

# LET THE GAMES BEGIN!

September

10-14

# FriAM

ALL MONTH

Photos from last year's Games

**20 SPORTS** Archery • Carpet Bowling • Cribbage • Cycling • Darts • Equestrian • 5-Pin Bowling • Golf • Hockey • Horseshoes • Ice Curling • Lawn Bowling • Mountain Bike Racing • Pickleball • Slo-Pitch • Soccer • Swimming • Table Tennis • Triathlon • Opening Ceremony, 7-8, Sept. 11, Rogers Rink. **P.5**

▼ **WHAT'S ON** ■ Online: [FriAM.ca](http://FriAM.ca) ▶ 250.833.1141 ▶ Sept. 6, 2024 • No. 1351 • FREE

**Festivities**  
**Art & Film**  
**Concerts**  
**Theatre**  
**Sports** **4,5** > BC Flamingo / P.9

**FALL SIGN UP WEEK**  
*Wraps up Sunday, Sept. 8*

Truth & Reconciliation Day, Sept. 30  
[piccadillymall.com](http://piccadillymall.com)

**Real Estate**  
 Purchases • Sales  
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FRIDAY  
NO. 1351

AM  
AM

September 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.

# BC politics spins a big surprise pre-election

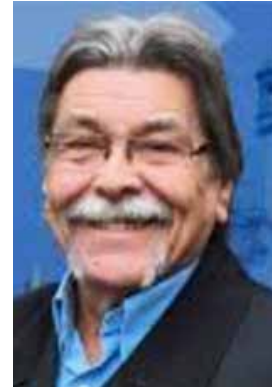
Greg McCune who had been the BC United candidate for Shuswap Riding was surprised as anyone when leader Kevin Falcon pulled the plug on the campaign.

McCune said he was hopeful that at least some of the highly qualified BC United candidates will fill some of the spots for the BC Conservatives.

"I won't say I'm upset, but I put in ten months of campaigning and 27,000 kms," said McCune

He added that he is going to watch how it unfolds over the next week, and did not rule out running as an independent if he does not like what he sees.

Falcon had been highly critical of BC Conservative leader John Rustad in the past. The move to back Rustad was key to defeating the NDP. ■



> Greg McCune

> David Williams

# NDP picks candidate Sept. 5



By presstime Thursday Shuswap NDP members will have picked a candidate to run in the BC election Oct. 19.

Sylvia Lindgren, a Salmon Arm councillor, and Phaedra Idzan, a longtime resident and active volunteer, put their names out to run for the NDP.

The nomination meeting was set for Sept. 5.

With the BC Green party still without a Shuswap candidate, and BC United party out of the running, so far, it's a two-party race between the NDP and BC Conservatives. ■



> Lindgren

> Idzan

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Michael Patterson - The Path of Healing  
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#### SATURDAY SPEAKERS

Susan Collins - Reverse Aging  
Ray Bacon - Electroculture  
Dawn Kirkham - Dowsing Workshop  
Jacquelyn Rose - Huna Circle

#### SUNDAY SPEAKERS

Joshua JD Lemmens - A Miracle A Day  
Post-conference hands-on workshop  
Ray Bacon - Electroculture

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**Levers of power**

Many of us have been spending too much time on wild US politics that we didn't see it coming with the wild change in BC's political landscape. It behooves me that no policy or nominations meetings are in the cards to give the defunct BC United Party a little leverage.

Going to a twice a month format in October is a cause for personal reflection over the 27 years of this little paper. I did just that in a half-hour interview on Voice of the Shuswap. You can listen to it as a podcast at [voiceoftheshuswap.ca](http://voiceoftheshuswap.ca)

Make sure to check the eight bonus pages at [FriAM.ca](http://FriAM.ca), including photos from Salmon Arm Fair in its new August weekend.

Here's a late breaking item that didn't make it onto the concert listings. Jazz Society kicks off the new season **Sept. 12** on the Nexus stage with Sandy Cameron, Dan Smith, Stephanie Clifford and Jake Verburg. ■

**You're Invited**

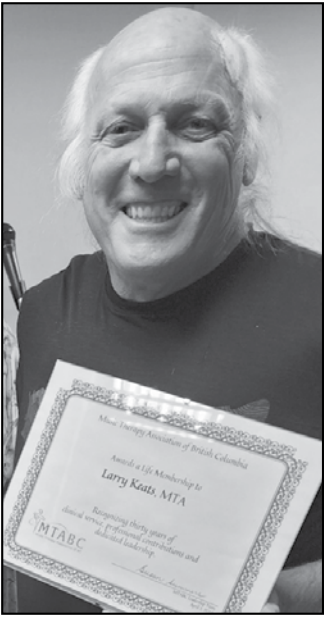
> **Shuswap Garden Club**, 7pm, 4th Tuesdays, 5th Ave Centre. \$2 drop-in fee, \$20/year All welcome  
 > **Grandmothers to Grandmothers Sale**, Sept. 13, 14, Piccadilly  
 □ *More Page 5*

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> Larry Keats was recognized for his 30 years of dedicated service by the Music Therapy Association of BC. He has empowered so many youth over the years. Keats is also the go-to guy wherever an accomplished drummer is needed in the Shuswap, and has played a key role with Roots & Blues since its inception.

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- Thursday. 3:00-4:30 Level 2

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 Amid Month: **ARM**

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# Festivities

- > **Salmar 75th Party** - Sept. 7
- > **Fall Sign up Week** - wraps up Sept. 8, Mall at Piccadilly.
- > **Harvest Celebration** - 3-6, Sept. 8, Haney Village. Best in food & beverage. 250-832-5243
- > **55+ BC Games** - Sept. 10-14, Salmon Arm. / P.5
- > **Terry Fox Run** - Sept. 15, Blackburn Park.
- > **Enderbeer & Wine fest** - 6 pm, Sept. 21, Lions Gazebo.
- > **Rivers Day** - Sept. 22 /P.5
- > **Family Expo** - 10-4, Sept. 28, SA Fairgrounds /P.5
- > **Truth & Reconciliation Day** - Sept. 30.
- > **BC Election** - Sat, Oct. 19

# Arts

- > **Fantastic Fungi** - Sept. 13 to Nov. 9, Opens 7-9, Sept. 12, SA Art Gallery. 11 artists and a collaborative project on everything fungi. Talk by fungi expert Mitch Milgram, 6 pm, Oct. 8 and Artist talk, 2 pm, Oct. 17.
- > **Cardiff Miller Art Warehouse** - 11-5 Fri-Sun, all August. New Ambient jukebox exhibit. Enderby, former Ashley store.
- > **Courtyard Gallery** - Enderby. September: Marg Froess. Open Show in October
- > **Art in the Park** - 10-3, Sept. 7, Lily Pad Ranch, 749 Enderby-Grindrod, featuring demos by award winning chainsaw carver Kamron Garbe.

# Concerts

- > **Sabrina Weeks** - 3-5, Sept. 20, Music by the River, Enderby
- > **Cowboy Roundup** - Sept. 21, SA Legion. / P.5
- > **Kamloops Symphony** - Salmon Arm concert season. 3 pm, Sept. 29, Nexus at First. Featuring critically acclaimed pianist and composer Jean-Michelle Blais & Dina Gilbert. Tix Kamloopssymphony.com or 250-372-5000. / P.7
- > **La Forestera Flamenco** - 7:30, Sept. 30, Shuswap Theatre. Flamenco music and dance acclaimed flamenco dancer and choreographer Lia Grainger (with Salmon Arm roots) accompanied by live guitar, singing, percussion. Tix at eventbrite.ca Story on P.9
- > **Coffeehouse circuit** - Enderby Sr. C, Sept. 20 (3rd Fri)
  - Carlin, Oct. 5 (1st Sat)
  - Celistas, Oct. 18 (3rd Fri)
  - Sunnybrae, Oct. 12 (2nd Sat)
  - Gleneden, Sept. 21 (3rd Sat)
  - Shuswap Writers, 2-4, Sept. 27, First Community (4th Fri) /P.5
- > **Kim Gouchie** - Lheidi T'enneh artist, performer and cultural ambassador on eve of

# live & dance

- > **Canooligans, Canoe** • Dirt Road Kings, Sept. 20
- > **SA Legion** • Rock 'n Horse, Sept. 14 • Karaoke Fridays / P.8
- > **Copper Island Pub** • Jams with Blind Bay Blues Band, Tuesdays.
- > **The Hub**, Scotch Creek. Open Mic with Meggs, Sundays.
- > **Solid Urban Studio** - Devils Sons, Sept. 14 • Standup comedy, Sept. 21 • Down the Lees, Cavernous, Ailee Zaga, Sept. 28.
- > **Nite Cafe** - Bad Decisions Comedy Tour, Oct. 9 • Sam Singer, Oct. 23
- > **Gleneden Hall dance** - First Saturdays, Returns Oct. 5.

Truth and Reconciliation Day, Sept. 29, Song Sparrow Hall. tix at songsparrowhall.ca

- > **Yee Haw** - Scott Woods Band, 7 pm, Oct. 19, First Community. Old time country and fiddle Music.
- > **Music of the Night** - Concert tour celebrating the music and musicals of Andrew Lloyd Webber, Oct. 29, Song Sparrow Hall. Tickets at eventbrite.ca
- > **Hawksley Workman** - Nov. 3, Song Sparrow Hall. Tix at rootsandblues.ca (SOLD OUT)
- > **AC/DC tribute** - PWR/UP, Nov. 8, Salmar Classic
- > **Good Lovelies** - Nov. 9, Song Sparrow Hall. Harmonious trio. Tix at songsparrowhall.ca
- > **James Mullinger comedian** - Greatest hits tour, 7:30, Nov. 20, Salmar Classic.

