART STAYING CONNECTED

Climate activist Greta Thunberg doesn't fly in airplanes. She takes trains or boats. I've been thinking about this since I read a *Guardian* article about the despair of the planet's top climate scientists—their fear, and their frustration.

I read the article in an airplane, doing what Thunberg, and others, refuse to do. I was flying the roughly 3,500 km from my Victoria home to visit grandchildren in Ontario. I teared up as I read the story, because of the bleak emotions of the scientists.

And I felt caught in the bind that so many are caught in, especially in Canada with our vast



distances where overland travel is time consuming. I wanted to visit my family, and flying to Ontario was the easier option. But now I was part of the problem contributing to climate change.

While composing this column, I checked: could I have done what Thunberg did, and travelled on the ground by public transit? Yes, it would have been possible. Google Maps showed two options combining bus and train travel,

through the United States, which could get me there in three days and eight hours of travel. And, even though Google Maps didn't show it, a longer route, staying totally in Canada, is also possible.

The scientists surveyed by *The Guardian* were frustrated and fearful. They're frustrated because they feel they aren't getting through to people. We're not taking the action we need to take to avert the worst possible scenario—greater than 3 degrees C of global warming. As one said, the world is failing to act with anything like the urgency needed.

And they are afraid, because they foresee a "harrowing" fu-

ture of famines, mass migration, and conflict. One scientist was quoted as saying, "I'm relieved I do not have children, knowing what the future holds."

When I was in Ontario I asked my daughter if my 11-year-old grandson feels angst about the future. "Doesn't everybody?" was her reply. I remember how I was at 11, full of excitement for the coming independence of adulthood. Young people today are approaching theirs with fear, in a world of instability and huge uncertainty.

How to stay connected with far away family and friends—it's a dilemma. If I take the scientists' warnings seriously, my family visits in the future will be primarily by video. And if I want to visit in person, I'll set aside the time to travel overland, and enjoy the trip.
 ☐ Sarah Weaver works actively on environmental issues and posts her blog 'Coast Lines' at linesfromthecoast.blogspot.com

In honour of World Elder Abuse Awareness Day - June 15

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250-572-6391 <https://bccrns.ca/bccrnsnetwork/salmon-arm-crn> crn@safesociety.ca

FRIDAY AM
 NO. 1343

June 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.



Robert's Pick of the Week

2022 EQUINOX LT
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PAGE 3

AM

JUNE ALL MONTH

MOLEHILLS

Lorne Reimer

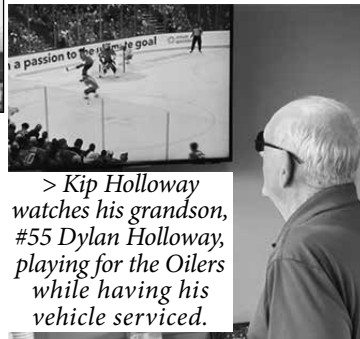


Go Canada (Oilers)

Flames, Leaf, Canuck and Canadian fans give your heads a shake and put your feelings aside.

The Oilers are Canada's first chance in over 31 years to play for the Stanley Cup.

I was actually in Edmonton on the Sunday when the Oilers won the series against Dallas. Now the northernmost NHL team is duking it out with the southernmost team. Fellow Canadians, let's get behind our best chance.



> Kip Holloway watches his grandson, #55 Dylan Holloway, playing for the Oilers while having his vehicle serviced.

to win back the Cup that Lord Stanley bestowed to Canada back in 1893. It's only right.. Go Canada's Oilers... Go!

> And speaking of pride, check out the Grad section, P. 7 to 17.

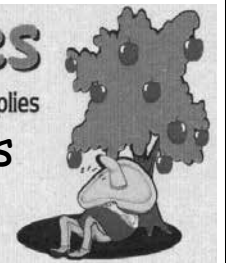
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2 years	5.87%	Down 14%
3 years	4.68%	Down 12%
4 years	4.35%	Down 22%
5 years	4.25%	Down 34%

* GIC rates as of June 11, 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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> Congratulations Lawrence Williams on his lifetime membership at SA Legion



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Festivities

- > **25th Kids Fishing Derby** - June 16. Register from 6 am. Also Father Day & Family Fishing weekend. Also Pioneer Day at Haney Village.
- > **Pioneer Day** - 10-4, June 16, Father's Day, Haney Village
- > **SAS Grad ceremony** - June 26, SAS Sullivan. Section. / P. 7-9
- > **Gathering Together Festival** - 4-8, June 27, Ross plaza. Celebrating th cultural diversity of the Shuswap. Food and live entertainment.
- > **Summer starts** - June 20.
- > **Canada Day** - Sat. July 1. Blind Bay, Sicamous, Enderby, Salmon Arm events.
- > **Grindrod Days** - July 20, 21

Arts

- > **Tsrep (tree)** - Exhibition about displacement of Indigenous trees and shrubs in the Shuswap, SA Art Gallery. On to June 23. Doris Charrest, Linda Franklin, Ellen Gonella, Hop You Haskett, David New, De-lores Purdaby, Clea Roddick, Gery Thomas, Mary Thomas and Sara Wiens. Submit works 24"x24" for exhibit running July 6 to Aug. 31.
- > **Cardiff Miller Art Warehouse** - Open 11-6 weekends. New exhibits added. Enderby, former Ashley store.
- > **Courtyard Gallery** - Frieda Martin & potter Al Scott.
- > **Quilts in the Village** - 10-4, July 13, Haney Village.

Concerts

- > **SAS dance recital** - 6 pm, June 12, 13, SAS Sullivan Theatre.
- > **Jazz Club - Chris Petterson Quartet**, 7 pm, June 13, Nexus at First • **Jazz/ burger Nights**, July 11 & Aug. 29, Haney Village.
- > **Jesse Clark tribute** - Fund-raiser in memory of Jesse Clark, 7 pm, June 15, Nexus at First. Featuring Steph Clifford, Mike Shaver, Jake Verburg, Don Clark & more. \$20 suggested donation. Proceeds toward promotion and release of his music.
- > **Peter Paul Van Camp & Mark Wonneck** - 7 pm, June 14, First Community (4th St. ent). Delightful poet right out of the 19th century, plus half of Douglas Bros folk duo. Hosted by *Friday AM*. By donation. Peter Paul Van Camp at ToTE Festival tent, 1:40, June 15.
- > **Cello celebration** - 7 pm, June 17, Broadview Church
- > **Andrew Grose** - Comedy, 7:30, June 20, Salmar Classic
- > **Music in the Bay lineup** - Starting June 27 in Blind Bay:

live & dance

- > **SA Legion** - Music Lab, June 22
- > Tribute to Women recording stars, plus Totally Petty, July 6
- > **Canooligans, Canoe** • Bandidos, June 30 • Drag Show, 8:30, June 22.
- > **Copper Island**. Electric Jams with Blind Bay Blues Band, Tuesdays.
- > **Barley Station** - Steve Jevine, 7 pm, June 19, 20.
- > **The Hub**, Scotch Creek. Open Mic Sundays • Daveton Jones Trio, 14th • LoOps, 15th, Karaoke 19th, 29th • Jody Evans 21st • Evan Wilds 24th • Liz Blair Project 28th • Friday Live: Rockin' Mix, 28th; Ben Klick, July 5
- **Marionette Winery** - The Chorogues, June 20.
- **Urban Studio**, Rancho - Petal to the Metal, 7 pm, June 27

- Headway, Ben Klick, Serious Dogs, Paisley Groove, Elton tribute, Shawn Lightfoot, Paperboys, Latin Lovers, Concerned Citizens, Hayley Wallis.
- > **WOW concert series** - 6:45 Wed. on the Wharf. By donation.
- Ben Klick**, July 3 • **Francis Baptiste**, July 10 • **Kayla Williams & Yacht Daddies**, July 17 • **BuenRos-tro**, July 24 (Roots & Blues) • **Jeremy Kneeshaw & JK Band**, July 31 • **En Karma** (Bhangra / Bollywood), Aug. 7 • **Dawn Pemberton**, Aug. 14 • **Josh & Bex**, Aug. 21 • **Hayley Wallis**, Aug. 28 • **Mini Pow Wow**, 4 pm, Aug. 28
- > **Eagle Bay Music cafe** - June 22, featuring Stephenson Trio
- > **Roots & Blues** - July 26 to 28. Headliners Sarah McLachlan, Amanda Marshall & Five Alarm Funk. Full list at rootsandblues.ca
- > **Hawksley Workman** - Nov. 3, Song Sparrow Hall. Tix at rootsandblues.ca
- > **Good Lovelies** - Nov. 9, Song Sparrow Hall.
- > **Armstrong Metal Fest** - July 12-14 ArmstrongMetalFest.ca.
- > **Sicamous concerts** - Mondays, July 8 to Aug. 12.

Theatre

- > **Theatre on the Edge** - June 14-16. 7 plays in 3 days, plus live music under the tent, 1 to 4 pm, June 15. totefestival.com
- *June Bug*, 2 pm, 15th, 16th
- *Playing Fields*, 4 & 6 pm, 15th
- *Storytelling*, 4:45, 14th
- *What Next?*, 11:30, 15th
- *How do you get here?*, 4 pm, 16th
- *Deafy*, 6:15 & 8:15, 14th
- *Plan B*, 8:15, 15th
- *Big Yellow Tent*, 1-4, 15th
- > **Murder Mystery** - June 13-15. Reserve 250.832.5243. Haney Dinner theatre, July 14 to Aug. 25.
- > **The Bear & the Proposal** - July 9- Aug. 5, Caravan Farm
- > **The Mousetrap Auditions** - Agatha Christie play is first of 24/25 Shuswap Theatre season.. Noon to 3:30, June 23 & 7-9 pm, June 24, 25.

