



July

AM

ALL MONTH
> AMANDA
MARSHALL

■ Roots & Blues is happening real soon in its new July weekend. Performers range from major stars like Sarah McLachan & Amanda Marshall (pictured here) to up-and-comers like double Juno winner Aysanabee who sang at the recent Lightfoot concert at Massey Hall. Full schedule and details on page 8 and 9. Also happening in July: Fun musicals at Caravan Farm and Haney Village, plus car & art shows and Shuswap summer's many concert series /4

▼ WHAT'S ON ■ Online: www.FriAM.ca ▶ 250.833.1141 ▶ July 5, 2024 • No. 1345 • FREE

Festivities
Art & Film
Concerts
Theatre
Sports 4,5



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> The cast of this summer's Caranan farm production of 'Bear and the Proposal - An Okanagan Wedding Party'. Back row - Sheldon Elter, Jani Lauzon, Ajineen Sagal. Front row: Kevin Bundy, Amanda Trapp, Kristi Hansen, Ryan Beil

YES, OR NO?

This column marks an anniversary, and concludes with a question for you, valued reader. Five years ago Lorne asked me if I was interested in writing for *Friday AM*; my first column appeared in the June 2019 All Month edition. I extend great appreciation to him for the opportunity to have a byline!

Since then, I've written 50 columns. I scanned them recently, and found three topics have dominated:

- Climate change—how can we lessen its severity, and adjust our lives to adapt to
- Community planning and ecological restoration—how can we create pleasant and stimulating urban spaces, and reduce the impact of urban development upon natural ecosystems?
- Personal well-being—how can we find joy and hope in a time of challenge? And, how can we build bridges between people with differing values?

A lot has changed since that first 2019 column—both globally, and for me personally. I moved to Victoria, and became involved with the community here. I'm writing more poetry, and started a blog (linesfromthecoast.blogspot.com).

I'm still active on environmental issues, and show up at the BC Legislature when it matters. But I have found that I need balance. I began blogging as a way to reframe my attitude, to focus on what gives me joy, as a counter to the issues that



cause me pain.

And now, back to *Friday AM*. I'm considering a project to compile those first 50 columns into a book, with the working title "Fifty First Fridays – Small Town Reflections on Big Questions". I'd like your feedback about this idea!

Any book, even when some of it's already written, requires work, to edit, organize, and write new material. And then there's distribution, getting it into the hands of readers! (I'm considering both hard copy and digital options.)

Here's my question: Would you purchase such a book, where the contents included text you may have already seen? Please give me your thoughts (no commitment or strings attached)! You can contact me through my website – <https://sarahweaver.ca/contact/>

Your feedback will help me make a "go / no go" decision over the summer; I'll keep readers posted. And—in case you were wondering—yes, I'll keep writing my column for as long as Lorne wants it!

Enjoy the Shuswap summer—and may it be free from fire and smoke.

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

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NO. 1345
July All Month
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○ *Friday AM* acknowledges covering the Shuswap and sharing the lands on the traditional territory of the Secwepemc peoples.


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MOLEHILLS
Lorne Reimer

\$1 to \$9 million

Four different options were laid out concerning the fate of the old arena, ranging from \$1 million to tear it down to \$9 million to replace the compromised structure with a brand new building and upgrades. The well attended public meeting of users drew a fifth option coming at \$6 million and with all kinds of funding ideas. Stay tuned. This small city hatches big ideas to get things done.

□ □ □

Your editor hopes to do this with better vision after next week. I am scheduled for cataract surgery on my left eye next Tuesday, so as I plan to literally focus on that eye, there will be no Friday AM on July 12. "See" you back on July 19. ■

SCHOOL GRADE CHANGES

A re-configuration of elementary schools to kindergarten to grade 7 and secondary schools from grades 8 to 12 was approved at the June 18 school board meeting.

A further motion was passed to direct senior leadership to present a recommendation for either a two or three secondary school model to the Board for consideration at its October meeting.

Trustees also gave second and third reading to the 2024 - 2025 budget, totalling \$107,085,445. ■

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Friday SALMON All Month ARM

In print or online at FriAM.ca

No Friday AM next week, July 12

Festivities

- > **Car shows** - Marine Park, July 13; Sicamous, July 28; Haney Village, Aug. 11
- > **Grindrod Days** - July 20, 21
- > **Gospel Tent Meetings** - 7 pm, July 4-7 plus 10 am, 7th, Fairgrounds. Mennonite Church.
- > **Roots & Blues Festival** - July 26 to 28, Fairgrounds. See Concerts and pages 8 and 9
- > **Salmon Arm Fair** - Aug. 23 - 25. salmonarmfair.ca
- > **Soiree** - dinner fundraiser at Haney Village. 832-5243
- > **BC Day** - August 5.

Arts

- > **Le7 en k tucw? (How Are You?)** Open show invites artists to create work that is 24"x24" and respond to the question "How are you? Opens July 6, runs to Aug. 31.
- > **Cardiff Miller Art Warehouse** - Open 11-5 Thurs to Sun, July, August. New exhibits. Enderby, former Ashley store.
- > **Shuswap River Plain Air Event** - 8:30-2, July 14. Meet at Cardiff Miller parking lot. \$20 includes continental breakfast, map.
- > **Courtyard Gallery** - Colouring your world, July exhibit by Pam Montgomery
- > **Quilts in the Village** - 10-4, July 13, Haney Village.
- > **Fine Art Show** - 12-4:30, July 20, Celista Winery. Music by Barefoot Twin.

Concerts

- > **Wes Barker - stunt magician** - 8 pm, July 5, Salmar Classic. Featured on the *Ellen* talk show and *America's got talent*. Adults only. Tix \$30 at eventbrite.ca.
- > **Jazz / burger nights** - July 11 & Aug. 29, Haney Village.
- > **Music in the Bay lineup** - Blind Bay: Headway, June 27
 - Ben Klick, July 4 • Serious Dogs, July 11 • Paisley Groove, July 18 • Andrew Johns, July 25 (Elton tribute)
 - Shawn Lightfoot, Aug. 1 • Paperboys, Aug. 8 • Latin Lovers, Aug. 15 • Concerned Citizens, Aug. 22 • Hayley Wallis, Aug. 29

- > **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 • **Buenos-tro**, July 24 (Roots & Blues) • **Jeremy Kneeshaw & JK Band**, July 31 •

live & dance

- > **SA Legion** - Tribute to Women recording stars, July 6, featuring Linda Maze. Hosted by Totally Petty, • Barn Boys, July 20.
 - Poker Run, 9:30-4:30, July 20
- > **Canooligans, Canoe** • Bandidos, June 30 • Canada Day Party - Dirt Road Kings & Bandidos.
- > **Moose Mulligans**, Sicamous • Daring Greatly, July 24.
- > **Copper Island**. Electric Jams with Blind Bay Blues Band, Tuesdays.
- > **Riverfront Pub**, Grindrod - Barn Boys, July 6.
- > **The Hub**, Scotch Creek. Open Mic Sundays • Karaoke 29th • Ben Klick, July 5
- > **Food truck, Scotch Creek** - Boom Booms, June 29
- > **Marionette Winery** - Alan Gerber, co-founder of Rhinoceros, July 4
- > **Urban Studio**, Ranchero - Alex Arms & July Crowd, 8:30, July 14
- > **Setters** - Turtle Valley, July 13. 70 years of rock and some country too
- > **Caravan Farm** - Petunia and the Vipers, Country Hoedown, Aug. 28

- **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
- > **Armstrong Metal Fest** - July 12-14. ArmstrongMetalFest.ca.
- > **Sicamous concerts** - 6:30, Mon. Cornstart, Jul. 8 • **Poppa Dawg**, Jul. 15
- **Daring Greatly**, July 22
- **Maritime Kitchen Band**, July 29
- **Kris Anders**, Aug. 5
- **Bobby Cameron**, Aug. 12.
- > **Roots & Blues** - July 26 to 28. Details at P. 8, 9, & rootsandblues.ca
- MAINSTAGE - Friday: Crystal Sawanda, Tanika Charles, Miko Marks, Amanda Marshall • Saturday: DJ Shub & War Club, Lido Pimienta, Five Alarm Funk • Sunday: Begonia, Aysanabee, Sarah McLachlan**
- TUNED UP SERIES (Free):** 11:45 at Ross Plaza: Salmon Armenians, 22nd; Mia Kelly, 23rd; Chicken-Like Birds, 24th; Krut, 25th; Buenostro, 26th; Munro & Patrick, 27th • **Kickoff concert:** Teke:Teke & BCUC, 6:00, Alexander Street