# Theatre

- > **Labyrinth** - Immersive audio experience, Oct. 5 to 25. Caravan
- > **Shuswap Theatre season**
  - The Mousetrap*, Nov. 8-24
  - Halfway There*, Feb. 21-Mar. 9
  - The Virgin Trial*, Apr. 25 - May 11

# Sports

- > **55+ BC Games** - Sept. 10 to 14, Salmon Arm. Also Enderby, Sicamous and Chase. Opening ceremonies, 7-9 pm, Sept. 11, Rogers Arena. See **Page 5** for venues of 20 sports and other events 55plusbcgames.org/salmonarm • 2,000 athletes • 1,000 volunteers
- > **UCI Pump Track World Championship qualifier** - Sept. 7, Finlayson Park, Sicamous. Only Canadian stop on the tour. Also Learn to Ride event, Sept. 8.
- > **Silverbacks EXHIBITION PLAY**
  - HOME: 4 pm, Sept. 8 vs. Trail & 7 pm, Sept. 10 vs. Vernon
  - AWAY: 3 pm, Sept. 14, Penticton & 2:30, Sept. 15, West Kelowna
- REGULAR SEASON**, Sept-Nov
  - HOME: 7 pm, Oct. 4 vs. Vernon; 6 pm, Oct. 5 vs. Okotoks; 6 pm, Oct. 12 vs. West Kelowna; 7 pm, Oct. 25 vs. Vernon; 6 pm, Oct. 26 vs. Trail; 6 pm, Nov. 2 vs. Blackfalds; 7 pm, Nov. 8 vs. Sherwood Park; 6 pm, Nov. 9 vs. Penticton; 7 pm, Nov. 22 vs. Penticton; 7 pm, Nov. 29 vs. Spruce Grove; 6 pm, Nov. 30 vs. Trail
  - AWAY: Cowichan, Sept. 20; Alberni, Sept. 21; Sherwood Park, Sept. 27; Spruce Grove, Sept. 28; Penticton, Oct. 11; Nanaimo, Oct. 16; Victoria, Oct. 17; West Kelowna, Oct. 19; Vernon, Nov. 1; Sherwood Park, Nov. 13; Spruce Grove, Nov. 15; Blackfalds, Nov. 16, Vernon, Nov. 24
- ☐ SportSpot - P. 21

# at the movies

**SALMAR GRAND** • salmartheatre.com  
• September 6 to 12 • 75th anniversary party  
• **Everything is Free at the Sept. 7 party.** ▶▶

• **Beetlejuice**. 1:45 Sat, Sun; 6:50 nightly. After an unexpected family tragedy, three generations of Deetz family return home, and the mischievous and mahem begin (14A gory scenes)



• **Trap**. 1:45 Fri.-Sat; 6:40 nightly. A father and teen daughter attend a pop concert, where they realize they're at the center of a dark and sinister event.. (PG violence, coarse lang)

• **Deadpool & Wolverine**. 1:30 Sat-Sun; 6:30 nightly. Wolverine recovers from his injuries and teams up with the loudmouth Deadpool to defeat a common enemy. (14A lang, viol)

• **The Forge**. 1:30 Fri.-Sat.; 6:30 nightly. A year out of high school, a youth with no plans for his future, is challenged by his single mom and a successful businessman to start charting a better course for his life following God's purpose. (G)

**SALMAR**  
75th Party  
11-4, Sat.  
Sept. 7  
Free movie  
Barbecue  
Family fun

## > SALMAR CLASSIC

- **Film Society** • shuswapfilm.net
- **50th season Gala**, Sept. 7. / P.16 See *Salmar 75th on this same day.*
- **Suze** (Can), 5:00, Sept. 7. Mom sees daughter off to College, ends up looking after heartbroken boyfriend. (PG)
- **The Great Escaper** (UK/Fr), 5:00, Sept. 14. 90-year-old vet breaks out of nursing home to attend ceremony. (PG)

- **My Penguin Friend** (Brazil/ US), 7:30, Sept. 20-21; 4 & 7:30, Sept. 22. Incredible true story about a fisherman's friendship. (PG)
- **Tous toques** (Can), 5:00, Sept. 28. A comedic story of a Quebec/US border town and young girl's aspirations to win a chefs competition. (PG)
- **Sing Sing** (US), Oct. 5. Story of 'Rehabilitation by Arts' program at an American maximum security prison. (14A)
- **Fancy Dance** (US), 5:00, Oct. 12. (PG)
- **Ghostlight** (US), 5:00, Oct. 19 (PG)
- **Cottontail** (UK/Japan), 5:00, Oct. 26 (PG)
- **FILM FESTIVAL**, Nov. 1 to 3.

## > STARLIGHT DRIVE-IN

- starlightdrivein.ca • End of the season

# city lights

- ▶ **vernon** • Details at ticketseller.ca
- Creekside (C)* • *Performing Arts (P)*
- Vixens & Vagrants**, Sept. 12-21, Okeefe \
- Cowboy Act Suite**, Sept. 18
- Stephen Fearing**, Sept. 14 (Pow)
- Who made who aC/DC tribute**, Sept. 15 (P)
- Ballet Kelowna**, Sept. 17 (P)
- 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)
- Brent Butt**, Oct.17 (P)
- ▶ **kelowna**
- Tributes**: Queen, Sept. 18; Eagles, Sept. 21; Taylor Swift, Sept. 29; Rock legends, Oct. 1
- Menopause: The Musical**, Oct. 3
- Evansence**, Oct. 15 • **Jordan Davis**, Oct. 19
- ▶ **Penticton**
- Come from Away**, Sept. 24, 25. Celebrated musical about Newfoundland after 911
- FloRida**, Sept. 5 • **Paula Abdul**, Sept. 28
- ▶ **Vancouver**
- Taylor Swift**, Dec. 6-8 • **Pink**, Sept. 6-7
- Bruce Springsteen**, Nov.22

# Cowboy Roundup is back

Goodbye to the dog days of summer! Cooler nights are welcome, and of course all kinds of exciting events are coming up.

**Cowboy Roundup** returns to the Legion, Sept. 21. It features live entertainment by Rob Dinwoodie and the Open Range Band, award winning musicians Blu and Kelly and well known poet and author Ken Mather, topped with burger, beer or wine. Advance tix at the Legion are \$35 or \$40 at the door. Doors open 6 pm.

Shuswap Writers' Coffee House is back 2 to 4 pm, Sept 27 (4th Fridays). Come and read or enjoy being read to. Coffee, tea and goodies at the break. Talk to emcee Ellie McGaughey (and buy her new book, *Room 217*) at the coffee house. Become a member of the Shuswap Writer's Group. Privileges include reading on *Writing Out Loud* on Voice of the Shuswap. SWG meets twice a month, 11-1 pm, 1st / 3rd Wednesdays in conference room at Piccadilly Mall.. SWG's goal is to provide mutual support in a safe, encouraging and positive environment as each person develops their writing skills. Shuswap-writersgroup.com

The SAW AGM will be at 1:30, Oct. 6 at the College with refreshments, readings by local authors and music TBA. Buy a membership at the AGM or on line. SAW Membership Benefits include 10 per cent off at Salmon Arm Stationery and other participating retailers; discounts at SAW sponsored events and invites to local author book launches and other events. Register online at saow@gmail.com Membership goes up to \$30 at the AGM.

Join our team of valuable volunteers who make Word on the Lake Writers' Festival a wonderful event every year, going on 22nd year in May 2025. We look forward to fresh new faces joining us on any number of committees. Wordonthelakewritersfestival.com

Books by local authors are available at Bookingham, Book Nook, DeMilles, Hidden Gems and now at Eclectic Soul on Lakeshore. SAW member/authors of excellent books include Deanna Barnhardt Kawatski, Virginia McCausland, Shirley DeKelver, Ellie McGaughey and Kay McCracken. ■

□ Kay is an author and dedicated promoter of the Shuswap writing community



Salmon Arm, Sicamous, Enderby & Chase

- OPENING CEREMONY 7-8 pm, Sept. 11, Rogers Rink
- COM. DANCE, 6-9, Sept. 12, Downtown
- MUSIC ON THE STREET 12-6 pm, Sept. 13 & 14, Downtown
- PARTICIPANT DANCE & PASSING of the FLAG, 7-9 pm, Downtown

## venues

- UPTOWN RECREATION AREA**
- Swimming • Horseshoes • Lawn Bowl
  - Table Tennis • Curling • Bowling (*Lakeside*)
  - Hockey (*Also Sicamous & Chase arenas*)
- LITTLE MOUNTAIN** • Tennis & Soccer
- SOUTH CANOE** • Mountain bike racing
- Archery, Fish & Game Club
  - Pickleball, Klahani Park
- FIELDS** • Slo-pitch, Canoe & Blackburn
- ENDERBY ARENA** • Carpet bowling
- FIFTH AVE. 55 + CENTRE** • Cribbage
- SA FAIRGROUNDS** • Equestrian
- SA LEGION** • Darts
- SA GOLF CLUB** • Golf
- OLD TOWN, Sicamous** • Triathlon
- DEMILLES MARKET** • Cycling