Sports

- > **Dragon Boat Festival** - June 15, Marine Park. / P.18
- > **Demolition Derby** - June 15, 16, Fairgrounds. Plus Swap meet
- > **55+ BC Games** - Sept., 10 to 14, Salmon Arm. 55plusbcgames.org/salmonarm 2,000 participants, needing 1000 local volunteers
- > **Roller Disco** - 7-9 pm, June 22, Chase arena.
- ☐ SportSpot - P. 21

at the movies

SALMAR GRAND • salmartheatre.com • June 14 to 20 shows:

- *Furiosa* ends Thur., June 13; *Bad Boys*, *Garfield Movie* & *The Watchers* continue; *Inside Out* opens
- **Inside Out 2**. 2:00 Sat, Sun; 6:40 nightly. A renovated headquarters returns to the mind of newly minted teenager Riley featuring departments 'Anxiety', 'Joy', 'Sadness', 'disgust' and 'fear'. (G)
- **The Garfield Movie**. 1:45 Sat., Sun; 6:40 nightly. Garfield and his canine friend Odie are forced from their pampered life into joining Garfield's long lost street wise dad in a high-stakes heist. (G)
- **Bad Boys: Ride or Die**. 1:30 Sat, Sun; 6:50 nightly. Bad Boys are back with edge-of-your seat action and outrageous comedy but this time with a twist. (14A violence, coarse lang)
- **The Watchers**. 1:30, Sat, Sun; 6:40 nightly. Woman is unknowingly trapped alongside three strangers who are watched and stalked by mysterious creatures. (14A, frightening scenes)

> SALMAR CLASSIC

■ **Film Society** • shuswapfilm.net • *Back in September*

☐ **Important notice:** After extensive study, Salmar board will cease operation of the Classic and concentrate all activities on the Salmar Grand. Send Expressions of interest on use of the building by Sept. 15 to submissions@salmartheatre.com

> **STARLIGHT DRIVE-IN** starlightdrivein.ca • June 14, 15, 16 *Double Feature*

- *Inside Out 2*, 9:00 (G) and *Kingdom of the Planet of the Apes*, 11:15 (PG)

city lights

- ▶ **vernion** • Details at ticketseller.ca
- Creekside* (C) • *Performing Arts* (P)
- This is Me** (Musical) (Powerhouse)
- Night at the Museum**, June 15, 20 (P)
- Becoming: Gymnastics Journey**, June 22 (P)
- Ballet Recital**, June 23 (P)
- Abra Cadabra**, July 13 • **Eagles Trib**, Sept. 20 (P)
- Joel Plaskett**, Sept. 23 (C)
- Ron Sexsmith**, May 11 (P)
- ▶ **kelowna** • **Rock the Lake**, Aug. 9-11
Tom Cochrane, Our Lady Peace, 54-40, Theory of a Dead Man, Texas King, Daughtry, Hoobastank..
- ▶ **Penticton**
Come from Away, Sept. 24, 25 • **FloRida**, Sept. 5
Clint Black, June 14 • **Paula Abdul**, Sept. 28
- ▶ **Vancouver**
Rolling Stones, July 5. Yes, the Stones.
Taylor Swift, Dec. 6-8 • **Pink**, Sept. 6-7
Bruce Springsteen, Nov.22

FOR BENEFIT OF ALL

By Ed Parent, owner of Critters

As a proud resident of our small city and owner of Critters Pet Store the past 30 years, I want to emphasize the vital role that locally owned and operated stores play in our community. While big box conglomerates and online retailers dominate the market, it's essential to recognize the unique benefits of supporting local businesses.

The small business economy has been extremely challenging for the past several years. Covid changed a lot of buying habits. More online shopping, less visits to local stores. This creates a vicious cycle - as less brick and mortar shopping means less dollars for local stores to invest in inventory. This means less options to purchase in the local stores. For many of us small businesses, we really need the support of local communities to stay in business by having our community shop locally rather than ordering in from online sources.

Here are several reasons why local businesses are vital and essential to local economies:

■ **Local Businesses Stimulate Local Economies.**

When we shop locally, we reinvest money back into our community. Unlike large chain stores that often receive tax breaks, local businesses contribute directly to our local government through taxes. These funds are then used to improve schools, infrastructure and public services.

■ **Reduce Carbon Footprint.** Local businesses tend to make more local purchases, resulting in less transportation. By shopping at neighborhood stores, we reduce pollution, congestion and environmental impact associated with long supply chains.

■ **Create More Jobs.** Small businesses are the backbone of the economy, providing employment for our neighbors, contributing to economic growth and stability. We help sustain livelihoods within our community.

■ **Give Back to Local Communities.** Local business owners are engaged members of our community. They actively support local charities and causes, creating a positive cycle of giving back. In fact, small businesses donate 250 per cent more to local nonprofits than large corporations. Our store has enthusiastically supported the BCSPCA, Shuswap Paws Rescue Society, Shuswap Hospice, the local Legion, many schools and local sports teams as well as many other local charities.

■ **Better Customer Service!** When you walk into a neighborhood store, you are often greeted by familiar faces who genuinely care about your needs, and if you are a regular, they will often recognize, remember, and anticipate your needs. That personal touch simply isn't possible in an impersonal, online transaction.

■ **Nurture Innovation and Growth.** Small businesses adapt to local preferences, introduce unique products, and foster a sense of community. By supporting small businesses, we encourage diversity and resilience in our local economy.

Behind every local business is a dreamer- a passionate entrepreneur who took risks to build something meaningful. When we shop locally, we celebrate and sustain these dreams!

Let's celebrate the heart and soul of our town! By shopping locally, we invest in our future and create a vibrant, thriving community for our friends and families live, work and shop in! Shop local, please! ■

Walk in our shoes: Syrian Stories

There's an opportunity to hear some of the stories of the treacherous journeys that led Syrian families to escape war and find hope and a new home in the Shuswap. It is also a chance to help a family with a child with a rare medical condition in critical need of surgery.

Dr. Brian Ayotte, a key organizer of local efforts to host Syrian immigrants, said a top Vancouver surgeon has agreed to do the surgery.

A fundraiser event is planned for 7 to 9 pm, June 19 at St. Joseph's Church to feature stories by local Syrian refugees as well as offering Syrian sweets and refreshments. Admission is by donation with tax receipts for \$20 donations or more.

The week after on June 27, the annual Gathering Together event takes place at Ross plaza. ■



You're Invited

• **Shuswap Food Action Society AGM** and Summer Solstice Potluck, 5:30, June 19, Log building. To nominate info@shuswapfood.ca

• **Meditation Mid-week Downtown** - 7-8 pm, Thursdays, 450 Okanagan Ave SE, (United Church back).

• **Soul Sister Empowerment festival** - June 29 - July 1, Sicamous


• **Secwepemc Lakes Indian Days**, June 21, 22, Chase. Neskonlith Pow Wow & Stick-game tournament

• **SA Council**, 2:30, June 24 • **CSRD** 9:30 am, June 20 • **School District**, 6 pm, June 18

• **Spa Alp Barn Dinner & Dance**, night of fun & dancing, 6 to 1 am, July 6, 3019 Watson, SA. Food by S'wichcraft. Tix at spaalpequines/td@gmail.com

• **Community Shred Party**, 10 to 1, June 22, H&R block parking lot shore. Funder raiser for Children's Association.

• **Gathering Together** (Multicultural Festival), 4-8, June 27, Ross Plaza. Hosted by Shuswap Immigrant Services Society. Free.



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THEATRE ON THE EDGE

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2024 JUNE 14 - 15 - 16

Pay What You Decide !

FRIDAY JUNE 14
SHUSWAP THEATRE (41 HUDSON AVE NE)
 4:45 PM - WELCOME & STSEPTÉKWLL - KENTHEN THOMAS
 6:15 PM - DEAFY - FOLLOW THE SIGNS THEATRE
 8:15 PM - DEAFY - FOLLOW THE SIGNS THEATRE
 9:00 PM - ARTIST TALK BACK

SATURDAY JUNE 15
SALMON ARM ARTS CENTRE BIG YELLOW TENT
 1:00 - 4:00 PM - HOSTED BY DAVID IVAN NEIL

SHUSWAP THEATRE (41 HUDSON AVE NE)
 2:00 PM - JUNE BUG - RAGAMUFFIN PRODUCTIONS

JACKSON HIGH SCHOOL FIELD (14TH ST NE)
 4:00 PM - PLAYING FIELDS - THE CHOP
 6:00 PM - PLAYING FIELDS - THE CHOP
 7:00 - ARTIST TALK BACK

SHUSWAP THEATRE (41 HUDSON AVE)
 8:15 PM - PLAN B - LAUGHING GAS IMPROV

SUNDAY JUNE 16
SALMON ARM ART GALLERY (70 HUDSON AVE NE)
 11:30 AM-1:30 PM - WORKSHOP:
 COMMUNITY CONVERSATION

SHUSWAP THEATRE (41 HUDSON AVE NE)
 2:00 PM - JUNE BUG - RAGAMUFFIN PRODUCTIONS
 3:00 PM - ARTIST TALK BACK
 4:00PM - HOW DID YOU GET HERE? - RUNAWAY MOON
 6:00PM - WIND UP PARTY

Senior sock challenge

About two years ago I discovered I was getting old. Obviously, the numbers tell the truth, but it came as a shock. As a result of falling into the clutches of the medical profession, a group of people of whom I have the greatest respect, but would rather not spend any time with, I met some knowledgeable people.

One of them made me walk briskly up and down a corridor to check my general fitness. I am pleased to say I managed exactly what a person of my age should do. I was smug until I asked what someone 10 years younger should achieve. Not for the first time I wish I'd kept my mouth shut!

We went on to discuss a range of everyday actions that I had not even thought about including stairs, sitting, standing from a chair and putting on my socks. What possible bearing could how I dress have on anything? It appears that at a certain level of decrepitude one always sits to put on socks, and I had unwittingly fallen into the category.

Clearly, it might be possible to train hard and achieve some balletic grace when sitting or standing. It might even be possible to develop Ninja skills for leaping a staircase without hanging on to the handrail

REPAIR GUY

Barry Marshall



but that would involve some sort of public training regime and the associated admission of need.

Surely putting on my socks without sitting or leaning was easily achievable.

I can tell you that the lowly single goal I set that day and which I practice at least twice a day was not easily achievable. After two years I can now dress myself without the assistance of a chair or wall. I feel equal measures of pride in recovering the balance necessary and shame that I lost it and did not notice.

That I should even be addressing this is an annoyance to me, but this minor success has raised further questions. What is possible? And recognizing that there are more possibilities than impossibilities is the point of putting your socks on standing up. ■

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

□ *And by the way... socks, don't forget the buddy system when hopping into the dryer!*



READING ROOM

by Elisha Ramstad, public services librarian, SA Branch

SUMMER READING

As summer slowly approaches us in the Shuswap, and the school year is soon coming to a close, we are excited to announce **Summer Reading Club** will be starting up again.

Head on down to your local library branch from June 17 on to pick up your summer reading club trackers. There are two options for your school-aged children for ages 0-5 age and 6-12. Each tracker will include stickers, challenges, prizes and fun.

Track each day you read (or listen to audiobooks!) throughout the summer. After seven days, treat yourself to a sticker. When you complete your record at the end of the summer, make sure to bring it to your local library to receive a medal, and a very big smile and word of congratulations from your library staff.

Are you over 12 years old, but still want to join in on the fun? No problem. We also have summer reading challenges for teens! I know what you're thinking: Why do kids get all the fun? Not to worry! We have reading trackers and challenges for adults too! We have reading, challenges, prizes and fun for all ages.

