



art by Trista

FriAM

FIRST DAY OF SPRING

Friday
Mar. 20, 2026
MID-MONTH

Next issue: April 3

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**CONCERTS BEFORE & AFTER
JAEDEN IZIK-DZURKO'S
RECITAL ON MARCH 28**

Royal Theatre, Victoria, Mar. 1
Maison Symphonique, Montreal, Mar. 5
Centre for Performing Arts, Kingston, Mar. 6
Memorial Hall, OTR Cincinnati, Mar. 8
National Concert Hall, Dublin, Mar. 13
National Arts Centre, Ottawa, Mar. 18, 19
Meistersingerhalle, Nurnberg, April 19
Orpheum Theatre, Vancouver, April 26
Dortmund Klavier-Festival, Ruhr, June 7
Palau de la Musica Caltalina, Barcelona, June 15
Auditorio Nacional de Musica, Madrid, June 23
Rhine Piano Festival, June 26
Petworth Festival, July 31

We're well on the world map now

Two local 20-some-things have put Salmon Arm on the world map like no other. Natalie Wilkie returns home from the Paralympics with a breathtaking rainbow of four medals - two gold, a silver and a bronze, nearly one third of Canada's total medals. She was also a flagbearer, both in and out.



Nearly every mention in the extensive media coverage on Natalie was tagged with "from Salmon Arm". The Biathlon is one of the most grueling events as it mixes vigorous skiing with precision shooting. Natalie adds four missing fingers to the mix, plus a personality that beamed as she crossed the finish lines. And the interviews that followed, especially the much watched video chat with Prime Minister Carney, were a delight.

Meanwhile, Salmon Arm's virtuoso classical pianist, Jaeden Izik-Dzurko, is in the middle of a world tour, and this week performed two concerts with the National Arts Centre Orchestra in Ottawa. The orchestra is recording with him this week.

And now Salmon Arm will get to hear Jaeden perform again 3:00 and 7:30, March 28 at Nexus at First, by donation. / P4, 16

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April events
Easter Children's Party • 4th
Aero Model Show • 16-18
Earth Day • 22nd

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WINDOWS ON FIFTH AVENUE

Aesthetics versus functionality will be the order of the day at a special meeting for members of the Fifth Ave. 50Plus Centre. The concern is the set of windows at the back of the centre’s auditorium do not prevent heat build-up during the hottest season, nor keep out cold in the winter. “As a result,” according to an information release by the Board, “the corner by the windows is often too hot, or too cold, and as a result, people avoid this portion of the auditorium if possible.”

A meeting is set for 7 pm, March 31 to deliberate on the Centre’s windows issue.

The Board acknowledged that the blinds on the windows help a little, and are often pulled down during activities. The blinds also pro-

vide privacy and reduce glare and reflection.

With both the blinds and windows having now reached their lifespans, the research found that replacement would not alleviate the heat and/or cold issues without a very substantial financial increase.

It was noted that solid walls last for decades and would enable the addition of needed storage space for the Centre. The concern of more vulnerability to break-ins and fires was raised as well. Board members also found that it is the common practice for community halls and similar venues not to have windows.

“We recognize not all members will agree.. however it is incumbent on the Board to make decisions to be in the best interest.” ■

NO. 1390
FRIDAY AM
MARCH 20, 2026

March Mid-Month

EDITOR & PUBLISHER
Lorne Reimer
250.833-1141
fridayam@shaw.ca

DROP-OFFS
Hucul Printing 471 - 5th St SW

DEADLINES
Tuesday Noon

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

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

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

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It is with great pride we announce Pete’s recent accomplishment of achieving the CERTIFIED FINANCIAL PLANNER® designation. The CFP is considered the gold standard in the financial planning industry. This achievement reflects Pete’s dedication to excellence, as well our firm’s commitment to fostering professional growth within our team.

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Canoe corner needs prioritization

Transportation Minister Mike Farnsworth has said that major repaving is planned for the highway corridor through Salmon Arm in 2027.



There has been recent activity on the two lane portion between 10th Ave and 10th St. SW lights, so there's a good chance crews will finally deal with the bottleneck there.

