

# WORK/LIFE and the 30 SECOND COMMUTE /2

■ Pucks could not get passed goalie Maggie Manning. The Salmon Arm athlete helped Team Canada win Silver at the World Women's Para Hockey Challenge in Norway. /13



Friday

November 1  
ALL MONTH

# AM



Laurie Demulder photo

## Just suspect everyone

■ The iconic Agatha Christie whodunit, *The Mousetrap* - a mainstay of London theatre since 1952 - has been snapped up for the Shuswap Theatre stage, opening Nov. 8. Above are three of the eight cast members - Jennifer Chernecki, Howard DeLong and Luke Norrie. / 4



■ Rookie MLA David Williams is elected locally in a landslide; NDP provincially, by a hair / 3

▼ TO-DO'S ■ Online: FriAM.ca ▶ 1st & 3rd Fridays ▶ Nov. 1, 2024 • No. 1356 • FREE

Festivities  
Art & Film  
Concerts  
Theatre  
Sports **4,5** Fall back Nov. 3



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# 30-SECOND COMMUTE

A surprising number of companies that used to operate in big cities are now relocated in Shuswap homes.

Thanks to the latest technologies many local businesses have turned to home-bases as well.

Designer Kari Wilkison has provided creative services for clients in both the Shuswap and internationally the past 25 years. Until a few months ago Toliver Design worked out of an office shared with the Creative 55 team at Hucul Printing.

"I was looking for a change of pace and a studio surrounded by nature to help lower stress level," said Wilkison. "A home studio sounded like just what I needed.

She already had the space on her Grandview Bench acreage; so determining permitting, size, climate control and access to high speed internet were the next issues to solve. One of her original clients was Twin Anchors/Kyllo Homes so she knew they could build an amazing tiny office for her. Plans were then

drafted and a fully built, custom 12' x 10' office with a shed roof was delivered to her acreage at the end of August.

"Working the first few months in my basement waiting for the office to be delivered reinforced my decision that working outside in my tiny office was the best decision I could have made," she said. "I love watching the daily weather changes, hearing the birds and being surrounded by light and nature. It is so peaceful. It's also very cozy with the mini-split."

It is now a mere 30-second commute for her, so factoring in rent, less fuel, no land line and a reduced latte bill, she expects it to be paid for in three years.

"My clients are used to working with me in an online environment - and think my tiny office is a great idea. For deliveries or in-person meetings, I just come to town, or go on Zoom."

She is also close to skiing, and, best of all, her dogs love that she's always around. ■



> Kari Wilkison now works out of this new cozy 12'x10' office on she and her husband's property in Grandview Bench. The highly efficient building could also double as a bunkhouse or art studio.



**FRIDAY AM**  
NO. 1356

November All Month  
EDITOR & PUBLISHER

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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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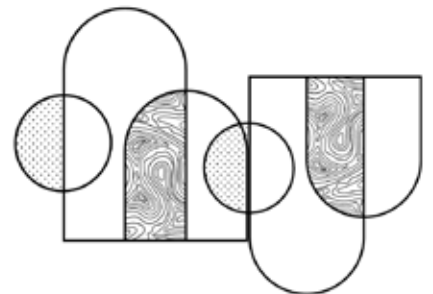
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**AM**

NOVEMBER ALL MONTH



> David Williams on election night.

**NDP 47 • BC Green 2**

**BC Conservative 44**

**Salmon Arm-Shuswap**

**David Williams**, BC Cons  
15,565 / 52.1%

**Sylvia Lindgren**, NDP  
9,677 / 30.4%

**Greg McCune**, Independ.  
(BC United) 2,922 / 9.19%

**Jed Wiebe**, BC Green  
2,250 / 7.08%

**Sherry Roy**, Independent  
373 / 1.17%

*SURROUNDING: Vernon-Lumby- Harwinder Sandhu, NDP  
Kamloops North Thompson - Ward Stamer, BC Conservative  
Columbia River-Revelstoke - Scott McInnes, BC Conservative*

**Voting and Remembering**

**D**avid Williams won handily as rookie MLA in a new political party. I didn't really get to know him during the campaign, so do wonder just how conservative is he Conservative? When I dropped by at his election night party, I asked if his spouse was around for a photo. He replied that she's in the parking lot charging up their car - so there are nuances. He pledged to be transparent and to listen and represent all constituents, so I wish him well.



On the same week that *Friday AM* began its shift to bi-weekly, I replaced my 14-year-old iMac computer with a refurbished nearly new model, plus new software. So there's your proof that I haven't quite retired yet. Not going to lie though, I quite enjoy every other week off to do retirement sort of things... like learning this darn new software.

Oh, by the way... Nov. 5th marks the 30th anniversary of moving to Salmon Arm - one of my better decisions in life.

**MOLEHILLS**

**Lorne Reimer**



○○○  
**T**he BC and US votes, falling so close to Remembrance Day, gave me pause over two centenarians who served and lived through a world war to preserve democracy. I opened the door for 100-year-old **Herb Pendell** on my way to vote Oct. 19. It was an emotional moment to witness one of a few remaining veterans exercising the privilege that he served his country for.

**Ali Graham**, another centenarian, proudly marked her ballot in the advance poll held at Bastion pce, and a few days later, she left the world at 100 years and 7 mths. She also left the world with a wonderful book on her long life, called, what else, "Life is what happens", and was working on another.

Hopefully, our Americans neighbors will make the right choice on November 5, in advance of Remembrance Day.

☐ *More on November 11 / P.9*



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## Festivities

- > **November month** - for Men's health awareness.
- > **Clocks Fall back** - Nov. 3
- > **Remembrance Day** - Nov. 11. Parade to Cenotaph ceremony, 10:30 am Ceremonies in all communities. Wear a poppy. / 9
- > **Shuswap Dancing with Stars** - Nov. 16, Recreation Centre. Hospice fundraiser [shuswapstars.ca](http://shuswapstars.ca) / P.8
- > **Downtown Holiday Parade** - 4:30, Nov. 30, Hosted by Daybreak Rotary. Enter your float by Nov 18.
- > **CPKC Holiday Train** - Dec. 17. (5:15 Sicamous; 6:00 Canoe; 8:00 Downtown; 9:30 Notch Hill)

## Arts

- > **Fantastic Fungi** - now to Nov. 9, SA Art Gallery. 11 artists
- > **Atelier Gallery** - Artist Barry Games for the inaugural opening, 5:30-8, Nov. 8, 321 Hudson Ave.
- > **Off the Wall Auction & Dance Party** - Nov. 30, Art Gallery. Auction at 5, dance at 6. Off wall exhibit from Nov. 16 to Dec. 14
- > **Cardiff Miller Art Warehouse** - 11-5 Sat, Sun, Enderby, former Ashley store. New exhibits
- > **Courtyard Gallery** - Enderby. Little Treasures opens Nov. 14
- > **Artist Tour** - 10-4, Nov. 30. 13 studios and 15 artists.
- > **Craft Fairs** - Next page.

## Concerts

- > **Jazz club** - Vocalist/pianist **Jennifer Scott Trio**, Nov. 1; **Shuhorns**, featuring Nick Dyson, Nov. 14; **Guitars!** Nov. 28. Shows at 7, by donation at Nexus at First. Also 7 pm, 3rd Tues, Lakeside Manor
- > **Good Lovelies** - Nov. 9, Song Sparrow Hall. One of nation's one of most accomplished and harmonious trios. Tix at [songsparrowhall.ca](http://songsparrowhall.ca)
- > **Coffeeshouse circuit** - Grindrod, Nov. 1 (1st Fri)
  - Carlin, Nov. 2 (1st Sat)
  - Sunnybrae, Nov. 9 (2nd Sat)
  - Enderby Sr. Ctr, Nov. 15 (3rd Fri)
  - Celiata, Nov. 15 (3rd Fri)
  - Gleneden, Nov. 16 (3rd Sat)
  - Eagle Bay, Nov. 23 (4th Sat)
  - Shuswap Writers, 2-4, Nov. 22
  - First Community (4th Fri) /P.5
- > **AC/DC tribute** - PWR/UP, Nov. 8, Salmar Classic
- > **Kamloops Symphony** - "Palestrina, Mozart & Beyond", featuring KSO Chorus, 3 pm, Nov 17, Nexus at First. Tix [Kamloops-live.ca](http://Kamloops-live.ca) or 250-372-5000.
- > **James Mullinger comedian** - 7:30, Nov. 20, Salmar Classic. [trainwreckcomedy.com](http://trainwreckcomedy.com)

## live & dance

- > **Canooligans, Canoe** • Liz Blair Project, Nov. 2, Dec. 17 • Janzen Boys, Nov. 8.
- > **SA Legion** • Kelly Belanger Band, 6:30, Nov. 9. \$10 cover
- > **Copper Island Pub** • Jams with Blind Bay Blues Band, Tuesdays.
- > **The Hub**, Scotch Creek. Open Mic with Meggs, Sundays.
- > **Ricochet Taphouse** - Jeff Bonner & Jay Gavin, Nov. 1
- > **Gleneden Hall dance** - Nov. 9. Vic's dance band. (note date change)
- > **New Year's Eve Bash** - featuring Majesty, Song Sparrow Hall

- > **Monkey Dragon** - featuring Emmy & Juno nominated composer Adham Shalkh and Soul Reggae warrior Buckman Nov. 23, Song Sparrow Hall. [songsparrowhall.ticket.ca](http://songsparrowhall.ticket.ca)
- > **Aura Chamber Choir** - "Hail Mary!"; 7 pm Nov. 30 and 2 pm, Dec. 1, All Saints, Vernon. Featuring Shuswap singers.
- > **Shuswap Singers** - 2 pm, Dec. 14 and 15, Nexus at First.
- > **SA Community Band** - 7 pm, Dec. 6 and 2 pm Dec. 7, Nexus at First.
- > **Shuswap Men's Chorus** - 'Making Spirits Brighter', with guest Adam Tryczynski on Cello, 7:30, Dec. 4, Nexus at First (United). Tix \$20 at Shuswap Clothing and Pink Cherry.
- > **Shuswap Carol** - Dec. 14, Song Sparrow Hall. Local musicians supporting food banks.
- > **Catherine MacLellan** - daughter of Gene MacLellan, writer of Snowbird and Put your hand in the hand, Jan. 30, Song Sparrow Hall.
- > **Sue Foley** - Mar. 11, Song Sparrow Hall. A blues and finger-picking legend. Tix at [rootsandblues.ca](http://rootsandblues.ca) (Tickets go fast for concerts at this venue.)

