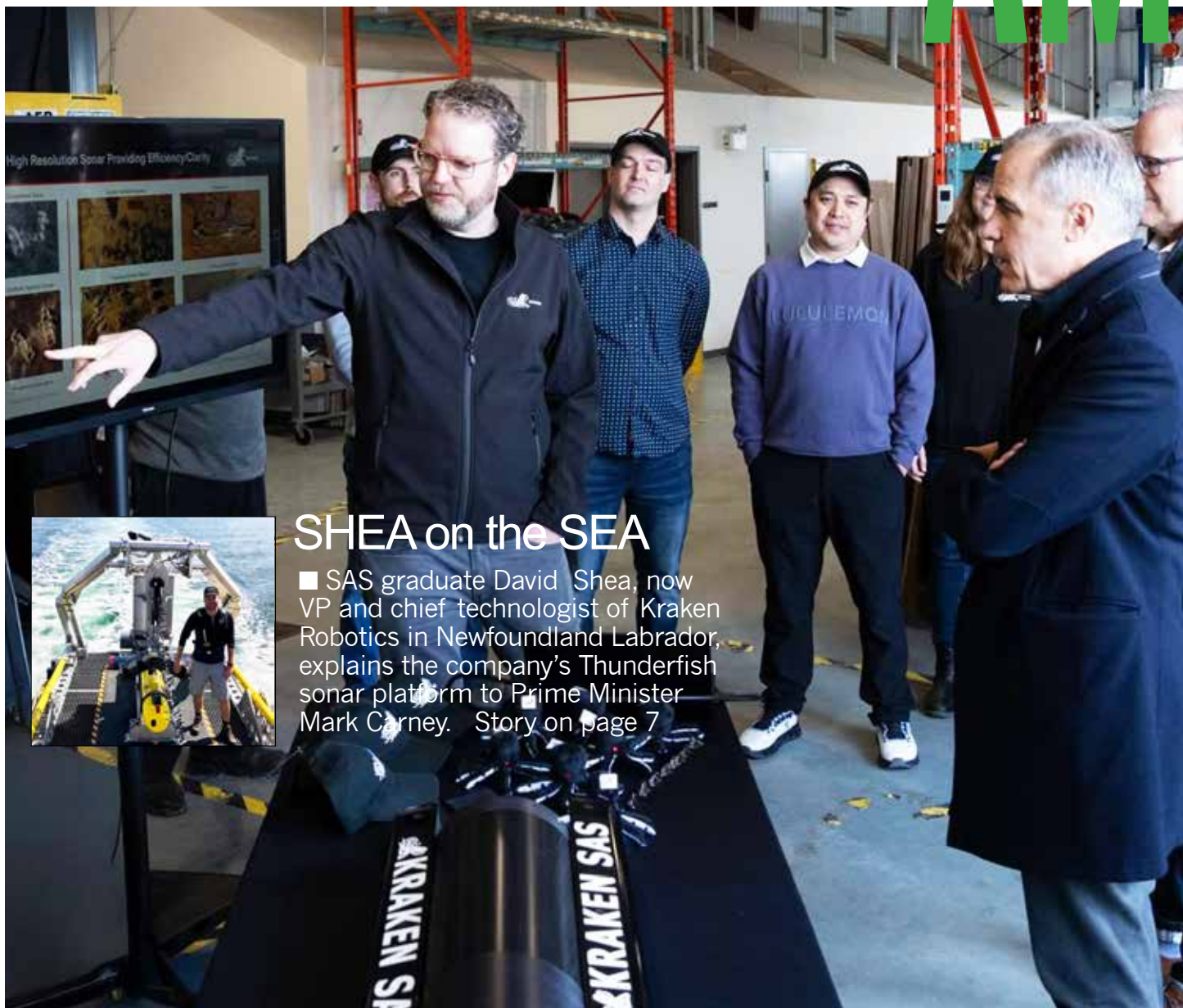


# 2026.. but first a little about 2025 8,9

January  
ALL MONTH

# AM



## SHEA on the SEA

■ SAS graduate David Shea, now VP and chief technologist of Kraken Robotics in Newfoundland Labrador, explains the company's Thunderfish sonar platform to Prime Minister Mark Carney. Story on page 7



▼ TO DO'S ■ Online: [www.FriAM.ca](http://www.FriAM.ca) ▶ 250.833.1141 ▶ Jan. 9, 2025 • No. 1385 • FREE

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> There's a certain theme on the road south of Enderby /10

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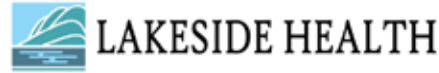
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> *This brave group began the new year with a big splash in the frigid waters of Canoe Beach.*



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## Counterfeit and scams

Salmon Arm RCMP has issued an alert to local businesses and residents of three recent reports of counterfeit \$100 bills used to make purchases.

Two of the bills were used at local businesses as payment. The third bill was reported at a local bank. Salmon Arm RCMP have identified one possible female suspect.

Employers are advised to ensure staff are familiar with the look and feel of genuine currency and know how to check for security features, inspect cash carefully. Counterfeit detection pens or UV light scanners are available to help identify fake notes.

"If you suspect a counterfeit bill, contact your local RCMP immediately," said Cst. Andrew Hodges. "Do not return the bill to the customer—note their description and any relevant details about the transaction."

□ □ □

RCMP also warns the public about an ongoing scam in the Okanagan and Shuswap.

Cst. Hodges described how suspects approach potential victims in higher traffic areas, such as gas stations, grocery stores, or shopping plazas. They claim to have lost their wallets, need money for hospital bills or are escaping domestic abuse.

He said there are two identified patterns to this scam:

■ Continued next page

NO. 1385

FRIDAY

JAN. 9,  
2026

AM

January All Month  
EDITOR & PUBLISHER

Lorne Reimer  
250.833-1141

fridayam@shaw.ca

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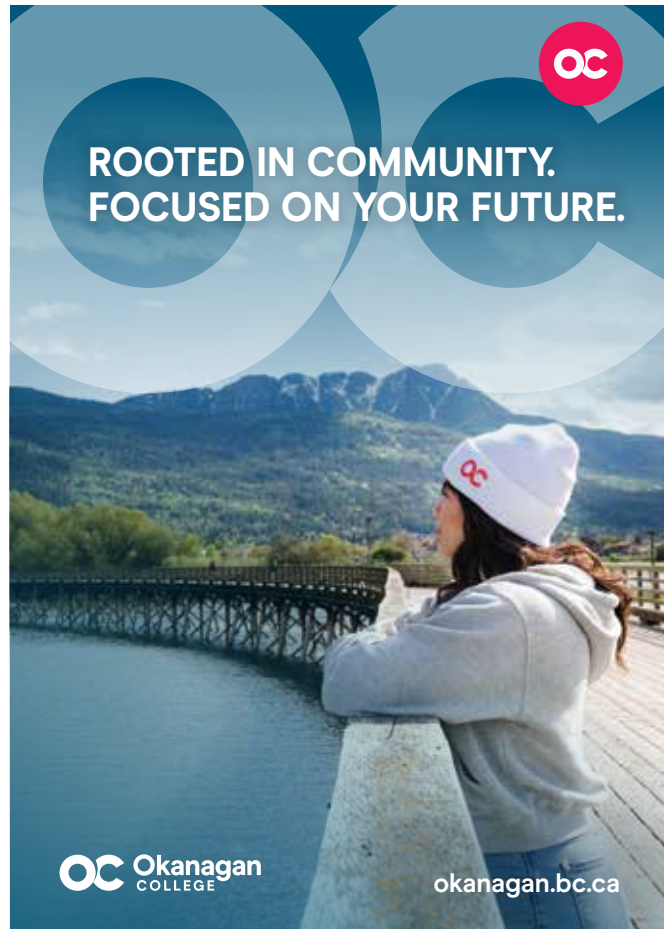
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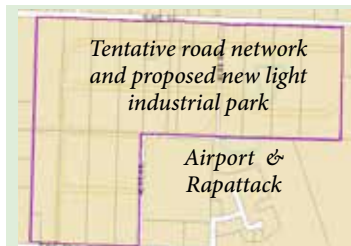
**PAGE 3**

# AM

**JANUARY ALL MONTH**



> Google Streetview captured an interesting image of the Ross Ross underpass. It looks like there's a boat crossing over instead of a train, and it also demonstrates the structure's wheelchair accessibility by making it so there's no slope to climb.



If you love and care about our community, check out the big updated Official Community Plan adapted by council in December. Go to [salmonarm.ca](http://salmonarm.ca) and follow the links. It includes a multitude of interesting maps and plans like the one on left showing the streams and riparian areas in the hills and vales. The map sample above shows the proposed light industrial zone north of the present Industrial Park and airport. ■

## Scam alert

□ Continued from page 2

■ Suspect approaches an individual and offers to sell gold jewelry. A transaction is completed and later, the victim determines the gold jewelry is fake.

■ Suspect asks for money or gift cards for the same type of reasons and offers gold jewelry to the victim as collateral, later determining the jewelry is fake.

"If someone asks you to buy gold or gift cards, talk to a trusted family member or friend before doing anything and protect your money. If you think you have been targeted or already lost money, call 911 or your local police right away. Salmon Arm RCMP can be reached at 250-832-6044. ■



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## Festivities

- > **Unplug & Play** - Jan. 24 to 31. a week-long series of over 60 free events that promote unplugging from technology and spending time together as a family. Watch for schedule at [shuswapliteracy.ca](http://shuswapliteracy.ca)
- > **Peace n' Pizza** - 5:30, Jan. 16, First Community. Conversation. [peacebuilders.world](http://peacebuilders.world).
- > **Shuswap Music Festival** - Registraton now to Jan. 31 See the newly revamped website at [shuswapfestival.com](http://shuswapfestival.com) Event runs April 8 to May 1, 2026.
- > **Vernon Winter Carnival** - Feb 6 to 15, throughout Vernon and Silver Star ski resort.
- > **BC Family Day** - Feb.16.
- > **Heritage Week** - Feb.16-20
- > **Coldest day of the year** - Feb. 20. Fundraiser for food security and hosted by Shuswap Food Action. See [cnoy.org](http://cnoy.org)
- > **Shuswap Film Festival** - Feb. 20 - 28, Salmar Grand.
- > **Trail Alliance** - online auction fundraiser opens Feb. 6.
- > **Chinese New Year** - Feb. 17-Mar. 3. Year of the Horse

## Arts

- > **Salmon Arm Art Gallery** - **Ok, buddy**, Jan. 24 to Mar. 28. An experiential immersive exhibition featuring Cate Currie, Todd MacCormac and Paul Hopkins.
- > **Cardiff Miller Art Warehouse** - 11-5, Sat., Sun, Enderby. New installations: 'Killing Machine', 'Escape Room', 'Camie'. [cardiffmillerartwarehouse.ca](http://cardiffmillerartwarehouse.ca)
- > **Atelier Gallery** - 321 Hudson
- > **Courtyard Gallery** - Enderby

## Concerts

- > **Celebrate Shuswap Dance Parties** - Song Sparrow Hall
- **Honeybear**, Feb. 14. Soul & blues
- **Mostly Marley**, Mar. 14. Reggae dance party with food & atmosphere
- **Jesse Roper**, April 18 See [celebrateshuswap.ca](http://celebrateshuswap.ca)
- > **SA Jazz Club** - 7 pm, Nexus stage. By donation
- **Bob Rogers & Dennis Esson**, Jan. 15. Homage to groundbreaking work of JJ Johnson and Kai Winding
- **Liam Nadurak**, Jan. 29, joined by Alex Ward and Will Friesen,
- Also jazz nights at Lakeside Manor 6:30, (3rd Tues).
- > **Coffeehouse circuit** -
- Grindrod (1st Fri) • Carlin (1st Sat)
- Sunnybrae (2nd Sat)
- SA Elks Hall (2nd Fri) Purples, Jan. 9.
- Enderby (3rd Fri), Srs. complex
- Gleneden (3rd Sat) not in Dec.
- Eagle Bay (4th Sat)
- Celista (1st Fri); Enderby 3rd Fri.
- Shuswap Writers Group, 2-4 pm, 4th Fri, First Community.