> A collision near the Canoe intersection resulted in serious injuries on Tuesday. Photo posted on Facebook

MOLEHILLS
Lorne Reimer



only is it the main access into Canoe with a school nearby, there are golf courses, motels and businesses like Bruce Coach and Big Steel involve left turns with no turning lanes. This needs fixing now.

But it should be stressed that the Canoe corner on the far east side of the Salmon Arm corridor desperately needs to be prioritized. Not



Another accident north of the rail underpass Sunday evening.

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Festivities

- > **First day of Spring** - March 20. School Spring break now to March 26. Camps offered by Caravan Farm, Runaway Moon, Rec. Centre, Libraries.
- > **World Water day** - Event 2-4 pm, Mar. 21, SA Library. Also events at Kingfisher Interpretive, Centre, Mabel Lake, 10-2, Mar. 26.
- > **Spring Fling market**, 9-2, Mar. 21, Silver Creek Hall.
- > **Okanagan College SA Open House**, 5-6:30, Mar. 31
- > **Easter**, Sunday, April 5. Children's Party, Apr. 4, Piccadilly
- > **Turtle Festival** - 10-2, April 11, White Lake Hall. A lake stewardship fundraiser.
- > **Shuswap Music Festival** - Apr. 8-May 1. shuswapfestival.com
- > **Other April big days** - Easter, April 5 • Earth Day, April 22 Aero Model Show, April 16-18

Arts

- > **Salmon Arm Art Gallery** - Ok, buddy, runs to Mar. 28. Immersive exhibition with Cate Currie, Todd MacCormac and Paul Hopkins.
- > **Cardiff Miller Art Warehouse** - 11-5, Sat., Sun, Enderby. cardiffmillerartwarehouse.ca
- > **Atelier Gallery** - 321 Hudson Featuring George Lesniewicz & Marc Brzustowsky landscapes
- > **Courtyard Gallery** - Enderby. March: Isabelle Gervais and Michelle Atkins
- > **Sci-Fi workshop** - April 1, 2, Song Sparrow Hall. Adapting and thriving in a changing world with artist/ activist Evan Medd

Concerts

- > **Jeff Newman** - magician, mentalist, trickster, 7 pm, March 20, Chances Casino.
- > **Jaeden Izik Dzurko** - Solo recital, 3:00 & 7:30, Sat. Mar. 28, Nexus at First. By donation. Proceeds to the Wednesday free lunch program.
- > **Celebrate Shuswap Parties** - Song Sparrow Hall
 - **Jesse Roper**, April 18. Sold out. See celebrateshuswap.ca
- > **SA Jazz Club**
 - **Gareth Seys Quintet**, Mar. 26
 - **Group du Jour**, April 9
 - **Sean Irvine & Liam Nadurak**, April 15
 - **Back Pocket Quartet with Megan Abel**, April 23
 - Also **jazz nights** at Lakeside Manor, 6:30, (3rd Tues).
- > **Small Hall Music Crawl** -
 - **Megan Abel & Steph Clifford**, Mar. 21, Sunnybrae Hall
 - **Ben Arsenaault Band**, April 25, Carlin Hall.
- > **Jon Deuling** - Album release party, 6:30, March 27, Atelier Gallery. Proceeds to Roots & Blues.
- > **Punk Rock for Pets** - Featuring Dopplebangers, 7 pm, Mar. 21, 5th Ave. 50+ Centre. St. Patrick's Benefit for SPCA. Trivia,

live & dance

- > **Song Hall Hall** - Celebrate Shuswap dance series, Jesse Roper, Apr. 18 • Ennis Sisters, April 25 • Kim Churchill, April 26 • Daniel Champagne, May 7
- > **Gleneden Hall** - Next dance, 7 pm, April 4 with Vic's Dance Band.
- > **Setters** • Adapter, Mar. 20 • Rockin' Horse, Apr. 10 • Karaoke Thur. • Trivia Tues. • Line Dance, Mar. 22
- > **Hideaway Pub** • 80's Neon Dance Party, Mar. 21.
- > **Canooligans** - OK Dope Comedy, Mar. 20
- > **Marionette Winery** - Colin Walker & James Smith, 6 pm, Mar. 21.
- > **SA Legion** • Jam sessions, Tues/Fri • Karaoke, Friday
- > **Enderby Legion** • Thurs. Jams • Friday Karaoke • Dances 2nd/4th Sat.
- > **Night Cafe** • Bastards & Buzzards, Mar. 27.
- > **North Shuswap Hall** • Shattered Blue St. Patrick's Day Party, Mar. 14
- > **Solid Urban Studio** - Chilio & Gutter King, Milltown, April 4.

