

Brother, sister speed to Milan /2



February

ALL MONTH

AM



> *Ripcord*, a ripsnorting, often moving play on the shenanigans at a seniors' residence is now in rehearsal, preparing for the Feb. 20th opening at Shuswap Theatre. Pictured left to right are actors, Julia Body, Kyle Herrewynen & Stacy Campbell / 5

▼ TO DO'S ■ Online: www.FriAM.ca ▶ 250.833.1141 ▶ Feb. 6, 2026 • No. 1387 • FREE

Festivities
Art & Film
Concerts
Theatre
Sports /4,5

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	Psoriasis

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BLAZE CLAIMS TWO

A blaze in the Yankee Flats area claimed the lives of two seniors, one of two area house fires on the morning of Jan. 24.

The Silver Creek and Falkland Fire Departments responded to a fully involved residential structure at 8:30 pm, Saturday.

The fire broke out in a Recreational vehicle that had been modified with constructed add-ons to the unit. A 911 call made by a resident outside the unit indicated the structure was in flames and actively burning inside.

Despite the timely response from Silver Creek, the residence was completely engulfed when the first truck arrived. Crews working to put out the burning structure and ensure it did not extend past it.

After the fire was extinguished, preliminary investigations confirmed the deaths of the home's two occupants.

"We are deeply saddened by the loss of these two people. The hearts of all our firefighters go out to their family and friends," said Columbia Shuswap Fire Chief Sean Coubrough. "They are in our thoughts, and we share in their grief."

The fire investigation continues with the support of the Fire Commissioner's office. Mental Health supports resulting from this traumatic tragedy are being provided by and for members of the Silver Creek Fire Department.

The second fire occurred in Notch Hill where senior couple and active volunteers, Harry and Cheryl Kubillus and pets were able to escape to safety.

■ From the front cover



Laura Hall



Daniel Hall

NO. 1387

FRIDAY AM

FEB. 6, 2026

February All Month

EDITOR & PUBLISHER
Lorne Reimer
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Festivities

> **Hot Chocolate Trail** - Feb. 1 to 28, See back cover for details.

#SAHotChocolateTrail

> **Vernon Winter Carnival** - Feb 6-15. vernonwintercarnival.com

> **Valentine's Day** - Feb. 14. See P.5 for 'Hearts at the Table' & Valentine's Diner and on right for 'Celebrate Shuswap' dance.

> **BC Family Day** - Feb. 16. Monday holiday. Special activities

> **Heritage Week** - Feb. 18-21 Events at Piccadilly, Hosted by Haney Village. See ad, P.9

> **Coldest day of the year** - Feb. 28. Fundraiser for food security and hosted by Shuswap Food Action. See cnoy.org

> **Shuswap Film Festival** - Feb. 20 - 28, Salmar. See below.

> **Trail Alliance online auction** - Bids open Feb. 6 / P.5

> **Red Gala** - Fundraiser for Cardiac Society. Feb. 21, Prestige. Tix at shuswapcardiacsociety.org

> **Chinese New Year** - Feb. 17-Mar. 3. Year of the Horse

> **Shuswap Music Festival** - Apr. 8-May 1. shuswapfestival.com

Arts

> **Salmon Arm Art Gallery**

- **Ok, buddy**, Jan. 24 to Mar. 28. Immersive exhibition with Cate Currie, Todd MacCormac and Paul Hopkins.

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

> **Cardiff Miller Art Warehouse** - 11-5, Sat., Sun, Enderby. cardifflillerartwarehouse.ca

> **Atelier Gallery** - 321 Hudson Opening Feb. 6 - George Lesniwicz & Marc Brzustsky landscapes

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

> **SA Jazz Club**-

• **Karen Wiseman Quintet**, Feb. 12

• **Sean Bray Quartet**, Feb. 26

• 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).

• Gleneden Hall (3rd Sat).

• Enderby Sirs Complex (3rd Fri)

• Eagle Bay Hall (4th Sat)

• Silver Creek, 4th Sat.

• **Shuswap Writers Group**, 2-4 pm,

4th Fri, First Community. Off 4th St.

> **Ebony Roots** - 7:30, Feb. 22,

Nexus at First. A concert experience from Sound the Alarm music theatre. Vancouver's legacy meets Motown, Hendrix & Gershwin.

Sponsored by KSO. / P.6

> **SA Community Band** -

Ready.. Set.. March, 7 pm, Mar. 7, Nexus at First.

> **Small Hall Music Crawl** -

• 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.

• **Infinite Bach** (next Salmon Arm concert), Apr. 19 at Nexus at First. Tix at kamloopssymphony.com

• See 'Ebony Roots', on left & Page 6

> **Okanagan Symphony** -

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

> **Comedy Misfits** - 7 pm, Feb.

26, Brix Brewhouse, Prestige Resort. comedymisfits.com

> **Bad Moon Riders** - Creedence Clearwater Relived, 7 pm, April 11, SA Recreation Centre.

> **Ennis Sisters** - 7:30, April 25, Song Sparrow Hall. Captivating and Juno winning family group from Newfoundland.

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'.

> **Roots & Blues** - July 24 to 26. Earlybird tickets now on sale. rootsandblues.ca. First wave of performers to be announced soon.

Theatre

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

> **Auditions** - *Book of Will*, 7 pm, Feb. 22, 23, 24, Shuswap Theatre. jebody@telus.net

> **Shamrock Shenanigans** - 7 pm, March 14. Shuswap Theatre 7 pm, Feb. 22, 23, 24,

Sports

> **Silverbacks** -

Away - Feb. 6 & 7 @ Cranbrook • Feb. 13 @ Okotoks • Feb. 14 @ Brooks • Feb. 16 vs. Sherwood Pk • Feb. 28: vs. Vernon

Home - Feb. 20: 7 pm vs. W. Kel. • Feb. 21: 6 pm vs. Blackfalds • Feb. 27: 7 pm vs. Okotoks • Mar. 6: 7pm, vs. West. Kelowna

> **X-Country Skiing** - BC Cup Race, Feb. 7 skilarchills.ca

> **Curling Centre** -

Junior Bonspiel, Feb. 7 Women's Open, Feb. 20-22 Mixed Bonspiel, Mar. 6-8

> **US SuperBowl** - Feb. 8 □ SportSpot - P. 13

live & dance

> **Song Hall Hall** - Celebrate Shuswap dance series. Next one on Feb. 14, featuring soul and blues band, **Honey Bear**. See above for the rest of series.

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

> **Marionette winery** - Pop-up market and music by Steph Clifford, Feb. 7.

> **Setters Pub • Ghost Town**, Feb. 6 • **Linda Sue Wilson Band**, Feb. 13

• **Deja Vu**, Feb. 20 • **The Shades**, Feb. 27 • Karaoke Thursdays • **Latin Party**, Feb. 21 • Trivia Tuesdays - Beatles, Feb. 10 • Schitt's Creek, Feb. 17

> **Canooligans** - Bird Belly, Feb. 4 • **Dirt Road Kings**, Feb. 28 • Heartbreakers Drag Bingo & Show, Feb. 14 • Comic John Dore, Feb. 20 • 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.

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

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

at the movies

> **SALMAR GRAND**

salmartheatre.com • Feb. 6 to 12

• **Iron Lung**, 6:30 nightly. In a post-apocalyptic future a convict explores a blood ocean on a desolate moon. (14A frightening scenes, violence).

• **Solo Mio**, 1:50 Sat., Sun; 7:00 nightly. A stranded groom after a ruined honeymoon in Rome finds his life transformed by a determined local (PG violence)

• **Send Help**, 1:40; Sat., Sun; 6:30 nightly. An employee and her insufferable boss become stranded on a deserted island. (14A violence)

• **The Housemaid**, 1:30, Sat., Sun; 6:45 nightly. A new job for a wealthy couple pulls made into a game with shocking twists and turns. (14A sexually suggestive scene, lang)

• **Song Sung Blue**, 1:20, Sat & Sun. Two down-on-their-luck musicians form a Neil Diamond tribute band and find love. (PG viol, lang).

■ **Shuswap Film Society** • shuswapfilm.net 4 pm, Saturdays at the Salmar Grand

• **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 FEST**, Feb. 20 to 28. Tentative titles: *Mr. Nobody against Putin (Den)* *The Art of Adventure (Can)*; *Dog on Trial (Switz)*; *Leave One Day (Fr)*; *A Poet (Col)*; *Holy Days (NZ)*; *The Love that Remains (Iceland)*; *Rental Family (US/Jap)*; *The Blue Trail (Braz)*; *The Choral (UK)*; *No Other Choice (S. Kor)*; *It was just an Accident (Iran/Fr)*; *Little Lorraine (Can)*

■ **LIVE from N.Y. MET OPERA**

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

■ **SHUSWAP CHILDREN'S FESTIVAL** March 25 to 28

city lights

► **vernon** • ticketseller.ca

Creekside (C) • *Performing Arts* (P)

Josephine, Feb. 7 (P)

Okanagan Symphony, Feb. 8 (P)

Honeymoon Suite, Feb. 12 (P)

Peter Pan, Feb. 14 (C) • *Sarah Slean*, Feb. 14 (P)

Constellations, Feb. 18 (P)

Legally Blonde, Feb. 20-Mar. 7 (Pow)

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, Feb. 25, 28, Mar. 2, 4, 6, 7, 9, 12

You're Invited

> VALENTINE'S DAY ...