- > **SA Fair** - Aug. 23-25 music Fleetwood Mac/ Abba tributes, Rollin Coal Trio, Instario, Linus, Headway, Adam Fitzpatrick (Elvis), Jonathan Williams, plus
- > **Sabrina Weeks** - 3-5, Sept. 20, Music by the River, Enderby.
- > **Hawksley Workman** - Nov. 3, Song Sparrow Hall. Tix at rootsandblues.ca. Sold out.
- > **Good Lovelies** - Nov. 9, Song Sparrow Hall Engaging vocal harmonies of this woman trio. songsparrowhall.ca/events

Theatre

- > **The Bear & the Proposal** "And Okanagan Wedding Party", 9- July 9- Aug. 5, Caravan Farm. The classic play "The Proposal" adopted for the Okanagan by Anton Chekhov, adapted by Estelle Shook. Audience joins in the wedding party.
- > **Dinner Theatre** - "Read all about it" musical from stories at turn of 20th century. July 14 to Aug. 25. Haney Village. Wed- Fri, Sun. eves. Reserve 250.832-5243.
- > **Peter Pan Jr.** - July 26, 27, 28, Shuswap Theatre by Musical Youth Summer Theatre.

Sports

- > **55+ BC Games** - Sept., 10 to 14, Salmon Arm. 55plusbcgames.org/salmonarm 2,000 participants, needing 1000 local volunteers
- ☐ SportSpot - P. 21

at the movies

SALMAR GRAND • salmartheatre.com • July 5 to 11: *Matinees daily for the summer*

- **Despicable Me 4**. 1:45, 6:40 daily. A new era of Minions mayhem. Featuring non-stop action and signature subversive humour, this is the biggest global animated franchise in history. (G)
- **Inside Out 2**. 2:00, 6:50 daily. A renovated headquarters returns to the mind of newly minted teenager Riley featuring departments 'Anxiety', 'Joy', 'Sadness', 'disgust' and 'fear'. (G)
- **Horizon**. 1:20. 6:20, daily. Story of the Civil War expansion and settlement of the American West. Starring and directed by Kevin Costner. (14A violence, coarse lang, sexually suggestive scene.)
- **A Quiet Place: Day One**. 2:15, 7:00 daily. The day the world went silent. (14A coarse lang, frightening scenes, violence.)

> **SALMAR CLASSIC ■ Film Society** • shuswapfilm.net • *Back September*

> **STARLIGHT DRIVE-IN** starlightdrivein.ca • July 5 to 10. Closed July 8.

• **Despicable Me 4**, 9:15 (G) • **The Fall Guy**, 11:15 (PG)

> **CARAVAN FARM THEATRE** caravanfarmtheatre.com • Aug. 22- 24. *Outdoors*
 • **Indigenous Film Festival & Short Film Showcase**. Featuring *Cafe Daughter*, *Les Filles du Roi*, *Great Salish Heist*, *Comfort Tips*. Tickets pay what you can

city lights

▶ **vernon** • Details at ticketseller.ca
Creekside (C) • *Performing Arts (P)*
Abra Cadabra, July 13

Caetani Music Festival, July 19, 20

Cowboy Act Suite, Sept. 18

Eagles Tribute band, Sept. 20 (P)

Chantal Kreviazuk, Sept. 21, 22 (C)

Joel Plaskett, Sept. 23 (C)

Ron Sexsmith, Sept. 24 (C), Sept. 25 (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 • **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

FORAGING FIELD GUIDE

July is now the month when Salmon Arm finds its place at the centre of Interior BC's musical map.

This is the first year that **Roots & Blues** will occupy the fourth weekend of July, running July 25 to 26, plus free concerts for five days before. (See details on pages 8 and 9)

This does mean that there aren't literary and natural events taking place this month as well. Here is an event involving a local talent that combines both literary and natural. Unfortunately, while the online edition comes out Wednesday, this event comes too late for readers of the print edition.

Local author **Mikaela Cannon** has published the book, "Foraging as a Way of Life - a year-round field guide to wild plants", and is currently on a book tour of BC and

Alberta, and will be hosting two events on Thursday, July 4. If you miss her workshop and book signing, you can always pick up her book. It will prove so useful for appreciating and foraging the natural world of our region and province..

Mikaela teaches classes on sustainable foraging and outdoor skills in the Okanagan and Shuswap. She plans to share her joy and knowledge about foraging and plants at a workshop in the library at Piccadilly from 11 to 12:30 July 4 by showing some common plants and talking about their uses. This was planned as a hands-on activities and a chance to touch, smell and taste some of the plants. Included in the workshop is live music by "Treebirds and Leafings". Following the event Mikaela planned to sign books at **Bookingham** down the mall from 1 to 2. You can find more information about she and her book at www.forestfables.ca

Wishing everyone a safe, enjoyable summer. Hopefully no wildfires and no smoke. There's always so much to do in Salmon Arm and area this season. ■

WRITE ON!

Kay McCracken



Gathering together

> Canada Day weekend began June 27 with a well attended celebration of National Multi Cultural Day at Ross Plaza. The event featured food, displays, music and dance. Above are participants from the Shuswap's Filipino and Vietnamese communities.

you're invited

- > **Peace n' Pizza**, building humanity through storytelling and listening, 5:30, July 19, First Community (third Fridays). By donation. Next speaker TBA at peacebuilders.world
- > **Plus Peace Builders Gathering**, Sept. 21, Splantsin Centre, featuring Cowboy Smithx, indigenous film maker and artist. register peacebuilders.world
- > **Garden Art Show**, 10-3, July 21, 431 Mallory Rd (Deep Creek) Free. Complimentary lemonade in garden setting while enjoying the work of local artists and vendors, including original art, prints, flowers, jewellery, art cards, stained glass, up-cycled home decor and more.
- > **SA Council**, 2:30, July 8, 22.

- > **CSRD** 9:30 am, July 18.
- > **Spa Alp Barn Dinner & Dance**, night of fun & dancing. 6 pm to 1 am, July 6 at 3019 Watson, SA. Food by S'wichcraft. Tix at spaalpequines/td@gmail.com
- > **Shuswap Family Expo**, 10- 4, Sept 28 2024, SA Fair Grounds. In partnership with Shuswap Family Centre. Exhibits, bouncy castles and other activities for kids, three key speakers include former NHL player, food trucks. See shuswapfamilyexpo.ca
- > **Artisan Market** at Shuswap Family Centre on way to wharf 11-4, Saturdays (May-Sept) Wednesdays on WOW nights.
- > **Kids summer camp**, now to Aug. 29

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THE WOMEN OF ROCK Hosted by *From Las Vegas*

TOTALLY TOM PETTY

- **Tribute to Women recording stars, plus Totally Petty**, July 6
- **Poker Run & Barn Boys**, July 20
 Meat draw & 50/50 Sat 1-3
 Game Night, Thursdays
 Burger & Beer Fridays

ONES AND ZEROS

Length multiplied width equals area, that is an algorithm. It finds the area of a two-dimensional oblong. It is not scary or sinister it is useful. Much more complicated algorithms determine which movie you might like on a streaming service or which advertisements might suit you. These are a bit scary.

Artificial intelligence uses multiple complex algorithms to both gather information and learn from it and that is downright sinister!

It is not so much the science of AI but the governance of its use. Clearly, all the time it is working out your best movie based on previous choices it is benign. If it was secretly scanning your genetic code to selectively breed the population there are some serious questions to be asked.