# You're Invited

- > **Shorebirds Walk** with Don Cecile and John Woods along the Foreshore, 8 to 11 am, Sept. 8. Meet at the Nature House at the main Wharf Parking Lot. Mostly slow paced walking on level ground, some rounded gravel
- > **She Shoe Swaps!** annual charity shoe & purse sale, Sept. 7, First Community. Proceeds to Rescue Unit, Community Foundation and SAFE Society.
- > **SA council**, 2:30, Sept. 9 • **CSRD**, 9:30 am, Sept. 19 • **SD83**, 6 pm, Sept. 17.
- > **Canadian Society of Questers conference**, Sept 20 to 22, Riverside Hall, Ashton Creek, in person and on zoom. [questers.ca/P2](http://questers.ca/P2)
- > **BC Rivers Day**, 1 pm, Sept. 22 for tree planting at Tsutsweww Provincial Park. [salmonarm@naturekidsbc.ca](mailto:salmonarm@naturekidsbc.ca)
- > **Puppy Yoga**, 6 pm, Sept. 15 at Pet Valu, Centenoka. All proceeds to Shuswap Paws Rescue. Tix \$25.
- > **Peace Builders Gathering**, Sept. 21, Splantsin Centre, featuring Cowboy Smithx, indigenous film maker and artist. Register at [peacebuilders.world](http://peacebuilders.world).
- > **Peace n' Pizza**, 5:30, Sept. 20, First Community. (3rd Fridays, by donation). Building Humanity through story-telling and listening. This month's fireside speaker TBA.
- > **Sicamous Fungi Festival**, Sept 20 to 22. See [fungifestival.com](http://fungifestival.com)
- > **Gambler 500**, Sept 27 to 29. GPS coordinate challenge to travel 500 km. backcountry route picking up trash. Gambler 500 BC Facebook
- > **Acquiring Virtues**: from a Baha'i Perspective, 1-2, Sept 14, Piccadilly board room. Info 250-804-8657. All welcome.
- > **Shuswap Family Expo**, 10- 4, Sept 28, 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 [shuswapfamily-expo.ca](http://shuswapfamily-expo.ca)
- > **Free Lunches**, 11 to 1, Wednesdays, First Community on Okanagan ave.
- > **Artisan Market** at Shuswap Family Centre, 11-4, Saturdays.
- > **Notch Hill Fall Harvest Market**, 10-3, Oct. 5, Notch Hill Hall.
- > **Meditation Midweek Downtown** - 7-8 pm, Thursdays, 450 Okanagan Ave SE, (United Church off 4th St. SE).

The **Writer's Coffee House** resumes Friday, Sept. 27 at 2 pm, upstairs in the 1st United Church. Everyone welcome. [shuswapwritersgroup.weebly.com](http://shuswapwritersgroup.weebly.com)

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## INTENSE CAMPING

There are lots of words which do not directly translate from English to Canadian. One of them is camping.

To me, camping necessarily involves a tent and, because of my hiking background, the smaller and lighter the better. If, with three small bags I can support myself for three days, why would I cart around a 30-foot trailer? If the trip is longer than three days, I have to wash clothes and buy more food but otherwise the kit stays the same.

I understand that a week on an excellent lakeside Provincial Site with a family might require a bit more kit but that brings me to the second major difference. I usually camp to be where I need to be for some purpose. Camping is not the purpose.

Originally, I hiked the mountains in Europe, climbing and bagging peaks, then I hiked jungles in Central America and Africa. Everything was about weight - one knife and a wooden spoon, one pot scrubbed clean with dirt, the basics.

Now I camp with a car or motorcycle and my range of stuff has expanded - but not by much.

Once a year I spend a few days camping with my kids and grandchildren, I am pleased to see all concerned keep it pretty minimal and are concerned with what we are doing not how much luxury we can import.

The biggest thing added recently is a propane firepit, a sad

reflection on our times.

When I first started camping with the Boy Scouts I read everything and even drilled



holes in my spoon to lighten it, it broke. Then I learned this, "any fool can be uncomfortable."

It means use your brains when camping. Know what to look for and pick your spot, have a plan for food and rain, have good equipment and know how to use it, above all be organized.

The feeling of being warm and snug in your sleeping bag when rain is falling on your tent is unrivalled. If you are wondering

"Maybe this winter is the time to prepare for a new experience."

what you left out in the rain you are not organised!

The season is not just summer, it is quite possible to winter camp although it

requires more robust equipment, clothing and expertise. Having spent a few stormy nights on exposed mountain snow slopes I can say that anything else is not that bad! Camping is always a question of perspective.

If your camping involves tons of equipment, weeks of preparation and a sense of dread maybe this winter is the time to prepare for a new experience.

Plan to spend a spring night in your yard and get used to the idea. Nothing needs to be fancy. Try a second night. Who knows where it might lead! ■

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

## READING ROOM

by Elisha Ramstad, public services librarian, SA Branch

### Shifting to a new season

As the weather cools down, kids head back to school and we slowly return to routines again, Salmon Arm library will still be hosting fun and informative events for all ages.

**Summer Reading Club** is coming to an end, so please make sure to return reading and challenge trackers by Saturday, Sept. 7. The last **Story Time in the Park** happens 10 am, Sept. 7 at Blackburn Park, followed by the Shuswap Children's Association's 3rd **Summer Bash** from 11 to 1. Get ready for a day full of fun!

The last outdoor **Farmers' Market Story Time** will be on Sept. 14 from 9:30 to 10 am at Ross Plaza. Bring a lawn chair or blanket and enjoy this popular event, sponsored by Downtown Association.

**Sensory Friendly Time** will be introduced from 10 to noon every Wednesday from 10 to noon. Most toys will be removed so that children and caregivers can spend time snuggled up with a good book, colouring or exploring sensory friendly activities. This is an unstructured time for those looking for calming activities.

Follow the beat for **Introductory Drumming Workshop**, 2:30 to 4 pm, Sept. 12. No need to have your own drum or experience, but you do need to register if you need to borrow one. This is for all ages and facilitated by Kjara Brecknell. Registration required.

We are excited to announce an **Author Book Launch** Sept. 17 from 1 to 2. Come meet best selling author, **Sigmund Brouwer** who will read from his new young adult novel, *Shock Wave*. If you are looking for your next end-of-summer read, this could be it.

Join us for a very informal conversation circle called **Menopause Matters** about this significant time in a woman's life. There will be a sharing of facts and resources with an opportunity to talk, listen and laugh in a safe and welcoming atmosphere. This is a registered program with limited space, so make sure to register ahead. It will run from 10 to 11:30 am, Sept. 17.

We have many more exciting events coming your way, so make sure to visit your local library branch to pick up the latest **Fall Activity Guide** for a list of all upcoming activities.

There's also a selection of online resources, homework help, magazines, ebooks, audiobooks, Rosetta Stone and more at [orl.bc.ca](http://orl.bc.ca)

**Friends of the Library** will meet, 2 to 4, Sept. 9 in Salmon Arm. Contact [trudy.vercholuk@gmail.com](mailto:trudy.vercholuk@gmail.com) Dues are only \$5. Next **Book Sale**, Oct. 18 and 19 at Piccadilly Mall. Donations needed.



#### ■ SOUTH SHUSWAP BRANCH

Stay and Play includes puzzles, board games, LEGO, KEVA planks and colouring. September 7 is the deadline to submit your Summer Reading Club challenge trackers and pick up medals.

Storyteller **James Murray** will share humorous and heartfelt stories for all ages. This family drop-in takes place 1 pm, Sept. 21.

**Mother Goose with Rebecca** is a lively hour of songs, rhymes and fingerplays at 10:15 am, Fridays.

**Puzzle Exchange** has no due dates. Simply bring one, take one.

**Blind Bay Garden Club** meets 10:15 am 2nd Tuesdays. Check out our seed library. Contact Sue Kerr, 250-835-2351

**Page Turners Book Club** is changing time. Register at the library and for up-to-date information on what books we are reading.

**Knitting Circle** runs 10:15 am, 1st & 3rd Fridays.

**Shuswap Herb Club** brings foragers together, 10:15, 1st Saturdays.

**Writers Nook** meets 1 to 3 pm, 2nd & 4th Tuesdays

**Guided Meditation Circle** with Dr. Saira of Dragonfly Wellness run bi-weekly from Sept. 10 after the library is closed to public.

**Laughter Yoga** is a four session commitment, 4 pm, Tuesdays starting Sept. 17 with instructor Iva Clark. Registration Required

**Cyber Seniors tutoring**, contact [info@shuswapliteracy.ca](mailto:info@shuswapliteracy.ca)

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# TAPPED INTO COMMUNITY

**M**arc and Meaghan Zaichowsky, owners of Ricochet Brewing and Taphouse, have a passion for craft beer and the community.

As you open the door your eyes are taken to the back wall adorned with 36 shiny taps waiting for you to pick the one that engages your fancy, but how do you choose?

The answer is in a flight, which gives you the option to sample some of the most unique flavors that have been picked by the Zaichowsky's themselves from local finds and also in their travels across BC to local breweries, purchasing kegs from other crafters that would not normally get the exposure.

As some of the unique flavours on the wall change as new kegs are given the opportunity to delight, you can always count on their own 12 Ricochet brands to be on tap.

Care for a bite to eat while sampling? Marc and Meaghan use local farm markets and other local vendors to provide their menu items.

Try a Panini provided by The Nom, or a traditional English style pie Provided by Holey Hand Pies or maybe just a pretzel by Inspired Bread, which of course, comes served with a soft creamy delectable beer cheese. As Marc said,



**FOODIE'S SCOOP**

**Frances Simpson**

"Why not give everyone a piece of the pie". No pun intended.

Located kitty korner from Ross Street

plaza in a downtown block of five restaurants, summer hours are 11 am to 11pm, but Marc

said he is willing to stay open later on a Friday or a Saturday if the community finds it viable.

If you get a chance to talk to Marc or Meaghan, be sure to ask them about their own distinct flavors of craft beer and the local liquor stores that carry their brand. While you are conversing, also ask them about some of the charities that they are looking to get involved with within the community.