Looking for a break from the heat, and a chance to develop early literacy and speech skills with your babies? Join us for **Baby Time** in the cool of the Salmon Arm library on 11:30 to noon Mondays. Bond with your baby (and other babies) and socialize with other parents and caregivers. Recommended for newborns to two years. Siblings are always welcome.

Cannot get enough of that summer sunshine? On Saturday, June 29 from 9:30 to 10 am, bring a lawn chair to the Ross Street Plaza, and enjoy a special **Farmer's Market story time**. This event is sponsored by the Downtown Association.

On Tuesday, June 4th, Salmon Arm library is hosting a **Climate Reads**. Shuswap Climate Action Society book club will meet from 6:30 to 7:30 pm in the meeting room. Everyone is welcome to join and add to the conversation. If you are interested in learning more about climate change, its causes, and solutions, this book club meeting is for you!

Enjoy movies? The kick-off for the **Salmon Arm Film Club** happens 6 to 7:30 pm, June 18 at the Salmon Arm branch. Explore Okanagan Regional Library's free, online movie collection with Kanopy, and then gather together to discuss these classic movies from the American Film Institute's top 100 list. The **Film Club** will meet once a month.

Remember to visit your local library branch on or after June 17 to start your summer of reading and fun!



South Shuswap library branch highlights -

- **Two computer stations** available with free Wifi.
- **Children's programs:** Party in the Park, 10 to noon. June 19, Sorrento Blind Bay Park • Summer Reading Club - World of Curiosities. June 17 to Sept. 7 • Lego.
- **Adult programs: Puzzle Exchange.** Bring one take one. No need to check out • **Garden Club tours** - Sue Kerr 250-835-2351 • **Seed Library.** Take a package or three and get growing. Return a few seeds to add to collection after harvest. • **Page Turners Book Club**, 10 am, 1st Thursdays • **Knitting Circle**, 10 am, 1st/3rd Fridays • **LASS Cyber Seniors Computer Tutoring.** More at info@shuswapliteracy.ca
- What programs would you like to see in your library? Email us at southshuswap@orl.bc.ca with your suggestions.
- **Join Friends of the Library.** Only \$5 a year.

□ Check out website at www.orl.bc.ca for more details.

Auditions

Agatha Christie's

THE MOUSETRAP

June 23 12:00 pm

June 24 & 25 7:00 pm

Details at
shuswaptheatre.com

Rehearsals start Sept. 5

SHUSWAP'S Class of 2024



SAS Secondary photo

12-PAGE PULLOUT

> Here is the proud graduating class of 2024 on this pivotal moment in their lives prepared for the future ahead! This section salutes some 560 grads from six secondary schools across the Shuswap and North Okanagan. Congratulations to them all on reaching this milestone!

SALMON ARM SECONDARY

1st row

- > Mackenzie Aitken
- Taylor Alexy
- Evan Archer
- Emily Armstrong
- Krystyna Baginski
- Austin Baker
- Julia Baker
- Vanessa Blakewell

2nd row

- > Matteo Banman
- Riley Barke
- Maliq Barnard
- Daniel Barrera
- Fernandez
- Kaden Baum
- Koda Beaton
- Makayla Beattie
- Kaden Beck

3rd row

- > Mariah Beckman-Henry
- Ayla Beitel
- Levi Bentley
- Joshua Berg
- Declan Berukoff
- Seth Blackburn
- Jasmine Blacklock
- > Mathew Blacklock

plus > Storefront > Eagle River > A.L. Fortune > King's > PVSSs > Chase > 14-17

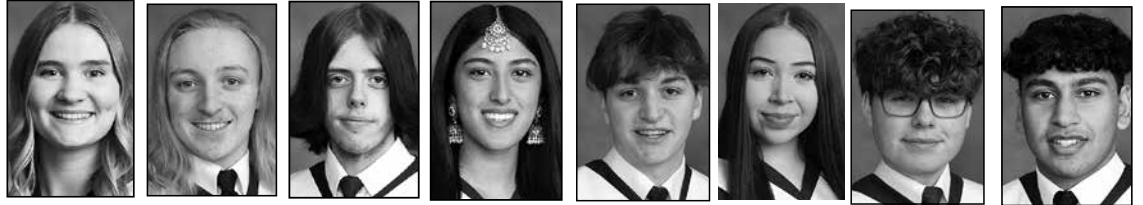
1st row

> Kaitlynn Bonneau
Jonathan Breugem
Estelle Broadwell
Hazel Brooks
Devin Brough
Myatta Bullock
Emily Burgi
Samantha Byers



2nd row

> Makayla Cadden
Jordan Cadrin
Coda Caouette
Aradhana Cardiff Miller
Lynn Cavanagh
Elail Celesta
Jackson Chappell
Manraj Chhokar



3rd row

> Cayl Cooper
Jasmine Coubrough
Tyler Coules
Seth Cowan
Lynnea Cox
Ivan Creasy
Josh Crocker
Grace Cross



4th row

> Kayden Crowe
Brighton Dalton
Hannah Danyluk
Tyler Davey Daniels
Alexzander Davidson
Parker Davidson
Georgia Davies
Kayden Dekelver



5th row

> Chris Delaney
Dean DeLeeuw
Molly Dickson
Keira Dobie
Damon Doiron
Trey Dominico
James Donaldson
Sam Doray



6th row

> Haden Dowler
Logan Dufresne
Darrel Edwards
Eli Eklund
Gabby Elder
Kirsten Ely
Dawson Enright
Jonas Entwistle



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> Jack Evenson
Amelie Ewanyshyn
Louise Fahrig
Aiddan Farber
Jacob Faustman
Riona Ferguson
Madison Fisher
Tacy Flintoff

1st row



> Xander Forslund
Landon Fournier
Kaylee Fowler
Kasey Fox, *No photo*
Cassia Franklin
Jaeda Fraser
Micah Frederickson
Miah Gage
Paytan Gagne

2nd row



> Kayden Gawley
Peyton Gecse
Braxton Gervais
Isaiah Gilfillan
Coen Gill
Evangeline Giordano
Kaleb Givens
Ashur Gjaltema

3rd row



> Eva Goldberg
Dhylan Goldsmith
Nitzya Gomeztagle
Romero
Kale Goodman
Ella Grant
Gabe Grill, *No photo*
Adrik Gudjonson
Kasey Hagglov
Alena Hamilton

4th row



> Lucas Hansen
Benjamin Harrington
Ryanna Hawley
Jared Heine
Evan Hendricks
Chris Henrie
Jake Hewitt, *No photo*

5th row



Aiden Hickman
Gerrit Hickman
> Mara Hoffort
Presley Hokenson Toews
Domenic Horsefall
Brooke Houda-Smith
Daiten Howkins
Sofia Hubbard
Hailee Hunt

6th row



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1st row

> Cameron Hutchinson
Benjamin Huyter
Famous Imolele
Cala Jackson
Tyler Jacobsen
Jonathan Jaeger
Paige Jagt
Seth Jagt



2nd row

> Ryan James
Willow Jamieson
Evan Jewell
Aurora Johnny
Markus Johnny-Hall
Callan Johnson
Liv Johnson
Lane Kaasa



3rd row

> Rieley Kalke
Seamus Kellough
Jade Kelly
Jakob Kilfoyle
Nathan King
Tyah Kipling
Evan Knutsen
Alegria Koch



4th row

> Kallum Kok
Spencer Koop
Koen Koppel
Alexis Korhonen
Daniela Kosarova
Brook Kosick
Carter Kosick
Korben Kreamer



5th row

> Jayden Kropinske
Sienna Kurz
Madison Lagore
Mackenzie Lane
Carter Lawrence
Olivia Lega
Max Leslie
Preston Lewis *No photo*
Heidi Liebich



6th row

> Laura Litke
Sydney Litke
Maya Livermore
Cole Lockhart
Isabelle Lorenz
Gage Lovelle-Johnson
Lana Lynd
Hannah Mackie



BEST WISHES TO THE CLASS OF 2024

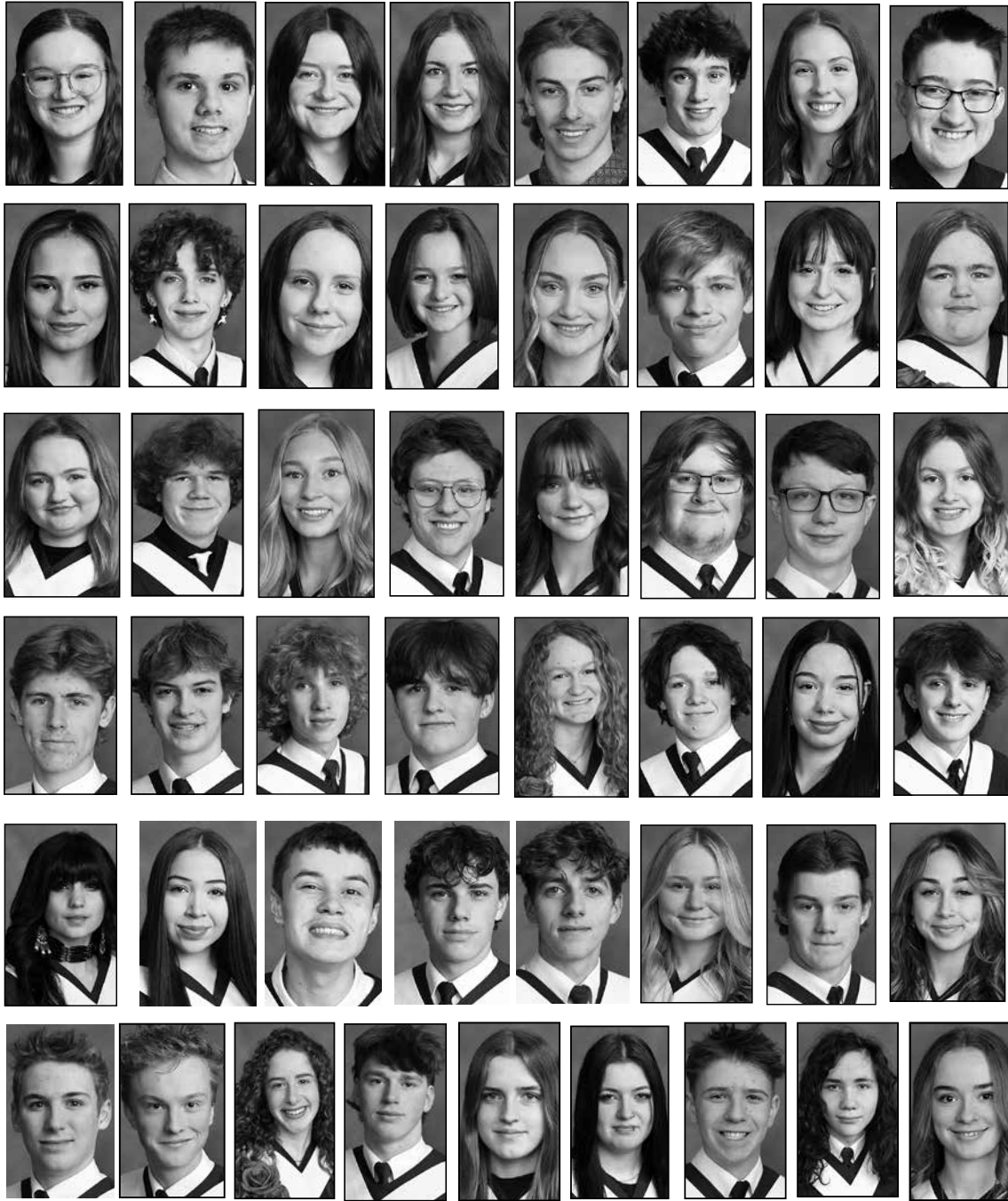
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Congratulations Future Leaders!