In 1942 Isaac Asimov wrote a short story called "Runaround" It contained his laws of robotics which have become widely accepted as good advice in the field. Broadly they state that a robot should not cause a human harm.

A robot is, by its definition, a semi autonomous machine and it is not much of a stretch from that to missiles that seek targets. If that is a good thing or not depends on which side you are on. I presume Isaac Asimov

REPAIR GUY
Barry Marshall



is spinning in his grave.

All is not lost for our human race, governments are aware of the threats and in March this year the European Union passed the first AI act into law, incidentally Canada was quicker off the mark and in the Fall of last year proposed a discussion document.

Literally, the jury is still out.

Now we come to the crux of the problem. AI is a computer program and, no matter where there are laws there are organizations with computers who can run them from anywhere.

The crux is do we want our governments to have the power to reach out globally to stop Artificial Intelligence bad actors and, more important, do we trust them to do it?

In a perfect example of Orwell's 1984 "doublethink" there is an official political party in Denmark called the Synthetic Party, chaired by Lars. Lars is an AI chat bot and it is proposed that all issues should be voted on directly by the population.

Just think, no lobbyists, no party line voting, no parliament just transparent, one person one vote direct governance. ■

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

READING ROOM

by Elisha Ramstad, public services librarian, SA Branch

Pick up your Trackers

We are excited to announce that the annual Summer Reading Club has started up at the Okanagan Regional Library! Head down to your local library branch to pick up summer reading club trackers.

There are two options for school-aged children: A tracker for the 0-5 age range, as well as for 6-12 age. Each tracker will include stickers, challenges, prizes and fun.

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

Are you over 12, but still want to join in the fun? No problem. There are also summer reading challenges for teens. And why do kids get all the fun? Not to worry! There are reading trackers and challenges for adults too.

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 Mondays, 11:30 to noon. Bond with your baby (and other babies!) and socialize with other parents and caregivers. Recommended for newborns to two. Siblings welcome.

Join the **Salmon Arm Film Club** and explore the library's free, online movie collection with Kanopy, and gather to discuss classic movies from the American Film Institute's top 100. Meetings are once a month Tuesday evenings at 6 in the library. This month we are discussing *Some Like it Hot* on Tuesday, July 16.



South Shuswap library classes: Button Maker, July 12; Fossil show & tell, 1 pm, July 13; Bug Guy & Friends, 4 pm, July 16 (pre-reg.)

□ Visit orl.bc.ca for more library programs at Shuswap branches.



Storytime in the Park

10-11 Wednesdays
Fletcher Park, July 3
Haney Village, July 10
Elks Park, July 17
Klahani Park, July 24
Kin Park (Auto), Aug. 7
Blackburn Park, Aug. 14

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Smartest grandpup

All grandparents think their grandchild or grandchildren are the smartest in the world. So, with full disclosure I admit I have a serious bias, or as they say, I'm wearing rose coloured glasses when it comes to mine.

The difference in my case is that my only "grandchild" is not actually a child, but my oldest son's dog. Like most dogs he has the usual repertoire of tricks: sit, lie down, shake a paw and speak. The pup also has some next level tricks include spinning, rolling over and even playing dead on demand; something that impresses me every time.

It really is amazing what you can teach a dog when you have a treat in your hand. I might even play dead for a Kit Kat!

Where this clever canine has separated himself from the pack is his latest trick of picking weeds. Yes, you read that correctly. When asked he will dig around a weed and pull it up. Did I say he was smart or what?!

Now perhaps lots of dogs are doing this sort of thing and I'm being misled because my



Daron Mayes

only point of reference is my dog, Jasper. Jasper knocks it out of the park in the cuteness and compliance

categories, but I don't see him picking weeds any time soon. I mean this is a dog that will stare mindlessly out the patio door window for long stretches for no apparent reason. I can promise you he isn't pondering the finer things of life like freshly cut grass or the smell of flowers.

As far as my "grandpup" he continues to dazzle. If we can get him to mow the lawn and prune the hedges, then maybe he could join the circus or start his own social media channel. Jasper on the other hand, is more than content to never leave the yard, and, for that matter, the house. The quiet and comfort of his favourite couch more than trumps the glitz and glamour of the *Lives of the Rich and Famous*.

But if you need some weeding done, give me a call, I might know a dog that can help!

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

Musical happenings

Summer is upon us and so are the many outdoor musical events in every community in our region. There is something for everyone to enjoy.

Here in Salmon Arm we have the wonderful 'WOW' **Wednesday on the Wharf** weekly series of concerts. The Shuswap District Arts Council puts on this free (donations greatly appreciated) family event at Marine Peace Park every Wednesday through July and August. Find the full musi-



Gabriele Klein

cal line up on page 4 and at salmonarmartscentre.ca/

wednesday-on-the-wharf "Burger and Jazz Night" is happening at 5 pm, July 11 at Haney Village. More info at salmonarmmuseum.org

And of course, our annual Roots and Blues Festival will delight thousands of locals and visitors from Friday July 26 to Sunday, July 28. See rootsandblues.ca and pages 8 and 9. More elsewhere in this issue of *Friday AM's July All Month*.

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PURPOSEFUL SYNCHRONICITY

By Stacey Smandych-Dack

Welcome to Dragon Tao and our philosophy for life on the Shuswap. Dragon (Tao) is translated as a road, pathway; and hence, the way in which one does something. As a team we follow the way of the Dragon by working together for common goals such as exercise and companionship while learning new skills and sharing experiences on the water.

While each paddler is an individual with personal strengths and weakness, as a team we follow the way of the Dragon by paddling with strength in unison. With this the paddlers become one in purposeful synchronicity.

There is nothing finer than a summer evening on Shuswap Lake. The water is warm and the air, cooler 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.

Dragon Tao is one of two teams with Shuswap Rowing and Paddling Club. Dragon Tao is inclusive of all genders that wish to follow the way. We encourage people new to our community including couples, working people, retired people and students to share in this experience. Our paddling time is set to accommodate most paddlers, meeting Mondays at 5:30 pm at the end of the Wharf, on the water from 6 to 7.

This year Shuswap Rowing & Paddling Club is celebrating 20 years of paddling on the Shuswap. You are invited to come out dragon boating with Dragon Tao and follow the way of the Dragon. Contact dragonboatdirector@gmail.com. ■

Wool wanted

Doreen Hall's speed at knitting amazing mittens and toques cannot keep up with her supply of wool. The knitting is passed on to the Gleaners organization at its Vernon Store with much of it going to Ukraine and other areas in need.

If you can help with excess wool in any colour, call 250-832-0692 to arrange pick-up. ■

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4 years	4.36%	No Change																					
5 years	4.30%	No Change																					

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Investment Funds Advisor

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BEST FEST IN THE WEST

The 32nd edition of Roots & Blues bumped up from its traditional late August weekend to July 26 to 28.

This summer's stellar lineup ranges from multi-platinum recording stars Sarah McLachlan and Amanda Marshall to major up-and-comers like Aysanabee who won two recent Juno awards and sang at the recent Lightfoot celebration concert at Massey Hall.

Meredith Moon, daughter of the late Gordon Lightfoot also sang at her father's tribute event in May. She goes by a different last name to succeed on her own terms - a "folk-punk" approach to traditional music.

Other artists include Canada's breakout alt-diva, Begonia, who has built a legion of fans online and her legendary live shows.

Many of the performers on this year's lineup were among those who had to cancel after last summer's devastating wildfires that swept through vast swaths of the Shuswap.

The 2023 'returnees' include Sarah McLachlan, Crystal Shawanda, Lido Pimienta, Five Alarm Funk, The Melawmen Collective, Teke:Teke, DJ Shub, Dallas Arcand, Moontricks, Rick Estrin and the Nightcats.