- > **SAS Dance Recital** - 5 pm, Jan. 15, SAS Sullivan. \$10
- > **January Jollies** - First Unit-ed's annual variety concert, 7 pm, Jan. 30, Nexus at First. By donation. Full of surprises and delights.
- > **Kamloops Symphony** - *Music of James Bond*, Jan. 9 & 10 and *Bach, Brass & Uncommon Times*, Feb. 7 in Kamloops. Next Salmon Arm concert, April 19.



- > **Snowed in Comedy tour** - 7:30, Feb. 5, SASCU Recreation Centre. A blizzard of laughs from Dan Quinn, Paul Myrehaug, Pete Zedlacher and Erica Sigurdson
- Two Australian favourites:*
- > **Kim Churchill** - April 26, Song Sparrow Hall. Tickets on sale now at [rootsandblues.ca](http://rootsandblues.ca) One of last year's surprise hits at last year's Roots & Blues.
- > **Daniel Champagne** - May 7, Song Sparrow Hall. Australian virtuoso called one of 'finest guitarist of this generation'.



## live & dance

- > **Song Sparrow Hall** - Celebrate Shuswap dance series. See 'concerts', above
- > **Gleneden Hall** - Next dance Feb. 7. Band TBA
- > **Setters Pub** • Reggae Night - Jan. 24 with TG & J Byrd Musiq and DeeJay Shado. Escape the cold and feel the Island vibes. ☺☺
- > **Canooligans** - **OK Dope Comedy Show**, Jan. 23 with Dave Merheje, Jan. 22 • Karaoke, Wed. Closed until Jan. 13.
- > **SA Legion** • Jam sessions, Tues/Fri • Karaoke, Friday nights
- > **Enderby Legion** • Thurs. Jams • Friday Karaoke • Dances 2nd/4th Sat.
- > **SA Elks Hall** • Coffeehouse, 2nd Fridays. The Purples, Jan. 9 •
- > **Solid Urban Underground** • Live acts return in 2026.

## at the movies

- > **SALMAR GRAND** [salmarthatre.com](http://salmarthatre.com) • Jan. 9 to 15
- **Song Sung Blue**. 2:00, Sat, Sun; 6:50 nightly. Two down-on-their-luck musicians form a Neil Diamond tribute band and find love. Based on a true story. (PG violence, coarse lang).
- **Avatar: Fire and Ash**. 1:10, 6:20 daily. An immersive new adventure in the other worldly Pandora. (PG viol, coarse lang)
- **Marty Supreme**. 6:30 nightly. No matinee. A young man with a dream no one respects, goes to hell and back in pursuit of greatness. (14A violence, coarse lang).
- **Anaconda**. 1:40 Sat., Sun; 6:40 nightly. Lifetime friends dream of doing a remake of favourite movie and it is about to get real. (PG viol, coarse lang)
- **David**. 1:30, Sat., Sun. Story of Biblical figure. (G)

- **Shuswap Film Society** • [shuswapfilm.net](http://shuswapfilm.net) 4 pm, Saturdays at the Salmar Grand
- **Relay (US)**, Jan. 10. A high concept thriller around a reclusive middleman for would-be whistleblowers protects an endangered client.
- **Meadowlarks (Can)**, Jan. 17. Documentary of four Cree siblings meeting first time in their 50s.
- **The Mastermind (US/UK)**, Jan. 24. A quiet family man's plot to steal a painting from sleepy suburban museum not as easy as he thought.
- **Sentimental Life (Norway)**, Feb. 7
- **The Mother and the Bear (Can)**, Feb. 14
- **FILM FESTIVAL**, Feb. 20 to 28. Titles TBA
- **LIVE from N.Y. MET OPERA / P.6**
- Bellini's **I Puritani**, 9:55 am, Jan. 10.
- **Banff Mountain Film Festival Tour**
- 7 pm, Jan. 30, 31, Salmar Grand. Different films each night, in support of Search & Rescue.

## city lights

- ▶ **vernon** • [ticketseller.ca](http://ticketseller.ca)
- *Creekside (C)* • *Performing Arts (P)*
- **Elvis Birthday tour**, Jan. 9 (P)
- **ABBA Revisited**, Jan. 23 (P)
- **Winter Blues Festival**, Jan. 24 (C)
- **Jimi**, Jan. 25 (P) • **Josephine**, Feb. 7 (P)
- **Rachel Terrien: Latin Project**, Jan. 28 (C)
- **Midsummer Night's Dream**, Feb. 5 (P)
- **Peter Pan**, Feb. 14 (C)
- ▶ **Kelowna** - **Offspring**, Jan. 25
- **Guys and Dolls**, April 22
- **Weird Al Yankovic**, Sept. 2
- **Megadeth, Anthrax, Exodus**, Feb. 18
- **Bonnie Rait**, June 19
- **Dashboard Confessional**, Mar. 22
- ▶ **Kamloops** - **George Thorogood**, Mar. 17
- ▶ **Vancouver** - **Shen Yun**, April 8 to 12. Q.E.
- **World Cup tickets on sale**

- > **Okanagan Symphony** - Tchaikovsky, 2:00, Feb. 8, Vernon Performing Arts Centre.
- > **Roots & Blues** - July 24 to 26. Earlybird tickets now on sale. [www.rootsandblues.ca](http://www.rootsandblues.ca). First wave of performers to be announced soon.

## Theatre



- > **Ripcord** - Feb. 20 to Mar. 8, Shuswap Theatre. Cast, above, is busy in rehearsal. When cantankerous Abby has to share quarters at the Bristol Place Senior living facility.

## Sports

- > **Silverbacks** - *Five straight games at home:*
- Cowichan, 7pm, Jan. 9; Cranbrook, 6pm, Jan. 10; Vernon, 6pm, Jan. 23; Sherwood Park, 4pm, Jan. 25; 7pm, Trail, Jan. 30
- > **X-Country Skiing** - Keski-Salmi Loppet, Jan. 17
- **Pirate Loppet**, Jan. 30
- **BC Cup Race**, Feb. 7 [skilarchhills.ca](http://skilarchhills.ca)
- > **Curling Centre** - BC games playdowns, Jan. 10,11
- **Stick Bonspiel**, Jan. 17
- **Men's Bonspiel**, Jan. 23-25
- **BCIMCA playdowns**, Jan. 31
- ☐ SportSpot - P. 13



**February 14****Honeybear***Vintage Soul, Blues & Roots***March 14****Mostly Marley***Reggae Night***April 18****Jesse Roper***Indie Blues Rock*

> The Celebrate Shuswap gang has signed up a trio of dance parties at Song Sparrow Hall, starting with Honeybear on Valentine's Night. The other two parties feature Reggae Night with Mostly Marley, Mar. 14 and Indi/blues/rock performer Jesse Roper, Apr. 18. Tix/info at <https://celebrateshuswap.ca>.

## You're Invited

### > School registrations coming up:

Kindergarten Registration opens Jan. 14 at neighbourhood school  
Early French Immersion Info Session: Jan. 13, Bastion Elem.  
Outdoor Learning Info session: Jan. 13, South Canoe School  
Late French Immersion Info. Session, Jan. 15, Shuswap Middle

### > Yeti Rugby Christmas tree pick-up,

Jan. 11. Leave trees curbside before 10 am. Enter address and donation at [www.yetirugby.com](http://www.yetirugby.com)



### > Shuswap Donkey Refuge fund-

raising calendars are still available at Hucul Printing. Also calendars with Andrea Turner's Salmon Arm vintage photo collection. The annual free City calendar is another excellent resource to hang prominently on your wall. It was circulated in The Observer and available at City Hall.

> **Drawing for Youth** by Peter Joch, Jan. 14, 21. Age 5-8 at 3:45, Age 9-12 at 4:45. \$20 drop-in or \$60 for all 4 classes, supplies included. [peter.joch@gmail.com](mailto:peter.joch@gmail.com) or drop-in

> **Peace n' Pizza**, 5:30, Feb. 16, First Community. (3rd Fridays, by donation). Event builds humanity through story-telling and dining conversation. See [peacebuilders.world](http://peacebuilders.world).

> **Shuswap Writers Group** (SWG) meets 11 am, 1st/ 3rd Wed. Picadilly Mall board room; Coffeehouse, 2-4 pm, 4th Fridays, First Community, 4th St. ent. \$5 [shuswapwritersgroup.weebly.com](http://shuswapwritersgroup.weebly.com)

> **SA Council**, 2:30, 2nd/ 4th Mondays.

> **CSRD directors**, 9:30, Jan. 15.

> **SD83 board trustees**, 6:00, Jan. 20.

> **Free Lunches**, 11-1, Wed, First Community (United Church).

> **Guided meditations**, 7 pm, Thur. United Ch. (Enter off 4th).

> **Toastmasters**, 7 pm, Thursdays, Okanagan College.

> **Book club**, 6:30, Feb. 24, Library in Piccadilly Mall, to talk about *Fire Weather* by John Vaillant and the overall topic of climate change. Ask for one of the reserved copies at the library desk.

> **Virtual Climate Café**, 7 pm, Jan. 22 featuring Isabel Sui-Zmuidzinas presenting an in-depth look at the impact of climate emergency on daily affordability. The Climate Action Society of Salmon Arm and Chase is hosting this virtual event to explore these overlapping crises. "We often hear climate action and affordability discussed as opposing forces," said a spokesperson for the event. "This talk will flip that narrative, showing how climate solutions can actually address the affordability gap and why the intersection of these two issues is the most critical conversation of 2026." An interactive Q&A will follow. Register for access at [www.shuswapclimate.org](http://www.shuswapclimate.org)

> **Health-Care Aux** 1:30, 3rd Tues, Piccadilly mall meeting room.

## New magazine launch

So, picture this: You're a medium sized writer's organization in the beautiful city of Salmon Arm and you would really like to increase your membership. What do you do?

Well, if your writer organization has me in it, then you lean into your strengths and you start up a magazine.

*WORD FROM THE LAKE* will be the flagship publication for the Shuswap Association of Writers and it is going to try to raise awareness about the club and the Word on the Lake Writer's Festival which will be happening in May.

The magazine itself contains short fiction, poetry, song lyrics and other material from local writers. Blu & Kelly Hopkins, Frances Simpson, Eleanor McGaughey, Shawn Bird, Kay Johnston and myself are among the contributors to this inaugural/preliminary issue. We've numbered it 0 to reflect that this is a 'test run', so to speak.

Our hope is that the magazine will grow from here and increase excitement for the upcoming word on the lake festival. This year's festival promises to be a great festival. It will be three days in the Shuswap. Writers from all over will come to Salmon Arm to give workshops and to speak about writing and to help

THE WRITE  
STUFF

**M.D. Jackson**

encourage those who wish to write themselves.

Current presenters so far include Michael Slade, Gail Anderson Dargatz

and Deanna Kawatski. But the festival is not just for writers. Readers, those who appreciate Canadian fiction, will have much to gain by attending.