silent auction, best dressed award. Tix punkrockforpets@gmail.com

> Coffeehouse circuit-

- Grindrod (1st Fri)
- Carlin (1st Sat)
- Sunnybrae (2nd Sat) April 11/ P5
- Gleneden Hall (3rd Sat).
- Enderby Srs Complex (3rd Fri.)
- Eagle Bay Hall (4th Sat)
- Silver Creek, (4th Sat) Blu & Kelly
- **Shuswap Writers Group**, 2-4 pm, 4th Fri, First Community. Off 4th St. Bring your writing, or come to listen.

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

> **Aura Chamber Choir & Seaton Honour Choir** - 7 pm, April 11, 2 pm April 12, Peace Lutheran Church, Vernon.

> **A Gamut** - A night of entertainment presented by Sarah Russell, April 18, Red Barn Sicamous. Entry by food bank item or cash donation.

Two Australian favourites:

> **Kim Churchill** - April 26, Song Sparrow Hall. Tickets on sale now at rootsandblues.ca One of last year's surprise hits at last year's Roots & Blues.

> **Daniel Champagne** - May 7, Song Sparrow Hall. Australian virtuoso called one of 'finest guitarist of this generation'.

> **Okanagan Symphony** - 'Mostly Mendelssohn', 2 pm, Mar. 8, Vernon. ticketseller.ca

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

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

> **Martin Harley** - 8 pm, May 9, Gleneden Hall. Captivating British singer/ slide guitarist.

> **Roots & Blues** - July 24 to 26. Earlybird tickets now on sale. www.rootsandblues.ca. Lineup will be announced on April 8.

Theatre

> **A Story for a Wintry Day** - 1 pm, March 19. Red Barn, Sicamous. Free performance for children ages 0 to 99.

> **Legally Blonde** - Musical, 6pm, May 29, 1 & 6 pm, May 30, 6 pm, June 1, 2, 3, SAS Sullivan.

> **Anastasia** - April 17-19, Jackson Secondary.

> **The Book of Will** - April 24 to May 10, Shuswap Theatre.

Sports

> **Silverbacks - Home games** -

- Mar. 20 : 7 pm vs. Spruce Grove
- Mar. 27 & 28, 7 & 6, vs. Brooks

Away - Mar. 22 vs. Spruce Grove Final of the regular season, Mar. 28 Team is clinched for the playoffs.

> **Soccer & Baseball registrations** - now underway.

> **Live Pro Wrestling** - April 10, SA Recreation Centre.

☐ SportSpot - P. 13

at the movies

- > **SALMAR GRAND** salmartheatre.com
- **March 19-26** • daily matinees during break
- **Hoppers**. 2:10, 6:30 daily. In this Disney/Pixar feature, scientists discover how to "hop" human consciousness into robotic animals and communicate with animals as animals. (G).
- **Project Hail Mary**. 1:20, 6:20 daily. A science teacher wakes up alone on a spaceship light-years from Earth. (G violence)
- **Ready or Not 2: Here I come**. 1:30, 6:50 daily Four rival families are hunting for Grace and throne. Whoever wins, rules it all. (freq. violence, lang)
- **Reminders of him**. 1:30, 6:40 daily. After a fatal mistake that lands her in prison, Kenna is met with rejection as she struggles to rebuild her life and reunite with daughter, but compassion from one. (PG violence, coarse/sexual lang).