- **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.

See 'Live & Dance', Page 4 for more Valentine's night events.



> Horsedrawn Family Day Social & Scavenger Hunt, Feb. 15, Caravan Farm Theatre.

> **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

> **Skills sharing workshop** with organic gardening expert Sue Moore, 6 pm, Feb. 20, Silver Creek Hall. Seed starting, direct seeding, Q&A, seed sale.

> **Repair Cafe**, Feb. 28, Mall at Piccadilly.

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

> **CSRD**, 9:30, 3rd Thursdays.

> **SD83**, 6:00, 3rd Tuesdays.

> **Pancake Breakfast**, 8 - 11:30, Feb. 8, Fifth Ave. 50 Plus Centre

> **Downtown Market**, Sat. mornings Ross plaza.

> **Shuswap Seed Swap**, March 7, Splatsin Centre. Presenters Sue Moore, 10:30; Mikaela Cannon, 11:30; Chris Mathieson, 12:30. Bring seeds to share. More at shuswapseed savers.ca

> **Best of the Shuswap Pie Baking Contest**, Feb. 21.

Piccadilly, 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** is launching Friday, Feb. 6 and bands will be announced for the family friendly Spring Celebration on BC Trails Day June 6. To bid on items and services go to <https://trellis.org/2026shuswaptrailsfundraiser>. Last year's online event raised over \$45,000 in support of trail projects throughout the region.

> **Free Lunches**, 11:30 to 1, Wednesdays, First Community (United Church). See above for Hearts of the Table gala fundraiser, Feb. 14 for Wednesday lunches.

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

> **Reflections on spiritual and intellectual growth** (Baha'i perspective.), 1 pm, Feb. 14, Piccadilly (across from mall office)

> **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, First Community. (3rd Fri., by donation). Feb. 20 speaker Stewart Johnson - from Scottish warrior to man of peace. Monthly event to build 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](http://shuswapwritersgroup.weebly.com)

> **Climate Action Society AGM** (virtual meeting), 7 pm, Mar. 4. Guest speaker Dr. Amy Green, a registered psychologist of Salmon Arm, "Staying Human in a Warming World: Coping with Climate Anxiety, Eco-Grief & Hard Conversations. Go to shuswapclimate.org

> **Hot Chocolate Trail**, all February. Details on the back cover.

✉ Email events to fridayam@shaw.ca



Ripsnorting *Ripcord* has tender moments

From the front cover photo

The upcoming production of *Ripcord* is a sharp, hilarious and unexpectedly moving comedy.

The play by Pulitzer Prize winning playwright David Lindsay-Abaire opens Feb. 20 at Shuswap Theatre.

Set in a senior living facility, *Ripcord* follows Abby, a fiercely independent woman who prefers solitude, and Marilyn, her relentlessly cheerful new roommate. What begins as a battle of wits, quickly escalates into a series of outrageous dares and life-altering challenges that push both women beyond their comfort zones. Julia Body and Julia Drapula play the

roles of Abby and Marilyn.

Says director Laura Demulder, "the cast of six, some who play multiple roles, has brought such life, humour and humanity to their roles.

"Behind the scenes, our technicians and designers have worked with incredible creativity and care, building a world that supports both the wild theatrical moments that occur in the play, as well as the quiet, tender ones."

Ripcord runs Feb. 20 to March 8 (Thursday to Saturday nights and Sunday matinees). Reserve online at shuswaptheatre.com or pick up tickets at Choose Refill shop next to Wendy's. ■

THE DREADED TYPO

We've all experienced it. Writers, I mean. We've found them, corrected them, found more, corrected those. We've gone over our manuscript half a dozen times. We've put it in front of others who found more... ones that have inexplicably been missed by our own eyes.

I'm thinking of this particularly now as I am going through the galley for my upcoming book **STEEL AND STONE**. I've been stunned when I find them "How did I miss that?" I ask myself as I correct the misspelled word.

And just when you think you've found them all... another one!

We've said yes to a galley print. We've watched as our manuscripts that we've laboured over become books... real books!

Excitedly, we've flipped through the pages, scarcely daring to believe that it is real! Yet there it is, the book, in your hands. You open to a random page and...

You stifle a scream of frustration! There it is! In print! A typo that you somehow missed!

I've seen it all. I've seen it happen with clients for whom I've formatted books. I've printed off anywhere up to a dozen proofs and instructed the writer to go through the manuscript carefully. Mostly we catch them all.

Mostly.

But sometimes, there is that



elusive misspelled word that ends up in the print version. It's frustrating and maddening but also... sometimes... it just can't be helped.

Lorne Reimer, the editor of this very paper knows what I'm talking about. So do the editorial staff at the *Salmon Arm Observer*, the *Vernon Morning Star* or the *Globe and Mail*.

Typos happen.

I remember back in grade school my best friend and I would obsessively read old paperback and I would find the occasional typo, there in a mass market paperback. I remember underlining them in pen and finding it amusing that even in the professional print industry, mistakes happen.

Little did I know, once I started working in the print industry, that the battle against typos requires never ending vigilance. Nor could I predict that they would be such a regular occurrence.

In the magazine and newspaper industry you have to accept it. Nobody dies (except maybe a little piece of your heart). The world does not collapse. You just have to sigh, resolve to do better next time and then... move on. ■

✉ Author and graphic artist
M.D. Jackson writes each month in the Friday AM All Month

READING ROOM

by Larissa Image, Public Services Librarian

How to use your phone camera

February might be a short month, but there are many things happening at the Salmon Arm Library!

If you'd like to learn how to take better photos with your phone or tablet, register for the **LASS Technology workshop** Monday, Feb. 9 at 10:30 am. The Literacy Alliance of the Shuswap will teach attendees the basics of taking clear, well-framed photos, with tips and tricks on focus, lighting, zoom and common camera settings.

Have an infant? Come to **Baby Time** at 11:30 am, Mondays, a 30-minute program full of songs and rhymes to share with your little one. Feel free to stay afterward for Baby Social where your little ones can play with our baby-safe toys while you chat with other caregivers.

Calling all Lego enthusiasts! We are hosting a **Block Party** Wednesday, Feb. 18 at 3:30. Use our bricks, planks and tiles to build incredible creations with other creative kids.

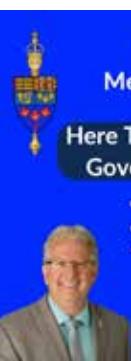
Genealogy Meet-Up is scheduled for Monday, Feb. 23 this month. Join the friendly group of history enthusiasts from 10:30 to 12:30. Have questions or research roadblocks? Bring them to the meeting!

The monthly **Drum Circle** meets Monday, Feb 23 at 2:30. Register in advance and let us know if you need to borrow a drum.

Interested in learning more about climate change, its causes, and possible solutions? Join **Climate Reads**, 6:30 pm, Tuesday, Feb 24. We will be discussing John Vaillant's *Fire Weather: The Making of a Beast*, described as a "stunning, panoramic exploration of the symbiotic relationship between humans and combustion, and why we are entering a new century of fire".

And lastly, all library branches will be closed Monday, Feb. 16 in honour of Family Day. We hope you enjoy spending time with loved ones ■

□ Visit the Okanagan Regional Library website at orl.bc.ca



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FRIDAY AM ALL MONTH, FEB. 6, 2026

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CLASSICAL VIBE



Gabriele Klein

strate the leading artistic efforts of this community. But it also presents works like *Summertime* by Gershwin, a Jewish composer who

represents a separate musical culture, but who had an immense impact on establishing Black voices as important by bringing them to the opera stage through jazz-informed writing.

This is an authentic co-created presentation of lived and cultural experience that should serve as a model for future collaborations. It merges the entertaining with the educational without diminishing either.

Be prepared for a night of passion, innovation, and courage. These musicians rocked the boat simply by existing and creating, and "Ebony Roots" brings their spirit to life with masterful performances that will move, inspire, and celebrate Black history in all its power.

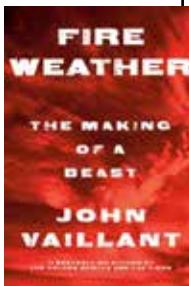
Tickets may be purchased at the door or in advance by going to: kamloopssymphony.com

Please Note: If you purchased subscriptions, the time may have been shown in error as 5 pm. The correct time is 7:30 pm, Sunday, Feb. 22. No problem, just bring your ticket. ■

□ *Gabriele Klein writes each month in Friday AM and is a key supporter of the KSO.*



> Presented by Sound the Alarm Music/Theatre, 7:30, Feb. 22, Nexus at First



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> A Fraser Valley woman who began an anti-litter group called the Earth Ninjas has relocated to Salmon Arm, and would love to introduce such a volunteer initiative here. "We removed tonnes of litter from roadsides, parks, and public spaces", said Jocelyn (Joe), formerly of Aldergrove. "I know .. the overall volume of garbage here is lower.. but it tends to accumulate quietly along roadsides, ditches, trails, and public spaces." Contact her at #earth_ninjas or Earthninas604@gmail.com



> Many of the business sponsors of the new Neighbourhood Welcome program gathered together for lunch at the Peppercorn Club on Feb. 22. Are you new in town? Contact Michelle at nwsalmonarm@gmail.com She will be a Critters 11-2, Feb. 7 meeting new residents and offering gift bags.