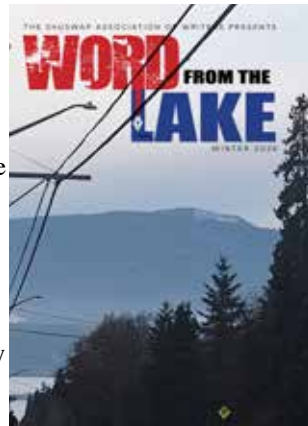
It takes place May 17 to 19 at the Prestige Harbourfront.

For more information about attending, to register or just to inquire about ticket prices visit [wordon-thelakewritersfestival.com](http://wordon-thelakewritersfestival.com)

If you want to attend something sooner, Shuswap Writer's Group

holds a monthly coffeehouse the fourth Friday of every month. Join them from 2 to 4 pm, Jan. 23 in the Pine Room at First Community (United Church) 450 Okanagan Ave. SE, Salmon Arm (back entrance on 4th St.). (\$5 donation fee to cover costs)

This is a great opportunity to read your own stories, poems, plays, a passage from your book, sing a song you have written, play a tune you have composed, or present a piece of your artwork. Or, simply sit, listen and enjoy our local talent. ■



# READING ROOM

by Larissa Image, Public Services Librarian

## Brand new programs for 2026

It's a brand-new year, and with that comes several brand-new programs at the Salmon Arm Branch of Okanagan Regional Library.

**Sourdough 101** happens Saturday, Jan. 10 to learn the basics of sourdough from feeding your starter to baking delicious bread! All participants will go home with sourdough starter. Registration required.

Literacy Alliance of the Shuswap Society (LASS) is offering a new monthly **technology workshop series**. January 12 will offer Simple Photo Editing (iPhone/iPad & Android). Learn to crop, brighten, rotate, fix mistakes, and undo edits using built-in photo tools. Registration required.

We also have a new **Mastering Multiplication class**, for students in Grades 5 and 6 who struggle with math. Learn tips and strategies from retired teacher, Pamela, to make math easier, and gain confidence! This six-week session starts Tuesday, Jan. 20 at 6:30 pm. Register required. A caregiver must participate with each child (patience is required, but mathematical ability is not!).

In honour of **Unplug & Play Week**, we have several screen-free offerings for families. Pop in for a **Come Read With Me Workshop** at 4:30, Tuesday, Jan. 27. This is a 1-hour session for parents of K-3 children, teaching a variety of strategies to increase reading motivation and confidence. Parents take home a bag of materials including a new book, sight word cards, word games, foam dice, and more. Presented by LASS; please register with Terra at 250-463-4555.

**Cube Club** at 3:30-4:30, Wednesday, Jan. 28 is a fun Rubik's Cube event that invites beginners and experts alike to solve twisty puzzles, share strategies, and enjoy a fun, friendly, brain-teasing adventure.

**Soirée de jeux / French Family Games Night** is planned for 6 pm, Friday, Jan. 30 where you can play board games en français! This fun evening is for French speakers of all abilities, but especially for families who are beginners. We'll have cheat sheets with French phrases and tips for adapting common board games that you probably already have at home. This is hosted by the Shuswap chapter of Canadian Parents for French.

**Spanish Conversation Group** happens every Tuesday at 5 pm, where mistakes are welcome and fun is guaranteed!

Drop in to **Tech Tutors** with your tech-related questions on Wed afternoons and Fri mornings. LASS is offering one-on-one help with phones, tablets and laptops.

And don't forget the regular **Baby Time and Story Time** programs will recommence the week of Jan 19. ■

□ Visit the Okanagan Regional Library website at [orl.bc.ca](http://orl.bc.ca)

## A bel canto gem from the Met

Happy New Year to you and your families—may 2026 be filled with Health, Joy and Music.

A bel canto\* gem from 'The Met: Live in HD' opens the 2026 opera year. After experiencing historical France in December, this Saturday we experience historical England.

For gorgeous melody, spellbinding coloratura, and virtuoso vocal fireworks, Vincenzo Bellini's *I Puritani* has few equals. The Met has assembled a world-class quartet of stars for the demanding principal roles with soprano Lisette Oropesa and tenor Lawrence Brownlee as Elvira and Arturo, brought together by love and torn apart by the political rifts of the English Civil War. Baritone Artur Ruciński is Riccardo, betrothed to Elvira against her will, and bass-baritone Christian Van Horn sings Elvira's sympathetic uncle, Giorgio. Marco Armiliato conducts this lush score.

Bellini possessed an extraordinary gift for melody and a thorough understanding of the human voice. His premature death at age 31 just as he was achieving international success is one of the most unfortunate in the history of music.

"I Puritani" takes place during the English Civil War of Puritans versus Royalists while taking many liberties with history. It is set against a background that was a universal idea and very familiar to Italians in Bellini's time who with his contemporaries often explored the relationship of civil war and individual madness in their works. The success of this opera depends almost entirely on the vocal abilities, and artistic sensibilities, of the performers.

Charles Edwards directs this stirring new production and agrees this opera is a high-wire act with thrilling vocal acrobatics but wants 'to really delve into the psychological depth of these characters and make something deeply touching.'

Bel canto (literally, "beautiful singing") centers on long lyric lines such as in the tenor's Act I solo, which develops into the celebrated quartet "A te, o cara." The soprano's ravishing Act II aria "Qui la voce sua soave" works the same way and depends entirely on the singer's ability to execute an elegant vocal line. And no one can deny Bellini's unique mastery of melody, as in the rousing martial duet "Suoni la tromba, e intrepido" in Act II and the bass's gorgeous showpiece in Act II, "Cinta di fiori."

*Personal Note:* I have never seen "I Puritani" so I'm looking forward to being immersed in beautiful melody during our January winter. The combination of high drama and the most.

The live opera starts at 9:55 am, Jan. 10 at the Salmar Grand. ■

\* 'Bel canto' means 'beautiful singing'.



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# SHEA ON THE SEA

I first met David Shea when he was in kindergarten. He lived a block from our house and attended school with my daughter, who tells me he had an infectious laugh, a stellar toy collection he shared with his brother Greg, and the best climbing trees in the neighbourhood.

There were already early signs of a curious mind so far advanced for his age that I recall thinking NASA would come calling for him one day.

Time passes, and David's chosen path is light years away from NASA explorations. His story begins in our community that I love to write about but evolves into a global story driven by an engineering mind that would manage the design, production, and operation of unmanned underwater ocean robotics.

David is currently the Executive Vice President and Chief Technology Officer for Kraken Robotics, whose Sonar Systems produce real-time ultra-high imagery of the seabed.

Their tethered submersibles are essential to withstand crushing pressure at depths of 6000 meters. He has led field



THE  
NOOK

Sandra Gibbons

teams on sea trials all over the world, including deploying Kraken's sonar technologies in 2014 that discovered the ill-fated 1845 Franklin Expedition's HMS Erebus.

He was also instrumental in the success of the 2017 "Raise the Arrow" project to locate several historic free-flight models of the supersonic Avro Arrow jets lost at the bottom of Lake Ontario for decades. He was 29 and 32 years old respectively for those once-in-a-lifetime opportunities.

The seabed alone accounts for two-thirds of the earth's total surface. Cartography combines science and technology to visually represent geographic data on maps that will magnify the range and accuracy of deep-sea exploration as we know it today.

To understand how firmly entrenched David is in the future of ocean exploration check out articles, videos and photographs of him introducing Kraken's fully autonomous 'Thunderfish' sonar platform to Canada's Prime Minister Carney. His public speaking skills match his engineering prowess.

David shares a like-minded



> David Shea, formerly of Salmon Arm, operates sonar technology at his second home, the ocean.

intellect with his father, Patrick, a career fabricator, machinist, and carpenter who continues to travel throughout the province to share his expertise.

His mother, Laurie, is an accomplished pianist whose teaching skills guided the early years of a highly acclaimed local prodigy now taking the musical world by storm.

David and Greg were raised with strong family values for the great outdoors, Boy Scouts, and volunteering in our com-

munity. David was well prepared to push the boundaries of deep-sea robotic exploration and raise our curiosity about our planet.

David may be tackling all the mysteries of deep-sea exploration, but nothing compares to his delivery of a John Wayne inscribed chocolate birthday cake to a septuagenarian cowgirl now pining to be an Explorer. Best cake ever.

✉ Email Sandra Gibbons at [nookchat2010@outlook.com](mailto:nookchat2010@outlook.com)

## Grading resolutions

We have made it through a quarter century! Seems like yesterday we were on pins and needles waiting for Y2K Armageddon. That was a close one, but we managed to make it and now here we are 25 plus years into the new millennium. My adult kids are reading this and wondering what I am talking about (Scary!).

Is a New Year's resolution a thing when it is on your list every single year for decades? Maybe we should change the name to "Our ongoing bad habits that never seem to get dealt with, but we bring them up every Jan. 1st" list. No seriously, is it a bad thing to set some goals? Still, it is refreshing to turn the calendar, take a deep breath and ask ourselves where we can do a better job when it comes to health, finances, relationships etc.

With all that being said let's evaluate how we did in 2025 based on the resolutions Mall Arkey laid out for himself and his family last year (including pets!)



Daron Mayes

age, but I didn't have "showing mercy" as one of my resolutions.

■ RESOLUTION: Jasper is to come when he is called and avoid the neighbour's horse manure. GRADE: C+. He avoided the manure which I appreciated, but went to the neighbours and ignored my incessant calls.

■ RESOLUTION: Bucky my granddog is to stop chewing and swallowing everything he lays his eyes on. GRADE: A. Clean record. His obedience training is working and as a result was recently awarded a "Pup Cup" from Starbucks.

■ RESOLUTION: After stuffing himself over Christmas, Mall Arkey Junior (me) will go for a walk a couple times a week... or at least think about it! GRADE: D-. My wife says keep this one on the list for 2026.

■ RESOLUTION: Duma the Cat increase her quota of mice catching. GRADE: C-. I thought about putting her grade on the bell curve given her

■ RESOLUTION: I'll give my new grandson all the things I wouldn't let his dad have because there are no rules for grandparents. GRADE: A+. Of course, he gets what he wants when he hangs out with Granddad!

■ RESOLUTION: The Junior Bean Counter will reduce the amount of trash talking of his father when playing board games. GRADE: F. Like I said mercy is something the whole family needs to work on.

■ RESOLUTION: The Junior Bean Counter will cheer for my football team (Denver Broncos) in the playoffs this year after an abysmal year by his team (New England Patriots). GRADE: B+. He followed through but had a sheepish grin when they lost. This year however, all bets are off as they are both in the playoffs.

■ RESOLUTION: Ensure we enjoy life. GRADE: B+. Always can do a better job and it would have been an 'A' except I tweaked my knee and elbow having too much fun hiking and playing pickle ball!

