

FriAM.ca



October

ALL MONTH
online

To-do's

Festivities

Art & Film

Concerts

Theatre

Sports

You're Invited
/Pages 4-6

■ SCROLL
50 pages

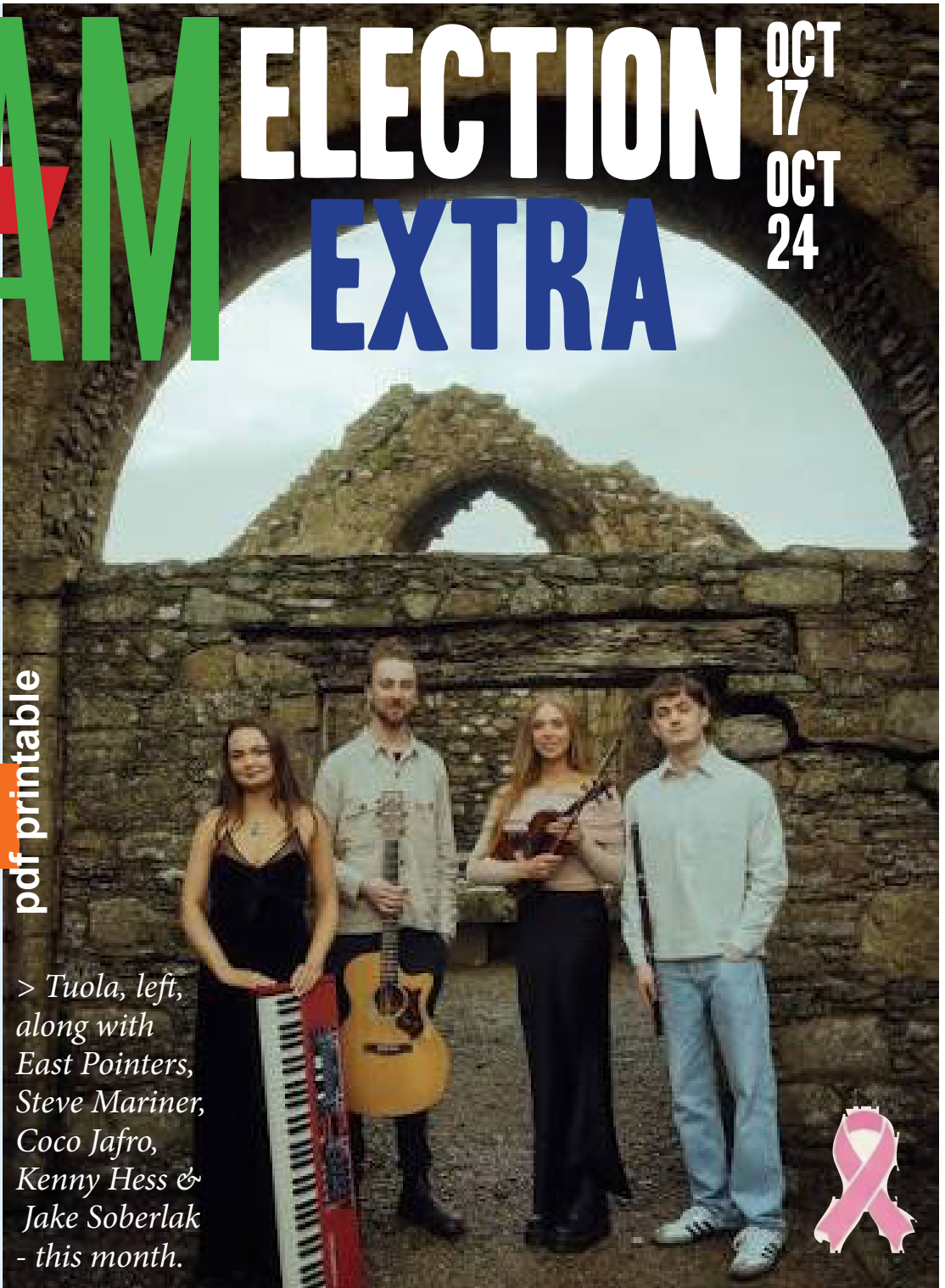
elections
columns
features
AMarket
AMusing
AM Beats

pdf printable

> Tuola, left,
along with
East Pointers,
Steve Mariner,
Coco Jafro,
Kenny Hess &
Jake Soberlak
- this month.

AM ELECTION EXTRA

OCT
17
OCT
24



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Halloween
Hullabaloo
Oct.24



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Anniversary
Oct. 10th



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NO. 1402
FRIDAY
 OCT 2, 2026 **AM**

October All Month
 EDITOR & PUBLISHER

Lorne Reimer

250.833-1141

fridayam@shaw.ca

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To support AM daily Beats
 & All Month. volunteer sub-
 scription \$25 year (\$2 mo).

■ All Month also
 includes AM Beats
 of the past month!

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

**— THE SONGS —
 THAT WROTE
 COUNTRY MUSIC**

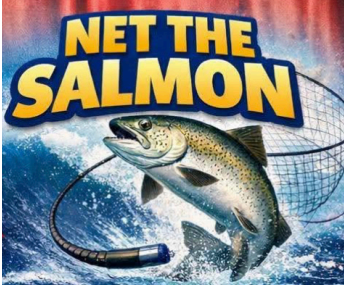
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 MERLE HAGGARD AND MANY MORE**
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Performed by BC's own
 Country Music Hall Of Fame
 singer / songwriter
KENNY HESS

7:00 pm Saturday October 3rd
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■ NEW feature
 starts this edition
 THE FOOD PAGE
 • "Food for all" col-
 umn by KJ.Taylor
 • My Mom's Cook
 Book - your editor
 reprints recipes
 from the binder
 she gave each of
 her children.

■ Compilation of
 AM Daily Beats
 from Sept. 5 - 30

■ Election section

■ "BOO" season
 is coming up

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in & Salmon Arm & Shuswap

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PAGE 3

AM

OCTOBER ALL MONTH



> September was a busy month, but, by far, the most bizarre happening was the meeting of a truck pulling a helicopter and a tandem truck pulling a trailer on Shoemaker Hill. The resulting jam-up closed the switchback road for a few hours - a road that strictly prohibits large trucks. Brad Rennie photo

wearabouts Clothing Co.
wearabouts.ca
START YOUR ADVENTURE LOCALLY! DOWNTOWN SALMON ARM!



> A reoccurring blaze temporarily shut down the landfill outside Sicamous.

Repair Cafe
Broken? Bring it in!
Saturday, October 3, 2026
10:00 am-3:00 pm
Repairs by donation on items such as clothing, small appliances, basic wood repairs and electronics.
Reuse * Reduce Waste * Repair
Lower Level
220 Shuswap Street NE
Salmon Arm
If you have questions please reach out to us at
778-404-1253 or by email to
shuswapmakerspacecoordinator@gmail.com

GUN SHOW & SALE
October 17 & 18, 2026
SATURDAY 9 am - 5 pm & SUNDAY 9 am - 3 pm
34th Annual
NEW LOCATION! Splatsin Community Centre
5767 Old Vernon Rd, RD RR3, Enderby BC
Salmon Arm FISH & GAME CLUB
Admission: Adults \$10 ea
Children 12 & under FREE
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Festivities

- > **Dress the Town Pink** - Oct. 1-15. Wear pink for breast cancer awareness. Buy pink ribbons & pins at home game, 2nd; Ross market, 3rd/5th; Westgate, 3rd; Piccadilly, Legion, Botanica, Shuswap Clothing all month
- > **Salute to the Sockeye Festival** - Celebration dominant run, Oct. 9 to 25, Tsutsweww Park. salmonsociety.com
- > **Piccadilly Mall** - Anniversary event, Oct. 10; Hullabaloo Party, Oct. 24; Treat trail, Oct. 31.
- > **Apple Fest** - 9-1, Oct. 10, Ross Plaza. Tasting, crafts, juicing
- > **Thanksgiving** - Oct. 12
- > **Spooktacular** - 5-8:30, Oct. 24, 25, Haney Village \$16. Free for kids 5 & under. 250-832-5243 or salmonarmmuseum.org
- > **Halloween** - Oct. 31. **Treat Trail downtown, Oct. 30** (note day before Halloween)
- > **ELECTIONS** - Councils/ school boards, Oct. 17 Advance polls Oct. 7, 13 Provincial, Oct. 24
- > **All Candidates Open House**, 5:30, Oct. 6, Rec. Centre.
- > **Fall home show** - Oct. 24, Rec. Centre.

Arts

- > **Salmon Arm Art Gallery** - 'Where in the world are we?', Sept. 12 to Nov. 13 by Runaway Moon. See next page for more on the ongoing Community Arts Project.
- > **Cardiff Miller Art Warehouse & Courtyard Gallery** - Enderby

Concerts

- > **Kenny Hess**, 7 pm, Oct. 3, SA Legion. The songs that wrote Country. More info page 2.
- > **Jazz club**, 7 pm, by donation
- **Trilogy**, Oct. 1. Jody Proznick, Miles Black & Bill Coon
- **Aretha Tillotson**, Oct. 15. Juno nominated bassist
- **Jake Soberlak & friends**, Oct. 29. Up and coming young bluesman.
- **Slide Area**, Nov. 12 jazzsalmonarm.com
- > **Coffeehouse circuit** - Re-opens for new season, October
- Grindrod, 1st Fri • Carlin, 1st Sat.
- Sunnybrae, 2nd Sat • Cesta, 3rd Fri.
- Enderby, 3rd Fri (Srs. Centre)
- Gleneden, 3rd Sat.
- Eagle Bay & Silver Creek, 4th Sat.
- Shuswap Writers Group coffee-house, 2-4 pm, 4th Friday at First Community, off 4th St. SE entry.
- > **Punk/Rock/Emo Night** - 7pm, Oct. 3 at the new 'Nothing Fancy' music venue. Downstairs at 341 Hudson. Night of 2000s nostalgia, headbanging & eyeliner.
- > **East Pointers** - Oct. 17, Song Sparrow Hall. Big favourite at Roots & Blues. Sorry, all sold out.

live & dance

- > **SA Legion** • Kenny Hess, Oct. 3, country tributes. • Jam, Tues/Fri • Karaoke
- > **Setters** • Dark jokes for nice folks with Steve Taddy, Oct. 3 • Blind Bay Blues, Oct. 30; Linda Sue Wilson, Oct. 9 • Karaoke Thurs • Trivia Tues.
- > **Canooligans** • Halloween Party with Doppelbangers, Oct. 31
- > **Enderby Legion** • Dance, Sept. 12 • Jam Thurs. • Quiz Tues • Karaoke, Fri.
- > **Brothers, Sicamous** • Bad Decisions comedy, Sept. 26
- > **Riverfront pub**, Grindrod • Line dancing, 6-8 pm, Oct. 15
- > **Hideaway Pub** • Karaoke Thurs.
- > **Night Cafe** • Shuswap Celtic band, 7pm, Sept. 19
- > **Solid Urban Studio** • Augurium, Cultist, Broken Crow, 7 pm, Sept. 17.
- > Next 'Celebrate Shuswap' dance, Oct. 31 with **Coco Jaffro**. See above

> Celebrate Shuswap dances

- **Coco Jaffro**, Oct. 31
- **Nouveau Funk**, Dec. 31. All at Song Sparrow Hall. Details at songsparrow.ca
- > **Tulua** - 8pm, Oct. 19, Gleneden Hall. Deeply rooted in Irish traditional music. Tix eventbrite.ca
- > **Steve Mariner & Local Electric** - 7:30, Oct. 22, Song Sparrow. Jake Soberlak, rising young blues guitarist and singer, will open. Tix at rootsandblues.ca



- > **Coco Jaffro** - Oct. 31. A globe spanning groove collective from Vancouver will lead Halloween dance party at Song Sparrow Hall. Tix at songsparrow.ca
- > **Barra MacNeils** - Nov. 19, An East Coast Christmas. Song Sparrow Hall. rootsandblues.ca
- > **KSO in Salmon Arm** - Next in series Feb. 7 & April 4 kamloopssymphony.com
- > **Okanagan Symphony** - Oct. 4, Vernon Performing Arts Centre. ticketseller.ca

Theatre

- > **Fall of the House of Usher** - Gothic Bromance, now to Oct. 11, Caravan Farm. caravanfarmtheatre.com .. A magically immersive experience.
- > **Presentation on next year's Community Play** - 7 pm, Oct. 24, SA Art Gallery.
- > **Vasila and the Light** - 5 & 6 pm, Oct. 30. Shadow play for all ages, SA Art Gallery. After the Treat Trail.
- > **Fiddler on the Roof** - first play of the season, Nov. 12 - 29, Shuswap Theatre. shuswaptheatre.com

Sports

- > **Silverbacks** - **Home:** vs. Blackfalds, 7pm, Oct. 2 vs. Vernon, 7 pm, Oct. 16 vs. West Kelowna, 7pm, Oct. 31
- Away:** * *showcase in Nisku, AB* vs. Vernon, Oct. 3 vs. Sherwood Park, Oct. 9 vs. Langley, 5:45, Oct. 11* vs. Prince George, 1 pm, Oct. 12* vs. Vernon, Oct. 17 vs. Trail, Oct. 23 vs. Cranbrook, Oct. 24 vs. West Kelowna, Oct. 30
- > **Curling** - Learn to Curl clinic, Oct. 1, 4 Men's bonspiel, Oct. 14-18 Icebreaker funspiel, Oct. 24 AGM, 1-4, Oct. 25
- > **Amateur boxing** - Interior series #4, 5:30, Oct. 10, Song Sparrow Hall. Hosted by Whizbang boxing. Tix \$35 in advance, \$40 at door
- > **Fly Hills poker run** - 10 am, Oct. 17

at the movies

- > **SALMAR GRAND**
- **Oct. 2 to 8** • salmartheatre.com
- **Verity**, 6:40 nightly; 1:45 Sat, Sun. Struggling ghost writer struggles with disturbing autobiographical notes. (14A suggestive scenes)
- **Digger**, 6:30 nightly; 2:15 Sat, Sun. Most powerful man in world on mission to prove he is humanity's saviour before the disaster he's unleashed destroys everything. (14A coarse lang.)
- **Heart of the Beast**, 7:00 nightly; 1:30 Sat, Sun. Special Forces officer and his combat dog are stranded deep in the Alaskan wilderness after air crash. (PG lang, viol.)
- **Forgotten Island**, 6:50 nightly; 1:30 Sat, Sun. best friends become stranded on a mystical world where only escape might cost their shared lifetime of memories. (PG mild violence)

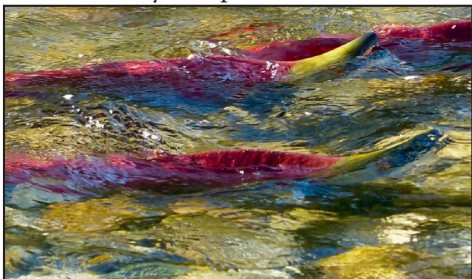
FILM SOCIETY • shuswapfilm.net

- **The Rivals of Amziah King** (US) 4:00, Oct. 3. A charismatic beekeeper, folk-rock musician and community anchor faces shady rivals. Excellent music. (PG)
- **Primavera** (Italy) 4:00, Oct. 10. Fate of virtuoso violinist is transformed when her orphanage hires composer Antonio Vivaldi as its new music instructor. (PG)
- **My Father's Shadow** (UK/Nigeria) 4:00, Oct. 17. Deeply personal family story set against the turbulence of 1993 Lagos.
- **Salt Path** (UK) 4:00, Oct. 25. Couple go on 630-mile trek along England's beautiful but rugged South West Coast.
- **Reel Weekend Film Festival**, Nov.

- > **OPERA AT THE MET** - • **Così fan tutte**, 9:55 am, Oct. 3 & **Macbeth**, Oct. 17 /P.6

city lights

- **vernion** • ticketseller.ca
- **Creekside (C)** • **Performing Arts (P)**
- **Default** (25th year), Oct. 13 (Jazz club)
- **Simon Kempston**, Sept. 13 (P)
- **OSO** - 'Music that shimmers', Oct. 4 (P)
- **Valdy**, Oct. 6 (P)
- **Little Miss Higgins**, Oct. 7 (C)
- **Bad Moon Riders**, Oct. 8 (C)
- **Bee Gees**, Oct. 9 (C) **Darcy Oake**, Oct. 10 (C)
- **JW-JONES**, Oct. 14 (C)
- **Son Real**, Oct. 16 (P)
- **Cheesecake Burlesque Revue**, Oct. 17 (P)
- **Cheng Duo**, Oct. 18 (P)
- **Adele tribute**, Oct. 24 (C)
- **Chris Murphy** (Sloan), Oct. 24 (P), Oct. 25 (C)
- **Great Canadian Roadtrip**, Oct. 26 (P)
- **Ron James**, Oct. 29 (P)
- **Kelowna** -
- **Rumours** - Fleetwood Mac tribute, Oct. 3



> This is the dominant year for the Sockeye run and Tsutsweww Provincial Park will be the place to be. Salute to the Sockeye Festival runs from Oct. 9 to 25. There will be interpretive hikes to witness the quadrennial spawn as well as cultural events and vendors.

You're Invited

> **Ride don't Hide**, Oct. 4, Larch Hills. 5 km walk/ 10, 20, 40 km rides. Lunch at Chalet. Funds raised support suicide prevention awareness.

> **Photographing loons & other birds**, talk and slides by landscape and wildlife photographer David Guscott, 7 pm, Oct. 12, Fifth Ave. 50+ Centre. Hosted by Photo Arts Club.

> **Kids book release party**, - *Forever still I will love you* by Marijanel Knight. 4-7, Oct. 2, Kindred Play Cafe, 160 Lakeshore Dr.

> **Huge community garage sale**, 9-3, Oct. 3, St. Joseph's parish hall, 60 1st St. SE.

> **CIBC Run for Cure**, Oct. 4.

> **Traditional Ethiopian dinner fundraiser**, doors open 5 pm, Oct. 24, First Community at First United. Hosted by SA Rotary and Partners in Ethiopia. Tix \$80 at partnersinethiopia.org or in cash at Piccadilly lottery kiosk.

> **Friends of the Library Book Sale**, Oct. 16, 17, outside Salmon Arm's library, Piccadilly.

> **Trustee forum**, 7:00, Oct. 8. Hosted by District PAC. Via Zoom

> **Kay McCracken**, 1-3, Oct. 3, SA Library. Reading from her book, *Lost* and novella, *No Cure for Longing*.

> **Gun Show & Sale**, Oct. 17, 18, SplatSin Centre. Adults \$10. / P. 3

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

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

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

> **Boo Bash**, 10 to noon, Oct. 29, Shuswap Children's Association, 551 Trans Canada.

> **Markets** - Ross Street, Sat am; Enderby, Fri. am; Sorrento, Sat. am • Sicamous Fri. evening • Organic, Wed, Uptown Askews

> **Sicamous Red Barn 100 anniversary** tile painting art project. Tiles due by Oct. 25.

> **Youth Drop-in**, 2 to 5 pm, Family Centre.

> **Free Lunches**, 11:30-1, Wed, First Community

> **Spiritual Principles to Global Problems**, Baha'i perspective, 1 pm, Oct. 10, Piccadilly boardroom (across from office). 250-804-8657



> Fresh off his 2026 JUNO Award win for Blues Album of the Year for *Hear My Heart*, Canadian blues powerhouse Steve Marriner with Local Electric is bringing his incredible talent to Song Sparrow Hall on Oct. 22. Kamloops' Jake Soberlak will open concert. rootsandblues.ca

COMMUNITY ART PROJECTS CONTINUE

> Several events are planned over the next two months at the SA Art Gallery related to the "Where in the World Are We?" exhibit and its ongoing community arts project:

■ **Workshops** will continue from 1 to 4 pm Saturdays now to Nov. 14 for next year's Community Play. These involve puppet making, poster making and animal masks

■ **Kitchen Stories**, Oct. 14. Bring a cooking tool from your family or place of origin and shall a story about it! Also, fun, simple drawing.

■ **Mini-exhibit of Kitchen implements** from different places with a demonstration of how they are used, Oct. 17.

■ **Presentation on Canadian Community Plays**, 7 pm, Oct. 24, and what you may imagine the Salmon Arm/ Sxwetsméllp Community Play to be! Delectable snacks

■ **"Vasilisa and the Light"**, 5 & 6 pm, Oct. 30. Shadow Play for adults, youth and children (come after the Treat Trail)

■ **Lunch & Collaborative map making**, Nov. 14. Creating a large map of Salmon Arm. If you'd like, bring an object that represents something important to you.

33 concerts, \$25,000

The Wildwood Productions gang just wrapped up a tricity tour of its latest production, "Death, the Musical", a humorous and serious look at what is going to happen to all of us! There's been 33 concerts since its inception in 2012, raising over \$25,000 for various projects.

The production company is made up of local musicians that volunteer their time and musical skills to develop unique one of a kind musical show. There are no auditions and each show (there have been nine so far) is a co-operative effort of the 25-30 people involved. The group does not rely on grants or subsidies and is financially self-sufficient.

The next show in 2028 will help raise funds for Gleneden Hall's renovation plans in preparation of its 100th anniversary in 2029.

~ submitted by Jake Jacobson

FRIENDS ABREAST 3RD ANNUAL

DRESS THE TOWN PINK

FOR BREAST CANCER AWARENESS

BUY PINK RIBBONS & PINS AT THE FOLLOWING EVENTS:

Oct 2: Silverbacks Home Game
Oct 3 & 10: Downtown Farmers Market
Oct 3: Westgate Plaza
Oct 1-15: Picadilly Mall, Botanica Spa
Shuswap Clothing, Shuswap Pharmacy
Salmon Arm Legion

SAVE THE DATE:
OCT1-15
2026

Wear Pink To Support
The Fight Against Breast Cancer.

EARLY DETECTION SAVES LIVES!

All Proceeds To The Shuswap Hospital Mammography Unit



COMEDY AND TRAGEDY

October brings not one, but two amazing operas to start the 2026-2027 *Met in HD Live* season.