■ FILM SOCIETY • shuswapfilm.net

- **Father Mother Sister Brother** (US), 4:00, Mar. 21. Reconnecting with aging or lost parents. (PG)
- **Love Letters** (Fr). 4:00, Mar. 28. Issues faced by Lesbian to adopt partner's vitro baby. (PG)
- **Miroirs No. 3** (Ger) 4:00, April 4. Aftermath of car accident that kills one, and spares other. (PG)
- **Rosemead** (US) 4:00, April 11. Ailing mother forced to make impossible choices to protect son
- **LIVE from N.Y. MET OPERA**
- Wagner's **Tristan und Isolde**, 9:55 am, Mar. 21
- **SHUSWAP CHILDREN'S FESTIVAL**
- Mar. 25 -28. Shows at 10 & 10:15 am. \$5
- Hosted by Shuswap Children's Association.
- Mar. 25 : Monsters vs. Aliens, Kung Fu Panda, Over the Hedge, Cloudy with a Chance of Meatball
- Mar. 26: How to Train your Dragon, Happy Feet, Despicable Me, Trolls.
- Mar. 27: Sing, Chicken Run, Minions, Madagascar
- Mar. 28: Shawn the Sheep Movie, How to Train your Dragon, Kung Fu Panda, Charlotte's Web

city lights

- ▶ **vernon** • ticketseller.ca
- Creekside (C)** • Performing Arts (P)
- Crispr & Rusty Crows**, Mar. 20 (C)
- The Woodshed**, Mar. 21, Jazz club
- A.W.O.L. play**, Mar. 21 (P)
- Josh Ritter**, Mar. 21 (C)
- Elton John tribute**, Mar. 22 (P)
- Talk on partner violence**, Mar. 25 (C)
- 50s/60s/70s Rock show**, Mar. 26 (P)
- Everly Bros tribute**, Mar. 28 (P)
- Glass Tiger** (acoustic) Mar.31 (C)
- ▶ **Kelowna** -
- Dashboard Confessional**, Mar. 22
- Guys and Dolls**, April 22
- Bonnie Rait**, June 19 • **Weird AI**, Sept.2
- ▶ **Vancouver** - Shen Yun, April 8 to 12. Q.E.
- Canucks home**, Mar. 21, 26, April 4, 7, 14.
- World Cup tickets on sale**

You're Invited

- > **Seed & Plant Sale**, Mar. 21, Fifth Ave. Centre. Fundraiser for Shuswap Food Action Society.
 - > **Shuswap Trails Online Silent Auction** at <https://trellis.org/2026shuswaptrailsfundraiser>. Family friendly Spring Celebration on BC Trails Day, June 6.
 - > **Family Centre online auction**, on new. See poster below.
 - > **Book Sale** by Shuswap Lake Health-Care Auxiliary, noon to 4, Mar. 26, 10-4, Mar. 27, 28, Piccadilly Mall by Best Buy.
 - > **Meet & Greet** BC Conservative candidate Caroline Elliot, 7:30 to 9, Mar. 20, Mr. Mike's
 - > **Free Lunches**, 11:30 to 1, Wednesdays, First Community (United Church). See above for Hearts of the Table gala fundraiser, Feb. 14 for Wednesday lunches.
 - > **Guided meditations**, 7 pm, Thur. United Church (Enter off 4th St.)
 - > **Toastmasters**, 7 pm, Thurs., Okanagan College.
 - > **Health-Care Aux** 1:30, 3rd Tues, Piccadilly.
 - > **Peace n' Pizza**, 5:30, First Community. (3rd Fri., by donation). Mar. 20 speaker: Doug Geiger – NHL enforcer transformed beyond belief. A monthly event to build humanity through story-telling and dining conversation. See peacebuilders.world.
 - > **ALT Market**, 11-2, Mar. 22, Comfort Inn
 - > **Shuswap Writers Group (SWG)** meets 11 am, 1st/ 3rd Wed. Picadilly Mall board room; Coffeehouse, 2-4 pm, 4th Fridays, First Community, 4th St. ent. \$5 shuswapwritersgroup.weebly.com
 - > **Board games**, 6:30 pm Fridays, Gleneden Hall. 250-253-7469
 - > **Catan Tournament**, 9-4, April 18, Gleneden Hall. Fee \$35 includes lunch & snack Pre-register glenedencommunity.ca.
 - > **Okanagan College Salmon Arm Open House**, 5-6:30, Mar. 31
 - > **Junk in the Trunk & more**, 9-1, Mar. 28, Notch Hill Hall
 - > **Coffeehouse dinner**, 5:30-7, April 11. Sausage/perogies \$12, Sunnybrae Seniors Hall. Coffeehouse to follow. Also at hall - Exercises, 11am, Tuesdays; Games night, 6:30, 2nd & 4th Wednesdays; Coffee brigade 9-noon, Thursdays. \$5 includes piece o' pie.
 - > **LASS AGM & Volunteer Tea** (Literacy Alliance of the Shuswap Society, 3-5 pm, April 23, Prestige Harbourfront. RSVP by April 10 to info@shuswapliteracy.ca
 - > **SA Council**, 2:30, 2nd/ 4th Mondays.
 - > **CSR**, 9:30, 3rd Thursdays. > **SD83**, 6:00, 3rd Tuesdays.
 - > **Downtown Market**, Sat. mornings Ross plaza.
 - > **Shuswap Garden Club** meets 7 pm, 4th Tuesdays, 5th Avenue Activity Centre. FB or shuswapgardenclub@gmail.com
 - > **Hello Spring Dance/ auction** with Serious Dogs, April 11, Shuswap Lake Estates. S. Shuswap Health Services fundraiser.
 - > **Spring Homestead Market & Petting Zoo**, 10-3, April 25, Notch Hill. Nothing like a Saturday drive to Notch Hill.
- Email events to fridayam@shaw.ca