To quote a Sumerian proverb "He who does snot know beer, does not know what is good". Marc and Meaghan have the right idea. ■

□ *Frances Simpson will review local eateries each month.*



> Marc Zaichowski with staff members Brienna and Chelsea

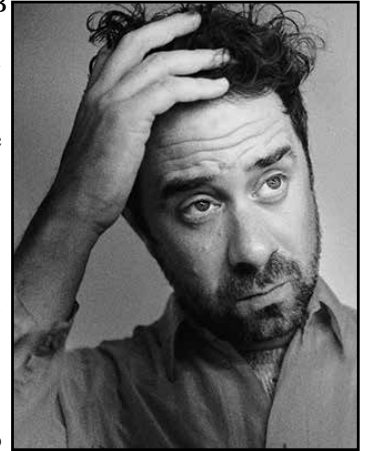
# JMB featured in next KSO concert

**S**almon Arm is fortunate to welcome back Kamloops Symphony Orchestra for a new season of Salmon Arm Sundays on the Nexus at First stage, 3 pm, Sept. 29.

Since 2008, the KSO has been bringing the joy of live music to our community and region. Celebrating its 48th season, the orchestra has grown from its beginnings as a group of dedicated amateur musicians and music lovers in Kamloops to become the largest regional orchestra in Western Canada.

This concert welcomes critically acclaimed Canadian pianist Jean-Michel Blais (known as JMB to his fans), who has ranked #1 to his fans on the Billboard Canada Classical Chart 14 times and has also performed at the Montreal International Jazz Festival to an audience of 40,000. We will also welcome back KSO Music Director Dina Gilbert—now mother to a sweet baby girl.

This month, we'll hear JMB's own music paired with his musical inspirations and one of Dina's favourite works. The concert is a series of 'coups de coeur' or 'blows of the heart'—a love note to the music that inspires these two fantastic artists. The concert takes



JMB's musical inspirations and pairs them with his own work, for example: Rachmaninoff's *Piano Concerto No. 1* entwined with a work that he wrote based upon it called roses, or Smetana's *The Moldau* alongside JMB's *Amour*. Other highlights will be works by Debussy, Satie, Britten, Vivaldi, Tiersen, Yanni, Anna Clyne and, of course, original works by JMB.

The concert gets at the heart of beauty in music. It is meditative and explores new perspectives on passion and joy. I can't wait to experience this truly one-of-a-kind concert with you!

Season ticket packages for the three Salmon Arm Sundays concerts (including November's *Palestrina, Mozart & Beyond*, and February's *Mendelssohn's Scottish Symphony* are available online at [KamloopsSymphony.com](http://KamloopsSymphony.com) or by calling 250.372.5000. You save 20 per cent on single ticket prices - only \$36 a concert! ■

□ *Tickets are \$45, or \$15 for youth under 19. And if you're a student or under 35, you can sign up for the new Edge program and get up to two tickets for \$20 each.*

**CLASSICAL VIBE**



**Gabriele Klein**

Pianist Jean-Michel Blais

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> The top three People's choice winners in the Salmon Arm Fair's photo contest were taken by Susan Stilling. The top prize went to this image of a curious Blue Footed Boobie. All ten of the best photos picked by the public's ballots will be on display at the library on Sept. 7. The annual contest is hosted by Shuswap Photo Arts Club.



## '325 Alex': Episode 20

Serial Story by Shawn L. Bird

Susanne had been about to go into the café for a quiche when through the window she saw Nic engrossed in conversation with the most beautiful woman she'd ever seen. She looked like she could be international super-model with her height, super-stylish clothes, makeup, and hair. What was she doing in Salmon Arm?

The woman cupped Nic's bicep, speaking earnestly, then she leaned over and kissed him. Susanne's heart leapt into her throat.

She prided herself on being rational, on thinking the best of people, on not leaping to conclusions, but Susanne was leaping big time: Nic was a two-timing jerk!

The woman threw her head back, shaking long tousled hair like she was in a shampoo ad. She gave Nic a beaming smile, twiddled her fingers in a wave and turned to leave.

Susanne stepped away from the door as the woman pushed through.

"Excuse me," said Susanne, stepping out of her way.

The woman looked her up and down, raised one perfectly groomed brow, and sauntered down the street.

"Well," said Susanne as she watched the sashaying hips and statuesque posture that seemed to be attracting every eye on the street, "she's definitely not from around here."

She went into the café and got into line for her quiche.

Nic was back behind the counter. Aside from a slightly heightened complexion and a bead of perspiration around his hair-line, he was his gorgeous self. "Hey, Susanne," he grinned when she got to the front of the line. "Quiche and coffee, two creams, one sugar?"

She wasn't sure whether she was happy he knew her order so well or if she was mortified that she was so predictable. She looked up at the menu board, ready to prove him wrong and then sighed. "Yes, please." She scanned her card. She really wanted quiche today. Facing away as he poured her coffee, Nic said, "Oh, Susanne. I know we had talked about going to that concert at Song Sparrow Hall tonight, but I need to cancel. Sorry."

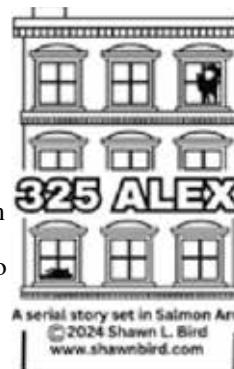
"Ah," said Susanne, accepting her coffee. "Hey, who was the glamorous woman who just left?" Colour rose in Nic's face as he stammered, "Woman? What woman?"

"Oh, Nic," she said. "It seems we've reached the end of a beautiful friendship."

From further down the line of customers, she heard an emphatic, "YES!" ■

☐ Read Episode 21 in the Aug. 13 Friday AM

☐ Reprint of Episodes 18, 19 on the bonus pages at FriAM.ca of this edition.



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*See page 5 for  
Shuswap Assoc. of  
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Shawn Bird  
is a retired  
local teacher  
and author  
of several  
novels



# BRINGING FLAMENCO HOME

**L**ia Grainger, flamenco dancer and choreographe with Toronto's Flamencolía Dance Company, is returning to Salmon Arm with a show that celebrates her BC origins, that includes family connection here, and the passion she developed for flamenco dance.

"La Forastera" (The Outsider) - a live dance and music concert with narration and documentary footage shot in Spain - is coming to the Shuswap Theatre stage on September 14.

"It tells the story of what it is like to be from BC, to have formed one's sense of identity on the West Coast, and then to fall in love with an art form that is so deeply rooted in another very different place and culture," said Grainger.

"It is about the experience of removing yourself from your home, and striving to belong to a culture and place that is not your own. It is about a Canadian flamenco dancer finding her place in Spain, and then finding her way home again."

Grainger traded a stable home, job and relationship in Canada for a rooftop garret in Seville's old town and the freedom to spent long, hot days in the studio and longer, hotter nights on the city's storied streets and in its flamenco cafes and clubs.

She took Canadian film-maker David Grimes with her, to document the way of life there, and the culture that surrounds flamenco in Seville. The city is filled with artists like Lia, who have given up their lives - be it in Japan, Russia, Turkey, Mexico - to assimilate to the southern Spanish lifestyle that encapsulates the flamenco art form in Spain.

She will be accompanied by award winning guitarist Nicolas Hernandez, internationally acclaimed Seville singer Carlos Lobo and French percussionist Gabrielle Lemseffer. ■

□ Tickets for the Sept. 14 performance in Salmon Arm are at eventbrite.ca. It also features stops in Vancouver, Victoria and Kelowna.



> Lia Grainger, daughter of Salmon Arm's Bill Grainger, left BC and pursued her love for flamenco in hopes of assimilating and perfecting a foreign craft. Her life narrative "is about learning an art, versus being born into it."



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## Paintings from around the world

For over 30 years local artist George Lesniewicz has traveled and painted in many different countries. The Courtyard Gallery is pleased to exhibit some of these works for the first time all September.

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## ROOT CELLARS

A little known fact is that there is a “root cellar capital of the world”. The little town or village of Elliston, Newfoundland-Labrador is considered the root cellar capital of the world, and is properly deserved.

In the town and the surrounding area there are documented some 130 root cellars and over half of them are still being used to this day.

Elliston is located on the Bonivista peninsula on Trinity Bay. It's a quiet little village of some 300 souls during winter months and more than double that in the summer. Tourists come there to observe the large puffin colonies, marvel at the large icebergs that drop by, gaze at the beautiful ocean views and, of course, tour the many root cellars available to the public. For all the world to see, they look like Hobbit dwellings.

Before refrigeration root cellars were a big part of rural living and an intricate part of survival. Subsistence homesteading demanded a way of preserving food for the long winter ahead and a method that kept it safe. Root cellars kept food cool in the hot summers and prevented freezing in the winter. The natural humidity also kept the food from spoilage from mildew and various diseases that would spoil food.

Most of the root cellars that you find are built into a hillside. This is the easiest way of digging into the ground and has a level entry, or at least a slight decline into the interior. Being built into the ground kept everything below the frost line and with a heavy door kept everything at a constant temperature, a few degrees above freezing.

Not all people had a hillside so other means had to be employed. Some simply dug a deep hole and placed a lid on top with perhaps a little peaked roof to keep the snow off. Others were in the basement.

Such was the root cellar in the farm house where I grew up. This house was built in about 1840 and was entirely of field stone. The basement was only about six feet in height and had a sand floor. It was a perfect place to store the apples, pears and root vegetables for winter. We planted about one acre into potatoes in the ground that surrounded the trees in the orchard. In addition we planted turnips and carrots for our consumption and mangles for cattle feed. The orchard supplied a variety of apples including my favourite for pies the “northern Spy”. Spy's were especially important as they would keep the best for the entire winter.