These two operas are a study in contrast: first a comedy—frothy and light, but insightful; then deep drama and equally insightful into human nature.

Young Canadian tenor, Matthew Dalen of Grande Prairie recently said, “Opera probably has the most power to create empathy. You can’t subvert music, it’s like mainlining a feeling into somebody’s body.”

Be prepared for every feeling imaginable in these two October operas at the Salmar Grand.

■ *“Cosi fan Tutte”* – Wolfgang Amadeus Mozart, 9:55 am, Oct. 3

The season kicks off with Mozart’s satirical comedy of fickle young love, one of the composer’s most sublime creations. Originally set in Naples, it has been updated by Phelim McDermott to an amusement park inspired by 1950s Coney Island. Two pairs of lovers find themselves on one emotional, and literal-thrill ride after another. They share the stage with sword swallowers, fire-eaters, a live boa constrictor, bearded ladies and a ferris wheel.

Federica Lombardi and Samantha Hankey sing sisters Fiordiligi and Dorabella, opposite their betrothed, Duke Kim and Andrey Zhilikhovsky as Ferrando and Guglielmo. Celebrated Canadian bass-baritone Gerald Finley stars as the cynical Don Alfonso, with Ana María Martínez as the witty maid Despina. The conductor is Nimrod David Pfeffer.

The music of Wolfgang Amadeus Mozart continues to enthrall audiences around the world.

His achievements in opera, in terms of beauty, vocal challenge, and dramatic insight, remain unsurpassed. The score of *Cosi* is elegant and refined on its surface and dramatically insightful on closer inspection.

The sublime ensembles and solos reveal the characters’ development as they navigate this frothy

CLASSICAL
VIBE



Gabriele Klein

comedy of manners with an intensely dark take on human nature. Every possible impression of love—from the loftiest to the basest—is explored

in this extraordinary opera. Be prepared to float out of the theatre with a smile on your face.

■ *“Macbeth”* – Giuseppe Verdi 9:55 am, Oct. 17

Verdi’s thrilling take on the immortal Shakespearean tale of the scheming couple determined to seize power at any cost features two of opera’s most extraordinary artists. Following past triumphs in many of Verdi’s signature baritone roles, Quinn Kelsey is the Scottish king haunted by the ghosts of his murderous ascent to the throne.

Lise Davidsen—the world’s reigning dramatic soprano—is his wife, the power-mad Lady Macbeth, whose ruinous ambition damns them both. Rounding out the all-star cast are Freddie De Tommaso as the heroic Macduff and Ryan Speedo Green as Macbeth’s friend-turned-victim Banquo. Met Music Director Yannick Nézet-Séguin conducts.

This penetrating new production is by Louisa Proske, a brilliant young director making waves around the world. For Proske, the Bard isn’t merely a poet; he’s also a keen observer of the fragility of political institutions. “Shakespeare is one of the preeminent thinkers about social disintegration,” she remarks, “I think he was one of the artists who really articulated the terror of living in an era that is deeply divisive, with the sense of the world having gone mad.” The principal couple is not just power mad; their violent quest for the throne has a deeply erotic charge.

This new production of *Macbeth* presents hair-raising drama and spectacular singing as it reveals, Verdi’s keen sense of this deeply Shakespearean truth: Foul is fair in love and war.

□ *Gabriele Klein writes each month on the classical scene.*



> The Spinners & Weavers group gathered for their annual spin-in, creating loads of yarn.

READING ROOM

by Fiona Morrison, Friends of the Library secretary

Friends of Library book sale

Salmon Arm and South Shuswap Friends of the Library are looking forward to our next book sale, 10 to 6, Friday Oct. 16 and 10 to 4, Saturday, Oct. 17 next to Salmon Arm Library in Piccadilly Mall.

There’s a wonderful selection of gently used books. Fiction, non-fiction, young adult, junior as well as children’s books. We will also have jigsaw puzzles and a selection of CD’s and DVD’s.

Prices are AMAZING! 50 cents for children’s books, a loonie for softcovers, toonie for hardcovers and a loonie or a toonie for puzzles.

All the proceeds from the sale go to the libraries for special programs and other items on their wish list.

We accept donations of gently used CDs, DVDs, jigsaw puzzles, children’s books, craft books, biographies, history, non fiction and fiction less than five years old unless they are by well known authors. These items can be dropped off any time at either the Salmon Arm or South Shuswap branch.

We welcome new members to this friendly group. To become a Friend of the Library, sign up at either Salmon Arm or South Shuswap branch. Annual fees are \$5. Our next scheduled FOL meeting is at 2 pm, Monday October 19 at South Shuswap Library.

Below are some of the ongoing programs at the library in Salmon Arm:

- Spinners and Weavers 1 to 3:45, Tuesdays.
- Odd Socks Knitting Circle Fridays 1:30-3:30
- Scrabble Club 11 to noon, Thur. and 1-2, Sat.
- Mahjong Group Thursdays 1:00-4:00
- Genealogy Meet-Up, 10:30-12:30, Monday, Sept. 21
- Spanish Conversation Group – Café con Amigos, 5- 6, Tuesdays.
- Art Night, 6- 8 pm, Tuesdays
- Library Ukulele Circle, 2:30, Thursdays.
- Tech Tutor Drop-In with LASS (Literacy Alliance of the Shuswap Society), 1 to 4, Wed. and 10-1, Fridays.
- Community Integration Services (assistance with government programs), 3-4 pm, Mondays

□ *For a complete list of our programs and events, please visit <https://orl.libcal.com/calendar/salmonarm>*

ELECTION EXTRA

OCT 17 OCT 24

Handing off baton

By retiring Councillor Tim Lavery (timlavery.ca)

My thoughts as a new council is about to be elected centre on the responsibilities associated with these positions.

For me, it's as much about the *How* of what a local government official does rather than the *What*.

So, here are some process-oriented ideas that have worked well for me. They're certainly not rocket science or novel.

They just work well!

Model all of your interactions on the city's Code of Responsible Conduct – whether that be with residents, staff or the elected table. Salmon Arm has developed its own CofRC based on best practices around the province. It's worked mainly because our local politicians have committed to it. The upcoming Inauguration Ceremony will include an attestation to abide by this code.

Note: The Province was set to legislate a mandatory Code of Conduct for all local governments but this has now been shelved due to the provincial election.

The communication cycle of Listening Closely, Asking if you've heard correctly, Taking Time to Reflect and then fully Explaining the rationale for your decision-making is critical. It's easy to shorten these steps in the hurly burly of conflicting perspectives. The *Have I heard correctly?* aspect has likely been the most important factor for me. It takes more time, but the payback is huge. There are times when a resident has said "Tim I still disagree with that decision you made XX years ago, but I know that you listened to me".

Thankfully, the agree/disagree ratio has been a positive one!

Take some time to reflect rather than adopt an immediate position – whether that be an

☐ Continued next page

CIVIC ELECTION CANDIDATES

Sicamous

MAYOR- Colleen Anderson (inc)

Gord Bushell (inc councillor)

COUNCILLOR - Ian Baillie (inc),

John Braun, Ross Breitreuz, Mike Day,

Sheila Devost, Bob Evans (inc), Leanne

Hamilton, Malcolm Makayev (inc), Ken

Malin, Gregory Ogston, Siobhan Rich,

Kyre Dawn Smith, Greig Stephenson

ENDERBY

MAYOR- Roxanne Davyduke (inc.

councillor) Huck Galbraith (inc),

Dave Ramey (inc. councillor)

COUNCILLOR - Tundra Baird

(inc), David Lancaster, Greg Mc-

Cune, Jill Meyer, Lynn Sherhan,

Ryan Sheepwash, Shawn Shisido

(inc), Sarah Yerhoff (inc)

CHASE

MAYOR- Tristan Cavers, David Lepsoe

(inc), Carson Trowsse, Tanja Wilson

COUNCILLOR - Keith Anderson, Colin

Connett (inc), Brock Endean, Jane Herman

(inc), Dan Stevens (inc), Sandra Welton

SALMON ARM

MAYOR- Alan Harrison (inc), Daniel Bardy

COUNCILLOR (6) Aaron Canart, Deb-

bie Cannon (inc), Shelley Desautels, David

Gonella (inc), River Grabowsky, Ian Gray, Vic

Hamilton, Owen Madden, Jo McDermott,

Anthony McLean, Adam Meikle, Drayson

Netzelwood, Scott Syme, Kari Toliver Wilkin-

son, Morgan Turland, Marianne Van Buskirk,

Louise Wallace Richmond (inc), Robin Wiens

CSRD

Area C - Marty Gibbons (inc accl.)

Area D - Melanie Beckett, Jon Kuzuska,

Dennis Lapierre

Area E - John Flynn, Rhona Martin (inc),

Norm Nelson

Area F - John Bolt, Mitch Campbell, Rich-

ard Shelley, Jay Simpson (inc), Shawn Smith

Area G - Natayla Melnychuk (inc accl.)

SCHOOL DISTRICT

Area 4 - (pick 2) Claire Askew, Linda Mar-

tens, Melissa Parmenter, Tracy Riley

Area 1 - Roxanne Landry (acclaimed)

Area 2 - Brent Gennings (acclaimed)

Area 3 - Corryn Grayston (inc. acclaimed)

B.C. ELECTION CANDIDATES

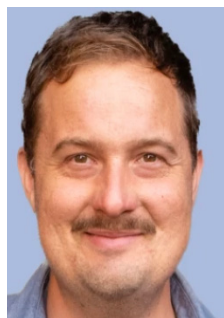
Salmon Arm - Shuswap Riding



David Williams
BC Conservatives
MLA since 2024



Gloria Morgan
NDP Candidate



Jed Wiebe
Green candidate



Barbara Presch
OneBC candidate

WE ASKED:

- Please provide background, positions you've held and what you would bring to table.
- Identify three issues important to you and how you would approach them.

■ Debra Cannon incumbent

I have been on council five terms. If I am successful in getting re-Elected for a sixth term I plan to get involved with the "Recreation Master Plan". I think what I bring to the table is experience and I realise nothing happens quick. You have to stick with it and it will come to fruition. I have held positions as council rep on many committees as well as municipal rep on the CSRD. Most recently was president of the BC 55+ games hosted in Salmon Arm 2024.

Three issues that are important to me is the need for funding for our "Waste water treatment plant", so we can get it under way and start focusing on replacing our pool. We need to consult with the public and decide what our priorities are for recreation needs.

Our active transportation is also an important top three issue for me we need to continue to add onto our trails and connect or neighbourhood and downtown and the West Bay Connector trail.

□ Debbiecannon.ca

■ Shelly Desautels

I have called Salmon Arm home for 13 years, and it's where my husband and I are raising our two kids. I'm a GIS professional, small business owner, and educator, and have spent a lot of my time volunteering with local organizations and community boards.

I own Mighty Owl Mapping & Analysis, co-own Whizbang Boxing, and teach GIS at Okanagan College. I'm someone who likes to ask questions, look at the information in front of me, and find practical solutions. I care deeply about



this community and want to help make sure Salmon Arm continues to be a great place to live, work, and raise a family.

□ **Issues** that are important to me are a strong local business community, responsible growth, and public safety. I want Salmon Arm to be a place where businesses can succeed, create jobs, and contribute to a strong local economy.

As we grow, I believe we need to plan carefully so development works with our infrastructure, environment, and community needs.

Public safety also has to remain a priority, with practical solutions and strong collaboration between the City, service providers, and the community. My approach would be to listen, ask questions, use good information, and make thoughtful, practical decisions.

■ David Gonella incumbent

During my four years on Council, I have had the opportunity to work with the Agricultural Advisory Committee, Chamber of Commerce and Shuswap Community Futures. Combined with my professional experience in leadership, human resources, budgeting, resource management and working with different levels of government, these experiences have given me a broader understanding of our community, local business and regional economic development. They have also strengthened my understanding of how local government works and the importance of working collaboratively to find practical solutions. I would bring that experience to Council while balancing community priorities with what taxpayers can realistically afford.

□ **Issues:** Affordable housing: Continue working with community partners and senior governments to increase housing op-



tions, particularly for people struggling to find affordable homes.

- Food security: Build on the Food and Urban Agriculture Plan, support local food production and access, and support plans to develop new water-source infrastructure for the Salmon Arm Valley.

- Community forest: Continue the work to establish a Salmon Arm community forest, locally managing our municipal and regional forests, addressing wildfire risk, expanding the trail system, creating a new revenue source, and keeping more benefits in our community.

■ River Grabowsky

I landed here by accident from a lakeside Ontario town similar to Salmon Arm, carrying the dream of finding my forever home - a place where people care, and are actively engaged in living their values.

I am consistently inspired by: the abundance of hobbyists and volunteers; environmental and activity enthusiasts; richness of arts and culture; entrepreneurship and grassroots organizations all supporting the quality of life here.

I am a registered massage therapist, program coordinator at Salmon Arm Arts Centre, and Search and Rescue member.

My key interests are in public health and wellbeing, preservation of environment and natural resources; wildlife and climate preparedness, reconciliation and collaboration; and accessibility and active transportation.

I believe my broad experience, energy and perspective will serve well in ensuring continuation of the incredible work already started to stimulate modern solutions to current and future challenges
Facebook: River Grabowsky for City Council



■ Ian Gray

I am 58, and moved to Salmon Arm in December of 2013. I've been married to Holly for coming up 35 years. We have two grown up children that live in Blind Bay and Enderby with their spouses and our four grandchildren.

I was in the Car business for 34 years, all with General Motors. I've owned and operated two GM dealerships the latest being Salmon Arm GM.

I've always got the most enjoyment out of being very involved in the communities we have lived in, especially with youth in sport and support programs for families in need.

□ **Issues:**

I think it's safe to say that most people would like our community to find a more progressive and successful way of dealing with the unsheltered people that live on our streets.

I think we would all like to secure and help grow the current industries that are the backbone of our community. We all want our children and grandchildren to be able to make a home and good living here in this amazing city.

I think we all want upgraded facilities and infrastructures like a swimming pool, indoor soccer or flexible indoor recreation and arts centre, but recognize that the need for a new sewage plant is a necessity.

□ from previous page individual or table decision. There's always a push to decide on the spot. While decisions can't be delayed unreasonably, the upside of reflective decision-making is significant.

While explaining one's rationale is part and parcel of good governance, it's important especially for those who might not support the final outcomes. Nothing earth-shattering here to pass on but conscious attention to these How's has made a difference in my tenure as a local politico.



Vic Hamilton

Salmon Arm has been home since my wife and I moved here in 1998, and my family's Shuswap roots go back to 1911. I've worked in real estate and finance since 1991, building a leading mortgage brokerage under the Bayfield Mortgage banner that serves the Shuswap and small communities across BC. I've served on the Salmon Arm Economic Development board, Arts Council, Recreation Society, the City's Downtown Parking Advisory Committee, Waves Masters Swim club board, and volunteered in minor sports. I'd bring decades of small-business experience, a practical eye for the numbers, and a habit of listening before deciding.

Issues:

Economic resilience: Support the businesses and workers already here, review fees that burden small businesses, and attract light industry and tech employers to diversify beyond tourism and retail.

Recreation facilities: Too many are in decline. Good facilities keep families here and attract the skilled workers our economy needs. I'll push for smart reinvestment.

Responsible growth: Salmon Arm is growing, and infrastructure must keep pace. I'll ask the hard questions: is this the best use of taxpayer dollars, and what will it cost us in ten years? I'll also push for long-term maintenance costing on every major project.

electvichamilton@gmail.com

**Owen Madden**

I grew up in Ireland and became a criminal prosecutor for the Irish State. I learned of Climate Change in 2006 and re-educated in Climate Change Law.

I worked for Ecojustice in Vancouver where I met my wife who had a dream of moving to the Shuswap and setting up an organic vegetable farm (2016).

Nature Delivered is the food business we created together. We deliver to homes in Salmon Arm weekly and I am keen to repay the support shown to our farming family. My experience in crime management and business development have given me a rare skillset.

Issues:

On Active Transportation.... Salmon Arm hatched a plan in 2022 to create over 200 kms of sidewalks, bicycle routes, multi-use paths and trails. Let's provide short-trip alternative choices that are safe and fun!

On Waste Water.... our sewage plant (the "Water Pollution Control Centre") is due a major update as a result of our growing city and the estimated cost is \$78M. With proper planning and fiscal patience we can get this done!

On Homelessness...80 per cent of our homeless community report both mental health and addiction challenges. Let's improve service-provision whilst also demanding accountability from the few folks that repeat-offend.

owenmadden@gmail.com

**Jo McDermott**

I am a passionate, hard-working individual who plans to bring a different perspective to council. My diverse background in business ownership, management & customer service has set

me up well for the challenges city council brings. Living in and enjoying Salmon Arm for 17 years has provided me many opportunities for community involvement, including serving on the boards of the Chamber of Commerce, Downtown Salmon Arm Association, and the Shuswap Farm & Craft Market. I have also enjoyed playing with the Salmon Arm Community Band since 2010, and being a vendor at the Salmon Arm Downtown Farmer's Market since 2022.

Issues:

I have based my campaign on the following issues that I feel are very important to a thriving city – Community involvement in municipal politics, accessible information, and local priorities.

One of my main interests to start with is to create an easier avenue for residents of Salmon Arm to learn about the goings-on in council, and to provide their feedback. I hope to provide that information through my website, as well as by providing opportunities for residents to gather and converse about community issues in a relaxed environment. Municipal leadership is only as strong as the community it represents.

www.JoMcDermott.ca

FB: Jo McDermott

Insta: Jo.P.McDermott

Jo.P.McDermott@gmail.com

**Drayson Netzelwood**

My name is Drayson Netzelwood. I am a businessman, commercial appraiser, property investor, Christian, husband and father of six. I have built and now manage several businesses and hold undergraduate and master's degrees. My work and life experiences give me practical insight into housing, development, taxation, prudent fiscal management and the challenges facing our community.

On City Council, I would bring a conservative voice, carefully scrutinizing public spending, prioritizing safe streets and supporting investment in essential infrastructure. I want our children to inherit a beautiful, prosperous city where families and businesses can thrive, and where people can continue to comfortably retire.

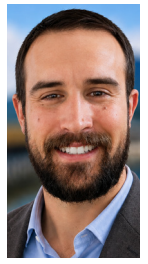
Issues:

Responsible spending: Citizens want every tax dollar to count. Council must prioritize essential infrastructure, scrutinize major projects and their lifetime costs, explore cost savings measures, and reduce low-return spending to limit pressure on property taxes.

Public safety: Citizens want to live in a safe, clean city. Council must promote effective bylaw compliance, coordinate with the RCMP, and press the Province for addiction treatment and recovery.

Future Prosperity: Citizens want a prosperous community. Council must support business and industry alongside tourism, make running a business easier and more affordable, streamline development approvals, reduce red tape and encourage attractive buildings through practical incentives.

votenetzelwood.ca



■ Scott Syme

I was born and raised in Salmon Arm and am a professional structural engineer, business owner, employer, and dairy farmer.

I currently serve as president of the Salmon



Arm Farmers Society, a director with the Shuswap Agricultural Association, and a member of the City's Agricultural Advisory Committee. I have experience in engineering, business, agriculture, and community leadership that has taught me how to solve problems, manage competing priorities, and make practical decisions. I would bring that experience, along with fiscal responsibility and a long-term perspective on infrastructure, development, agriculture, and economic growth to Council.

□ Issues:

Affordability: Focus on the income side by supporting expansion of the industrial park and working with existing businesses to identify barriers to growth, attracting staff, and strengthening the local economy.

Fit-for-purpose infrastructure and government efficiency: Work with industry professionals and City staff to review infrastructure standards for cost savings, long-term maintenance, and operating costs, while reconsidering standards that routinely require variances.

Youth opportunity: I want Salmon Arm to be a place where young people can build a future, with access to employment, housing, recreation, and opportunities that give them a reason to stay in our community.

Scottsyme2026@gmail.com

■ Kari Toliver Wilkinson

As a long-time business owner and community builder,

I know great communities don't happen by accident. They are built by listening, working together and making thoughtful decisions that serve people today while preparing for tomorrow.

Over 30 years in Salmon Arm, I've served as: Rotary Daybreak President; Shuswap Daycare Society President; Chamber of Commerce Director; Children's Festival Society Vice President; PAC & DPAC President; Shuswap Youth Soccer Association President; Larch Hills Nordic Society Director; Salmar Community Association Director; King Charles III Coronation Medal recipient

I will bring a common-sense, questioning, respectful and collaborative approach to Council.

□ Issues:

1. Recreation - This is an investment in healthy families, connected neighbourhoods, tourism and a vibrant local economy. We need to improve facilities and opportunities that make Salmon Arm a place where families want to stay and businesses can thrive. Creative funding, including public/private partnerships, will be important.

2. Community Safety
We need practical solutions and discussions around emergency planning, wildfire preparedness and gender-based violence. The unhoused population requires compassion, while recognizing our responsibility to businesses, taxpayers and the broader community and the need to work with multi-jurisdictions.

3. Realistic Growth
Affordable housing is important, but growth needs to match our capacity for parking, green space, schools, healthcare and infrastructure.

www.toliverdesign.com



■ Morgan Turland

I've called Salmon Arm home for 25 years and am an edu-

cator with a long history of community involvement and leadership. I currently serve as District PAC president, Treasurer of the Literacy Alliance of the Shuswap Society, and past-president of Daybreak Rotary.

These roles have given me experience with governance, budgets, advocacy, community projects and working with people who bring different perspectives to the table.

I would bring that experience to Council, along with a willingness to listen, ask questions, do the work and bring a fresh perspective to decisions about Salmon Arm's future.

Responsible Growth: As we grow, I want to ensure our infrastructure and services keep pace while protecting the character and quality of life that make our community special.

□ Issues:

Recreation & Community: Parks, trails, recreation facilities and public spaces are an investment. I want Salmon Arm to be a place where all residents have opportunities to be active, connect and enjoy where they live.