Among other dynamo artists are Buenostro, Miko Marks, Krut and Tanika Charles. ■

After this weekend ticket prices go up, starting Monday, July 8. Advance tickets sales for adults, seniors and youth can be purchased online at rootsandblues.ca, the office on 5th Ave. SW or by phone at 250-833-4096. Children 12 and under are free accompanied by an adult. This also applies to four-day camping passes that will increase from \$150 to \$275. ■

DAYS Shade, Barn, Blues, Pluk'w Place Stages

SATURDAY

Barn • *Both Sides Now (workshop)* - Begonia, Rebecca Sichon, Monro & Patrick, 12:45
• *Globetrotting (workshop)* - Bobby Bovenzi & Nankama Drum & Dance, 2:00
• *Transcending Boundaries (workshop)* - Mama Mihiranga, 3:30 • See next page ▶

Blues • *Funk Hop Nation (workshop)* - Five Alarm Funk, Tanika Charles, DJ Shub, noon
Boarding Pass (workshop) - Lido Pimienta, Aysanabee, 1:15
Pocket Change (workshop) - Heather Gemmell, Stephen Fearing, Claire Coupland, Dave Barber, 2:30 • Blue Moon Marquee, 3:45 • See next page ▶

Pluk'w • Rhonda Camille, noon • Chris Rose, 1:00 • Oot n Oots, 2:00 • Derric Starlight, 3:00
• All my Relations Pow Wow, 4:00 • Ryley Booth, 5:00 • Dallas Arcand, 6:00

Shade • Claire Coupland, noon • Buenostro, 1:30 • The Hello Darlins, 3:00
Aysanabee, 4:30

SUNDAY

Barn • *Mood Swings (workshop)* - Meredith Moon, Brandon Isaak & Saints of Swing, 12:45
• *If you could read my Mind (workshop)* - Aysanabee, The Hello Darlins, 2:15
• *Par de Dos (Pair of Two) (workshop)* - Buenostro, 3:45 • Mama Mihiranga, 6:00 • See next page ▶

Blues • *Change Agents (workshop)* - Crystal Shawanda, Blue Moon Marquee, noon
• *Damn Right we got the Blues (workshop)* - Rick Estrin & Nightcats; Delvon Lamarr Organ Trio, 1:15
• *Globetrotting (workshop)* - Bobby Bovenzi & Nankama Drum & Dance, 2:30
• Brandon Isaak & His Saints of Swing, 3:45 • Rick Estrin & Nightcats, 5:30 • See next page ▶

Pluk'w • Rhonda Camille, noon • Chris Bose, 1:00 • Oot N' Oots, 2:00 • Derric Starlight, 2:00
• All my Relations Pow Wow, 4:00 • Ryley Booth, 5:00 • Dallas Arcand, 6:00

Shade • Heather Gemmell, noon • Dave Barber, 1:30 • Stephen Fearing, 3:00
• Meredith Moon (daughter of Lightfoot), 4:30

JULY 26-28 • rootsandblues.ca 250.832-4096

NIGHTS • Barn stage & Mainstage

FRIDAY

26 Mainstage



CRYSTAL SHAWANDA, 6:00



TANIKA CHARLES, 7:00



MIKO MARKS, 8:30



AMANDA MARSHALL 10:00

Barn stage Krut, 6:00 • Mama Mihirangi & Mareikura, 7:15 • Teke:Teke, 9:00 • BCUC 10:30

CBC Blues stage

Rebecca Sichon, 8:00
Munro & Patrick, 9:30

SATURDAY

27 Mainstage



DJ SHUB & WAR CLUB LIVE, 6:00



LIDO PIMIENTA, 8:30



FIVE ALARM FUNK, 10:00

GLOW PARADE
Launching at Whimsy Zone 10 pm Saturday

Barn stage Malawmen Collective, 6:00 • Brandon Isaak & Saints of Swing, 7:35 • Delvon Lamarr Organ Trio, 9:00 • Rick Estrin & Nightcats, 10:30

CBC Blues stage

Tanika Charles, 8:00
Mama Mihirangi & Mareikura, 9:35

SUNDAY

28 Mainstage



BEGONIA, 7:00 pm



AYSANABEE, 8:15 pm



SARAH McLACHLAN, 9:45 pm

> Canadian singer-songwriter has sold over 40 million albums worldwide. She co-founded the Lilith Fair

Barn stage Mama Mihiranga, 6:00 • Buenrostro, 7:00 • Bab L' Bluz, 8:15 pm • Moontricks, 10:00

CBC Blues stage

Meredith Moon, 7:45
The Hello Darlins, 9:15

TUNED UP SERIES • Free concerts • All ages Presented by Downtown Salmon Arm

- ROSS STREET PLAZA • Salmon Armenians, 11:45 am, Mon, July 22
- Mia Kelly, 11:45, Tues, July 23 • Chicken-Like Birds, 11:45, Wed., July 24
- Krut, 11:45, Thur, July 25 • Buenrostro, 11:45, Friday, July 26
- Munro & Patrick, 11:45, Sat, July 27 (Farmer's Market morning)
- TREBLE CLEF, Alexander. • Kick-off: TEKE:TEKE & BCUC, 6:00, Thur. July 25
- MARINE PEACE PARK • Beunrostro, 6:00, Wed. July 24 (WOW series)



Proud of Canada

Just finished watching ceremonies from Newfoundland and Labrador over the return of the body of the "unknown soldier".

It was a very moving to say the least. The Premier gave a moving speech that made clear the pride of Newfoundland and that indeed they were proud Canadians.

After watching this and the ceremonies from Ottawa on Canada day I take pause to reflect on what Canada means to me. I have always been proud to be Canadian. I travelled extensively as a younger man and never missed an opportunity to express it. In many parts of the world Canadians are loved and respected and students are taught about Canada. Students in the US, however, seem to be the exception. While travelling in the US it never ceased to amaze how little Americans know about Canada. They claim to be patriotic and take great pains to show how much they love their flag while at the same time cut the flag up to make T-shirts, lamp shades and hats. I could never understand this contradiction.

I joined "Boy Scouts" at age ten and learned to celebrate and salute our flag (Union Jack) at the time. We took part in Dominion Day celebrations, parades and community functions and presented ourselves as good Canadian boys, hard working and loyal to our country and flag. We learned the value of hard work and what it means to earn your keep.

In order to go to summer camp each year we had to gather newspaper by the ton and raise money in as many ways as possible. While at camp we did our own cooking, clean up and general house keeping. We slept in tents and pooped in the woods. At the same time we worked hard to achieve certain goals that were represented by the badges we proudly wore. All this time we were learning skills that would serve us when we actually had to venture into the real world and make it on our own.

I do, however, fear for this lovely country we call home. I don't feel as safe as I once did when I see the rise of the far right in other countries. When I see what has happened to Ukraine that lies on the border of a country that is run by a dictator.

I don't want to get too political and do know that we have been attacked four times by the US and survived, but nothing is certain and I only hope we can remain safe.

We may not agree with our leaders and may get tired of them after a time, but for the most part they seem to be of a more gentle sort, honest, intelligent and trust worthy. I may get challenged on this, but let's be honest, they are human, like the rest of us. Not perfect but do their best.

We live in a beautiful country folks and as I get older it seems to become more beautiful all the time. Most beautiful of all are the people who come here because they realize what a great country this is and choose to make it home. We should be proud. Our aboriginal brothers and sisters shared this country as should we. ■

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

MY TWO CENTS



Ed Campbell



> There will be relief this fall from the annual scramble for student accommodation. Construction is nearing completion at the Salmon Arm campus.

Weather commentary

■ Continued from page 13

Here are statistics to support this from March to June:

2024: Zero days 30 or better; 2023: nine days
 2024 was cooler by average per day; -3.7 C for period in '23.
 2024 rainfall: 7 3/8" (181 mm); 2023: 3 3/16" (78 mm)

All is in good shape if July is hot and drier which it nearly always is.

The weather was unsettled during June, making it hard for haymakers to make good judgments, especially when there are conflicting forecasts by different weather networks. I've found the Okanagan networkkd the best go-to. It runs 24 hours a day on cable channel 272. All said and done, we have much to be thankful for.

City FIXINGS

> It's good to see the work starting on the bank stabilization beneath Lakeshore Drive.

Bravos & BOOS

> BRAVO TO the gorgeous pocket park off the highway through Enderby.