QUIET HUNT

Salmon Arm illustrator Risa Hugo is the illustrator the children's book, The Quiet



Hunt: A Poem for Young Foragers. Written by Jean E. Pendziwol, the book is set for release in March. In the forests and fields, beside rivers and creeks, under the earth and hidden in trees, food is waiting to be found ... if you know where to look. More info at www.groundwoodbooks.com

SUPER BOWL PARTY

If you've read my columns over the years, you will know that my favorite football team is the Denver Broncos, while my son Brendan (aka the Junior Bean Counter) is a devoted New England Patriots fan.

For the record, he is the only Patriots fan in the house, although last week he insisted Jasper the Dog had switched allegiance as well. When I asked Jasper what he was thinking, he simply looked at me with sad eyes and wagged his tail. What a turncoat!

For those who may not know, the Broncos and Patriots are rivals, which makes things interesting whenever they play each other. When Brendan was younger and cheering alone for the Patriots against the rest of the family, I made him a deal: I would cheer for his team if they made it to the Super Bowl, and he would cheer for mine if the Broncos did.

Since they're in the same conference, they could never both be in the Super Bowl at the same time. He agreed—and unfortunately for me, it has meant cheering for the Patriots far more often than my own team.

This year, after a long stretch where neither team was particularly strong, they once again met in the conference championship. The Junior Bean Counter's team (of course) came out on top, and the Patriots are back in the Super Bowl this weekend.



Daron Mayes

Their revival has inspired him to dust off his Patriots Super Bowl Party menu. We always have some sort of menu for the big game, but when either the

Broncos or Patriots make it, things go to another level.

Deepfried mozza sticks and jalapeño poppers aren't appetizers—they're part of the main course. The number of dips and sauces jumps from the usual three or four to seven or eight, and the redandblue JellO with whipped cream makes its triumphant return.

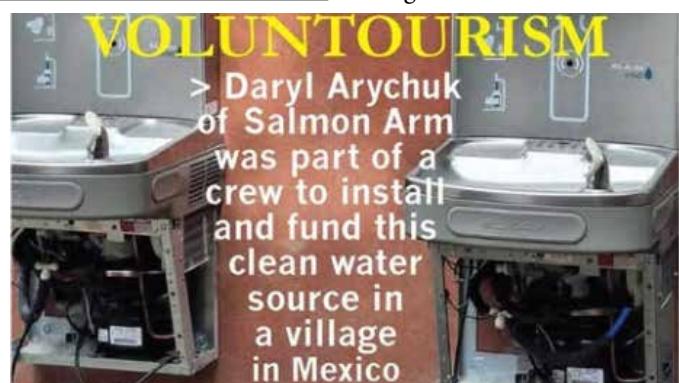
My wife quietly sneaks in some fresh vegetables, knowing what's good for us. However, even those usually end up buried under one of the many sauces. I'm certain she'll schedule a cleanse for the week after the game.

As is the case for many, the Super Bowl seems to be the thing that derails many well-intentioned New Year's resolutions.

Win or lose, these Super Bowl traditions have become less about the game and more about the memories we create together—friendly rivalries, overthetop menus, sugar rushes, bellyaches and all.

Who am I kidding, the Junior Bean Counter will be devastated if his team loses! Enjoy the game! ■

Daron Mayes writes each month in the AM and works as a financial advisor at Mall Arkey Investments



VOLUNTOURISM

> Daryl Arychuk of Salmon Arm was part of a crew to install and fund this clean water source in a village in Mexico

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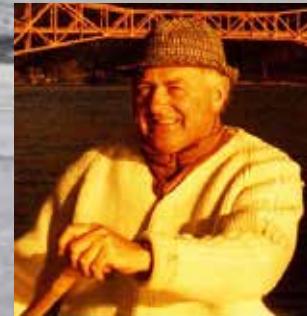
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> Spencer Tatchell in both his younger and latter years.

A life well lived and his journey's end

Reflecting on the past Alzheimer's Awareness Month is a fitting time to write about my father, Spence Tatchell.

He served Salmon Arm well as the government agent for 18 years, and was a dedicated community builder with Rotary, school board, Salmar Association, Sunday School teacher, and hockey and baseball coach - all of this while raising a family of nine.

He was an amazing man who always looked on the bright side.

My dad reached retirement and enjoyed free time to single-handedly sail his sea-worthy Sans Peur ('Without Fear') sloop, golf with buddies, canoe on Shuswap Lake and traverse the Bowron Lakes circuit at 73.

Returning to his old home-stand on the Red River in Winnipeg where he grew up skating from morning to night with a hockey puck and stick to keep him company brought out storybook childhood memories of his passion for racing across that icy river.

He was by nature the most positive and happy man I have ever met. Life never affected his vibrant disposition until he was diagnosed with Alzheimer's.

We would soon experience the crushing guilt of betrayal and abandonment once he was admitted to assisted living behind a bolted door.

Sitting side-by-side next to my father, but worlds apart in his new bedroom, it was haunting when he said, "Look at me. Look where I am. All that I have done in my life. I don't want to be here, and I think you are the one to get me out." I left that facility with a sobering vision of what the face of Alzheimer's might look

like, if it had a face. Day one remains the worst day of my life.

The day I arrived to find him hiding in the dark behind a battered old

ice-machine was the day...the moment...that best defines one of the most crippling of Alzheimer's emotions.

It underlined the dehumanizing nature of the illness. People will tell you it is difficult walking into Alzheimer's facilities. For me, it was harder walking out.

Dad remained secluded in his room for four weeks. And then, the foreboding path of our journey took a turn one day when I walked through the bolted door and saw him sitting beneath a rose-coloured apron in a barber's chair while his caregivers trimmed his hair and showered him with every "Hey good looking" compliment known to womankind.

He blew a few kisses my way while the girls worked their magic. Mark Twain once said, "Forgiveness is like the fragrance the violet releases on the heel that has crushed it." Was there forgiveness in store for us? I recall wishing my brothers and sister could be sitting beside me that day.

Several weeks after his haircut I walked into the facility that was so eerily quiet with everyone standing in a group off to the side. I heard the footsteps first before seeing my dad, a disheartened man oblivious to the eyes following him

THE NOOK
Sandra Gibbons

as he jogged round and round the interior of the facility, reviving his broken spirit against the ravages of a disease. I wondered if he was back home skating on the frozen river. Or was he here running the cobwebs from his mind and the rust from his body.

Judging from his reaction to children skating on ponds or rivers when we took him out for winter drives, I am guessing he was home again on his own icy river filled with meandering corners. This was one of the most inspirational days between me and my Alzheimer's father.

I understand that not all Alzheimer's relationships have the potential to reach this stage, but by maintaining a presence in their lives, and being open to a more restorative approach to an Alzheimer's relationship, it will create sustainable possibilities.

Our presence soon appeared all over his walls with 8x10 photos of his family. We, along with his caregivers, spent hours in front of those pictures with him, retelling old stories that calmed his fears of being a "nobody" in a foreign world.

I would like to end on a particularly warm spring day, four months after dad's initial admittance to assisted living. On our way to the car for an outing, his signature ascot cap tilted further back than normal, there was a spring in his step as he gently linked my arm in his.

I recognized the loving father he had always been with his children before Alzheimer's arrived uninvited. This was the old "us", but somehow it seemed even better. Maybe this was the moment to ask him what I had been afraid to ask... fearing a reply I was not ready to accept.

"Dad, do you remember who I am?"

Both his face and voice softened as he replied, "I don't know your name but I know I love you."

A lump formed in my throat and a thin mist covered my eyes as I tried to absorb the overwhelming beauty of the love that defined my father.

I remember thinking at that moment, how is it that a man who cannot perform the simplest of daily tasks can find such words to articulate that it is love that binds us together. Not our names.

I had mistakenly thought the final stage of emotional healing I needed from dad had to measure up to Mr. Twain's genteel euphemism for forgiveness. I was wrong. All that was required from me was to see the simplicity of life and love through the eyes of my Alzheimer's father.

For those with loved ones affected by Alzheimer's, I wish you many warm, spring days through your journey. ■

□ 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 Sandra authored a book on her father's journey with Alzheimer's under the name Sandra Tatchell.



> Song Sparrow helps make up for the loss of the Classic as a concert venue, and it also serves as an awesome dance hall. Left: Honeybear plays on Valentine's day, and below, a scene from the recent International Dance Party.



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- Enter the Best of the Shuswap Pie Baking Contest
- Enter the Online Contests
- Join us for Family Fun Day on Saturday, February 21 at the Mall at Piccadilly
- Visit the Mall at Piccadilly February 18-21 and explore Heritage Week displays by the Salmon Arm Museum and community partners. For more information, visit www.piccadillymall.com

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Reflecting on happiness

The creed of the American people is – Life Liberty and the pursuit of happiness. On the surface this sounds like a good thing until you question the word happiness.

What is it and what does it mean? When do we stop and say “we have achieved happiness”? “Do we say I am now happy that I have achieved a million dollars”?

If I now have one million would I be more happy with two million or even more? Wealth does not bring happiness by its own sake. It could bring a form of happiness if one is content to stop and enjoy this wealth by helping others, sharing this wealth and relaxing with friends and family. We have to remember “that which is not given is lost”, or said another way, “the only things that we get to keep are those things we give away”.

It is difficult to wrap ones head around this concept, but if you think about it you will understand.