Climate & Environment: We need to prepare for challenges like wildfire, extreme heat and changing water availability while protecting the natural environment we value. Climate resilience should be part of our decisions about growth, development and infrastructure.

• morganturland.com



■ Marianne Van Buskirk

I have served eight years as a School District 83 Board

of Education Trustee elected in 2018 and 2022. As a former teacher and principal, I was already familiar with the school system and quickly learned about budgets, strategic planning, collaboration with Rightsholders, Land/Labour/Law issues, policy development, and more. Having chaired the school district's budget committee in each of my 4-year terms, I bring financial literacy skills to the City table, along with my experience serving on City of Salmon Arm committees such as Transportation Advisory and the BC 55+ Games Appointment Committee.

□ Issues:

I have lived in Salmon Arm for 33 years and wish to contribute to Council by building an inclusive, resilient and sustainable community via three priorities.

Infrastructure – support the plan to upgrade our water management system and other systems to combat climate challenges and maintain stable, long-term utilities.

Economic Relationships – I will partner with the local Chamber of Commerce, Industrial Park, and Downtown Salmon Arm to support local businesses.

Affordable Housing - By supporting streamlined zoning processes I will advocate for multi-family rentals and ownerships to ensure that families, seniors, and vulnerable community members continue to live here.

mariannevanbuskirkforsacouncil@gmail.com
mariannevanbuskirk.ca
www.facebook.com



■ Louise Wallace Richmond

incumbent

Over a decade on Council. Resident of Canoe.

Married

25 years to Dave Richmond (whose family has been here since before incorporation in 1905). Born in Quebec. Raised in Northern Ontario. Studied in Ottawa and Vancouver. Visited in 1999. Stayed forever. Started a business. Purchased a home. Had two boys. Volunteered on many boards. Taught business at OC. Elected in 2014. Served on many council, regional, provincial and federal committees. Trained, experienced and committed to delivering results. Ready to get back to work. We're competing for scarce resources in a disruptive time. Let's keep moving forward.

□ Issues:

Continue to advocate for infrastructure and amenity funding. We are diversifying housing so that all families can have the right-sized home. We pay the same PST, GST and income tax as everyone else. We deserve our fair share. The national economy is changing (again). This city is stuffed full of high tech manufacturing talent. There's little that we need as a country that can't be manufactured here. We're small but we're renowned for our innovation.

Support for our traditional industry - forestry, agriculture and tourism - we have built, fed and hosted others for decades. We need to appreciate how much we have done for this province. I'll always champion that.

wallacerichmond.ca.



■ Robin Wiens

I have been an active member of Salmon Arm since moving here with my wife 24 years ago. I have contributed consistently to our community as a coach, friend, father, volunteer, and participant.

I have worked primarily as a teacher with SD83 and currently holds a position at Salmon Arm Storefront working with complex learners, their families and community services. I hold two bachelor's degrees from UBC and a Master's degree from Gonzaga.

I have honed his governance skills by serving on multiple boards, including the Salvation Army, Lakeside Community Church, Salmon Arm Tennis Club, and the Okanagan Valley Athletic Association.

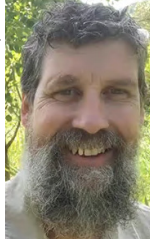
□ Issues: As a counselor, I wish to see Salmon Arm act boldly in its implementation of the strategic plan so that recreational facilities, climate initiatives, and local industry develop.

Previous council has created a great framework to work from. I want to focus on the implementation of the big ideas in a timely manner. I want the city to leverage their solid position to enhance life for the Salmon Arm's community. Life here is good; I am committed to making it better.

■ robinwiens2026@yahoo.com

■ Aaron Canart

I have been involved in executive management in a large corporate business for 15 years. This involved a board of directors, budgets, strategic planning, and accountability. I then entered private business founding and growing multiple businesses in Agriculture in the Shuswap area and throughout Western Canada and the United States. These experiences allow me to bring to the table weighing difficult decisions with



economic consequences and executing with responsibility and accountability. Working with colleagues to both determine the right direction given competing interests. I am excited to work on the behalf of residents to keep Salmon Arm a beautiful growing community.

□ Issues: (1) Not burdening residents and business with the costs of needed infrastructure such as the Wastewater Facility, (2) Growing our community for the future with a concrete direction for the new recreation facility, (3) Ensuring Salmon is competitive for development while also keeping city safe, comfortable, easy to access, and environmentally sustainable and beautiful.

I would approach these issues with tremendous focus and creativity. Have building contracts that are well thought for taxpayers, bring common sense to permits, regulation and encourage development that falls into OCP, and help make decisions to keep Salmon Arm Great.

votecanart@aaroncanart.com

STILL TO COME

■ Adam Meikle
■ Anthony McLean

A report on school trustee candidates will be posted in a future AM daily Beat

Quick facts and Access to more information

Salmon Arm advance poll:
Oct. 7 and 13, Fifth Ave.

Central voting Day:
Oct. 17, Fifth Ave. Centre, Little Mt. fieldhouse, North Canoe school
8 to 8 on all three days

Candidate meetings

■ Chase Hall, 6:30, Oct. 5

■ CSRD Area E
Sicamous Arena, 6pm, Oct. 5

■ Open house, 5-8, Oct. 6.

SA Recreation Centre

Meet candidates table to table

■ Trustee Forum

7-8, Oct. 5. Zoom online

See page 15 for QR code

Voice of the Shuswap Candidate Interviews (streamable)

Sept. 30 -
Marianne Van Buskirk, 6:30am
Vic Hamilton, 12:30 pm
Dave Gonella, 6:30 pm

Oct. 1 -

Morgan Turland & Debbie
Cannon, 6:30 am

Robin Wiens, 12:30

Drayson Netzelwod, 6:30 pm

Oct. 2 -

Kari Toliver-Wilkinson, 6:30 am

Alan Harrison, 12:30 pm

Daniel Bardy, 6:30pm

Watch for more coming

Other Media coverage

CASTANET

SALMON ARM OBSERVER

AIM HIGH SALMON ARM

(timlavery.ca)



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for CITY COUNCIL

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OCTOBER 17

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Elect Shelley Desautels



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Let's Talk!

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TO LEARN
MORE ABOUT MY
PRIORITIES

HOW I WILL APPROACH COUNCIL

- ✓ Listen before deciding
- ✓ Ask questions and do the research
- ✓ Look at the whole picture
- ✓ Focus on practical, realistic solutions

ABOUT SHELLEY

- GIS Professional
- Small business owner
- Okanagan College Instructor
- Extensive board and governance experience
- Community volunteer

ADVANCED VOTING - OCTOBER 7 & 13
GENERAL ELECTION - OCTOBER 17



VOTE

FIRE AND BRIMSTONE

I've just spent a long weekend in Washington State, don't judge me. Our Okanagan motorcycle club was invited to join a Seattle-based group for a rally in Kettle Falls where there are some great roads and spectacular scenery.

Last year it was cancelled due to fires and in those two years the political landscape has changed. So it was with some trepidation that we attended.

Our consensus was that despite the political head bashing our common motorcycle interest would trump (!) any animosity. We were right, but since a rally consists of more time sitting around telling stories than actually riding we gained a unique insight into this group of American citizens.

Seattle is not a Trump stronghold, and these guys are generally engineers and professionals, often from Boeing. Like us, they are mostly retired and, like any group, there is a spectrum of views.



However, what struck me most was the number of people who made a point of apologizing for the US attitude to Canada.

This went a bit further when in gas stations and grocery stores where ordinary people would see the plates and seek us out to welcome us. Many more than normal.

I'm not as surprised as I might be. There is clearly an economic problem in the US. I don't know official facts and figures, and probably would not believe them if I did, but grocery prices are sky-high and properties are for sale everywhere. Some small towns have half the stores boarded up and there are many closed gas stations and restaurants.

This may be the effect of global corporate greed, as it is here, or more directly related to government policy. I can absolutely say that in September 2024, two

months before Trump's election, most rural properties had support signs at the roadside. This year they are rare.

○ ○ ○

As a nicer aside, someone had invented a large candle which complies with the local fire ban rules. They filled a lidless metal ammunition tin (approx. 4"x 12"x 8" deep) with beeswax and vertical cardboard. It burns with a 6" flame over the area and can be extinguished by putting the lid on.

The one we saw had been in use all year and was still only half used. In BC we can have a fire fueled by liquid or gaseous fuel with a flame no more than 150mm high so I guess it is allowed here. In any case, there are no sparks but you must drill a hole in the lid otherwise it vacuums shut when you close it.

Perhaps that's for the best as both these subjects opens a can of worms! ■
 ☐ Tech/social commentator Barry Marshall can be reached at BarryMarshall@gmx.com



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We were poor, but we ate like kings

Hi everyone! Allow me to introduce myself, and the purpose of this column. My name is KJ. My love for all things food started at an early age, growing up completely off-grid.

My mom was a fantastic cook and baker, all on a centuries-old wood stove. Despite working full time, she found time to make fantastic dishes! We were poor, but we ate like kings.

After high school, I took my chef's training at BCIT, worked as a chef for a decade and then sold fresh baking at farmers markets.

This column is to share tips & tricks on saving money on groceries, money-saving home-made alternatives, and a tested, inexpensive, nutritious recipe. Let's begin!

TIPS: The #1 food staple that will see you through hard times are potatoes. The Irish were on to something! A medium potato has 26 grams of complex starch, fiber to help you feel full, some protein and lots of minerals. You can prepare them in many ways, and by adding a couple of ingredients, they become a complete meal.

TRICKS: If possible, grow your own. That's definitely the easiest way to save money. If you can join a community garden or share space with a friend, that's wonderful. Alternatively, even a patio can usually be used to grow a few veggies or herbs.

Watch for sales at your local store. When you see a big sack of potatoes on sale, include it in your cart. Potatoes can be parboiled and turned into hash browns or french fries. Mashed potatoes can be frozen for a quick meal or topping for a shepherd's pie. Roasted potatoes freeze well. Do you can? If so, I highly recommend canning diced potatoes or fries.

Have you tried dehydrating? They keep for a long time and are very convenient. I'm happy to share how-to's on canning and/or dehydrating, or you can look up instructions.. ■

FOOD FOR ALL



K.J. Taylor

NEW FOOD PAGE!

Twice-Baked Potatoes

(These are a meal unto themselves, or pair with a salad!)

- 4 Large potatoes (russets work best, but you can sub other varieties)
 - Salt & pepper to taste (you can be creative with seasonings! Tex Mex? Greek? Yes please!)
 - 1/4 cup butter, margarine or dairy-free butter (or oil if you're desperate)
 - 1/4 cup milk/DF milk or chicken stock
 - 2/3 cup shredded cheese/DF cheese, plus 1/2 cup for topping the potatoes - if times are hard, you can skip the cheese
 - 1/3 cup sour cream, cottage cheese or plain yogurt/DF yogurt
- Optional toppings to make this into a meal:
- Cooked broccoli florets; Warm cooked ground or shredded beef, chicken etc.
 - Olives, hot peppers, crumbled bacon or sliced sausage/pepperoni, if you're feeling wealthy
 - Fried onions, a fried egg - be creative!

- Preheat oven to 400 C.
- Scrub potatoes well and poke all over.
- Cook for 45 minutes to an hour, or until soft enough your finger leaves a dent. Allow to cool 5 minutes. Reduce oven to 350 C.
- Cut each potato in 1/2 and scoop out the insides, leaving a 1/2" 'shell'.
- In a bowl, toss your potato innards with salt, pepper, seasonings of choice, milk, butter and sour cream or alternate.

- Mash until mostly smooth. Add green onion and cheese (if using) and re-stuff your shells. Top with remaining cheese, if using, and pop back in oven for about 10-15 min., or until they're heated through.
- Serve with your choice of toppings, or as a side dish with a protein and/or a salad.

Side dish serves 8, or 4 as a meal (2 halves plus toppings).



> From Elsie Reimer's cookbook of favourite recipes by her family and friends

FROM MY MOM'S COOKBOOK *Cabbage Rolls*

□ (By mom's niece- Joan Iverson, now retired in Enderby)

- 1 1/2 lb hamburger
- 1 small can sauerkraut
- 1 cup dry fine bread crumbs
- Large dry fine bread crumbs
- Large handful of uncooked rice
- large onion, chopped
- 1 egg • Pepper • Seasoned salt
- 1 tsp poultry seasoning
- Cabbage

Now the fun part:

Mix up first 9 ingredients really well.

Wrap in cabbage leaves and put in pan.

I use one large can of chicken broth and add water if needed.

Bake medium 350 F oven for at least 1 1/2 hr (usually more)

You can take the liquid and thicken as a gravy.

We like them served with mashed potatoes.

Bon Appetit!



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- **Tires**
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Climate is on the ballot

British Columbians are voting twice this fall, municipally on October 17 and provincially on October 24, which coincides with the International Day of Climate Action.

The coincidence is fitting: the choices we make in these elections will shape our community's environment for years to come.

Municipal governments sit on the front line of the climate fight. They control land use, waste management, and community infrastructure — decisions that directly affect carbon emissions and the preservation of natural habitats. They are also among the first to feel the impacts of a warming climate, and they hold the authority to act on both mitigation and adaptation. That makes the mayor and council members key players on issues that are critical to the wellbeing of our community.

That is why, ahead of the municipal vote, we partnered with similar organizations in 38 communities across the province on Vote4Tomorrow, an online tool that helps voters identify municipal candidates willing to commit to sound climate and environmental policies.

Earlier in September, we asked every candidate running for Salmon Arm council to complete a questionnaire indicating their stance on climate policies. Candidates chose from "support," "neutral," or "opposed" on policy commitments covering buildings, climate justice, ecosystems, land use, transportation, watershed protection, and waste reduction. They also answered long-form questions, giving them room to explain their positions in their own words.

Most candidates responded; some chose not to. Those who indicated support for at least 80 per cent of the climate and environmental policies have earned the "climate leader" designation on the Vote4Tomorrow platform.

To see the results of the Salmon Arm community and candidate pages, please go to Vote4Tomorrow.ca which launches October 1, 2026.

As climate impacts grow more severe in our communities, those who sit around the council table has never mattered more. Please vote on October 17 and choose wisely!

□ Julie Beatty chairs the Shuswap Climate Action Society

CLIMATE ACTION



Julie Beatty



SALMON ARM TRUSTEE ALL-CANDIDATES FORUM



Hear directly from the candidates running for School Trustee in Salmon Arm about public education, our schools, and the issues affecting students and families across SD83.



JOIN THE ONLINE ZOOM MEETING BY SCANNING THE QR CODE

MONDAY
OCTOBER 5TH
7:00-8:00PM

PRESENTED BY SD83 DPAC

MODERATED BY
Wendy Woodhurst

SUBMIT YOUR QUESTIONS HERE





> Stardust Drive-in Theatre on Highway 1 at the 97B junction was one the place to be on a weekend night.

THINGS ARE CHANGING

Dominating the air waves these days is all this talk about AI. Donald Trump even talks about renaming AI “Super Intelligence”. What does that mean – AI is smarter than us?

It is one thing to fear the near future, perhaps a few months or even a year or so. My concern with this rapid pace of development is what our world is going to look like in 20, 30 or even 100 years?

You can feel the breeze as it rushes on.

I first moved onto my Grandparents farm in 1946 at age 7. Horses were the sole method of power to do the hard labour. They plowed the fields, cut the hay, bundled the grain and pulled the wagons. Before we moved there my Grandparents went to town in a democrat pulled by a prancing mare and harness bells ringing. They may have had a car at one time as there was an old “Gray Dort” rusting away out behind the barn.

In 1948 my dad bought a new ford tractor that took over some of the chores usually done by the horses. The horses were kept and used for some of the chores for which they were better suited.

I was born in 1938 the beginning of the second world war. Radio broadcasts were in their infancy and, as a matter of fact, I believe you required to have a license the own and operate on. Air travel, both domestic and intercontinental, was relatively new and can you believe penicillin was also very new.

After the war discoveries in medicine and other technology was reaching a fever pitch and never stopped. In just my life span we have gone from horses on the farm to moon travel, internet, drones, personal computers, cars that drive themselves and airplanes that travel faster than sound and carry hundreds of people.

Now we have to deal with machines that are smarter than we are and can think and calculate complex problems in an instant. Because they are developed and programmed to be like ourselves they have traits that are less than fair and compromising. Hopefully the big tech companies come to their senses and put in safeguards that will protect us far into the future.

This all sounds of doom and gloom. This is not my intention.

My intention is to put this to the back of my mind, look out my window and revel in what I see. Out there is a bright blue sky, sun shine and the beauty of the changing colours of fall. There is a nip in the air, veggies in the garden to harvest, birds winging south and most important the promise of a Thanksgiving dinner at my granddaughters coming soon.

Enjoy the fall my friends. ■

□ Ed Campbell is a local retiree who keeps himself busy with many skills and interests.

MY TWO
CENTS



Ed Campbell

31 to 27 Hudson

I may be awful at math, but do enjoy numbers in a poetic sense.

Once I lived in a house with the street number 446. and went to the official trouble to change it to 448 because I liked that number better.

This will likely fall at the bottom of the list of priorities for Salmon Arm, but here me out anyway. I suggest as part of the renewing and repurposing the century old municipal offices, its street number could change from 31 Hudson to 27 Hudson.

2027 is the year this building will reopen as the new offices for the Community Foundation. And although 1928 is the year it first opened, I imagine construction actually began in 1927.

31 is already a popular number at Baskin & Robbins, in Cribbage, and the last day of long months. Let's give 27 its due for this exciting building project and make 2027 a good year while we are at it.

Donations to the SCF Preserving Heritage, Building Community Campaign fund can be made by e-transfer (preferred), by cheque, donated securities, in person at any SASCUS branch, through a gift of securities, or online through CanadaHelps.

Receipts for taxation purposes can be provided by emailing a copy of your deposit receipt to info@shuswapfoundation.ca.



It's ChamBurger month all of October. The Chamber of Commerce initiative sponsored by Rooke Construction is a community celebration of local restaurants, creative burgers and a little friendly competition. Restaurants create their own ChamBurger and customers gets to chomp and judge 'em.



ride don't hide



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Shuswap-Revelstoke
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OCTOBER 4, 2026

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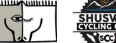

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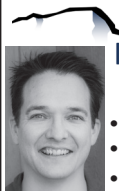
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PASSAGES

LEGACY LIVES ON
shuswaphospitalfoundation.org
shuswapfoundation.ca

Bowers Funeral Service
bowersfuneralservice.com

- ❖ Kelly Lynne Lazar
September 29, 2026
at age 60
1 pm, Oct. 18,
Song Sparrow Hall
 - ❖ Albert Bianco
August 28, 2026,
at age 99
2-4, Oct. 24,
Little Mountain fieldhouse
 - ❖ Sharon Chapple
September 20, 2026, at age 78
 - ❖ Anna Mae Culos
September 1, 2026, at age 86
10:30, Oct. 3, Deo Lutheran
 - ❖ Maxine Dobson
September 3, 2026, at age 91
 - ❖ 'Paddy' Maurice Drohan
September 24, 2026, at age 60
 - ❖ Sandra Dryden
August 12, 2026, at age 84
 - ❖ Robert 'Bob' Fukumoto
September 19, 2026, at age 71
 - ❖ Roderick 'Noel' Genier
September 5, 2026, at age 83
 - ❖ Betty Huntington
September 14, 2026, at age 92
 - ❖ Jake Kinney
September 8, 2026, at age 50
 - ❖ Heath Edward Hanson
September 1, 2026, at age 50
 - ❖ Stephen Jerry Hook
September 21, 2026, at age 59
1-3, Oct. 17, location TBA
 - ❖ Borivoje 'Boris' Idzan
September 12, 2026, at age 85
11 am, Oct. 1, St. Joseph's
 - ❖ Paul Maas
September 3, 2026, at age 90
 - ❖ Jean Madlung
August 27, 2026, at age 89
 - ❖ Barbara Joan Meier
August 26, 2026, at age 78
 - ❖ David Rudkin Peterson
August 25, 2026, at age 83
 - ❖ Naomi Shepherd
September 10, 2026, at age 101
 - ❖ Lionel Wheeler
September 1, 2026, at age 104
- Fischer's Funeral Services
fischersfuneralservices.com
- ❖ Shirley Ann Adams
September 19, 2026, at age 85
 - ❖ Ross Donald Aitken
September 18, 2026, at age 68
 - ❖ Mary 'Deniece' Apeldoorn
August 12, 2026, at age 85
 - ❖ David Ian Beattie
September 24, 2026, at age 88
 - ❖ Arthur Henry Bernard
September 28, 2026, at age 75



- ❖ Vittorio 'Victor' Caminiti
August 27, 2026, at age 96
 - ❖ Gerald Joseph Charlebois
September 18, 2026, at age 90
 - ❖ Frank De Bruyn
Sept. 5, 2026, at age 91
 - ❖ Mark Edward Doyle
September 8, 2026, at age 71
 - ❖ Paddy Drohan
September 24, 2026, at age 60
2-5 pm, Oct. 4, Prestige Inn
 - ❖ Wayne Arnold Dunn
September 12, 2026, at age 69
 - ❖ Donald Charles Fellows
September 11, 2026, at age 75
 - ❖ Herb Genschorek
September 28, 2026, at age 77
 - ❖ Rodney David Haddad
September 16, 2026, at age 86
 - ❖ Carl Kenneth Hansen
August 30, 2026, at age 77
 - ❖ Elton Keith Hofferd
September 6, 2026, at age 72
 - ❖ Blair Michael Jaques
September 9, 2026, at age 68
 - ❖ Howard Wayne Jones
September 14, 2026, at age 83
 - ❖ Stanislaw Kusmirek
September 10, 2026, at age 100
 - ❖ Jeremy Richard Lutensz
August 30, 2026, at age 62
 - ❖ Carol Ann Reid
September 26, 2026, at age 78
 - ❖ Calvin Robert Southoff
September 2, 2026, at age 56
 - ❖ Blaine Willis Tessman
September 12, 2026, at age 63
 - ❖ Robert Alan Wadsworth
September 8, 2026, at age 78
- ❖ ❖ ❖
- ❖ Stephen Strutynski
September 5, 2026, at age 50
 - ❖ Maureen Farnham at age 81
- ❖ ❖ ❖
- ❖ Peppino Mazzullo, 100, voice
of Top Gegio from 1961-2006
 - ❖ David Arnason, 86, Canadi
an-Icelandic author
 - ❖ Annie Dillard, 81 novelist
 - ❖ Andy Donato, 89, Canadian
political cartoonist
 - ❖ Sunny, 14, Obama's dog
 - ❖ George Chuvalo, 89, Canadi
an champion boxer
 - ❖ Norm Kimball, 96,
CFL executive
 - ❖ Stephanie Cole, 84, English
Actress including Doc Martin
 - ❖ Gary McCracken, 75, Max
Webster band (Kim Mitchell's
former band)
 - ❖ Sass Jordan, 63, Canadian
Juno award singer songwriter



> Snow captured on the Hunter's Range webcam on September 26. Photo courtesy of Patricia Marshall.

