

AM

Friday
Jan. 23, 2026
MID-MONTH

Next issue: Feb. 6

UNPLUG & PLAY WEEK 4,9,16

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> Great trail grooming was among the big winners for another successful Loppet despite less than ideal snow conditions. See page 13 for coverage. Larch Hills Nordic Society is also planning to submit a bid to host the 2018 Canadian Nationals Masters Championship. Larch Hills photo used by permission

Corridor is under study

A pavement engineer has been contracted to test the highway through Salmon Arm and develop a treatment plan to mitigate future occurrences of rutting.

In a letter from Transportation Minister Mike Farnsworth, council was assured that the entire corridor will be repaved in 2027, and that the worst sections where rutting is present will be addressed this year.

“While I appreciate that you would like the highway to be repaved next summer,” wrote the Minister, “we cannot plan to repave the corridor without knowing the extent of the underlying issues that are contributing to the asphalt deterioration and amount of work required to properly remediate them.”

Heavy trucks and commercial carriers make up 11 per cent of the average daily traffic through Salmon Arm, about 2,500 trucks per day. ■

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SD #83 Art Fair, Feb. 6-13
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 Valentine's Day, Feb. 14
 Family Day, Feb. 16
 Heritage Week, Feb. 18 - 21
 Repair Café, Feb. 28



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For info & programming
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> The cost of a malicious rock thrown through this window costs this hardworking pharmacist a \$1,500 deductible, likely a rate increase and so much unnecessary stress. The suspect is on video.

Holiday truck inspections

Commercial Vehicle checks took place over two days during the holiday season. Some of results are below:

- Violation tickets. 23 on Dec. 8 and 20 on Dec. 23. (speeding, failing to slow down or move over near stopped vehicles, unsafe loads, failure

Cop Caps

to stop yellow or red lights).

Three vehicles were removed from road.



The 22-year-old male who was wanted on Nov. 3, 2025 has been arrested. The RCMP thanks the media and public for their assistance.

Search for car

Public assistance is requested to locate a suspect vehicle involved in attempted thefts. Salmon Arm RCMP report a suspect in a white SUV attempting to gain entry into several parked vehicles at 2:18 pm, Jan. 19 on Canoe Beach Dr NE. Nothing was reported stolen.



The suspect was wearing a distinct black hood. Occupants of the vehicle were not identified.

If you see this vehicle, shown in surveillance photo, or know where it is parked, police advise not to approach, but obtain a license plate, and report location to the RCMP by phone at 250-832-6044.



An 18 year-old man who admitted drinking "two or three fireballs" was involved in a rollover at 97B and Auto. He a double fail and faced consequences.

In another RCMP report, a man was reported lying on the middle of the Trans Canada at 4th Ave. SW. He claimed he had been struck by a vehicle, but refused assistance from BC Ambulance and kept repeating he did not want to "go to the drunk tank." He spent the night in the drunk tank and was charged with public intoxication. ■

NO. 1386
FRIDAY AM
 JAN. 23
 2026

January Mid-Month
 EDITOR & PUBLISHER

Lorne Reimer
 250.833-1141

fridayam@shaw.ca
 DROP-OFFS

Hucul Printing 471 - 5th St SW
 DEADLINES

Tuesday Noon
 CIRCULATION

All Month (1st Fri) 4,100
 Mid-Month (3rd Fri) 3,100
 FriAM.ca: Worldwide

■ Go to FriAM.ca for Bonus Blog Post Pages!

□ Friday AM acknowledges covering the Shuswap and sharing the lands on the traditional territory of the Secwepemc peoples.

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PAGE 3

AM

JANUARY MID-MONTH

> Reflections on the still waters of Mara Lake on a sunny afternoon



Already called 'Carney doctrine'

The ink is barely dry on Prime Minister Carney's speech to world leaders in Davos, Switzerland, and political watchers are already calling it an era defining speech on the changing landscape that is one for future history books.

American pundit Steve Schwartz called it the Carney Doctrine signalling the rise of middle powers. If you haven't heard this speech, it is well reading the full transcript

MOLEHILLS

Lorne Reimer



or listening to the speech on the internet.

"We are in the midst of a rupture, not a transition," said Carney. "A world of fortresses will be poorer, more fragile and less sustainable.

One commenter quipped, "America should be placed under Canada's legal guardianship until a competent adult can be found to take it over." We are living in interesting and troubling times.

Spoken like a poet

Ever since I mentioned that I plan on retiring from doing the print editions at the end of August, it is often the first thing said when I run into folks on the street.

My poet-birdwatching friend, Peter Paul Van Camp, found this same issue after he posted on facebook that he was 'retiring for the night.'

This is how he addressed that big misunderstanding:

"I wish to assure those who had understood me to say I was retiring that you had mistaken my meaning... I am merely turning in early this evening so as to get the rest required to face, with a measure of equanimity, whatever tomorrow might hold... which could be just about anything. I hope you are all safe out there, wherever you are." That, my friends, is how it's done. ■



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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. See schedule on back page. shuswapliteracy.ca

> **Shuswap Music Festival**

- Registraton now to Jan. 31. See the newly revamped website at shuswapfestival.com Event runs April 8 to May 1, 2026.

> **Vernon Winter Carnival**

- Feb 6 to 15, throughout Vernon and Silver Star ski resort.

> **Valentine's Day** - Feb. 14.

> **BC Family Day** - Feb. 16.

> **Heritage Week** - Feb. 18-21

> **Coldest day of the year** - Feb. 20. Fundraiser for food security and hosted by Shuswap Food Action. See 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. Opening reception, 7 pm, Jan. 30. / P5

> **SD83 Art Fair** - Feb. 16-13, Piccadilly Mall. Workshop day, 18th.

> **Cardiff Miller Art Warehouse** - 11-5, Sat., Sun., Enderby. New installations. 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. Tix are all going fast. See celebrateshuswap.ca

> **International Dance Party** -

4-6:30, Jan. 25, Song Sparrow Hall. Hosted by Runaway Moon Theatre & Immigrant Services. Free. All welcome

> **SA Jazz Club**-

- Liam Nadurak, Jan. 29, joined by Alex Ward and Will Friesen,
- **Karen Wiseman Quintet**, Feb. 12
- **Sean Bray Quartet**, Feb. 26
- Also jazz nights at Lakeside Manor 6:30, (3rd Tues).

> **Coffeehouse circuit**-

- Silver Creek with *Half Grass*, Jan. 24
- Shuswap Writers Group, 2-4 pm, 4th Fri, First Community.
- Grindrod (1st Fri) • Carlin (1st Sat)
- Sunnybrae (2nd Sat)
- SA Elks Hall (2nd Fri).
- Enderby (3rd Fri), Srs. complex
- Gleneden (3rd Sat) not in Dec.
- Eagle Bay (4th Sat)
- Celista (1st Fri); Enderby 3rd Fri.

> **January Jollies** - First United Church variety concert, 7 pm,

Jan. 30, Nexus at First. By donation. Full of surprises and delights.

> **Sarah Jane Scouten** - folk and American songwriter, 7 pm, Jan. 31, Carlin Hall. Workshop at 2:30 and dinner at 5:30 option offered. Tix at shuswaptickets.com/concerts

> **Small Hall Music Crawl** -

- **Bats & Dao**, Jan. 31, Sorrento Centre. All concerts 7 pm.
- **Joshua Smith & Colin Easthope**, Feb. 21, White Lake Hall
- **Megan Abel & Steph Clifford**, Mar. 21, Sunnybrae Hall
- **Ben Arsenault Band**, Apr. 25, Carlin Hall

> **Snowed in Comedy tour** -

7:30, Feb. 5, SASCU Recreation Centre. A blizzard of laughs byoutstanding standups Dan Quinn, Paul Myrehaug, Pete Zedlacher and Erica Sigurdson.

> **Kamloops Symphony** -

- **Bach, Brass & Uncommon Times**, Feb. 7 in Kamloops.
- Next Salmon Arm concert, **Infinite Bach**, on Apr. 19 at Nexus at First.

> **Okanagan Symphony** -

Tchaikovsky, 2:00, Feb. 8, Vernon Perf. Centre. ticketseller.ca

live & dance

> **Song Hall Hall - Celebrate Shuswap** dance series, next one Feb. 14. plus International Dance Party, Jan. 25. See under 'concerts', above.

> **Gleneden Hall** - Next dance, 7 pm, Feb. 7. featuring William & Penny.

> **Marionette winery** - Jasmin Lynn, Steph Clifford and Megan Abel, Jan. 24

> **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. 23 • Karaoke, Wed.

> **SA Legion - The Fugitives**, country and oldtime band from Manitoba, Feb. 11, 12 • Jam sessions, Tues/Fri • Karaoke, Friday nights

> **Enderby Legion** • Thurs. Jams • Friday Karaoke • Dances 2nd/4th Sat.

> **Sicamous Legion** • Robbie Burns dinner is **CANCELLED**.

> **SA Elks Hall** • Coffeehouse, 2nd Fridays. Dale Bushy Bush, emcee.

> **Night Cafe** • Bad Apples comedy show, Jan. 28.

city lights

> **Vernon** - ticketseller.ca

Creekside (C) • **Performing Arts** (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) • **U2 tribute**, Apr. 25 (P)

> **Kelowna - Offspring**, Jan. 25

Megadeth, Anthrax, Exodus, Feb. 18

Dashboard Confessional, Mar. 22

Guys and Dolls, April 22

Bonnie Rait, June 19

Weird Al Yankovic, Sept. 2

> **Kamloops - George Thorogood**, Mar. 17

> **Vancouver - Shen Yun**, April 8 to 12. Q.E.

Canucks home, Jan. 23, 25, 27, 29, 31

World Cup tickets on sale

at the movies

> **SALMAR GRAND**

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> **Song Sung Blue**. 6:30 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.).

> **Hamnet**. 1:30, 6:40 daily. Story of love and loss inspired by Shakespeare's timeless classic, Hamlet. (PG sex, suggestive scene, viol)

> **28 years later: The Bone Temple**. 1:30 Sat., Sun., 6:50 nightly. A terrifying, inhumane story that cannot be escaped. (18 explicit violence).

> **Mercy**. 2:00 Sat., Sun; 7:00 nightly. Accused has 90 minutes to prove to an advanced A.I. judge that he innocent of murdering wife (PG viol, coarse lang.).

> **Charlie the Wonderdog**. 1:45, Sat., Sun only. (G)

■ **Shuswap Film Society** • shuswapfilm.net

4 pm, Saturdays at the Salmar Grand

• **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 Value** (Norway), Feb. 7. the Two sisters must navigate a complicated relationship with their film making father returns to their lives.

• **The Mother and the Bear** (Can), Feb. 14. A mother flies from South Korea to Winnipeg to look after her daughter recovering in hospital.

• **FILM FESTIVAL**, Feb. 20 to 28. Titles TBA

■ **LIVE from N.Y. MET OPERA**

• Wagner's **Tristan und Isolde**, 9:55 am, Mar. 21

■ **SHUSWAP CHILDREN'S FESTIVAL**

March 25 to 28

■ **Banff Mountain Film Festival Tour**

• 7 pm, Jan. 30, 31, Salmar Grand. Different films each night, supporting Shuswap Search & Rescue.

Two Australian favourites:

> **Kim Churchill** - April 26, Song Sparrow Hall. Tickets on sale now at 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'.