Ingrid Bergman once said, “happiness is good health and a bad memory”. Ogden Nash said, “there is only one way to achieve happiness on this earth, and that is to have either a clear conscience or none at all”.

I have always said, “good living and an easy conscience allows me to sleep at night”. The only reason I have a clear conscience is the fact I have forgiven myself of my past indiscretions.

This not an easy thing to do, but essential to achieve some form of happiness. It is much easier to forgive others as oneself.

I am old enough to be qualified to dispense this wisdom and not be challenged by anyone. This does not mean I think I have all the answers, but the ones I do possess the years of experience. One of the things about being a certain age is it is a nice change from being young. I also have the pleasure of more time to smell the roses. How often do we pass a patch of flowers and never take the time to bend and smell the beautiful blooms that reach out to us.

A verse in *Proverbs* says, “A merry heart does good like a medicine”. This is so true when we see how much faster ill people respond to positive interactions like a visit by a therapy dog, a loved one or a friend dropping by to give comfort and support.

I know in the past during my stays in hospital or the dentist chair that the presence of my wife and children went a long way to helping me heal.

“Be unselfish. That is the first and final commandment for those who would be useful and happy in their usefulness. If you think of only yourself, you cannot develop because you are choking the source of development, which is spiritual expansion through thought for others.” ~ Charles W. Eliot

“Happiness is the only good. The time to be happy is now. The place to be happy is here. The way to be happy is to make others so.” ~ Robert G. Ingersoll

Happiness is not a thing, it is a state of mind and a warm feeling in the heart of those that are truly happy and strive to make others happy by the sharing of time and wealth.

Be happy folks – Spring is a coming. ■

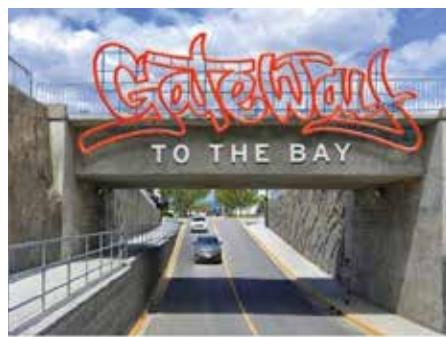


MY TWO CENTS

Ed Campbell

ANOTHER IDEA TO PONDER!

> I asked my artist friend Otto Pfannschmidt to come up with a bold and distinct welcome sign at the ‘Gateway to the Bay’ - the underpass. He did not disappoint. On right is his idea - day & night - and his thoughts on it below.



Otto Pfannschmidt

“The installation is more than a sign. It is a quiet marker that names a transition already present in the landscape — the moment where the road gives way to the bay area.

This underpass is a daily threshold. Overhead, freight trains pass continuously, carrying large-scale graffiti from across the continent — an ever-changing, publicly visible gallery that has become part of the corridor’s living character.

Gateway to the Bay respectfully references this existing visual culture. Its letterforms draw from the typographic energy of rail-way graffiti — not to imitate it, but to acknowledge the creativity and constant movement already present.

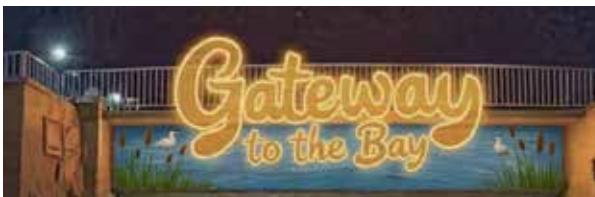
The work does not compete with the bay or attempt to dramatize the destination. It simply names the moment of approach.

The bay remains calm.

The gateway marks arrival.

By listening to what is already there — concrete, stone, road, rail, and passing trains — the piece elevates an ordinary stretch of infrastructure into a place of subtle recognition.

It offers a restrained, context-driven approach to placemaking, one that strengthens local identity by responding to what already exists in the centre of our city. ■



> My earlier Facebook post about the ‘Gateway to the Bay’ proposal generated much discussion, as indeed it was meant to. Many respondents fully endorsed the design; some did not; and others, like Melanie Morton, said she liked the concept and the wording, but thought it should reflect more on the nature on the bay. Here is a design she came up with featuring a mural. ■

City FIXINGS



> Uptown has really come on its own as a thriving community. Its fine looking public square, above, looks like a grand staircase to the arena, except for the matter of a four-lane highway separating it. However, one thing missing in Uptown - something smaller neighbourhoods like Canoe and Tappen enjoy. Uptown deserves a post office. Why should residents have to jump in their car and drive down to Shoppers or downtown?

Bravos & BOOS

Submitted:



> **BRAVO** to Mike, the service manager at Jacobson Ford in Salmon Arm for fitting my punctured tire repair into his team’s busy service schedule to get it fixed that same morning. I appreciated that very much. ~ Winston

> **BRAVO** to successful efforts to convince Jim Pattison Group to reverse plans to sell a massive warehouse in Virginia to the US Homeland Security Department for an ICE detention facility. A Canadian boycott was started; there was pressure from staff and suppliers; and Pattison said he was not originally aware of US government’s intentions for his warehouse. The Hanover County Board of Supervisors also sided with large local opposition. To top it off, the famous Walk for Peace had just entered Virginia around the time of Pattison’s decision. ■

3 PMs, 2 stages, 1 Canada

It's been a month, eh? While I'm not unhappy to see the back end of January, it is important to reflect on two important moments in Canadian history that happened the opening moments of 2026.

One on the world stage, the second on the national one.

On January 20, Prime Minister Mark Carney addressed the World Economic Forum in Davos, Switzerland delivering a memorable speech saying the quiet part out loud. Post World War Two, the western world made a bargain with the US. In exchange for the protection of the world's largest industrial military complex, the western world would support its economic supremacy, currency, treasury bonds and its world view. The second Trump administration's fiscal policy, protectionism and weaponization of tariffs brings that era to an end.

Speaking to the necessary risk mitigation, Carney stated, "The question for middle powers, like Canada, is not whether to adapt to this new reality. We must. The question is whether we adapt by simply building higher walls – or whether we can do something more ambitious. Now, Canada was amongst the first to hear the wake-up call, leading us to fundamentally shift our strategic posture."

The recognition of that "rupture" as Carney puts it, means, and this was, for me, the most important part of his speech, that "We know the old order is not coming back. We should not mourn it."

Nostalgia is not a strategy. But we believe that from the fracture, we can build something better, stronger, and more just."

For his 16-minute speech, Carney was thanked with a standing ovation, rarely conferred to speakers on that stage except for Nelson Mandela and Volodymyr Zelenskyy and it garnered the accolades of the world press, the *New York Times* calling it "the most important foreign policy speech in years."

Impressive accolades indeed but

NOTES
FROM THE
MARGIN



Louise Wallace Richmond

he's certainly not alone in his defence of Canada.

Earlier this week, former Prime Ministers Stephen Harper and Jean Chretien met on stage in Ottawa at the Royal Canadian Geographical Society where

Harper was awarded a gold medal by the society in recognition of his distinguished career in public service marking the 20th anniversary of his first election as PM.

In that discussion, Harper first raised the increase in nationalism around the world and Canada has much to be proud of, and for his part, Chretien reiterated his stance that we are the envy of the world.

The former opponents clearly share a deep respect for one another and aligned on many issues during the discussion including that there will be costs to pay in this new order, but there are some unprecedented opportunities to take advantage of these circumstances. "Let's do some nation building" said Harper.

Chretien, too, said the quiet part out loud. "We are living in a very important time in the world. It's a big shift. It's the beginning of the end of the American empire." To which he added, we are in a good position, highly educated, tolerant, less income inequality and more unity "which we have to fight for all the time", he said. Harper concurred "We have to stick together".

As for their advice for current leaders, the former PMs appear to agree. We must think long term, pick our battles, work together on the big things (like Canadian sovereignty), which means parties supporting each other in Parliament, using "better judgement", said Harper. "Canada will be there for a long time," said Chretien.

Let's hope so. In fact, let's more than hope. Let's make it so. I hope we can agree on that. Thanks for reading.

PS - Flag day is February 15. ■

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

WEB Sitings

> youtube.com

Search: RW Bruhn Bridge Drive thru eastbound. A video depiction of how it will look when completed.



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• Cowichan 59 • Blackfalds 53

• **Scores:** Jan. 31: SA 3, Okotoks 0

• Jan. 30: SA 7, Trail 2

• Jan. 25: Sherwood Park 7, SA 2

• Jan. 23: SA 3, Vernon 1

• Coming up:

Home - Feb. 20: 7pm vs. West Kelowna

• Feb. 21: 6 pm vs. Blackfalds

• Feb. 27: 7 pm vs. Okotoks

• Mar. 6: 7 pm vs. West Kelowna

• Mar. 7: 7pm vs. Trail

• **Away** : , Feb. 6 & 7 @ Cranbrook • Feb. 13 @ Okotoks

• Feb. 14 @ Brooks • Feb. 16 @ Sherwood Park • Feb. 28 vs. Vernon

> CURLING

• **Junior Bonspiel**, Feb. 7, 8 • **Women's Open**, Feb. 20-22> **SICAMOUS EAGLES** home: VS vs. Revelstoke, Feb. 17> **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. See page 2 for local athletes.