> Jenna Maclean
 Nelson MacPhee
 Sadie Maddigan
 Elsie Malashewky
 Corben Marchiel
 Matthew Marino
 Fiea Marsh
 Eric Marshall

> Victoria Martens
 Eysten Martin
 Julia Martin
 Milana Mazzotta
 Carly McBeth
 Skyler McCartney
 Adelynn McConnell
 Savannah McCrory

> Kailey McLean
 Carter McLellan
 Quinn McTavish
 Ethan Meadows
 Nicole Meikle
 Austin Menzel
 William Merton
 Ziana Mickelson

> Nico Miedema
 Benjamin Milne
 Declan Morris Cloutier
 Brayan Morton
 Emma Muddiman
 Cohen Murphy
 Hailey Murphy
 Jett Nash

> Jazzlyn Neighbor
 Elail Neighbor-Celesta
 Jacob Newth
 Kaden Nicholls
 Keith Nickerson *No photo*
 Marcus Nickles
 Mila Norgren
 Jute Norlin
 Mandy Oakland

> Ryder Oliver
 Callum Orchard
 Carolina Ornaghi
 Carson Paiement
 Ryley Parsons
 Haley Partridge
 Anna Pecorelli *No photo*
 Ryan Perepolkin
 Noah Peters
 Samantha Peterson

1st row

2nd row

3rd row

4th row

5th row

6th row

Congratulations Shuswap Grads!

Shuswap MLA
GREG KYLLO




Telephone: 250-833-7414
 www.gregkyllomla.ca
 E-mail: Greg.Kyllo.MLA@leg.bc.ca

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 dedication lead to great
 opportunities.

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1st row

> Chase Pinkus
 Connor Ponty
 Samuel Porteous
 Camryn Puffer-Hill
 Taylor Puffer-Hill
 Hector Quintero
 Carretero, *No photo*
 Toby Raggett, *No photo*
 Kayla Ramstad
 Miah Rands



2nd row

Brookelyn Rasmussen
 > Taryn Raspberry
 Julia Reed
 Kristen Reed
 Jasmine Reichlin
 Morgan Reichlin
 Talia Richardson
 Kaelah Riley
 Greg Ripel



3rd row

> Sequoia Robinson
 Jack Rogers
 Nixon Rolf
 Samantha Romachych
 Martina Rosado Martin
 Katie Ross
 Alexander Rotering
 Anna Roy



4th row

> Logan Roy
 Makaila Russell
 Reilly Ryz
 Anjou Sato
 Rylan Sayers
 Tegan Schielke
 Kayden Schouten
 Katie Schwandt




5th row

> Avery Scott
 Darius Scurvey
 Mason Sebellus
 Isak Serhan
 Samantha Sevidal
 Mason Sewell
 Toryn Sherman
 Natalie Shields




6th row

> Taizo Shinoda
 Alexander Siarkiewicz
 Reid Simpson
 Colin Sinclair
 Coden Skelton *No photo*
 Samuel Skubiak
 Brynne Smith
 Samara Snyder
 Shayla Snyder


**Congrats
 Grads 2024
 from
 Dawnivan & Matt!**

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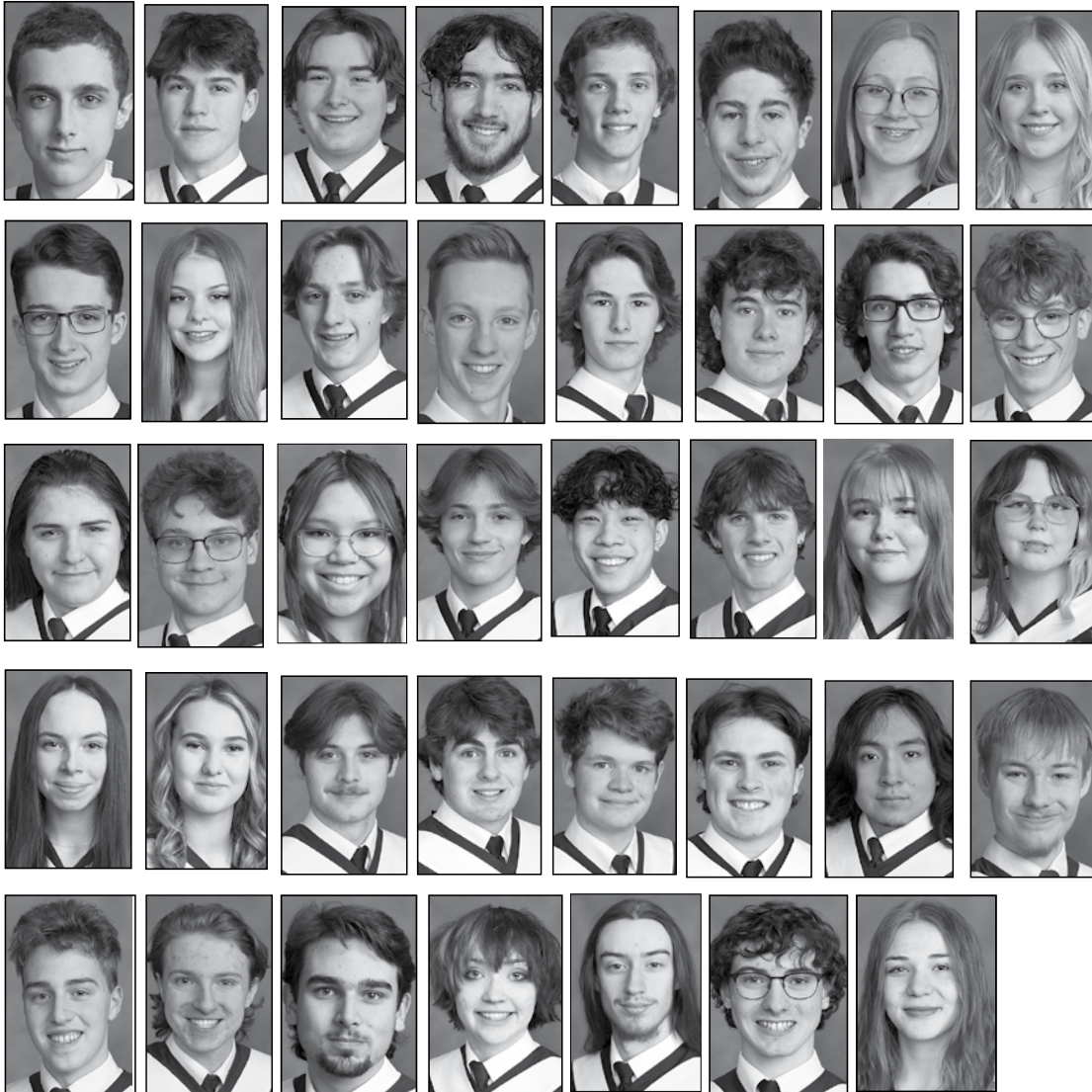


Wishing success
 & happiness to
 the Class of 2024

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Glenn Verdurmen
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- > Jacob Sonmor
- Tate Spence
- Rylan Squires
- Noah Starkell
- Andrew Steinwand
- Kaleb Stevenson
- Hansen
- Ayla Stier
- Kiara Stoughton
- > Jesper Stromgron
- Mya Thesen
- Tristan Thiessen
- Austin Tomlinson
- Logan Tomlinson-Wiebe
- Finn Treleaven
- Brayden Trottier
- Ian Van Bergeyk
- > Alexander Van Leur
- Dawian Venter
- Emily Vergara
- Steven Villeneuve
- Aden Vu
- Ryan Walker
- Samantha Walsh
- Scarlett Watson
- > Taylor Watson
- Payton Wess
- Austin Wiebe
- Oliver Willmot
- Evander Wilson
- Kai Wilson
- Rafael Wilson
- Brayden Wishnowski
- > Dylan Wolshuk
- Talis Woods
- Kaleb Woolsey
- Ashton Wright
- Nick Wright
- Liam Young, *No photo*
- Christian Zanders
- Aven Zurba

1st row

2nd row

3rd row

4th row

5th row

Photos by Mountain West

Graduation, 10 - 4 pm, June 26
Outdoors SAS Sullivan

> Friday AM acknowledges being on traditional territories of Secwepemc Nation, specifically Adams Lake, Neskonlith, Little Shuswap & Splitsin.



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Congratulations

to all the Grads of 2024!



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SA STOREFRONT



> Gwenth Boag
Ryley Connolly
Samantha Henri
Myah Jagt
Teegan Maddock
James Steinwand

Graduation, noon, June 21

CHASE SECONDARY

Tanner Arnouse
Presley Anast
Corrine Copping
Daynan Dick
Jessy Dussault
Jaxx Francois
Sidney Holland
Bruce Jackson
Emily Kelly
Ben Markin
Paris Michel
Jacob Penner
Elyssa Rudichuk
Shyla Smith

Lucas Trigueros-Parent
Sebastian Willard
Griffin Adamson
Cole Carlin
Tristen Corbett
Cole Carlin
Mason Dillon-Wolfe
Samantha Fiddick
Elias Harvey
Persaius Hunter
Lukis Jules
Rebecca Mortensen
Mikayla McMurray
Mercy Miller

Kash Pooley
Bentley Sampolio
Emma Szeles
Yaani'bah White
Kera Williams



> Valedictorians
Kash Pooley and
Mercedes Miller

Graduation, 4 pm, June 14

Congratulations
from the Trustees and
Staff of North Okanagan
Shuswap
School
District 83



'325 Alex': Episode 11 of 32

Serial Story by Shawn L. Bird

Shirley sat in the audience of Theatre on the Edge. While she listened to the chatter before the performance, she pondered boxes.