During the summer growing period it was the job of the kids to pick potato bugs or to dust the potato plants with a powdered arsenic. Perhaps that might explain a few things. To harvest the potatoes my grandpa would hitch up one of the farm horses to a single furrow plow and carefully run the plow down the centre of each hilled row and spill the potatoes out onto the surface where the rest of the family gathered them up into burlap bags and carted them into the root cellar for storage. Here they were dumped out into the potato bin where they kept well. My mother simply made one trip a day to the root cellar for potatoes, carrots or some of those fine spy apples for the best apple pie in the world.

One other use for the root cellar was a great place to hide if you were in trouble. Enjoy the harvest folks. ■  
□ Ed Campbell keeps himself quite busy in his retirement, and has many tales to tell over the years.

MY TWO  
CENTS



Ed Campbell

Photo from Vintage Salmon Arm FB page



> There was once a registry house next to the former courthouse. It was moved across the highway near present Barley Station to make way for widening.

## Salmon Arm Samaritan

I'd like to acknowledge a very good Salmon Arm Samaritan. I only know as Wendy.

LETTER

As I drove through the four way stop near the train tracks on Lakeshore late this Labour Day afternoon, I noticed a woman standing on the sidewalk talking on her phone. A young man lay on the grass beneath a tree near her. It took a moment to process.

I carry a Naloxone kit in my car, so I turned around to see if it might be needed. Sure enough, Wendy was on a 911 call, and the operator calmly talked us through injecting the Naloxone via speakerphone.

It was a little scary, and I was nervous, but Wendy helped, and it was really, really easy. The young man's breathing deepened almost immediately. The paramedics and ambulances arrived within a few moments, just as the young man - someone's beloved son, brother, lover and friend - began to revive.

Wendy had noticed he was lying in a not quite napping position as she drove her daughter to work, and had the courage to turn around to check on him and place the call for help. That took time. Wendy was on the 911 call for some time.

How long had he been there? What if Wendy had not stopped to help? Would I have noticed and then had the courage to approach him alone? I'd sure like to think so. Thank you Wendy.

Naloxone kits or sprays are free at any pharmacy. They save lives. **Patti Smith**  
□ Editor's note: Thank you, both of you!

## City FIXINGS



> It goes without saying that the portion of highway from 10th St. to 10th Ave SW lights needs four laning. There's also something to say about landscaping the portion between the 10th Ave and 30th St. SW lights. There's a spanking wide boulevard for tree boxes, plus great expanses of weedy fields between the highway and frontage roads. It's called finishing the job with a little beautification.

## Bravos & BOOS

> **BRAVO TO** all the volunteers who have been hard at work to make next week's 55+ Senior Games a success.

> **BOO TO** drug users to leave their needles on the ground for children and pets to find. Perhaps volunteer teams are needed to scour areas to ensure proper disposal in interest of public safety.

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# A Hope and a Vote

I heard an interview earlier this week with John Valliant, author of *Fire Weather*. He had plenty of interesting and profound things to share.



**Louise Wallace Richmond**

Among them, he stated that hope, as a concept, is a human construct and, in and of itself, simply isn't enough. And that's been on my mind ever since. I hate to think about a world where hope doesn't matter but I don't think that's what he meant. At least I hope he didn't.

I think what he meant was hope won't help unless we put it into action. And unlike any other species, we have the privilege of feeling - love and hate, joy and sadness, enthusiasm and despair, confidence and doubt-emotions we all feel, sometimes on a daily basis. But what really matters is what we do with that ability to feel and the decisions we make, as a result.

Hope is critical to the lives we lead and the actions we take to try, as we might, to make the world a better place.

We need it now more than ever, but that would not be true. We've always needed it. I don't think 18-year-olds signed up for active duty in world wars without believing they could make a difference. Athletes don't train rigorously for years without believing they can win. Teachers don't show up everyday thinking they won't make a difference or health care workers show up daily thinking they won't save lives. Kids don't head off to trade schools, colleges and universities not thinking they can make the world better. And I don't think families sacrifice as much as they do to support that without hope. Firefighters, police officers and first responders don't train for as long as they do to not want to help others. And the same can be said for business owners, employees, public servants, volunteers and every single job out there.

Except, maybe, just maybe, for politicians and political parties during election campaigns. I get it. I'm one of them

and although I belong to no party, I'm proud and grateful for the opportunity offered to represent my community. People I have met in this line of work have great hope for their communities,

their province and their country.

But elections can be ugly, expensive, they can make friends out of enemies and enemies out of friends. Often, uncomfortable compromises and big mistakes are made. It happens more often than it should.

If elections were as carefully planned and managed as other parts of life are, much of this could be avoided. But elections are often driven by personality rather than process and strategy. Call me boring - but nine times out of ten - a good process will insulate from disruptive personality issues.

So as we head into the formal part of the election when the writ is dropped (Sept. 21 to Oct. 19 when the governing of BC moves into caretaker mode) and the real race begins, I would ask only one thing and I hope you'll consider it. If a candidate comes to your door, ask them what they hope for and what they're prepared to do to achieve it. Then vote. Because non voters may well have hope but if they don't vote, nothing will come of it. Non voters are by far the biggest group to determine election outcomes. In 2022, the municipal election voter turnout was a mere 30 per cent overall. In the last provincial election, the voter turnout was 55 per cent and in the federal election of 2021, it was 62 per cent.

So, if you hope, vote. If you need non-partisan information about how to do so, visit [elections.bc.ca](http://elections.bc.ca).

Democracy is far from perfect, but it's the best of all the alternatives. Barely half of the world's population has the right to vote in democratic elections. Barely half. Watch for your voter card in the mail. Hope to see you at the polls. ■

□ Louise Wallace-Richmond is a city councillor and regular columnist in the All Month issue.



> A Mini-Pow Wow took place before the Aug. 27 WOW concert. Pictured is a traditional male dance and a fancy dance depicting a butterfly



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**You're Invited**  
■ Continued from P.5  
> **Enderby Strummers** welcome acoustic strummers at all levels 1 to 3, Wednesday at Enderby Arts Center. Bring music stand, \$3 drop in and a smile :)  
> **Shuswap Lake Health Care Auxiliary**, 1:30, 3rd Tuesdays at Shuswap Hospital, conference room. New members welcome. ediejack@telus.net.  
> See page 6 for the multitude of events at Salmon Arm and South Shuswap library branches.

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# WEATHER SYNOPSIS



Hot and sunny Friday and Saturday. High 31. Mix of sun and clouds Sunday. Low 13

Normal: 22C to 8C

Extremes unavailable

Sunrise 6:17 • Sunset 7:34

Past Temps, Aug. 31 to Sept. 3

By weatherman Nick Parsons

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

| DATE    | HIGH | LOW | PRECIP.  |
|---------|------|-----|----------|
| Aug. 21 | 25   | 12  | Trace    |
| Aug. 22 | 25   | 11  |          |
| Aug. 23 | 29   | 13  | 5/16" rn |

| DATE    | HIGH | LOW | PRECIP.  |
|---------|------|-----|----------|
| Aug. 24 | 16   | 14  | 5/16" rn |
| Aug. 25 | 20   | 11  |          |
| Aug. 26 | 19   | 11  | 3/16" rn |
| Aug. 27 | 15   | 13  | 3/8" rn  |
| Aug. 28 | 21   | 7   |          |
| Aug. 29 | 26   | 11  |          |
| Aug. 30 | 24   | 10  |          |
| Aug. 31 | 29   | 12  |          |
| Sept. 1 | 30   | 13  |          |
| Sept. 2 | 26   | 16  |          |
| Sept. 3 | 28   | 13  |          |

### NICK'S NOTES:

Excellent rains last week totaling 1 3/16" or 30 mm. The lake is down 6'2" or 1.8 metres since mid-June.

# PASSAGES

LEGACY LIVES ON  
[shuswaphospitalfoundation.org](http://shuswaphospitalfoundation.org)  
[shuswapfoundation.ca](http://shuswapfoundation.ca)

**Bowers Funeral Service**  
[bowersfuneralservice.com](http://bowersfuneralservice.com)

- ❖ Bradley Antchak  
August 18, 2024, at age 28
- ❖ Arthur 'Art' Callaghan  
August 13, 2024, at age 92
- ❖ James 'Jim' Willis Germaine  
August 31, 2024, at age 65  
11 am, Sept. 6, Bowers
- ❖ Maureen (Kernaghan) Hucul  
August 21, 2024, at age 73
- ❖ Robert Harold Solinger  
August 27, 2024, at age 67
- ❖ Melvin Gerald Willey  
August 25, 2024, at age 71
- ❖ John 'Dick' Hume  
1 pm, Sept. 14, Elks Hall

**Fischers Funeral Service**  
[fischersfuneralservices.com](http://fischersfuneralservices.com)

- ❖ Florence Jessie Abney  
August 23, 2024, at age 97  
1 pm, Sept. 6, St. John Ang.
- ❖ Emilie Aeyelts  
August 21, 2024, at age 72
- ❖ Land Mary Soucie Garrow  
May 25, 2024, at age 74  
10:30, Sept. 11, St. Joseph's
- ❖ George Clinton Irving  
August 21, 2024, at age 88
- ❖ Peter James Merton  
August 23, 2024, at age 85

- ❖ Randy Daniel Pickering  
August 27, 2024, at age 70
  - ❖ Evelyn Stark  
August 16, 2024, at age 90
  - ❖ Dianne Margaret Silvey  
August 16, 2024, at age 77
  - ❖ Phyllis Edith Spencer  
August 13, 2024, at age 91
  - ❖ Henry Wilfred Schmidt  
August 11, 2024, at age 88
  - ❖ Ross Edward Townsend  
June 23, 2024, at age 67  
2 pm, Sept. 7, White Lk Hall
- ❖ ❖ ❖
- ❖ Roger Cook 70, Host of Reality TV hit "This Old House"
  - ❖ Phil Donahue, 88, Pioneer of daytime talk shows
  - ❖ Johnny Gaudreau, NHL star and brother Matthew in a tragic accident just prior to sister's wedding.
  - ❖ Tūheitia Paki, 69, New Zealand Māori King
  - ❖ Linda Deutsch, 80, AP reporter, covered most controversial trials (Manson, Sirhan, Davis, Spector, Blake, Jackson, O.J., Menendez, Hearst, plus fall of Saigon and Rodney King riots.