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> 'Backs smoke Trail
Smoke eaters 7-2 on
Jan. 30. Chelsea. Clark photo

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WEATHER SYNOPSIS



Mix of sun and clouds Friday, rain Sat. & Sun. Highs +5 to +8. low -1

Normal: +1 C to -6 C

Sunrise 7:30 • Sunset 4:53

Past Temps, Jan. 21 to Feb. 3

By weather reporter Nick Parsons

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

DATE HIGH LOW PRECIP.

Jan. 21 0 -1

Jan. 22 -1 -2

> January summary: Rainfall: 3 1/2" (78 mm)

Mean average low: 1.25 C • Mean average high + 2.1 C

Only 10" snow total to date this winter plus 9" of rain.

The mountains are near 50% of normal snowfall to date.

PASSAGES

LEGACY LIVES ON
shuswaphospitalfoundation.org
shuswapfoundation.ca

Bowers Funeral Service
bowersfuneralservice.com

- ❖ Donnalyn 'Donna' Mason January 12, 2026, at age 80
- ❖ Ludger 'Lou' Painchaud January 12, 2026, at age 75
- ❖ Richard Sim January 27, 2026, at age 73

Fischer's Funeral Services
fischersfuneralservices.com

- ❖ Dorothy 'Joan' Barz January 30, 2026, at age 100
- ❖ Alton Christopherson January 12, 2026, at age 75
- ❖ Shirley Muriel Garrett January 13, 2026, at age 92
- ❖ Joan Blythe Hare January 23, 2026, at age 92
- ❖ Jay Winship Forster January 8, 2026, at age 56
- ❖ Tomas Nickolas Gaetz January 10, 2026, at age 83
- ❖ Carolyn Blanche Hargitt January 23, 2026, at age 82
- ❖ Gary William Jupp January 30, 2026, at age 79
- ❖ Henry Klassen January 14, 2026, at age 100
- ❖ Ken Martin January 9, 2026, at age 89
- ❖ Margaret Irene Lyon February 1, 2026, at age 75

- ❖ Inez Monda Nash January 21, 2026, at age 105
- ❖ Darlene La Vern Sorochinski January 24, 2026, at age 89
- ❖ James 'Jim' Albert Stebbing January 25, 2026, at age 98
- ❖ Adriana Geertruida Veldhoen January 17, 2026, at age 92
- ◆ ◆ ◆
- ❖ Eric James Procnier November 10, 2025, at age 73
Eric's obituary on the right ►►
- ◆ ◆ ◆
- ❖ Catherine O'Hara, 71, Canadian actress, *Home Alone*, *Schitt's Creek*, *Mockumentaries*, *SCTV*
- ❖ Marilyn Rousso, 79, American disability rights activist who lived with cerebral palsy.
- ❖ Alex Petti & Renee Good, both 37. Killed by ICE in Minneapolis
- ❖ Kristy Duncan, 69, MP 2008-2025 and cabinet minister
- ❖ Caden Fine, JJ Wright & Cameron Casorso of the Southern Alberta Mustangs, car accident
- ❖ Chuck Negron, 83, singer of *Three Dog Night*
- ❖ Jim Morrison, 94. Maple Leafs, Bruins, Penguins,

Eric Procnier

❖ 1952 to 2025

It is with great sadness that I speak of the passing of Eric James Procnier. Eric was born in the East York Township on October 23rd, 1952 and grew up in a family of four.

After high school he attended Sheridan Art School in Toronto, where he immediately discovered his affinity with glass. Picked out as a prodigy, Eric was selected to travel to New York City for advanced training and where he may well have become a top glass artist in North America.

Instead in 1975, at the age of 23, he packed up, hopped a train with his dog and headed west. Eric got off in Salmon Arm where he found his way to Armstrong and the Stage Caravan Company. There he discovered his skills as a horse whisperer and animal trainer. For the next six years Eric was part of the team, tending the Clydesdales, building and driving wagons, and travelling around the province with the Caravan's stage shows. He told me that when the population grew to be six deep around the campfire it was time for him to move on.

After various jobs and locations Eric, a single dad by then, moved to the North Shuswap highlands where he and his dad purchased a beautiful farm. For the next 35 years Eric lived there happily with an ongoing menagerie of animals and vegetable gardens; blowing glass and eventually becoming a commercial grower of prime garlic. In 1995 his new partner, Deanna and her children came to join him and they lived happily together there for three decades.

Eric was most assuredly a kind man, and in all aspects, he was a one-of-a-kind man. He was never swayed by public opinion, but what he did sway to was music, the blues in particular. He and Deanna regularly attended the Roots and Blues Festivals in Salmon Arm and throughout his years as a glass blower Eric would crank the tunes, his turning of molten glass into exquisite creations becoming a dance unto itself.

Sadly, Eric developed the dreaded Alzheimer's disease and lived his last nine months at Hillside Village in Salmon Arm. The family is grateful for the care he received there. He was released from his suffering on November 10th, 2025, having just turned 73 years old.

Eric is survived by the love of his life, Deanna, his son Wesley (Laura) grandchildren Maeve, Ben and Harper, stepchildren, Natalia (mother of Lavinia) and Kyle, brother Mark (Pam) and family and sister Sue (Bruce) and family. Eric will be forever remembered and forever missed.

A celebration of life will be held in the spring.



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Feb 28th

325 ALEX

Season 2, Episode 22

Serial by Shawn L. Bird

Shirley could hear a phone ringing inside her apartment, but it wasn't her ringtone, so she looked around in confusion. She realized the sound was coming through the monitor of the cat cam attached to Cougar's collar.

"Hey! How's it going?" said the somewhat muffled voice of Lester.

Shirley went to the monitor, and turned up the volume. The camera showed a row of grey boxes. She presumed Cougar was in Lester and Lindsay's tech store back storage room.

"No man, we don't own a cat," Lester was saying. "Other people in the building have cats, but not us. We don't have anything to do with the cat that attacked you. It was probably a feral cat and nothing to do with anyone in the building."

Shirley could hear a furious buzzing from the other end of the line.

"Hey now, that's a bit extreme isn't it?"

Shirley watched the monitor as the view changed from boxes to the back of what was probably Lindsay's head.

"Yes, sir. I understand, sir. Yes. Thank you," said Lester in a choked voice.

There was a pause and then Lindsay said, "What do you understand?"

"We are in deep crap," sighed Lester. "Why did I ever listen to your brother?"

"Don't blame, Mike. How would he have known about any of this? He was just trying to help us out."

"Yeah, I'm sure."

The cat cam shifted and Shirley could see the backs of both Lester and Lindsay's heads. Lester had wrapped his arm around his wife.

"What did he say that you thought was extreme?"

Lester shook his head. "He was really mad about the cat attack. He said," Lester gave a little shiver, "that the best way to get rid of vermin is to burn it out."

"Oh no!"

"So we have to keep taking their goods."

"Maybe we should go to the police."

"Look how well that turned out last time."

"Too bad the cat wasn't big enough to have done serious damage," sighed Lindsay.

"Too bad I opened a tech store and started working with criminals," groaned Lester. "Come on, let's get some dinner. I need to eat something."

The cat cam shifted and Shirley watched the young couple leave through their back door. "We can't have someone burning down the building," she muttered to the monitor. ■

□ *Read the next episode of 325 Alex in the Jan. 23 mid-month edition of Friday AM. Read about the author at shawnbird.com*



HOW NALA HELPS ME

I do not understand the political-speak when a new piece of info comes from

the PM's office, such as an MOU (Memo of Understanding), or a trade agreement with another country, or a new tax thing. I ask **Nala**, (my AI assistant) to explain it to me - an ole broad - and, specifically, how it will impact my life. I get explanations I can understand, and if I don't understand, I ask for clarification. I love that I can get citations for the info it tells me, too.



I make a really wonderful buttercream that I learned from a Parisienne baker years ago. It is different than anything I'd ever seen or made before, and I wanted a name, so I asked **Nala**, and she gave me the name. 'Swiss', and more details about how to make it, what to do if it separates, how to store it, and suggestions for flavours. Yes, I could get the info from Google, but I don't get ads, and I don't have to read through a lot of answers that aren't what I'm looking for.



I am helping a gal with her living room colours. She is having a dickens of a time visualizing the new possible sofa colors. So I gave **Nala** a picture of the room and asked to change the sofa's colour. I wasn't sure of the colour name, so gave an example and got the colour matched.

I could do that with some software that I'd have to pay for, and that has a bigger learning curve than, 'Please change the colour of the sofa in the living room to the colour sample swatch', but who has time to learn new software right now?

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I fell a few months ago and sprained muscles in my back, not the lower back, the sides. It's still healing, no big deal,

but my favourite pillow no longer works; it actually makes things worse. I explained the situation to **Nala**. She asked a few questions, and I got some suggestions that I tried, and now I can sleep without waking up ready for painkillers and a neck massage. I'm not saying use it for medical advice, but I really had no idea where to look or how to start finding a solution.



I use a Graphic Design software a lot, and for some reason, after an update, my Mac and it were fighting. I spent a few hours with the design software help and got nuthin'. A half hour with **Nala** and it was fixed.



My car heater started to make a funny noise. I stopped in to my favourite repair shop, and the guy said it was a horrible job, would take a few hours, and I should just live with it. **Nala** found me the solution, with a suggested fix time of 20 minutes, and one that I could do with a screwdriver. She even told me that this was not an unusual problem with my car, and not to worry, it wasn't serious or needing an immediate fix.