WEATHER SYNOPSIS



Temperatures range from 19 to 7 C this weekend. Mix of sun and clouds.

Normal: +15 C to +5 C

Sunrise 6:56 • Sunset 6:38

Past week, Aug. 30 to Sept. 26

By weather reporter Nick Parsons

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

DATE	HIGH	LOW	PRECIP.
Aug. 30	17	11	1/8" rn
Aug. 31	25	12	
Sept. 1	28	13	
Sept. 2	23	16	1/2" rn
Sept. 3	15	12	5/16" rn
Sept. 4	15	10	1/16" rn
Sept. 5	19	10	
Sept. 6	23	9	
DATE	HIGH	LOW	PRECIP.
Sept. 7	21	12	Trace
Sept. 8	23	10	
Sept. 9	25	13	
Sept. 10	20	14	1/8" rn
Sept. 11	21	7	
Sept. 12	22	7	
Sept. 13	20	9	
Sept. 14	19	8	
Sept. 15	19	12	
Sept. 16	20	9	
Sept. 17	21	7	
Sept. 18	22	8	
Sept. 19	24	9	
Sept. 20	25	9	
Sept. 21	25	10	
Sept. 22	24	11	
Sept. 23	22	11	
Sept. 24	16	10	
Sept. 25	14	11	7/16" rn
Sept. 26	16	7	1/8" rn

SPORT SPOT

Scroll down to AM Daily Beats for the 26-27 Silverbacks team roster

> **Sports & Leisure Society meeting**, 6 pm, Oct. 1, Okanagan College. Dreams, thoughts, options, plan, action.

> The "**Magnificent 10**" Salmon Arm tennis team earned a total of 22 medals at 55+ Games in Kamloops. Well done Jarvis Wice, Larry Martello, Ben Gartner, John Wilson, Doug Cole, Peter Wessel, Ajit Erasmus, Ann Nikmo, Barb Henderson and Ralph Owens (oldest athlete at tourney at age 94).

> **Silverbacks: 3 W, 3 L, 6 pts**

Sept. 18 - SA 4, Vernon 1 • Sept. 19: SA 4, Cranbrook 2

Sept. 25 - Vernon 5, SA 1 • Sept. 26: Prince Geo. 4, SA 2

Oct. 2 - SA 6, Blackfalds 0 • Oct. 3: Vernon 4, SA 1

Home:

vs. Blackfalds, 7pm, Oct. 2 • vs. Vernon, 7 pm, Oct. 16

vs. West Kelowna, 7pm, Oct. 31

Away: *showcase in Nisku, AB

vs. Vernon, Oct. 3 • vs. Sherwood Park, Oct. 9 • vs. Langley, 5:45, Oct. 11*

vs. Prince George, 1 pm, Oct. 12* • vs. Vernon, Oct. 17

vs. Trail, Oct. 23 • vs. Cranbrook, Oct. 24 • vs. West Kelowna, Oct. 30

> **Curling -**

Learn to Curl clinic, Oct. 1, 4 • Men's bonspiel, Oct. 14-18

Icebreaker funspiel, Oct. 24 • AGM, 1-4, Oct. 25

> **Amateur boxing -**

Interior series #4, 5:30, Oct. 10, Song Sparrow Hall. Hosted by Whizbang boxing. Tix \$35 in advance, \$40 at door

> **Fly Hills poker run -** 10 am, Oct. 17

> **Ultimate Frisby** will be playing this Friday night on the turf field under the new lights, starting at 6 pm, dark around 7.

Is that storage unit really solving clutter

There is an entire industry devoted to helping us organize our stuff.

We can buy baskets, bins, drawer dividers, closet systems, shoe racks, pantry organizers, storage ottomans, and attractive little boxes to hide almost anything we don't know what to do with.

But before you buy another storage solution, it may be worth asking a rather uncomfortable question:

Do I actually have a storage problem—or do I have too much stuff?

Those are not the same thing.

Good storage makes the things we actually use easier to find, reach, and put away. Bad storage gives us more places to keep things we probably don't need.

Consider the kitchen.

If you regularly use a dozen spices, a tiered spice organizer that lets you see all twelve could be an excellent purchase. But if you have 47 jars, including duplicates and several you haven't opened since 2018, a bigger spice rack probably isn't the answer.

The same applies to clothes. If your closet is overflowing, it is tempting to add another rail, install shelving, or buy under-bed storage boxes. But first ask what is actually in that closet.

Are there clothes that don't fit? Clothes you haven't worn for five years? Shoes that hurt your feet? Things you are keeping because they were expensive, even though you never wear them?

Putting those things into beautifully labelled containers hasn't solved anything. You have organized the clutter.

This becomes particularly important as we get older.

Storage that requires bending, climbing, reaching or moving three things to get to the fourth may technically provide more space, but it may make the house harder to live in.

The best storage isn't necessarily the storage that holds the most. It is the storage that makes everyday life easier.

Before buying an organizer, try removing everything from the troublesome area. Decide what genuinely belongs there and what you actually use. Get rid of what is no longer useful, donate what someone else could use, and relocate things that belong elsewhere.

Then put back what remains.

You may discover you don't need an organizer at all.

There is another trap worth watching for: buying storage because we want a space to look organized. (My personal biggest bug-a-boo).

Those photographs of pantries filled with matching containers are certainly appealing. But transferring good pasta, cereal and rice from the packages they came in into a collection of expensive containers doesn't necessarily make your kitchen function better.

Sometimes it does, and sometimes it simply gives you another job and, in this case, it's what do you do with all the half-empty bags and containers.

That should perhaps be our test.

Will this storage solution make my life easier?

Will I be able to find things more quickly? Will something I use frequently become easier to reach? Will it eliminate lifting, bending or climbing? Will it make putting things away simpler?

Or, will I now have containers to fill, labels to make, bins to pull out, and another system to maintain?

☐ Continued on page 21

DESIGN DILEMMAS

Linda Erlam



BOO BASH IS BACK

There is something magical about Halloween through the eyes of a child. The excitement of choosing the perfect costume, creating spooky crafts and sharing laughter with family and friends have made Halloween a cherished tradition for generations.

While its origins date back centuries to ancient harvest celebrations, Halloween is now one of the year's most anticipated occasions, bringing families, neighbours, and communities together through imagination, creativity and fun.

At its heart, it is about making memories and connecting with others, whether through community events, festive traditions or simply spending time together.

Shuswap Children's Association is proud to continue that spirit of togetherness with the return of the 4th **Boo Bash**. This much-loved early years event has become a Halloween tradition for children ages 0-6 and their caregivers and families. It offers a welcoming morning filled with fun, creativity and plenty of play.

Our Family Navigator has several spooky activities planned, including slime, mummy building, and lots of other Halloween-themed fun for little ones. Costumes are encouraged, so bring your little ghosts, goblins, witches, superheroes, and everything in between!

Boo Bash, happening 10 to noon, Oct. 29 at Shuswap Children's Association (551 Trans Canada), is a wonderful opportunity to celebrate Halloween in a fun, safe and welcoming environment while connecting with other families.

And as families get ready for celebrations and trick-or-treating, it's also a great time to review a few simple safety tips. A little preparation can help ensure that Halloween is safe, enjoyable, and memorable for everyone.

○○○

Here are ten Safety Tips:

■ Choose costumes that are safe and easy to see. Avoid ones that are too long or could cause a child to trip. Reflective tape or bright colours can also help

children be more visible after dark.

■ Make sure children can see clearly. If your child is wearing a mask, make sure the eye openings provide good visibility. Face paint can

be a great alternative.

■ Check treats before eating.

Remind children not to eat any treats until an adult has had a chance to inspect them. Discard anything that appears opened or damaged.

■ Stay together. Young children should always be accompanied by a responsible caregiver while trick-or-treating.

■ Use sidewalks whenever possible. Teach children to stay on sidewalks and use designated crosswalks when crossing streets.

■ Look both ways before crossing. Even on Halloween, children should stop, look and listen before crossing a road. Drivers may have difficulty seeing children in costumes, particularly after dark.

■ Carry a flashlight. A flashlight can help children see where they are walking and make them more visible to drivers and others.

■ Be careful around decorations. Candles, open flames and electrical cords can create hazards. Consider battery-operated lights instead of real candles in pumpkins and decorations.

■ Keep pets safely inside. Costumes, doorbells and unfamiliar visitors can be stressful or frightening for pets. Keeping them in a secure area can help prevent accidental escapes or unexpected reactions.

■ Have fun and take your time! Halloween doesn't have to be rushed. Keep an eye on little ones, watch for potential hazards, and remember that the goal is to have fun and make happy memories together.

From all of us at Shuswap Children's Association, we wish local families a safe, happy, and spooktacular Halloween!

☐ For more on Shuswap Children's Association and referrals, info@shuswapchildrens.ca, shuswapchildrens.ca, or call 250-833-0164.

**FAMILIES
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WORD SEARCH

Some of the Candidates

DEB XOFWALLACE ECADMMMLZGBSXYNVKF
 EMBJZMCQSTURLANDJBRJPGEJJMPNGV
 WHWXCDZYVGFZZTOTCWTWACCCELEEJLA
 TIWWNLCCMMJTGPFFHTTQPBRAKFAIOZQN
 RSTLYEDLCLDJYKUZUSKAMNEUPKWYEB
 ASEBAFLNRLNMMHF IYNQIEATOILMKLU
 MXMRNVHSCKEGZSLLDVCYNRTOEEBMMR
 EDVIDWSGOPOAZYIIGEYCTTZTRLQGBS
 YHALEKWTRNRGNMNLASWEOFTRNFAVI
 AASERBLDGCZVPENNAPHARDBIENHGQC
 WYWSIRAAATFLAEBBQAUAFNBXAMMK
 MIEYOQSVLNSXOYRTOJASRLKGGDMAAV
 LGLNNTPYBNKGEHAZWAGRQRTNGHIDRQ
 XWNKI KBDROEURVQESVOODVIEOBLDTQ
 SQTYYIWHUANWWUARLKFHONYMSLQTEIX
 QHOHGNTKI JFGYFYWYDADXEKFOSONNR
 WOXVMQSETDQEWWMOORBGMBLANNNBIT
 TACNMALOHIIICUOLDNRKMLIRJKUQ
 LJ BXVDLENFOKECMDMARTENSZAQMBMF
 TMPZBUSHELLNNVYLEYYIMCDERMOTTD

Harrison, Bardy, Canart, Cannon, Desautels, Gonella, Grabowsky, Gray, Hamilton, Madden, Meikle, McDermott, McLean, Netzelwood, Syme, Wilkinson, Turland, VanBursick, Wallace, Wiens, Askew, Martens, Parmenter, Riley, Gibbons, Maria Otting, Lapierre, Beckett, Kuzuska, Flynn, Martin, Nelson, Anderson, Bushell, Davyduke, Galbraith, Ramey

HIDDEN GEMS

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 Hidden Gems Bookstore, 331 Alexander
www.hiddengemsbookstore.com

> "If you want to believe the world is terrible, watch the news. If you want to believe that the world is incredible, spend time in nature."

> "Canada is one of the worst countries in the world."
 ~ US President Donald Trump

> "Not voting is not a protest. It is a surrender." ~ Keith Ellison



> The remaining survivors on the Sgt. Pepper album cover.

FUNNY BONE

> Job interview: "What is your biggest weakness?" "I always forget passwords." "Oh.. forgetting passwords.. So what do you do?" I use INCORRECT as my password, so that whenever I enter the wrong password, the computer will say your password is INCORRECT.

> Jokes only musicians might appreciate: "When I was in high school I was in a band called Duvet. We were a cover band."
 "Hey, I was in Drapes. We opened for you!"

POP QUIZ

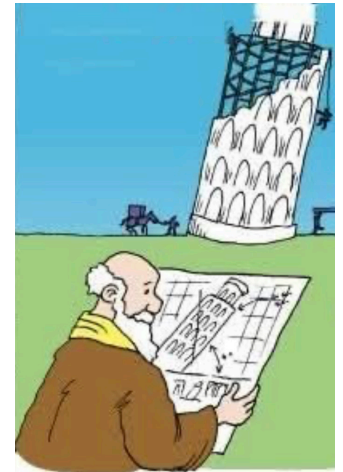
> List as many BC's Registered political parties as you can before looking at the answers below.

> BC Vision, BC NDP, BC United, BC Libertarian, British Columbia Party, CanWest Party, Centre BC, Christian Heritage Party of BC, Communist Party of BC, Conservative Party of BC, Freedom Party of BC, Green Party of BC, OneBC, Party of Citizens who have decided to think for ourselves and be our own Politicians

PICTURE THIS



> When you take a nap so good that you thought you missed the school bus, and it's Sunday .. and you're 41



> Find the nine farmyard cats. Below: rehearsing for Fiddler on the Roof, opening in November.



SALMON ARM
BARBER SHOP
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WEIGHTLESS RATS, RED WINE AND YOU

An article published in the *FASEB Journal* (Federation of Societies for Experimental Biology) reveals yet another benefit for that remarkable substance found most famously in red wine grape skins, but far more abundantly in a Chinese medicinal herb, resveratrol.

The research suggests that resveratrol could help protect against the adverse effects of weightlessness during spaceflight — as well as effects of a sedentary lifestyle, which can lead to cardiovascular disease, obesity, and other health conditions.

The team tested the effects of resveratrol in rats undergoing simulated weightlessness. I would definitely like to have seen this! While animals that did not receive resveratrol experienced reductions in muscle mass, strength, bone mineral density, and resistance to fracture, and developed insulin resistance, treatment with resveratrol protected against these conditions.

“Long-term spaceflight induces (inactivity), which, along with (low gravity), results in a number of significant physiological alterations, such as muscle atrophy, insulin resistance, (a shift in how the body uses nutrients), and bone loss,”

HEALTH MATTERS

Dr. Donna Rasplica



Stéphane Blanc of the University of Strasbourg writes.

Our bodies need physical activity, but getting enough isn't always easy, especially for astronauts

in low gravity. For the earthbound, barriers to physical activity are equally challenging, whether from disease, injury, or a desk job. Resveratrol may not be a substitute for exercise, but it could slow deterioration until someone can get moving again.

No, this is not to enable you to avoid exercise but to aid those who can't! This is an admitted theoretical leap from rats to humans, but quite a few human trials are underway. Currently, resveratrol is the most actively researched plant substance worldwide, with curcumin (from turmeric) a close second.

Resveratrol demonstrates an amazing array of favorable pharmacological activities, including antioxidant, cardioprotective, antidiabetic, anticancer, antiviral, antiplatelet, anti-inflammatory, and modulation of fat metabolism.

It is a polyphenol produced by plants to protect themselves against fungi, weather, and insects. These types of ‘de-

fensive’ substances in plants — things that make them hardy and tough — are called secondary metabolites and are often medicinally useful for us humans.

Resveratrol is found in berries and the skins of red wine grapes, with muscadines and the Pinot family having the highest concentration. But, sorry, not enough to be therapeutically useful!

The source of most resveratrol used in commercial nutritional supplements is a medicinal Asian herb called hu zhang, or Japanese knotweed (yes, the invasive plant). While nutritional supplements use only the polyphenol extracted from the root, Chinese medicine uses the entire root and all its very complex constituents.

Based on recent clinical trials, the appropriate adult dose of resveratrol is likely around 100-250 mg per day and is very safe to consume. There are no known drug interactions, but if you take a pharmaceutical, it's always best to consult with a knowledgeable health professional before starting herbs or supplements.

□ Donna Rasplica, MSc, Dr. TCM (British Columbia), has 26 years of professional experience in botanical therapy and practices out of the Lakeside Health Clinic.

Think before you store

□ Continued from page 19

There is nothing wrong with buying storage. A well designed drawer organizer, an accessible shelf, or a properly planned closet can make an enormous difference to how comfortably a home functions.

But storage should be the last step, not the first.

First decide what you need. Then decide where it should live. Finally, if there really is a storage problem, find the simplest solution for storing it.

And perhaps adopt one small rule before heading to the store:

Never buy a container until you know exactly what is going into it, where it is going, and if it solves or creates a problem.

Otherwise, there is a very real possibility that the newest addition to your clutter will be the thing you bought to organize it.

□ For more from Linda, visit designssewlutions.ca

SALMON ARM

Daily Beat (4-7 days/wk)
All Month (1st Fridays)



I invite you to join me on my 'semi-retirement' online news coverage at FriAM.ca and Facebook

SALMON Oct. 2 ARM Beat Pages

Scroll 28 more pages • FriAM.ca and Facebook



AM Beat Pages

from Sept 5 to 30

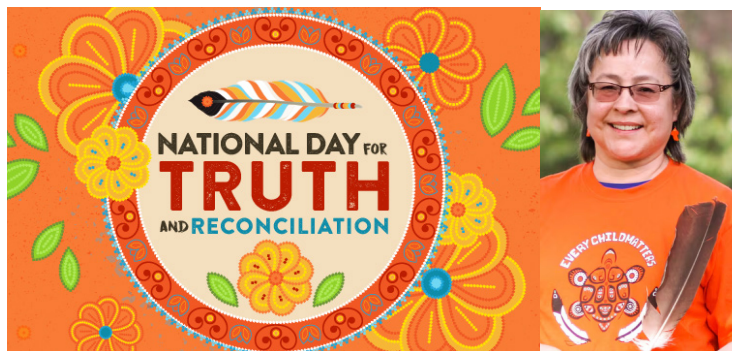
- Remembering Dahne Odjig,
- Day to Listen - T&R Day
- Bev Busson's distinguished RCMP career began here
- The Roundabout
- Deantha Edmunds delights audience at KSO concert
- Masked white nationalists
- Slow down your aging
- Snow on the high slopes
- Screening of *Halation*
- Lorne Doerksen.. Could this Salmon Arm-raised guy become the next BC Premier?
- Fire and loss at D-Dutchmen
- Election frenzy! Two simultaneous elections
- KSO and Shuswap Theatre celebrate 50th seasons
- Police page: Low speed bicycle chase continues on foot
- Family Expo & Terry Fox Run
- Heart of the Shuswap Night
- Billions invested in VIA
- Dreaming of service here
- Open House not the same
- Truck pulling helicopter and another truck meet on Shoemaker Hill
- Body found ten years later - no foul play suspected
- Open Tennis tourney
- The candidates
- Scenes around the Wharf
- Wonders of this continent
- Back in Olden days, 1990s
- Where in the world are we?
- Dogs & bears

> *The season changes in its colourful way from Summer to Fall*

 **SALMON**
17°/ 9°
sun,
clouds,
showers

**Sept. 30
Beat**

Watch for October All Month • FriAM.ca



To-do's

- **Reconciliation / Orange shirt Day**, Wednesday.
- **Silverbacks home**
Two losses Fri & Sat.
Hosting Blackfalds,
7pm, Friday, Oct. 2.
- **Salmar Grand**
 - *Practical Magic*
 - *Resident Evil*
 - *Heart of the Beast*
 - *Forgotten Island*
 - *Amziah King*, 4pm,
Sat. (Film Society)
- **Where in the world are we?**, Art Gallery. A must see!
- **Repair Cafe**, 10-3, Sat., 320 Shuswap
- **Dress the Town Pink**, Oct. 1-15
- **Punk rock/Emo, Night**, Sat., Nothing Fancy on Hudson
- **Kenny Hess**, Sat., SA Legion. Tribute to country legends.
- > **Ride don't Hide**, Oct. 4., Larch Hills
- > **Coffeehouses** - Grindrod, Friday, Carlin, Saturday
- > **Quinton Watson memorial cruise** - Meet 4pm, Friday in Sorrento for ride to Lakeview Cruise-in
- > **Learn to Curl clinic**, Oct. 1, 4, Curling Rink
- **TWO ELECTIONS Municipal**, Oct. 17
Open house, Oct. 6
Recreation Centre
Provincial, Oct. 24

Remembering Daphne Odjig



Daphne Odjig is a foundational figure in Canadian art who revolutionized contemporary Indigenous representation and shattered long-standing barriers in the fine art world.

October 1st will mark 10 years since her passing at age 97. She is often referred to as the "grandmother of Canadian Indigenous art."

Odjig spent some of her most formative years in Anglemont, North Shuswap after relocating from Winnipeg to here in 1976.

From her Wikipedia entry, "Immersed in the natural beauty of the Shuswap, she hit a remarkably productive artistic stride, blending traditional legends with modern expressionism and cubism."

In the early 1970s she became a driving force in contemporary Indigenous art, opening the first Native-run art gallery in Canada.

Her final years as an artist were spent in Penticton.

DAY TO LISTEN

Hundreds of radio stations across Canada, including Summit Radio 91.5 CKXR FM will air "A Day to Listen" throughout today (Sept. 30) from 6 a.m. to 6 pm local times.