It involves citizen participation and there needs to be more of such little spots in every town.

Web SITING

► www.nesdis.noaa.gov
 One of many sites to track Hurricane Beryl

Gospel TENT MEETINGS
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 Thursday 4th at 7 PM • Friday 5th at 7 PM
 Saturday 6th at 7 PM • Sunday 7th at 10 AM
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 Sunday 7th at 7 PM

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 Friday by apt. only

Easing into summer (or trying)

While there's no question the world is heating up, both literally and metaphorically, be it the record early start to the hurricane season or the heated political stakes in the UK and French elections, summer has been slower to arrive this year in the Shuswap. And I'm grateful for that.

Cooler temperatures and slightly more rain this past spring has eased somewhat the drought and fire concerns for the moment and it's time to step into summertime in the Shuswap, be it welcoming guests, getting out on the lake, taking in a concert or enjoying the bounty of our amazing farmers markets.

The summer schedules have changed somewhat this year seeing both Roots and Blues Festival and Salmon Arm Fair move up by several weeks.

Other perennial favourites are keeping to the same schedule such as Wednesdays On the Wharf that opened this week and the Downtown Farmers' Market which is now almost a year round event. We're so fortunate throughout the Shuswap to have so many weekly markets and concert series, from the Saturday Sorrento Market to Music in the Bay and Friday Night's Live. Keep the local branches of ORL Library on your to do list given their diverse offerings of fun things to do.

The Salmar is always a favourite, allowing us to enjoy all the summer blockbusters. Local wineries and cideries curate beautiful evenings of good food, good music and great refreshments. Be sure to check them out this season.

The region continues to expand its capacity in both new businesses and new public amenities. Be on the lookout for the new Ricochet Brewing Tapouse

NOTES FROM THE MARGIN



Louise Wallace Richmond

opening soon in downtown Salmon Arm. The food truck culture continues to grow here with new ones popping up at local events. There are well over a dozen patio dining options in the downtown core and plenty of water side options as well from Canooligans and Canoe Beach Cafe both open 7 days a week (weather permitting on the beach).

Thanks to Salmon Arm Rotary, there will soon be a brand new rubberized walking track coming to Rogers Rink (formerly Shaw Centre). Speaking of tracks, work on the 50 km Shuswap North Okanagan Rail Trail continues with the pilot section from Enderby to Splat-sin opening in May.

Of course none of this is possible without dedicated business owners, great staff, generous donors and incredible volunteers.



> Salmon Arm rock band the Canoe Rockers playing the Shuswap this summer

They power our entertainment and recreation opportunities. Please be sure to tip your hat to them every chance you get.

Summer will end with one of the most exciting events Salmon Arm

and neighbouring communities have ever hosted. The 55+ BC Games will be held Sept. 10 to 14 and will feature dozens of sports, welcome thousands of athletes and be supported by hundreds of volunteers. It'll be a showcase of all that our region has to offer. You won't want to miss it.

So with that, I'll wish you the healthiest, happiest summer possible. We have plenty to be thankful for and my hope is that gratitude can help us navigate through any (maybe many) storms ahead. ■

□ Louise Wallace Richmond is a long time Salmon Arm councillor and media consultant

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WEATHER SYNOPSIS



Sunny and hot weekend ahead. High up to 36 C by Monday.
Normal: 25 C to 11 C
Extremes since 1991:
32.7: 2007 • 7.9: 1994
Rainfall: 2 5/8" (65 mm)
Sunrise 4:51 • Sunset 9:12

■ **NICK'S NOTES:**

June summary: Av. High 21.5 C (24.5 June '23) • Av. Low 10.5 C (3/4" 19 mm June '23)

Past Temps, June 19 to July 2

By weatherman Nick Parsons

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

DATE	HIGH	LOW	PRECIP.
June 19	21	5	
June 20	25	9	
June 21	28	9	
June 22	22	13	Trace
June 23	24	12	
June 24	21	12	
June 25	25	8	
June 26	20	12	3/16" rn
June 27	22	11	1/8" rn
June 28	24	10	
June 29	27	13	
June 30	20	15	5/8" rn
July 1	21	13	Trace
July 2	21	13	1/4" rn

■ **Weather past, present & future.. by Nick Parsons**

Salmon Arm recorded 37C on June 30, 1925, compared to 20C on that day this year. Temperatures hit 40C and better in July 1941.

Wildfires were prevalent in the area in the distant past where trees and forests now stand, as seen in historic photos. Burnt tree stumps on private and municipal land are still in place.

It is a fair guess with the LaNina pattern in place that a cooler winter with abundance of snow is in store for 2024 - 25. Only time will tell.

When we transitioned this Spring from El Nino patrn to La Nina, North American climatologists predicted a cooler and wetter summer for the Prairies and BC. This as certainly been the case four our area and beyond so far to July 1st, although it is expected to get extremely hot next week. Here are some statistics to support ■ Con't Page 10

PASSAGES

LEGACY LIVES ON
shuswaphospitalfoundation.org
shuswapfoundation.ca

Bowers Funeral Service
bowersfuneralservice.com

- ❖ Evelyn Anderson
June 18, 2024, at age 92
- ❖ Marilyn Robinson
June 18, 2024, at age 89
- ❖ Russell 'Russ' Younger
June 17, 2024, at age 81
- ❖ Merle Snider
June 29, 2024, at age 80

Fischers Funeral Service
fischersfuneralservices.com

- ❖ Alfred Earl Fisher
June 5, 2024, at age 71
- ❖ Timothy 'Tim' Joseph Hamel
June 14, 2024, at age 69
- ❖ Paul John Haugaard
June 19, 2024, at age 89
- ❖ Anna Lena Marie Hrytzak
June 22, 2024, at age 86
- ❖ Roy Alan Mills
June 25, 2024, at age 74
- ❖ Shannon Edith O'Neill
June 12, 2024, at age 87

- ❖ Peter Pukas
June 25, 2024, at age 82
10:30, July 5, St. Joseph's
- ❖ Ross Edward Townsend
June 23, 2024, at age 67
- ❖ Michael 'Mike' Petkau
June 21, 2024, at age 63
4 pm, July 20, family home
- ❖ Hans Peter Szikora
June 20, 2024, at age 59
- ❖ Florence Edna Boyes (2023)
11 am, July 6, Malakwa
- ❖ Claude Joseph Cyril Roy
July 13, Salmon Arm
- ❖ Abe Zacharias
1 pm, July 29, Shuswap
Community Church
❖ ❖ ❖
- ❖ Rick Cluff, 74, CBC radio host
- ❖ Marty Pavelich, 96, NHL star
- ❖ Martin Mull, 80, actor, comedian
- ❖ Ray St. Germain, 83, singer
- ❖ Donald Sutherland, 88, actor
- ❖ June Leaf, 94, kinetic sculpture

SPORT SPOT

- > **Lawn Bowling**, 1:30, Mon, Fri.
- > **Tennis**, book at clubsparks.ca.
- > **SA Horseshoes**, 6 pm, Tues/Thur (250.832-8467).
- > **Girls only Soccer School**, July 8-12. Register triciamart@telus.net

'325 Alex': Episodes 13 & 14

Serial Story by Shawn L. Bird



Henry sat at his window with his leg propped up and watched the world outside. Below, a green VW covered with butterflies and flowers drove by. "Hello, Sheila the Bug," he said to the empty room, remembering how the car's owner, his English teacher, seeing both his crush and his paralyzing shyness, had put him in Susanne's novel study group. Even at SAS, Susanne had been amazing.

He was still a fool for Susanne. He'd rented this apartment after Susanne was interviewed on the news about the incidents in #402. He'd been so happy that she'd been brave enough to stay here, and that there was actually a suite available in her building.

For five years he'd been taking his time, cultivating her affections, growing their friendship. After five years, he was ready to make his move.

He hadn't counted on Nic from the café butting in. No one should be that handsome and that buff. How could a gaming nerd compete? Even though Susanne regularly went with Henry for gaming nights and bubble tea, that hadn't fueled any passion yet.