> **Bad Moon Riders** - Creedence Clearwater Relived, 7 pm, April 11, SA Recreation Centre.
> **Roots & Blues** - July 24 to 26. Earlybird tickets now on sale. [www.rootsandblues.ca](http://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 Senior living facility.

> **Play reading - Goodnight Desdemona**, 7 pm, Jan. 28, Shuswap Theatre. Read a part.

Sports

> **Silverbacks** -

Home: Vernon, 6pm, Jan. 23; Sherwood Park, 4pm, Jan. 25; 7pm, Trail, Jan. 30; 6 pm, Okotoks, Jan. 31. Away: 7pm, Feb. 6, Cranbrook

> **X-Country Skiing** -

Pirate Loppet, Jan. 30
BC Cup Race, Feb. 7 skilarchhills.ca

> **Curling Centre** -

Men's Bonspiel, Jan. 23-25
BCIMCA playdowns, Jan. 31

> **Free family skate** -

2:45-4:15, Jan. 27, Rogers Rink

□ SportSpot - P. 13

You're Invited

- > See back page for all the Unplug & Play events.
- > Farmers' Roundup - to discuss the future of Shuswap farming, hosted by Shuswap Community Farm Co-op, 9 to 1, Feb. 21. Lunch Provided, Shuswap Lake Estates. Register to shuswapfarmcoop.ca
- > Valentine's Day events...
 - **Heart at the Table**, gala fundraiser supporting Wednesday lunches at First Community, 5:30-9:30, Feb. 14. Six course tapis dinner prepared by Chef Jenny with music, local beverage & auction. Tix at www.firstcommunity.ca/gala or 250.832.3860
 - **Valentine's Day Dinner** in support of South Shuswap Hospice Society, 6 pm, Feb. 14, Sorrento Hall. 'Name that Tune' theme. Tix at southshuswap.org or 250-800-4695.
- > **Horsedrawn Family Day Social & Scavenger Hunt**, Feb. 15, Caravan Farm Theatre.
- > **Repair Cafe**, Feb. 28, Mall at Piccadilly.
- > **SA Council**, 2:30, 2nd/ 4th Mondays.
- > **CSRD**, 9:30, 3rd Thur. > **SD83**, 6:00, 3rd Tue.
- > **Downtown Market**, Sat. mornings Ross plaza.
- > **Shuswap Seed Swap**, Mar. 7, Splatsin Centre. 
- > **Best of the Shuswap Pie Baking Contest**, Feb. 21. Piccadilly, > Preparing for Seed Swap as part of Heritage Week at R.J. Haney Heritage Village. "Stir the Pot," theme celebrates food as heritage. Bake favourite from-scratch apple, berry, or fruit pie. Drop off 10-11 am, awards presentation and auction at 1 pm.
- > **Shuswap Trails Online Silent Auction** launching Feb. 6 and planning a family friendly outdoor event June 6 to celebrate BC Trails Day. Looking for monetary donations or items for silent auction. See shuswaptrails.com and silent Auction items drop off at Shuswap Clothing & Shoe Co or arrange to be picked up. Digital gift certificates or creative experiences are also welcomed (Sylvia 250-832-3435) Deadline Jan. 30.
- > **Free Lunches**, 11:30 to 1, Wednesdays, First Community (United Church).
- > **Guided meditations**, 7 pm, Thur. United Church (Enter off 4th St.)
- > **Toastmasters**, 7 pm, Thurs., Okanagan College.
- > **Health-Care Aux** 1:30, 3rd Tues., Piccadilly.
- > **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.
- > **Peace n' Pizza**, 5:30, Feb. 16, First Community. (3rd Fri., by donation). Building humanity through story-telling and dining conversation. See peacebuilders.world.
- > **Shuswap Writers Group** (SWG) meets 11 am, 1st/ 3rd Wed. Piccadilly Mall board room; Coffeehouse, 2-4 pm, 4th Fridays, First Community, 4th St. ent. \$5 shuswapwritersgroup.weebly.com
- > **Soirée de jeux / French Family Games Night** 6 pm, Friday, Jan. 30, Library, Piccadilly
- ✉ Email events to fridayam@shaw.ca

Expressions, home & abroad

Ok, *buddy* is an immersive exhibition that brings together street art, portraiture, mural, and interactive installations—rooted in lived experience and shaped close to home.

The exhibition by regional artists, **Cate Currie, Todd Maccormac and Paul Hopkins**, runs from Jan. 24 to Mar. 28 at **Salmon Arm Art Gallery** with opening reception, 7 pm, Jan. 30.

At the centre is a custom-built interactive cube: a replica of Cate Currie's bedroom. The work unfolds through presence and duration, encouraging visitors to slow down and engage on their own terms. The experience changes each time visitors step inside.

Surrounding this are bold canvases and intimate portraits by Maccormac and Currie that trace moments of challenge, humour and transformation.

While deeply personal it resonates broadly, reflecting shared experiences of moving through difficult moments while life, connection, and joy continue.

Workshops, all-ages evening events, in-gallery yoga and more events will be announced throughout the run on social media at @salmonarmartscentre and on the website salmonarmartscentre.ca/events.

All three artists live and work in this region and reflect the strength of local contemporary practice—experimental and unafraid to sit with complexity.

"Cate, Todd and Paul have collaborated on an exhibition that feels refreshing and playful while holding a subtle undercurrent of discomfort," said Erin Stodola about first My first exhibition as curator of the gallery. "I am delighted to work alongside the artists to bring an energetic, unfussy experience to Salmon Arm, perfectly timed in the middle of winter."

Cate Currie won a colouring contest at age six and has been an artist ever since. A co-founder of Gratitude Yoga, she believes in listening to nature and children, and in a utopian world would live in the wild.

Todd Maccormac draws on his education and street art exploration to develop a unique voice. He sees urban art as an uncensored playground where visual rebels challenge and reshape society's aesthetic norms.

Paul Hopkins was raised in his family's electronics shop and was trained as an electronic service technician since 1986. He returned to electronics two years ago by creating puzzles and cus-

tom props for escape rooms in Vernon, inspiring Mysttech Creations.

Today, he combines C++, microcontrollers, IoT, and modern web tools like React and TypeScript to craft immersive, interactive environments where craftsmanship and custom electronics bring spaces to life with light, sound, and subtle interactivity.



Runaway Moon Theatre is hosting events under the umbrella theme of "Where in the World Are We?"

A free **International Dance Party** is happening from 4 to 6:30, Sunday, Jan. at Song Sparrow Hall.

Participants are invited to "dance in ways you haven't danced before and meet people you may not otherwise meet. There will be dances from Chile, Japan, India, Syria and other world places, plus from right here, Secwepemculew.

This is part of a large-scale Community Art Project asking the question, "Where in the World Are We?" in a variety of creative ways.

The project is a collaboration of Runaway Moon Theatre, Shuswap Immigrant Services Society and Salmon Arm Arts Centre. Keep your eyes open for more information, and for workshops in mapmaking, puppetry, fabric art, printmaking and other tricks.



Performers are invited to apply online by Mar. 1 for this summer's **Wednesday on the Wharf** (WOW). Visit salmonarmartscentre.ca.

Theatre on the Edge - TotE Festival - is also accepting applications until Mar. 15. Visit totefestival.com for details. ■

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SPACE AND TIME

Well, here we are in 2026. A date that seems impossibly futuristic. When I was growing up in the 1960s the predictions for 2026 included world peace, eradication of disease and the common use of jet packs.

Sadly, we do not seem to have managed any of these, but, you never know!

Much depends on your point of view. If you were looking at Earth today from 65 million light years away you would see dinosaurs. You would need to be a lot closer to see early mankind, about six million light years away.

To put this into some human context the space craft Voyager 1 was launched in 1977 and, after a few side trips, it hurtled off into space at 38,000 miles per hour. In September this year it will have been travelling for 50 years and be just over one light day away.

It's hard to imagine our puny lifespans in the context of the universe and easy to feel insignificant. But take heart! It is the sum of human endeavour that we know any of this and while not many of us are directly involved, we are part of the race that made the achievement



possible. All of us are part of the effort whether we like it or not. The naysayers, doubters and anarchists all play their part alongside the scientists, movers and shakers. Just by being part of a community we are part of the web of ideas that influence global thinking.

Annoyingly, it often feels like our societies are organized to suppress ideas but the internet has allowed a much broader, global, exchange of views and information and that is only just over 40 years old!

The widest example of community thinking is recycling. We all know the principle and from tiny beginnings in Japan in 1030 AD when they started recycling paper, to modern day Canada in the 1980's when Kitchener first introduced the municipal "blue box" system we are, some more, some less involved.

Only a very few countries are not actively recycling. Could recycling under the shadow of climate change reduce the distances between us and be the world's unifying force? ■

□ Tech/social commentator Barry Marshall can be reached at Barry-Marshall@gmx.com

Reasons for urgency and hope

CLIMATE MATTERS

By Julia Beattie
Shuswap Climate Action Society

Concerns about global geopolitical instability and the rising cost of living have shifted public attention away, however, the climate crisis has not disappeared. 2025 has marks another record-breaking year for global heat.

Despite these trends, there are encouraging signs that the transition to a sustainable, net-zero carbon economy is accelerating.

In the past decade, solar and wind generation costs fell by 82-90 per cent, making them the cheapest sources of power in many regions.

Renewable energy generated more electricity globally than coal for the first time in 2025,

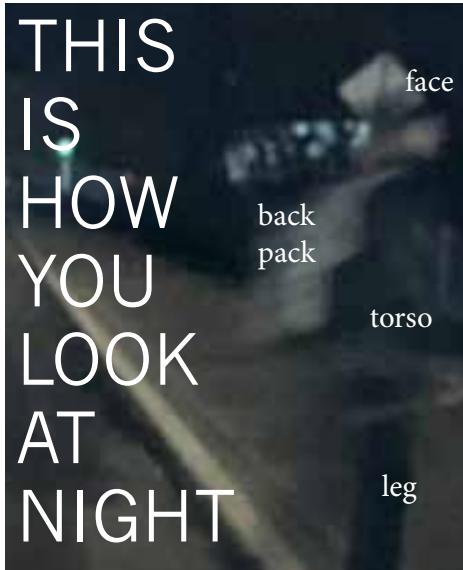
and clean energy investment reached \$2.2 trillion, far outpacing fossil fuel investments.

These shifts are bringing tangible benefits to worldwide, including lower energy costs, improved health, and greater resilience to extreme weather.

At the same time, global battery storage market is expanding and declining costs and improved lithium-ion performance have resulted in the fastest-growing energy technology sector.

Installed battery capacity reached enough to power 9 to 12 million households for a day, or provide short-term backup for many more. This growth enables improved energy independence and greater reliability during severe weather events.

□ Continued next page



There's some real progress

□ Continued next page

Electric vehicle (EV) trends also show momentum. Despite some markets seeing temporary dips in sales due to reduced incentives, global EV sales rose sharply in 2025, with 20.7 million units sold, 3.6 million more than the previous year.

China's achievement of price parity between EVs and internal combustion vehicles is driving this growth. Lower-cost Chinese models are expected to enter Canadian markets soon, likely spurring further industry competition and affordability.