Specifically, she pondered boxes labelled "Occupant #402-325 Alex Street." They were all the same size: square boxes about two feet wide, high, and deep. They made a uniform stack against the wall on the fourth floor. Some seemed to give of an energy.

Shirley had snuck up to the fourth floor to marvel as the stack grew to the ceiling and stretched along the wall.

Most older ladies were skilled at being unnoticed; Shirley prided herself in being a master of invisibility, but whoever was dropping these boxes off was next level. Even she, who knew every trick and every secret hiding corner in the building, had yet to see a box bearing intruder.

Boxes appeared throughout the day and night. No door openings or foot falls marked their arrival. They'd been found in the entrance hall and each floor. There was no consistency.

It was a mystery, and Shirley didn't like it. She wanted to be the only mystery at 325 Alex Street. Not including the mystery of #402, of course. That wasn't so much a mystery as a tragedy.

Behind her, Mayor Harrison asked Counselor Cannon about preparations for the upcoming 55+ Games, and whether Bryan Kassa had enough volunteers.

Shirley pondered what sport she could compete in. She wasn't spry enough for pickle ball or dragon boat racing, but perhaps she was accurate enough pitching horseshoes? Ben had told her she had a good arm the time she'd tried it.

A few rows ahead of her, Susanne and Nic sat together, each staring blankly at the stage. Trouble there.

Counselor Cannon asked the mayor something about media coverage at various venues, and suddenly Shirley had an idea.

A trip to the spy store in Kelowna was in order.

The lights dimmed, and she turned her mind to the performance. ■

□ Read Episode 12 in the June 21 Friday AM. Episodes 10 and 11 repeated in this issue's bonus pages at FriAM.ca





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KING'S CHRISTIAN SCHOOL

1st row	> Olivia Chapman Payton Garagan Ava Hansma Nathan Hansma Levi Kamstra Ella Klassen Jacob Krabbenda							
2nd row	> Cheyenne Lorne Isaiah Lovegrove Carter Neufeld Matthew North Anya Picton Mikah Richmond Rebecca Roodzant							
3rd row	> Elizabeth Royal Ella Schmor Silas Schroeder Sarah Sutherland Ella Torwait Aaron Unger Nyla Vermeer Tianna Zuidhof							

Graduation, June 21

PRACTICAL ADVICE FOR STEPPING INTO REAL WORLD

Oh no! It is time for the annual reality check that Mall Arkey graciously provides each year to our upcoming high school graduates. I prefer to call it solid practical advice.



“old people” in your life will be pleased when you ask for guidance. Just don’t ask them to do it for you. And never ask for money. Ask for guidance and go out there and tackle the challenge yourself.

This year’s article hits close to home as my youngest is graduating. That’s right, the baby of the family is through grade school! So, here are a few nuggets for bright-eyed grads as they take the big step into the real world.

■ **THINK CRITICALLY.** Few people are willing to think critically these days. One of the biggest challenges we face is separating all the noise and conjecture from what is truth. Don’t simply accept what you read on the internet or see on TV at face value. Do the research for yourself and be willing to research both sides of an issue. Follow the money and ask who stands to profit from a particular opinion.

■ **ASK FOR ADVICE.** All the “old people” (your parents, grandparents or neighbours) in your life that you think are out of touch with reality tend to be much more in touch with reality than the celebrity influencer you listen to every day. Those

■ **BE WILLING TO DISCUSS WITH AND LEARN FROM OTHERS.** This doesn’t mean you have to agree with everyone, but social media has created a culture where healthy debate seems to be dying. Sitting behind a keyboard and spewing vitriol doesn’t accomplish anything. Rather taking the time to sit face to face with someone and respectfully discuss topics shows courage. You might be surprised what you might learn.

■ **LISTEN MORE AND TALK LESS.** Much like #3, you’d be surprised how much you will learn when you spend more time listening versus talking.

■ **HARD WORK TRUMPS EDUCATION.** Don’t get me wrong, education is good and will likely open some doors for you. However, if you won’t work hard to apply that knowledge then you won’t be as successful as the person who has less knowledge but is willing to put in the effort. So don’t expect someone to give you

a high paying job right out of high school or university; you have to earn it. More than ever there are lots of jobs to be had for those who want to work hard.

■ **IF YOU DON’T GO ON TO COLLEGE, TAKE AN ENTRY LEVEL JOB** and learn everything you can about it and work your way up from there. Don’t EVER think certain jobs are below you; instead look at them as opportunities.

■ **DON’T BLAME YOUR PARENTS.** If you keep looking in the rear-view mirror you won’t move forward. Besides you are responsible for you now, not your parents and not the government.

■ **BE WARY OF TECHNOLOGY AND SOCIAL MEDIA.** It can serve a purpose, but overuse isn’t healthy and can be addictive. Be the person you are not the one you try to portray on social media. The world lacks people who are genuine. Don’t be afraid to swim against the current!

Happy Graduation and one final bit of advice is to be sure to **“TREAT OTHERS AS YOU’D LIKE TO BE TREATED”**.

The rest will be gravy. ■
□ *Daron Mayes is an investment advisor at Centenoka Mall. His column runs monthly in the All Month edition.*

A.L. FORTUNE SECONDARY

1st row

- > Savanna Ambrose
- Silvano Arpagaus
- Lucjan Attlesey
- Ben Aylard
- Nathan Bastiaansen
- Jaime Baumie
- Lucas Bestward
- Jordis Bray



2nd row

- > Connor Casey
- Ethan Charlie
- Connor Clancy
- Brayden Collins
- Chevy Dickson
- Carly Dwornik
- Isabelle Erickson
- Shayla Ferguson



3rd row

- > Annika Flett
- Olivia Foster
- Aysia Frehlich
- Daniel Fuhrer
- Emmersen Haak
- Joelle Harris
- Maria Haupt
- Ava Hawrys
- Kaden Homan
- (no photo)
- Colson Johnston



4th row

- > Seth Jones
- Talan Karras
- Zamber Karras
- Keenan Kirby
- Colleen Knull
- Sydney Kormany
- Carter Leggette



5th row

- > Kalyb Makarenko
- Trinity Martin-Towers
- Tamiaka Mazur
- Alexa McCoy
- Benjamin Nadeau
- Josh Nadeau
- Madison Narcisse
- Shealan Nicholas



6th row

- > Tyler Pelletier
- Tyson Post
- Quinn Robinson
- Sadie Robinson
- Cassie Scott
- Payton Tessel
- Lily Thiessen
- Samara Thomas-Lee
- (No photo)
- Quinten Washtock



7th row

- > Day-Lynn Williams
- Tameeca Wilson
- Kaylee Worthington



“You already have everything you need inside of you right now, today.” ~ Alicia Keys

Graduation, 7 pm, June 14

EAGLE RIVER SECONDARY, Sicamous



> Carisa Bell, Dominick Braun, Damen Brause, Matteo Bunbury & Justin Chamberlain



> Ethan Cory, Wyatt Dale, Kylar Freberg-Hickie, Matthew Funk & Owen Hilton



> Tyler Hilton, Elizabeth Hunt, Lucas Janisko, Kaily Jeffery & Anica Lane



> Jaime Lepine, Sacha Munro, Braden Northway, Lelan Oldham & Abigail Olson



> Francis Patrick, Destiny Rivalt, Kira Simpson, Morgan Smith, Douglas Smylie & Sarah Spence-Ellis



> Natalia Suk, Weston Terrazas, Landan Walsh, Archie Watson & Presley Yaworski

Graduation took place May 25

PLEASANT VALLEY SECONDARY, Armstrong

- | | | |
|-----------------------|-----------------------|-------------------|
| Cole Aarestad | Jakob Haynes-Cinnamon | Elizabeth Osal |
| Mylo Alexander | Kai Helgren | Brooklyn Palmer |
| Carson Anderson | Rayne Hill | Joseph Pambrun |
| Deacon Anderson | Jakob Houde | Ella Parks |
| Indy Antle | Josh Houston | Noah Peckham |
| Evan Arcand | Rowan Hughes | Owen Phelan |
| Shianne Balch | Courtney Jackson | Rachael Platts |
| Regen Bampton | Yela Jacob | Travis Platts |
| Brodde Baril | Keegan Kardelis | Brylee Polanski |
| Raiden Barnes | Autumn Kayfish | Ayva Pringle |
| Loklan Bernath | Lara Kliempt | Brody Prosser |
| Trinity Blanchette | Trent Knjaschewitsch | Quinn Puhlmann |
| Sarah Borger | Danielle Lachmuth | Daniel Rees |
| Koralee Brown | Haylie Lamont | Ebony Reimer |
| Joralee Brown | Roman Lamont | Justin Robinson |
| Logan Brown | Jack Langlois | Bobby Siddons |
| Ashyn Burton | Xander Law Madden | Ryland Skipper |
| Bailey Cacic | | Gavin Smith |
| Tearin Charbonneau | Curtis Leclerc | Connor Stefaniuk |
| Cody Collette | Brody Lehr | Waylen Stowards |
| Levi Conquergood | Alexia Levesque | Miriam Strykowski |
| Abigail Cowden | Nick Long | Preston Taylor |
| Kaleb Creighton | Pietro Longo | Braxton Tessman |
| Colton Davis | Ella Lorenzen | Jade Thomas |
| Jesse de Boer | Alexis Luttmerding | Simon Turnbull |
| Blake Dwyer | Careese Makse | Mary Underwood |
| Fenton Eustache | Ashlee McAvoy | Codey Weaver |
| Carrera Felix-William | Carter McCaig | Aubrey Wehner |
| Steven Freel | Xavier McIntosh | Raven Werner |
| Alexandra Gordey | Ella McPherson | Thomas White |
| Mordekai Haines | Ethan Melnychuk | Adrianna William |
| Walker | Lakiesha Mitchell | Destiny William |
| Hailey Halvorson | Keira Monker | Danielle Woodrow |
| Haden Hardy | Michael Neudorf | Kaleb Woodson |
| Connor Harris | Liam O'Sullivan | Rylan Zachow |
| | Brooklynn Oppenheimer | Katie Zhytniuk |

Graduation, 7 pm, June 20

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CITY OF SALMON ARM

Notice to Property Owners

2024 PROPERTY TAX NOTICES

Property Tax Notices for the City of Salmon Arm have been mailed. If you are the registered owner of property within the City of Salmon Arm and have not received your 2024 Property Tax Notice, please contact the City of Salmon Arm. *Whether or not you receive a property tax notice, it is your responsibility as the property owner to pay taxes by the due date of July 2, 2024 in order to avoid a penalty.*

Payment is accepted at City Hall, Monday to Friday, 8:30 am to 4 pm. Payment may be by cash, cheque, debit card, or your bank's telebanking/online bill payment service, or third-party credit card payment service provider. Or mail payment to Box 40, Salmon Arm, BC V1E 4N2. Post-marks are not accepted as proof of payment. Partial payments are accepted.