A knock on the door broke his reverie. He hitched his crutches under his arms and hobbled to the door. Outside, he found a brown bag on one of the ubiquitous boxes for #402. Mouth watering aromas wafted from the bag. He called, "Thank you!" to the empty hallway.

Inside its to-go container, the food was still warm. There was rice, some type of meat, mixed vegetables and a sauce. It was spicy and flavourful. He groaned as his taste buds danced their appreciation.

He hoped the gifter was Susanne, but thought it was more likely from the dela Cruzes next door. He knew Susanne's culinary skills weren't this good. Still, it didn't matter she couldn't cook gourmet meals. He loved her for other things. Her smile. Her laugh. That twinkle in her eye when she thought something was funny. The way she was nice to everyone.

A girl as great as Susanne didn't come along every day.

He needed to do something dramatic to finally win her heart. But what?

Sofia dela Cruz felt the least they could do for their poor neighbour was send him over the occasional meal. Her husband Angelo said she didn't work hard to feed the neighbourhood, but he worked at a restaurant and brought home enough left-overs to share. Between listening baby Maggie's screaming, his girl troubles, and falling down the stairs, things had been rough for poor Henry.

Maggie's screaming hadn't abated in four months. The parenting websites said that when the teeth were all through, the baby would be quiet. They lied. Sofia talked to the doctor who said it was colic that could take a year or so to disappear, but not to worry, she would get over it eventually. This was not a comfort.

At this rate, Maggie would be an only child, because they couldn't handle another year of no sleep.

Sofia was sure it'd gotten worse since the boxes started stacking up. It was astonishing how whenever she bundled Maggie up and walked the SABNES Trail, she was quiet and content. When they went visiting friends or were at the restaurant Angelo's parents owned, she never made a peep.

Even Angelo noticed the difference. Over Maggie's howls one night he said, "Maybe it's time to buy a house." He put his hands over his ears. "I could call Tall Tom and we can get him looking for something. What do you think?" "A house? A real house? With a yard?"

Angelo nodded. "It'll have to be something small. Maybe in Canoe. I don't know. We'll see what Tall Tom can find."

Maggie had stopped crying and looked between her parents. "It's the boxes, isn't it?" said Sofia.

Angelo didn't meet her eyes. "I'm not superstitious," he finally said, bouncing baby Maggie up and down. "But I want to get away from those boxes."

Maggie stopped crying, looked him right in the eyes, and gave him the first genuine smile she'd ever made, and then she reached up to pat his cheek. ■ **Episode 15 in July 19 Friday AM**

Bounce back!

BounceBack® is a free skill-building program to help adults and youth experiencing low mood, stress and worry. This mental health program uses workbooks and one-on-one contact with a telephone coach.

Mental Health Matters
Denise Butler

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BEAUTY OF STUFF THAT DOES NOTHING

Iwrote a column about this in 2016, and I thought it deserved an addendum... not necessarily an update, it's still valid, but just some additional thoughts.

Being bombarded with the admonition to 'declutter!' in almost every, magazine or self-help group has brought me to thinking about accessories. You know, those little bits and pieces we have in our homes that really don't do anything except add to the mood and feel of a room.

In today's fast-paced, digital world, these seemingly purposeless objects are taking on a new significance. They actually do mean something. They're becoming anchors of nostalgia, conversation starters, and tangible connections to our experiences in an increasingly virtual world. This is what accessories should do. Not just be decor pieces.

The pandemic dramatically shifted our relationship with our homes. With more time spent indoors, people are craving spaces that tell their personal stories and provide comfort. A study by the Home Improvement Research Institute found that 70 per cent of homeowners undertook home improvement projects during the pandemic, with many focusing on creating more personalized spaces (HIRI, 2021).

This desire for personalization

has led to a trend called "Curated Maximalism". It's about creating

vignettes of meaningful objects that reflect our travels, relationships, and values. For

instance, a shelf might display a mix of locally sourced artisanal ceramics, a vintage camera from a flea market in Paris, and a small sculpture made by a child – each item with its own story.

The rise of social media, particularly Instagram and Pinterest, has also influenced this trend. People are creating "Instagrammable" corners in their homes, filled with aesthetically pleasing and personally significant items. According to a survey by Houzz, 34% of homeowners consider how their space will look in photos when decorating (Houzz, 2021).

But.. the minimalist movement hasn't disappeared. It has evolved. Today's homeowners are embracing what can be thought of as "Mindful Maximalism" – a thoughtful curation of meaningful objects within a clean, uncluttered space. This approach aligns with the growing focus on mental well-being and mindfulness in design.

Sustainability is another key factor influencing this trend. As consumers become more environmentally conscious, there's a growing preference for quality

over quantity. Homeowners are investing in fewer, but more meaningful pieces, often hand-crafted or vintage.

When it comes to displaying these meaningful objects, consider the following tips:

- **Create thematic groupings:** Arrange items with similar colors, textures, or origins together.
- **Use varying heights:** Create visual interest by mixing tall and short objects.
- **Incorporate negative space:** Allow room for the eye to rest between groupings.
- **Rotate seasonally:** Keep your space fresh by changing displays with the seasons.
- **Tell a story:** Arrange items in a way that invites questions and sparks conversations.

Remember, the key is to create a space that feels authentically you. Whether it's a collection of stones from various beaches you've visited, a gallery wall of family photos, or a shelf of items from your travels, these "useless" objects serve a profound purpose – they make a house feel like home.

Creating spaces filled with meaning and stories is more relevant than ever. In our digital age, these tangible connections to our experiences and loved ones are not just beautiful; they're essential to creating a sense of belonging and well-being in our lives. ■

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

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HIDDEN GEMS

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> "I hope that the world will emerge from its present troubles, that it will one day learn to give the direction of its affairs, not to cruel swindlers and scoundrels, but to (those) possessed of wisdom and courage." ~ *Bertrand Russell*
 > "I still love America, I just don't know how to get there anymore" ~ *John Prine*

FUNNY BONE

> Sometimes someone unexpected comes into your life out of nowhere makes your heart race and change you forever. We call these people cops.
 > On the way back from the cemetery, a husband confessed to his wife, "Darling, if I didn't love you so much, I don't think I could have put up with living with your old Aunt Emma in our house all those past 20 years." His wife looked at him, aghast. "MY Aunt Emma!?" she cried. "I thought she was YOUR Aunt Emma!"

POP QUIZ

> When is the targeted completion of four-laning of the Trans Canada to 100 knh standard all the way from Kamloops to Alberta?
 < 2050 in 26 years



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PICTURE THIS

> Another Canada Day come and gone. Canada. A nation that can laugh at itself, it trades in loonies and toonies; sees the humour in life; has 'mounted' police and funny town names; and sends its best comedians to its braggly neighbour to the south so it can laugh at itself too.