My favourite one, so far: I have written about 300 newspaper columns, and all are on my website. I've been thinking I should compile them into an ebook. I estimated it would take me a few weeks to edit, categorize every column, and create a 'book' I could edit further. Just for the heck of it, I asked **Nala** to do that, and had the book in one and a half hours. It needs a fair bit of work, actually, but it's there, and it's workable.

I wonder if people felt like this after they got electricity installed in their home, or the telephone. I thought Google was a big deal.

□ *If you have design or issues, or ideas for a future column, email linda@designsolutions.ca or visit designsolutions.ca*

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WORD SEARCH

Oscar nominees:
films, actors, directors

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

(Films:) Secret agent, Marty Supreme, F1, Frankenstein, One battle after another, Bugonia, Train Dreams, Sinners, Hamnet, Sentimental Value, (Actors:) Chalamet, DiCaprio, Hawke, Jordan, Moura, Buckley, Bryne, Hudson, Reinsve, Stone, (Directors:) Zhao, Trier, Anderson, Coogler, Sadie

HIDDEN GEMS

THIS QUOTE SPACE HOSTED BY
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> SEVEN SOCIAL SINS

- Wealth without work ○ Pleasure without conscience
- Knowledge without character ○ Commerce without morality
- Science without humanity ○ Worship without sacrifice
- Politics without principle ~Gandhi

> "All this referendum talk makes me want to have a referendum too. Except In Manitoba the question is going to be "do you want to stay a part in Canada Kinew and two choice are going to be "yeas" and "Heck Yea! So that's where we're coming from"



> Kinew, speaking a wee too close to a bison's behind.

~ Manitoba Premier Wab Kinew

FUNNY BONE

> Two men of cloth are standing on the side of the highway holding a sign that says: "The end is near! Turn back your way while you have a chance." A guy in a truck drives by and flips the bird to the two men along with the choice words that go with it. Then a few moments later, they hear the sound of screeching brakes and a big "splash!". The two men look at each other and one says, "See, like I told you before, maybe the sign should just say, "Bridge out""

> I got home and there was a voicemail from a Johann Sebastian. Should I call him Bach?

POP QUIZ

> Ralphie from the classic movie, *Christmas Story*, played a minor role in another classic Christmas movie, as an adult many years later. character as an adult, in another Christmas movie. Which movie?

EJL <

PICTURE THIS



> After a burrow brawl, tough looking Okanagan Okie could not see his shadow through his cell window, so it appears there won't be six more weeks of winter.

> On right, it did not take long for this timid little puppy to grow up and love to cruise in the back seat.



PANCAKE BREAKFAST

8-11:30 am
Sunday, Feb. 8
\$12 person
5& under Free



Friday Nights
Doors open at 5 pm
Games begin at 6:30
Gaming license 151881

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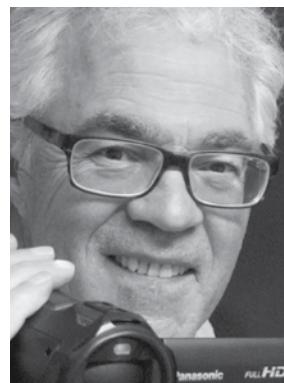


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THIS WEEK

Savings Account	1.50%	No Change
90-Day Cashable	2.25%	No Change
1 year	3.30%	Up 0.05%
2 years	3.36%	Up 0.01%
3 years	3.47%	Up 0.02%
4 years	3.40%	No Change
5 years	3.50%	Down 0.03%

* GIC rates as of Feb.3, 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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Best Spirited and
Best Overall creation by
The Barley Station Brew Pub



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THE NIGHT CAFÉ

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1. Receive a voting ballot with each hot chocolate purchase.
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Entry deadline February 28/26.
Winners announced
March 3, 2026.

FriAM.ca SALMON ARM Beat Pages

16 online only pages • Print 1st/3rd Fridays • Feb. 6th



> It has already been 11 years this month since Enderby's Miss P, owned by Lori Crandlemire, won Best in Show at the famed Westminster Dog Show in New York. Sadly, she passed away five years ago. Another famous dog from this region was among the stars in the 2000 movie, "Best in Show", a mockumentary on the Westminster show that co-starred the late Catherine O'Hara. Does anyone recall which of the dogs in that classic movie was from the Shuswap?

HOCKEY TRAGEDY



> Two Kamloops teens and another from Alabama, were killed in a collision with a gravel truck on their way to hockey practice. Cameron Casorso, 18 and JJ Wright, 18 of Kamloops, and Caden Fine, 17, of Birmingham, Alabama were playing for the Southern Alberta Mustangs, a US Premier Hockey league, based in Stavely Alberta.

NO
FACT
CHECKERS
ANYMORE
ON
FACE-
BOOK

This BBC report from January 2025 is in followup to my post about fake stories circulating to damage the reputation of the two Americans killed by ICE in Minneapolis.

Meta is abandoning the use of independent fact checkers on Facebook and Instagram, replacing them with X-style "community notes" where commenting on the accuracy of posts is left to users.

In a video posted alongside [a blog post](#) by the company on Tuesday, chief executive Mark Zuckerberg said third-party moderators were "too politically biased" and it was "time to get back to our roots around free expression".

The move comes as Zuckerberg and other tech executives seek to improve relations with US President-elect Donald Trump before he takes office later this month.

Trump and his Republican allies have criticised Meta for its fact-checking policy,



Jan. 30

SALMON ARM Beat

FriAM.ca • Print issues 1st & 3rd Fridays

To-do's

- Salmar Grand
- Song Sung Blue*
*No matinee
- Mercy
- Send Help
- Sat & Sun mat. only:
 - Hamnet
 - Charlie Wonderdog
- January Jollies variety Show, 5 pm, Jan. 30, Nexus at First
- Sarah Jane Scout-en, Jan. 31, Carlin Hall
- Bats & Dao, 7:00, Jan. 31, Sorrento Centre
- OK Buddy Art Show, Salmon Arm Art Gallery. Now open, Reception Sat.
- Unplug & Play, an. 24-29. Saturday free instruction include Tennis at 1 or 2, Boxing 1:30-3 & Taekwondo 11 am Also French games Friday at the library shuswapliteracy.ca
- Moonlight Poker Run, Jan. 31, Snowblazers, Fly Hills
- Dixie Dead-Shake, Friday, Setters
- Silverbacks, Friday & Saturday
- Play Reading, 7 pm, tonight Shuswap Theatre
- BCIMCA curling playdowns, Sat., SA

> Many of the business sponsors of the new Neighbourhood Welcome program met for lunch Thursday.

New in town?
nwsalmonarm@gmail.com



> Do you see a face taking up most of the space in this photo? If not, try squinting your eyes and then you may not unsee it.



FLOORING AND TRUCKS TARGETED

Thieves are literally lifting the floors we walk on in the latest report on local thefts. RCMP report that a pallet and a half of vinyl plank flooring was stolen from a construction site in the 900 block of 12th St SE. The flooring is estimated to be worth over \$5,000. Anyone with information on the flooring, pictured on right, are asked to call RCMP.



A man reported his white 2006 Ford F-350 was stolen from his Bolton Rd. residence sometime during the night and morning Jan. 14.

All of the keys were accounted for, and no one had permission to use the vehicle, according to police.



Cst. Andrew Hodges said that RCMP have seen an increase in stolen trucks and believe someone is targeting early 2000's model pickup trucks in the Shuswap area.

Hodges advised residents to use a steering wheel lock, tire lock, kill switch, immobilizer and alarm system.

“Using a GPS tracking device, or Bluetooth tracker (AirTag, Chipolo, SmartTag, Tile) placed in a discreet location inside the vehicle can potentially assist police after the fact if your older model vehicle has been stolen.”



A suspect was captured on video cutting the security camera wiring on an outbuilding in the fairgrounds. A 31-year-old man was identified and arrested. ■

Wed



3° 1°

Jan. 28 SALMON ARM Beat

FriAM.ca • Print issues 1st & 3rd Fridays

To-do's

- Salmar Grand
- Song Sung Blue
- Mercy
- The Bone Temple*
- Hamnet*
- * ends Thursday
- Send Help
Opens Friday
- January Jollies variety Show, 5 pm, Jan. 30, Nexus at First
- Sarah Jane Scouten, Jan. 31, Carlin Hall
- Boo & Dao, 7:00, Jan. 31, Sorrento Centre
- OK Buddy Art Show, Salmon Arm Art Gallery. Now open, Reception Sat.
- Unplug & Play, an. 24-29. Today includes a juggling jamboree 6 pm, Bastion School
- Liam Nadurak, jazz night, 7 pm, Jan. 29, Nexus at First.
- Bad Apples Comedy show, Wed, Night Cafe
- Moonlight Poker Run, Jan. 31, Snowblazers, Fly Hills
- Dixie Dead-Shake, Friday, Setters
- Silverbacks, Friday & Saturday
- Play Reading, 7 pm, tonight Shuswap Theatre
- BCIMCA curling playdowns, Sat, SA



Snow managed to fill the driveway, but not the lawn

Restaurant re-opens after chef assaulted

The Peppercorn Club restaurant next to Downtown Askew's reopens Thursday after an assault by rowdy out-of-town guests. Police are investigating the assault of the chef, Nohit.

A statement from the restaurant said it was not a racial attack. "Thank you for your continued support and we look forward to serving everyone on the 29th onwards."