A late payment penalty of 10% will be added to all unpaid balances of current taxes (including unclaimed Provincial Home Owner Grants) and unpaid Annual Water/Sewer accounts at the close of business, July 2, 2024.

Here are some options to eliminate waiting in line:

■ **Post-Dated Cheques** - You can pay your City of Salmon Arm property taxes and utilities with a personalized cheque post-dated to the due date.

■ **Financial Institution** - You can pay your City of Salmon Arm property taxes and utilities in branch at most Canadian financial institutions. Bring your tax notice with you.

■ **Internet & Telephone Banking** - For property taxes, use the City of Salmon Arm Property Tax vendor and the last eight digits of the roll number (e.g. 01234567) which is printed at the top right hand corner of your tax notice. To pay utilities, use the City of Salmon Arm Utilities vendor, and use the 13 digit account number from your utility bill. (e.g. 0001234567000). Use no spaces, decimals, or dashes in the account number.

■ **Payment Drop Box** - Located to the left of the front door at City Hall. Payments are processed promptly each morning (Monday to Friday). Any payments put into the drop box after 4:00 pm on July 2, 2024, will be considered next day payment and subject to penalty.

■ **Credit Card** - The City of Salmon Arm does NOT accept credit card payments. However, you are able to use an online third-party credit card payment service provider - Plastiq. Please visit their website at www.plastiq.com for more information on their fees, terms and conditions, and <http://request.plastiq.com/pay-city-of-salmon-arm> to set up an account. It may take several days for Plastiq to process your payment. You must ensure that the City receives your payment by the due date; otherwise a penalty will apply to the unpaid balance. Please contact your credit card provider to confirm additional fees, or if you have any questions.

■ **Your Mortgagor (Bank) Pays Your Taxes** - Avoid a penalty by claiming your Grant with the Province of BC as soon as you receive your tax notice.

■ **Claim Your Home Owner Grant Online through Province of BC** - All Home Owner Grant applications must be submitted directly to the Province of BC at www.gov.bc.ca/homeownergrant or by phone at 1.888.355.2700.

To avoid penalties associated with problems with your Home Owner Grant, claim your Grant with the Province of BC as soon as you receive your tax notice. **Don't wait until the tax due date!**

If you are unable to pay your property taxes, you should still claim your Home Owner Grant on or before the due date to avoid penalty on the Grant portion of your taxes.

2024 TAX & UTILITY DUE DATE - JULY 2, 2024 • 4:00 PM

City of Salmon Arm, 500 2 Ave. NE - Box 40 Salmon Arm, BC V1E 4N2 • Phone (250) 803-4000 • <http://www.salmonarm.ca>
email: propertytax@salmonarm.ca

FROM THE COVER



The Legion presents \$2,300 to Friends Abreast The Dragon Boat festival takes place from 9 to 3, June 15.

20 years Dragon Boating

By Stacey Smandych-Dack
SRPC President
/ Festival Coordinator

There is nothing finer than a summer afternoon on Shuswap Lake. The water is warm and the cooler air offshore, provides perfect conditions for paddling. From the height of Mount Ida to the intense green ring of the estuary a new perspective is revealed from the water.

Birdlife from Pelicans to Grebes, Eagles and Osprey, provide endless entertainment. There is nothing quite like the experience of seeing our community and lake away from the limitations of the shoreline.

Add to this, the repeating sound of water slinking off paddles. The sound of 20 paddles in unison, the reach, the catch therecovery... repeat. Their Drummer keeps time, drumstick striking rhythm for all to hear.

A 46-foot Dragon Boat cutting across the Shuswap with their Steer in control at the oar like an Italian Gondolier. A Dragon Boat is a formidable human powered craft and with a full crew the weight can be more than 4,000 pounds. This boat is built for sprints or races of 500 meters. Some say the sound of the drum is the heartbeat of the Dragon, but truly it is the heartbeats of the 22 onboard paddling in unison.

The sport appeared in China over 2,000 years ago becoming a recognized International sport in 1976. The first great exposure to Canada was Expo 86. Teak Dragon Boats were featured in races along False Creek and thus the inspiration and start of Dragon Boating in BC.

This auspicious history brings us to current day and the continuation of this sport from antiquity on the Shuswap.

For many years Dragon Boating was thought as synonymous with Breast Cancer, not without some justification. Breast cancer survivors' dragon boating is an international movement inspired in 1996 by the research of Canadian sports medicine specialist Don McKenzie. The technical paddle/stroke is seen by medical professionals as beneficial to physical recovery from treatment. Added to this is recognition of the benefits of emotional support a team offers to survivors.

This camaraderie and connection with others is not exclusive to survivor teams and is an experience available to all. Competitive men's, women's, mixed, youth and survivor teams make up the complexion of many Dragon Boat Clubs and Festivals.

SRPC officially has two Dragon Boat teams, the Pink Piston Paddlers, an internationally competitive Breast Cancer Survivor team and Dragon Tao, a mixed recreational/competitive team.

Shuswap Rowing & Paddling Club in celebration of 20 years of paddling on the Shuswap invites you to enjoy the 18th Annual Shuswap Dragon Boat Festival on Saturday, June 15.

Races will be underway 9 to 3 with spectator viewing from the Wharf.

We also welcome anyone interested in trying it out and seeing our lake from a new perspective to contact dragonboatdirector@gmail.com. ■

Changes not all for better

A few days ago my wife and I were reminiscing about some of the nice things from the past that no longer exist due to “modernization and/or advancement”.

MY TWO CENTS



Ed Campbell

mail. I can understand the reason for this, but it was a big part of the day when you could pick and choose these items right at the door. I believe mail delivery

Years ago when you decided to fly anywhere you planned your wardrobe and would “dress up” to look your best. After all, you are going on a great adventure. Ladies wore their best clothes and gentlemen wore a suit and fedora. Today you see tank tops, ripped jeans and T-shirts with obnoxious sayings.

Fliers were served superb meals with silverware and china. Today you might get “pizza-in-a-tube” or a bag of pretzels.

In days’ past if you were unfortunate enough to end up in hospital you were visited by your doctor who generally wore a suit. My wife remembers being visited by Doctor Vagi wearing a suit and the most expensive cologne. That guy had class.

In hospital today, it is hard to tell who are nurses, doctors or cleaning staff. Not that it matters much as everyone there are important to the running of a good clean hospital, but I do miss the nurses in their clean whites and perky cap. The only way you can identify doctors is the stethoscope around their necks.

Do you remember pulling into a gas station and being pounced upon by gas jockeys who cleaned your windshield, checked oil and tires all the while filling the tank at the rate of 25 cents a gallon. Modernization has made it so we have to do that ourselves, all while paying upwards of \$1.75 a litre.

Of course long past are home deliveries of milk, bread, meat and

still exists in some places, but most home deliveries have long gone.

Living on a farm in rural Ontario I remember all of these folks coming to the door. Even “Cawker the butcher” who gave us kids a wiener at the same time weighing his thumb along with the meat. Amazing the things you remember.

A lot of the sounds of summer are also long gone. Birds are one of my favourite subjects and on the farm in the 40s and 50s there were any varieties of birds, bobolinks, meadow larks, bluebirds and a vast array of small song birds of many colours.

The air was filled with darting swallows that kept the air clear of mosquitoes and other pests. Today many of the bird sounds are missing. Apparently some 60 per cent of birds no longer fill the skies due to predation by cats, pesticides, environmental loss and collisions with glass and, some say, windmills.

Finally, who remembers the familiar “slap” of the screen door. Most homes were equipped with a screen door with a log spring that made certain the door was always closed after entering or exiting. When a person, on the dead run, would exit the home and the door swung shut a resounding “slap” could be heard a block away. Many of us miss these sights, sounds and services.

Enjoy the summer folks, it has finally arrived. ■

□ Ed Campbell is an active retiree with many stories to tell.

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 7 pm, June 14, First Community (off 4th St. SE)



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WEATHER SYNOPSIS



Sunny Thursday to 28; rainy Friday to Saturday. High 22 to low 9.

Normal: 23C to 10C

Extremes since 1991:

31.4: 2002 • 6.2: 2015

Sunrise 4:44 • Sunset 9:10

NICK'S NOTES:

May summary: Av. High 18 C
Av. Low 7 C • Rainfall: 2 1/16"
Month 5.5 degrees cooler than last May with double amount of rainfall than last year.
With the past rain, all needed now is warm/dry for early hay season and gardens to take off.

Past Temps, May 29 to June 11

By weatherman Nick Parsons
SW Gleneden, 458 m (119 m above lake):

DATE	HIGH	LOW	PRECIP.
May 29	11	6	1/8" rn.
May 30	15	4	1/16" rn.
May 31	20	6	
June 1	18	10	3/16" rn.
June 2	15	8	9/16" rn.
June 3	15	10	3/16" rn.
June 4	16	7	1/16" rn.
June 5	18	8	
June 6	20	5	
June 7	22	8	
June 8	27	7	
June 9	25	11	
June 10	25	15	
June 11	25	12	Trace

> Lake nearly at peak height, well below 2019 low.

PASSAGES

LEGACY LIVES ON
shuswaphospitalfoundation.org
shuswapfoundation.ca

Bowers Funeral Service
bowersfuneralservice.com

- ❖ Nellie Dewitt
May 30, 2024, at age 83
"Dutchman Dairy"
- ❖ Lynn Marie Demoline
May 22, 2024, at age 69
- ❖ William 'Tony' Essex
June 1, 2024, at age 74
- ❖ Orville 'Ole' Cumming
3 pm, June 14, Elks Hall
- ❖ Margaret 'Maye' Cann
10:30, June 14, St. Andrews
- ❖ Willemke 'Willy' Den Biesen
2-4, June 15, United Church

Fischers Funeral Service
fischersfuneralservices.com

- ❖ Steven Robert Allen
May 21, 2024, at age 28

- ❖ Jerry John Baron
May 21, 2024, at age 67
- ❖ Doreen Ann Howard
June 4, 2024, at age 74
- ❖ Milton 'Bliss' Innis
April 26, 2024, at age 92
- ❖ Joseph 'Joe' Adam McKillop
May 18, 2024, at age 55
- ❖ Abram 'Abe' Zacharias
June 3, 2024, at age 85
- ❖ Florence Edna Boyes (2023)
11 am, July 6, Malakwa
- ❖ Claude Joseph Cyril Roy
July 13, Salmon Arm
- ❖ Bob Lemke, 11-3, June 15, Elks Hall
- ❖ Glenn & Colleen Madsen
2-4, June 15, Wharf gazebo
- ❖ William Anders, 90, Apollo 8

SPORT SPOT

- > **Dragon Boat Festival**, June 15, Marine Park.
- > **Demolition Derby & Swap Meet**, June 15, 16, Fairgrounds
- > **Lawn Bowling**, 1:30, Mon, Fri.
- > **Tennis**, Club tourney, June 7-9 • book at clubsparks.ca.
- > **SA Horseshoes**, 6 pm, Tues/Thur (250.832-8467).
- > **Girls only Soccer School**, July 8-12. Register triciamart@telus.net
- > **Surrey beat Penticton** in six games for the BCHL championship.