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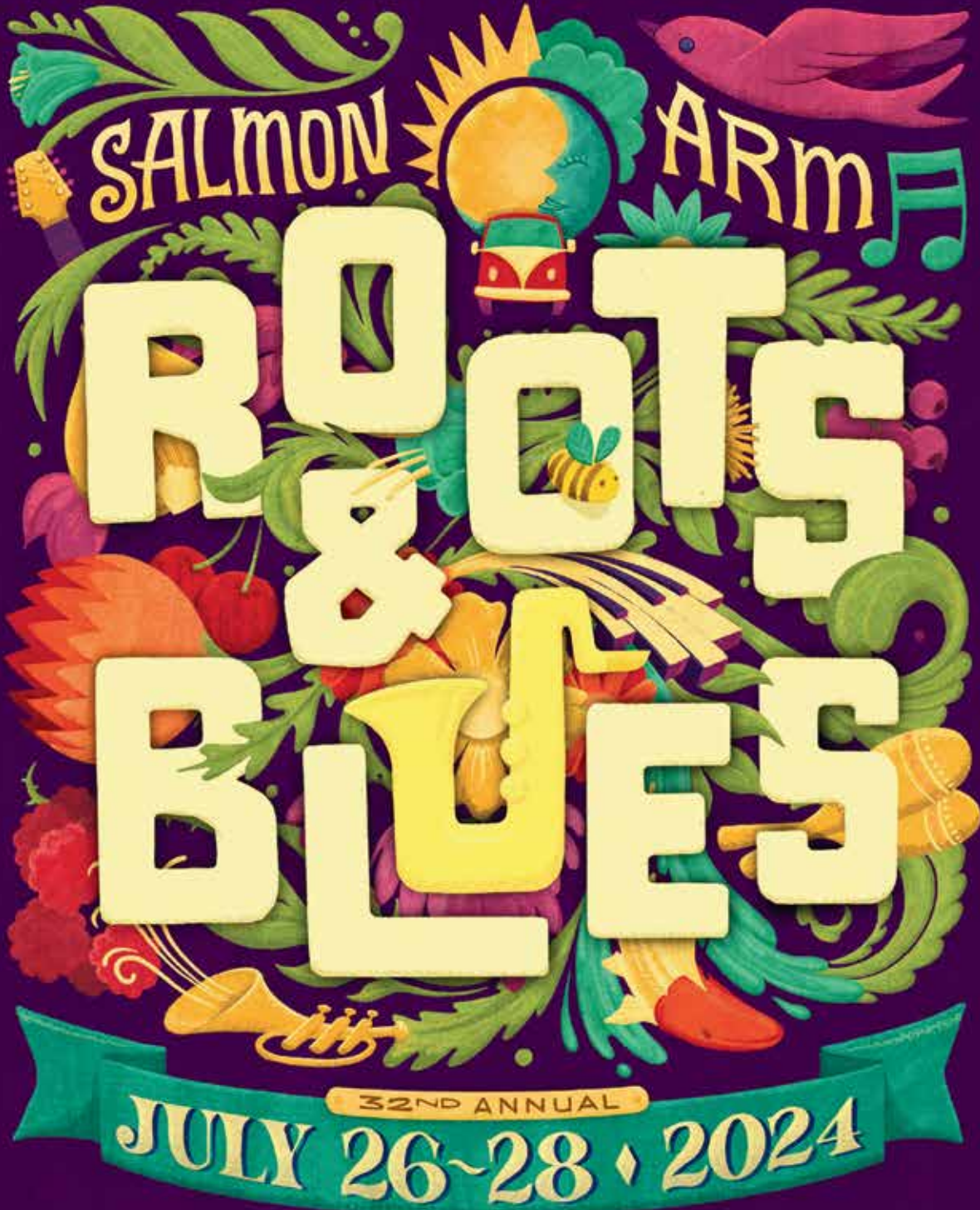



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FROM FACEBOOK DAILY POSTINGS



Bad night for Biden, Lie night for Trump

I've had a few days to reflect on the presidential debate on Thursday. This election is important to Canadians because the idea of Trump getting re-elected would deal a great blow to democracy in the world.

Anyway, I had a slightly different take than the immediate reaction. There was a panic among pundits and operatives that Biden was not up for the job and needed to step down to ensure Trump is defeated.

There was no doubt Biden showed his age. There were cringe worthy moments, a deer in the headlights look at times, and a few too many "Number one, this, number two that's" and "by the ways." But my overwhelming feeling was one of empathy for a conventional leader trying to debate the world's glibbest bully salesman spouting off an endless stream of lies.

It was obvious Biden looked under the weather and this was confirmed in his lively appearances the next day. Nearly the entire Republican party is at the beck and call of the bully, so it should be no surprise what a struggle it must be to effectively argue with a gaslighting bully and liar in those one minute segments. And even the most dedicated MAGA person would know their leader was lying when he proclaimed that "everyone" wanted Roe vs Wade overturned. Biden is 81 with decades of experience on the world stage and with a remarkable nature of honesty and empathy.

A president is equipped with a vast team of experts to advise and follow up the leader's decisions. FDR was among the finest presidents who

was physically frail all of his years in office.

Finally, my take is backed up by the response the next day. The pundits and operatives were contradicted. Biden received a bump in support in the discussions and polls that immediately followed. Give people credit for recognizing a lying bully when they see one, and an honest man looking incredulous and trying to speak the truth.

Some comments:

> It's beyond me why they call for Biden to step down when Trump lies his face off and never shuts up. Yet you don't see the media calling for Trump to be put in an asylum. There are not many people who would have done well against a gaslighting bully like tRump, I don't care how much experience you have. *Dianne Perrier*

> A bad night for the president vs 4 years of world instability with a lying, morally-bankrupt grifter! *Barbara Smaha*

> I would take Biden in a coma as opposed to Orange Asshat in any condition. *Larry Connell*

> Sadly, I think that 9/11 was so damaging to the American psyche that many were looking for a "strongman" and found one who satisfied their image of their savior (which plays to the rise of extreme right wing Christian evangelism aka Christofascism). The next election may just prove that the terrorists won, and have destroyed the American Dream, while recreating the country in its own image, though a "Christian Taliban" rather than the Islamic one.

Patrick Eugene Thomas

■ MORE COMMENTS NEXT PAGE ▾

DEBATE DISCUSSION ■ from previous page

> Trump came out with a blitzkrieg of lies and confabulation that would've intimidated even the most prepared debater. Yet, many would rather be entertained by this toxic clown than face the real problems of the world. *Richard Sevigny*

> A convicted felon who launched an armed insurrection to overthrow democracy during which there was a gallows set up for his own running mate should never have been allowed into the same building as POTUS. The principles and traditions of democracy should not be freely offered to people who are actively campaigning to destroy them. This debate should never have happened in the first place. *Erik Bjorgan*

> Biden's occasional deer in the headlight's look is actually complete bewilderment that even loudmouthed Trump could get away with so many baldfaced lies. *Jean Yvonne Pyka*

> I agree wholeheartedly with everyone's assessment especially about Biden's character (and the actual data that proves the USA economy has not been this good for 50 years which eluded the moderators). The truth is that anyone over 50 is being left behind by technology and with a country of 333.3 million (twice the population of Russia) can't the Democrats swap out a tired old man for a Gavin Newsom or David Axlerod or someone with an actual future? Biden's experience could still be drawn upon but as it is, the 'undecided's' (?) will be headed for the Kennedy camp ensuring the Howler Monkey's victory. *Duncan Morris*

> It is appalling to me that these two are the choices for the next POTUS and that people will accept that. Truly we have reached the low point *Valerie Mccausland*

> Honesty and politician are diametrically opposed. I honestly have no idea how anyone can support either of these two. Much like Trudeau and Polivier. Change the tie, the stutter, the bs, the party affiliation and whatever they are selling and the people will still end up with dangerous, unqualified liars owned by the rich elite of the world. *Bob Boxall*

> Reply to Bob Boxall: Just curious what a stutter has to do with anything? *Nancy Cannon*



> This is what closure and honour look like. It was three years ago this week that Lexi left us. A few months ago, puppy Juno joined my daughter Chelsea's family, and wears Lexi's collar.



GATHERING TOGETHER

- 4:00pm Welcome
- 4:30pm Slavic Folk Music
- 4:55pm Ukrainian Music
- 5:15pm Ethiopian Coffee Ceremony
- 5:15pm Filipino Song
- 5:30pm The Youthful Ukulele
- 5:45pm Filipino Cultural Dance and Music
- 6:25pm Shuswap Pipes 'n Drums
- 6:55pm Mexican Music
- 7:10pm Jingle Dance
- 7:35pm Ukrainian Dance



eh?/em!

Blog Post

Next Friday AM
July AM, July 5

Friday SALMON
All Month ARM

June 24, 2024 • 1st posting of day • FriAM.ca



> Here are a few more photos from my weekend on the coast to visit daughter Angela's family. The Pattullo bridge replacement stretches vertically while the Tappen bridge replacement goes horizontal. The Tim Horton's located just before the highway through Kamloops turns into a freeway has been a mainstay stop since time began. As of July, this Tim's will close and reopen in the brand new neighbourhood off the highway called Orchard Walk. It's at the first stop light after Salmon Arm, and it is a bit like a miniature version of our city, an urban paradox. Like Salmon Arm, Orchard Walk tries to be both a quaint and quiet community while also capturing business from the constant national traffic that runs through it.