## Theatre

- > **Shuswap Theatre season** - *The Mousetrap*, Nov. 8-24. Agatha Christie 1952 play is by far, the world's longest running play of all time.. Tix [brushfire.com/shuswaptheatre](http://brushfire.com/shuswaptheatre) or Choose Refill shop near Boston Pizza
- Remaining main season:*
- Halfway There*, Feb. 21-Mar. 9
- The Virgin Trial*, Apr. 25 - May 11
- > **Sleighride Christmas Carol** - on the hour from 4 to 8 pm, Dec. 3 to Jan. 5, Caravan Farm Theatre. [caravanfarmtheatre.com](http://caravanfarmtheatre.com) Dress for cool weather

## Sports

- > **Silverbacks**
- HOME:*
- 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
- 7 pm, Dec. 6 vs. Cranbrook
- 6 pm, Dec. 7 vs. Brooks
- AWAY:* Vernon, Nov. 1; Sherwood Park, Nov. 13; Spruce Grove, Nov. 15; Blackfalds, Nov. 16, Vernon, Nov. 24; Cranbrook, Dec. 13
- > **Curling** -
- **Ice Breaker**, Nov. 2
- **Sr. Mens Open**, Nov. 15 -17
- > **Eagles** -Home: Nov. 1, 9, 16, 22, 29, 30, Dec. 6, 13, 14
- ☐ SportSpot - P. 21

## at the movies

- > **SALMAR GRAND** • [salmartheatre.com](http://salmartheatre.com) November 1 to 7 movies
- **Hit Pig!**. 2:00 Sat-Sun; 6:43 nightly. A bounty hunting pig who catches escaped animals and returns them to their owner goes after a dancing elephant. (PG violence)
- **Here** 1:45 Sat, Sun; 6:50 nightly. Reuniting director and writer of Forrest Gump, a film about multiple families over generations (PG lang)
- **The Wild Robot**. 1:45 Sat, Sun; 6:40 nightly. A shipwrecked robot must adapt to harsh surroundings and wildlife on island. (G viol. may frighten children)
- **Venom: The Last Dance**. 1:30 Sat., Sun; 6:50 nightly. Tom Hardy returns as Venom, the last film in the Marvel trilogy. (PG violence, lang, may frighten young children)
- > **SALMAR CLASSIC**
- **Film Society** • [shuswapfilm.net](http://shuswapfilm.net)
- **REEL WEEKEND FESTIVAL**, Nov. 1 to 3
- **Three Musketeers: Milady** (France), 4 pm, Nov. 1 & 7:30, Nov. 2. Thrilling sequel sarts off with Musketeer D'Artagnan setting out to rescue his beloved Constance. (PG).
- **Bookworm** (New Zealand), 7:30 Nov. 1 & 4

- pm, Nov. 3. Young girl and her magician father embark on a thrilling dvenre to capture video proof of a mythological creature. (PG)
- **The Outrun** (UK/Germany), 4 pm Nov. 2 & 7:30, Nov. 3. Recovering alcoholic returns home to Orkney Islands to confront her demons. (PG) *Remaining season:*
- **Didi** (US) 5 pm, Nov. 9. Growing up as a first generation Chinese immigrant in California. (14A)
- **Widow Clicquot** (US) 7:30, Nov. 15-17. Widow revolutionizes champagne industry. (PG).
- **Lee** (UK), 5 pm, Nov. 23. Woman photographer on frontline of World War 2. (14A)
- **Rumours** (Can/Germany), 5 pm, Nov. 30. Seven world leaders bumble at a G7 conference. (14A)
- **The Tasting** (Fr) 5 pm, Dec. 7. Love sparks between a wine store owner and midwife. (PG)
- **LIVE from N.Y. MET OPERA**
- **Tosca, 9:55 am**, Nov. 23. See page 7.
- > **SONG SPARROW HALL**
- **Uncharitable** - What if we reimaged philanthropy, 4-7 pm, Nov. 14. Free documentary and conversation hosted by Shuswap Community Foundation.

## city lights

- ♪ **vernon** • Details at [ticketseller.ca](http://ticketseller.ca)
- Creekside (C)* • *Performing Arts (P)*
- Dan Mangan**, Nov. 1, 2 (C)
- Snotty Nose Rez Kids**, Nov. 2 (P)
- Don Amero**, Nov. 6 (C)
- Ben & Dom**, Nov. 6 (Vernon Jazz Club)
- Playlist - Ivan Coyote**, Nov. 6 (P)
- Hit for Heritage fundraiser**, Nov. 7 (C)
- Good Lovelies**, Nov. 8 (C) (Also Salmon Arm)
- Poppy Tea**, Nov. 9, 10 (Mackie House)
- Rock me Baby**, Nov. 9 (C)
- Steve Patterson** - Patteredad, Nov. 10 (C)
- Barka**, Nov. 10 (P). Afro Colombian/Balkan
- Reveen**, Nov. 14 (P)
- OSO** - Beethoven & Saint-Saens, Nov. 17 (P)
- Jann Arden Christmas Tour**, Nov. 23 (P)
- A Christmas Story**, Nov. 23-Dec. 7 (PowerH)
- Grinch**, Nov. 29, 30 (P)
- Aura Chamber Choir**, Nov. 30, Dec. 1
- ♪ **Penticton** • Motocross tour, Nov. 30
- ♪ **Vancouver**
- Taylor Swift**, Dec. 6-8 •
- Bruce Springsteen**, Nov.22

# 35th anniversary

Shuswap Writers' Group is celebrating its 35th anniversary at this month's coffee house.

Lifetime member Dorothy Rolin said she hopes to see both past and present members



at this special event from 2 to 4, Nov. 22 in the Pine Room at First Community (4th St. entrance).

"It is hard to believe the first inaugural meeting was held 35 years ago this Fall when three other women and myself formed the group," said Rolin. "A few years later the other founding members, Judy Reimche, Christine Peel and Ramona Rizzi either moved away or had other priorities in life and I just carried on."

She added that the group has experienced peaks and valleys over the years. There are currently 21 members.

"There have been some wonderful people who have contributed to the group's continuation," said Rolin. "Past members have published five anthologies and our recent membership hopes to start working on a sixth very soon".

Shuswap Writers' Group meets the first and third Wednesdays from 11 to 1 (except summer months) in the board room of Piccadilly Mall

The Writers Coffee House meets 2 pm on the fourth Fridays of the month. This venue at First Community is open to the public with an open mic. There's a \$5 charge to cover the rent, but coffee, tea and cookies are free. To learn more visit its website at [shuswapwritersgroup.weebly.com](http://shuswapwritersgroup.weebly.com)

Plans are well underway for the 2025 **Writers on the Lake Festival** May 16 to 18. Confirmed presenters, so far, include authors **Eileen Cook, Royden Lepp** and Inuk writer **Norma Dunning**. ■

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



> This is the cover from Jon Deuling's first single, 'Purge Me', recorded at the Song Sparrow studio. More on this local roots rock n' roller at [jondeuling.bandcamp.com](http://jondeuling.bandcamp.com)

## You're Invited

### > Shuswap Naturalist Club -

- Shuswap River – Birds & Salmon with Colin Spence and John Woods. 9-3, Nov. 3. Meet at Junglemania parking lot at 9 for carpool. Slow paced walking on established trails and exploring late-season spawning grounds and birds and mammals that depend on salmon.
- Club meeting with speaker Julia Beatty on Climate Action Initiatives, 7 pm, Nov. 5, SAS Sullivan

> **Peace n' Pizza**, 5:30, Nov. 15. First Community. (3rd Fridays, by donation). Building Humanity through story-telling and listening. Fireside speaker TBA.

> **Health-Care Auxiliary**, 1:30, 3rd Tuesdays at hospital.

> **Enderby Cliffs Mountain Mingle**, 9 am, Nov. 17. Meet at Cliffs trail parking.

> **SA council**, 2:30, Nov. 12, 25.

> **CSR**, 9:30, Nov. 14. > **SD83**, 6 pm, Nov. 19

> **Free Lunches**, 11 to 1, Wednesdays, First Community on Okanagan Ave.

> **Drawing for kids** (age 6-9) 4:30-5:30, Thursdays, SA Arts Centre. \$20 drop-in/ \$60/ 4 sessions

> **Operation Christmas Child Shoebox** packing party, 5 pm, Nov. 15, Lakeside Com. Church, 121 Shuswap. Dinner served, gift items included.

> **Farmer's Market**, Saturday morn, Ross plaza.

> **Meditation Midweek Downtown** - 7-8 pm, Thursdays, 450 Okanagan Ave SE, (off 4th St. SE).

> **Garden Club**, 7 pm, 4th Tues, 5th Ave. Centre.