# SPORT SPOT

> **55 Plus Summer Games**, Sept. 10 to 14, Salmon Arm. Hosting 2,000 participants in more than 20 different sports over four days. See front cover and page 5.

> **Paris Paralympics - Canada medal count as of Sept. 3:**  
 2 gold, 4 silver, 7 bronze, 13 total  
 > **UCI Pump Track World Championship Qualifiers** (only Canadian stop on tour), Sept. 7, Finlayson Park.  
 > **Fall Fun Guides** - in print or at salmonarmrecreation.ca

> **Lawn Bowling**, 1:30, Mon, Fri.  
 > **SA Horseshoes**, 6 pm, Tues/Thur  
 > **Tennis**, book at clubsparks.ca.  
 > **SA minor football**, salmonarmfootball.ca  
 > **Pool** shutdown, Aug. 23 to Sept. 8.

> **SILVERBACKS:**  
**Exhibition - HOME:** 4pm, Sept. 8 vs. Trail & 7 pm, Sept. 10 vs. Vernon  
**AWAY:** 3pm, Sept. 14, Penticton & 2:30, Sept. 15, West Kelowna  
**Regular Season schedule** - to Nov. 30 / P4 Alberta teams Okotoks, Brooks, Sherwood Park, Spruce Grove and Blackfalds have been added to the Division.

> **Gravel Ride at Larch Hills**, Oct. 6. 10 & 20 km rides, plus 40 km. timed ride & 5 km walk option. See [ridedonthide.com](http://ridedonthide.com)



> Michael Ogloff qualified for the worlds Ironman in Nice, France. Six Salmon Arm athletes competed in the Full Ironman in Penticton, including Michael's spouse and sister-in-law, Lauren and Erica Koch, plus Sam Lazar, Chad Isac and Daphne Brown who finished in the top five in her age. Peggy Maerz competed in the half Ironman. This is the final year of the Ironman in Penticton as it will be moving to Ottawa in 2025. The swim portion of the event was cancelled for the first time due to the air and water temperature only 9 C. ■

## Co-op Fuel Good Day on Sept. 17

The two Salmon Arm gas bars, part of Armstrong Regional Co-op, are running the annual Fuel Good Day on Tuesday, Sept. 17 in support of the SAFE Society. The company will be donating ten cents of every litre of fuel purchased on that day at its six gas bars in Armstrong, Cranbrook, Vernon and Salmon Arm. Co-ops across Western Canada have donated more than \$4.2 million to over 800 local groups since the event began in 2017. ■



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## Micro-breaks

What are Micro-breaks in the workplace and how can they be helpful to our wellbeing?

As much as work can be rewarding and challenging it can also be stressful. Many push through to get work done at expense of taking breaks. This can lead to elevated stress and burnout. This is where micro-breaks can help make a difference to our overall wellbeing.

A break of just a few minutes not only helps bring the stress hormones in our bodies back into balance, but can benefit us in many other ways. Studies have shown that:

- Taking a break of 10 minutes or less can reduce fatigue, improve vigor, and increase well-being.
- Taking brief breaks can dramatically improve one's ability to focus for prolonged periods.
- Just two to three minutes of light-intensity activity every 30 minutes of sedentary work may reduce musculoskeletal discomfort, improve cardiometabolic markers and help relieve workday stress and fatigue.
- On the computer, taking a micro break 30 seconds every 40 minutes may help lower elevated heart rates, suggesting reduced stress levels.

There's no one-size-fits-all formula for taking a micro break. One can meditate a minute or two, do a 30-second breathing exercise, a few yoga stretches, take a walk, look out a window or call a co-worker to catch up. What matters most is taking the time to focus on other than work.

Employers can support micro-breaks by emphasizing the benefits; educating employees on signs that they need a mental timeout and how it helps. Employers can make it easy for staff to access tools for brief meditations, breathing exercises, movement and relaxation and can set aside five minutes for breaks between meetings. This allows everyone to slow down, be present in the moment and realign the body and mind to help prevent stress. Open and close meetings with a moment of mindfulness and watch it catch on. Kick start a meeting with a breathing exercise or close a meeting with a 60-second meditation. ■

□ *Good mental health is essential for overall health and wellbeing.*

For more information or support contact CMHA Shuswap-Revelstoke by calling (250) 832-8477 or email: info.sr@cmha.bc.ca

## Mental Health Matters

Denise Butler

## MAXIMALISM - IS THAT YOUR STYLE?

Lots of stuff, or maximalism, is a tragically popular current design aesthetic, a direct reaction to the minimalism of the last while. I see it being whole-heartedly, and somewhat mistakenly, embraced as a way to have all the stuff you want out for all to see. Not so.

As with any design style, there are guidelines about maximalism. It's not that easy to pull off, it's not just a matter of filling up the spaces, it takes diligence and adherence to good design practices such as balance, scale, and proportion.

But if you think you want to embrace it, here are the the top 16 characteristics that define maximalist interiors:

- **Bold Colour Palettes:** These interiors feature vibrant, saturated hues that create a striking visual impact, from jewel-toned velvets to richly coloured accent walls.
- **Layered Textures:** a mix of contrasting materials is required, from plush velvets and soft faux furs to natural rattan and carved wood, creating visual depth and tactile interest.
- **Abundant Patterns:** Maximalist spaces incorporate a variety of patterns, including bold florals, geometric shapes, striking stripes, and captivating animal prints, often layered and combined in unexpected ways.
- **Eclectic Mixing:** this design aesthetic celebrates the juxtaposition of different styles, eras, and design elements, such as pairing midcentury modern and Victori-

## DESIGN DILEMMAS

Linda Erlam



an-inspired pieces. This is where you get to display all the stuff

you've collected in your travels. ■ **Ornate Detailing:** these interiors feature intricate, decorative elements like moldings, elaborate hardware, and light fixtures with intricate metalwork or crystal accents.

■ **Accessories:** You can't skimp here, what's needed is an abundance of decorative accents, from vases and sculptures to vintage objets d'art and curated collections.

■ **Oversized Artwork:** Large-scale paintings, murals, or photographic prints make bold statements in maximalist interiors, commanding attention as the focal point of the room.

■ **Lush Greenery:** Abundant houseplants, cascading vines, and verdant floral arrangements add a vibrant, natural element to these spaces.

■ **Dramatic Lighting:** Statement lighting fixtures, such as chandeliers with multiple tiers or oversized floor lamps with ornate bases — theatrical flair.

■ **Asymmetrical Balance:** Love asymmetrical? Use that here in an asymmetrical arrangement of furnishings and décor,

■ **Unexpected Combinations:** Mix it up — modern and traditional or industrial and ornate.

■ **Reflective Surfaces:** Mirrored furniture, metallic accents, and high-gloss finishes

add depth, and luminosity. Curated Collections: Maximalist design celebrates the display of personal collections, reflecting the homeowner's interests and experiences.

■ **Layered Lighting:** Maximalist interiors incorporate multiple layers of lighting, from recessed ceiling fixtures to table lamps and wall sconces, to create a warm, inviting ambiance.

■ **Opulent Textures:** marble, glass, highly polished wood, tactile surfaces everywhere. Personalized Vignettes: This design style encourages the creation of curated "moments", little groupings of accessories that tell a singular story.



This may be a difficult style for some to live with. It is a very busy place, and there are few 'resting' places for your eyes. If you are looking to create a calming interior, this may not be the best style for you.

I deal with visual maximalism a lot; my workshop is full of patterns, colours, and textures.

When I leave that workplace, I want to be in a space that is calm and doesn't holler at me. Hence my relaxing area tends to be a low-contrast area. No bright colours, no commanding art, nothing jumping out for attention.

Clean surfaces, few things on display. Lots of doors on cupboards. The opposite of maximalism, but to each their own! ■

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



Recovering from Carpal Tunnel surgery. Reopening Sept. 15



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# WORD SEARCH

## Paris 2024 paralympics

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

> PARIS PARALYMPICS (Aug. 28-Sept. 8):  
 SPORTS - archery, athletics, para badminton, boccia, blind football, boccia, (para) Canoe, (para) cycling, (para) equestrian, goalball, (para) judo, (para) powerlifting, (para) rowing, (para) shooting, sitting volleyball, (para) swimming, (para) table tennis, (para) taekwondo, (para) triathlon, wheelchair basketball, (wheelchair) fencing, (wheelchair) rugby, (wheelchair) tennis  
 CANADA MEDALISTS - Bennett, Taylor, Smeenk, Lakatos

# HIDDEN GEMS

THIS QUOTE SPACE HOSTED BY  
 Hidden Gems Bookstore, 331 Alexander  
[www.hiddengemsbookstore.com](http://www.hiddengemsbookstore.com)

> "The Maori word for autism is 'Takiwatanga'. It means 'In their own time and space.'  
 > "I'm always asked why I play strong women and I think that's such a weird question because I just play women, and women are strong and women don't give up." ~ *Sigourney Weaver*  
 > "There are three kinds of men. The one that learns by reading. The few who learn by observation. The rest of them have to pee on the electric fence for themselves." ~ *Will Rogers*

# FUNNY BONE

STORE SIGNS..