Vancouver is a striking city with its natural setting, its futuristic urban towers and skytrains. Kingsway is still that classic boring strip. That is, until I came up to this. What is this? An incredibly tall ladder to nowhere towering over a Kingsway corner. The 108 rungs of this public art reference a direct correlation to Dharmic faiths where 108 is regarded as a "spiritual number"



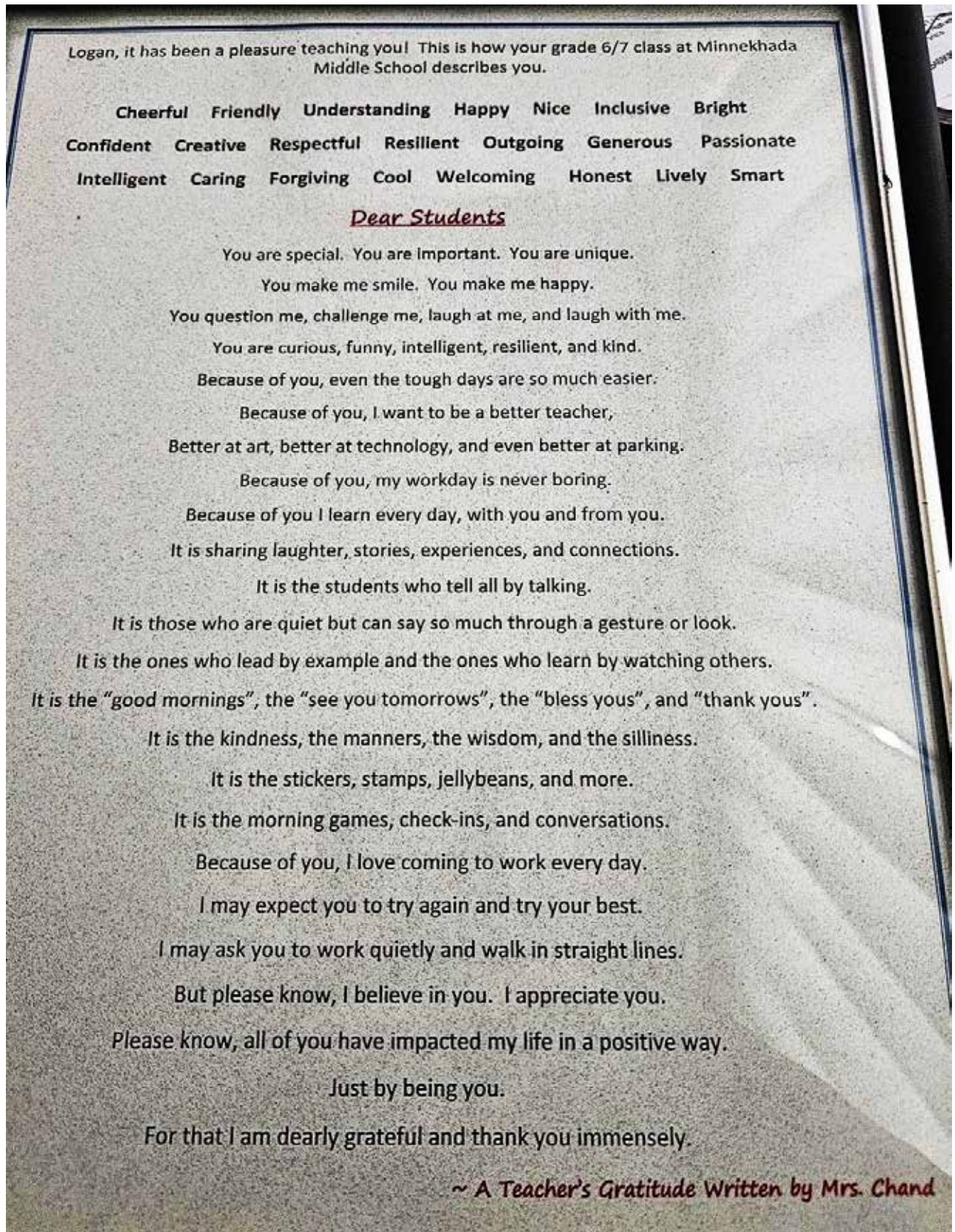
■ Enderby held a wonderful Canada Day parade. I stood near a delightful new Canadian (bottom left) who wished “Happy Canada Day” and took a photo as every float passed by.



ENDERBY PARADE



■ These are the precious and uplifting words that grandson Logan's teacher presented to him, along with the rest of his class. Happy summer holidays all and thank you teachers!



BECAUSE IT IS RIGHT TO DO

A rabbi was asked “Why did God create atheists?” After a long pause, the rabbi finally responded with a soft but sincere voice. “God created atheists to teach us the most important lesson of them all – the lesson of true compassion.

When an atheist performs an act of charity, visits someone who is sick, helps someone in need, and cares for the world, he is not doing so because of some religious teaching. He does not believe that God

commanded him to perform this act. His actions are based on his sense of morality. Look at the kindness he bestows on others simply because he feels it to be right.

When someone reaches out to you for help. You should never say ‘I’ll pray that God will help you.’ Instead, for that moment, you should imagine there is no God who could help, and say ‘I will help you.’”

- Martin Buber

sofia's choice



So close, so close. Well, the loss wasn't for the efforts of one of Edmonton's newest residents. Here's Sofia waving flag and yelling “let's go Oilers!”

> Sofia learned a valuable lesson on Canada Day. If you throw your shoe into the North Saskatchewan River, it will never come back. I sure miss those grandkids, but not so much her reaction after.

MY LIFE IN THE SLOW LANE

I try to do at least one neighbourly act of kindness each day. Not that I'm counting - that would be tacky - but believe last night's deed counts as only half of one.

The man in front of me at the grocery checkout was startled when his bag of cashews came to \$12. He wanted to put half back, but was told that was not allowed. So I offered to buy the half he didn't want. The

clerk then agreed and found another bag. While filling my bag, a whole bunch of cashews spilled out on the counter, so it ended up totalling \$10 instead of \$12, making each of our shares \$5 instead of \$6.

Unfortunately, this half of a good deed cost me loads of calories that I'm now going to have to work off today. Maybe there's a good deed I can do during my extra long walk.

Back home from a trip to the Coast

GRANDKIDS NEWS-DISPATCH

Salmon Arm, BC ■ June 20, 2024 ■ Priceless

Grandpa heading west to visit the boys

SHUSWAP (FAM) - The publisher of *Friday AM* and *The Grandkids News-Dispatch* is all packed and ready to head out west on Saturday morning to visit his grandsons in Port Coquitlam.

There were unconfirmed reports that there was snow on the Coquihalla, but hopefully that yokel was merely joking.

"This is a major month in the life of grandkids," said Lorne in an interview with himself. "School is out, they're going into another year, and all that the summer has to offer is laid out before them."

Lorne added that he's anxious to take his new 2009 Matrix for its first big spin since acquiring Magi just before Christmas after blowing out his transmission on his 06.

Plans are to take the boys for a hike and the DQ for ice cream after, and possibly check out Vancouver on Sunday. "It's going to be fun," Lorne added to himself. ■



> **FLASH UPDATE!:** Declan received his grade five diploma this week in Port Coquitlam and will be moving on to Middle School, Grade 6; Logan will be going into grade seven as will Maycee, except for Maycee, Alberta calls it the first year of Junior High. Meanwhile, the little ones, Sofia and Aubrey, are getting to know the fantastic playgrounds in their new neighbourhood around Edmonton's Clareview area. Sofia also got to enjoy a ride in her Daddy Brandon's tow truck. Their new life in Edmonton is going well. Of course, grandparents miss these kids when they all live faraway, but all we really need to know is they're doing well, they're only a phone call away, and we're always there for them.



I know it's been a long drive Tessa.. but smell my armpit as soon as I'm back home? Really?

Friday SALMON
All Month AR.M

"Love this town, but it's good to get out Dodge once in a while.." ~ L.R.