A US federal court cleared A wind project to proceed after it was blocked by the Trump administration. Canadian courts have issued landmark rulings affirming that climate inaction threatens national welfare. The Supreme Court of Canada confirmed that

Anyone who has ever driven around town at nighttime has surely experienced this.

You stop at a corner and as you approach the other side, there's a dark figure crossing the street, about 10 feet away. Too often that person is even on the phone.

Please, please pedestrians, wear something colourful at night - at least wear a reflector tape.

You may not be the one legally to blame if struck by a vehicle, but you are the one badly injured or, at worst, maybe dead.

Please heed this plea

the federal government has the authority and obligation to address the climate emergency nationwide.

These global and national advances create direct local benefits. Expanding renewable power and energy storage lowers costs and increases reliability by distributing and diversifying power production. Shifting away from fossil fuels cleans the air, improves health, and reduces healthcare burdens.

Local actions, from improving building efficiency to greening urban spaces and expanding public transit, make communities more affordable and resilient.

Now is the moment to advocate for policies that protect both environment and our wellbeing.

The climate crisis demands urgency, and it is reassuring to see there is momentum for real progress already taking root. ■

Survey underway

Salmon Arm is currently surveying residents on the Zero Carbon Step Code (ZCSC) that would mean all new residential buildings in Salmon Arm would be required to have electric appliances for home heating, hot water and cooking. This would still allow for gas fireplaces for decorative or backup heating purposes and gas furnaces (dual fuel) as backup heating in extreme cold weather conditions when a heat pump's capacity might be exceeded.

See salmonarm.ca for survey.



> The Shuswap Cardiac Society gave a presentation to Salmon Arm Rotary Club about its work rehabilitating people who experienced cardiac events, or working to prevent one. Left to right are Rotarian Dan West, Kinesiologist Todd Hoggwarth and Cardiac Society member June Stewart. The annual Red Gala fundraiser Feb. 21 under the theme "the magic within". Earlybird tickets are on sale until the end of the month. Visit the website: shuswapcardiacsociety.org/the-red-gala.org The program's mandate is to provide evidence based cardiac support, education, rehabilitation and awareness of cardiac health.

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FEBRUARY 6-13

The Mall at Piccadilly



HOME PAGE



Generating energy for the car & home

Retired teacher Al Christie managed to keep busy at his home in South Canoe. He enjoys crosswords, reading books, tending to his yard, literally putting around on his putting green in his shed, and he especially enjoys watching electricity being generated from his rooftop solar panels.

Christie installed his panels last October and is looking forward to sunny summer when his panels actually

generate more electricity back into the Hydro grid.

This benefits not only his house electric needs, but his EV car that sits in his garage.

He showed two random examples monitored on his computer screen - 3 kwh generated last Wednesday and 6.5 kwh Thursday. Last November generated a total of 21.7 kwh. Over the past four months since installation there's been a 39 per decrease in consumption.

"It's a good feeling," he said.

OPEN HOUSE: Jan 24 (11am-2pm)



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UNPLUG & PLAY

> See the back page for the lineup of all the fun family events happening through Unplug & Play Week Jan. 24 to 31. The idea of the Shuswap Literacy Alliance event is to encourage kids (and adults too) away from the glow of their devices and enjoy all that life has to offer. On left, Rhett and Riley read on the saddle seat at Enderby's library, donated by Sherri Deboer of Grindrod. On right shows two of the events - lantern making and free family skating. / P.16



> Almost all of Salmon Arm streets and avenues are named after numbers. Meanwhile, in Enderby even some of its lanes are given actual name names.

Artist's inspiration from growing up in Shuswap

Appreciation of the outdoors has stayed with artist Lynn Christine Kelly, growing up in the Shuswap and with a father in the forest industry. She was recently asked to enter an artwork piece called "the Forest" for a four-month showing at the European Cultural Central in Venice at the same time as the Biennale.

Kelly began her career as an estimator for large construction projects, then turned her formal arts training and passion to the natural environment, creating unique sculpture and paintings.

Her exhibition, Forest for the Trees, offers an immersive experience with fabric trees suspended from above and diffuse lighting, aims to bring something of the forest to the heart of the urban dweller. ■



HAVING A HOBBY

This morning I sat at my computer with a blank stare. I was dithering about what I was going to write this month. Sometimes my head is full of ideas, but today I was drawing a blank.

My wife, observing this unmoving pile of flesh, asked if she might make a suggestion. At this point I pleaded "please do".

So she said, and I quote "why don't you write about hobbies. You are always telling people they should have a hobby if they wish to live a long and useful life." Good idea, I nodded. She is such a great student of human nature.

It is true, I strongly believe having a hobby is an important part of life, especially in your senior years. Some folks have hobbies throughout their entire life. From youth to old age they engage in an activity that takes them away from the "everyday", leading to a totally different realm that allows them to relax and challenge their brain, try new things, experience new adventures.

I do not have all the answers on the right thing to do with our life. I only have my own experiences on what I think works and what may help get us through the "day to day" struggles. Since a young boy I had hobbies. At age 10, my father made me a fine flat bow of lemon wood and I learned how to make my own arrows using my father's lathe and feathers from the local turkey farm. I could chuck arrows in any direction and if I lost them, so what. They didn't cost much.

At 14, I learned to trap muskrats, and with the help of a local trapper, was able to sell the pelts for a bit of pocket money. Even got a few foxes that afforded bounty money and sold the pelts.

My father was an "out in the back shed" woodworker. He had a few tools I learned how to use and have been a woodworker ever since. This led me into log house building and eventually canoe and furniture making and teaching woodworking as a hobby. Some of these hobbies lead into business opportunities for pocket money as well as a living at times.

Although I still engage in woodworking projects I have other hobbies as well like writing this column and cooking. The preparation of food is a day to day thing, sometimes boring, and something we all do. Taking it to the next level and calling it a "hobby" requires a change in attitude and a desire to create something special, unusual and challenging.

To take roast duck to "duck a l'orange" or beef tenderloin to "beef wellington or chateaubriand" takes a certain amount of courage and study. You can't just do it. This is what makes it a hobby.

My next challenge is "Cioppino", a seafood stew of sorts. I have been studying this recipe for weeks now and will try it soon. Wish me luck.

If you don't have a hobby it is not the end of the world. Watching movies on TV can be a hobby. My wife thinks it is one of mine.

Happy New Year folks. It is going to be great.

Ed is happily retired and writes each week.

MY TWO
CENTS

Ed Campbell



> Even our geese are not travelling south this winter. Field off 10th St. SW.

Beware of Pricey Peace

Open letter to Prime Minister Mark Carney:
I understand that President Trump has invited you to consider being part of his "Board of Peace," when it comes to deciding the fate of Gaza.

This is not up to him. This is why we have a UN – unfortunately, it is deeply flawed in that it gives any member of the Security Council the 'right' to veto any UN decision. The US has consistently used this 'right' to protect the State of Israel, as it continues to inflict genocide on the Palestinian people in Gaza, and increasingly in the West Bank. The UN must be amended so this miscarriage of justice does not occur over and over again.

Trump decides that if you want to be part of this "Board of Peace" you have to cough up \$1 billion. This ostensibly is to go to rebuilding Gaza. For whom? He has already publically stated his desire to develop the Gaza strip into a lovely Mediterranean resort, and you can be sure that is not for the benefit of Palestinians.

Meanwhile we see his greedy little designs on Greenland, and hear his threats to punish those countries who oppose him. We must not give in to such bullying. Let Canada be a voice for International Law. And let us insist that International Law apply to all countries – no exceptions.

As my Palestinian friend eloquently stated: "No one would ever ask Israelis to wait a few more decades while they are genocided and ethnically cleansed. But that is exactly what Palestinians are asked to do, while the world tiptoes around and calls this "complex." That is how bullies win.

Yes, I would be willing to believe in "a seat at the table" if Palestinians were actually at that table. But they are not... (This) tells me that Palestinians are still being spoken about without being spoken with. Palestinians must be included. Our voices must matter."

Majed Bamya Palestinian Ambassador to the UN, asked the Security Council to invoke Chapter seven of the charter. This grants the Security Council broad powers to address threats to international peace, breaches of peace and acts of aggression, allowing it to authorize binding actions, including military force when peaceful means fail to restore security. It empowers the Council to determine such threats. Again, the United States, vetoed the request.

Mr. Bamya asked, "Do they (Israel) have the right to kill, and the only right we have is to die?"

That question should haunt us, and should lead us to change the U.N. charter, not pay Trump a billion dollars to be part of his pretend Peace club. Sincerely, **Rev. Juanita Austin, Salmon Arm**

City FIXINGS

> This stop sign by Wendy's and Boston Pizza has seen better days. How does a sign get like that?



Bravos & BOOS

> **BRAVO** to Larch Hills Nordic Society and especially the grooming team for hosting another successful Loppet despite the less than ideal snow conditions.

Submitted:

> **BRAVO** to the lady who picked up wallet in No Frills parking lot and dropped it off at Mall Arkey office. ~ *Nick Parsons*

Editor's note: To my old coffee buddies, Nick & Clive. Nick - get deeper pockets, and Clive (now in Victoria) - don't wear flip flops in winter and you won't fall again.



Did you KNOW?

> Did you know the exit numbers along Hwy 1 and Coquihalla through BC are based on the distance from Horseshoe Bay? Accordingly, the new 465 exit at Sunnybrae Rd. is 465 kms from Horseshoe Bay and the 478 exit at the west entry to Salmon Arm is 478 kms. This also means it is 13 kms between the two exits.



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Our city's legacy of engineering achievements

My writing adventure with *The Nook* began last October. Moving from our family home we built and lived in for 45 years forced us to leave behind my favourite place to gather with friends—my kitchen nook. This column was intended to carry on the tradition of that oval sanctuary through a new space for neighbourly get-togethers.

Eight columns later, it has taken on the ambience of a cozy corner cafe filled with people and their engaging tales of life, for better or worse. From cowgirl outfits to deep sea dives, I have mind-traveled out of my house and into a vast world of open doors and curiosity.

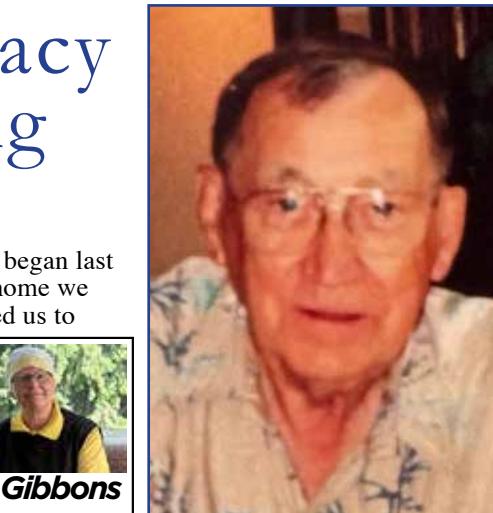
The people I am meeting along the way are making every day a good day. My previous column highlighted the engineering brilliance that has come out of Salmon Arm, which led to more storytelling and a long overdue chat with an old friend about his father, Ken Seaman.

Mr. Seaman, as I knew him, was not a household name. But my father often spoke of his rare inherent ability for engineering design. He was a decorated Canadian veteran for his service in the war and a key consultant for the future of sawmills in British Columbia, including Salmon Arm.

Consider him part two of my latest obsession with our innovative heritage as a community.