> **She Wolf Women's Empowerment summit**, Jan. 11, Splantsin. [eventbrite.com](http://eventbrite.com)

> **SA Toastmasters**, 7 pm, Thursdays, 5th Ave Centre. Lorraine 514-898-1776.

☐ *More You're Invited / P.12*

## Holiday markets

- \* **Grandmothers to Grandmothers**, Nov. 1, 2 at Piccadilly.
- \* **Notch Hill Country Christmas**, 10-2, Nov. 2
- \* **Coastal Creations & Canvas Artisan Showcase**, 1-4, Nov. 10, 4-1341 30th St. NE
- \* **Rancho Vignola Harvest Sale**, Nov. 8, 9, Recreation Centre
- \* **Mayfair Farms Market**, 9 am, Nov. 9
- \* **Shuswap Social District**, Nov. 9
- \* **S. B'view Holiday Gift Fair**, 4-8, Nov. 29
- \* **Cedar Heights Hall**
  - **Artisan Market**, 10-2, Nov. 9
  - **Holiday Hoopla**, 10-3, Nov. 23
  - **Kids only**, Nov. 30; **Bake Sale**, Dec. 7
- \* **Blind Bay Hall - Artistry Christmas**, 10-4, Nov. 16, 17, **One Stop Shop**, 10-2, Nov. 23
- \* **Craft Fairs at Piccadilly**, Nov. 15, 16, Dec. 13, 14
- \* **Remax Holiday Market**, 5:30-8:30, Nov. 16
- \* **Spinners & Weavers**, 10-4, Nov. 23, 5th Ave.
- \* **Farmstrong Market**, 12-7, Nov. 17, 23, 30
- \* **Christmas Market**, 9-2, Nov. 23, Sorrento Community Hall
- \* **Christmas Craft sale**, Nov. 23, Elks Hall
- \* **Christmas Gift & Craft Sale**, 11-5, Nov. 22 and 10-3:30, Nov. 23, St. Joseph's Church.
- \* **Craft Fairs at Piccadilly**, Nov. 15, 16, Dec. 13, 14
- \* **Pottery Club sale**, Nov. 29, 30, Piccadilly
- \* **Chase Country Christmas**, 10-2, Nov. 30, Hall,
- \* **Outdoor Holiday Market**, 10-3, Dec. 1, Blind Bay Village Grocers. Plus bonfire.
- \* **Downtown Holiday Market**, 10-2, Dec. 2, Ross St. Market. Plus Tuba Christmas
- \* **Centenoka Christmas Market**, Dec. 6, 7.
- \* **Eagle Bay Holiday Market**, 10-2, Dec. 7.
- \* **Shop-a-Ganza Holiday Hoopla**, Dec. 14, 15, Recreation Centre. Gifts, food truck, kids area & Santa 10-2, Live music.
- \* **Crannog Ales event**, 12:30-3, Dec. 14
- \* **Holiday Train**, Dec. 17 (See Festivities)
- \* **Enderby area**
  - **Winter Market**, Fridays to Dec. 13
  - **Holiday Craft/ Gift**, 4-8, Nov. 14, M.V. Beatie
  - **Splantsin**, 9-1, Nov. 29, Dec. 13
  - **Christmas Markets**, 10-3, Nov. 22
  - **Splantsin Centre**, Dec. 6
- \* **Sicamous area**
  - **Craft Fair**, Eagle River Secondary, Nov. 16
  - **Bazaar at Malakwa**, 10-2, Dec. 7
  - **Red Barn Market**, Nov. 28- Dec. 1
  - **Mara Market**, Dec. 7

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# She found a home in Salmon Arm.. now to find a new place

**W**alkabout... Australian by origin but used for different meanings. The one common thread is a journey one takes to find a home either spiritually or physically.

After choosing to give up a business in Calgary, during the pandemic, Le Ly ventured out to BC in search of a town where she could follow her dream to open up a Vietnamese restaurant using her own unique recipes.

She did not quite find what she was looking for over a series of visits to BC communities until eventually finding herself looking around Salmon Arm.

Le talked to people in town and soon grew enchanted by Salmon Arm and community.

She decided that it was here she would try to stay and turn her dream to reality.

As business rentals, especially ones equipped for a restaurant, were scarce, she almost gave up hope being able to stay.

Saddened, she booked a room at the Travelodge to prepare to move on. As she drove



up, there was an empty restaurant for lease on that very property.

Overjoyed, she contacted the owners, signed the papers and, almost effortlessly, her dream took flight.

Four years later, The Pholy still remains - as does Le's love of the people here and the community.

Her infectious smile and warm demeanour welcomes you in as does her own unique Vietnamese fare. I offer no suggestion as to what to try first whether it be the Pho, Bun or an interesting rice dish.

I suggest to try all of them, as there is not one dish that is not



> Le Ly loves Salmon Arm, but is saddened she needs to find a new building.



as equally good as the other.

As word spreads of a future demolition of this building that a dream made, Le is once again saddened. However, she is very hopeful that another door/roof will open up for her in Salmon Arm, just like before. ■

☐ *Frances writes each month on the people and food that make up the Shuswap restaurant scene.*

# Technology

**A** little while ago I challenged my now adult boys



to a reading challenge.

The idea was to replace screen time for book time. We would share with each other a book that we were going to read within a set time frame. Our challenge wasn't limited to one book, and everyone had the choice to pick whatever book they want.

The concept was to rest our minds from all the pixels we are inundated with all day and replace it with quiet reading time. In this way, we could hold ourselves accountable in an area that is becoming harder and harder... managing technology time. It is an interesting conundrum, especially now when technology used more for entertainment than anything else.

So, I figured a reading challenge was a good way help my boys rest their eyes/minds from technology, but also for me.

Other ideas to replace technology time can be simply to carve out a specific day/time of the week whereas a family you block out or fast from technology. Start with an hour or two and see what happens.

Some suggestions to replace that time can be as follows:

○ **Play a game or do a puzzle.**

I mean non-video games of course. Cards or a board game generally create a lot more meaningful interaction than sitting behind a screen. A puzzle can be fun and challenging too even if you are on your own.

○ As mentioned above... **read a book.** Maybe even read a book together with others and discuss it. Mix it up Fiction and Non-Fiction.

○ **Do a craft.** You may have to use technology to come up with an idea, but the possibilities are endless when it comes to drawing/painting something or building something out of materials. Even better, just let your imagination take you!

☐ Continued on Page 13

🍃

## Fall Curbside Yard Waste Collection

🍃

### Week of November 11th, 2024

- **ALL collection zones** are to put yard waste out at the curb by **7 AM on Monday November 11th**
- Collection **does not** follow your regular collection day and typically takes 4 to 5 days to collect from all areas - **please leave your bags out until collected**
- All items, **including branches**, must be placed **unbundled** in **paper yard waste bags** (no plastic bags of any kind are permitted, even if marked as compostable)
- **Unlimited bags** are permitted provided that each bag does not weigh more than 20 kg (44 lbs)
- Branches may be up to 1" (2.5 cm) in diameter and 3.0 feet (91 cm) in length
- To prevent breakage, please **keep your bags dry** until November 11th
- Missed collections: contact SCV at 250.803.4074 / admin@scvwaste.ca

**Accepted Materials**

leaves, grass & hedge clippings, flowers & garden plants, shrubs, sod, pumpkins, weeds (non-invasive), small branches (bagged, not bundled)

This is an excellent opportunity to **complete FireSmart work** on your property, such as removing lower and overhanging branches from trees, vegetation close to your house, and any dead or dying branches and vegetation. Please ensure materials meet the requirements outlined above for curbside collection. Visit [firesmartbc.ca](http://firesmartbc.ca) for more info.

CITY OF **SALMON ARM**

**Get the Recycle Coach app for your collection schedule, reminders and what-goes-where info**

# READING ROOM

by Melanie Wilke, Reference librarian, SA Branch

## Explore your creative side

Maybe it's the children returning to school, or the cooler weather, but Fall always has me feeling ready to return to cozy, indoor activities. If you find yourself feeling the same way, Salmon Arm Library branch has so many opportunities.

Have you been following Shawn Bird's 325 *Alex* serialized book in *Friday AM*? Well, November is your opportunity to meet Shawn, discuss writing, work on your projects or respond to writing prompts. Shawn will be hosting free "Write-Ins" 1 pm, Mondays and 6:30, Fridays in the library. If you have been thinking about a novel, poem or other writing project, this is the opportunity to explore your creative side in a safe and welcoming atmosphere. No need to register. Bring your laptop or writing notebook, and drop in.

The cool weather is perfect to cuddle up on the sofa and watch a film. What about exploring the online movie collection with Kanopy, then gathering to discuss these classic movies from the American Film Institute's top 100 list? The Film Club meets at the library from 6 to 7:30, Nov. 19 to discuss *West Side Story*.

Now is the time to dive into your family history. Do you need help getting started? **Genealogy Meetup** shares ideas and solves research roadblocks, on third Mondays (Nov. 18 at 10:30). We provide experienced advice and access to the Ancestry Database to research census records, vital statistics, and military records.

So many activities, like Kanopy and Ancestry have digital access. While they provide great access to things such as films and genealogy records, we also understand that accessing your digital devices can be challenging. We are happy to continue partnership with Literary Alliance of the Shuswap Society (LASS) to provide Drop-In Tech Help Fridays at 10 am, answering questions on digital devices, and opening the door to online information, services and entertainment.

Another winter activity is the **Winter Holiday Choir**. You can join at any time and all ages are welcome (an adult must stay with children 9 and under). The choir meets 3:30 to 4:15, Wednesdays starting Nov. 6, culminating with a concert 3:45, Dec. 11.