- Pub:** If you're drinking to forget, please pay in advance.
  - Art shop:** Everytime you buy here, a unicorn jumps over a rainbow
  - Paint shop:** Husbands choosing paint colours must have a signed note from their wife.
  - Yard sale:** This is not a museum. This junk is for sale.
  - Electronics shop:** Free WiFi. Starting at \$59.99
  - Restaurant:** Unattended kids will be sold to the circus.  
 Also... Eat here or we both starve.
  - Shoe repair:** I will heel you, save your sole and even dye for you
- > **IDEA FOR MESSING WITH YOUR KID:** Take picture of you pulling baby out of a spacecraft in the forest. Hide picture in attic for your kid to find when he's 10.

# POP QUIZ

> What is the world's longest running play?  
 > What are top four longest running Broadway shows?  
*1. Phantom of the Opera; 2. Chicago; 3. Lion King; 4. Wicked*  
 > *The Mousetrap*, opened in London in 1952, running continuously except for a break during the pandemic. (Coming to the Shuswap!)



> Salmon Arm's arena is sporting a bright new colour, and a new name now - Rogers Rink - just in time for the 55 Plus Senior Games.  
 Jennifer Henri photo

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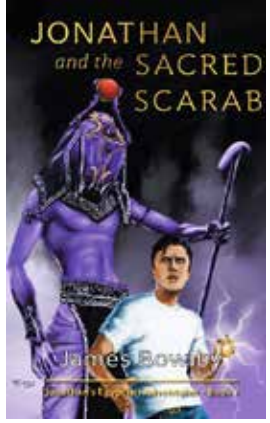
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## James Bowlby

is signing his first novel at Kamloops Indigo Books Sept. 7 from 12 to 4.



Bowlby's second novel, "Jonathan and the Curse of ISIS!" is now at the publishers.

[jonathansadventures.ca](http://jonathansadventures.ca)

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SHUSWAP FILM SOCIETY

50th Great Season | www.shuswapfilm.net

# CinemaGuide

**50<sup>TH</sup>**  
 FANTASTIC SEASON

**SEP  
OCT  
2024**

ALL films at the Salmar Classic

■ **Suze** (Canada), 5:00, Sept. 7. A mother suffers empty nest syndrome as she sees daughter off to college. To make matters worse, Suze finds herself looking after her daughter's heartbroken ex-boyfriend. Story will make you smile, laugh and feel good. (PG)

■ **The Great Escaper** (UK/France), 5:00, Sept. 14. Comedy drama starring Michael Caine and Glenda Jackson. True story of a 90-year-old Royal Navy veteran who "broke out" of his nursing home to attend 70th anniversary D-Day commemorations in France to say goodbye to a fallen friend. (PG)



• **My Penguin Friend** (Brazil/ US), 7:30, Sept. 20-21; 4 & 7:30, Sept. 22. Three day run in conjunction with Salmar Association. Humble fisherman João has turned away from the world in the wake of tragedy. But when he discovers a penguin drifting alone in the ocean, drenched in oil from a spill, his first instinct is to help, and an incredible ocean-wide friendship is born. (PG)

• **Tous toqués!** (Can), 5:00, Sept. 28. An improbable combination of an unpleasant French chef, an uncompromising border official and aspiring young girl to win a Petits Chefs competition brings whole Quebec/ US border town together. (PG)

• **Sing Sing** (US), 5:00, Oct. 5. A story of resilience, humanity and transformative power of art, Sing Sing is based on the real-life 'Rehabilitation by Arts' program at an American maximum-security prison. Film centres on a group of inmates involved in the creation of theatrical stage shows. (14A)



• **Fancy Dance** (US), 5:00, Oct. 12. Story of a young girl on an Oklahoma Reservation and her commitments to family, caring for a niece, searching for a missing sister and preparing for a State Pow Wow. Story takes a deep dive into complexities and contradictions of Indigenous women struggling through a colonized world. (PG)

• **Ghostlight** (US), 5:00, Oct. 19. Dan is a construction worker struggling with depression and family issues. A community theatre group is rehearsing a production across the street from where he's working and he's reluctantly pulled in as a member of the cast. Use of a real-life acting family adds a sense of believability and connection between them that is magical. (PG)

• **Cottontail** (UK/Japan), 5:00, Oct. 26. After the death of his wife, Kenzaburo and his son receive an unexpected letter from beyond the grave, requesting to scatter her ashes at the place she loved as a child – Lake Windermere in England. Story is a universal portrait of family loss and, ultimately, love and acceptance. (PG)

Watch for **FILM FESTIVAL, Nov. 1 to 3**

[www.shuswapfilm.net](http://www.shuswapfilm.net)

■ Tix \$8 • 5-film pass \$35 ■ At door or advance at Wearabouts



► Dress in your glamorous gold/black best for 'Suze', first show of our 50th season, and you might win a year-long pass to all our movies. Walk the red carpet and enjoy the refreshments and enjoy the show! Random prizes and surprises all season long.



> Firefighters on the Dairy Queen drive thru lane hose down fires on the adjacent field of weeds below. A witness said a tall man was seen walking across the large field setting multiple fires around 10 pm Tuesday. When he spotted a police car, the witness said he kneeled down and set one more fire, than calmly walked over to the officer.

## Iron (Wo)man

> Daphne Brown finished in the top five of her age at the Ironman in Penticton. Seven local athletes competed at the event, including Michael Ogloff who qualified for the worlds Ironman in Nice, France later this month. More on the event / P.13



*Hello*  
**SEPTEMBER**  
*...in the Shuswap*

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Blog Post

FriAM.ca

Friday SALMON  
All Month ARM

FROM FACEBOOK DAILY POSTINGS

> There was a time when some folks living rough were local legends. Below is a story from a Merritt paper about a man who many remember living outdoors in Salmon Arm back in the 1950s and 60s.

# Nature Boy finally finds a resting place

Paul Desnoyers, 73, known locally as 'Nature Boy', died of an apparent heart attack on December 2. His body was found in an area of bush near the Merritt Airport.

Nature Boy was quite well known in the Salmon Arm area. Residents might remember him jogging up the highway and eating ice cream cones. He used to come up here to pick fruit.

Desnoyers appeared in the Merritt area in 1962. Shortly after his arrival he was tagged with the sobriquet 'Nature Boy', because of the way he lived, walking everywhere, refusing rides offered him, sleeping outdoors in summer and winter, and because of his tanned, lean and fit appearance. With his long white hair and beard he was almost the caricature of a hermit.

The body was found by a John Moses, owner of the Big AA Market, who had gone out searching after he realized that he hadn't seen the old man for some time.

The next day, with the aid of a police dog, the dead man's meagre belongings were found in a place in the bush where he made his home.

"It wasn't even a hole in the ground," said a member of the search crew. "There was just a pile of sweaters, old blankets and a piece of plastic."

'Nature Boy' volunteered very little about his own life and his past. Many people who talked with him frequently at the arena or one of the parks, didn't know his real name.

But there was never a shortage of rumours.

One rumour had it that Nature Boy had been a highly successful accountant who experienced a change-of-heart as he approached middle-age, gave away the material life he had built up, and walked away from family and everything.

Another rumour placed 'Nature Boy' in the legal profession, a highly successful lawyer who suffered a reversal in love, and abandoned his career as a result.

'Nature Boy' himself was something of an accomplished musician, which gave rise to further rumours, to the effect that he'd been a famous concert pianist who once had toured Europe. It was no rumour that 'Nature Boy' played piano, and played well, even though his Merritt audience was limited to a small group of janitors at Merritt Senior Secondary.

"He used to come to the school a couple of nights a week," said an ex-maintenance man, now retired. "Claimed that playing the piano was good for the arthritis in his fingers. And he could really go at 'er, too."

Deanna Gage was one of those surprised by 'Nature Boy's' talent. She was at the high school one evening, to conduct a Cariboo College class. The classroom door was locked, but someone was inside playing the piano.

"It was classical music, beautifully played. I found the janitor and asked if

the room was being used for another class, and he said, no, he'd have it ready for me in a minute. He unlocked the door, and there was... Nature Boy, playing the piano."

Merritt resident Ginny Prowal knew Nature Boy before he came to that town, before he became 'Nature Boy'.

"He was very well known in Lynn Valley (North Vancouver), both as an environmentalist and an avid supporter of amateur sports. It's so long ago now that I can't recall what he did, what he worked at... but he had a home in Lynn Valley, and he was frequently in the North Hill News, usually something to do with environmental issues."

He didn't like cars, even then, and wouldn't ride in them. "He argued that cars seriously polluted the air," said Prowal. "And that was before anyone really was into examining pollution and the causes. It turns out, he was right."

At the opening of the huge North Van Recreation complex, Desnoyers' name was brought up as someone who had been instrumental in getting the project started.

"His wife and family had left him, sometime in the fifties," Prowal said. "And I believe he lost his house in the early sixties, and that's when he came out here."

Paul 'Nature Boy' Desnoyers remained a Merritt resident for 23 years. Little was known about Desnoyers, but everyone knew 'Nature Boy'.

13th Annual

# She Shoe Swaps



## For Charity

**Saturday, September 7th, 2024**

**First United Church**

**450 Okanagan Ave E., Salmon Arm**

**9:00 am - 3:30 pm**

Ladies' shoes, boots, and bags 4 sale!  
BRAND NEW Designer handbag raffle  
feat. Coach & Michael Kors

All proceeds benefit 3 Local Charities:

SAFE Society

Shuswap Community Foundation

Salmon Arm Rescue Unit

See you there! Bring a friend for double the fun!