Mr. Seaman was a young Saskatchewan farmer who served as a heavy-duty-mechanic with the B.C. Dragoons in Algiers/North Africa and Sicily. His reputation for keeping damaged Sherman tanks in the battle against German Tiger tanks during WWII was ele-

THE NOOK
Sandra Gibbons



> Ken Seaman, a decorated veteran who became a key player in the modernization of BC's sawmill industry.

vated by his explicit confidence that, "If we can outrun them, we'll be okay."

Perhaps my favourite story is Mr. Seaman's introduction to Sam Ketcham of a northern B.C. sawmill construction enterprise in 1970. With Federated Co-op well on its way to expansion, he left for Quesnel to one of Ketcham's newest mill purchases that

“Ken Seaman was a key consultant for the future of sawmills in BC.”

was run down, but rich in a crew capable of running a new-age mill.

Despite no appointment, he did not have to walk too far onto the muddy lot before a man in rubber boots was seen trucking through the mud towards him.

“Excuse me, can you tell me where I might find Sam Ketcham?”

“I'm Sam Ketcham. How can I help you?”

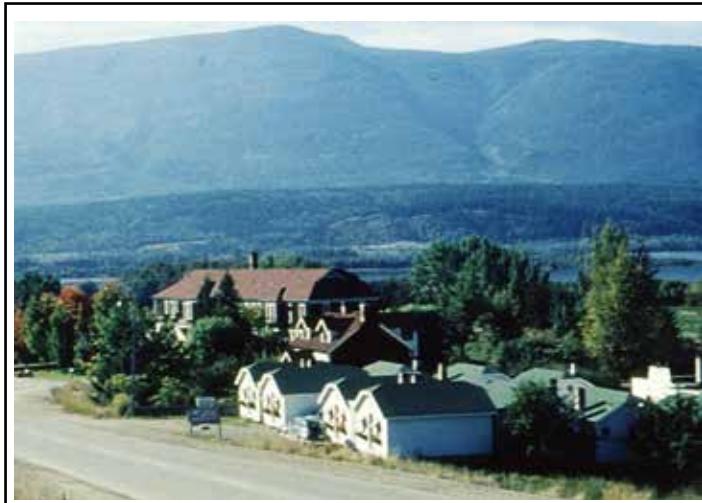
Within eight years, he was appointed Vice-President of Engineering for Ketcham's West Fraser Timber Company Ltd. He was a longtime employee who designed, built, and renovated many of the early West Fraser facilities in Quesnel, Fraser Lake, Smithers, Chetwynd and Vavenby. Untapped potential is but a trivial musing regarding this man who had no formal post-secondary education.

Many of us will remember his son and daughter, Wayne and Carol. Vimiera, his war-bride from England, was a munitions worker (referred to as Bomb Girls during the war) but settled in Canada with her new husband. Thank you, Wayne, for the human touches you have shared for this story about your father who became a giant in the lumber industry.

And thank you, dad, for long ago preparing me to write this story about your friend.

I am hoping others might step forward to share their stories, as what I have written is just a drop in the bucket of Ken Seaman's lifetime achievements.

□ Sandra Gibbons writes of her love for Salmon Arm and its people - past, present and future. Email ideas for others to profile at NookChat2010@outlook.com



> Pictured is the Shamrock Motel on McGuire Lake and the highway that was first home for Sandra Gibbons, her siblings and parents when they arrived in Salmon Arm. She was a baby with a bed in the cabin's chest of drawers. The big building behind is the old hospital.

Photos courtesy of Janet Hanna

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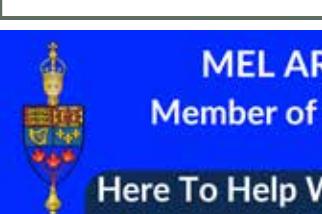
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WEATHER



SYNOPSIS

Mild mid-winter continues, but not so mild back to minus. -2 to -11

Normal: -1 C to -7 C

Sunrise 7:48 • Sunset 4:29

Past Temps, Jan. 6 to 20

By weather reporter Nick Parsons

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

DATE	HIGH	LOW	PRECIP.
Jan. 7	0	2	1/16" rn
Jan. 8	2	-2	Trace

> The Weather Network's predicted night-time lows have been inaccurate by as much as -6 to -8 C at times this winter. For example, a -8 C forecast turned out only -1 C. This has been the case from Salmon Arm to Penticton and is still ongoing. Has anyone else noticed?

PASSAGES

LEGACY LIVES ON

shuswaphospitalfoundation.org
shuswapfoundation.ca

Bowers Funeral Service
bowersfuneralservice.com

- ◆ James 'Allan' Brown
January 9, 2026, at age 82
- ◆ Palma 'Pat' Patricia Corbett
January 1, 2026, at age 85
- ◆ Garth Edward Cook
January 2, 2026, at age 85
- ◆ Donald Scott Darling
January 7, 2026, at age 73
- ◆ Ellen Elizabeth Hammer
January 10, 2026, at age 90
- ◆ Mary (Friesen) Hildebrand
January 1, 2026, at age 91
- ◆ Bobbie Carla Joe
January 8, 2026, at age 55
- ◆ Catherine Lee
January 6, 2026, at age 87
- ◆ Geraldine 'Deane' Symonds
January 11, 2026, at age 79
- ◆ Chelsey Tarnow
December 31, 2025, at age 41

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fischersfuneralservices.com

- ◆ Kenneth 'Ken' Arnold
January 9, 2026, at age 89
- ◆ Peter Johannes Dedood
December 29, 2025, at age 75
- ◆ Leslie Ron Diack
January 2, 2026, at age 93
- ◆ Bill Enns
January 4, 2026, at age 95

- ◆ Johanna 'Ann' Teresia Garant
January 5, 2026, at age 83
- ◆ Brianna Lei Janzen
January 6, 2026, at age 37
- ◆ David Neil Parlette
January 4, 2026, at age 78
- ◆ Joseph Edmond 'Ed' Proteau
December 31, 2025, at age 90
- ◆ Alan Hyde
January 17, 2026, at age 67
- ◆ Scott Adams, 68, *Dilbert* cartoonist and office culture satirists
- ◆ Roger Allers, 76, director and artist/ writer of great latter day Disney animations, including *Lion King*, *Aladdin*, *Little Mermaid*...
- ◆ Jesse Flis, 92, MP 14 years.
- ◆ Bob Weir, 78, *Grateful Dead*
- ◆ Glenn Hall, 94, Canadian NHL hall of famer
- ◆ Gladys West, 95, one of women mathematicians depicted in film *Hidden Figures*. Helped model shape of Earth leading to GPS technology
- ◆ Valentino, 93, renowned Italian fashion designer



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SPORT SPOT

The Reino Keski-Salmi Loppet turned out a great success despite limited snow depth and erratic freeze and melt fluctuations. These less than ideal conditions were energetically overcome by a tenacious grooming team.

The event Saturday drew 434 racers and over 160 volunteers to Larch Hills.

Donations of over \$4,020 went to the Heart and Stroke Foundation bringing the 42 year total to \$434,180.

It was a day of contrasts from frost painted trees at the start line to a sunny summit, relaxed casual chatter to focused preparation, klister wax concoctions to waxless bases, first time little ones to seasoned masters and finally the post race offerings of the renowned BBQ beef on a bun and Lentil Veg soup.

The consistency of the day was in the many racers and volunteers with a multi-generation

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Interior West: W. Kel. 50 • Trail 42 • SA 35 • Cran. 22 • Vernon 21
1st other divisions: Coquitlam 41 • Cowichan 53 • Blackfalds 49

- **Scores:** Jan. 10: Cranbrook 4, SA 1 • Jan. 9: SA 4, Cowichan 3
- **Coming up:** *Home* - Vernon, 6pm, Jan. 23; Sherwood Pk, 4pm, Jan. 25; 7pm, Trail, Jan. 30; 6 pm, Okotoks, Jan. 31 • *Away:* 7pm, Feb. 6, Cranbrook

> UNPLUG & PLAY WEEK, starts Jan. 24

- **Free Family Skate**, 2:45, Jan. 27, Rogers Rink.
See full list of Unplug & Play events on back page.

> CURLING

- **Men's Bonspiel**, Jan. 23-25 • **BCIMCA Playdowns**, Jan. 31
- **Junior Bonspiel**, Feb. 7, 8 • **Women's Open**, Feb. 20-22

> **SICAMOUS EAGLES** home:
VS Grand Forks, Jan. 24
VS Osoyoos, Jan. 27

> **Carter Kosick Memorial Ride**, Feb. 15, Shuswap area

> **Pickleball**, 5:30 & 7:30, Mon/Thu, Gleneden Hall. \$5, indoor shoes, eye protection and water. 250-253-0025.

> **Winter Olympics**, Feb. 6-22 and Paralympics, Mar. 6 to 15, Milano-Cortina, Italy.

history of participation that included the return race announcers Steve and Jean King.

First place overall finishers of the 32 km were Ian Williams (1:30:35.1) and Caitlin Gregg (1:48:15.5). Top local 32 km finishers Thomas Hardy (1:36:57.3) and Maggie Beckner (1:52:46.9) received enthusiastic finish line applause.

Local children finishing in the top 3 of their distance were Claire Lefebvre, Marcus Ritchie, Silas Noestheden-Tanner, Claire Martin, Vasili Emerzael, Aine Hughes, Gideon Bucher and Felix Noestheden-Tanner.

Full race results, information and video can be found at www.skilarchhills.ca and follow the link to the Reino Keski-Salmi Loppet.



Coming up on Larch Hills

- **Pirate Loppet** for Elementary school students, Jan. 30
- **BC Cup Race**, Feb. 7.

More info at skilarchhills.ca

> Salmon Arm's Natalie Wilkie is bound for another Paralympics after her podium finish in Norway.
Photo Nathaniel Mah, Nordic Can

> Salmon Arm's Natalie Wilkie is bound for another Paralympics after her podium finish in Norway.
Photo Nathaniel Mah, Nordic Can

325 ALEX

Season 2, Episode 21

Lester locked up the tech store and joined Lindsay in their store room. She was staring at the ceiling. "What are you thinking?" he said.

Lindsay leaned back into some boxes. "Those guys are going to be angry. Did you see his face when they pulled the call off him? And his eye?" She gave a little shiver. "What if it blinded him? They'll never leave us alone."

Lester grimaced. "This isn't what I was anticipating when I decided to open a store. Your brother's so called excellent contacts stink!"

"I know," Lindsay sighed. "I called and asked him where exactly he knew them from last night. He said he got a great deal on a car stereo from them. I asked if perhaps the stereo had 'fallen off the back of a truck' and he was shocked at the idea."

Lester snorted. "Was he? Great for him."

"He did apologize if they weren't strictly legal, but says we shouldn't blame him. He was just trying to help us out."

"Next time remind me we do not want his help."

"Got it. No help from Brian. But in the mean-time? What are we going to do?" She saw tawny tail disappear up a shelf. "RAT!"

Lester glanced where she was pointing. "Nah. That's the cat from apartment #201. It is always out and about."

"I though the missing cat was black and white. That was not black and white. It was rat brown."

"The cat from the fourth floor is black and white. Don't worry about the cats. We have to figure out how to get out of this acquisition contract and what we're going to do when they call enraged over the cat's slice and dice of the dude's face."