You will be bedazzled & razzle dazzled

> *Get ready to blow your mind as Jeff Newman - mentalist, magician and trickster, effortlessly reads it. He'll be wowing his Salmon Arm audience at 7 pm, today (March 20). at Chances Casino. With his abilities, what are the Chances?*



Spring on Shuswap River

Shuswap Naturalist Club plans to bring in the first days of spring with a field trip along the Shuswap River Sunday, March 22.

The trek includes Riverside Road and Wildflight Farms, and time permitting, a short walk on the new Rail Trail for a look at Rosamund Lake. There should be many ducks, geese and swans as well as a variety of hawks, eagles and landbirds.



Pat Hutchins photo

Leaders, John and Marcia Woods and Doug Mongerson will have several spotting scopes to get great looks at the birds. Bring lunch and be prepared to be out until mid-afternoon. Meet 8am in the Junglemania lot for carpooling. Visit shuswapnaturalist.ca for updates

SALMON ARM BEAT
 Mar 14 - News Item Mar 20
 PARALYMPICS TEAM CANADA
 2 Gold, 2 Silver, 7 Bronze
 13 medals, 8th place
 (at China 14-12, 2-10, 10-7 and 10-20) - 3rd Asian 13-7
 (on remaining days)

To-do's
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AM's daily blog Beat on FB and FriAM.ca

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MOVIE LOCATIONS

> Surrey City Hall is a perfect example of how familiar Canadian building get repurposed into something else for TV and movie shoots. The city hall is recognized by millions of fans of the longtime series, *Good Doctor* as the fictional San Jose St. Bonaventure Hospital. Below are many of the films that utilize locations in the BC Interior.

Enderby *also Salmon Arm

Billings*, Blackway, Tomorrowland
Rust Valley Restorers (TV)
Kamloops & area
Andromeda Strain, An Unfinished Life, Battlestar Galactica, Firewall, Cadence

Kelowna

Fido, The Hillclimb, Mee-Shee: The Water Giant, The Projectionist, Legend of Simon Conjurer, Say Yes & Marry me, The Scarecrow & the Rainbow kid, Stolen Lives, The Tattoo, A Sister's Nightmare, Time Runner, The Union: the business behind getting high, What are you Anyways?, X-Weighted, The Recall, Humanity Bureau, Distorted, Daughter of the Wolf, The last Victim, WWF Smackdown