Or maybe you just need some time with a dog to lift your spirits on a grey day. St. John Ambulance **Therapy dogs**, Riley and Tam (and their human, Karolyn) will be at the library 2:30 to 3:30 every Wednesday. Did you know that petting a dog lowers blood pressure and heart rate, slows breathing, and relaxes tense muscles?



### South Shuswap Library Branch

- **CHILDREN PROGRAMS - Stay & Play** ... Puzzles, board games, LEGO, KEVA planks and colouring available • **Mother Goose with Rebecca**. A lively hour of songs, rhymes and finger-plays, 10:15 am, Fridays. • **PJ Story Time** (ages 0-5) 6 pm, Nov. 26
- **ADULT PROGRAMS - Blind Bay Garden Club, 10:15**, 2nd Tuesdays, featuring seed library • **Page Turners Book Club**, 1 pm, 1st Thursdays. Registration required, 250-675-4818. • **Knitting Circle**, 10:15 am, drop-in 1st/3rd Fridays • **Herb Club**. Discuss local foraging scene, 10:15 am, 1st Saturdays. • **Writer's Nook**, 1-3, 2nd & 4th Tuesdays • **Readers' Theatre**, 1-3, 1st/3rd Tuesdays • **Guided Meditation Circle**, 9:30 am, Nov. 5, 19, Dec. 3, 17. • **Card Making** (materials provided), noon for adults and 2:30 for age 11 plus, Nov. 2. Registration required. • **Artist Circle**. Easy Adult/Teen step-by-step acrylic paint tutorial, 3:30-5:30, Nov. 5. • Cyber Seniors computer one-on-one tutoring (250-463-4555)

Local Author **Keri Lefave** will read from her book, *The Chrysalid: A Soul's Struggle To Rekindle Its Inner Magic* at 1 pm, Nov 23. This is the story of one woman's lifetime of struggle to silence the demons from her past, exploring an eclectic mix of healing modalities that ultimately guide her towards her destination. ■

## Symphony Chorus and Met Opera

November brings music to warm our souls and engage our emotions. We are indeed fortunate to be able to enjoy both the Kamloops

**CLASSICAL VIBE**



**Gabriele Klein**

Lise Davidsen stars as the volatile diva for her first time at the Met.

David McVicar's thrilling production also features tenor Freddie De Tommaso in his debut as Tosca's

Symphony Chorus and Opera from the Met in New York.

Kamloops Symphony Chorus will perform "Palestrina, Mozart & Beyond" at 3 pm, Nov. 17 at The Nexus at First.

This is a unique program of choral masterpieces by history's greatest composers. The KSO chorus' unadorned voices will transport you through the ages — no orchestra, just pure harmonious joy.

Revel in the beauty of Palestrina's 'Kyrie' from *Missa Brevis*, Tallis' "If ye Love me", J. S. Bach's "Jesu Joy of Man's Desiring" (one of my personal favs), two pieces from Handel, including the 'Hallelujah Chorus', as well as several pieces from Mozart including three from his Requiem and Brahms 'Selig Sind die Toten' from the German Requiem (I will have to have tissues).

Choirmaster Tomas Bijok comes from a musical family, so it was understood from an early age that music was to be part of his life. He has sung in theaters in the Czech Republic, Germany, Austria, Japan and France. Read more about him and the whole KSO season at [www.kamloopssymphony.com/](http://www.kamloopssymphony.com/)



On Nov. 23 we will be thrilled by the iconic opera, *Tosca* by Puccini when extraordinary soprano

revolutionary lover, and powerhouse baritone Quinn Kelsey as sadistic chief of police.

Puccini's melodrama about a volatile diva, a sadistic police chief, and an idealistic artist has offended and thrilled audiences for more than a century.

Tosca's popularity is further



secured by a superb and exhilarating dramatic sweep and a driving score of abundant melody and theatrical shrewdness.

No opera is more tied to its setting than *Tosca*, which takes place in Rome on the morning of June 17, 1800, through dawn the following day. The specified settings for each of the three acts — the Church of Sant' Andrea della Valle, Palazzo Farnese, and Castel Sant' Angelo — are familiar monuments in the city and can still be visited today.

The opera begins live by satellite at 9:55 am at Salmar Classic. More information at [salmartheatre.com](http://salmartheatre.com) and [metopera.org/season/in-cinemas](http://metopera.org/season/in-cinemas).

□ *Gabriele reviews each month.*

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<b>3 years</b>	3.63%	Up 0.03%
<b>4 years</b>	3.48%	Down 0.10%
<b>5 years</b>	3.53%	Down 0.10%

\* GIC rates as of Oct. 29, 2024, subject to change without notice. Certain minimums and conditions may apply



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



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# SHUSWAP DANCE!



> Amateur couples from top left: Kate Boutlier & Peter Chalick; Arya Javdandi & Amanda Steiner; Marc & Meaghan Zaichowsky; Chris & Chrisi Davis.  
 > Amateur singles from left: Brandi McAllister; Darlynn McKenna; Tracy Noble; and Jenny Carter



The 2024 edition of Dancing with the Shuswap Stars happens Nov. 16 at SASCU Recreation Centre. A dozen community-minded dancers stepped up to learn their dance routines for this Shuswap Hospice fundraiser.

The gala events also includes breaks for open dancing, gourmet charcuterie boxes, cash bar and entertainment.

Tickets are now on sale and the public can support their favourite contestants by purchasing star votes for \$5. Each \$5 contribution counts as one vote towards the totals. Advance voting will be combined with voting on the night of the gala to determine the winning dancers. ■  
 □ See [shuswapstars.ca](http://shuswapstars.ca) for full details or [eventbrite.ca](http://eventbrite.ca) for sale of tickets.

**Shuswap Film Society  
 Annual General Meeting**  
 Wednesday, Nov. 13, 2024 • 4 pm  
 Salmar Classic Theatre 360 Alexander NE

Agenda:  
 Annual Report • Financial Report  
 Election of Directors  
 Any other business arising

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**PICTURE FRAMING.  
 GALLERY VIEWING BY APPT.**

Friday AM now publishes on the 1st & 3rd Fridays of each month

## '325 Alex': Episode 26

Serial Story by Shawn L. Bird

Henry, Chris, Dimity, and Mabel were sitting in Susanne's apartment as Dimity and Mabel told the others about their suspicions about the identity of the tenant in #402.

There was a noise overhead and they looked up to see a crow looking in at them through the skylight.

"Susanne, if you have a skylight, does that mean #402 has a skylight?" asked Henry.

"I suppose so."

"Oh!" sighed Chris. "We could look into the suite through the skylight if we had a way to get onto the roof."

"We have," Susanne nodded.

"There's an access stair behind the elevator. I have a key."

They all turned to stare at her.

Susanne blushed. "Well, yeah. Part of my lease includes roof garden access."

"Roof garden?!" Four voices chimed in unison.

Dimity blinked, "There's a roof garden?"

Susanne shrugged, "There's not any more. Back when Mr. Moreno was around, he kept it nice. He had a private spot with potted trees over on his side. I just had a gravity lounge and pot of petunias on my side. It was nice to sit up there and read on a summer's evening. But after he was carried off in the ambulance, access was blocked, and I knew that all the plants would just be dead and my lounge would be rags, so it was too depressing to go back."

"What are we waiting for?" said Chris. "Let's look through the skylight and see what's there!"

Susanne muttered, "Invasion of privacy," but she took a key off a nail inside a kitchen cupboard and handed it to Henry.

The lock was sticky and took some wiggling, but eventually the key turned and they all trooped up the narrow stairs. They needed to unlock another door, and then they were on the roof.

"What a great view!" said Dimity admiring the lake over the railway tracks. "I can't believe you stopped coming up here!"

Henry looked through Susanne's skylight into the room they'd just vacated. "It's hard to see. There must be some UV coating on it or something."

"There's the skylight for #402," said Chris waving their arm toward a row of wooden boxes filled with dead branches. "This would have been a nice veranda when it was maintained."

Henry examined the skylight. "This one is newer than Susanne's." He leaned over. "Huh."

"What?" Chris pushed him over to get a view. "Wow. Is that legal?"

Susanne, Dimity and Mabel squeezed in straining to make out the very unconventional living room below them.

"It looks like a news room," said Mabel.

■ Go to [FriAM.ca](http://FriAM.ca) > Nov. All Month for Episode 27 that starts... (# 28 in the Nov. Mid-Month (Nov. 15)

Chris, Dimity, Mabel, Susanne, and Henry stepped back from the skylight on the roof of 325 Alex and looked at one another with baffled expressions. ■■







> **Armistice Day 1936** in Salmon Arm. Photo includes Harry Cushion, Harry Brown, Bill Caldwell, Jack Inkster, Jimmy Day, Andy Collier, George Stockwell, Vince J. Field, Dr. Charles Usher, Jack Metcalf, Harry Swanwick, Mike Damgaard, Major Metford, Tommie Walker, Bert Clause, Doc. Strudwick, William Grant, Teddie Werts, Rex Lingford, Jack Milling, Major Rattray, Don Cameron, Harry Timpson, Nole C. Dawson, Fred Ibbotson, Alex Labron, Jack Moir, Art Richie, Frank Cappell, Billie Webb, Dr. Stuart, E. Beech, Fred Wood, Bill Belverston, Captain E. Bivar, Billie Dee, Lee Jamieson, Billie Holiday, Harold Scales, Shorty Garrett, J.W. Webb, Ron Buckell, Bernard Hooper, Bert Evans, John Harragin, Andy Tetlock, John Green, Art Cave, Babcock, John F. Doe, Alex or Billy Meek, Major Ellis Wood, Pop Kennedy, Charlie Flint, Jessie Pullin, Harry Farmer, Ray Corning.