JUNO Award-winning singer-songwriter William Prince will host this special day that will feature Indigenous voices, stories, and experiences on the National Day for Truth and Reconciliation. Visit daytolisten.ca



WILLIAM PRINCE

❖ **Celebration of Life: Boris Idzan- 11:00, Oct. 1, St. Joseph's Church**



15°/ 8°
Periods
of rain

SALMON ARM

Sept. 29
Beat

Be a frequent 'Fri-er'! Bookmark FriAM.ca



> Kalamalka goaltender takes control of the ball from a SAS Golds player at Monday's high school soccer match in Blackburn Park.

To-do's

- **Reconciliation / Orange shirt Day**, Wednesday.
- **Silverbacks home**
Two losses Fri & Sat.
Hosting Blackfalds,
7pm, Friday, Oct. 2.
- **Salmar Grand**
• *Practical Magic*
• *Resident Evil*
• *Heart of the Beast*
• *Forgotten Island*
• *Amziah King*, 4pm,
Sat. (Film Society)
- **Where in the world are we?**, Art Gallery. A must see!
- **Repair Cafe**, 10-3, Sat., 320 Shuswap
- **Dress the Town Pink**, Oct. 1-15
- **Punk rock/Emo, Night**, Sat., Nothing Fancy on Hudson
- **Kenny Hess**, Sat., SA Legion. Tribute to country legends.
- > **Ride don't Hide**, Oct. 4., Larch Hills
- > **Coffeehouses** - Grindrod, Friday, Carlin, Saturday
- > **Quinton Watson memorial cruise** - Meet 4pm, Friday in Sorrento for ride to Lakeview Cruise-in
- > **Learn to Curl clinic**, Oct. 1, 4, Curling Rink
- **TWO ELECTIONS**
Municipal, Oct. 17
Open house, Oct. 6
Provincial, Oct. 24

Former RCMP Commissioner and Senator began her career in Salmon Arm and retired here

Bev Busson made history in 1974 when she was among the first group of female officers. Salmon Arm was her first posting. She told the gathering at the Veterans dinner that she gained a lot of street cred on her second day when she was sent off to pick up the mail and returned with an intoxicated man she picked up from the middle of Hudson.

In the years before retiring back to the Shuswap, she reached the pinnacle as RCMP commissioner in 2006, a Senate seat in 2018 and the Order of Canada, plus other major positions in between. ■



> Bev Busson spoke at the annual Veterans Dinner at the Legion Hall. She was introduced by another high ranking member who chose to retire to the Shuswap - former Deputy Commissioner Gary Loeppky.



> Centenarian Jack Stead, one of a small group of remaining WW2 veterans, recites "Flanders Field" at Monday's Veterans dinner. Stead enlisted in 1944, shortly after graduating from high school.



> Trees in the centre of new roundabout

MOLEHILLS

Lorne Reimer



Trees for reason

When landscaping was added at the centre of the new roundabout, some questioned the wisdom of planting evergreens.

After all, didn't the city just order a senior lady to remove her row of cedars out of concern for traffic visibility near the hospital.

I was also thinking on those lines until it occurred to me that with all the planning that went into the design, there must be more rationale for the trees other than aesthetics. Perhaps it is to keep drivers focussing on the left as they enter the roundabout. The trees may assist on that focus.

That's my theory. ■



16°/ 10°
Mainly
sunny,
showers

SALMON ARMY

Sept. 28
Beat

Be a frequent 'Fri-er'! Bookmark FriAM.ca



> Watch for the October All Month coming out the end of this week. Please send copy and submissions before the end of Tuesday.

To-do's

- **Reconciliation / Orange shirt Day**, Wednesday.
- **British Home Child Day**, Monday
- **Silverbacks home** Two losses Fri & Sat. Hosting Blackfalds, 7pm, Friday, Oct. 2.
- **Salmar Grand**
 - *Practical Magic*
 - *Resident Evil*
 - *Heart of the Beast*
 - *Forgotten Island*
 - *Amziah King*, 4pm, Sat. (Film Society)
- **Where in the world are we?**, Art Gallery. A must see!
- **Repair Cafe**, 10-3, Sat., 320 Shuswap
- **Dress the Town Pink**, Oct. 1-15
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- > **Ride don't Hide**, Oct. 4., Larch Hills
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- **TWO ELECTIONS**
 - Municipal**, Oct. 17
 - Open house, Oct. 6
 - Recreation Centre
 - Provincial**, Oct. 24

> Inuk soprano Deantha Edmunds gave a stirring and heartfelt performance at Sunday's KSO concert. One of her compositions won 2025 Juno award. 'Sibelius Symphony No. 1' was also performed.

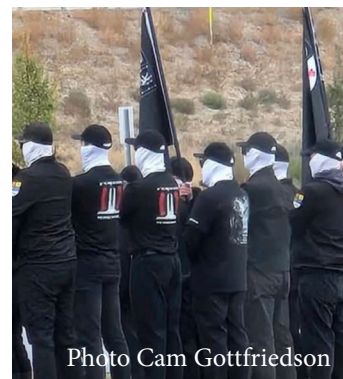


Photo Cam Gottfriedson

> Masked white nationalists stand on an overpass in Kamloops on the weekend.

THE ROSTER FOR '26-'27 SEASON



Maycee shows off her new jersey to Kong

GOALIES

- #1 Noah Mavin, Mississauga
- #31 Kasey Fuson, Sturgeon County AB
- #r41 Mikkel Christensen, Toronto

DEFENCEMEN

- #2 Donny Sisson, Colorado
- #3 Luca DeCubellis, Minnesota
- #4 Logan Keup, North Dakota
- #5 Luke Storr, California
- #7 Mstislav Shipilin, Kazakhstan
- #8 Tate O'Brien, Salmon Arm
- #9 Cole Longacre, New Jersey
- #27 Kees de Jager, Netherlands

FORWARDS

- #6 Vital Dinis (LW), Toronto LW
- #10 Vile Oksanen, Sweden
- #11 Jared Rothman, New York
- #12 Cash Olson, Medicine Hat AB
- #13 Matthew Dabrowski, Connecticut (C)
- #14 Ethan Facchina, Strathroy ON (C)
- #16 Brady Logue, Pennsylvania (C)
- #17 Chase Campbell, Prince George
- #18 Jack Toogood, Devon AB
- #19 Antonio Cazac, Calgary AB
- #21 Alexis Beaulieu, Quebec
- #24 Quinn Kiper, Milverton, ON
- #25 Koen Senft, Regina SK
- #28 Cohen Hoening, Ohio

CELEBRATIONS OF LIFE -

- ❖ Boris Idzan- 11:00, Oct. 1, St. Joseph's Church
- ❖ Anna Mae Culos, 10:30, Oct. 3, Deo Lutheran
- ❖ Stephen Jerry Hook 1-3, Oct. 17, location TBA
- ❖ Albert Bianco, 2-4, Oct. 24, Little Mt. Fieldhouse

MOLEHILLS

Lorne Reimer



It's creeping in

In introducing this year's Silverbacks roster I was going to refer to the international flavour of the team. Fully half of the young athletes are from outside Canada, including nine from the US.

However, I stopped myself from suggesting that the American players can enjoy a bit of getaway from the hateful elements in current US politics. They can see that Canada wants none of that and has no desire to become 51st State. But then I saw the display of White Nationalists in Kamloops this weekend.

Oh, for shame ■



16°/ 4°
sun &
clouds

SALMON ARM

Sept. 27
Beat

Be a frequent 'Fri-er'! Bookmark FriAM.ca



> Re-shin-
gling the
exquisite
roof on the
heritage
house at
Foothill &
50th.NW

To-do's

○ Silverbacks home
5-1 loss to Vernon Fri.
4-2 loss to P Geo, Sat.

○ Salmar Grand

- Practical Magic
- Resident Evil
- Heart of the Beast
- Forgotten Island
- Blue Heron, 4pm,
Sat. (film society)

○ Where in the
world are we?, Art
Gallery.

○ Kamloops Sym-
phony, 3 pm, Sun.,
Nexus at First

○ BC River Day, 1-4,
Sun Tsutswecw Park.
Family activities.

○ Farm & Food
Festival, 10-3, Sun,
Fieldstone Organics,
○ Reconciliation
Day, Sept. 30.

○ Repair Cafe, 10-3,
Oct. 3, 320 Shuswap

○ Dress the Town
Pink, Oct. 1-15

○ Punk rock/Emo,
Oct. 3, Nothing Fancy
on Hudson

○ Kenny Hess, Oct.
3, SA Legion

> Ride don't Hide,
Oct. 4, Larch Hills
> Coffeehouses -
Grindrod, Oct. 2,
Carlin Oct. 3

○ TWO ELECTIONS
Municipal, Oct.17
Open house, Oct. 6
Recreation Centre

Saturday, September 26, 2026 5:20:00 AM



> There's September snow up on those hills! Web-cams show fresh snow on Mt. Crowfoot over North Shuswap, left and from the Hunters Range chalet. Thank you to Ellen Peterson and Patricia Marshall for sharing these images.



Slow down your aging by following these rules

- If you stop walking, your body starts retiring before you do.
- If you sleep less than seven hours, your brain ages faster than your face.
- If you avoid protein, your muscles disappear silently.
- If you avoid sunlight, your bones weaken quietly.
- If you stop lifting things, gravity wins.
- If you complain more than you move, confidence fades fast.
- If you believe "I'm too old", your body follows that belief.
- After age 60, weakness does not happen overnight. It builds slowly through daily neglect.

MOLEHILLS

Lorne Reimer



31 to 27 Hudson

I may be awful at math, but do enjoy numbers in a poetic sense.

Once I lived in a house with the street number 446. and went to the official trouble to change it to 448 because I liked that number better.

This will likely fall at the bottom of the list of priorities for Salmon Arm, but here me out anyway.

I suggest as part of the renewing and repurposing the century old municipal offices, its street number could change from 31 Hudson to 27 Hudson.

2027 is the year this building will reopen as the new offices for the Community Foundation. And although 1928 is the year it first opened, I imagine construction actually began in 1927.

31 is already a popular number at Baskin & Robbins, in Cribbage, and the last day of long months. Let's give 27 its due for this exciting building project and make 2027 a good year while we're at it. ■



16°/ 3°
Chance
of more
showers

SALMON

Sept. 26
Beat

Be a frequent 'Fri-er'! Bookmark FriAM.ca



> Witches meet 12:30 today at Sicomous Beach with your paddle boards.

To-do's

○ **Silverbacks home**
5-1 loss to Vernon Fri.
In Prince George Sat.

○ **Salmar Grand**

- *Practical Magic*
- *Resident Evil*
- *Heart of the Beast*
- *Forgotten Island*
- *Blue Heron*, 4pm, Sat. (film society)

○ **Where in the world are we?**, Art Gallery.

○ **Witches Paddle**, 1 pm, Sat., Sicomous

○ **Kamloops Symphony**, 3 pm, Sun., Nexus at First

○ **BC River Day**, 1-4, Sun Tsutswecw Park. Family activities.

○ **Farm & Food Festival**, 10-3, Sun, Fieldstone Organics,

○ **Reconciliation Day**, Sept. 30.

○ **Repair Cafe**, 10-3, Oct. 3, 320 Shuswap

○ **Dress the Town Pink**, Oct. 1-15

○ **Punk rock/Emo**, Oct. 3, Nothing Fancy on Hudson

> **Ride don't Hide**, Oct. 4, Larch Hills
> **Coffeehouses** - Grindrod, Oct. 2, Carlin Oct. 3

○ **TWO ELECTIONS Municipal**, Oct. 17
Open house, Oct. 6
Recreation Centre
Provincial, Oct. 24



> The old Salmar Classic is closed now, but it will live on for rest of time and rest of the world to see. This is thanks to the production of the 18-minute film of a supernatural love story that was shot in all parts of the theatre including the roof and surrounding Alexander Street. "Halation" was screened late Friday night at the Salmar Grand. A large contingent from the packed audience were among the cast and crew. They were introduced on stage by Director Shawn McLaughlin who said the next screening will take place in Vancouver. A behind the scenes film was also shown at the event.



> Local Royal Purple Lodge members Dee Forde, Karen Scott and Corinne Kunka run a flower fundraiser at Piccadilly Mall. New members are always welcome. 250.833.6520



> The finishing touch to the new roundabout at Broadview and 11th St. is the landscaping in the centre. Motorists have quickly caught on to the flow, and if some go around it twice, it's mostly just for fun.



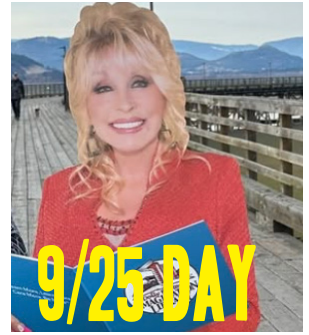
14°/ 7°
Periods
of rain

SALMON ARM

Sept. 25
Beat

POLITICAL OVERLOAD

Civic election, Oct. 17
AB referendum, Oct. 19
BC election, Oct. 24
Night of disguises, Oct. 31
US election, Nov. 3



Be a frequent 'Fri-er'! Bookmark FriAM.ca

To-do's

- Silverbacks home vs. Vernon on Friday
- Salmar Grand
 - Practical Magic
 - Resident Evil
 - Heart of the Beast
 - Forgotten Island
- Special screening:
 - Halation - film about Salmar Classic
- 9:30, Friday. Q&A with the Director
- Blue Heron, 4pm, Sat. (film society)
- Where in world are we?, Art Gallery.
- Nearly Neil, 8pm, Friday, SA Legion
- Celebrate Shuswap Dance with Harpoonist Trio, Fri., Song Sparrow
- Writers coffee-house, 2-4, Friday, 1st Community
- Witches Paddle, 1 pm, Sat., Sicamous
- Kamloops Symphony, 3 pm, Sun., Nexus at First
- BC River Day, 1-4, Sun Tsutswecw Park.
- Farm & Food Festival, 10-3, Sun, Fieldstone Organics,
- Truth & Reconciliation Day, Sept. 30.
- TWO ELECTIONS Municipal, Oct. 17
- Open house, Oct. 6
- Recreation Centre Provincial, Oct. 24

Salmon Arm guy next BC Premier?

If the snap election is as much of a miscalculation as early polls indicate, the next premier could be a guy raised in Salmon Arm.

Lorne Doerksen, the interim leader of the BC Conservatives, and expected to be named leader, moved to Salmon Arm at age 13, and worked at The Observer in his younger adult years.

He is current Cariboo MLA.



> Lorne Doerksen of Williams Lake.

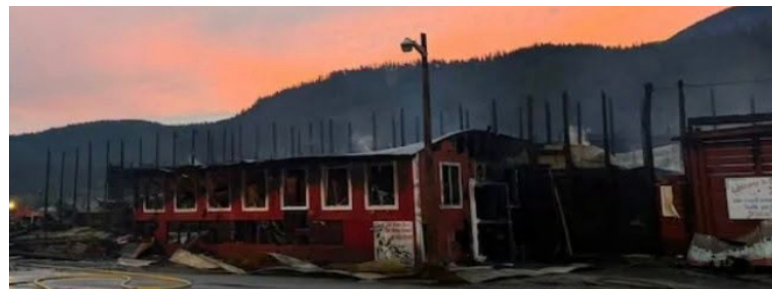


photo on D-Dutchmen Dairy Facebook page

Nightmare at D-Dutchmen

About 40 calves, 6 months and under, perished in a fire that spread through three structures at D-Dutchmen Dairy in Sicamous on Wednesday.

"In the words of my mom "my babies are gone. They are all gone", said daughter Bianca about the devastating fire. "Our animals are not just a number, they are loved, they all have names. My son has hugged, kissed and pet them all."

The cow barn remains and the family was able to start milking in the morning.

Sicamous, Malakwa and Solsqua Fire Departments were able to stop the fire's spread to other areas of the farm.

MOLEHILLS

Lorne Reimer



First Christmas Eve in Salmon Arm

I confess as a semi-retired journalist that voting Conservative was never in my DNA, however, I must say from experience that Lorne Doerksen is a good man.

My family arrived in Salmon Arm on Dec. 1, 1994, a month after starting my job at *The Observer*.

Naturally, it was an enormous adjustment for all of us. Doerksen worked in sales, I worked in news - the entire team inside one big office.

Doerksen was warm and outgoing, so it was no surprise that he enjoyed playing Santa at the staff Christmas party and also offered to visit staff homes with children on Christmas Eve.

So this Salmon Arm raised guy who came to our house and chimney on Christmas Eve, 1994, could possibly become the next BC Premier before Christmas 2026.



18°/ 12°
Cloudy
Maybe
showers
tonight

SALMON ARRIV

Sept. 24
Beat

Be a frequent 'Fri-er'! Bookmark FriAM.ca

PAST TEMPS • Sept. 13 to 19

by weather reporter Nick Parsons

DATE	HIGH	LOW	PRECIP.
Sept. 13	20	9	
Sept. 14	19	8	
Sept. 15	19	12	
Sept. 16	20	9	
Sept. 17	21	7	
Sept. 18	22	8	
Sept. 19	24	9	



Lake has fallen 8' 6"
since peaking June 4

To-do's

- Silverbacks home vs. Vernon on Friday
- Salmar Grand
 - Practical Magic
 - Coyote vs. Acme
 - Resident Evil
 - Shaun the Sheep
- Special screening:
 - Halation - film about Salmar Classic
- 9:30, Friday. Q&A with the Director
- Film Festival, 5:30, Thurs, Song Sparrow Hall. Free plus free shirts (in Truth & Reconciliation)
- Rez Ball
- The Pretendians
- Where in world are we?, Art Gallery.
- Jazz Implication, 7pm, Thurs, Nexus at First. By donation
- Nearly Neil, 8pm, Friday, SA Legion
- Celebrate Shuswap Dance with Harpoonist Trio, Fri., Song Sparrow
- Writers coffee-house, 2-4, Friday, 1st Community
- Witches Paddle, 1 pm, Sat., Sicamous
- Kamloops Symphony, 3 pm, Sun., Nexus at First
- BC River Day, 1-4, Sun Tsutswecw Park.
- T&R Day, Sept. 30.
- TWO ELECTIONS Municipal, Oct. 17 Provincial, Oct. 24

ELECTION FRENZY!

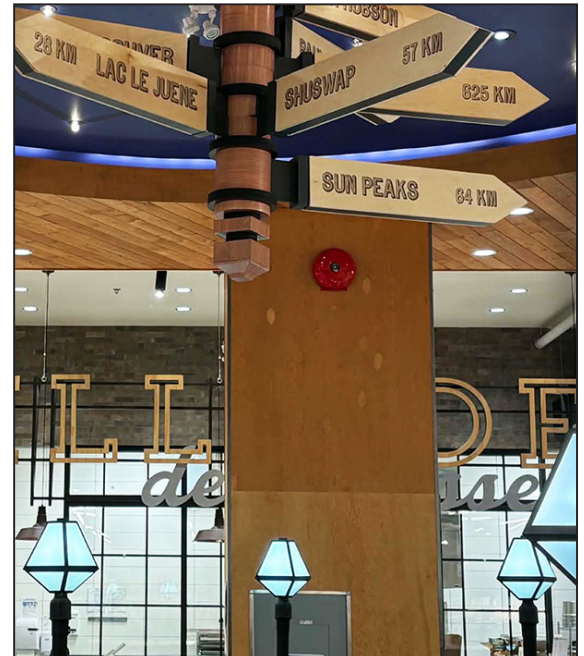
There are now two simultaneous election campaigns happening in the province. The snap BC election Oct. 24, a week after the municipal vote, is now busy playing catch up.

The BC Conservative Party that became leaderless last week after several defections and a merging new party now appears to be reassembling to create a centre-right coalition.

Greg McCune who ran as an Independent in 2024 after BC United folded and now running for Enderby council, said there's a meeting Thursday (today), but "there may not be time for anyone to challenge (MLA David Williams). "Keep your seatbelt buckled up," he quipped.



A free Indigenous theme Film Festival is taking place from 5:30 pm, Thursday night at Song Sparrow Hall. The event, hosted by Rise Up Indigenous Wellness features two films, *Rez Ball* about a native American basketball team and *The Pretendians* about faking Indigenous identity. A free shirt for every attendee. ■



> The Fresh St. Market at Aberdeen Mall in Kamloops pays much attention to food presentation. The store also tells you how far it is to drive back home to the Shuswap.

Help wanted : 2 young people with experience stacking a cord of wood. Must have experience. \$20/hr. duncanmorris@shaw.ca

> *Halation*, a short film of a supernatural story at the Salmar Classic, shot during the theatre's final days, will be screened 9:30, Friday night the Salmar Grand. A Q&A with the director will follow. On right, the iconic film reel at the rear of the old theatre is now gone as part of the renovations and repurposing of the building.



19°/ 6°
Chance
of show-
ers

SALMON ARM

Sept. 23
Beat

Be a frequent 'Fri-er! Bookmark FriAM.ca



> Director Shawn McLaughlin felt compelled to create a film about the Salmar Classic in its final days. There's some irony in that the beloved theatre honoured in this film about a supernatural story will not be able to screen the film itself. *Halation* will be screened 9:30, Friday at the Salmar Grand. Q&A to follow.

To-do's

○ Silverbacks

Silverbacks play Vernon again this Friday

○ Salmar Grand

- *Practical Magic*
- *Coyote vs. Acme*
- *Resident Evil*
- *Shaun the Sheep*

Special screening:
• *Halation* - film about *Salmar Classic* 9:30, Friday. Q&A with the Director

○ **Film Festival**, 5:30, Thurs, Song Sparrow Hall. Free plus free shirts (in Truth & Reconciliation

- *Rez Ball*
- *The Pretendians*

○ **Where in world are we?**, Art Gallery.

○ **Jazz Implication**, 7pm, Thurs, Nexus at First. By donation

○ **Nearly Neil**, 8pm, Friday, SA Legion

○ **Celebrate Shuswap Dance** with Harpoonist Trio, Fri., Song Sparrow

○ **Witches Paddle**, 1 pm, Sat., Sicamous

○ **Kamloops Symphony**, 3 pm, Sun., Nexus at First

○ **BC River Day**, 1-4, Sunday, Tsutswecw Park. Free trees to take home. Family event.