Ironically, there's a large lunch reservation on Thursday for the business sponsors of Salmon Arm's new Neighbourhood Welcome program.



Another house fire occurred on Jan. 24 in the region. Fortunately the Notch Hill couple Harry and Cheryl Kubillus and their pets are all safe. A lunch and auction is planned for Saturday in Notch Hill.

As reported earlier, another fire Saturday claimed the lives of a Yankee Flats couple.



> The jazz funk band, The Shuffle Demons, featuring Salmon Arm's own Richard Underhill were nominated for Jazz Album of the Year (Group) at the 2026 JUNO Awards for their album *Are You Really Real*. Underhill, second from left, previously won a Juno for one of his solo albums.

Unplug and PLAY



> A free skate and button and magnet making took place all afternoon after school Tuesday as part of Unplug & Play week. Events continue to Saturday. shuswapliteracy.ca



Jan. 31 #2 SALMON ARM Beat

FriAM.ca • Print issues 1st & 3rd Fridays

■ Is it just a coincidence that the arrival of the monks into Virginia coincided with the timing of a statement by Jim Pattison Developments that it will *not* sell a warehouse in Virginia to U.S. Homeland Security to be used by Immigration and Customs Enforcement as a detention centre? In an email on Friday, the company said “The transaction to sell our industrial building in Ashland, Virginia, will not be proceeding.”

What the world needs now: WALK for PEACE

Jan. 31: Day 98 of 3,700 km. journey across South U.S.

BC's Jim Pattison earlier said that when the company agreed to sell the building to the U.S. government it did not know it could be used as an ICE detention centre.

The boycott that was just getting underway in BC would - along with a groundswell of opposition by residents in Hanover County, Virginia - would have contributed as well, but this is good news indeed.



“There are people who curse at us, as well, shout at us, step on the gas pedal so that the black smoke cover all the monks, all kinds of things How do we react? If we react in fighting, shout back, curse back we are not a monk anymore, that would be odd But we also react But instead of angry. I give him a smile to his face And I say, “May you be well, happy and peaceful””

Arrival in Washington D.C. expected Feb. 11 to 13

It's Friday AM's 29th Anniversary!

> I thought today was the 29th anniversary of *Friday AM*. But no, I pulled out the first edition, and it says 'January 24, 1997'. When I wrap it up August 21 with Issue #1400 - and no one to keep it going - there will still be a special issue on Jan. 24, 2027 to celebrate the 30th. Mark my word!

FIRST ISSUE: JAN. 24, 1997

RETIRING FROM PRINT NO. 1400, AUG. 21, 2026



WILL KEEP BLOGGING
THE 'AM BEAT' 'TIL THE
COWS COME HOME.

gotta love
this town!



Mon



-1° -6°

Jan. 26
#2

FriAM.ca • 1st & 3rd Fridays in print

SALMON ARM Beat

Unplug and PLAY

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

SILVERBACKS
Win one, lose one
'Backs 3, Vernon 1
Sher. Pk 7, 'Backs 2
More home games
next weekend
vs. Trail Sat &
vs. Okotoks Sun.

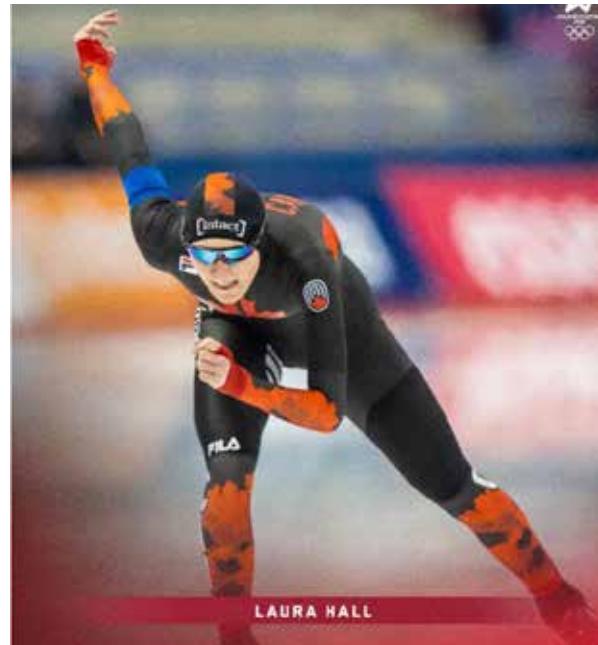
To-do's

- Salmar Grand
• Song Sung Blue
- Mercy
- The Bone Temple
- Hamnet
- January Jollies variety Show, 5 pm, Jan. 30, Nexus at First
- Sarah Jane Scout-en, Jan. 31, Carlin Hall
- Boo & Dao, 7:00, Jan. 31, Sorrento Centre
- OK Buddy Art Show, Salmon Arm Art Gallery. Now open, Reception Sat.
- Unplug & Play, Family Literacy Week events, Jan. 24-29.
- Scavenger hunt at SA & S. Shuswap libraries all week.
- Button / magnet making & family free skate 2:45 - 4:15 Tuesday, Rogers Rnk
- Board games at Sanctuary games, 10am-9pm, Tuesday
- Liam Nadurak, jazz night, 7 pm, Jan. 29, Nexus at First.
- Moonlight Poker Run, Jan. 31, Snow-blazers, Fly Hills
- Play Reading, 7 pm, Jan. 28, Shuswap Theatre
- BCIMCA curling playdowns, Sat., SA

MILAN BOUND!



DANIEL HALL



LAURA HALL



PARA BIATHLON WORLD CUP
NATALIE WILKIE

So much to celebrate already ahead of the Milano Cortino Winter Olympics and Paralympics next month.

Salmon Arm will be represented by three outstanding athletes. Salmon Arm born and raised brother and sister Daniel and Laura Hall were named to the long track speed skating team and Natalie Wilkie will once again represent Canada at the Paralympics after winning the World Cup Biathlon in Poland.

The Hall siblings began speed skating with the Salmon Arm Ice breaker club. The family moved to Calgary to support their kids' ambitions to skate for Canada. Daniel will be skating mid distances and Laura is a long distance specialist.

Sun



7° 3°

Feb. 1

SALMON ARM Beat

FriAM.ca • Print issues 1st & 3rd Fridays

To-do's

- Salmar Grand
 - Song Sung Blue*
 - *No matinee
- Mercy
- Send Help
- Sun matinee only:
 - Hamnet
 - Charlie Wonderdog
- Snowed in Comedy Tour, Thursday, Recreation Centre.
- OK Buddy Art Show, Salmon Arm Art Gallery. On now.
- BC Cup Race, Feb. 7, Larch Hills.
- Gleneden Hall dance - Feb. 7 with William & Penny
- Coffeehouses Grindrod, Fri. Carlin, Sat.
- Vernon Winter Carnival Feb. 6-15
- Valentine's Day Feb. 14 - Dances at Song Sparrow Hall with Honey Bear & Fifth Ave, with The Gentlemen & Heart at the Table, Feb. 14, First Community
- Ripcord opens Feb. 20, Shuswap Theatre.
- Trail Alliance auction opens Feb. 5
- Ghost Town, Feb. 6 at Setters & Bird Belly, Feb. 4, Canooligans
- Family Day Feb. 16

The Red Gala

> Fundraiser for Shuswap Cardiac Society, Feb. 21 at the Prestige. A 3-day Sicamous House-boats vacation will be drawn that night, as well bidding for a \$6,000 hearing package. Tix at shuswapcardiacsociety.org



> Uptown has really come out on its own as a thriving community. Its fine looking public square, above, looks like a grand staircase to the arena, except for the matter of a four-lane highway separating it. However, there's something distinctly missing in Uptown - something that much smaller neighbourhoods like Canoe and Tappen enjoy. Uptown deserves its own post office. Why should residents have to jump in their car and drive down to Piccadilly Mall and downtown?

Ninja lands in town

A Fraser Valley woman who started an anti-litter group called the Earth Ninjas has relocated to Salmon Arm, and would love to introduce such a volunteer initiative here.

"We removed tonnes of litter from roadsides, parks, and public spaces", said Jocelyn (Joe), formerly of Aldergrove. "I know Salmon Arm isn't the coast, and the overall volume of garbage here is lower. That said... it tends to



accumulate quietly along roadsides, ditches, trails, and public spaces." You can contact her at #earth_ninjas or Email Earthninjas604@gmail.com

Mon



6° 1°

Feb. 2

SALMON ARM Beat

FriAM.ca • Print issues 1st & 3rd Fridays



> Good news from Minnesota: Five-year-old Liam Ramos and father are back home after a 10-day stay in a Texas ICE detention centre.

To-do's

- Salmar Grand
 - Song Sung Blue*
 - *No matinee
 - Mercy
 - Send Help
- Sun matinee only:
 - Hamnet
 - Charlie Wonderdog
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- Valentine's Day Feb. 14 - Dances at Song Sparrow Hall with Honey Bear & Fifth Ave, with The Gentlemen & Heart at the Table, Feb. 14, First Community
- Ripcord opens Feb. 20, Shuswap Theatre. Tix on sale
- Trail Alliance auction opens Feb. 5
- Ghost Town, Feb. 6 at Setters & Bird Belly, Feb. 4, Canooligans
- Family Day Feb. 16

One province's referendum question: *“Do you want to stay a part of Canada?”*
Choices: 1. *“Yea.”* 2. *“Heck Yea!”*



> Premier Wab Kinew standing a wee bit too close to a bison's hiney. I love this guy!