# REMEMBRANCE DAY



# 11

# NOVEMBER

Teachers and students honour the sacrifices of the past and work for peace in the future.

A message from the North Okanagan-Shuswap Teachers' Association



## Calgary's Field of Crosses

Over 3,500 crosses stand as silent reminders honouring service personnel who have made the ultimate sacrifice on five acres of Calgary's Memorial Drive from Nov. 1 to 11, as part of the Field of Crosses.

Daily sunrise and sunset ceremonies take place each day, concluding with Remembrance Day service on Nov 11.

School choirs, military personnel, buglers, pipers and many other special groups participate in the Eleven Days of Remembrance, now in its seventh year.

The days honour RCAF, Nov. 1; Youth, Nov. 2; Families, Nov. 3; Royal Canadian Navy, Nov. 4; Canadian Army, Nov. 5; Women of War (sunrise) / Jewish Fallen (sunset), Nov. 6; First Responders, Nov. 7; Indigenous Veterans, Nov. 8; US Tribute (sunrise)/ Animals in War (sunset); Nov. 9; UN Peacekeepers (sunrise)/ Night of Lights (sunset); Remembrance Day Ceremony, Nov. 11. ■



**Wear a poppy.**  
**Attend Remembrance Day ceremonies in communities throughout the Shuswap.**

## Child's memory of WW2

Remembrance day approaches and my mind goes back to those dark days in the early 40s when I was just a child.

Certain things crop up that remind me of what my life was like back then. I was born in 1938, the start of the second world war and by the time I was four, things were happening.

The main thing that changed was my father enlisted in the British Commonwealth Air Training Program. He did this at the urging of his older brother Bill who was in France with the Queen's own Rifles. He wrote my dad and told him to enlist in the air force because the draft was coming and he did not want my dad to become an infantry man. The life in the infantry was terrible. By volunteering dad got to choose where he would serve. It turned out to be a good move as my father was not sent overseas and got to come home twice a year.

The second thing that I remember vividly is the news reports. Many of you remember Lorne Greene of *Bonanza* fame. During the war he was a newscaster on CFRB radio Toronto and was charged with delivering statistics regarding the war effort. Every evening I'd hear his dark booming voice give out the numbers of losses for allied troops as well as estimates for German losses. It included personnel, aircraft, warships, merchant vessels as well as gains and losses on the battle field.

Of course at my very young age I could not comprehend what this all meant but I knew we were at war and that war was just simply part of everyday life and nothing particularly unusual. There were, of course, signs everywhere that the war was raging and life had its difficulties as a result.

I remember quotas for milk, meat and sugar. Every day my mother put the milk bottle out on the front step with a few coins and tokens for our daily allotment of milk and butter. Tokens were little fibrous disks the size of a nickle with a hole in the middle and blue in colour. Each family was allotted a certain amount of tokens, according to the number of kids. I don't remember this as a particular hardship as I do not remember ever being hungry. We did, however, eat a lot of bean soup with spare ribs (these were cheap) and hamburger gravy, hamburger being also cheap.

During the early days of the war all service men and women were volunteers, so not everyone was at war. We lived near a rail line so there were a lot of transient men travelling the rails in search of work or just going some other place.

Periodically, some of these men, referred as tramps, would come knocking on our door looking for food. My mother would not send them away, but never invited them in. She would make them a sandwich or give them some hot bean soup. I remember they were always polite and were "much obliged m'am".

Sometimes we would notice a few carrots or a cabbage missing from the garden.

In 1945 the war was over, my dad came home and we moved to the farm. The most exciting part of my life was about to begin. ■

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

MY TWO  
CENTS



Ed Campbell



scenes  
about  
town



> Between Thanksgiving and Halloween, October is just as decorative as Christmas season. Pumpkin couple by Irene and Ed Campbell, and chemist witch at Piccadilly.

> Middle left: Kerry Park sings a song of lament at a March for Ceasefire event, nearly 400 days into the bombardment of Gaza.

> Above left: about 80 people turned out to the open house launch of the newly formed Shuswap Sports and Leisure Society.

> Above right: flooding on McGuire trail.

## Enjoyable alternatives

□ Continued from page 6

○ Do something outside. Explore. Pack a lunch and leave your device at home. No excuses on this one given where we live.

We are incredibly fortunate to have all the mountains, valleys, lake and rivers to explore to keep us busy for a lifetime. Take advantage of it!

○ Think of someone you haven't visited with in a while and give them a call. Go for coffee. Have a piece of pie!

I am sure there are many other wonderful ideas that I could add to this list. Regardless, I am confident that any idea you come up with will be extremely rewarding both for you and hopefully others. Take the challenge, I think you'll be surprised. n

□ *Daron Mayes writes each month and works as a financial planner out of Centenoka Mall.*

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## City FIXINGS



> One of the roughest stretches of the Trans Canada is no more. One day it may even get four-laned.

## Thank you's

> **THANK YOU** to the folks who came to my aid and stayed with me until after a bad fall in front of the post office. *Eleanor*

> **THANK YOU** to the two kind strangers who made for my items at Walmart after realizing I forgot my purse. They would not give me their names to pay them back, so am paying it forward. *C.J., 86*

## Web SITING

> **Project2025stopproject-2025comic.org** .. An easy to understand review of Project 2025

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# Environmental SACL

It occurred to me this week that it's been well over a decade since I started writing a column for the *All Month Friday AM*. I am so grateful for the opportunity to

**NOTES FROM THE MARGIN**



**Louise Wallace Richmond**

share news and views with our community and I'm grateful to Lorne for his generosity and commitment to local news.

In that spirit, for the next few months, I want to show my gratitude by sharing this space with the many dedicated social services agencies so you can hear their stories, in their own words. I'm amazed and humbled by their dedication to protecting and enhancing the well-being of others.

Their work makes us better and I'm grateful for that too. I hope you enjoy learning the innovative and inspiring social enterprise program offered by SACL.

Thanks, as always, for reading!



Shuswap Association for Community Living (SACL) has officially launched a new social enterprise that offers minor landscaping services alongside a bottle recycling program. This initiative aims to beautify local properties, encourage sustainable practices and provide valuable employment opportunities for individuals with developmental disabilities.

SACL, known for its commitment to enhancing the lives of those in the community, has embarked on this project to create inclusive job opportunities. The landscaping services range from simple yard maintenance and garden care to snow removal and dump runs, catering to homeowners, businesses and local organizations. The enterprise also regularly collects and processes bottles and cans, promoting recycling within the community.

The landscaping division operates with a team of trained staff who are passionate about the outdoors and landscaping.

An experienced staff supervises the crew to ensure all tasks are completed to a high standard. The program teaches participants essential skills and

fosters a sense of pride and accomplishment as they see the tangible results of their work.

With the increasing volume of single-use plastics and bottles contributing to pollution,

this recycling initiative encourages citizens and businesses to reduce waste. Residents can drop off bottles at designated locations or arrange for pick-up. Materials are processed, and proceeds go directly back into funding SACL's programs and services and paying those doing the work a living wage.

One of the most significant benefits of this initiative is the financial empowerment it offers. For many participants, receiving a paycheque for their hard work is a milestone that symbolizes independence and self-sufficiency. This newfound financial independence can be life-changing for a group of individuals who may experience challenges with mainstream employment.

Participants express excitement about being able to save for personal goals and treat themselves to small luxuries. The social enterprise is fantastic for support staff as well; it's incredibly rewarding to have the opportunity to make a real impact in people's lives.

The initiative has already received positive feedback from the community. Local residents have expressed appreciation for the quality of the landscaping work, the crew supports a number of businesses with recycling pick up and they've even done a couple of moves!

SACL's new initiative demonstrates how social enterprises can make a positive impact on both community well-being and our environment. It illustrates how community-focused enterprises can make a meaningful difference, providing not just services, but also fostering an inclusive environment where everyone can thrive.

For those interested in supporting this initiative or learning more, visit the SACL website or reach out to their office directly at 236-836-8338.



> Rob Sengotta, former owner/chef of Shuswap Chefs in Salmon Arm, churned out big success as winner at the World Dairy Expo in Wisconsin for the gourmet cooking product, Von Slick's Finishing Touch. Now living in Manitoba, Rob is pictured with business partner Rob and Landon. Kroeker.

Salmon Arm Legion **Support the Poppy campaign**

**COMING & ONGOING EVENTS**

<p><b>FRIDAYS</b> from 1 to 7 <b>GRILLERS BURGER N' BEER</b> WITH CHIPS .. ONLY \$12</p> <p><b>SATURDAYS</b> FROM 1 to 3 <b>GRILLERS MEAT DRAWS 50/ 50 DRAW</b></p>	<p><b>KARAOKE</b> By PARTY <b>VIBES</b> Karaoke very Friday at 7 pm, Each week's top singer wins a prize, plus entry into Grand Prize final night Nov. 15. Sparkling Hills Resort Stay OR 2 Silver Star Lift passes. Bring your friends to vote and cheer you on!</p>	<p><b>Kelly David Belanger,</b> 6:30-9:30 Sat. Nov. 9 \$10 cover Dance music</p> <p><b>games night thursdays</b> Screening of film: "Fallen Heroes: Their Journey Home" 7 pm, Nov. 7, Vernon Towne Theatre. Tix \$15 <i>Documentary on Canadian Armed Forces in Afghanistan</i></p>
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○ For more information and an application, find SACP at [salmonarmcitizenspatrol.ca](http://salmonarmcitizenspatrol.ca) or Facebook

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CELEBRATIONS

**Richard & Selma Derby**  
Married on Oct. 30, 1954 in Canoe BC where they still reside.

> **Enderby Strummers**, Wednesday, Enderby Arts Center. Bring music stand, Drop in with \$3 and a smile :)  
> **AGMs - Film Society and 5th Ave. 55 Plus centre**, Pages 8, 13

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Advertise in the paper read cover to cover!