They stared blankly at the boxes, thinking.

Lester's phone rang. He stared at the number and bit his lip.

"Speak of the devil?" Lindsay whispered.

Lester nodded, "and he calls your cell." He clicked to accept the call, "Hey! How's it going?"

Lindsay rolled her eyes. ■

■ Episode 21 will run in the Feb. 6 Friday AM. Here are other recent works and collaborations by local writer Shawn Bird: 'Laurel Lake Lodge', a collaborative novel by 13 authors; 'Sorry, not Sorry', a short story anthology celebrating Canada by 16 Canadian authors; 'Heavens to Murgatroyd', stories and poetry by 17 authors honouring an Ontario poet; 'Platypus Tales', odd short stories by four BC authors; '325 Alex: Cougar Sightings', compilation of the serial story in the Friday AM; 'Ghostly', a collection of ghost stories by 13 authors.

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

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A serial story set in Salmon Arm
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Learning and including

Next month marks Black History Month, a time to recognize and celebrate the rich history, resilience, and contributions of Black Canadians and their communities.

It is also an opportunity to reflect on the ongoing work needed to build equity, inclusion and belonging. Recognizing Black History month is vital because it helps us understand the struggle and triumphs that have shaped Canada, while reaffirming our commitment to a future rooted in respect and justice.

Black history in Canada stretches back more than 400 years and is deeply woven into the nation's fabric. Mathieu Da Costa, a multilingual interpreter, worked with French explorers in the early 1600s. In the late 18th century, thousands of Black Loyalists, both enslaved and free, arrived after the American Revolutionary War, settling in Nova Scotia and New Brunswick. Despite facing discrimination and broken promises, these communities' laid foundations that still exist today.

Slavery in Canada was officially abolished in 1834, when the Slavery Abolition Act of 1833 came into effect across the British Empire. The US followed 31 years later after the Civil War and the US Civil Rights act was passed a century after that.

During the time of American slavery, Canada became a destination for people seeking freedom through the Underground Railroad in the early to mid-1800s. Thousands of formerly enslaved African Americans found safety in Canadian towns, helping establish vibrant Black

FAMILIES FIRST
Shuswap Children's Association

communities, particularly in Ontario.

Later chapters of Black Canadian history also include the establishment of Africville, a historic Black community in Halifax that was unjustly demolished in the 1960s along with the courageous stand of Viola Desmond, whose 1946 challenge to racial

segregation in Nova Scotia helped spark Canada's modern civil rights movement. Her picture is on the new \$10 bill.

Black History Month was officially recognized by Canadian Parliament in 1995, affirming the importance of acknowledging both the achievements of Black Canadians and the realities of racism they have faced and continue to confront.

At Shuswap Children's Association, we believe that learning about this history builds empathy, understanding and respect.

We are committed to creating welcoming spaces where families of every background, culture, religion, language and identity feel valued and safe. These actions reflect how we listen, learn, and grow together as a community.

By honouring Black History Month, we reaffirm our commitment to diversity, equity and belonging. Celebrating differences and learning from one another strengthens our programs, our relationships and the future we are helping to build. One, which is rooted in respect, kindness, and shared humanity.

■ To learn more about Shuswap Children's Association, email info@shuswapchildrens.ca, visit shuswapchildrens.ca or call 250-833-0164 ext 0. Referrals to programs can be visiting website or office at 551 Trans-Canada NE



5th Ave. 50Plus Activity Centre • 170 5th Ave. SE

Friday Night BINGO
Doors open at 5 pm
Games begin at 6:30
Concessions!
Gaming license 151881

WORD SEARCH

Some of funniest women in Britain

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

> Diane (Philomena, Mandy), Miranda, (Chummy), Tate, (Nan, Lauren, Irish nurse), Hyacinth Bucket, Routledge, Mollie, Slocombe, Burke, Emma, Phoebe, Julia, Sharon, Michaela, Ullman, Phoebe, Sims, Julia Davis, Horgan, Carla Lane, Meera, Dawn, Victoria Wood, Saunders, Maisie, Lolly, Fiona, Felicity

HIDDEN GEMS

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

> "If someone offers you a gift, and that person does not take it, to whom does the gift belong?" "Why it would belong to the giver." "Exactly. In the same way, if I do not accept your anger and insults, they remain with you." ~ *From a Buddhist illustration of the power of choosing not to absorb others' negativity*

> "Play is the highest form of research." ~ *Albert Einstein*

> "We will have to repent in this generation not merely for the hateful words and actions of the bad people, but for appalling silence of the good people." ~ *Martin Luther King (MLK Day, Jan. 19)*

> "I do not make films primarily for children. I make them for the child in all of us." ~ *Walt Disney*

FUNNY BONE

> I was abducted by aliens last night. They made me wash my hands, brush my hair, straighten my clothes and eat vegetables. Turns out I was on the Mothership.

> It's a five minute walk from my house to the pub and a 35 minute walk from the pub to my house. The difference is staggering.

> How do you spell, 'orange'? Which one - the fruit or the colour?

> "Have you ever noticed that anybody driving slower than you is an idiot, and anyone going faster than you is a maniac?" ~ *George Carlin*

POP QUIZ

> Ironically, ironic is one of the more misused words. What does ironic mean and give an example.

> How is the word ironic misused in the 30-year-old Alanis Morissette hit, Ironic?

on your wedding day is bad luck, not ironic.

> Most of the scenarios in the song are not ironic. For example rain

that was touched as "unthinkable", yet it sank on its first voyage.

literature, rhetoric, and everyday situations. One example is the Tintagel

expected, creating a sense of surprise, humor, or deeper meaning in

irony occurs when events or words are the opposite of what is

PICTURE THIS



> The best comedy is when the actor draws laughter onto one's self, not others. British comedienne are truly the best. Left to right are some of them: Diane Morgan as both Philomena Cunk and Mandy; Miranda Hart; Catherine Tate; and, of course the late Patricia Routledge as Hyacinth Bucket (pronounced Bouquet if you please).

SALMON ARM BARBER SHOP

ESTABLISHED 2013



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www.salmonarmbarbershop.ca

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 315-360 Trans Canada Hwy SW, Salmon Arm, BC V1E 1B6

THIS WEEK

Savings Account	1.50%	No Change
90-Day Cashable	2.25%	No Change
1 year	3.23%	Down 0.02%
2 years	3.33%	Down 0.02%
3 years	3.44%	Up 0.04%
4 years	3.47	No Change
5 years	3.69%	Up 0.07%

* GIC rates as of Jan. 20, 2025, subject to change without notice. Certain minimums and conditions may apply

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



Bats & Dao

January 31st
 Sorrento Centre

Joshua Smith &
 Colin Easthope

February 21st
 White Lake Hall

Megan Abel &
 Steph Clifford

March 21st
 Sunnybrae Hall

The Ben Arsenault
 Band

April 25th
 Carlin Hall

Doors open at
 7:00 pm

Beer, cider, wine, and
 non-alcoholic
 beverages will be
 available for purchase.



Unplug and PLAY

All Week

Sicamous Family Time - Photo Contest

The District of Sicamous wants to see your pictures of your family doing 5 of the following activities. Email entries to recreation@sicamous.ca and they will draw a prize for a lucky family to win! 1. Skating - check out public skating times. 2. Baking together 3. Family Game Night. 4. Family Hike 5. Family Craft Time 6. Reading together, no audiobooks. 7. Family Fitness Challenges

Salmon Arm Pokémon Scavenger Hunt

> SALMON ARM LIBRARY - Once you find all the Pokémon characters hidden throughout the library, enter a draw for a chance to win a gift certificate to Bookingham Palace!

South Shuswap Scavenger Hunt

> SOUTH SHUSWAP LIBRARY Find Dinosaurs, Eggs, Pokémon, Minecraft, Snowmen and tell us how many of each you find. Entries that have found ALL items will be entered into a draw for prizes.

Saturday, January 24

Sicamous Family Financial Education

> OLD TOWN ROOM SASCU SICAMOUS BRANCH - 10:00-11:00 AM A fun workshop for ages 5-10 that helps kids make smart money decisions. *Registration required* email@example.com

Salmon Arm Family Financial Education

> SASCU UPTOWN BRANCH - 10:00-11:00 AM - A fun workshop for ages 5-10 that helps kids make smart money decisions. *Registration required* email@example.com

Salmon Arm Family Taekwondo Class

> KEES TAEKWONDO 450 TCH - CHOOSE 10:00-10:30 OR 10:30-11:00 AM - Family Taekwondo class for all ages

Salmon Arm Juggling with Evan

> SONG SPARROW HALL - 11:00-11:45 AM - Enjoy an entertaining juggling act!

Salmon Arm Jiu-Jitsu Games/Open Play:

> 371-7 ST. SW - 11:00-11:40 AM AGES 3-6 - 12-1:00 PM AGES 7-9 - 1:30-2:30 AGES 10+ Fun, jiu-jitsu based games with peers. Safety orientation required; arrive early. Parent-signed waiver needed. Limited to 10 participants.

Salmon Arm Theatre Fun!

> SHUSWAP THEATRE 41 HUDSON AVE - NOON-1:00 PM Explore dramatic arts with theatre based activities & games.

Salmon Arm Lantern Making Workshop

> SALMON ARM ARTS CENTRE: LOWER STUDIOS - 1-4 PM - Join Runaway Moon Theatre and make a lantern to be shared at the Winter Lantern Celebration, February 15.

Salmon Arm Family Intro to Boxing

> WHIZBANG BOXING - 101 HUDSON AVENUE NE - 1:30-3:00 PM - Bring your family to a 90 minute intro to boxing - all ages welcome! This is a no-contact fun way to learn boxing. *Registration required* whizbangboxing@gmail.com

South Shuswap Map Making

> SOUTH SHUSWAP LIBRARY BLIND BAY - 2:00-4:00 PM Drop in to create fantastical maps, from treasure hunts to fictional worlds, for all ages.

Sunday, January 25

Salmon Arm Board Game Boredom Buster!

> SANCTUARY GAMES 290 ALEXANDER ST - 10:00 AM-9:00 PM Free in store game play.

Salmon Arm Free Family Swim

> SASCU SALMON ARM RECREATION CENTRE - 1-4 PM Bring some colour into winter by painting monster rocks.

All activities are FREE!
Family Literacy Week
Jan. 24 to Jan. 31, 2026
For full event details visit:
shuswapliteracy.ca

LASS
Literacy Alliance of the Shuswap Society

Armstrong Public Roller Skating

> HASSEN ARENA - 3375 PLEASANT VALLEY RD - 1:30:00 PM - Free Public Roller Skating, rentals included. All welcome.

Salmon Arm "Play with Your Food" at Zest

> ZEST COMMERCIAL FOOD HUB - 1140 4 AVE SW - 1:00-3:00 PM - Pick up a pasta dough kit, learn noodle shapes, take home easy sauce recipes. Turn mealtime into learning time - perfect for all ages.

Salmon Arm Lantern Making Workshop

> SALMON ARM ARTS CENTRE: LOWER STUDIOS - 1-4 PM - Join Runaway Moon Theatre and make a lantern to be shared at the Lantern Celebration, February 15.

Armstrong Public Ice Skating

> SUNBELT ARENA - 3351 PARK DR - 3:30-5:30 PM - Rentals not included. All welcome.