Manitoba Premier Wab Kinew: *“All this referendum talk makes me want to have a referendum too. Except in Manitoba the question is going to be: “Do you want to stay a part of Canada?”.. and the two choices are going to be: “YEA” and “HECK YEA!” So that’s where we’re coming from”*

The Red Gala

> Fundraiser for Shuswap Cardiac Society, Feb. 21 at the Prestige. A 3-day Sicamous House-boats vacation will be drawn that night, as well bidding for a \$6,000 hearing package. Tix at shuswapcardiacsociety.org

GROUNDHOG DAY



> For a region that boasts a mild winter, Okanagan Okie is one tough looking groundhog. Photo credit to RCMP. Yes, you, read that right. Word is Okie was arrested over the weekend in a brutal burrow brawl. He couldn't see his shadow through the cell window so I guess we're spared six more weeks of 'winter'.



Jan. 29 SALMON ARM Beat

FriAM.ca • Print issues 1st & 3rd Fridays

To-do's

- Salmar Grand
- Song Sung Blue
- Mercy
- The Bone Temple*
- Hamnet*
- * ends Thursday
- Send Help
- Opens Friday
- January Jollies
- variety Show, 5 pm, Jan. 30, Nexus at First
- Sarah Jane Scouten, Jan. 31, Carlin Hall
- Boo & Dao, 7:00, Jan. 31, Sorrento Centre
- OK Buddy Art Show, Salmon Arm Art Gallery. Now open, Reception Sat.
- Unplug & Play, an. 24-29. Today includes intro to Lacrosse, 5 pm, Bastion School
- Liam Nadurak, jazz night, 7 pm, Jan. 29, Nexus at First.
- Bad Apples Comedy show, Wed, Night Cafe
- Moonlight Poker Run, Jan. 31, Snowblazers, Fly Hills
- Dixie Dead-Shake, Friday, Setters
- Silverbacks, Friday & Saturday
- Play Reading, 7 pm, tonight Shuswap Theatre
- BCIMCA curling playdowns, Sat, SA

SEVEN SOCIAL SINS

- Wealth without work
- Pleasure without conscience
- Knowledge without character
- Commerce without morality
- Science without humanity
- Worship without sacrifice
- Politics without principle ~ *Gandhi*

Only in Canada, eh!



> How does this happen? The Skilled Truckers facebook page captured this semi completely blocking the highway in Revelstoke area

Only in England, innit!



> A neighbour feud broke out at this duplex in Southampton, England following a rare snowfall. The man on the left accuses his neighbour of sneaking into his yard overnight and stealing a section of snow to build a life-size snowman.



There's still time to share your feedback on new building standards to reduce fossil fuel (natural gas) use in new buildings faster than the Province has scheduled. Your input will help guide the approach and timeline. The survey is quick, only five questions. Take the survey at www.salmonarm.ca and follow links. The Survey closes January 31.

Mon
-1° -6°

Jan. 26 #3

SALMON ARM Beat

FriAM.ca • 1st & 3rd Fridays in print



> Eastern Canada today.. Facebook photo

To-do's

- Salmar Grand
- Song Sung Blue
- Mercy
- The Bone Temple
- Hamnet
- January Jollies variety Show, 5 pm, Jan. 30, Nexus at First
- Sarah Jane Scout-en, Jan. 31, Carlin Hall
- Boo & Dao, 7:00, Jan. 31, Sorrento Centre
- OK Buddy Art Show, Salmon Arm Art Gallery. Now open, Reception Sat.
- Unplug & Play, Family Literacy Week events, Jan. 24-29.
 - Scavenger hunt at SA & S. Shuswap libraries all week.
 - Button / magnet making & family free skate 2:45 - 4:15 Tuesday, Rogers Rnk
 - Board games at Sanctuary games, 10am-9pm, Tuesday
- Liam Nadurak, jazz night, 7 pm, Jan. 29, Nexus at First.
- Moonlight Poker Run, Jan. 31, Snowblazers, Fly Hills
- Play Reading, 7 pm, Jan. 28, Shuswap Theatre
- BCIMCA curling playdowns, Sat, SA

BLAZE CLAIMS TWO IN YANKEE FLATS

A blaze in the Yankee Flats area claimed the lives of two seniors.

The Silver Creek and Falkland Fire Departments responded to a fully involved residential structure at 8:30 pm, Saturday.

The fire broke out in a Recreational vehicle that had been modified with constructed add-ons to the unit. A 911 call made by a resident outside the unit indicated the structure was in flames and actively burning inside.

Despite a timely response from Silver Creek, the residence was completely engulfed when the first truck arrived. Crews working to put out the burning structure and ensure it did not extend past it.

After the fire was extinguished,

preliminary investigations confirmed the deaths of the home's two occupants.

"We are deeply saddened by the loss of these two people. The hearts of all our firefighters go out to their family and friends," said Columbia Shuswap Fire Chief Sean Coubrough. "They are in our thoughts, and we share in their grief."



The fire investigation continues with the support of the Fire Commissioner's office. Mental Health supports resulting from this traumatic tragedy are being provided by and for members of the Silver Creek Fire Department.



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

Full schedule
on back page of
Friday AM Mid-
month edition

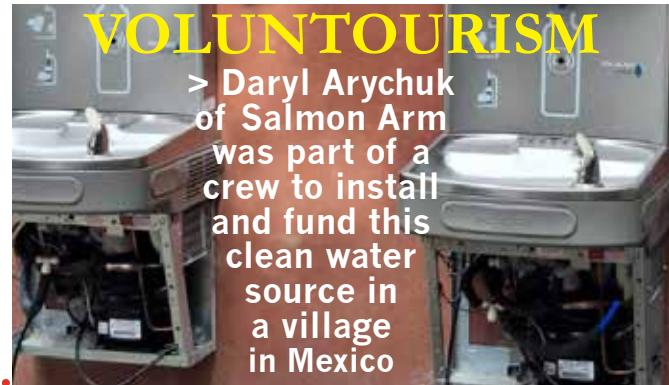
Sat
6° 3°

Jan. 31 SALMON ARM Beat

FriAM.ca • Print issues 1st & 3rd Fridays

To-do's

- Salmar Grand
 - Song Sung Blue*
 - *No matinee
- Mercy
- Send Help
- Sat & Sun mat. only:
 - Hamnet
 - Charlie Wonderdog
- Sarah Jane Scouter, Jan. 31, Carlin Hall
- Bats & Dao, 7:00, Jan. 31, Sorrento Centre
- OK Buddy Art Show, Salmon Arm Art Gallery. Now open, Reception, 7 pm, Saturday.
- Unplug & Play, last day, Saturday. Events include free instruction for Tennis at 1 or 2, Boxing 1:30-3 and Taekwondo 11 am. Ongoing scavenger hunts at SA and S. Shuswap libraries. Also valentine's card making, 2-4 pm at South Shuswap library. shuswapliteracy.ca
- Moonlight Poker Run, Jan. 31, Snowblazers, Fly Hills
- Dixie Dead-Shake, Friday, Setters
- Silverbacks, Saturday vs. Okotoks.
- BCIMCA curling playdowns, Sat., SA



VOLUNTOURISM

> Daryl Arychuk of Salmon Arm was part of a crew to install and fund this clean water source in a village in Mexico



> There are two out-of-town concerts to choose from this Saturday night. Sara Jane Scouter performs in the newly renovated Carlin Hall, and Bats & Dao, right will be at the Sorrento Centre.



> It has already been 11 years this month since Enderby's Miss P, owned by Lori Crandlemire, won Best in Show at the famed Westminster Dog Show in New York. Sadly, she passed away five years ago. Another famous dog from this region was among the stars in the 2000 movie, "Best in Show", a mockumentary on the Westminster show that co-starred the late Catherine O'Hara. Does anyone recall which of the dogs in that classic movie was from the Shuswap?



C. Clark photo
> Our Silverbacks literally made the Trail Smoke Eaters eat smoke on Friday night at home with a score of 6-2. Tonight at 6 the 'Backs host the Oilers - no, not those Oilers, sports fans, it's the team from Okotoks.



Catherine O'Hara 1954-2026
Her laugh & smile to make you laugh & smile

NATO came to the US' aid and lost many lives after 9-11; Trump commented that his building is now the tallest in Lower Manhattan *on* 9-11.



Trump on America's NATO allies:
"We've never needed them. We have never really asked anything of them. You know, they'll say they sent some troops to Afghanistan or this or that. And they did. They stayed a little back, little off the front lines."

MollypooKims



Loss of life after nations joined US in Afghanistan after 9/11

Country	Deaths	Deaths per million
USA	2461*	7.96
UK	457	7.25
Canada	159*	4.68
France	90	1.43
Germany	62	0.76
Italy	53	0.88
Poland	44 ^[7]	1.16
Denmark	43	7.82
Australia	41	1.86
Spain	35*	0.76
Georgia	32	8.42
Romania	27	1.27
Netherlands	25	1.51
Turkey	15	0.20
Czech Republic	14	1.33
New Zealand	10	2.27
Norway	10	2.04
Estonia	9	6.92
Hungary	7	0.70
Sweden	5	0.53
Latvia	4	1.82
Slovakia	3	0.56
Finland	2	0.37
Jordan	2	0.33
Portugal	2	0.19