Happy New Year everyone and all the best with your own resolutions! ■

# PASSAGES OF 2025

^ Centenarian • \* 55 or under • **Bold: Recent**

Alphabetical; Known first name then last name

**RECENT PASSAGES LIST** on Page 13

~A-D~	Kathleen Brown	Winnie Ewing	Mary Holoday	Donna Lessard	Douglas Ough*	Larry Sundmark
David Adams*	Bob Browne	Bridget Faherty	Jonathan Holmes	<b>Daphne Lessey</b>	<b>Margaret Paille</b>	Ronald Sutherland
<b>Mandy Adams*</b>	Shirley Brownjohn	Stephen Faherty	Willem	Maxine Levely	<b>Gary Parke</b>	<b>Terence Sypher</b>
Shauna Adams	Jonathon Bruce*	Muriel Falardeau	Hoogenraad	Brian Lightbody	David Pearson	Robert Sweigard
Aino Alaniemi	Mark Butcher	Esme Farnham^	Carol Hordos	Elsbeth Lindsay	Fiona Peebles	Douglas Tait
Sisco Alexander	<b>Jennifer Butler</b>	Devon Farrell*	Jane Horishney	Lesley Lockerby	Margo Pederson	<b>Maurice Tann</b>
Guy Albert	Bob Caldwell	Sheila Feuz	Bernice Hyam	Dale Loewen	Lorraine Pellett	Franklin Tanner
Vicky Alfred	Eleanor Caminiti	Gordon Field	Stephan Hyam	Maureen Lourens	Brian Perry	Terrance Tapp
<b>Marilyn Allbury</b>	Barry Campbell	Ken Finstad	Bernie Ingenhaag	Bill Lynch	Michael Perry	Florence Tarnow
Myrtle Anderson^	Carolyn Campbell	<b>Elizabeth Fitzpatrick</b>	Harold Ingram	~M-R~	Ed Peterson	Maurice Tann
Dr. Steen Anderson	Pat Campney	<b>Larry Flatla</b>	Jack Irwin	Carolyn MacDonald	Donald Phillips	Ken Tebo
Pat Archibald	Margaret Carpenter	John Fleur de Lys	Donna Irwin	Joyce MacDonald	Perry Phillips	Keith Thom
Steve Armour	Jean Cawston	Lenora Fogarty	Patricia Isaac	Muriel MacKenzie^	Norman Pickering	Ardith Thomas
Anna Arnold	Rhaiann Celesta*	Emil Foltan	~J-L~	Darylne McKenna	Anthony Pike	Jolene Thomas*
Olympe Astra	Jessy Chambers*	Greta Fotsch	Janet Jackett	Raines Mack	Darla Pitman	Rose Thompson
Edward Atcheson	Lloyd Charlie	Donna Foulds	Andrew Jager*	Beverly Mackie	Kathleen Pottery	Roderick Tischuk*
Annette Ates	Jean Chorzempa	Frances Fox	Jean Jenks	Shirley Mainprize	Judith Powell	Florence Townsend
<b>Cathy Attrill</b>	Dennis Chow	Jeannie Fox	Mary Jenks	Guus Mannes	Victor Pugle	Myrna Treat
Christopher Auber	Jason Christmas*	Jerry Frank	Glen Jewell	Rolf Manthey	Patrick Pyper	Juanita Trenholme
Myrna Bach	Sheila Clarke	Douglas Frederickson	Bryan Johnson	Joan Marshall	Robin Pryor	Neil Trenholme
Joan Bailey	Ralph Clark	<b>Irvin Freeman</b>	Earl Johnson	<b>Wayne Marsolais</b>	Audrey Quaife	Kendall Trimble
Desmond Baird	Mary Jane Clarridge	Dick Friesen	Gilbert Johnson	Dolores Martin	<b>Mitchell Rabbitt*</b>	<b>Lauana Turcotte</b>
John Bakker	Helene Clayton	Robin Froud	<b>Kenneth Johnson</b>	Joan Martin	Petronella Radies	<b>Jerry Turko</b>
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<b>Kenneth Bates</b>	Irvin Cork	Matthew Gick	Wally Kelly	Pearl McEltherm	Lorraine Rogers	<b>Vasudevan*</b>
Katherine Beare	Rene Cote	Trevor Ginn	Judy Kendall	Michael McGeough	Betty Ross	Michael Vomacka
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<b>Jeffrey Bernard</b>	Donald Davies	Marilyn Goodrick	Lonnie Kipling	<b>Mary Lou Mesich</b>	~S-Z~	Duncan Walker
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Marie Boivin	Dr. David Didow	Bob Hampson	Shirley Kubik	<b>Raymond Mosley</b>	Lina Schultz	Noelene Whippy
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<b>Mickie Boyko</b>	Wesley Dyck	Eunice Henschke	Maryellen Langlois	Morley New	Joy Smedstad	Olly Willmot*
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Paul Boyko	~E-I~	<b>Jean-Paul Hetu</b>	<b>Raymond Laurila</b>	James Nissila	Sandra Smith	Frank Woodward
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Patricia Brewer	Linda English	Dolores Hobbs	Lawrence Lepp	Wayne Osborne	Rita St. Pierre	<b>Doreen Zilkie</b>
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Cameron Brown	Edith Evans					
Charles Brown						



# 2025 around the Shuswap!



> **Jerry Emmel, Salmon Arm's 50 km/h reminder man says to slow down a little in 2026, and stay positive for this year ahead.**



> Above: massive crowds greet the Barenaked Ladies and the CPKC holiday train at five Shuswap locations; Movie shoot in Enderby and Salmon Arm; Demilles works on relocating to Uptown; below, Roots & Blues and The Fair adapt new weekends; Right: Peavey Mart closes; homecoming for triumphant classical pianist Jaeden Izik-Dzurko.



Soccer field turf and boardwalk.



Fourth terms for both Liberals and Mel Arnold



Local ladies paint town red with a fun Mrs. Roper Romp



Old arena is torn down; Salmar Classic is purchased and will be repurposed; Treble clef is awarded tops in Canada.



> One of half dozen house fires in the region, including fatality in Balmoral fire shown above.



> New infrastructures include Health centre in Sicamous and ongoing bridge project; Tappen area four-laning and frontages; plus uptown/downtown path



> The arts community says sad farewell to Delores Mori

**Young losses include:**  
Olly Wilmot  
Carter Kosick  
Jonathon Bruce  
Quinton Watson  
Carter Lawrence  
Erin Bell



## MOLEHILLS

Lorne Reimer



## Bussing big cities and small cities

During my holiday bus trip to the Lower Mainland, the wide gulf between public transportation in a big city and the lack thereof in a vastly smaller city like Salmon Arm was instantly noted.

Many folks from big cities who relocated to Salmon Arm much appreciate the quality of life here, but public transportation is not one of them.

You really don't need a car when there's a constant flow of buses and skytrains combing the entire metro. The Shuswap lost Via Rail long ago, and after the Texas-owned Greyhound stopped serving the Interior, there was a period of time with no scheduled inter-city service.

Fortunately, eBus and Rider Express stepped up to the plate with at least once-a-day service. However, bus depots are a "luxury" of the past. Even with the convenient bus bays inside Vancouver's Pacific train station, Rider Express opts to park on the street to save paying a fee.

As for the CBC radio story about no bus service to Salmon Arm's Industrial Park. The jobs there that many staff have no cars to get to are largely innovative and high tech. There must some innovative way out there to solve this problem. ■

■ Where on this blue and green planet will you find anything quite like The Green Mile? And just when you think you've seen it all on this stretch of highway south of Enderby, also dubbed "Greenderby", the original Five-n-Dime shop is doing a mega expansion. See below ▼

## The GREEN MILE



## CityFIXINGS

> Everytime I see someone walking precariously on the side of the highway up or down Tank Hill, I think they should know there's a fine multi-use path running parallel to the highway. Some signage is needed at McGuire Lake to guide walkers and cyclists to the uptown downtown connector path.

Not sure, but I may have coined a new acronym - "MUP-PED" - Multi-use path for pedestrians and pedalists. As an example - the new Uptown to Downtown connector.

## Bravos &amp; BOOS

> **BRAVO** to Team Canada on winning bronze at the 2026 World Juniors, and a special bravo to Harrison Brunicke and Dan DePalma from the Kamloops Blazers.

> **Contributed:**  
> **BOO** to plans by a local sports team to participate in a tournament trip to Florida. Are the coaches/teachers tone deaf to the fact that the US is hostile to Canada? The young people may be subjected to being photographed, fingerprinted, DNA collected, phones searched, phone numbers, social media and metadata collected. Do you really think having a foreign country treat our youth like criminals is a good idea?

## WEB Sitings

> **onthisday.com**  
Each date of the year provides a comprehensive rundown on what historic events took place on that day.

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## BIZ BUZZ

Vernon has brought back ice skate rentals to the community and Kevin Topping, owner of **Okanagan Affordable Rentals**, wonders if his model could work in Salmon Arm as a community-focused service supporting families and public skating programs.

He began with paddleboard and kayak rentals in the summer and then naturally transitioned to winter. "The goal is to remove barriers so kids, families, seniors and

first-time skaters can participate in public skating without cost being the reason they stay at home." He can be reached by visiting [okanaganaffordablerentals.ca](http://okanaganaffordablerentals.ca) or at 672-377-1001.

□ □ □

**The Tile Guy** opened at Westgate Public Market. The parkour gym that had taken over from the Handmade market did not last long. Kids can now parkour at Momentum Gymnastics down the road, or, better still, the great outdoors. ■



# TAKING A DEEP BREATH

**W**ho's Afraid of the Big Bad Wolf? Remember that fairytale? I do. In fact, I'm quite sure I had a vinyl record and storybook as a child that I would read and listen to in our living room.

In the story, three little pigs must fend off the big bad wolf who threatens to huff and puff and blow their house down. The first house was built of straw, the second of sticks, and the third of bricks. Spoiler alert, in case you don't remember the outcome, houses one and two fall, house three survives. The wolf ends up falling down the chimney into a pot of boiling water and scurries away in defeat.

While a bit harsh as a children's story, most fairytales are, the moral was clear.

Truth be told, at the end, while relieved the pigs were safe and sound, I always felt a bit sorry for the wolf, so gleeful in his cruelty, so determined in his pursuit, so blind to his own vulnerabilities. It did not have to end that way.

What happened in Venezuela last week was a geo-political blow your house down moment. Except it is not a fairytale, the wolf is real and houses will fall. The moral of the story is not clear.

I'm no fan of unelected dictators. Maduro was deposed and replaced. You might even argue it was done fairly peacefully although there's no real accounting of the damage on the ground with reports of up to 80 dead. And the matter will be settled in the US courts. The jury is still out on whether it was legal in the first place. But that will be a long and complex story that may never be told.

Seems there are at least two more houses the wolf plans to huff, puff and blow down. The first is Greenland. The second is Cuba. There are others. But even a bad wolf has his limitations, as the story goes.

I worry, of course, for Greenland. We are quick to forget that the U.S. has a long history of military presence there. An agreement on defence cooperation

NOTES  
FROM THE  
MARGIN

Louise Wallace  
Richmond



is already in place. As such, why the need to huff and puff here when there is room for diplomacy, for partnership and for mutual protection?

The real question is whether the wolf is smart enough to do the right thing.

The very fate and future of NATO depends upon it, as Greenland is an autonomous territory within Denmark and Denmark is a founding member of NATO. Any military aggression against Greenland would invoke Article 5 which states that any attack on

a NATO member is an attack on all NATO members. There is no need to blow this house down. It's a highly perilous pursuit.

I worry most for Cuba. A country that is terribly vulnerable to the world's wolves, but largely full of kind, generous souls whose worst crime was seven decades ago when a U.S. backed regime was overthrown by Castro. It has been isolated and deprived since and used as a pawn by other world powers to irritate the United States.

Without oil from Venezuela, it may collapse beyond repair without a single huff. It doesn't have to be this way. It would be especially cruel, even for this wolf, to blow down an already broken house and call it a victory.

What about the rest of us? I wish I knew. Collectively, we need to take a deep breath, hold it and keep building brick houses.

Keep reading. We're all going to need a happy ending. ■

□ Louise Wallace Richmond is a Salmon Arm councillor, media professional, political pundit and monthly columnist.