○ **Election, Oct. 17 Open House**, 5:30, Oct. 6, Rec. Centre

50
50



> A gala event celebrated Shuswap Theatre's 50th season Sept. 18th. On right, Julia Body, Daniel Hall and Amanda Maygard, are the directors of this year's three main-stage plays.

Shuswap Theatre and KSO both celebrate 50th seasons

Kamloops Symphony is opening its 50th anniversary season with a special concert featuring JUNO award winning composer and Inuk soprano Deantha Edmunds.

Salmon Arm is privileged to experience this concert titled "Inspired by Here" as the first of this season's three "Salmon Arm Sundays" series, 3 pm, Sept. 27 at Nexus at First.

Edmunds' debut with the KSO will be followed by *Sibelius Symphony No. 1*, a work that moves from brooding and restless to genuinely triumphant.

In 2025 Deantha Edmunds was the first indigenous person to win the JUNO Award for Classical Composition of the Year. The KSO will perform her award-winning song cycle alongside others of her works.

BC-born, and rising young conductor,



Karl Hirzer will lead the orchestra for this celebration concert. His musical path has taken him to major stages in Europe and back to conduct this concert.

This past summer he performed at one of the most storied events in classical music, at the Bayreuth Festival in Germany, the festival Wagner created, and the theatre he built, for his own operas in 1876.

□ For more information visit kamloopsymphony.com then go to Explore / Regional and Salmon Arm concerts. The next "Classical Vibe" column by Gabrielle Klein will be posted in the online All Month at FriAM.ca to come out Oct. 2. If you would like to join the "Classical Vibe" (Operas, KSO concerts) mailing list send a note with subject "Classical Vibe", to gklein@telus.net



The night before Friday's screening of *Halation* (top right) and Truth and Reconciliation Day next week will be an Indigenous Film Festival, 5:30, Thursday night at Song Sparrow Hall. The free event features two films, *Rez Ball* about a native American basketball team and *The Pretendians* about faking Indigenous identity. ■



24°/ 7°
Sunny
with a few
clouds

SALMON ARM

Sept. 22
Beat

Be a frequent 'Fri-er'! Bookmark FriAM.ca

POLICE PAGE

A female driver and male passenger were arrested under the Excise Act for illicit drugs observed during a police stop. A further search of vehicle found two scales, assorted illicit drugs totalling 90 grams, \$2175 cash, and a scoresheet. The man was also then arrested for possession for the purpose of trafficking, possession of proceeds of crime, and possession of unstamped tobacco.

To-do's

Silverbacks
Silverbacks play Vernon again this Friday

Salmar Grand
Practical Magic
Coyote vs. Acme
Resident Evil
Shaun the Sheep
Special screening:
Halation - film
about Salmar Classic
30, Friday. Q&A
with the Director

Film Festival, 5:30,
Murs, Song Sparrow
all. Free plus free
tickets (in Truth &
Reconciliation
Rez Ball
The Pretendians

Where in world
we?, Art Gallery.
Jazz Implication,
m, Thurs, Nexus at
rst. By donation

Nearly Neil, 8pm,
iday, SA Legion

Celebrate Shuswap
ance with Harpoon-
Trio, Fri., Song
arrow

Witches Paddle,
m, Sat., Sicamous

Kamloops Sym-
phony, 3 pm, Sun.,
exus at First DD

BC River Day, 1-4,
riday, Tsutswew
rk. Free trees to take
me. Family event.

Election, Oct. 17
pen House, 5:30,
ct. 6, Rec. Centre

> This VW Jetta was clocked at 138 km/h westbound on Highway 1. An eastbound cruiser turned around in pursuit and found the vehicle crashed into a traffic light pole at the 30th St. NE intersection. An 18-year-old female class 7N driver was assisted out of the vehicle in fear it may catch fire. Multiple empty alcohol containers were observed. The drive blew two "fail" readings.



Low speed bicycle chase continues on foot

A 46-year-old male escaped on his bicycle when police attempted to arrest him at Ross Plaza for outstanding warrants. After RCMP caught up with him and knocked him off his bike, the suspect ran down an alleyway for about 200 metres until he was intercepted by another officer. The suspect was charged with resisting arrest as well as related to his arrest warrant.

○○○

A stop for not wearing a helmet while riding an electric scooter led to drug related charges against a 74-year-old man.

Police previously observed the scooter senior make numerous short stops at known problem residences. While opening his man-purse to show his ID, police noticed a large sum of cash, and on further search, a digital scale, silver spoon and nearly 40 grams of suspected cocaine. The man was issued a violation ticket for no helmet with charge recommendations forthcoming to BC Prosecution.

○○○

A man reported being locked out of his house by his ex-girlfriend who was inside smashing items and throwing chairs out of the second floor deck. Once police arrived

around midnight August 31, the man showed a video of the 22-year-old slashing the man's tires with a kitchen knife and smashing the windshield. The woman was released the next morning, once sober, on conditions, and with a future court date for multiple charges.

○○○

A black Chevrolet Silverado that was impounded after 49-year-old woman blew a "fail" was later matched to a truck reported stolen from Malakwa. The owner of the truck claimed the woman was unknown to him. RCMP are forwarding charges for approval against the woman for possession of property obtained by crime.

○○○

A suspect caught on video stealing pepperoni from a store on Hudson was located near the hospital with the pepperoni in her possession. The complainant claimed the female has stolen multiple times from the store and was now wanted charges.

○○○

A witness reported seeing a man smash the window of a liquor store, steal two cases of beer and walk away. The witness followed the suspect and pointed him out to police in a nearby field.



23°/ 8°
Mainly
sunny

SALMON ARM

Sept. 20
Beat

Be a frequent 'Fri-er'! Bookmark FriAM.ca



Signs
are
up,
the
race
is
on

To-do's

○ Jennie Ogilvie -
medium and comed-
ian, 7 pm, Sun, Legion

○ Terry Fox Run
10am, Sun, Blackburn.

○ Fungi Festival to
Sunday, Sicamous

○ Silverbacks win!
SA 4-1 vs Vernon
SA 4-2 vs Cranbrook
Silverbacks play Ver-
non again this Friday

○ Salmar Grand

- Practical Magic
- Coyote vs. Acme
- Resident Evil
- Shaun the Sheep

○ Where in world
are we?, Art Gallery.

○ Jazz Implication,
7pm, Thurs, Nexus at
First. By donation

○ Nearly Neil, 8pm,
Sept. 25, SA Legion

○ Celebrate
Shuswap Dance with
Harpoonist Trio, Sept.
25, Song Sparrow

○ Witches Paddle, 1
pm, Sept. 26, Sicamous

○ Kamloops Sym-
phony, 3 pm, Sept. 27,
Nexus at First

○ BC River Day,
Sept. 27 Adams River

○ Election, Oct. 17
Open House, 5:30,
Oct. 6, Recreation Ct.

Please send question to
fridayam@shaw.ca
that you would like
answered by candidates
for the election edition.

*"Blackburn Park on two sunny days
People come out to support and play*

.. Live our lives..

Coming together is how a city thrives"*

*Sing to tune of McCartney's 'Blackbird'

SHUSWAP FAMILY EXPO Saturday



> Many booths, music, speak-
ers and fun activities like a
raffle scavenger hunt, below.



TERRY FOX RUN Sunday



> Anna was recognized for par-
ticipating in every Terry Fox Run,
and her daughter Ella is well on
the way to doing the same. Hun-
dreds took part in this big event.



I saw an election sign which ap-
peared like many others in its
vicinity. However, it was differ-
ent in one way. It appeared that the
candidate was a member of a political
party. In my 54 years in Salmon Arm
that is the first of its kind that I can re-

member. I am curious if this person has
started a new Salmon Arm political party
(is it legal?), or if this person is supported
by a Provincial or Federal party having
the same name? or if this person is just
suggesting this is a personal ideology?

Al Christie, Salmon Arm



24°/ 7°
Sunny
next four
days

SALMON ARM

Sept. 19
Beat

Be a frequent 'Fri-er'! Bookmark FriAM.ca

To-do's

- **50th Season gala**, 7pm, Sat, Shuswap Theatre. Preview of the season, celebration of the years.
- **Family Expo**, 10-4, Sat, Blackburn Park. Speakers, information booths, live music, demos, raffles, storytime & activities
- **She Shoe Swaps** 9-3:30, Sat, Rec. Cntr. Annual charity sale
- **Salmar Grand**
 - *Practical Magic*
 - *Coyote vs. Acme*
 - *Resident Evil*
 - *Shaun the Sheep*
 - *I Swear, 4 pm, Sat. (Turette's story)*
- *20 years of the Met in the Cinemas*, 9:55 am, Sat.
- **Silverbacks Friday home opener - 4-1 win against Vernon** 6 pm, Sat vs Cranbrook at home
- **Where in world are we?**, Art Gallery.
- **Terry Fox Run**, Sun. Blackburn Park
- **Death: the Musical**, 7pm, Sat, Enderby Srs. Centre. (don)
- **Total Gadjos**, Sat, Ross St. Market
- **Community BBQ**, 4-7 pm, Sat, Free event at Cornerstone Church by Comfort Inn
- **Election**, Oct. 17

Heart of the Shuswap Night

"Every community needs a Ted," said the nominator for one of the two recipients of the Community Foundation's first volunteer awards. Ted Danyluk was recognized for multiple volunteer contributions to the North Shuswap, including recovery from the 2023 disastrous fire, Lions Club work and the Sockeye Salmon Society.

Melissa Neil won the youth volunteer award for her involvement at the hospital and other youth initiatives.

The hundreds attending Friday's annual gala also learned that renovations will now begin on the new offices and public park at the century old original municipal offices.

QUICK FACTS

- Shuswap Community Foundation manages 230 endowment funds with a market value that now exceeds \$20 million. Started with \$200 in 1995
 - \$1,157,435 past year to 97 organizations. community grants, scholarships and bursaries, municipal grants
 - \$315,000 donated/pledged for the \$1.45 million Heritage offices project
 - Recent capital grant to purchase a van for Shuswap Paws animal rescue
 - Other volunteer nominees: Howard DeLong, Angela & Sophia Inskip, Darryl Bennett, Deb Heap, Dean Wallace, Meagan Zaickowsky, Ellen Unger, Sue Moore, Janet McKendry
- shuswapfoundation.ca



Give where you LIVE

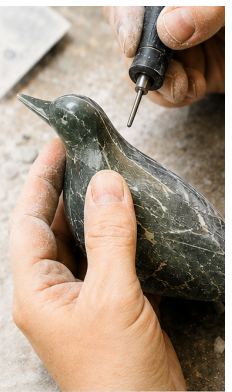


> Volunteer award recipients presented to Ted Danyluk, adult, and Melissa Neil, youth. (Sponsored by Bannister GM and Mawer Investment Management).

STONE CARVING Workshop

• FOR BEGINNERS •

TURN A SIMPLE STONE
INTO SOMETHING BEAUTIFUL.



ABSOLUTE
SOAPSTONE

Carve Your Art Out

Pre-register via email with e-transfer of fee



CHILDREN UNDER 14
MUST BRING A
PARTICIPATING ADULT

ALL TOOLS,
STONE &
INSTRUCTION
INCLUDED

10-4, Sun, Sept. 27
SA Arts Centre
(Back door entrance)

\$65 EACH | 2/\$120

absolutesoapstone@gmail.com | 250-803-1889



24°/ 8°
More
summer
weather

SALMON ARM

Sept. 18
Beat

**S
N
A
P
?**

■ **NDP ...47** /David Eby
■ **Conservative ..28** /Kerry-Lynne Findlay
■ **Green .. 2** / Emily Lowan
■ **Independent ..14**
□ **Vacant 2** ■ **TOTAL 93** •
■ 9 other registered parties
■ **PLUS** emerging party by disaffected
Conservative MLAs led by Peter Milobar

Be a frequent 'Fri-er'.. Bookmark FriAM.ca

To-do's

○ Salmar Grand

- *Practical Magic*
- *Coyote vs. Acme*
- *Resident Evil*
- *Shaun the Sheep*
- *I Swear, 4 pm, Sat.*
(Turette's story)
- *20 years of the Met*
in the Cinemas,
9:55 am, Sat.

○ **Silverbacks** host
Vernon, 7pm, Fri. &
Cranbrook, Sat.

○ **Family Expo,**
10-4, Sat, Blackburn
Park. Speakers, music
& much more

○ **She Shoe Swaps**
9-3:30, Sat, Rec. Cntr.
Annual charity sale

○ **Where in world**
are we?, Art Gallery.

○ **Open House gala,**
7pm, Sat, Shuswap
Theatre. Preview Nt.

○ **Terry Fox Run,**
Sun. Blackburn Park

○ **Heart of the**
Shuswap, Fri, Prestige
Community Founda-
tion presentations

○ **Friday night bands:**
Blow at High Dough,
Legion (Tragically Hip)
Barn Boys, Setters Pub
Corin Raymond, NFS
351 Hudson NE

○ **Death: the Musi-**
cal, 7pm, Sat, Ender-
by Srs. Centre. (don)

○ **Total Gadjos,** Sat,
Ross St. Market

○ **Election, Oct. 17**



BILLIONS INVESTED IN VIA

The big news about big dol-
lars for the long neglected
VIA Rail renew hope for the
return of regular passenger service
from Calgary to Vancouver.

Salmon Arm's position halfway
between renews hope for its role
as a transportation hub.

My fancy is to see CPKC amal-
gamate its maintenance yards to
Tappen and free up the station as a
rail/ intercity bus, city transit and
cafe. Am I dreaming again? ■

Investment announcement

- \$1.6 billion for 45 new locomotives
- \$357 million now assembly and maintenance facility in Montreal
- \$4.7 billion, acquire and main-
tain 313 passenger rail cars to
provide modern amenities, accessi-
bility and reliability, providing eight
long distance, regional and remote
routes across eight provinces.



> This image of Harbourfront buildings, looking north, was taken
from the exact spot of the locomotive and Rail Station, shown above.

It's not the same.

Sorry, "Open House" organizers, but it is simply not the same.

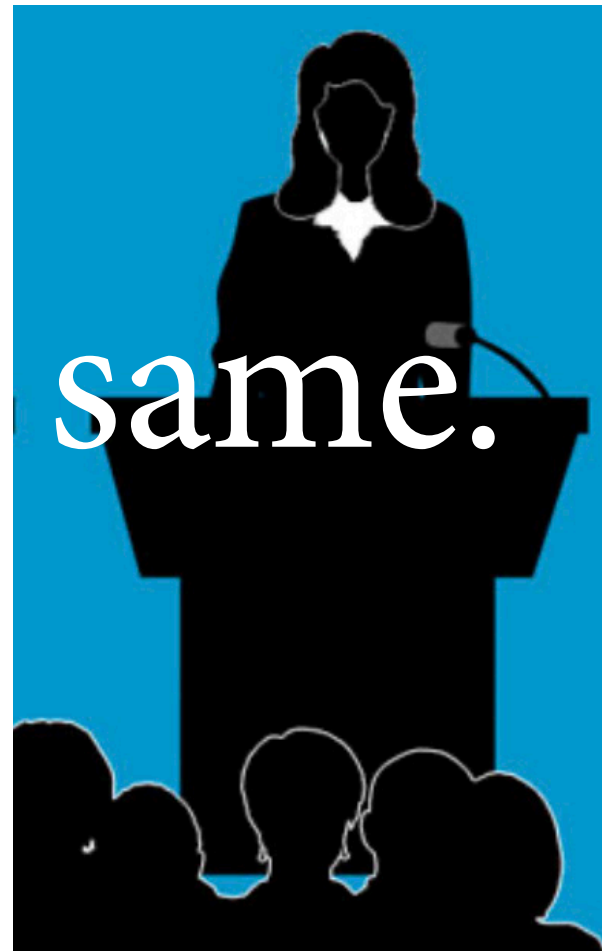
The traditional All Candidates forum definitely has its flaws, but, at the end of the day, the public gets to hear all of the candidates (there are many) present themselves and their positions, and display their abilities to think on their feet and defend their views, priorities and what they would like to do if elected.

Often it can be superficial, but it has generally been an effective way for voters to interview candidates for the job.

Going from table-to-table

and engaging in one-on-one interactions with which ever candidate is free to talk to or eludes some appeal does not strike me as effective.

It is not too late to, at least, add brief introductions from each candidate. How about for the first hour and a bit, the candidates get up to the podium and each give a three minute pitch (perhaps a separate forum for the four school district candidates). Then for the second half, the public can take their questions to the tables set up. Maybe consider that as a compromise to the Open House format.



All Candidate meetings in the Shuswap

- Enderby Seniors Centre, 6-8 pm, Sept. 23
- Sicamous Red Barn, 5:30-8:30 pm, Sept. 28
- Chase Community Hall, 6:30, Oct. 5
- CSRD Area E, Sicamous Arena, 6pm, Oct.5

Meet the candidates.. from table to table

Chamber of Commerce news release

This election, things will be done a little differently. Rather than hosting a traditional All Candidates Forum, Salmon Arm Chamber of Commerce is inviting the community to an Election Open House.

"This is an opportunity to meet the candidates, ask questions and have real conversations about the issues that matter to you.

The event will take place from 5:30 to 8 pm, Tuesday, Oct. 6 at the

Candidate Open House

- Mayoral Candidates
- City Council Candidates
- School District Trustee Candidates



October 6 5:30-8:00 PM



Salmon Arm Recreation Centre Gymnasium

Recreation Centre.

Candidates for Mayor, City Council and School District Trustee will each have their own table, and community members will be able to move throughout the room, speak directly with candidates and learn

more about their priorities, ideas and perspectives.

There will be no podium, no formal debate and no pre-selected questions from the Chamber. Instead, citizens get to decide who you want to speak with and what you want to ask.

"The Chamber of Commerce is proud to provide this non-partisan opportunity to help our community connect with candidates, become informed and participate in the upcoming election," reads the release from the Chamber.



24°/ 7°
Sunny
as could be

SALMON ARM

Sept. 17
Beat



FUNGI FEST

Sept. 18-20
Sicamous
fungifest.ca

SCROLL DOWN FOR PAGE TWO & MORE

To-do's

- **Salmar Grand**
- *Spider-Man**
- *Fall 2: Deadpoint**
- *Practical Magic*
- *Coyote vs. Acme*
- *I Swear, 4 pm, Sat. (Turette's story)*
- * *Ends Thursday*
- Opens Friday:*
- *Resident Evil*
- *Shaun the Sheep*
- **Silverbacks** host Vernon, 7pm, Fri. & Cranbrook, Sat.
- **Family Expo**, 10-4, Sat, Blackburn Pk
- **She Shoe Swaps** 9-3:30, Sat, Rec. Cntr. Annual charity sale
- **Where in world are we?**, Art Gallery.
- **Open House gala**, 7pm, Sat, Shuswap Theatre. Preview Nt.
- **Terry Fox Run**, Sun. Blackburn Park
- **Heart of the Shuswap**, Fri, Prestige Community Foundation presentations
- **Friday night bands:** *Blow at High Dough*, Legion (Tragically Hip) *Barn Boys*, Setters Pub *Corin Raymond*, at NF 351 Hudson
- **Death: the Musical**, 7pm, Sat, Enderby Srs. Centre. (don)
- **Total Gadjos**, Sat, Ross St. Market
- **Election**, Oct. 17



LEFT: One of signs clearly forbidding trucks on hill. RIGHT: big truck and another truck that is pulling a helicopter jammed on Shoemaker Hill.

Photo posted by Summit 91.5 radio

There's a fun and informative event happening at Blackburn Park from 10 to 4, Saturday. It includes four topical speakers on family related issues, live music by Megan Abel (noon and 1:45), Evan the Juggler, Storytime in the Park, raffle draws and a Kees Tae Kwon Do demo.

Thank you for the excellent response to the *Daily Beats* and *All Month* online. One 28-day period peaked at 310,000 views on Facebook and 1,100 active users the first month of the revamped **FriAM.ca**. A reader suggested adjusting the layout for easier reading on cell phones. I do wish to stay with a format that reflects the tradition of newspaper pages that I'm most familiar with, but will keep this in mind. Notice on this page that all texts are at a width that you can enlarge on your iPhone screen with a quick two-finger pinch. I apologize when I've ever strayed from that width.



> Remembering Ken Bedard who passed away five years ago today. He visited Salmon Arm countless times since we shared the same mother-in-law here, and he was so well loved in Old Masset, Haida Gwaii that they renamed the Community Hall after him. Ken is dearly missed.



CRIME STOPPERS

NORTH OKANAGAN / SHUSWAP

COMMUNITY SHRED-a-THON

SALMON ARM

PICCADILLY MALL PARKING LOT

9.00am to 2.00pm

SATURDAY SEPTEMBER 19th

KEEP YOUR IDENTITY SAFE

Personal/Financial papers (No CDs)

On-site shredding by INTERIOR MOBILE SHREDDING

\$8 a box/bag

❖ Joyce Dorey, Celebration of life, 2 pm, September 19, First United Church



22°/ 5°
Mainly
sunny

SALMON ARM

Sept. 16
Beat

Be a frequent 'Fri-er'.. Bookmark FriAM.ca

PAST TEMPS

Aug. 30 to Sept. 14 • by weather reporter Nick Parsons

DATE	HIGH	LOW	PRECIP.	DATE	HIGH	LOW	PRECIP.
Aug. 30	17	11	1/8" rn	Sept. 7	21	12	Trace
Aug. 31	25	12		Sept. 8	23	10	
Sept. 1	28	13		Sept. 9	25	13	
Sept. 2	23	16	1/2" m	Sept. 10	20	14	1/8" rn
Sept. 3	15	12	5/16" rn	Sept. 11	21	7	
Sept. 4	15	10	1/16" rn	Sept. 12	22	7	
Sept. 5	19	10		Sept. 13	20	9	
Sept. 6	23	9		Sept. 14	19	8	

> Shuswap Lake level - 7 ft. • 9" below June 4 high

To-do's

○ **Square dancing open house**, 7 pm, Wed., 5th Ave. Cntr.