Monday, January 26

North & South Shuswap Cooking Challenge

> PICK-UP INGREDIENTS AT THE NSCR ASSOCIATION IN SORRENTO - PICK-UP SUPPLIES AFTER 12:00 PM, ALL WEEK TO PARTICIPATE - pick up a meal kit, cook with your family, send photos of your creations to be entered in a draw to win a family pizza night. *Registration required* online at www.nsscr.ca

Enderby Mother Goose

> 1110 BELVEDERE ST - 10:00-11:00 AM -

Learn songs and rhymes with your child. Snack included

Sicamous Inclusive Ice Skating

> SICAMOUS & DIST. RECREATION CENTRE - 10:45-11:45 AM - Senior/Parent & Tot/Para Hockey skating. Helmets mandatory.

Falkland Yarn-It, Art is Fun!

> FALKLAND LIBRARY - 5771 HWY 97 - 2:30-3:30 PM Join in a super fun yarn-craft for kids and families! The completed pieces will create one amazing art display. *Registration required* 250-379-2705 ext 1811

Tuesday, January 27

Salmon Arm Travelling Tots Playgroup

> PINE ROOM @ FIRST COMMUNITY, 9:00 AM-12:00 PM Parents/Caregivers 0-6. Join Shuswap Children's Association for some fun with a special story time from 10:15-10:45.

Grindrod Photo Scavenger Hunt!

> GRINDROD HALL - 9:30-11:30 AM - Join us for a morning of unplugged play and see how many photos you can find & match

Ashton Creek Playgroup

> RIVERSIDE HALL, ASHTON CREEK - 9:30-11:30 AM - Drop-in playgroup with toys, coffee, and a snack!

Salmon Arm Board Game Boredom Buster!

> SANCTUARY GAMES 290 ALEXANDER ST - 10:00 AM-9:00 PM Free in store game play.

Armstrong Family Story Time

> ARMSTRONG LIBRARY - 10:30-11:00 AM - Story time builds early literacy and social skills in a playful, welcoming environment.

Armstrong Stay & Play

> ARMSTRONG LIBRARY - 11:00-NOON Unwind and connect during unstructured play time. Enjoy soft play equipment & toys

Enderby Shiny & Skate

> JOHN PRITCHARD MEMORIAL SPORTS COMPLEX - 2:00-3:00 PM - Ice will be divided in half for skating & Shiny hockey. Bring your own skates, helmets, sticks & gloves

South Shuswap Monster Rocks

> SOUTH SHUSWAP LIBRARY BLIND BAY - 3:00-5:00 PM Bring some colour into winter by painting monster rocks.

Supported by:

• Active Chiropractic • Armstrong Elem. • Armstrong/Spall Parks • Bastion PAC • BGC Okanagan • Salmon Arm • Can. Parents for French • Can. Mental Health • CSDR • Sicamous • EDCRC • Enderby Early Years • Enderby Rec. • Friday AM Rivertalk • EVCSS • Hillcrest PAC • Kees Tae Kwon Do • Kids & Co. • NSSCR • Okanagan Reg. Library • Runaway Moon • SASCU • SA Jiu-Jitsu • Observer • SA Recreation • SA Tennis • Sanctuary Games • SD83 • Shuswap Family Resources • Shuswap Minor Lacrosse • Scoop • Shuswap Social District • Shuswap Theatre • Sicamous Rec. • Sicamous ECD • Whizbang Boxing • Zest Hub

Salmon Arm Tummies 2 Tots Play Group

> SHUSWAP FAMILY CENTRE - 11:00 AM-12:30 PM -

Drop-in playgroup for folks with children under 30 months. Discuss play and attachment with us.

Sicamous Everything Snow

> SICAMOUS PARENTS & TOTS, 1214 SHUSWAP AVE.

- 10:00-NOON - Lots of fun activities with snow

Enderby Storybook Skate

> JOHN PRITCHARD MEMORIAL SPORTS COMPLEX

- 2:00-3:00 PM - Skate around the arena and follow the Story pages of the Little Blue Truck

South Shuswap Pine Cone Bird Feeders

> SOUTH SHUSWAP LIBRARY BLIND BAY - 3:00-4:00 PM

Make your own natural bird feeder with pine cones, peanut butter and bird seed.

Scotch Creek Roll & Unplug Family Bowling

> THE SHUSWAP SOCIAL DISTRICT - 3:00-5:00 PM -

Enjoy family bowling, snack provided, 24 max.

Registration required debbie@thompsonsales.ca

Salmon Arm Introduction To Lacrosse

> BASTION ELEMENTARY - 5:00-6:00 PM

Learn about lacrosse and give it a try with stations set up to learn different aspects of the game - no equipment required. Wear clean running shoes.

Armstrong Story Time with Local Authors

> ARMSTRONG ELEMENTARY SCHOOL - 5:30-6:30 PM -

Join us for 3 stories with local story tellers Chris McMahan, Wilf Pauls and Colleen Larson

Friday, January 30

Armstrong Recharge & Reconnect

> 3185 BECKER ST ARMSTRONG - 8:30-11:30 AM -

Drop-in playgroup with toys, coffee, and a snack!

South Shuswap Board Games

> SOUTH SHUSWAP LIBRARY BLIND BAY - 3:00-4:30 PM

Visit the library after school to play board games.

Enderby Glow in the Dark Story Time

> ENDERBY LIBRARY - 6:00-7:00 PM - Wear your jammies, bring a stuffie & enjoy stories under the stars

Salmon Arm Soirée de jeux / French Games Night

> SALMON ARM LIBRARY - 6:00-7:45 PM -

Play board games in French! A fun, family-friendly evening for beginners, in partnership with Canadian Parents for French.

Sicamous Family Trivia Night

> SICAMOUS LIBRARY - 7:00-8:00 PM - Test your family's knowledge - who will be the champions?

Saturday, January 31

Salmon Arm Family Taekwondo Class

> 450 TCH SW SALMON ARM - 11:00-11:30 AM OR

11:30-12:00 PM - Family Taekwondo class for all ages

Salmon Arm Anyone for Tennis!!

> SALMON ARM TENNIS CLUB - 1-1:55 PM OR 2-2:55 PM

Play indoor tennis or free afternoon tennis instruction for children and parents - hosted by your Local Tennis Professionals. *Registration required* satrcception@gmail.com

Salmon Arm Family Intro to Boxing

> WHIZBANG BOXING - 101 HUDSON AVENUE NE

- 1:30-3:00 PM - Bring your family to a 90 minute intro to boxing - all ages welcome! This is a no-contact fun way to learn boxing. *Registration required* whizbangboxing@gmail.com

South Shuswap Valentine's Card Making

> SOUTH SHUSWAP LIBRARY BLIND BAY - 2:00-4:00 PM

Create Valentine's cards for your friends and family!

Sicamous Family Bingo

> SICAMOUS LIBRARY - 3:00-4:00 PM -

Drop by the library for classic bingo fun

Jan. 23 SALMON ARM Beat Pages

13 online only pages • Print 1st/3rd Fridays • FriAM.ca



QUESTION #1

○ If Uptown is 150 metres higher than Downtown, then is the view from this six-storey Uptown apartment the equivalent to 60 floors?



○ The most basic home in all Salmon Arm. Say no more

To-do's

- Salmar Grand
 - Song Sung Blue
 - Anaconda*
 - Marty Supreme*
 - Avatar
 - Film Society - Meadowlarks
- Opening Friday
 - The Bone Temple
 - Charlie Wonder Dog
- *Ending tonight
- Coffeehouses
 - Enderby, Friday
 - Gleneden, Saturday
- Peace'n'Pizza, 5:30, Jan. 16, First Community, with Dan Meakes
- SAS Dance recital, 5pm, Thur, Sullivan
- Bob Rogers & Dennis Esson, Jazz, 7pm, Thur, Nexus
- Reino Keski-Salimi Loppet, Jan. 17
- Boo & Dao, 7:00, Jan. 21, Sorrento Centre
- Stick Bonspiel, Jan. 17 & Men's Bonspiel, Jan. 23-25.
- International Dance Party, 4-6:30, Jan. 25, Song Sparrow (Runaway Moon Free)
- Reggae Night, Jan. 24, Setters Pub.
- Unplug & Play, Family Literacy Week events, Jan. 24-29.
- January Jollies variety Show, 5pm, Jan. 30, Nexus at First

Check your door frames

A Ross St. business reported pry marks around the edge of an exterior door and a mailbox slot pried off.

Police obtained surveillance footage from a neighbouring business that showed an unknown male and female at 4 am at the doorway, however, were unable to identify the pair due to poor video quality.

“Salmon Arm RCMP recommend all local businesses review their exterior doorway security. Installing a door latch protector is a simple and affordable step to deter a break-in,” said Cst. Andrew Hodges.

□ □ □

A man was reported lying on the middle of the Trans Canada at 4th Ave. SW. He claimed he had been struck by a vehicle, but refused assistance from BC Ambulance and kept repeating he did not want to “go to the drunk tank.” He spent the night in the drunk tank and was charged with public intoxication.

Impaired driving charges include a double fail by a 24-year-old driver clocked at 30 kmh over the speed limit near Pierre’s Point who had stated he had just left the casino.

An 18 year-old man who admitted drinking “two or three fireballs” was involved in a rollover at 97B and Auto. He also blew a double fail and faced consequences.

> There's plenty of ad space in the next edition of Friday AM, Jan. 23, plus plans for a **HOME PAGE**.

Please contact fridayam@shaw.ca



> Renovations, including a new entryway, are underway at the Downtown Activity Centre.

CONSEQUENCES OF POOR EDUCATION

“

Can't read complex policy documents? **Perfect.** You'll vote based on slogans and fear.

Can't analyze contradictory news sources? **Excellent.** You'll believe whatever authority figure shouts loudest.

Can't understand financial fine print? **Outstanding.** You'll sign predatory loans and carry crippling debt forever.

Source: Gallop



SALMON ARM Beat

Jan. 18

FriAM.ca • Next print issue, Jan. 23



Learning from my esteemed fellow writer pals, Peter Paul Van Camp (Randy Woods) and James Bowlby. See below ▼

To-do's

- **Salmar Grand**
 - *Song Sung Blue*
 - *Avatar*
 - *The Bone Temple*
 - *Charlie Wonder Dog*
 - *Film Society - The Mastermind*
- **Writers coffee-houses**, 2-4, Friday First Community
- **Boo & Dao**, 7:00, Jan. 21, Sorrento Centre
- **Men's Bonspiel**, Jan. 23-25.
- **International Dance Party**, 4-6:30, Jan. 25, Song Sparrow (Runaway Moon Free)
- **Reggae Night**, Jan. 24, Setters Pub.
- **OK Buddy Art Show**, Jan. 24, Salmon Arm Art Gallery
- **Unplug & Play**, Family Literacy Week events, Jan. 24-29.
- **January Jollies variety Show**, 5 pm, Jan. 30, Nexus at First
- **Vernon Winter Carvnival**, Feb. 6-15
- **Beginners sewing**, Adult 9:30-12:30, Jan. 20; ages 10+, 3:30-6, Jan. 22. register at shuswapmakersspace
- **Repair Cafe**, Jan. 28, Piccadilly Mall
- **Liam Nadurak**, jazz night, 7 pm, Jan. 29, Nexus at First.