> Map of Greenland, with the caption "soon", posted by the wife of Trump adviser, Stephen Miller.

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## NEW NEIGHBOURS

○ Welcome the DJ and Anne Comer family to Salmon Arm. They moved from Dawson Creek where they operated Peace Country Farrier Services.



Friday AM is a participant of the new Neighbourhood Welcome program and welcomes new residents. Contact Michelle at [nwsalmonarm@gmail.com](mailto:nwsalmonarm@gmail.com) or 250.833.9977

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# WEATHER SYNOPSIS

> Chance of showers Saturday and flurries Sunday. High +5 to low 0 for the weekend..

**Normal: -2 C to -8 C**

**Sunrise 7:58 • Sunset 4:10**

**Past Temps, Dec. 17 to Jan. 6**

*By weather reporter Nick Parsons*

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

DATE	HIGH	LOW	PRECIP.
Dec. 17	8	3	3/8" rn.
Dec. 18	4	1	5/16" rn.
Dec. 19	5	-1	1/8" rn.
Dec. 20	4	-2	
Dec. 21	5	0	
Dec. 22	4	0	

DATE	HIGH	LOW	PRECIP.
Dec. 23	3	-1	
Dec. 24	1	0	1" sn.
Dec. 25	0	1	3" sn.
Dec. 26	3	-1	
Dec. 27	-10	-14	
Dec. 28	-9	-13	1/2" sn.
Dec. 29	-5	-7	
Dec. 30	-1	-7	
Dec. 31	0	-1	
Jan. 1	-1	-5	
Jan. 2	2	-2	
Jan. 3	2	0	3/4" rn.
Jan. 4	4	1	
Jan. 5	4	0	
Jan. 6	3	0	1/16" rn.

## DECEMBER

Precipitation: - 4 1/4" (incl. 7" snow)

Mean average high +2.5 C

Mean average low +0.6 C

**NICK'S NOTES** - Total rainfall for year was 87 per cent normal, based on 30 year average of 25 1/2" rainfall. November and December were 5 C above longterm average of last 30 years. Very mild trend continues into January with extremely low snowfall to date this winter, only 30 per cent normal at low elevation. We did experience good rainfall in December, so are not short of soil moisture.

# PASSAGES

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

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

- ❖ Mandy Audrey Adams  
December 8, 2025, at age 53
- ❖ Catherine 'Cathy' Attrill  
December 14, 2025, at age 86
- ❖ Larry Flatla  
December 19, 2025, at age 88
- ❖ Irvin 'Irv' Freeman  
December 24, 2025, at age 76
- ❖ Jean-Paul Hetu  
December 31, 2025, at age 87
- ❖ Peter Albert Klymchuk  
December 24, 2025, at age 90
- ❖ William 'Jim' Mead  
December 6, 2025, at age 77
- ❖ Maurice Tann  
December 23, 2025, at age 98
- ❖ Edith Schroeder  
December 4, 2025, at age 91
- ❖ Gerdina 'Mineke' Spencer  
November 28, 2025, at age 88
- ❖ Larry Dale Sundmark  
December 16, 2025, at age 73
- ❖ Doreen Zilkie  
December 5, 2025, at age 90

*Fischer's Funeral Services*  
[fischersfuneralservices.com](http://fischersfuneralservices.com)

- ❖ Marilyn Rae Allbury  
December 21, 2025, at age 78
- ❖ Jeffrey Paul Bernard  
December 18, 2025, at age 62
- ❖ Barbara Winnifred Bjerg  
November 28, 2025, at age 74
- ❖ Lorraine Edith Bosshardt  
December 15, 2025, at age 90
- ❖ Joan Marie Boyer  
December 16, 2025, at age 85
- ❖ Robert Wayne Day  
December 19, 2025, at age 73

- ❖ Brian Hugh Dermott  
December 25, 2025, at age 96
- ❖ Sheila Elizabeth Godfrey  
December 18, 2025, at age 68
- ❖ Mary Ann Gertude Goerzen  
December 17, 2025, at age 91
- ❖ Sheila Isabella Halvorson  
December 7, 2025, at age 77
- ❖ Siegfried Adolf Koeck  
December 21, 2025, at age 90
- ❖ Verna Dorothy Langevin  
January 4, 2026, at age 98
- ❖ Daphne Brenda Lessey  
December 20, 2025, at age 91
- ❖ Raymond George Laurila  
December 14, 2025, at age 80
- ❖ Gary Scott Parke  
December 18, 2025, at age 81
- ❖ Luaana Marie Turcotte  
December 20, 2025, at age 91
- ❖ Jerry Peter Turko  
December 25, 2025, at age 75
- ❖ Thomas John Welsh  
December 22, 2025, at age 85
- ❖ Kenneth Ken Edward Winram  
December 17, 2025, at age 83
- ❖ Charlotte Agnes Wright  
December 24, 2025, at age 92

❖ ❖ ❖

- ❖ Brigitte Bardot, 91, actress
- ❖ Annette Dionne, 91, last surviving Dionne quintuplet
- ❖ Bob Fulford, 89, Canadian NHL Hall of famer
- ❖ Stu Phillips, 92, Canadian/American country performer
- ❖ Eva Schloss, 96, Anne Frank step-sister, holocaust survivor.
- ❖ Tatiana Schlossberg, 35, journalist, JFK granddaughter

# SPORT SPOT

## > SILVERBACKS

**14 W • 12 L • 3 OTL, 2 SOL • 33 pts**

W. Kelowna 46, Trail 42, Vernon 21, Cranbrook 18, Blackfalds 47, Brooks 38, Sherwood Park 35, Spruce Grove 31, Okotoks 28, Cowichan 50, Alberni 35, Nanaimo 34, Victoria 31, Powell River 11, Coquitlam 39, Langley 34, Prince Geo. 33, Chilliwack 29, Surrey 11

• **Scores:** Jan. 3: Trail 5, SA 3 • Jan. 2: SA 7, Vernon 5

• Dec. 20: SA 2, West Kelowna 0 • Dec. 19: Blackfalds 3, SA 2

• Dec. 13: SA 2, West Kelowna 0

• **Coming Games: (six home games in a row)**

Jan. 9: Cowichan @ SA, 7 pm • Jan. 10: Cranbrook @ SA, 6 pm

Jan. 23: Vernon @ SA, 6 pm • Jan. 25: Sherwood Park @ SA, 4 pm

Jan. 30: Trail @ SA, 7 pm • Feb. 6 & 7: SA @ Cranbrook, 7 pm

## > CURLING-

• **BC Winter Games, Zone 2**

**Playdowns, Jan. 10-11.**

• **Stick Bonspiel, Jan. 17**

• **Men's Bonspiel, Jan. 23-25**

• **BCIMCA Playdowns, Jan. 31**

• **Junior Bonspiel, Feb. 7, 8**

• **Women's Open, Feb. 20-22**

## > MINOR HOCKEY -

U13 Rep Tier 2, Jan. 16-28

## > SICAMOUS EAGLES

home games

VS. Kelowna, Jan. 10

VS Nelson, Jan. 16

VS Merritt, Jan. 17

VS Grand Forks, Jan. 24

VS Osoyoos, Jan. 27

## > TENNIS. Book outdoor

court at clubspark.ca

## > SKI SEASON..

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

**Jack Rabbitts Saturday**

**Reino Keski-Salmi Loppet,**

Saturday, Jan. 17. Register by

Jan. 15 at [skilarchhills.ca](http://skilarchhills.ca)

A 32 km single-lap course with

17, 10, 5, 2 and 1 km courses.

**Pirate Loppet, Jan. 30**

**BC Cup Race, Feb. 7**

## > Carter Kosick Memorial

**Ride, Feb. 15, Shuswap area.**

## > Winter Olympics, Feb. 6-22,

Milano-Cortina



> The rink of Danielle Monteith, Jacey Hallstrom, Kyara O'Shea and Scarlett Hutchison won bronze at the BC's U20 girls curling championship. Danielle, Scarlett and co-coach Kirsten Dechamps are from Salmon Arm.



> The JL Jackson girls volleyball team, comprising mostly grade 10 and 11 students, placed 6th at the provincials in Kelowna.



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**BINGO**

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**Games begin at 6:30**

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## 325 ALEX

## Season 2, Episode 20

Serial by Shawn L. Bird

Susanne knocked on Henry's door as she made her way up to her apartment.

"You're back!" he yelled when he saw her and threw his arms around her in an uncomfortably tight embrace. "I'm so glad you're out of jail!"

Susanne squirmed and he released her with a sheepish apology.

"Me, too."

"Did they say what happened? Was it your killer lawyer?"

Susanne laughed, in spite of her exhaustion. "They just said new evidence had come to light. They appreciated my cooperation and they offered me a drive home."

"New evidence? What do you think that was?"

"No idea, and I don't particularly care, as long as it got me released. I stopped to see if you've seen Artemis?"

Before he could answer, a familiar meow came from behind Susanne. She spun around to find her little tuxedo cat looking up at her quizzically, as if wondering where she'd been.

"Oh! Artemis!" She scooped up the little cat which immediately began to rub its whiskers on Susanne's chin.

Henry watched the reunion wistfully. "Glad she's back," he said.

"Thanks for looking for her," Susanne called over her shoulder as she carried Artemis up to their apartment, murmuring to the cat about how worried she'd been, and how Artemis needed to stay home and keep out of trouble.

"Fat chance of that, if she's following Cougar around," Henry said to the empty landing.

He heard a scuffling in the ceiling tiles, and then a tawny head poked out of a broken corner tile to glare at him.

"Don't look at me like that, Cougar. We both know you're trouble."

Cougar gave a definitely judgemental meow and disappeared into the ceiling.

"Now she'll probably suffocate me in my sleep," Henry muttered as he shut the door. Then he flopped into his comfortable old recliner, and stared at the blank screen of his TV as he pondered what new evidence had freed Susanne and if there was any possibility she'd fall for him if he solved the mystery." ■



☐ Read the next episode of 325 Alex in the Jan. 23 mid-month edition of Friday AM

☐ Shawn Bird is a local novelist  
Read about her at [shawnbird.com](http://shawnbird.com)



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## HOT WINTER NIGHTS

If you've ever woken up absolutely soaked, you already know how night

sweats can wreck a perfectly good sleep. The good news is that what you wear to bed (and what you sleep on) can make a bigger difference than you might think.

Before we talk about the new high-tech stuff, the basics deserve a moment.

Cotton is the old standby for a reason: it's soft, it breathes, it soaks up sweat without feeling plasticky, and it doesn't cost a fortune. Lots of women swear by simple cotton PJs because they just... work.

Linen is the slightly rougher cousin that gets gentler with every wash. If you deal with intense night sweats, linen can feel almost magical — airy, quick-drying, and durable.

And silk? Expensive, yes, but beautifully temperature-balancing. Silk moves with your body and won't bunch or cling when things get a little steamy.

Now, the modern textile world hasn't been asleep at the wheel. A whole wave of newer fabrics has been created specifically to help with temperature swings.

Modal and Tencel (lyocell) are two that come up again and again. They're made from wood pulp — not the sexiest detail, but it matters — because fibers from these plants can handle moisture better than cotton. Think softer-than-soft, almost "buttery," and really good at pulling sweat away from the skin so you don't wake up drenched.

Bamboo viscose is another favorite. It's naturally cooling, silky to the touch, and feels a bit like wearing very soft pajamas that just happen to keep you from overheating. It also tends to be easier on the wallet than real silk, which is a nice bonus.