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Something unique and special

This column is about gratitude. A huge thank you to the Salmar Community Association, its volunteer Board of Directors and the amazing staff that run day to day operations. Specifically this thank you is for one of the musical amenities we are privileged to enjoy in Salmon Arm at the Salmar Classic: "The Met: Live in HD"



The Salmar is one of the first non-profit groups in North America to operate a first-run multiplex. "The Association was formed in 1946 for the purpose of constructing an arena as a memorial to local veterans of World War II. It was decided to build a movie theatre to raise the necessary funds and the brand new Salmar Theatre (now Salmar Classic) opened for business in 1949."

The Association has put 100 per cent of its profits into theatre improvements and into the community in the form of donations to local groups to support healthcare, education, sports, the arts and into scholarships for young people.

Local and regional opera aficionados thank Salmar for its vision in bringing "The Met: in HD Live" directly from New York. This amazing Salmon Arm amenity is now unique in our region. Cineplex in Vernon and Kamloops have stopped bringing in the Met to the disappointment of local patrons. Some now come to Salmon Arm.

That's the difference between purely profit driven and community organizations. Of course, the Classic needs to be in the black - no Association, however well-intentioned, can lose money. So this is an invitation to come out to the Met operas and other events at the Salmar Theatres.

One patron at the Classic fulfilled her dream to visit the Met and went to see the same opera again here because she loves the added interviews and features that Met patrons do not see.

Here are a few comments I received by email:
"Loved! ... Even my husband ... was quite mesmerized."
"... Loved Fa Forza, what a powerful rendition with current overtones! The last scene could have been right out of Gazal Ukraine! We are so lucky to have the Met come to little old S.A. to transport and challenge us out of our safe space. Thanks for all you do to keep it happening."

"Thanks ... I will make sure to bring tissues. Love it when music stirs strong emotions. and no one does it more than Puccini..."

☐ Editor's Note: Since this column was submitted, Salmar Association released a call for 'Expressions of interest' on the building. Stay tuned.

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MAKE A LITTLE SPACE

I was house-sitting the last few weeks in a lovely home. Lots of wood and old-ish sideboards and dressers, quite a few botanical prints on the walls, lots of light. A very comfortable open-concept space.

It took me and my embroidery stuff about one hour to turn it into a topsy-turvy clutter bug. I took the dog out for a walk and when I came back I was a bit shocked. The place was no longer calm, it wasn't inviting, and it actually made me rather nervous.

My own home is certainly not monastic in aesthetic, but the contrast between the calm of this home when I arrived and the chaos of an hour later made me stop and think.

I corralled the embroidery project, designated one space—the dining room table—and made a pact to myself to smarten up.

So, of course, I started thinking about how clutter impacts us. I had an almost physical reaction to seeing the house all cluttered up. I can't say it made me feel ill, but I certainly noticed a downward dip in my attitude.

DESIGN DILEMMAS

Linda Erlam



Clutter does a number on our brains as well as on our physical health and safety (No stuff on the floor to trip over, for a start.) It can make us feel stressed or anxious all the time. That kind of constant stress boosts our cortisol levels—which can lead to fatigue, and depression, and even make it harder to think straight. So, yes, all that clutter is actually cluttering up our minds, too.

And, living in clutter can really drag us down emotionally. It can make us feel embarrassed or even stop us from inviting people over. There's also this annoying way it has of reminding us that things are out of control, which just makes us feel worse.

Clutter is a huge distraction, especially in places where we need to think or get things done. If our study or workspace is cluttered,



good luck concentrating.

If you can't declutter the whole house, why not try for one small section?

Imagine a space that makes you feel calm and peaceful just by being in it. That's what a clutter-free zone does—it turns your space into a sanctuary from all the chaos out there. Pick a spot where you can sit, drink a cup of tea, read a book or watch a bit of TV, or look out the window. Make it a space where your back is to the rest of the clutter. It's your decompression zone.

Make yourself a promise that this little zone will stay clutter-free. Do that as a gift to yourself for creating that space.

Spending time in this one little bubble of calm will undoubtedly spur you on to create more spaces like it.

Ever fought at home because someone's stuff was everywhere? Clutter can truly strain relationships, stirring up friction over who's leaving what and where. A well-designed space can help everyone get along better, keeping our home more peaceful and cooperative.

Please, never underestimate the impact of clutter—it affects more than just the eye. Our living spaces should support us, not suck away all of our precious energy. It should offer a place of healing, not zip up the cortisol levels. It needs to be a place of rest, of gratitude, of abundance.

By understanding and tackling the clutter, by making our home a place that looks and feels calm—we create a place that actually helps improve our quality of life.

And in doing so, we're not just enhancing spaces, we're enhancing lives. ■

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

■ Downtown Best Dressed Window Contest winners! 1st Wildwood Flower Emporium; 2nd Wearabouts, 3rd RE-Market etc. Thanks to donations by Askew's Food, Wayside Lakeside Printing & Friday AM. Check out all the participating shop's great windows at #downtownsalmonarm #salmonarmbc #salmonarm #exploreshuswap #shuswap #shopsmall #supportsmallbusiness



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PICTURE THIS



> Shall we tell them? Many motorists still don't mind waiting for long trains to pass by since the opening of the Ross St. underpass last year.
 > On left: Canine art appreciation.

Read Friday AM each week in print or online **FriAM .ca**

> Andy Taylor, Darth Vader, Mufasa, Danny, Atticus, Homer Al Bund, Mike Brady, Archie, Bob, Carl, Barack, Gomez, Momoa, Wayne, Fred McMurray, Pa, Jed, Polonius, God, Crachitt, Weasley, King Lear, King Charles, William, Pap Finn, Valjean, Mr. Emerson, Abraham, Ward Cleaver, Fred, Barney Ben Cartwright, Joseph, John Dutton, Mitchell, Cameron

HIDDEN GEMS

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

> If only our eyes saw souls instead of bodies, how very different our ideals of beauty would be... ~ James Martin
 > When your Dad says he doesn't want anything for Father's Day, what he really means is he wants a phone call, a hug, a meal together, an "I love you". He wants to know how you're doing because you mean the world to him.

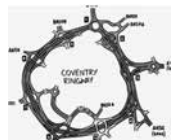
FUNNY BONE

Pearls of common wisdom:

- > The older you get, the tighter companies are putting the lids on jars
- > When your spouse starts a sentence with "When you get a chance..." just go ahead and start putting your shoes on. She means now.
- > You spend most of your life in your head. Make sure it's a nice place to be.
- > Behind every strong woman, there is a dog waiting patiently for her just outside the bathroom door.

POP QUIZ

> Where is the world's longest ring road? What are distances of the Edmonton, Calgary and Winnipeg ring roads?



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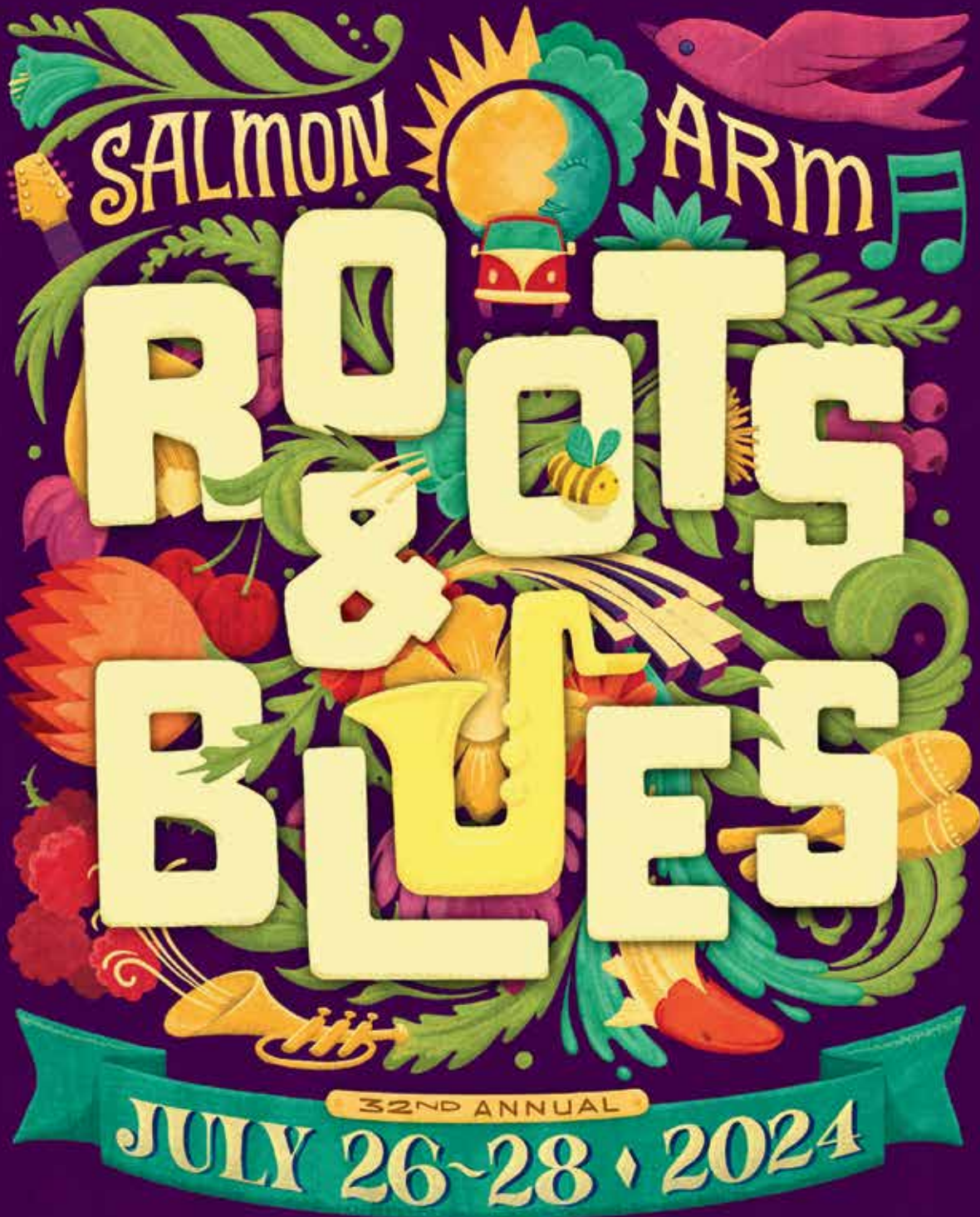
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eh?/em!