**[www.sheshoeswaps.com](http://www.sheshoeswaps.com)**

# '325 Alex': Episode 18

Serial Story by Shawn L. Bird

**M**arcus's welding course was finished. His apprenticeship at Tolko started on Monday. He was moving. He was looking forward to good sleep. No more struggling to fit on a too short couch. No more amateur musicians keeping him awake as they played the same song a thousand times. No more annoying commute. No more weird noises or giant cage giving him nightmares.

He'd rented a furnished room of his own in a mobile home park across the highway from the mill and he could not get there fast enough. He'd packed his bag and was leaving today. #402 was the last straw.

When the landlord of 325 Alex had texted Marcus, asking if he could do some metalwork to get apartment #402 ready for the new tenant, Marcus had readily agreed. Fixing a grill, a railing or piece of furniture wouldn't be a big challenge, and he needed the money.

He hadn't thought at that there could be anything really wrong up there.

Sure, he'd heard the hushed tones whenever any of the residents mentioned that suite, but Marcus lived in a rational world. He didn't believe in supernatural nonsense.

He knew Susanne said it should never be rented, that it was unethical.

He'd thought they were all exaggerating. He thought it was all just a joke on the newest guy in the building.

It wasn't. It was worse than he could have imagined.

The -02 apartments ran the length of the building, with the living room window facing Alex Street, and the bedroom window facing the city's Inner Core parking lot. All the windows on the parking lot side had bars. They were very artistic bars, but they were still bars. Apartment #402 didn't just have bars on the bedroom window, though. It had bars around the entire bedroom, including the ceiling and the floor. The cage door had a padlock the size of a dinner plate. His job was to cut out and remove all the bars.

Who—or what—needed a cage eight feet square?

But the cage wasn't the worst part.

There was a dark stain everywhere. It was spattered on the walls and on the ceiling. It was in streaks across the floor. The stain was darkest next to the door, as if someone—or something—had been trying to escape and hadn't made it..



# '325 Alex': Episode 19

Serial Story by Shawn L. Bird

**S**hirley John was fast asleep in her recliner when she was jolted awake by maniacal laughter. She grabbed the TV remote and kept hitting the mute button, but the cackle continued. It was a minute before she realized her TV wasn't on. The laughter reverberated through the building.

"Not again!" she muttered.

She flipped the lever to close the recliner and tilt her out.

It had been years since creepy noises had caused troubles at 325 Alex. Five years, in fact.

If you didn't include the noise Shirley herself made in her secretive excursions through the building, there hadn't been any alarming noises since the last tenant of #402 had been taken out of the building on a stretcher.

"Cougar!" she called. "Psst, psst, psst!" She looked around the apartment, but the little tawny cat was nowhere. She grabbed the cat treats and opened the door to the hall cautiously, in case any of the students were investigating the awful noise, but their door was tightly shut.

"Cougar!" she hissed and rattled the treats.

An enquiring meow made Shirley look up to the corner of the ceiling where a hole in the acoustic tile was filled with a feline face. Shirley shook the treats again and Cougar leapt to the floor and sauntered into the apartment.

As Cougar ate, Shirley detached the miniature camera mounted on Cougar's collar and connected it to her computer.

The little cat strolled down to the bedroom while Shirley scanned the video of the cat's eye view of the hidden world within the walls and between the floors of 325 Alex Street.

"There you are!" She stopped the video and enlarged the image. She advanced the video slowly, working out how it'd been done. Very clever. Then she scanned ahead until it happened again, and ahead again. She smiled to herself. .

☐ *Read Episodes 20 on page 8 of this edition*



eh?/em!

Blog Post

Next Friday AM  
Sept. All Month

Friday SALMON  
All Month ARM

August 21, 2024 • 1st posting of day • FriAM.ca



# How many families slept in?

I know I did, and it was only myself and I to get dressed and on the street by 9 am for the parade. How many families with little kids to get up and out the door missed the parade? I'm ashamed to say I failed to make it to this year's parade so cannot say how attendance was affected by the earlier time this year. However, I strongly suggest that, for the future, the parade should run no earlier than 10 am.



Photo posted by Laura Henderson shows Lakeshore Drive at a time when there should have been folks already gathered.



**EVERYONE LOVES THE FAIR!**

eh?/em!

Blog Post

AM

Sept. All Month  
Sept. 6

Friday SALMON  
All Month ARM

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



**DOG DAY:**  
*A good dog never really leaves you. Yep, old Lexi the paper dog*

lection BC  
OCT 19

## NDP to nominate candidate next week

Two Salmon Arm women put their names forward to run for the NDP party in Shuswap Riding. Sylvia Lindgren, a Salmon Arm councillor, and Phaedra Idzan, a longtime resident and active volunteer. The membership has been notified of a nomination meeting for Sept. 5.

Confirmed candidates are Greg McCune for BC United and David Williams for BC Conservatives.



Lindgren



Idzan



> After confessing to you all that your roving AM reporter slept in and missed the parade, Kevin Gooden was good enough to send me a selection of his photos, plus a super shot of a leaping Superdog.



# Evolving electronic shops

As The Source morphs into Best Buy Express, here's a little history of Radio Shack in Salmon Arm that began it all.

Thank you to Daryl Arychuk and others for providing this information.

Prestons had the first Radio Shack, back in Shuswap Mall in 1967. Some time later, Barry Jeffries had Radio Shack on the corner of Hudson and McLeod, across from the present Art Gallery and old post office.

Julius Steiger was the next owner with Radio Shack moving to Centanoka Park Mall who added metal detectors to the line up. Arychuk Electronics, became the next Radio Shack, and added the Panasonic line, and model hobbies, and trains to the store. Over the next 14 years,

the store would win 11 awards for most improved Dealer Store, with 2000 being the top Dealer store in Western Canada.

In 2001 The Cooper Brothers, who had Shuswap Model and Hobby bought the Radio Shack store, and when the lease was up, Radio Shack Intertan bought the store, and made it into a corporate store and moved to Piccadilly Mall, opening under the name of The Source.

Of course, there were other private electronic stores throughout this town's retail history, including Watkins Electronics, Crazy Eddies, Senna Electronics and Ready Rexall Electronics.

Now the local market is dominated by major chains including Andres Electronics, Staples, Walmart and now Best Buy Express.



"If wealth was the inevitable result of hard work and enterprise, every woman in Africa would be a millionaire"  
~ George Monbiot



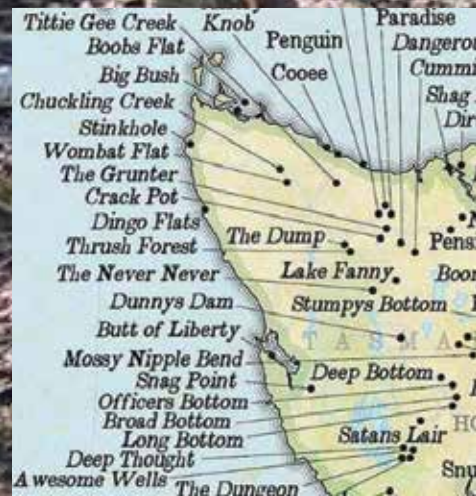
> It looks like backyard mechanics Olive and Miranda have their work cut out preparing my old car for the Gambler 500, Sept. 27 to 29. I just knew it was one of my brighter ideas to upgrade to a newer 2009 model last December. I donated my old Matrix to the rally because it's a good fundraiser and participants are awarded for how much trail trash they pick up along the route.



# Walk with Les

Today's Walk with Les was Salmon Arm's long time favourite - Little Mountain trails. I was truly relieved to learn that Sunday's fire was put out quickly and did not originate from this beautiful treasure of a park.

Les had many stories along the way such as how the Grimm Brothers cleaned up and popularized ancient stories; how Robbie Burns was a 'rock star' for renewing Scottish pride; and how settlers often made up their own place names - often crude - rather than use the names given by much hated British rulers. See example below from Tasmania where many prisoners settled.



> Some of the folk names in Tasmania

> Route map posted at Little Mountain

> Smoke billowing from a fire on Sunday (FB pic)

**STARTING OCT. 4th • 1ST & 3RD WEEKS**

*Next editions of Friday AM -*

**No issue: Aug. 30 (last Friday of month)**

- **September All Month: Sept. 6**
- **Friday AMs: Sept. 13 & 20 (no Sept. 27)**

**October new monthly schedule:**

- **Oct. All Month, Oct. 4 • Oct. Mid-Month, Oct. 18**

# Twice is nice too

**W**hew! This feels like a big deal for me, and possibly a big deal for some readers and advertisers as well.

I've been putting out this little paper each week for 27 years now. Reverse that number '27' and, yep, you have my age.

So, I've made a decision: Starting with the *October All Month* issue on October 4, I am moving to a twice a month schedule - the first and third Fridays of each month.

It weirded me out a bit to realize there will be a provincial election on Oct. 19.

My inner journalistic demons will surely demand that I produce an issue the week after Oct. 18. But I promise to be steadfast. I may go blog-crazy,

*1st & 3rd Fridays*

*1st*  
Friday  
**AM**  
ALLMONTH

*3rd*  
Friday  
**AM**  
MID-MONTH

(reprinted from August AM)

# MOLEHILLS

**Lorne Reimer**



but will not produce another print issue until the first Friday of November.

While I enthusiastically welcome expressions of interest from an individual or a community cooperative to take over this paper many have told me has found a niche in our community, going twice monthly, plus blogs as my heart and head fancy is the option that I have come up with on my journey to retirement. Resuming each week is still on the table, but not with me in charge.

Thank you for all your support over these years. I also invite your comments and suggestions as this paper is ripe for a revamp and new ideas. Please text or email me.

I am also thinking of hosting a coffee reception to meet many of you in person about the last 27 years, and how to best go forward. Ciao! ■