Some brands have gotten even more high-tech with fabrics that include phase-change materials (PCM) or cooling minerals.

These textiles actually store excess heat and release it when you cool down — almost like

DESIGN  
DILEMMAS  
Linda Erlam



microscopic thermostats built into the fabric. They cost more, but women who get frequent night sweats often say these pieces are worth it.

This part surprises a lot of people: Long sleeves often work better than tank tops for night sweats and hot flashes during the night. It sounds backwards, but bare skin-on-skin contact traps heat and gets sticky fast. A thin long sleeve creates a barrier that absorbs moisture and prevents that clammy friction.

Same goes for full-length pajama pants. When fabric absorbs sweat before it makes your skin tacky, you feel much less like you're sleeping in a sauna.

Just keep the fabric light — think "floaty," not "thermal."

And... your sheets can absolutely make or break your night.

Cotton percale sheets are a go-to for hot sleepers. They have that crisp, cool hotel-sheet feel because the weave allows more air to pass through. Sateen may look pretty, but it tends to trap heat.

Linen sheets are another great option. Yes, they're pricier and feel a bit textured at first, but they soften beautifully and handle moisture better than almost anything else.

Bamboo sheets have become wildly popular for the same reasons bamboo pajamas have — cool, smooth, breathable. Tencel sheets feel similar but even silkier.

And for blankets: layering is your friend. A lightweight cotton blanket plus a thin coverlet is easier to adjust in the middle of the night than one heavy duvet.

None of this will make night sweats disappear entirely. But the right combination of fabrics, fit, and bedding can make those 2 am wake-ups a lot less miserable. When your sleepwear works with your body instead of trapping heat against it, you set yourself up for a much calmer night — even when your internal thermostat has other plans.

☐ If you have design or issues, or ideas for a future column, email [linda@designsewlutions.ca](mailto:linda@designsewlutions.ca) or visit [designsewlutions.ca](http://designsewlutions.ca) • [WearSomeArt.com](http://WearSomeArt.com) • [Shuswap-petsitters.com](http://Shuswap-petsitters.com)



# WORD SEARCH

Many of the doctors  
in the Shuswap

Lorenz, Heunis, Skubiak, Glanville, Seth, Johnson, Schiffner, Grieve, Louw, Jones, Hiscock, deWet, Out, Koch, Verburg, Megyesi, Enns, Stickle, Parfitt, Hepburn, Howatt, Kirkman, McKee, Miskew Nichols, Bonthuys, Wilms, Breugem, Watson, Rose, Goldberg, Carnegie, DuPlessis, Journeau, Malinowski, Trow, Aitchison, Main, Rollheiser, Gannon, Pretorius, Phimister,

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

# PICTURE THIS



> Winter has been easy, so far, in the Shuswap, but not so much distances east and west. Above, a bus driver and his wingman navigate through blinding snow on the Coquihalla, and a dog named Juno happily bounds over a giant windswept snowbank in the Edmonton area.

> Above right, 19 Buddhist monks and their gentle stray dog named Aloka are on an inspirational 3,600 km. walk for peace and compassion from Texas to Washington DC.

# HIDDEN GEMS

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

## > The Three Laws of Robotics:

1. A robot may not injure a human being or, through inaction, allow a human being to come to harm.
2. A robot must obey the orders given it by human beings except where such orders would conflict with the First Law
3. A robot must protect its own existence as long as such protection does not conflict with the First or Second Law.

The Zeroth Law: A robot may not harm humanity, or, by inaction, allow humanity to come to harm." ~ Isaac Asimov

> "We are rapidly moving into the post-industrial age, when we must redefine what is 'productive' work, as more and more jobs are being replaced by automation, robotics, and artificial intelligence."  
~ Riane Eisler

> "Too often we enjoy the comfort of opinion without the discomfort of thought." ~ John F. Kennedy

> "Grief is proof of love. Anger is proof of care. Fatigue is proof of effort. You are not broken. You are alive." ~ Michell C. Clark

> "A nurse is the swiss army knife of health providers and will find a million ways to save your life."

# FUNNY BONE

> I'm getting totally fed up with people whining about the price of things - \$2.50 for iced tea; \$3.50 for coffee; \$4 for a slice of cake; \$5 to park the car. Any more complaining and I'm going to stop inviting people over!


> If you've ever accidentally highbeamed someone and then said sorry out loud in your car.. you might be Canadian.

# POP QUIZ

> What historic events happened on January 9, 1959 in Cuba?

> Castro arrives in Havana for the revolutionary capture of Cuba

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3 years	3.40%	Down 0.07%
4 years	3.47%	Down 0.03%
5 years	3.62%	Down 0.01%

\* GIC rates as of Jan. 5, 2026, subject to change without notice. Certain minimums and conditions may apply.

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

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A rare partial rainbow over the winter sky on east side of Salmon Arm.

Photo taken from Gleneden by Friday AM's weather recorders, Nick & Jane Parsons

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## A Winter Workshop

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Salmon Arm Art Gallery

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or call 250.803.1889

www.absolutesoapstone.ca



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## SEPTEMBER 2026 KINDERGARTEN REGISTRATION



**JANUARY 14, 2026**

Please register at your neighbourhood school  
9 a.m. - 2 p.m.

### DISTRICT PROGRAMS

Interested in a District program?

#### EARLY FRENCH IMMERSION

There will be an Information Session on January 13, 2026, Bastion Elementary at 5 p.m.

#### OUTDOOR LEARNING PROGRAM

There will be an Information Session on January 13, 2026, South Canoe School Library at 7 p.m.  
Come find out what Outdoor Learning is all about!



For more information visit:  
District website: [www.sd83.bc.ca/registration](http://www.sd83.bc.ca/registration)  
French Immersion Program webpage: [www.sd83.bc.ca/french-immersion](http://www.sd83.bc.ca/french-immersion)  
South Canoe Outdoor Program website: [sca.sd83.bc.ca](http://sca.sd83.bc.ca)



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# SALMON

FriAM.ca ARM Beat Pages

16 online only pages • Print 1st/3rd Fridays • Jan. 9th



CAN YOU GUESS  
WHICH PICTURE?  
HINT: IT'S IN  
THE OKANAGAN





Jan. 4

# SALMON ARM Beat

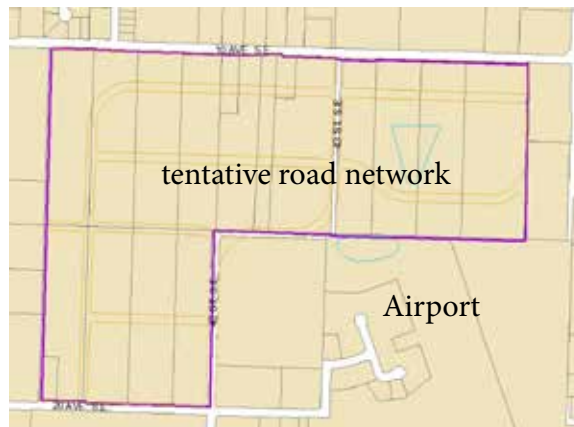


*An American Robin wintering in the Shuswap. Photo by Ann Steenhuysen*

FriAM.ca • Next print edition: Jan. 9

## To-do's

- **Salmar Grand**
- *Avatar: Fire and Ash*
- *Anaconda*
- *Marty Supreme*
- *David*
- **Back to school** on Monday, Jan. 5.
- **Silverbacks**  
Next home game Friday, Jan. 9 vs. Cowichan Capitals
- **Free Diaper Bazaar & Coats for kids**, 10:30 to 12:30, Jan. 10, Shuswap Children's Association.
- **Yeti Rugby Christmas tree pickup**, leave trees outside before 10 am, Jan. 11. Enter address & donation at yetirugby.com
- **Drawing classes**, Jan. 3, 14, 21. Ages 5-8 & 13& up. peter.joch@gmail.com
- **Unplug & Play**, Family Literacy week, Jan. 24 to 29
- **Caribbean Cooking Class**, 6 pm, Wed., Jan 7, Zest Hub  
Tix at eventbrite.ca
- **Reino Keski-Salmi Loppet**, Jan. 17
- **Winter Olympics & Paralympics**, Feb.
- **Snowed in Comedy Tour**, 7:30, Feb. 5, Recreation Centre



## THE OCP

> If you love and care about our community, check out the big updated Official Community Plan adapted by council in December. Go to salmonarm.ca and follow the links. It includes a multitude of interesting maps and plans like the one on left showing the streams and riparian areas in the hills and vales. The map on the right shows the proposed light industrial zone north of the present Industrial Park and airport.

> Below is a section of the community vision summary.

Living between mountains and the shores of Shuswap Lake, the community of the future is one where:

- we deeply value the beautiful natural setting along with healthy ecosystems and rich agricultural lands;
- there is an abundance of educational, commercial, tourism and cultural opportunities and services for residents and visitors;
- recreational facilities are well maintained and accommodate our current needs and anticipate future needs, and are easily accessible to everyone;
- the growing economy supports varied, meaningful employment and innovative businesses;
- there is a diversity of housing options for all ages and needs that are affordable;
- diversity and inclusion are valued, and organizations and individuals work together towards improving the quality of life for all;
- the Downtown remains the civic and cultural heart of the community, where people can live, work, visit, meet, shop and spend time enjoying diverse artistic and cultural activities, in a walkable space;
- Green spaces extend throughout, including active and natural parks with many trails, and the community is intricately connected with safe walking and cycling routes;
- there is increasing resilience to the growing effects of climate change, and;
- we work to enhance community safety and food security.





Sat  
1° -1°  
Jan. 3

# SALMON ARM

Beat

WAR  
peace

FriAM.ca • Next print edition: Jan. 9

## To-do's

- Salmar Grand
- *Avatar: Fire and Ash*
- *Anaconda*
- *Marty Supreme*
- *David*
- Back to school on Monday
- Reino Keski-Salmi Loppet, Jan. 17
- Silverbacks
- Next game, Jan. 3
- in Vernon
- Next home, Jan. 9
- The Wolves - Full moon ceremony, dinner, dance, drum circle, 3-8, Jan. 3, Enderby Drill Hall.
- Drawing classes, Jan. 3, 14, 21. Ages 5-8 & 13& up. peter.joch@gmail.com
- Unplug & Play, Family Literacy week, Jan. 25 - Feb. 1
- Winter Olympics & Paralympics, Feb.

## US CAPTURES MADURO, CONTROLS VENEZUELA

American missiles attacked military sites across Venezuela early Saturday, resulting in the U.S. capturing the country's president, Nicolás Maduro, along with his wife. They were flown to the US where they will face multiple charges.

President Donald Trump called it "a brilliant operation", but declined to clarify whether he had obtained congressional approval for the seizure and said US will run the oil-rich country until a "proper transition can take place."

He added that he believes the democratically elected opposition leader and 2025 Noble peace prize recipient, Maria Corina Machado, did not have the respect to lead this nation. ■ *CBC reports*



I had a dream last night that I found TV's *Daily Show* satirist and commentator Jon Stewart walking around in a panic at Westgate Market after missing his bus to Kelowna airport. I immediately recognized a most wonderful opportunity to get to know this brilliant man so I offered to drive him.

Interestingly, Jan. 2nd was World Introvert Day. I consider myself an introvert and Stewart one of the glibbest and most extroverted guy on the planet. However, he was surprisingly introspective and quiet during the drive. The next morning news came on about Venezuela, and, wouldn't you know it, I listened to Stewart's deeply serious response on his podcast. ■

**MOLEHILLS**  
**Lorne Reimer**



The most positive story to come out of the US in recent months is the 2,300 mile walk for peace from Texas to Washington, DC by a group of Buddhist monks, along with a gentle stray dog named Aloka.