Blog Post

FriAM.ca

AM

Friday SALMON
All Month ARM

FROM FACEBOOK DAILY POSTINGS

The late John McLeod's family and many others in the community celebrate the opening of the John McLeod Community Garden next to the Agricultural Society's Red log building



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



> Hearing I now have a date for cataract surgery (July 9) on the 4th anniversary day of my heart bypass surgery. Life is good

Heart, now eyes

I was thinking that today marks the 4th anniversary of my quadruple bypass, and then my phone rang. I finally have a date for my cataract - July 9... Yes, readers, you won't be seeing near as many typos come July!

FUN NIGHT OF SONGS & POEMS

Mark Wonneck
& Peter Paul Van Camp



7 pm, Friday, June 14th
First Community (United Church)
Pine Room (off 4th St. SE)
Suggested donation \$20
Hosted by Friday AM
Doors open 6:30

*"If you need an old stager to billow your sail,
or help shoo the cows off the track,
By golly, I'll be there with lard in my hair,
and, my ears pinned back!"*

~ Peter Paul Van Camp

'325 Alex': Episode 9

Serial Story by Shawn L. Bird

From behind the till, Nic was watching the café door for Susanne when Lorne came in to drop off a stack of *Friday AM* papers. His friend Todd stood outside with Lexi. "Any good news?" Nic asked.

"Sure," Lorne said. "Lots of kindnesses being reported and they're looking for new acts for Wednesday on the Wharf. Why don't you try out?"

Nic laughed and waved as they went on their way and thought about performing. He wished he had the confidence to try performing at a community hall coffeehouse. Meanwhile, there were Mabel and Dimity practicing their bass and guitar duets like they were going to be the next Salmon Armenians.

Susanne came through the door then, and got in line.

"Quiche and coffee?" he asked when it was her turn.

"How's the soup?"

He hid his surprise. "It's almost sold out."

"Soup, then", she said with a decisive nod, "and an iced coffee, please."

"Changing times?" he said as he handed the keypad.

She just smiled.

"How's the new neighbour?" he asked.

Susanne shrugged. "No idea. I don't think they've moved in yet."

Nic busied himself with her drink and then handed it across.

"My offer still stands. If you get out of there, you're welcome at my place."

"Thanks," she said, but she didn't meet his eyes. "I'll sit on the other side."

He watched her get into the addition with her drink, her shoulders hunched and eyes down.

She'd lost her spark, he thought.

Was it because of something he'd done? ■



'325 Alex': Episode 10

Serial Story by Shawn L. Bird

Henry stood balancing on crutches at the entrance to 325 Alex Street working up the courage to go inside. He wished he didn't live on the third floor. But there was no help for it. He'd fallen down the stairs, whacked his head hard enough that he'd been out cold for an hour, and damaged something important in his left knee.

Crutches were horrible, painful things that made the simplest excursion exhausting, but they were what he had. He pondered the merits of scooching up step by step on his backside versus holding two crutches in one arm while he gripped the handrail versus using two crutches but no handrail.

Mabel joined him on the sidewalk. She had an instrument case slung on her back. "Oooh. Crutches. That sucks."

"It does," Henry agreed. "But stairs suck more."

"Then I have good news for you. The elevator works."

"Oh thank heaven. That's a miracle."

Mabel laughed. "Thank the new tenant. Apparently their damage deposit paid for repairs."

"Have they arrived yet?"

"Nope, but boxes keep arriving. Susanne says there are a dozen stacked by the door to #402. And there's a mystery."

"Another one?"

Mabel laughed and opened the door, waving Henry through, "No one knows how the boxes get into the building. No one has seen a delivery driver. No one has seen anyone taking things up to the fourth floor. Susanne is freaking out." She lowered her voice as she pushed the elevator button. The door opened. As it shut she said, "Nic offered to let her stay at his place."

"No!" Henry gasped.

"I know!" said Mabel, imagine the building without Susanne. She stepped out on the second floor. "Glad you're back," she said as the door shut.

Henry tried not to hyperventilate. Susanne had to stay. She had to. ■

❑ Read Episode 11 in the June All Month edition (June 14).

❑ Read Episode 11 on page 18 of this edition

❑ Read Episode 12 in the June 21 edition

AM

eh?/em!

Blog Post

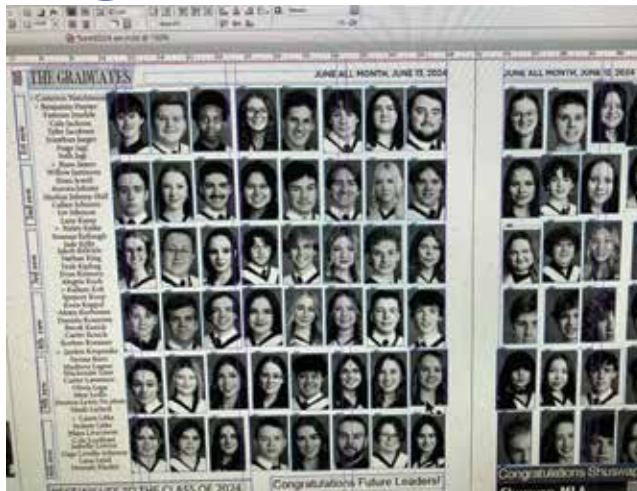
Next Friday AM
June AM, June 13

Friday SALMON
All Month ARM

June 9, 2024 • 1st posting of day • FriAM.ca

Morning Walkabout

> I needed a little fresh air after over 12 hours laying out the grad pages. Here are a few scenes from my morning walkabout



> My ever-so subtle mention of a sign typo was heard by the City, and is now fixed, left. A new house under construction and its spectacular view.



Dames & Ladies:

Dame's Rocket flowers grow by the boardwalk and a matching pair of Lady's Slippers.



eh?/em!

Blog Post

Next Friday AM
June AM, June 13

Friday SALMON
All Month ARM

June 6, 2024 • 1st posting of day • FriAM.ca



> Remembering D-Day at the Cenotaph this morning. Royal Marine Christopher Benham lays a wreath. I remember my Uncle Ron Gunson who took shrapnel that day, and his brother, one of the 359 Canadians who perished at Normandy Landing on June 6, 1944.



eh?/em!

Blog Post

Next issue June
AM, June 14

Friday SALMON
All Month ARM

June 3, 2024 • 1st posting of day • FriAM.ca

Weekend helping family move to Edmonton



> I love this photo of my granddaughters getting settled at their new home. Sofia looks so adoringly at her big sister, Maycee



> There were literally signs tempting me to sell my paper and move to Alberta, but I resisted. By the way, why are all the billboards from Red Deer to Edmonton, on semi-trailers? Are they afraid the wind will blow down conventional billboards?



> Once you're out of the Rockies, you just know you're not in BC anymore. That is, until you look closer at the nature and cool sights around you, and one learns to appreciate.

> What could be more Alberta redneck than driving through Edmonton in an old beater and the driver has to pop open the hood every 15 minutes to adjust the carburetor and spark plugs? A delightful, funny and kind Albertan guy, that's who! My view through the broken windshield of Shawn under the hood





DOWNTOWN HIGHWAY STRIP

7-Eleven lost lots of noon hour business with SAS Jackson students after an unhinged fellow literally blew the place up with his car and a gerry can. I was driving over the Alex Fraser bridge at that hour when a reader called to tell me that the 7-Eleven was

on fire. Anyway, it looks like students and other snack lovers will finally have a place to go. Some kind of confectionary is about to open in the old ManWomanHome spot just down from the weedy hole where 7 Eleven once stood.



> Shocking change doesn't happen overnight

> Did you know that Salmon Arm is way bigger than Manhattan Island, however, Manhattan (60 sq. km) is a fair bit more developed than Salmon Arm (155 sq. km)

COUNTDOWN TO THE GAMES



Ralph Owens and Lois Angle light the torch to mark the 100-day countdown to the BC 55 plus games September 10 to 14 involving 2,000 participants and 1,000 local volunteers.



eh?/em!

Blog Post

Next AM May 31

NO AM, June 7

Friday SALMON
All Month AR.M

May 27, 2024 • 1st posting of day • FriAM.ca



> It did not take long for the City to remove the cemetery sign that displayed a misspelling of "Shuswap". I posted the sign on Facebook late yesterday afternoon.



I SURRENDER, FACEBOOK!

I am a print newspaper guy to my bones and very heart, but I will not pretend to possess the power of Facebook for rapid response. I was going to post the above sign typo on this Friday's *City Fixings*, but posted it on my Facebook page instead. The next day, the sign was gone. I was also about to sell a set of alloy rims on my Marketplace, but, again, I posted it on the FB marketplace, and poof!, the rims were gone too. I still believe in print media, but you may have noticed, I am actively using social media too.

And, by the way, I'm taking a big chance by saying this, but here goes. While other newspapers lost access to Facebook a year back, I have so far, managed to stay under their radar. Shhh! I provide the link to a pdf copy of the paper, and freely do daily blog posts. I may not be the smartest guy in the room, but sometimes it pays to be the little guy! ■



Serenity Trails

I wrote on Sunday that since "Shuswap Memorial Cemetery Trails" is a separate entity from its neighbour, Shuswap Memorial Cemetery, it should have its own unique name.

Some of you agreed and even offered suggestions. Others pushed back and said the Cemetery name is fine. People are accustomed to that name, so why change it?

I'm not so sure I agree with the reasoning that people will not get used to a different name. Salmon Arm's arena is in the process of changing to its fourth name since opening nearly 25 years ago. It takes about two months to get used to a new name. Come to think, Rogers Rink has a real ring to it.

I absolutely love Rita Beraro's suggestion for a new name - **Serenity Trails**. It's a beautiful word that captures the essence of hiking through this diverse forest with its ponds and ravines. And it still pays homage to the cemetery, next door that is the serene resting place for so many of our beloveds.

This is hardly a pressing issue. I simply say, give it some serene thought. Serenity Trails - I love it! ■