# WEATHER SYNOPSIS



A cloudy weekend. High +8 to to low zero. Chance of showers Sun.  
**Normal: 7C to 0C**  
**Extremes unavailable**  
**Sunrise 7:47 • Sunset 5:34**

**Past Temps, Oct. 16 to 28**  
 By weatherman Nick Parsons  
 SW Gleneden, 458 m (119 m above lake):

DATE	HIGH	LOW	PRECIP.
Oct. 16	13	9	1/16" rn.
Oct. 17	12	5	
Oct. 18	6	0	1/2" rn

# PASSAGES

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

- Bowers Funeral Service**  
[bowersfuneralservice.com](http://bowersfuneralservice.com)
- ❖ William 'Bill' Fitt  
October 11, 2024, age 81
  - ❖ Mickey 'Mic' Allan Ford  
October 10, 2024, at age 85
  - ❖ Robert Graham  
October 21, 2024, at age 67
  - ❖ Pamela Lilian Jones  
October 17, 2024, at age 93
  - ❖ Randall John Martin  
October 17, 2024, at age 76
  - ❖ Kensel Raymond Mitchell  
October 13, 2024, at age 96
  - ❖ Erika Motherwell  
October 13, 2024, at age 83
  - ❖ Stewart 'Stu' Allen Pedersen  
October 13, 2024, at age 83
  - ❖ Garry Lawrence West  
October 18, 2024, at age 79
- Fischers Funeral Service**  
[fischersfuneralservices.com](http://fischersfuneralservices.com)
- ❖ Robert 'Bob' John Burns  
October 18, 2024, at age 66
  - ❖ Guy William Christianson  
October 25, 2024, at age 67
  - ❖ Vivian 'Heather' De Bortoli  
October 15, 2024, at age 82  
*1 pm, Nov. 2, Jehovah Witness*
  - ❖ Fabiola Marie Desloges  
October 21, 2024, at age 89
  - ❖ Audrey Helen Hall  
October 18, 2024, at age 92
  - ❖ Gloria Jean Jackson  
October 16, 2024, at age 79
  - ❖ Reinhold John Janke  
October 23, 2024, at age 84
  - ❖ Lyle Kelvin Kazakoff  
October 13, 2024, at age 58
  - ❖ Gail Irene Koo  
October 26, 2024, at age 78

DATE	HIGH	LOW	PRECIP.
Oct. 19	9	4	5/8" rn
Oct. 20	11	8	7/16" rn.
Oct. 21	11	6	
Oct. 22	11	1	
Oct. 23	10	1	
Oct. 24	6	-2	
Oct. 25	10	3	1/4" rn
Oct. 26	13	7	9/16" rn
Oct. 27	13	6	1/8" rn
Oct. 29	9	-1	

■ **NICK'S NOTES:**  
 3 1/2" of rain to date in October, being most precipitation in one month for many years.  
 Lake has risen another six inches this week due to heavy rains.

# SPORT SPOT

## Manning on goal

The Team Canada Women's world Para hockey team outperformed its opponents by an astonishing 26 goals in its first three games in Norway.



Much of that prowess was due to the goaltending skills of Salmon Arm's own Maggie Manning.

The winning streak ended in the gold game against Team USA where Team Canada took

> **SILVERBACKS:** 8 W, 3 L, 2 OTL, 18 pts. as of Oct. 26  
 Int. West: Penticton 20; SA 18; Trail 18, SA 9; W. Kel 11; Vernon 10  
**October scores:** Oct. 4: SA 4, Vernon 0 • Oct. 5: SA 4, Okotoks 2 • Oct. 11: Penticton 4, SA 2 • Oct. 12: SA 2, West Kel. 1 • Oct. 16: SA 4, Nanaimo 1 • Oct. 17: SA 1, Victoria 0 • Oct. 19: SA 3, West Kel. 1 • Oct. 25: Vernon 4, SA 0 • Oct. 26: Trail 2, SA 1  
**November games:** See page 4

- > **Curling** - Ice breaker, Nov. 2 • Senior Mens Open, Nov. 15 -17
- > **Snowball Tennis Tournament** winners: Gold - Sib Sirimanotham & Karen Roosen; Silver - Tim Mosher & Wallis Thomson; Bronze - Ken Hecker & Marianne VanBuskirk; and Copper - Don Ross & Debbie Harrison. Top 4 Team Names: Terminetters; Backhand & Lobbin; Hit & Miss; Double Ds and Downright Dangerous.
- > **Carpet Bowling** - Try Free, 1:30 to 4, Wednesdays, Canoe Srs
- > **Minor Hockey tournaments** - U15 Rep. T2, Nov. 1-3; U9 integ./U9 fem, Nov. 8-10; U18 Rec., Nov. 15-17; U11 Dev T2.
- > **Tennis**, book at clubsparks.ca.
- > **Larch Hills** - General meeting, 7:30, Dec. 10, Rec. Centre; Santa Cruz, 10 am, Dec. 15; Lantern Ski, 5:30, Dec. 28 • skilarchhills.ca
- > **Laser Tag**, popcorn & fun, 9-10 years, 6:45-7:45, 12-14, 8-9 pm, Recreation Centre. Register online. \$12.. Ages 7-10 sold out.

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 Gaming license 151881

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5

**Fifth Avenue**  
 50 Plus  
 Activity Centre

## ANNUAL GENERAL MEETING

2 pm, Monday, Nov. 18, 2024

in the Centre's Auditorium

Positions up for re-election this year include the President, Secretary, and three Directors. Each position is for a two year term. Please come out and support YOUR Centre!

Questions? Call (250)832-1065

Seniors5thAve@shaw.ca



> Royal Purple members - Ellen Hammer, Liz Pastorchik, Sue Morrisette and Marlis Albertson  
**Purple Thursday**

Salmon Arm Royal Purple Lodge took part in the national project "Purple Thursday" focussing on female brain injury from violence by partner.

Every two and a half days in Canada a woman is killed violently usually by a male partner or family member, and each night more than 6,000 women and children find refuge from gender-based violence in shelters.

The local lodge filled bags with essentials to the SAFE House, RCMP and Mental Health.

The Lodge has also given ut gaming funds and general donations to many other groups including Air Cadets, Girl Guides, Scouts, United church free meal program, Youth Bowling, Shuswap Hospital, Vernon Hospital, Salvation Army, Family Resource Centre, Second Harvest, Search & Rescue, Shuswap Hospice, Hope Air, BC Hearing Assoc. and Shuswap Children Society. ■



# JUST BECAUSE YOU HAVE A WINDOW

I am discussing with a homeowner about putting window coverings on some of her windows.

**DESIGN  
DILEMMAS**

Linda Erlam

putting a slipcover on a beautifully crafted chair

window treatments only when they serve a genuine purpose, not because "that's what people do." When you do need them, choose options that address your specific needs without adding unnecessary layers.

The reason she is considering coverings is only because she has guests staying in that room and the windows don't offer any relief from the early-morning sun.

This can be dealt with easily with some inside-mount pull-down black-out shades but she is thinking she 'needs' to add curtains. I'm definitely on the don't side, but have to give her some info so she can make an informed decision. So I've been thinking and reading.

Sometimes the bravest design decision is to do nothing at all.

I often encounter clients who automatically assume every window needs some form of covering or treatment. This mindset stems from traditional decorating rules that, frankly, deserve to be challenged.

Windows are architectural features designed to bring light, views, and natural beauty into our homes. Why, then, do we feel compelled to cover them up?

Let's challenge this assumption with some reasons to leave windows uncovered:

### Architectural Integrity

- Windows are often designed as focal points
- Architectural details like wooden frames, mullions, or trim work deserve to be showcased
- Covering these features is like

Light as a Design Element  
Uncovered windows allow maximum daylight penetration

- Natural light enhances colours, textures, and spatial perception
- Sunlight creates ever-changing patterns and shadows throughout the day, adding dynamic interest to your space

### Connection to the Outdoors

- Clear windows blur the boundary between indoor and outdoor spaces
- Seasonal changes become part of your interior design
- Views become "living art," constantly changing and always engaging

### Less Visual Clutter

- Bare windows contribute to a cleaner, more serene aesthetic
  - Absence of window treatments can make rooms feel larger and more open
  - The minimalist approach allows other design elements to shine
  - When window treatments make sense, of course, there are legitimate reasons for window coverings:
    - Privacy concerns
    - Light control needs
    - Temperature management
    - Specific functional requirements
- But here's the key: Install

For instance, if you need occasional light control, a simple roller shade might be perfect - no need to add curtains just because you think you should.

But if you lose heat through that window in the winter, a head-protecting window covering may be a necessity.

Today's design philosophy emphasizes intentional choices. Every element in a room should earn its place. Window treatments should be no exception. Before automatically reaching for curtains or blinds, ask yourself:

- What problem am I trying to solve?
- Does this window actually need covering?
- Will covering this window enhance or detract from my space?

Windows are not blank canvases waiting to be decorated. They are complete architectural elements designed to serve specific purposes. Sometimes, the most sophisticated design decision is knowing when to leave well enough alone.