The journey that began in October, is promoting peace, compassion and unity for a nation that has been promoting pretty much the opposite under the current regime.

The walk has garnered much attention and support across the nation. One of the monks even rejoined the group after having a leg amputated from being struck by a car.

May their message of peace spread far and wide.



Thu  
0° -3°  
**Dec. 31** **SALMON ARM Beat**

FriAM.ca • Next print edition: Jan. 9



> Cartoonist Aislin on today's front page of the *Montreal Gazette*, offering his advice to "handle life's challenges as they arise, and not get overwhelmed by the future"

## Todo's

### NEW YEAR'S EVE

- Disco Skate, noon, Rogers Rink
- Salmon Armenians, Song Sparrow
- Headway - Setters
- Retro Riders - Canooligans
- Nikki - Brothers

○○○

### Salmar Grand

- Spongebob Movie
- Avatar: Fire and Ash
- Anaconda
- The House Maid

Daily matinees through holidays

### School holidays -

Now until Jan. 4.

### Polar Bear

plunge, 10am, Jan. 1,

Canoe Beach dock

### Family fun day,

Jan. 1, Curling Centre

### Reino Keski-Salmi Loppet, Jan. 17

### Winter Olympics

& Paralympics, Feb.

### Silverbacks

Next game, Jan. 3

Next home, Jan. 9

### The Wolves - Full

moon ceremony,

dinner, dance, drum

circle, 3-8, Jan. 3,

Enderby Drill Hall.

### Drawing classes,

Jan. 3, 14, 21. Ages

5-8 & 13& up. peter.

joch@gmail.com

### Unplug & Play,

Family Literacy week,

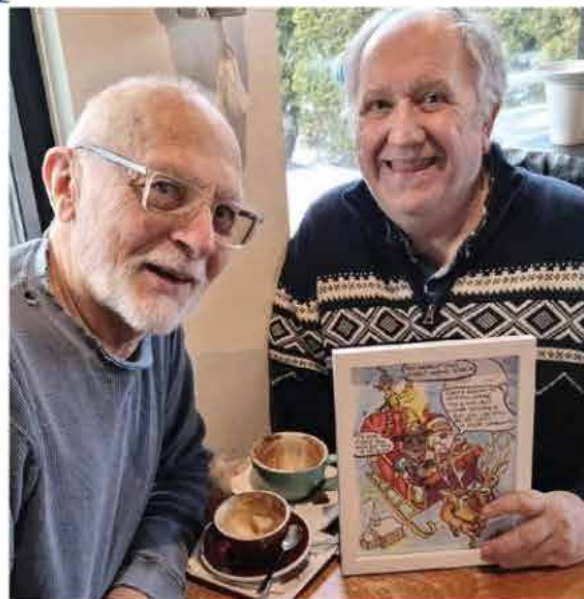
Jan. 25 - Feb. 1



*Happy New Year from Sidney, BC, er, I mean, Australia. Not New Year's yet in the Shuswap, but soon will be!*



> Grateful gifts this Christmas - a t-shirt of handprints of my grandchildren, and a framed copy of the front cover cartoon by Duncan Morris. It reminds that will only be 16 print issues left of Friday AM before I retire into blogposts and la-la land.





# SALMON ARM Beat

## Dec. 22

Mon Tues Wed Thurs Fri



• friAM.ca • Next print issue: Jan. 9 • T'WILL BE A WHITE CHRISTMAS AFTER ALL!

## To-do's

- ▷ Salmar Grand Zootopia
- Avatar: Fire and Ash
- Anaconda
- The House Maid
- Latinees only on Christmas Eve.
- Closed Christmas
- ▷ School holidays - Now until Jan. 4.
- ▷ Christmas Eve and light- 1st Unit- d 7 pm, St. Joseph's 5 & 8 pm; Deo Lutheran 7 pm, Broadview 3:30; SCC 2, 4 & 6 pm; Fiver Corners; St. Mary's, 4pm
- ▷ Christmas Day - Thursday
- ▷ Lantern Ski, 5:30- 8:30, Dec. 28, Larch Hills. Reino Keski-Salmi Loppet, Jan. 17
- ▷ Curling Funspiel Dec. 26. Plus Family Fun Day, Jan. 1
- ▷ Alumni Basketball tournament, D22 & SD 83 grads, Dec. 26, 27. Vernon. [alumnibasketball.ca](http://alumnibasketball.ca)
- ▷ Polar Bear Plunge, 10am, Jan. 1, Canoe Beach dock
- ▷ New Year's Eve, Disco Skate, noon, Rogers Rink
- Salmon Arm Indians, Song Sparrow
- Bands at Setters & Canooligans

*Flowers are still hanging tough at the entrance to your editor's abode, but how much longer?*



## More shoplifting

Police are looking for male and female suspects in a theft of clothing from the golf store in Blind Bay. Approximately \$5000 worth of clothing were reported stolen from the pro shop. on Dec. 12. Photos of the suspects are shown above. Anyone with information is asked to contact RCMP.



The suspect in the recent theft of \$3,000 worth of printer ink from Staples is now in custody. He was caught making a second trip to the store attempting to load up more ink. The suspect was wanted with outstanding warrants in Alberta and BC.



## Pastors' Happy Birthday!

My brother Don Reimer, Retired Lutheran Pastor (Saskatchewan/Manitoba), and Erik Bjorgan, Pastor in at Deo Lutheran in Salmon Arm



> Every local knows to turn left out of the Walmart parking lot to return to town, but the sign still says turn right. It has been over five years since the new 20th Ave. SE intersection light

Sun  
-4° -10°

# SALMON ARM Beat

Dec. 28

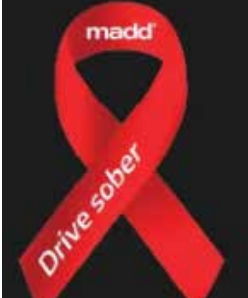
FriAM.ca • Next print issue: Jan. 9

We are officially in the week between Christmas and NYE... where time is fake, leftovers are a food group, and nobody knows what day it is. Alarms are optional. Pants are negotiable. Nothing productive should be expected.

## Todo's

- **Salmar Grand**
  - *Spongebob Movie*
  - *Avatar: Fire and Ash*
  - *Anaconda*
  - *The House Maid*
- **School holidays** - Now until Jan. 4.
- **Lantern Ski**, 5:30-8:30, Dec. 28, Larch Hills. Reino Keski-Salmi Loppet, Jan. 17
- **Polar Bear plunge**, 10am, Jan. 1, Canoe Beach dock
- **NEW YEAR SEVE**
  - **Disco Skate**, noon, Rogers Rink
  - **Salmon Armenians**, Song Sparrow
  - **Headway** - Setters
  - **Retro Riders** - Cannooligans
  - **Nikki** - Brothers
  - **Winter Olympics & Paralympics**, Feb.

Take the pledge to drive sober



> Tonight is the night of the holiday week's ever popular Lantern Ski at Larch Hills, 5:30 to 8:30. Photo by Craig Pulsifer.



> Meanwhile, many kilometres east and west of the Shuswap, a bus driver and his wingman plow through driving snow on the Coquihalla summit on Boxing Day, and excited dog Juno is thrilled over the aftermath of a blizzard in the Edmonton area.





**Jan. 1**

# SALMON ARM Beat

FriAM.ca • Next print edition: Jan. 9



Even the silly party glasses look super duper high tech

## Todo's

### ○ Salmar Grand

Last day Thursday

• *Spongebob Movie*

• *The House Maid*

Continuing:

• *Avatar: Fire and Ash*

• *Anaconda*

Opening Friday -

• *Marty Supreme*

• *David*

○ **Back to school on Monday**

○ **Family fun day,**

Jan. 1, Curling Centre

○ **Reino Keski-Salmi Loppet,** Jan. 17

○ **Silverbacks**

Next game, Jan. 3

Next home, Jan. 9

○ **The Wolves** - Full moon ceremony, dinner, dance, drum circle, 3-8, Jan. 3, Enderby Drill Hall.

○ **Drawing classes,**

Jan. 3, 14, 21. Ages

5-8 & 13 & up. peter.

joch@gmail.com

○ **Unplug & Play,**

Family Literacy week,

Jan. 25 - Feb. 1

○ **Winter Olympics & Paralympics,** Feb.

**59 people were named in Billy Joel's 'We didn't start the Fire. After Bardot's death only three are still alive**



> A New Year's run and plunge in the frigid waters at Canoe Beach, a feat only for the young and brave.

> Spectacular sunset reflected on Shuswap River at Grindrod. Photo posted by Laurel Richards Neufeld.





Tue  
-1° -5°

# SALMON ARM Beat

FriAM.ca • Next print edition: Jan. 9



## To-do's

### NEW YEAR'S EVE

- **Disco Skate**, noon, Rogers Rink
- **Salmon Armenians**, Song Sparrow
- **Headway** - Setters
- **Retro Riders** - Canooligans
- **Nikki** - Brothers

○○○

### Salmar Grand

- **Spongebob Movie**
  - **Avatar: Fire and Ash**
  - **Anaconda**
  - **The House Maid**
- Daily matinees through holidays

○ **School holidays** - Now until Jan. 4.

○ **Polar Bear plunge**, 10am, Jan. 1, Canoe Beach dock

○ **Family fun day**, Jan. 1, Curling Centre

○ **Reino Keski-Salmi Loppet**, Jan. 17

○ **Winter Olympics & Paralympics**, Feb.

○ **Silverbacks**

Next game, Jan. 3  
Next home, Jan. 9

○ **Roots & Blues** earlybird tickets

○ **Drawing classes**, Jan. 3, 14, 21. Ages 5-8 & 13& up. peter.joch@gmail.com

○ **Unplug & Play**, Family Literacy week, Jan. 25 - Feb. 1

# The GREEN MILE



> Where on this blue planet will you find anything quite like The Green Mile, south of Enderby? And just when you think you've seen it all, the original Five n' Dime is going mega expansion.





# SALMON ARM Beat

-2° -6°

Dec. 29

Beat

FriAM.ca • Next print edition: Jan. 9



The older I get the happier I am at home doing nothing.

## To-do's

### NEW YEAR'S EVE

- **Disco Skate**, noon, Rogers Rink
- **Salmon Armenians**, Song Sparrow
- **Headway** - Setters
- **Retro Riders** - Canooligans
- **Nikki** - Brothers

○○○

### ○ Salmar Grand

- *Spongebob Movie*
- *Avatar: Fire and Ash*
- *Anaconda*
- *The House Maid*

Daily matinees through holidays

○ **School holidays** - Now until Jan. 4.

### ○ Polar Bear

**plunge**, 10am, Jan. 1, Canoe Beach dock

### ○ Family fun day,

Jan. 1, Curling Centre

### ○ Reino Keski-Salmi Loppet, Jan. 17

### ○ Winter Olympics & Paralympics, Feb.

### ○ Silverbacks

Next game, Jan. 3

Next home, Jan. 9

### ○ Roots & Blues earlybird tickets

### ○ Drawing classes,

Jan. 3, 14, 21. Ages

5-8 & 13& up. peter.

joch@gmail.com

### ○ Unplug & Play,

Family Literacy week,

Jan. 25 - Feb. 1



> The good old days of pumping five dollars in your tank to get home returned to Salmon Arm. A loonie a litre at Super Save & Petro Can; \$1.01 at the two Co-ops; and \$1.04 at Shell & Chevron

## Did you know?

**D**id you know that when actor Mandy Patinkin mentally prepared for his iconic sword fighting scene as Inigo Montoya in *Princess Bride*, he channeled the anger he felt toward the cancer that took the life of his father.