Nelson

Roxanne, Housekeeping, The Tall Man, A Simple Curve

Penticton

My American Cousin, Time Runner

Summerland

Several Hallmark movies

Vernon. Fido

Princeton

The Grey Fox, The Pledge

Prince George

Double Jeopardy, Dreamcatcher, Strange Brew, Reindeer Games

Stewart

Baby this is for you, Bear Island, Eight Below, Iceman, Insomnia, The Thing

Hope

Rambo: First Blood

Fort Steele

Snow Queen

Barkerville

Harry Tracy, Desperado, Klondike Fever, Legend of Kootenai Brown

Lillooet

Atomic Train, The Menace, The Pledge

Revelstoke

Frozen in Love, Marry Me at Christmas, The Barber, The Great Barrier, Welcome to Christmas, Mountain Men, Double Jeopardy, Without a Paddle

Here's an example of a fake second storey and mountain added on to make a little prairie town look like a town nestled in the Smoky Mountains of Tennessee.

It once worked as editor in the Manitoba town of Stone-wall. This building shares same history as Salmon Arm's art gallery as a post office turned library, then turned art gallery.

The town is a favourite for movie locations, including *The Long Walk*, *Capote*, *The Challengers*, *Lazarus Project*, *Heaven is for Real Maneater* and *Beethoven's Christmas Adventure*.





> Pictured are members of this year's board of the Shuswap Hospice Society at their AGM last Tuesday. Pictured are: Carolyn Taylor, President; Amanda Moga, Treasurer and directors David Murray, Janae Pederson, Amy Harink, Regan Ready, Pam Sealy, Dorothy Crandell, Kathy Demille and Wendy Badley.



Carolyn Black and Fiona Harris of the Shuswap Hospital Foundation sell shredder bags in advance of the Charity Shredder Day on Saturday, May 2 from 11 to 3 at Uptown SAS-CU. The eco-friendly sealable bags can hold 35 pounds of documents and are being sold for \$25 with a \$16 tax receipt issued.



Better shred than read

> Carolyn Black and Fiona Harris of the Shuswap Hospital Foundation sell shredder bags in advance of the Charity Shredder Day on Saturday, May 2 from 11 to 3 at Uptown SAS-CU. The eco-friendly sealable bags can hold 35 pounds of documents and are being sold for \$25 with a \$16 tax receipt issued.

It takes a community

It is impressive how one dedicated local patron of the arts in his late 70s managed to create and sustain a fine art gallery for the past 14 months. It is impressive indeed, however, a group of artists has joined together to offer Ian McTavish a little help to keep his fledgling Atelier Gallery going. Four artists are inviting other artists and art lovers to form a collective to build a vibrant future for the art gallery atop the Book Nook and Anvil Coffee Collective at Hudson and Ross. An initial meeting took place Thursday evening after presstime to discuss ideas to make it a viable hub for events and for quality art work to be showcased, enjoyed and sold. The initial working collective of artists are Linda Franklin, Janet Aitken, Patricia L. (Patty) Smith and George Lesniewicz. Additional founding members signed up with a \$20 goodwill fee. ■

ON THE RUN

Runaway Moon in on the run with wide range of fun this Spring.

The March break Arts Camp is now underway at the Salmon Arm's Art Gallery for youth, aged 8 to 16. Activities include Storytelling with Secwepemc Storyteller Kenthen Thomas and Stiltwalking with performer Renn Bankowski (easier than it looks!). Cathy Stubington will also help with costuming as participants prepare a performance for family and friends.

Contact Gureena at outreach@salmonarmartscentre.ca to register.

There are a number of workshops for youth and adults in the lower room of Gallery at 80 Hudson.

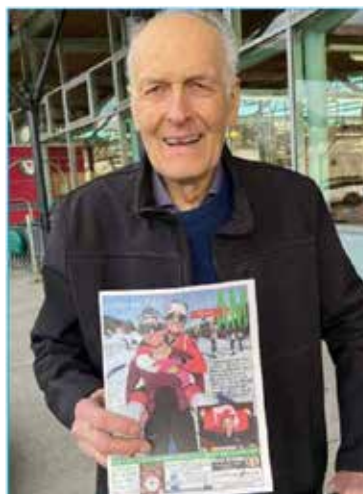
On Thursday evenings March 19, 26 and April 5, 12, participants will learn to make puppets while helping repair for a Vaisakhi Spring Celebration.