Present something silly; say something nice



Ever since I mentioned retiring from doing my print editions of AM, it's the first thing folks I run into mention.

My poet-birdwatching friend, Peter Paul Van Camp, found this same issue after he posted on FB that he was 'retiring for the night.'

This is how he addressed that big misunderstanding: "I wish to assure those who had understood me to say I was retiring that you had mistaken my meaning... I am merely turning in early this evening so as to get the rest required to face, with a measure of equanimity, whatever tomorrow might hold... which could be just about anything. I hope you are all safe out there, wherever you are."

That, my friends, is how it's done.

Enough of all the Trumped-up unearned award memes that keep getting posted on FB these days. Let's try something totally different.

Make a big show of presenting an unearned award to a friend, then say something nice about that friend or family he or she *really does* deserve.

Here, I'll start it off: James Bowlby, on left, did not earn this dairy cow trophy, but he sure deserves our good wishes for a speedy recovery to go home soon.

I dropped by for a visit, carrying a Tim's double-single and this trophy that I picked up at a local yard sale.

James never stops writing, by the way. I found him busy working on his third novel and he even wanted to help me on my own idea for a children's story.

So present something unearned to a family member or friend and then say something "nice" that *really is* earned.

And speaking of nice, one of the ironies about that sorry state of affairs in Minnesota is how the people in that State are often characterized as "Minnesota Nice".

Coming from the Province across the border, I've often thought of Minnesota as the most *Canadian* of States. There's even a friendly rivalry in the Friendly province. Minnesota is 'nice', Manitoba is 'nicer'; Minnesota has 10,000 lakes, Manitoba has 100,000 lakes.

Please share your silly award presentations and seriously wish the best for all the nice mistreated folks in Minnesota. ■



I honestly don't get it and never will. Alberta is calling its movement to separate from Canada "Stay Free Alberta" or as proponent Mitch Sylvestre says, "for every Albertan who believes in faith, family, freedom and in Alberta's right to chart its own course." It's now at 29 per cent support, around the same as the powerful MAGA movement to the south. Photo shows a recent referendum signup meeting in Buck Creek. From a Facebook post.



An ornamental beaver got to ride in a police car on its return back home. Surveillance footage showed a man and woman approach the front yard at 5 am. The Salmon Arm

homeowner did not wish to pursue matter but was simply happy to have the holiday beaver back home before Christmas.



Who was driving?

A man was found laying on the pavement unconscious after a collision between a Honda Pilot and a semi at 3 am, Dec. 23 at the 50th St. NW highway intersection.

A 38-year-old man was taken to hospital while a 34-year-old woman, also in the SUV, refused to provide police more details.

She had minor injuries and the driver of the semi was uninjured.

The semi driver's statement, supported by dash cam footage, said the SUV departed eastbound from the stop sign to cross the highway, and the semi was unable to slow down, striking the SUV's rear driver's side. The man with minor non-life-threatening injuries refused to speak to police at the hospital, or even confirm who was driving.



An intoxicated female customer at a local bar threw a bowl of soup at another customer and refused to leave. Police found a 34-year-old woman with slurred speech, bloodshot eyes, and stumbling when she walked.

The soup recipient did not wish to pursue charges, but only requested the woman be removed. When the soup thrower did not follow request to call anyone to be picked up, she was arrested for being intoxicated in public and transported to cells to sober up.



2° -4° SALMON ARM Beat

Jan. 17



FriAM.ca • Next print issue, Jan. 23

> Namesake of the Reino Keski Salmi Loppet, Reino was a Canadian and international X-country ski champion. He died in a helicopter crash in 1985 fighting a forest fire and is a founding member of the Larch Hills ski club.

To-do's

- Salmar Grand
 - Song Sung Blue
 - Avatar
 - The Bone Temple
 - Charlie Wonder Dog
 - Film Society - Meadowlarks
- Coffeehouses

Gleneden Hall, 7pm, Saturday
- Reino Keski-Salmi Loppet, Jan. 17

Hope for good snow
- Stick Bonspiel, Jan. 17 & Men's Bonspiel, Jan. 23-25.
- Colours of Bulgaria, 7:30, Saturday, St. Andrews Presbyterian Church, See right.
- International Dance Party, 4-6:30, Jan. 25, Song Sparrow (Runaway Moon Free)
- Reggae Night, Jan. 24, Setters Pub.
- OK Buddy art show opens, Jan. 24, Salmon Arm Gallery
- Unplug & Play, Family Literacy Week events, Jan. 24-29.
- January Jollies variety Show, 5 pm, Jan. 30, Nexus at First
- Boo & Dao, 7:00, Jan. 31, Sorrento Centre
- Vernon Winter Carnival, Feb. 6-15
- Winter Olympics



The Reino Keski-Salmi Loppet starts at 10 am this morning on Larch Hills.

ALSO TONIGHT



7 pm Jan. 17
Gleneden Hall

HISTORY REPEATS



> Acclaimed Norwegian writer Knut Hamsun re-gifts Nobel prize for Literature to Joseph Goebbels in 1943

Colours of Bulgaria

Cvetozar Vutev, violin

Dimitar Terziev, piano

With special guests:

Ivan Vutev, countertenor
Jingyi Cheng, piano



An evening of 20th Century Bulgarian masterworks.

Saturday • 7:30 pm

January 17, 2026

St Andrew's Presbyterian Church
1136 6th Avenue

TICKETS AT
THE DOOR
AND
ONLINE

General: \$25
CMK members: \$20
Students under 19: Free
CMK annual membership: \$10



Tue
8° 2°

SALMON ARM Beat

Jan. 13

FriAM.ca • Print issues Jan. 9 and 23



> In case you forgot what two feet of snow look like. High of 8 today

To-do's

○ Salmar Grand

- *Song Sung Blue*
- *Anaconda*
- *Marty Supreme*
- *Avatar*
- *Film Society - Meadowlarks*

○ Coffeehouses

Enderby, Friday
Gleneden, Saturday

○ **Peace n' Pizza**, 5:30, Jan. 16, First Community, featuring Dan Meakes on Economically Displaced Socially Isolated Syndrome

○ **SAS Dance recital**, 5pm, Jan. 15, Sullivan

○ **Bob Rogers & Dennis Esson**, Jazz, 7 pm, Nexus at First

○ **CSRD**, Jan. 15

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

○ **Stick Bonspiel**, Jan. 17 & **Men's Bonspiel**, Jan. 23-25.

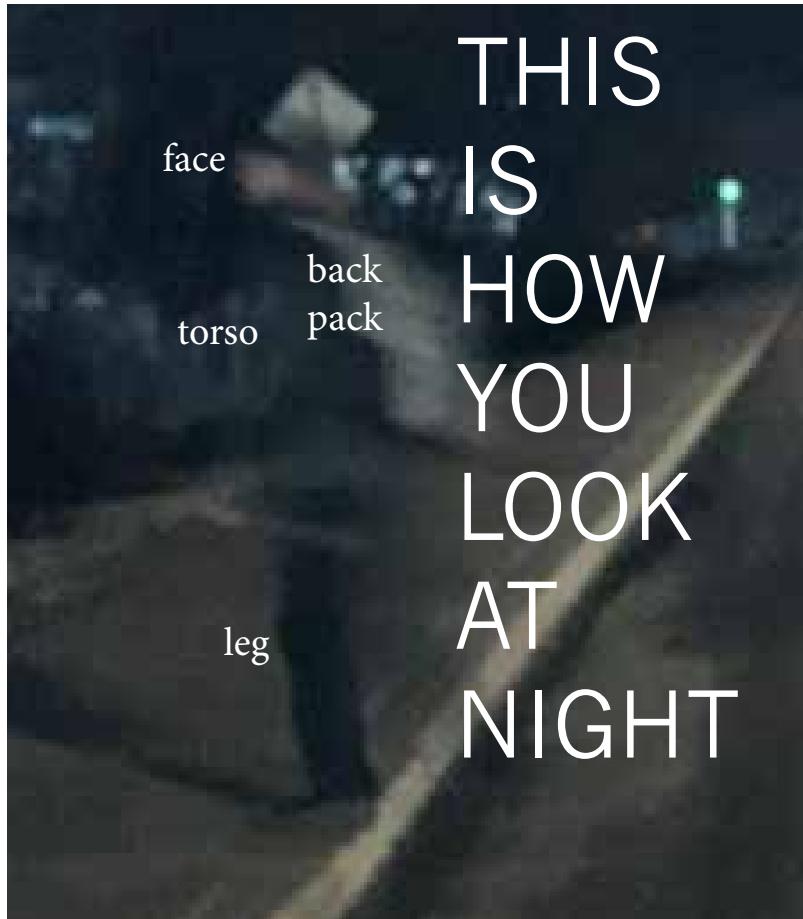
○ **Reggae Night**, Jan. 24, Setters Pub.

○ **Unplug & Play**, Family Literacy Week events, Jan. 24-29.

○ **January Jollies variety Show**, 5 pm, Jan. 30, Nexus at First

○ **Snowed in Comedy Tour**, 7:30, Feb. 5, Recreation Centre

○ **Vernon Winter Carnival**, Feb. 6-15.



Trump was dreaming of a Greenland Christmas - among other exploits the past few weeks.

When it was learned that US Chiefs of Staff were asked to draw up invasion plans, NATO nations like UK and France moved in to protect this territory of Denmark.

Will Canada be next to join fellow NATO members to defend against its fellow member gone rogue? Unthinkable.



Anyone who has ever driven around town at nighttime has surely experienced this.

You stop at a corner and as you approach the other side, there's a dark figure crossing the street, about 10 feet away. Too often that person is even on the phone.

Please, please pedestrians, wear something colourful at night - at least wear a reflector tape.

You may not be the one legally to blame if struck by a vehicle, but you are the one badly injured or, at worst, maybe dead.

Please heed this plea.

Reconciliation takes time. After 35 years, Kevin, Harry & Marv finally work out their differences.



> Security changed some after JFK's assassination in 1963. Can you find the late president in the crowd attending a game shortly after taking office in 1961? This is harder than Where's Waldo.





SALMON ARM Beat

Jan. 11

FriAM.ca • Print issues Jan. 9 and 23



This weekend's home games:

Cranbrook 4, SA 1
SA 4, Cowichan 3 OT

Next home game:
Hosting Vernon
7 pm, Jan. 23

THREE FEEL GOOD STORIES

■ It's a drizzly Vancouver day in the Shuswap and international news has been unsettling since the start of 2026, and even at home. So, here are three feel good stories for a little breakaway. And for the record, there are always feel good stories if you look around a little, and there are always ways for community and individuals to make things better.



> *Song Sung Blue*, now at the Salmar, is one of those wonderful feel good movies that does not come around that often. It celebrates so much about humanity - love, friendship, family, music, grass level achievements, racial harmony and getting through struggles. Plenty to feel joy about, but do bring a hanky too.

On a personal note, I felt a real heart tug in one scene where Hugh Jackman's character had a heart attack tugging at a lawn mower. That's how it happened to me in '98.



> The ongoing Walk for Peace from Texas to Washington DC by 19 Buddhist monks and a rescue dog named Aloka has garnered tremendous attention around the world. It began quietly in Houston, and now attracts thousands of well wishers along their route. There was a terrible vehicle accident near the beginning of the walk in which one of the monks lost part of his leg. The photo shows the moment when he rejoined the walk.