This week as we reflect on the many loved ones who left us during 2025, there's a mixture of feelings of gratitude for the lives and, in many cases, the anger Patinkin felt against the thing that took away many of these loved ones far too early.

Yet there are things we can do. Here is the 2026 calendar to help educate ourselves and take on cancer:



### CANCER AWARENESS MONTHS, WEEKS & DAYS

■ **January** - Cervical Cancer; Less Survivable Cancers, Jan. 11

■ **February** - Kidney Cancer; Oesophageal cancer; **World Cancer day**, Feb. 4.

■ **March** - Brain cancer; Colorectal cancer; HPV, Kidney; Ovarian; Prostate.

■ **April** - Bowel; Testicular; Teenage/Young adult

■ **May** - Bladder; Melanoma, Skin, Sun. ■ **June** - Cervical screening; Myeloma

■ **July** - Sarcoma; World Head & Neck ■ **September** - Blood; Childhood;

Gynaecological, Hereditary, Thyroid, Urological, Terry Fox Day

■ **October** - Breast cancer; Liver; Myelodysplastic; Salivary Gland

■ **November** - Gastric; Lung; Mouth; Movember Men's health; Pancreatic



I may not always ask for help,  
but I'll never forget who quietly  
showed up and checked on me.





Tue  
Jan. 6

# SALMON ARM Beat

FriAM.ca • Next print edition: Jan. 9

## MUP-PED Uptown/downtown

Not sure, but I may have coined a new acronym - "MUP-PED" - Multi-use path for pedestrians and pedalists. As an example - the new Uptown to Downtown Mup-ped is a far safer alternative to walking along the side of the highway.

## To-do's

- **Salmar Grand**
- *Avatar: Fire and Ash*
- *Anaconda*
- *Marty Supreme*
- *David*
- *Song Sung Blue* is opening Friday. Word is it's great!
- **Silverbacks**  
Next home game Friday, Jan. 9 vs. Cowichan Capiitals
- **Free Diaper Bazaar & Coats for kids**, 10:30 to 12:30, Jan. 10, Shuswap Children's Association.
- **Yeti Rugby Christmas tree pickup**, leave trees outside before 10 am, Jan. 11. Enter address & donation at yetirugby.com
- **Drawing classes**, Jan. 3, 14, 21. Ages 5-8 & 13& up. peter.joch@gmail.com
- **SAS Dance recital** 5 pm, Jan. 15
- **Unplug & Play**, Family Literacy week, Jan. 24 to 29
- **Caribbean Cooking Class**, 6 pm, Wed., Jan 7, Zest Hub Tix at eventbrite.ca
- **Reino Keski-Salmi Loppet**, Jan. 17
- **January Jollies**, Variety concert, 7 pm, 7 pm, Jan. 30, Nexus

## \$100 BILL ALERT

Salmon Arm RCMP has issued an alert to local businesses and residents of three recent reports of counterfeit \$100 bills used to make purchases.

Two of the bills were used at local businesses as payment. The third bill was reported at a local bank. Salmon Arm RCMP have identified one possible female suspect.

Employers are advised to ensure staff are familiar with the look and feel of genuine currency and know how to check for security features, inspecting cash carefully, Counterfeit detection pens or UV light scanners are available to help identify fake notes,

"If you suspect a counterfeit bill, contact your local RCMP immediately," said Cst. Andrew Hodges. "Do not return the bill to the customer—note their description and any relevant details about the transaction."



## Who is Sir Borden?

After making his debut as the portrait on the Canadian 100 dollar bill in the "Scenes of Canada" series in 1976, Sir Robert Borden continues his presence on the largest-value banknote Canada has to offer.

He was Canada's Prime Minister from 1911-1920 and is noted mostly for his leadership during the First World War, nationalizing railways (CNR, introducing Women's suffrage, and controversially using the North West Mounted Police to break up the 1919 Winnipeg General Labor Strike.

Borden's colourized image and the tower from the East Block of the Parliament Buildings are featured in the anti-counterfeiting colour-shifting foil band on the banknote.

**Thought of the Day: They should make an alarm clock that sounds like a cat about to barf. Nothing gets me out of bed faster.**



PHOTO OF ICE AGENT SHOOTING AND KILLING WOMAN IN MINNESOTA (1/7/26)

**“THE PARTY TOLD YOU TO REJECT  
THE EVIDENCE OF YOUR EYES  
AND EARS. IT WAS THEIR FINAL,  
MOST ESSENTIAL COMMAND.”**

—GEORGE ORWELL, 1984



**BREAKING:** The woman murdered by ICE today has been identified as Renee Nicole Good, age 37. She leaves behind a young son whose father recently passed away.

“There’s nobody else in his life,” Timmy Ray Macklin Sr., the boy’s grandfather, told the Minneapolis Star. “I’ll drive. I’ll fly. To come get my grandchild.”



**THERE  
WERE  
VIDEOS  
TAKEN  
FROM  
EVERY  
ANGLE &  
SHOWN  
IN SLOW  
MOTION.  
HOW CAN  
TRUMP  
LIE LIKE  
THAT  
BLAMING  
VICTIM?**



Donald J. Trump

@realDonaldTrump

I have just viewed the clip of the event which took place in Minneapolis, Minnesota. It is a horrible thing to watch. The woman screaming was, obviously, a professional agitator, and the woman driving the car was very disorderly, obstructing and resisting, who then violently, willfully, and viciously ran over the ICE Officer, who seems to have shot her in self defense. Based on the attached clip, it is hard to believe he is alive, but is now recovering in the hospital. The situation is being studied, in its entirety, but the reason these incidents are happening is because the Radical Left is threatening, assaulting, and targeting our Law Enforcement Officers and ICE Agents on a daily basis. They are just trying to do the job of MAKING AMERICA SAFE. We need to stand by and protect our Law Enforcement Officers from this Radical Left Movement of Violence and Hate!

PRESIDENT DONALD J. TRUMP



# THE 'DONROE' DOCTRINE

If posting this incendiary cartoon from the Trump war room, asserting the newly named Donroe Doctrine, is considered a smart move, it makes sense that a petty leader would dismiss Maria Corina Machado as not respected enough to lead Venezuela. This, despite her winning both the last election by a commanding majority and the 2025 Nobel Peace prize.

It sounds absurd, but is quite likely that winning the Nobel Peace prize that Trump dearly coveted was the key factor why Trump insulted and dismissed her as “not respected.”

■ **The Monroe Doctrine** - A U.S. policy from 1823 telling European countries to stay out of the Americas (North and South America) and stop trying to colonize or interfere with independent nations there, while the U.S. promised to stay out of European conflicts, essentially claiming the Western Hemisphere as America's sphere of influence.

■ **The so-called Donroe Doctrine** - This takes it a big leap further by asserting US military dominance of the Western Hemisphere as a kind of dark warning to every nation in the Americas.



## Meanwhile.. a walk for peace



There's actually a natural born heart on Aloka's forehead, the stray dog that is part of a 2,300 mile **WALK FOR PEACE** by 19 Buddhist monks from Texas to Washington DC to promote peace, compassion and kindness for all humanity. A much needed inspiration for the times.





Mon



4° -2°

Jan. 5

# SALMON ARM Beat

FriAM.ca • Next print edition: Jan. 9

> One of the takeaway themes from the story below is that children *know*. Take your time to *know* in 2026, and welcome back to school kids! (Monday, Jan. 5)



## Todo's

○ **Salmar Grand**

• *Avatar: Fire and Ash*

• *Anaconda*

• *Marty Supreme*

• *David*

○ **Back to school** on Monday, Jan. 5.

○ **Silverbacks**

Next home game

Friday, Jan. 9 vs.

Cowichan Capiitals

○ **Free Diaper**

**Bazaar & Coats for**

**kids**, 10:30 to 12:30,

Jan. 10, Shuswap Children's Association.

○ **Yeti Rugby**

**Christmas tree**

**pickup**, leave trees

outside before 10

am, Jan. 11. Enter

address & donation

at yetirugby.com

○ **Drawing classes**,

Jan. 3, 14, 21. Ages

5-8 & 13& up. peter.

joch@gmail.com

○ **Unplug & Play**,

Family Literacy week,

Jan. 24 to 29

○ **Caribbean**

**Cooking Class**, 6 pm,

Wed., Jan 7, Zest Hub

Tix at eventbrite.ca

○ **Reino Keski-Salmi**

**Loppet**, Jan. 17

○ **Winter Olympics**

**& Paralympics**, Feb.

○ **Snowed in Comedy**

**Tour**, 7:30, Feb. 5,

Recreation Centre

## BEAUTY IN CONTEXT

**O**n a cold January morning in a Washington DC Metro Station, a man with a violin played six Bach pieces for about 45 minutes. During that time, approximately 2,000 people went through the station, most of them on their way to work.

After about four minutes, a middle-aged man noticed there was a musician playing. He slowed his pace and stopped for a few seconds, and then he hurried on to meet his schedule.

Shortly after this, he received his first dollar.

A woman threw money in the hat and, without stopping, continued to walk.

At six minutes, a young man leaned against the wall to listen to him, then looked at his watch and started to walk again.

At ten minutes, a three-year old boy stopped, but his mother tugged him along hurriedly. The kid stopped to look at the violinist again, but the mother pushed hard and the child continued to walk, turning his head the whole time. This action was repeated by several other children, but every parent - without exception - forced their children to move on quickly.

After 45 minutes of continuous playing only six stopped and listened for a short while. About 20 gave money, but continued to walk at their

normal pace. The man collected a total of \$32. After he finished playing, silence took over. No one noticed and no one applauded. There was no recognition at all.

No one knew this, but the violinist was Joshua Bell, one of the greatest musicians in the world.

He played one of the most intricate pieces ever written, with a violin worth \$3.5 million. Two days before, he sold-out a theater in Boston where the seats averaged \$100 each to sit and listen to him play the same music.

The great violinist played incognito as part of a social experiment about perception, taste and people's priorities.

This experiment raised several questions:

In a common-place environment, at an inappropriate hour, do we perceive beauty? If so, do we stop to appreciate it? Do we recognize talent in an unexpected context?

One possible conclusion reached from this experiment could be this: If we do not have a moment to stop and listen to one of the best musicians in the world, playing some of the finest music ever written, with one of the most beautiful instruments ever made... how many other things are we missing as we rush through life?"

~ Rabbi-Yisroel Bernath





# Waiting at the Station



Main St and Terminal is an interesting area to walk about as I wait for my bus. It has both an East Hastings vibe plus many high price apartments gravitating around the skytrain station.

Pictured is a homeless gentleman displaying a remarkable pride of ownership, bent over, vigorously sweeping all the walkway in front of the train station, not a speck after he was through it. Across Main Street is a row of vacant storefronts below one of the gated apartment towers with a man spraying disinfectant along the covered frontage. I was hoping to find a unique spot for lunch on this block, but all I could find was identical salmon arm fare- subway, McDonald's, A&W and Tim's. I'm taking rider express back and was a little disappointed that the company is too cheap to pay whatever to pickup passengers in the station's bus bay like ebus does. You have to find the bus wherever it can find a parking spot in front of the station.

Feels shabby for the bc interior after you experience state of the art public transit in Greater Vancouver.





# Christmas with Family on the Coast



On left: cat guards the fish and gifts.

Below: Awww..  
Angela has to work on Boxing Day!