Remember: Just because you have a window, doesn't mean you have to cover it. ■

□ If you have design issues, or a suggestion for a future column, email [linda@designsewlutions.ca](mailto:linda@designsewlutions.ca) or [designsewlutions.ca](http://designsewlutions.ca)

## Meet our counselling team: THIS WEEK

**Zakary Zarichney**, RSW, MSW, RCC  
Specializing in working with couples, families and EMDR. Zakary works with anxiety, depression, trauma, grief and loss and complex relationships. Zakary is now taking new clients



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## Meet our counselling team: THIS WEEK

**Emily Bostrom**, RCC, Narrative Therapist  
Emily has a passion for supporting individuals navigating relationship dynamics. "I am here to witness your stories, be curious, and deeply listen so that you can be deeply heard."



Emily is now taking new clients



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# WORD SEARCH > Names from our town's past

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

> Inkster, Lingford, Ibbotson, Beech, Wood, Belvertson, Cave, Babcock, Meek, Wood, Farmer, Moir, Webb, Cameron, Timpson, Metcalf, Thomas, Calwell, Collier, Metford, Rattray, Webb, Scales, Corning, Tetlock, Lund, Jackson, Campbell, Johnny, Laitinen, Thomson, Nancollas, Skelton Harbell, McGuire, Peterson, Kew, Wilcox, Williams, Newnes, Lacey, Clingan, Richie, Turner

# HIDDEN GEMS

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

> "It's better to be the oldest in the gym than the youngest in the nursing home."  
 > "There will be a time when the rich own all the media, and it will be impossible for the public to make an informed opinion."  
 ~ Einstein in 1949  
 > "Evil, I think, is the absence of empathy." ~ Capt. Gm. M. Gilbert, army psychologist assigned to watch Nuremberg defendants  
 > "The man is richest whose pleasures are cheapest."  
 ~ Henry David Thoreau

# FUNNY BONE

> In an amusing interview with Hugh Grant relating his mother's blasé attitude toward his major success as a movie star, he explained, "My mom went to a dinner party amongst all these other likeminded people and one of them asked, 'I hear you have two sons, Mrs. Grant and what do they do?'. She replied, 'One is an investment banker, the other is a film star.' 'Oh, how very interesting, which bank?'"

*Funny job interview exchanges:*

> "Did you bring your references with you?"  
 "I tried but they couldn't get the time off work."  
 > "Where do you see yourself in five years?"  
 "Owning my own business, and not chained down to a dead end job."  
 > "How are you on computers?" "Why? I am as fast as any computer."

# POP QUIZ

> What is the meaning of the name of Salmon Arm's new art gallery on Hudson Ave., "Atelier"?"  
 > Who are the rock star members of the unfortunate "27s Club"?"  
 < Amy Winehouse and Robert Johnson all died at age 27.  
 < Brian Jones, Jim Hendrix, Jim Morrison, Janis Joplin, Kurt Cobain >  
 < "Atelier" - a way of being.

# PICTURE THIS

> Friendly visitors at the door: Every morning this dog gets a back rub from the mailman, and this crane knocks at the door of a friendly neighbour lady.



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> The first span of the new Highway bridge at Tappen is nearly ready to drive, and Highway 1 traffic will be diverted to Grindrod during blasting west of Sicamous. In meantime, here's a thought: This coastal highway in Australia could be one way to go along treacherous stretches between Chase and Sorrento? Just wonder if pillars on portions of Highway 1 along the shoreline might be less invasive than blasting out the mountainside or clearing mountain forest and wildlife habitat to go up and over as has been proposed for four-laning. (Photo off Facebook)

**CARDIFF MILLER ART WAREHOUSE**

Exhibiting 8 Installations  
OPEN Sat & Sun 11 - 5 pm  
cardiffmillerartwarehouse.ca  
507 Granville Ave, Enderby



# SHAPE OUR FUTURE!

The City of Salmon Arm is excited to share the early Draft OCP and invites you to share your feedback.

Visit our website to get involved:

- **Take our online survey open until Nov 8.** Leave your email and be entered to win a \$50 grocery gift card!
- **Host an OCPizza Party.** Use our self-guided workbooks, follow the simple discussion prompts, and enjoy pizza on us!



**SALMON ARM**  
**YOUR CITY, YOUR IDEAS**  
OCP2024

[www.salmonarm.ca/OCP2024](http://www.salmonarm.ca/OCP2024)

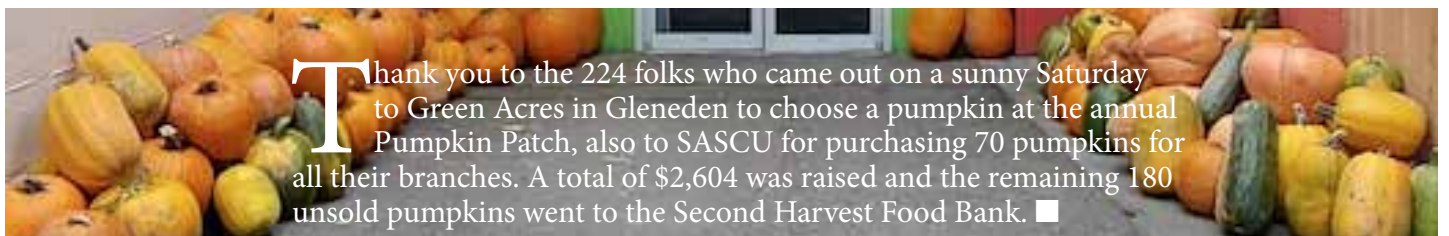


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Thank you to the 224 folks who came out on a sunny Saturday to Green Acres in Gleneden to choose a pumpkin at the annual Pumpkin Patch, also to SASCU for purchasing 70 pumpkins for all their branches. A total of \$2,604 was raised and the remaining 180 unsold pumpkins went to the Second Harvest Food Bank. ■



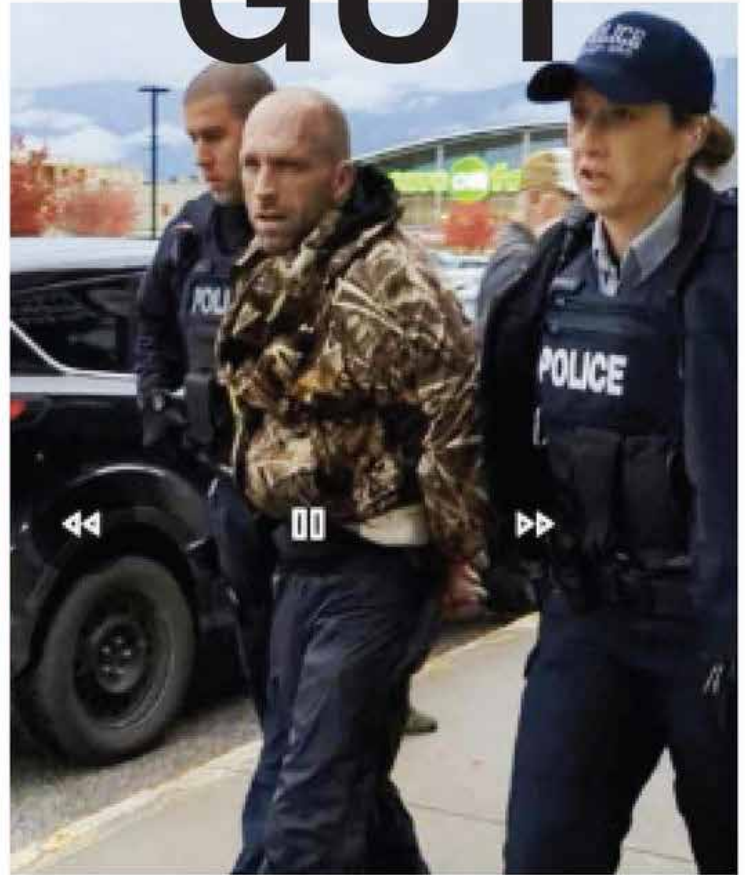
eh?/em!

Blog Post

FriAM.ca

All Month SALMON  
MidMonth ARMBUSY  
GUY

FROM FACEBOOK DAILY POSTINGS



**A**t noon today I took the photo on the left from the window of downtown Askews of a brazen man on a bicycle with a bulky backpack popping out the window of a minivan. Askew's staff called 911 and my photo was forwarded to the RCMP.

Is it just me, or does the jacket the robbery suspect is wearing on the right look awfully similar? The photo on the right is a screen shot from a video posted on Facebook of the arrest of a suspect in an attempted robbery at Canadian Tire later in the day. A witness posted this on Facebook: "There was an attempted robbery and an assault on the store manager. It took five guys to hold this guy down. He had on a wig and was throwing things everywhere. The police knew him by name."

## '325 Alex': Episode 27 of 32

Serial Story by Shawn L. Bird

Chris, Dimity, Mabel, Susanne, and Henry stepped back from the skylight on the roof of 325 Alex and looked at one another with baffled expressions.

"Why would someone have a news studio in their living room?" Dimity sat on the edge of a planter. "That's just weird."

"Maybe the new tenant is a secret agent, broadcasting secret reports to the enemy," suggested Chris.

"What enemy?" said Henry.

"Secret reports from Salmon Arm?" laughed Susanne.

"You never know," said Chris. "A lot of really interesting people live in Salmon Arm. I heard there's a guy who was with the RCMP Security Service. Why would he be here and not spies?"

Susanne rolled her eyes. "There has to be a more logical explanation."

"Do you think that satellite dish over there has something to do with it?" said Mabel.

"Susanne went over and studied the metre wide parabolic dish. "This wasn't here before."

"That's bigger than a standard household dish," said Chris.

Dimity gave a shiver. "This whole thing makes me nervous."

"Henry?"