○ **Salmar Grand**

• *Spider-Man*

• *Fall 2: Deadpoint*

• *Practical Magic*

• *Coyote vs. Acme*

• *I Swear*, 4 pm, Sat. (*Turette's story*)

○ **Silverbacks** host Vernon, 7pm, Fri. & Cranbrook, Sat. 'Backs won all 3 exhibition games!

○ **She Shoe Swaps** 9-3:30, Sat, Rec. Cntr. Annual charity sale

○ **Where in world are we?**, all Fall at Art Gallery. Must see!

○ **Open House gala**, 7pm, Sat, Shuswap Theatre. Preview Nt.

○ **Terry Fox Run**, Sun. Blackburn Park

○ **Heart of the Shuswap**, Fri, Prestige Community Foundation presentations

○ **Family Expo**, Fri, Blackburn Park

○ **Blow at High Dough**, Fri, SA Legion (Tragically Hip tribute).

○ **Death: the Musical**, 7pm, Sat, Enderby Srs. Centre. (don)

○ **Total Gadjos**, Sat, Ross St. Market

○ **Election**, Oct. 17 ▶



Three square dance open houses start Wednesday night

It's fun, it's exercise and is a great way to meet new friends. Salmon Arm Square are hosting three free lessons 7 to 9 pm, for the next three Wednesdays this month at 5th Ave. 50 Plus Centre.

No pre-registration is necessary, all ages, singles or couples are invited and no previous experience is needed - just drop in to discover this vibrant activity. Attire is casual and flat, soft-soled footwear is recommended because the step in square dancing is simply a shuffle to the rhythm of the music. ■

TEN YEARS AFTER

Ten years after women went missing, human remains were found a thick, wood area in the Yankee Flats area. Among those missing since 2016, include Deanna Wertz, 46, last seen on Yankee Flats Road, and Caitlin Potts, 27, last seen in Enderby.

The discovery was made by two civilian dog trainers, then officers attended and secured the location. The investigation is continuing with support from the RCMP Forensic Identification Services and the BC Coroners Service, according to an RCMP media relations officer. ■

Top form at Open tennis tourney

Salmon Arm Tennis Club hosted its annual SASCU Open on the Labour Day weekend - one of the largest tennis tournaments in BC's Interior. Below are the first and second placers in the nine events.

■ Women's Doubles A: 1st Houda Bertal & Dale Goodman
• 2nd Eva Koksalova & Meryl Ogden

■ Women's Doubles B: 1st Maureen Chale & Joanna Douglas
• 2nd Tracy Hecker & Tracy Sully

■ Women's Singles B: 1st Wendy Hulko, 2nd Marissa Grisedale

■ Men's Singles A: 1st Tinashe Chikanda, 2nd Dean Kimoto

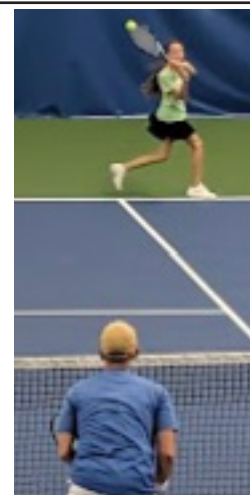
■ Men's Singles B: 1st Ryszard Trzcinski, 2nd Raymond Sully

■ Men's Doubles A: 1st Tinashe Chikanda & Mike Dickinson
2nd Alan Davis & David Locke

■ Men's Doubles B: 1st John Barrow & Alan Harrison
2nd Kirbey Lockhart & Pat Stich

■ Mixed Doubles A: 1st Eva Koksalova & Cal Benazic,
2nd Meryl Ogden & Alan Davis

■ Mixed Doubles B: 1st Tracy Sully & Raymond Sully
2nd Terri Mindel & Randy Heslop



11-year-old Marissa Grisedale of Kelowna striking ball to Winston Pain in Mixed Doubles B event.

Maryanne Van Buskirk photo



21°/ 7°
30% chance
of daytime
showers

SALMON ARM

Sept. 15
Beat



> This tourist
visiting the
Shuswap
shipped his
MAN TGE
recreation van
from France
to Halifax

Be a frequent 'Fri-er'.. Bookmark FriAM.ca

To-do's

- **Fuel Good Day-**
Tuesday, Co-op Gas
- **Square dancing**
open house, 7pm,
Wed., 5th Ave. Cntr.
- **Salmar Grand**
• *Spider-Man*
• *Fall 2: Deadpoint*
• *Practical Magic*
• *Coyote vs. Acme*
• *I Swear, 4 pm, Sat.*
(Turette's story)
- **Silverbacks** host
Vernon, 7pm, Fri. &
Cranbrook, Sat.
'Backs won all 3 exhi-
bition games!
- **She Shoe Swaps**
9-3:30, Sat, Rec. Cntr.
Annual charity sale
- **Where in world**
are we?, all Fall at Art
Gallery. Must see!
- **Open House gala**,
7pm, Sat, Shuswap
Theatre. Preview Nt.
- **Terry Fox Run**,
Sun. Blackburn Park
- **Heart of the**
Shuswap, Fri, Prestige
Community Found.
- **Family Expo**, Fri,
Blackburn Park
- **Blow at High**
Dough, Fri, SA Legion
(Tragically Hip tribute).
- **Death: the Musi-**
cal, 7pm, Sat, Ender-
by Srs. Centre. (don)
- **Total Gadjoss**, Sat,
Ross St. Market
- **Election, Oct. 17** ▶

CLASSIC STORY ON THE SCREEN

Documentary story about the historic Salmar Classic will be screened 9:30 pm, Friday, Sept. 25 at the Salmar Grand, followed by Q&A with director Shawn McLaughlin. "Halation" was filmed during the theatre's final days with a volunteer cast and crew that included former and current Salmar staff. It's a supernatural story and tribute to a theatre that served its community for more than 75 years. Storyline: As cinema prepares to go dark, an aging projectionist returns with the ghost of his long dead love. Co-written by McLaughlin and Michael Mityok

Sicamous

MAYOR- Colleen Anderson (inc)
Gord Bushell (inc councillor)
COUNCILLOR - Ian Baillie (inc),
John Braun, Ross Breitzkreuz, Mike Day,
Sheila Devost, Bob Evans (inc), Leanne
Hamilton, Malcolm Makayev (inc), Ken
Malin, Gregory Ogston, Siobhan Rich,
Kyre Dawn Smith, Greig Stephenson

ENDERBY

MAYOR- Roxanne Davyduke (inc.
councillor) Huck Gabraith (inc),
Dave Ramey (inc. councillor)
COUNCILLOR - Tundra Baird
(inc), David Lancaster, Greg Mc-
Cune, Jill Meyer, Lynn Sherhan,
Ryan Sheepwash, Shawn Shisido
(inc), Sarah Yerhoff (inc)

CHASE

MAYOR- Tristan Cavers, David Lepsoe
(inc), Carson Trowsse, Tanja Wilson
COUNCILLOR - Keith Anderson, Colin
Connett (inc), Brock Endean, Jane Herman
(inc), Dan Stevens (inc), Sandra Welton

SALMON ARM

MAYOR- Alan Harrison (inc), Daniel Bardy
COUNCILLOR (6) Aaron Canart, Deb-
bie Cannon (inc), Shelley Desautels, David
Gonella (inc), River Grabowsky, Ian Gray, Vic
Hamilton, Owen Madden, Jo McDermott,
Anthony McLean, Adam Meikle, Drayson
Netzelwood, Scott Syme, Kari Toliver Wilkin-
son, Morgan Turland, Marianne Van Buskirk,
Louise Wallace Richmond (inc), Robin Wiens

CSRD

Area C - Marty Gibbons (inc accl.)
Area D - Melanie Beckett, Jon Kuzuska,
Dennis Lapierre
Area E - John Flynn, Rhona Martin (inc),
Norm Nelson
Area F - John Bolt, Mitch Campbell, Rich-
ard Shelley, Jay Simpson (inc), Shawn Smith
Area G - Natayla Melnychuk (inc accl.)

SCHOOL DISTRICT

Area 4 - (pick 2) Claire Askew, Linda Mar-
tens, Melissa Parmenter, Tracy Riley
Area 1 - Roxanne Landry (acclaimed)
Area 2 - Brent Gennings (acclaimed)
Area 3 - Corryn Grayston (inc. acclaimed)



21°/ 11°
Chance of
showers
at night

SALMON

Sept. 14 Beat

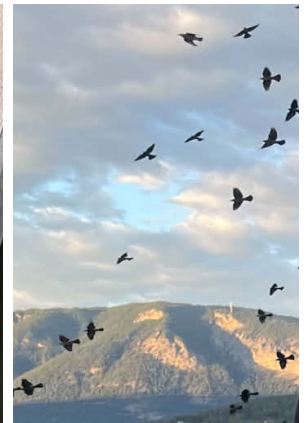
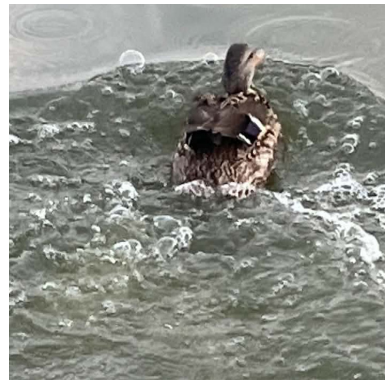
Be a frequent Fri-er. Bookmark FriAM.ca

■ The Leonard Sumner Concert that had been scheduled for Sept. 17 at Gleneden Hall has been cancelled.

■ Silverbacks defenceman Donnyt Sisson and forward Anthony Preskar have both committed to Army West Point as they continue to the next level at the NCAA Div. 1. Home opener happens 7 pm, Friday vs. Vernon.

To-do's

- ▷ 'Where in the World are we?'
- ▷ Exhibit continues all fall at Art Gallery
- ▷ Silverbacks host Vernon 7pm, Sept. 18 and Cranbrook Sept. 19. 'Bucks won all three exhibition games
- ▷ Shred-a-thon in support of Crimestoppers, 9-2, Sept. 19, Piccadilly parking lot
- ▷ Salmar Grand Spider-Man Fall 2: Deadpoint Coyote vs Acme Practical Magic Film Soc.: I swear, 4 pm, Sept. 19
- ▷ Blow at High Drough, Sept. 18, SA region (Tragically Hip)
- ▷ Terry Fox Run, Sept. 20, Blackburn
- ▷ Family Expo, Sept. 8, Blackburn Park
- ▷ Open House Gala, 7 pm, Sept. 19, Shuswap Theatre
- ▷ Heart of the Shuswap, Sept. 18 Prestige Inn. Community Foundation annual event.
- ▷ Death: the Musical, 7pm, Sept. 19, Underby Srs. Centre
- ▷ Total Gadjos, Sept. 9, Ross St. Market
- ▷ Fuel Good Day, Tuesday, Co-op gas



Wonders of this continent



We all know about the continental divide along the roofline of the Rockies where water drains west to the Pacific and east to the Arctic and Atlantic. Incredibly, in the relatively flat State of Minnesota, there's a spot where water drain to three different bodies of salt water - to the Arctic (orange), the Gulf of Mexico (blue) and the Atlantic (green).

❖ Recent Passages

- Frank De Bruyn at 91
- Maxine Dobson at 91
- Mark Doyle at 71
- Maureen Farnham at 81
- Elton Hoffer, at 74
- Blair Jaques at 68
(Blind Bay Blues Band)
- Boris Idzan
- Paul Maasat 90
- Stephen Strutynski at 50



21°/ 7°
Mix of
sun &
cloud

SALMON ARM

Sept. 13
Beat

Be a frequent Fri-er. Bookmark FriAM.ca



> Daytime closures will resume next Saturday. Traffic will be routed on the new Bruhn bridge by the end of the year.

To-do's

○ **Shuswap Harvest Celebration-** 4-course farm to table meal, 5-9, Sunday, Haney Village

○ **Garrett Mason with Jake Soberlak** - 6:30, Sun, 351 Hudson. Tix zeffy.com

○ **Where in the World are we**, exhibit continues all Fall at Art Gallery

○ **Silverbacks host Vernon** 7pm, Sept. 18 and **Cranbrook** Sept. 19. 'Backs won all three exhibition games

○ **Salmar Grand**

- *Spider-Man*
- *Fall 2: Deadpoint*
- *Coyote vs Acme*
- *Practical Magic*
- *Film Society: I swear*, 4 pm, Sept. 19

○ **Terry Fox Run** - Sept. 20, Blackburn

○ **Family Expo**, Sept. 18, Blackburn Park

○ **Open House Gala**, 7 pm, Sept. 19, Shuswap Theatre

○ **Heart of the Shuswap**, Sept. 18 Prestige Inn. Community Foundation annual event

○ **Death: the Musical**, 7pm, Sept. 19, Enderby Srs. Centre

○ **Total Gadjos**, Sept. 19, Ross St. Market

Back in the Olden Days Gen Z Lesson series #21:



> Back in the Nineties when your parents were growing up, their families used to go to the "video store" each weekend to rent movies. Pictured on right: what folks used to call "live streaming". Below are various items from the 20th century. Col. Sanders was a real person who began KFC at age 62, and that is a bowtie under his head, not his tiny arms and legs. Once people folded giant maps in their cars.





24°/ 7°
Mainly
sunny

SALMON ARM

Sept. 12
Beat



> Shuswap's award winning novelist Gail Anderson-Dargatz has added *The Atlas Keeper* to her bevy of best selling books. A launch event took place Friday night at the library.

Be a frequent Fri-er. Bookmark FriAM.ca

To-do's

- **Block Party**, 10-1, Sat, McGuire Lake Stories, clown, games crafts, BBQ by SCA
- **SkateFest**, 1-5, Sat, Skateboard Park
- **Exhibit opening reception**, 11-1. Sat., Art Gallery. Collab. by Runaway Moon.
- **Silverbacks home Opener**, 7pm, Sept.18
- **Salmar Grand**
 - *Spider-Man*
 - *Fall 2: Deadpoint*
 - *Coyote vs Acme*
 - *Practical Magic*
 - *Matinee only: Cars*
- Film Society Sat.: *The Golden Spurtle*
- **Starlight Drive-in** - now closed for season
- **Barney Bentall**, Sat., Caravan Farm.
- **Harpist & wildlife artist** 1pm, Sat., Piccadilly board room
- **Swap Meet**- 8-3, Sat., Carlin School.
- **Springsteen/Dylan tribute**- Sat., SA Legion
- **Brewers Fest**- Sat, Northyards Cider
- **Shuswap Harvest Celebration**- 4-course farm to table meal, 5-9, Sunday, Haney Village
- **Garrett Mason** with **Jake Soberlak** - 6:30, Sun, 351 Hudson. Tix zeffy.com

2 FOR MAYOR • Alan Harrison (incumb) 18 FOR 6 COUNCIL SPOTS • Daniel Bardy

Aaron Canart
Debbie Cannon (incumbent)
Shelley Desautels
David Gonella (incumbent)
River Grabowsky
Ian Gray
Vic Hamilton
Owen Madden
Jo McDermott

Anthony McLean
Adam Meikle
Drayson Netzelwood
Scott Syme
Kari Toliver Wilkinson
Morgan Turland
Marianne VanBuskirk
Louise Wallace Richmond (incumb)
Robin Wiens

CSRD

AREA 'F' • North Shuswap
ZERO NOMINATIONS!
 Deadline extended to 4 pm Monday

AREA 'C'
 Eagle Bay, White Lake, Sunnybrae
Marty Gibbons (inc. acclaimed)

AREA 'D' • Falkland, Deep Creek, Salmon Valley, Silver Creek
Melanie Beckett
Jon Kuzuska
Dennis Lapierre

AREA 'E' • Rural Sicamous, Malakwa, Swansee Point, Annis Bay
John Flynn
Rhona Martin (inc.)
Norm Nelson

AREA 'G' • Blind Bay, Sorrento, Notch Hill
Natayla Melnychuk (inc. acclaimed)

SD 83

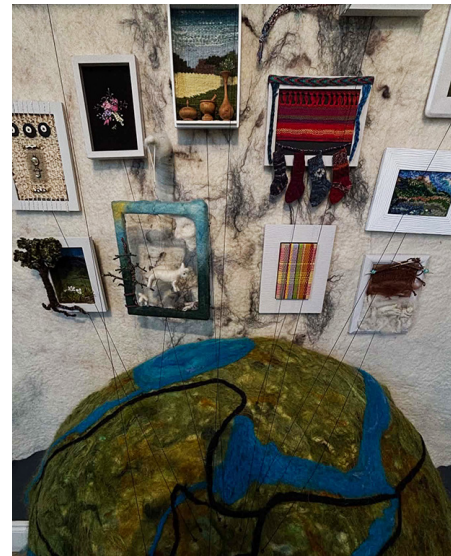
AREA 4 •
 2 Trustee positions for Salmon Arm
 • **Claire Askew**
 • **Linda Martens**
 • **Melissa Parmenter**
 • **Tracy Riley**

AREA 1 • City of Armstrong, Spallumcheen, CSRD Area D
 • **Roxanne Landry** (acclaimed)

AREA 2 • Enderby, CSRD area E RDNO Area F, Sicamous
 • **Brent Gennings** (acclaimed)

AREA 3 • CSRD areas C,F,G
 • **Corryn Grayston** (incumbent acclaimed)

VOTE OCT. 17th



The Shuswap Calendario
The rug begins with a circular shape in the middle with two layers of rings outside it. The inner circle shows local biodiversity that... The second ring shows local...

> The much anticipated community art project, "Where in the World are we?", opened at the Art Gallery Saturday. Above, curator Cathy Stubbington of Runaway Moon, explains the concepts behind the delightful multi-media collection often interactive creations. On right, Syrian-Canadian Lokman Mustafa entertains on his Bozoq. The show continues all Fall.

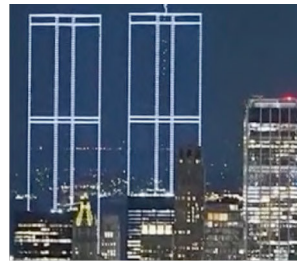




22°/ 8°
Mainly
sunny

SALMON ARM

Sept. 11
Beat



Be a frequent Fri-er. Bookmark FriAM.ca

> 25 years ago today. Memorial at Ground Zero (light for each one lost) and in Salmon Arm.

To-do's

- Walk for suicide prevention, 7-8:30, Thurs, McGuire Lk.
- Silverbacks home Opener, 7pm, Sept.18
Two Exhibition wins!: SA 8, V 4 • SA 3, WK 2
- Salmar Grand
 - Spider-Man
 - Fall 2: Deadpoint
 - Coyote vs Acme
 - Practical Magic
 - Matinee only: Cars
- Film Society Sat.: *The Golden Spurtle*
- Starlight Drive-in- now closed for season
- Nearly Neil, Friday, Enderby Hub
- Gail Anderson-Dargatz' new novel, 6pm, Fri., SA library.
- Barney Bentall, Sat., Caravan Farm.
- Harpist & wildlife artist 1pm, Sat., Piccadilly board room
- Swap Meet- 8-3, Sat., Carlin School
- Springsteen/Dylan tribute- Sat, SA Legion
- Brewers Fest- Sat, Northyards Cider
- Shuswap Harvest Celebration- 4-course farm to table meal, 5-9, Sunday, Haney Village
- Garrett Mason with Jake Soberlak - 6:30, Sun, 351 Hudson. Tix zeffy.com



> There are many treacherous stretches on Highway 1 between Sicamous and Field, but why are there are so many accidents on the 4-lane straight stretch through Malakwa? Skilled Truckers fb page

DOGS & BEARS

This is the common scenario when hiking with an unleashed dog in bear country. The dog will instinctively run toward a bear, then run back, straight to its owner.

This is what occurred last week in the Malakwa area. In the ensuing scramble, the hiker came into contact with the grizzly and suffered non-life threatening injury.

Officers investigated and concluded the attack was "defensive in nature." The bear was not acting as a predator, but was reacting. No effort was made to capture or destroy it. Instead, warning signage went up, and conservation officers continue to monitor bear activity. Hikers are advised to leash pets and carry bear spray to stay safe when sharing the landscape in bear country.



> Dogs are caring and wise. In this screen shot from a night camera video, a dog is caught expressing its final goodbye just before passing away from kidney failure.

- BLOCK PARTY, 10-1, Sat., McGuire Lake Park
- SKATEFEST, 1-5, Sat. Skateboard Park, Blackburn
- BREWERS FEST, Sat, Northyards Cider co..
- EXHIBIT OPENING RECEPTION, 11-1, Sat, Art Gallery

RCMP news release:

Salmon Arm RCMP are aware of a local possible scam under the guise of a fundraiser. The public is advised to use caution when purchasing anything where the only form of payment accepted is E-transfer.

"Check for red flags such as being asked for personal information or accepting donations or purchases only via E-transfer. Do not use E-transfer to purchase things or tickets from anyone you do not know."



SALMON ARM

Sept. 10 Beat

25 YEARS AGO THAT DAY

Where were you?

What were you doing?

What was its impact on you & our world?



First online only A.M. now out at FriAM.ca

To-do's

- Walk for suicide prevention, 7-8:30, Thurs, McGuire Lk.
- Silverbacks home Opener, 7pm, Sept. 18 Two Exhibition wins! SA 8, V 4 • SA 3, WK 2
- Salmar Grand
 - Spider-Man
 - Fall 2: Deadpoint*
 - Coyote vs Acme
 - Dog Stars*
 - Matinees: Cars* & Tom & Jerry*
- *Ends Friday
- Practical Magic Opens Friday
- Starlight Drive-in- now closed for season
- Nearly Neil, Friday, Enderby Hub
- Barney Bentall, Sat., Caravan Farm.
- Gail Anderson-Dargatz' new novel, 6pm, Fri., SA library.
- Block Party, 10-1, Sat., McGuire Lk.
- Art Gallery exhibit opening, Sat.
- Swap Meet- classic cars/parts, 8-3, Sat., Carlin School
- Springsteen/Dylan tribute- Sat., SA Legion
- Brewers Fest- Sat, Northyards Cider
- Shuswap Harvest Celebration- 4-course farm to table meal, 5-9, Sunday, Haney Village



The sky colour teamed up for this stunning photo of a rainbow over Mt. Ida. Well done, Cathy Bartman

'Where in the world are we' exhibit opens Saturday

A thought provoking exhibit opens Saturday at Salmon Arm Art Gallery that will explore many ways we understand, experience and map the place we call home. *Where in the World Are We? Mapping Our Place* will be on view from Sept. 12 to Nov. 14. Opening reception is from 11 to 1 Saturday.