> This will be a story in the mid-month issue of *Friday AM* on Jan. 23, so won't say too much in this space.

Lynne Christine Kelly is a former Salmon Arm resident who started as an estimator for large construction projects and is now an internationally recognized artist. She was recently asked to enter an artwork piece called "the Forest" for a four month showing at the European Cultural Central in Venice at the same time as the Biennale. Wowzer!

Wed
6° -1°

SALMON ARM Beat

Jan. 14

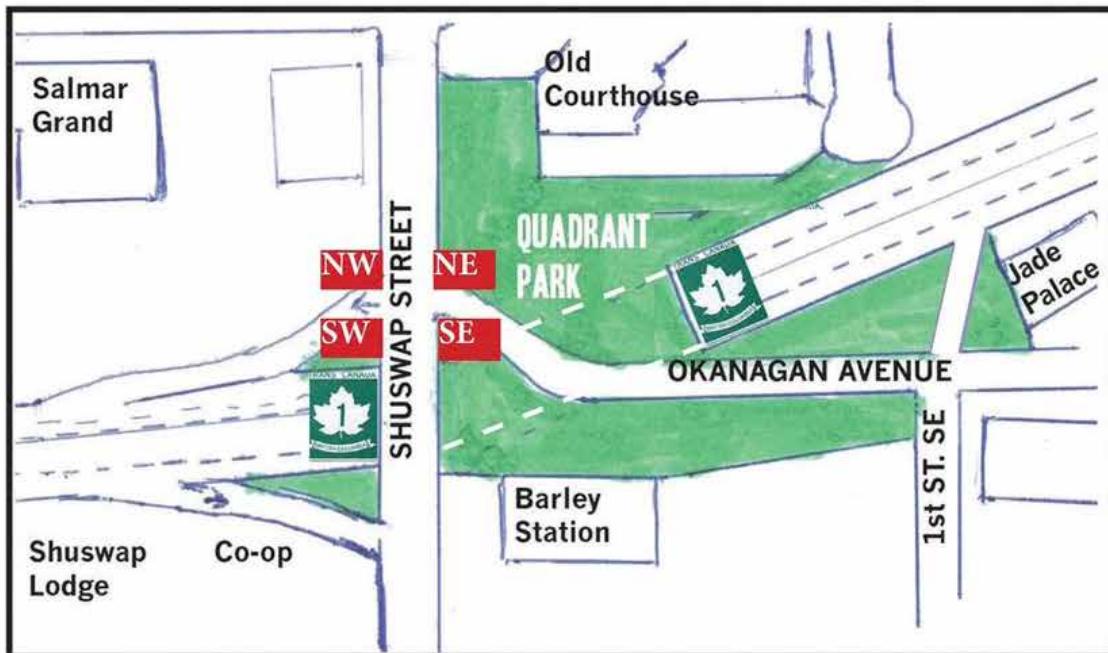
FriAM.ca • Next print issue, Jan. 23



> A stunning lavender fog. Photo by Terri Whitworth Abrahamson

To-do's

- Salmar Grand
- Song Sung Blue
- Anaconda
- Marty Supreme
- Avatar
- Film Society - Meadowlarks
- Coffeehouses
Enderby, Friday
Gleneden, Saturday
- Peace n' Pizza, 5:30, Jan. 16, First Community, featuring Dan Meakes on Economically Displaced Socially Isolated Syndrome
- SAS Dance recital, 5pm, Thur, Sullivan
- Bob Rogers & Dennis Esson, Jazz, 7pm, Thur. Nexus
- CSRD, 9am, Thur
- Reino Keski-Salimi Loppet, Jan. 17
- Stick Bonspiel, Jan. 17 & Men's Bonspiel, Jan. 23-25.
- Reggae Night, Jan. 24, Setters Pub.
- Unplug & Play, Family Literacy Week events, Jan. 24-29.
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Quadrant Park

As long as our nation's busy main highway carves a swath through downtown, I really think the Trans Canada owes us. One idea posted last year I thought I would post this rough drawing again. I call this proposal, "Quadrant Park"

What it provides:

- The four quadrants of Salmon Arm (NW, SW, NE, SE) join together at Shuswap and Okanagan, except the intersection does not actually join. This proposal joins this corner.
- Downtown needs a safe and pleasant alternative for residents and visitors to cross four lanes clogged with giant trucks. Quadrant Park offers both such a crossing, plus a pretty park around the setting of three be-

loved heritage buildings.

■ The proposal for the highway eliminates one of the three traffic lights through downtown, arguably the busiest downtown intersection.

What it involves

Instead of the hill between 3rd St. SW and Shuswap Street, the highway would stay level and go under Shuswap Street, then re-emerge around McLeod / 1st St. SE.

Construction would need to be done in two phases. The site of the present Wing's (currently for sale) would need to be acquired to accommodate the construction detour.

This is simply an idea, but believe a good idea since Highway 1 traffic is guaranteed to only grow and grow. ■



Larch Hills Nordic photo

Jan. 18

SALMON ARM Beat

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1st to 3rd Race Results in each category

Full results and times at Zone4.ca

Larch Hills (LH) • Sovereign Lake (SL) Methow Valley (MV) • Nakertok Nordic (NN) • Ranch Racing (RR) • Hollyburn Ski (HS) • Telemark Nordic (TN) • Bifrost Nordic (BN) • Team Gregg (TG)

- **32km - 25km lap, 29/ younger F:** Katherine Mason NN; Maggie Beckner LH; Maggie Rodwell LH
- **32km (25km lap) - (29/ younger M):** Ian Williams RR; Kayden Sim LH; Joshua Goh HS
- **32km (25km lap) - (30-39 F):** Brittany Webster TM
- **32km (25km lap) - (30-39 M):** Thomas Hardy LH; Andrew Casey SL; Billy Kewer (BN)
- **32km (25km lap) - (40-49 F):** Caitlin Gregg TG; Erica Casey SL; Leah Volkers SL
- **32km (25km lap) - (40- 49 M):** Brian Gregg TG; David Gill SL; Liam Watson HS
- **32km (25km lap) - (50-59 M):**
Glenn Bond LH; Chad Ulansky TN; Chris Clark
- **32km (25km lap) - (60-69 F):** Suzanne King MV; Barb Riley SL; Michele Wolfe SL
- **32km (25km lap) - Rec M/F):** Lys Milne LH; Sapphira Bucher LH; Alison Howatt LH
- **17km (70-79 M):** Martin Steinruck SL; Craig McBride LH; Gary Butler LH

- **17km (80+ F):** Eva Gaarder OS.
- **17km - (80+ M):** Jim Gregg MN; Alan Vyse OS
- **17km (17/ younger F):** Camille Yapps SL; Linnaea Heidt SL; Sisu Clark MV
- **17km - (70-79 F):** Maureen Clement SL; Barb Kane CN; Marcia Beckner LH
- **10km (13/ younger F):** Grace Szabadi TM; Joelle Martin SL; Neva Clark MV
- **5km (9 / younger F):** Áine Hughes LH; Sierra Widmer LH; Alice Martin SL
- **5km (9/ younger M):** Landon Berger SL; Cameron Berger SL; Dominic Reid LH
- **5km (10- 11 F):** Kara Gill SL; Marielle Middelkamp SL; Amelia Derochie SL.
- **2km (2-7 F):** Claire Martin SL; Zoe Legare TN; Arden Pearce SL
- **2km (2-7 M):** Vasili Emmerzael LH; Thomas Casey SL; Adam Gowing LH
- **1 km (2-7 F):** Claire Lefebvre LH; 2 Gabrielle McDonald LH; Teya Davies LH
- **1km (2-7 M):** Marcus Ritchie LH; Silas Noesteden-Tanner LH; Sawyer Marks LH



> Even our geese are not travelling south this winter. Field off 10th St. SW

Mon
7° 5°

Jan. 12 SALMON ARM Beat

DAILY
AM BEAT
REACH
REPORT

FriAM.ca • Print issues Jan. 9 and 23

2,035 Total followers ⓘ

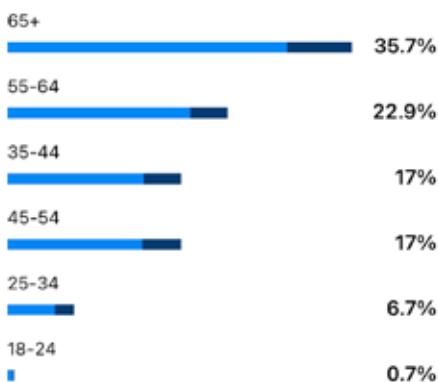
+4.1% from previous 28 days



Age & gender ⓘ

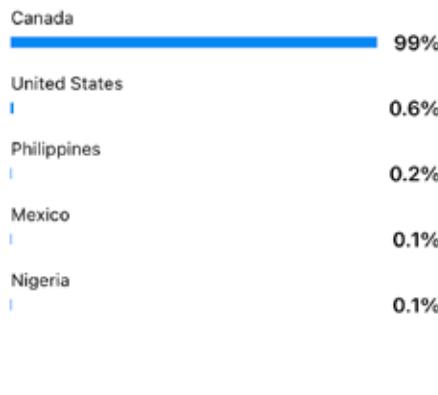
Lifetime

● Women ● Men ● Unknown



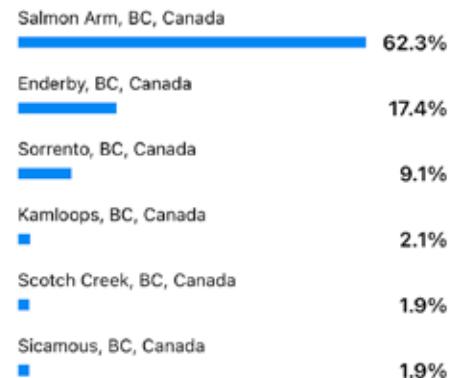
Country ⓘ

Lifetime



Cities ⓘ

Lifetime



■ Eight months from now I plan to make Issue No. 1,400 on August 21st my final print edition as editor and publisher. I remain hopeful that someone may continue the Friday AM print edition that is now in its 29th year, but know in my heart it is time for me to retire.

Planning ahead to August, I am looking at ways to continue with an online presence in

my retirement with a revamped website plus these regular AM Beat posts. These have been gaining readership over the past six months. The charts show that the Friday AM Facebook page, alone, now has 2,035 followers. Readership is from throughout the Shuswap. 47 per cent ages 18 to 54 and 53 per cent ages 55+.

Thank you for all your support over the years.

Exalt the humbled and humble the exalted.

WHAT A HAUL THIS WEEK!



Nobel Peace Prize
Best in Westminster Dog Show
Best Brain
World's best athlete
Best in Iowa Fair
Grammy Award
Hero of Russian Federation
& Assorted Little league, golf, 4-H & bowling trophies
Well done!





CLOUD BANK OVER BLIND BAY REFLECTIONS OVER MARA LAKE



> The morning threatened snow, but my monthly drive around the Shuswap turned out a most mild and pleasant winter day. Photos above show the stunning reflection on the still waters of Mara Lake and the cloud bank over Shuswap Lake. Top right, the new exit 465 to Sunnybrae-Canoe Point Road denotes a much safer highway. How about a proper interchange at the Balmoral corner?