"What? Why are you looking at me?"

Susanne put her hands on her hips. "Is this your satellite dish for watching those nerdy movies?"

"Hey! That's not very nice." Then he blushed and added, "I just have a small satellite receiver in my window."

"What do you think that is?" asked Mabel, pointing to sparkling shards around the side of the skylight frame.

Chris bent down, "Looks like bits of glass. I guess the previous skylight broke."

"Why is there glass on the roof then? Shouldn't it fall inward?" asked Mabel.

"Not if whatever broke it was bursting out from the inside," said Henry.

Susanne picked a clump of tawny fur off one of the dried cedar branches. "You don't think..."

Henry stared at the tuft of fur, then down at the skylight and broken glass. "No way."

*Read Episode 26 on page 8 of this edition*

*Read Episode 28 in the Nov. Mid-Month, Nov. 15*



The day Winnipeg's music promoter Bob Burns greets the Beatles

## Growing up in the 60s

I was only 12 when Bob Burns, shown on right, greeted the Beatles on a stopover in Winnipeg. Burns' Teen Dance Party on CJAY-TV, plus top 40 radio CKRC 630 began my love of rock, R&B and folk rock through my entire youth.

And at around the exact moment when I tired of derivative top 40 about age 17, a local FM station introduced its progressive music format "Now Flower".. It was astonishing. A new album is released, and they'd play it start to finish.

So just now, I thought I'd google the Billboard Music charts for that iconic year of 1969, the year of Woodstock, and the end of a revolutionary decade of new sounds. Abbey Road was the number one album that year. No surprise.

Then I checked the number one hit of 1969, and what an indictment of Top 40 that was - 'Sugar Sugar' by the Archies. It's no wonder I was never a fan of "Greatest Hits" albums.

Mark this day.. Snow on the mountains!  
Plus rain in the valley all weekend!

# eh?/em! AM Blog Post

Mid-Month AM is now out

All Month SALMON  
Mid Month ARM

Oct. 18, 2024 • 1st posting of day • FriAM.ca



> Best anti-theft sign I've ever seen.. by the Farmers Market at the Ross Street plaza

## Flight to Fancy: A boutique hotel for Downtown



> Don't mind me. I'm not a developer and have no money, however, I do love to vision. Our downtown streets have filled in nicely over recent years, but my eyes keep returning to this empty lot on the south side of Hudson where a Chinese Restaurant once stood. My first thought was a narrow pocket park that could be moved for a future development. Then it came to me - a boutique hotel in the heart of downtown and edge of the arts district. How cool would that be for visitors?

Below is the corrected version of an ad that appeared in the Oct. 18 print edition

Meet our counselling team: **THIS WEEK**

**Emily Bostrom**, RCC, Narrative Therapist  
Emily has a passion for supporting individuals navigating relationship dynamics. "I am here to witness your stories, be curious, and deeply listen so that you can be deeply heard."



Emily is now taking new clients

[www.currentscounselling.ca](http://www.currentscounselling.ca)  
Cell: 250-819-1902  
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Book Now



## Valerie Rogers Fall Open Studio Nature & Wildlife Artwork Sale

10 to 4  
Sat.  
Oct. 26  
671  
60th St.  
SE



Stop by and see the new art on the easel.



Read the first Friday AM Mid-Month edition In print / online

eh?/em!

Blog Post

Nov. All Month coming Nov. 1

Friday SALMON All Month ARM

October 25, 2024 • 1st posting of day • FriAM.ca

AM



> Today is Bring your dog to work day! (Just kidding)



> Many would say this architect's office does not fit in with the heritage style around it. On the contrary, I believe this is a fine example of blending contemporary with heritage in an aesthetic and respectful way. Colour, matching height, and the angle of the slabs and the bay windows, is exemplary of infill design.



> Frieda Martin, Becky Luth and Val Rogers are among 20 local artists with work at the latest show of the Shuswap Artist Collective at hOur Space. Val is also hosting a show at her home studio 10 to 4, Oct. 26 (671 60th St. SE).

This is how it usually works in the corporate world. Some engineer or policy wonk who never worked on a particular job, comes up with some innovation or new practice and the staff on the ground have to somehow make it work.

Once in a while, a staff will come up with an idea to make the job better for employees and customers alike, and it filters to the top echelons and, by some miracle of logic, gets implemented.

Well, I am proud to say my daughter, Angela, accomplished just that. She has worked at Super-



Store in the Vancouver area for several years, and made a suggestion. I am the proudest dad in the world today to tell you that her place of work had a huge visit yesterday from the senior VP of Loblaws who loved what she did and asked for photos of them afterwards.

Her idea may one day be implemented at other stores! The idea is Tags for dual location items, so people know that an item is also in another location. They are all laminated as well

eh?/em!

Blog Post

AM

Nov. All Month  
online today

Friday SALMON  
All Month ARM

October 30, 2024 • 1st posting of day • FriAM.ca

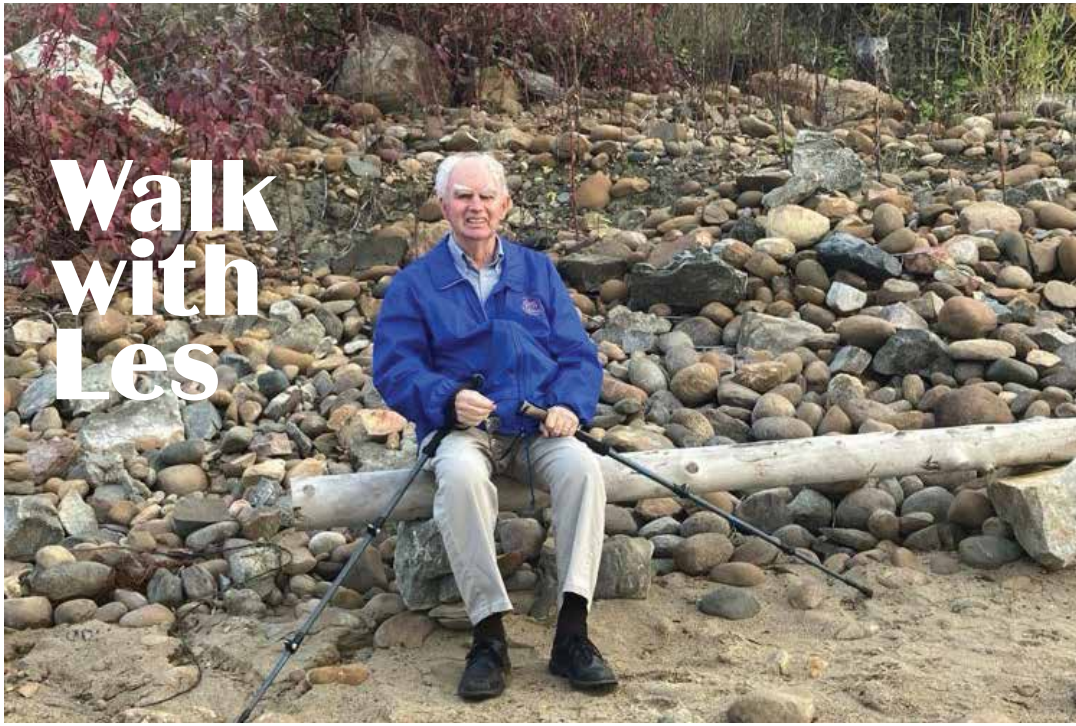


### This & That..

Salmon Arm's second McDonald's is about to open near WalMart. Top right: A fence has gone up around the pre-load site at 10th & 10th SW in preparation for construction of more Senior units. On right, when they tell drivers to avoid GPS, take them at their word. Trans Canada will wind around Mara Lake when blasting takes place west of Sicamous.



> Now here's a cross continent road trip to consider: Poo Poo Point, Washington to Pee Pee Creek, Ohio and Pee Pee Island, Newfoundland!



# Walk with Les



> We started out late afternoon this time, walking and driving in the Canoe area, and ending up with hot chocolate at Canooligans. The scenery was splendid. On the return, a tiny home on the street with the biggest homes. ▶



# Walk with Les



This week's Quest:  
the Queest Lookout



> On the highest point in Haney Heritage Park stands the Queest lookout tower, once located on Queest Mountain, 19 kms north of Malakwa. The surroundings are quite scenic, and one day, a path will link from there to Little Mountain Park and extend all the way to the Foreshore. So exciting! There are also two Indigenous markers at the base of the tower.



Through the rough lens to see Mt. Ida





**K**amala Harris and 75,000 gathered at the scene where Trump incited a mob four years ago to try to hang on to power. Not just Americans, but folks around the world, have bitten their fingernails to the nub hoping to see the end of a bizarro era next week.

Let's hope this report is true. In a recent NBC News report, former Georgia Lt. Gov Geoff Duncan — who has endorsed Vice President Kamala Harris — described how many Republicans are susceptible to “peer pressure” in pol-

itics. According to Duncan, his fellow Republicans are likely to say they'll vote for former President Donald Trump to each other, but cast their ballot for Harris in the private comfort of the voting booth.

“It's a real thing, and so a lot of Republicans don't want to publicly state [support for Harris], and that's what I think is leading to the tightness of the polls that we see. I think there's a whisper caucus that's going to do something different [at the polls] than they're signaling.”



*Pictured are three generations, Guujaaw, Jaalen and Haana Edenshaw, grandfather and father to Haana. Check out the feature article on the cbc website (search: haida-gwaii-protecting-land-and-culture) Proud to say Haana is a cousin and niece to my family, and has already accomplished so much in her young life, including addressing the United Nations and speaking on the Vancouver courthouse steps with Greta Thunberg.*