Created collaboratively over time by Runaway Moon, the maps in this exhibition expand understanding of what a map can be. Tracing stories, relation-

ships, movements, and rhythms, they offer different perspectives on the places we inhabit and the ways we locate ourselves within them. Participatory elements invite visitors to share their own stories. All-ages workshops are scheduled throughout the exhibition.

Also underway, as part of this community art project will be a community play next May, similar to the spectacular outdoor play that Enderby community put on in 1999.



> SASH Class of 1965 meet up. **Back:** Fred Harvey, Gordie Stewart, Gus Ladner, Brad Letham, David Veale, Don Bennett, Ken Terlesky, Kelly Keating. **Front:** Sandra Nightingale, Pat Hopkins Ogden, Shirley Hautala Stenseth, June Minion Harvey, Ineke van Geuns Hughes, Linda Beech Hughes, Martha Eisen-er Maki, Jack Needaba, Bobby Turner, Bob Ujimoto

The cataract surgery on my right eye was a total success! Thank you Dr. Hollands and staff. Clear vision right away. I thought I'd take a quick break from taking a break from my computer and doing drops and post these items.



27°/ 9°

Sunny and clear. Sounds like summer

SALMON ARM

Sept. 8
Beat

> There will be no 'AM Beats' from Sept. 9 to 12 while your editor recovers from cataract surgery on Tuesday

First online only A.M. now out at FriAM.ca

To-do's

- Back to School Wednesday, Sept. 9
- Silverbacks home Exhibition, 6pm, Tues. vs. Vernon & Wed., W. Kelowna
- Salmar Grand Spider-Man
- Fall 2: Deadpoint
- Coyote vs Acme
- Dog Stars
- Matinees: Cars & Tom & Jerry
- Starlight Drive-in• now closed for season
- Nearly Neil, Friday, Enderby Hub
- Barney Bentall, Sat., Caravan Farm.
- Walk for suicide prevention, 7-8:30, Thurs, McGuire Lk.
- Gail Anderson-Dargatz' new novel, 6pm, Fri., SA library.
- Block Party, 10-1, Sat., McGuire Lk.
- Art Gallery exhibit opening, Sat.
- Swap Meet- classic cars/parts, 8-3, Sat., Carlin School
- Springsteen/Dylan tribute- Sat., SA Legion
- Brewers Fest- Sat, Northyards Cider
- Shuswap Harvest Celebration- 4-course farm to table meal, 5-9, Sunday, Haney Village

Open House vs. Forum

An open house instead of a candidates forum is a format that Salmon Arm Chamber of Commerce is looking at for the upcoming election campaign.

There are definite pros and cons to both formats. Heckling can often devolve from entertaining to offensive and two minute answers aren't always the best way to judge a candidates' competency, especially as glib is not the same as thoughtful.

However, how does a candidate reach out to the masses in a setting based on engaging one-to-one?

Open House or forum, whatever it will be, the October *All Month* issue will feature a 'Candidates Forum' section. Please submit your questions.



So sad to hear of the passing of another of our city's colourful characters. Richard Robinson lived his best life while living with the challenges of schizophrenia. He was better known as Ranger Rick around town and Rockin' Rick on his weekly one-hour rock show on Voice of the Shuswap. He fancied himself a Mountie with his hat, shirt and salute and, once, to his great delight, posed for a photo with the RCMP's ERT team during a practice drill here. Ranger Rick had been living in Vernon recently and passed away last month at 60. ❖



> Rocco made a new friend during walks with my daughter's dog - a unicorn that can water the grass with its horn.

SHOUT OUT

A shout out to a local hero named Kelly. He came by my house this morning because he found my daughter's wallet at Canoe beach early this morning. It had all her credit cards and her driver's license as well as some bits of jewelry. He was just on his way to work so he swung by to drop it off. Kelly told me that the same thing happened to him thirty years ago so this was his chance to return the favor. So, from myself, Frances and Jillian we want to publicly thank Kelly for the good deed. ~ Mike

SAW & HEARD

I must have the weirdest fruit flies. Rather than hang out in my kitchen where there's a possibility of some random overripe tomato, my swarm prefers the bathroom vanity mirror. How could these guys and gals possibly be more interested in preening themselves than foraging for food? This inquiring reporter needs to know.



23°/ 8°
Mix of
sun and
cloud

SALMON ARM

Sept. 7
Beat

BUSY SPORTS WEEK

- Salmon Arm Tennis Club's 4-day open tennis tournament wraps up Monday with 74 athletes participating.
- Silverbacks hosts Vernon 6 pm, Tuesday for first exhibition game, then hosts West Kelowna Wednesday.
- Local athletes compete in 55+ BC Games, opening Tuesday in Kamloops

First online only A.M. now out at FriAM.ca

To-do's

- **Back to School** Wed., Sept. 9
- **Silverbacks home Exhibition**, 6pm, Sept. 8 vs. Vernon & Sept. 9, W. Kelowna
- **Salmar Grand**
 - Spider-Man
 - Fall 2: Deadpoint
 - Coyote vs Acme
 - Dog Stars
 - Matinees: Cars & Tom & Jerry
- **Starlight Drive-in** Minions & Monsters Spider-Man
- **Nearly Neil**, Sept. 11, Enderby Hub
- **Barney Bentall**, Sept. 12, Caravan
- **Leonard Sumner**, Sept. 17, Gleneden
- **Walk for suicide prevention**, 7-8:30, Sept. 10, McGuire Lk.
- **Launch of Gail Anderson-Dargatz' new novel**, 6pm, Sept. 11, SA library.
- **Block Party**, 10-1, Sept. 12, McGuire Lk.
- **Swap Meet**- classic cars/parts, 8-3, Sept. 12, Carlin School
- **Brewers Fest**- Sept. 12, Northyards Cider
- **Shuswap Harvest Celebration**- 5-9, Sept. 13, Haney Village
- **Election**, Oct. 17 Nom. closes, Sept. 11



Bench views

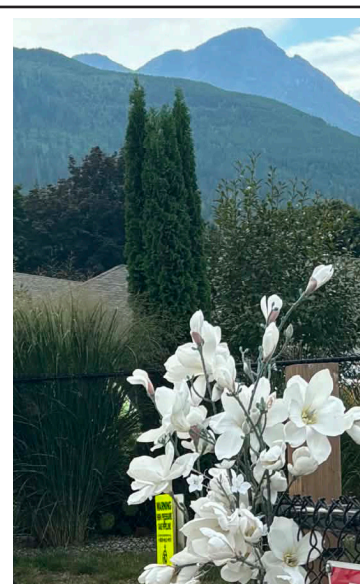
> An added feature of the newly widened multi-use pathway around the north side of McGuire Lake are some well-placed and well appreciated new benches.



> Happy third birthday granddaughter Aubrey. Also to Cathy and Rochelle.



> Such a kind gesture by the neighbours across the street - Anne and Ken - to build this bench along the busy sidewalk on 10th St. SW. And such a beautiful view to the south. The view behind bench, not so much.





22°/ 10°
20% chance
of showers

SALMON ARM Sept. 6 Beat

First online only A.M. now out at FriAM.ca



> “Dolly’s little libraries” are popping up all over in honour of Dolly Parton and her Imagination program that has distributed millions of children’s books around the world. This one is at the bottom of Ford Rd. in Tappen, put up by Lisa Stanley.

To-do's

- **Back to School** Wed., Sept. 9
- **Silverbacks home Exhibition**, 6pm, Sept. 8 vs. Vernon & Sept. 9, W. Kelowna
- **Salmar Grand**
 - Spider-Man
 - Fall 2: Deadpoint
 - Coyote vs Acme
 - Dog Stars
 - Matinees: Cars & Tom & Jerry
- **Starlight Drive-in** Minions & Monsters Spider-Man
- **IPE**, ends Sunday
- **Shindig & Liz Blair Project**, 7-11, Sunday, Sicamous,
- **Nearly Neil**, Sept. 11, Enderby Hub
- **Barney Bentall**, Sept. 12, Caravan
- **Leonard Sumner**, Sept. 17, Gleneden
- **Walk for suicide prevention**, 7-8:30, Sept. 10, McGuire Lk.
- **Launch of Gail Anderson-Dargatz' new novel**, 6pm, Sept. 11, SA library.
- **Block Party**, 10-1, Sept. 12, McGuire Lk.
- **Swap Meet**- classic cars/parts, 8-3, Sept. 12, Carlin School
- **Brewers Fest**- Sept. 12, Northyards Cider
- **Election**, Oct. 17

■ *Between Saturday and Tuesday, there were four accidents between Sicamous and Revelstoke resulting in three deaths, at least six injured and more than 15 hours of closures. Here is an article re-printed from the Sept. 4 All Month at FriAM.ca*

TRUST NO ONE ON THE ROAD

By David Dempsey
A trucker's post on Facebook

These are just some observations from a trucker who's getting tired of the mayhem on the highways.

It's not about how others need to change the way they drive- they won't. It's about what you need to do to take care of you.

As in the recent accident near Golden where a car pulled out to pass, straight into the path of an oncoming semi, never trust oncoming traffic on a single lane road. And never trust the traffic beside you on a divided highway. Be aware of the drivers around you because split second reactions count.

There are impaired drivers everywhere. In past decades, the big focus was on drunk drivers. Now there are drunk drivers AND cellphones. On a ten kilometer stretch these days there are ten distracted drivers who can destroy you in an instant.

It doesn't matter who is right, the fastest way out of many bad situations is the brake pedal. If someone in oncoming traffic pulls out to pass and is running at you in your lane, slow down early. Don't wait until the last second. Use your brakes.



> This is a second accident that occurred at the same location east of Sicamous on Tuesday. Just as the highway reopened after a fatal collision earlier in the morning, a driver slammed into a truck parked on the side of the highway carrying a trailer. The driver of the earlier crash was pronounced dead at the scene. Sicamous RCMP photo

You can swear all you want, but give ground and fall back behind a dangerous passer who can put you in the middle of an accident in a split second.

Blind spots are just as bad or worse in a pickup hauling a large trailer. Car drivers are supposed to do shoulder checks, but they don't. Know when you're traveling in someone's blind spot.

Summing it up, keep a safe buffer all around you- in front of you, behind you and beside you. This is obviously difficult in heavy Lower Mainland traffic, but easier to do on the Coquihalla or single lane highways.

And one more thing - do get a dashcam. The other guy tells whatever lie makes him innocent. The dashcam ends the conversation and makes dealing with insurance so much easier.

The reckless drivers make your life miserable when you have to deal with the consequences.

Sometimes they will run away without thinking twice about it. The only thing you can do about the unenforced consequences of the bad driving on BC roads is to drive defensively at all times. ■



19°/ 9°
60% chance
of showers

SALMON ARM

Sept. 5
Beat

First online only A.M. now out at FriAM.ca

- It's illegal to pass a stopped school bus with its red light flashing.
- All vehicles travelling in same and opposite direction as bus are required to stop when flashing warning lights and signal arm extended.
- Failure to stop can result in a \$368 fine and really big fines for speeding in school zones.



To-do's

- **Back to School** Wed., Sept. 9
- **Silverbacks home Exhibition**, 6pm, Sept. 8 vs. Vernon & Sept. 9, W. Kelowna
- **Salmar Grand**
 - *Spider-Man*
 - *Fall 2: Deadpoint*
 - *Coyote vs Acme*
 - *Dog Stars*
 - *Matinees: Cars & =Tom & Jerry*
- **Starlight Drive-in**
 - *Minions & Monsters*
 - *Spider-Man*
- **IPE**, Sept. 2 to 6
- **Cowboy campfire show**, Sept. 5, Haney Village, 832-5243
- **Pancake b'fast**, Sept. 5, Sunnybrae
- **Nearly Neil**, Sept. 11, Enderby Hub
- **Barney Bentall**, Sept. 12, Caravan
- **Leonard Sumner**, Sept. 17, Gleneden
- **Walk for suicide prevention**, 7-8:30, Sept. 10, McGuire Lk.
- **Block Party**, 10-1, Sept. 12, McGuire Lk.
- **Swap Meet**- classic cars/parts, 8-3, Sept. 12, Carlin School
- **Brewers Fest**- Sept 12, Northyards Cider
- **Election**, Oct. 17 Nom. closes, Sept. 11

Road rager wields machete

An extreme recent road rage incident involved a man brandishing a machete in a threatening manner.

Police say the man then got back into his car near the Tappen bridge and continued east. A high speed chase ensued when Salmon Arm RCMP located the vehicle.

Sicamous RCMP assisted by setting up a roadblock at the east end of the construction area of the Bruhn Bridge.

"The red Honda Civic attempted to turn around on the bridge but was blocked in.

The driver fought with police and resisted arrest, requiring four officers to take him into custody. The man was held for a bail hearing," said RCMP spokesperson, Cst. Andrew Hodges.

Charges against the 34-year-old Chiwetin Wapachee included possessing a weapon for dangerous purpose, uttering threats, wilfully resisting a peace officer, flight from police while operating a vehicle and dangerous operation of a conveyance. The suspect was remanded into custody by a judge. ■



TRUMP'S ARCH
76 metres

Treble Clef, Arc de Triomphe & Trump's Arch Trivia corner

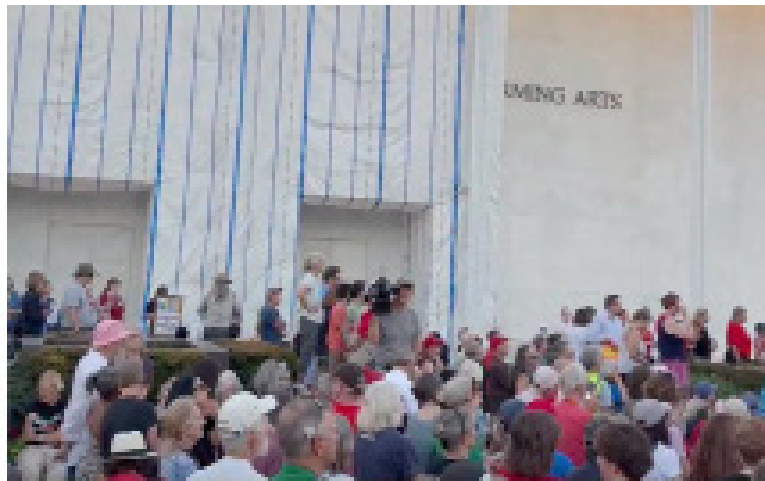


Treble Clef
14 m.

ARC de TRIOMPHE
50 metres

> Congratulations to Laura Scott and Barbara Ennis for winning the FriAM.ca contest to encourage traffic to the inaugural Online All Month issue. Yesterday's numbers for website visits were not what I hoped, so the advertising rate will be one-third instead of one-half the print rate to ensure there's fair value for readership coverage.

BECOME A FREQUENT FR'ER - BOOKMARK FriAM.ca



➤ Thousands protest Trump's threat to tear down the JFK Performing Arts Centre. Photo shows the covered up area where Trump's name was attached



to JFK's and previously ordered by a District Court to remove. On right, members of the Fish and Games industry applaud Trump's executive orders.

FRIDAY NIGHT IN D.C.

At least we Canadians do not need to feel singled out by the contempt and disrespect Trump relentlessly throws at us as a proudly sovereign nation.

On Friday night while thousands surrounded the JFK Performing Arts Centre to protest the president's plan to demolish the beloved building unless he gets to honour himself with his name on it, he met in the Oval Office and Rose Garden with representatives of the hunting and angling industry. (Ironically, Jackie Kennedy's garden that Trump cemented over).

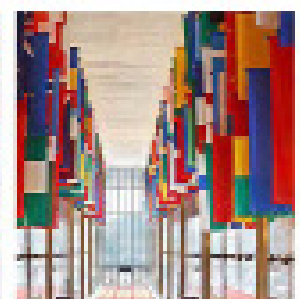
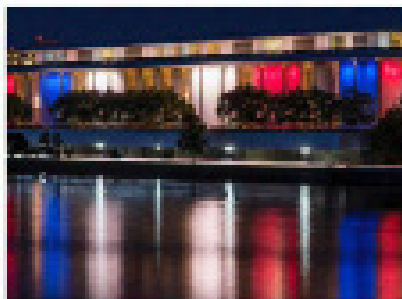
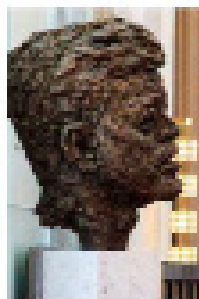
Trump signed orders at this event that included opening protected areas to commercial fishing. Even more concerning, he uplifted the ban on lead ammunition that is responsible for killing and making sick billions of birds and animals as lead enters food chains on both sides of the border.

So then, Trump looks directly at Johnny Morris, founder of Bass Pro Shops that has three mega stores in BC. He then says to one of his biggest donor lobbyists for the industry:

"The power of this office is crazy. I could have banned fishing and driven Johnny right the hell out of business. OK, I think I'm going to do that. Just maybe a quick order, just for a day or two, till he calls me and he says, 'Please, President, please, you're putting me out of business, sir.'"

This man is unbelievable. Even his billionaire "friends" who get what they want with their big donations, are all beneath this man's contempt.

Oh, by the way, next time you're in Abbotsford, Delta or Nanaimo, maybe don't shop at Bass Pro. And if Trump decides to ban fishing for a day or two, for sport, serves Johnny right.



HOMEGROWN

■ The very best part about covering the Shuswap is the privilege of showcasing and honouring homegrown achievements. And there are so many. I know there are important ones missing from this impressive list. For a relatively small population, Shuswap folks have contributed greatly to building a better world. Not all below were born here, and while this exercise focusses on individuals, let's not forget all the great longtime families that made this region what it is today. The page will continue to be the anchor page at the end of the All Month editions. Names will be added and featured.

ATHLETES

Natalie Wilkie
Rick Say
The Halls
Rebecca Howard
Chantel Jeffrey
Sandra Jenkins
SASH Jewels
Terry & Al
Zeba Crook
Alysson Marshall
Jordie McTavish
R. Keski-Salmi
Joanne Sargent
Bev Smith
Allison McNeil
Camille Thompson
Madeleine Wilkie
Emily Young
Plus..

NHL players

Shea Weber
Bruce Affleck
Kris Beech
Flockharts
Cody Franson
Colin Fraser
Scott Jackson
Chris Jensen
Curtis Lazar
Jonathon Mayes
David Scatchard
A. Veldeman
Connor Bedard
(mother grew up here; grandparents here)
Plus...

MUSICIANS

Jaeden Izik-Dzurko, *concert pianist*
Juno winners -
Greg Sebel
Dan Bremnes & R. Underhill
Plus...
Robin Brock
Jesse Mast
A. Rasmussen
Joanne Stacey
M. Zachernuk
Abe Zacharias..
Plus many more & the awesome bands & choirs

AUTHORS & ARTISTS

Daphne Odjig (*see piece in AM Beat*)

Shuswap's reimagined Group of 7:
Chris Cran
Steve Mennie
Tracey Kutschker
Herold Nix
Lisa Figueroa
Linda Franklin
Ann Kipling

Writers
Gail Anderson-Dargatz
Deanna Barnhardt-Kawatski
Brian Drummond, *voice actor*
John Marriott
L.C. Kelly
Ray Ackerman
Theatre

.. Plus a thriving theatre, artist & writer community!

INTELLECTUALS, ENTREPRENEURS

E.V. Gordon, *philologist & pal of J.R.R. Tolkien*

Michael Worobey, *evolutionary biologist*

Catherine Leatherdale, *research scientist*

David Shea, *robotics inov*

Morgen Witzel, *consultant/historian*

Ron Erickson, *Conservationist*

Missy McIntosh, *toxin free cosmetics*

Ruth Brighthouse

Les Ellenor, *classic literature professor,*

.. Plus many more great educators over the years!

Bill Laird, Roger Ayles & all of the past & present builders with vision

Spotlight on..



Beverley Ann Busson served her first RCMP posting in Salmon Arm in 1974 after training with the first group of women to be enlisted. In her later career she held several distinguished positions, including the 21st commissioner of the RCMP from 2006 to 2007. She was the first woman to hold this position and was appointed on an interim basis in the wake of Giuliano Zaccardelli's resignation. She was later appointed Canadian Senator in 2018, representing British Columbia. Prior to her appointment she was Deputy Commissioner for the Pacific Region (2000–2006) and took a leave from the force to head British Columbia's Organized Crime Agency. She retired to the Shuswap where she began her police career.

□ See piece in the AM Beat section on her speech at the recent Veterans Dinner at the Legion.

LEADERS

George Abbott
health & education minister; treaty & wildfire commissioner

Randy Kamp, *MP, linguist*
Mel Arnold, *three-term MP*
Phedra Moon Morris, *diplomat*
Robert Turner
UN worker

JL Jackson
Agnes McGuire
Linda Tanaka, *Roots & Blues*

Military brass & RCMP

Dan Burden
Brigadier Sydney Thomson
Ray Williston
Vice admiral A. Collier
Bev. Busson (RCMP commissioner & Senator)
Garry Loeppky (RCMP deputy commissioner)

• Parks, facilities & trail builders

• Veterans & elected leaders
Plus...

KNOWLEDGE KEEPERS

Mary Thomas & Ernie Philip
elder legends

Jim Cooperman
Dennis Marshall & Ernie Doe, *historians*
Gord Priestman, *local journalist*

• Plus.. creators of Haney & the many protectors of our water, birds, animals, land, forest, food sources, and our longtime families

NO CATEGORY

Phyllis Olsen & lip-synching horse Shag-ra!