Another workshop will run March 22, 29, April 4, 11 and 12 to make "Spring flowers" hats and head-dresses in preparation for the Spring Festival April 19.

Cecelia and Sofia will be sharing some skills from Trinidad and Ukraine!

These workshops are part of "Where in the World Are We?" community art project of Runaway Moon Theatre in collaboration with Shuswap Immigrant Services and SA Arts Centre.

Visit www.runawaymoon.org for more information.



> Good news stories could not get better when your editor drops off papers at Askew's and an older gentleman glances at the front page and exclaims, "my granddaughters!". Above left is Roland Huster, holding up the paper with his granddaughters, Natalie who won a rainbow of four medals at the Paralympics, and her sister Madeleine who simultaneously competed at the World Ski Championships in Norway. And what else could be better for Natalie than taking a friendly congratulatory call from the prime minister with a special invite to visit his office and a promise to tidy his desk.



INNER CITY INFILL

Empty lots and derelict spots are gradually infilling on the many residential blocks south of downtown.

There's the full range of new housing from traditional single family detached to high density apartments going up.

The photo above on the large empty lot at Shuswap Street and 5th Ave SE actually displays proposals for types of

housing that could be suitable for this high profile parcel.

The City's updated Official Community Plan focuses on strategic zoning to encourage apartment-style, multi-family units and infill in the areas near downtown and so many amenities.

On the left shows some examples of new builds a short walk from Downtown. ■



New infill builds on 1st, 2nd St. and Shuswap Streets, south of downtown.



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Ultimate is going for it



After years of poaching fields to play on, Ultimate Frisbee is going legit, says Nick Proteau, one of the organizers of the new Shuswap Ultimate Players Association.

“SUPA is a new Ultimate league serving youth and adults in Salmon Arm. We provide inclusive, organized sport opportunities and are helping develop local high school teams while launching youth programming to grow

the sport in our community.”

This includes SUPA’s experts working with the high schools’ teams.

A free “Learn to Play” event for youth and adults of all skill levels is planned for 4:30 pm, April 12 on the Blackburn Turf field. Register at shuswapultimate.ca

A Spring League will also run 6 pm Tuesdays, starting April 21 on the Little Mountain field. (Cost \$30) ■



Signs of the times



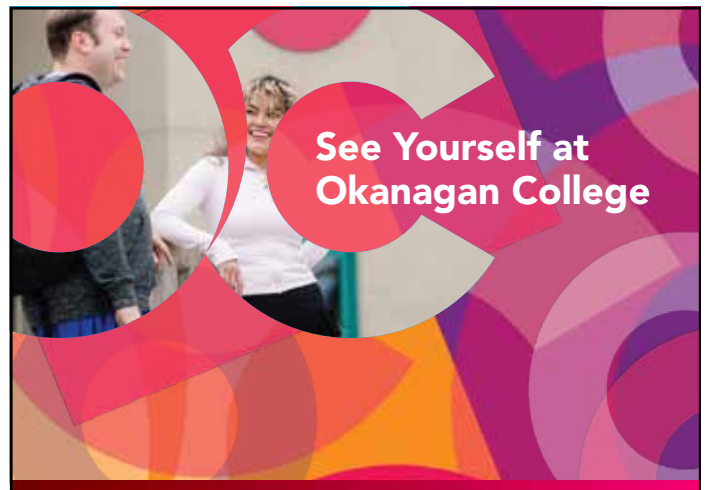
Tenth Ave SW is transforming itself since its extension as the south frontage road for Trans Canada West with a direct link to the Salmon River valley via the old highway bridge.

Here are three new signs on this street that help tell the story.

> On left: A 1.7 acre parcel zoned for C6 has gone up for sale on the hayfield next to the new six-storey apartment across from Piccadilly Mall.

> On right: What better idea for a road sign advertising a fireplace store and other related businesses than the likeness of a fireplace? Doing the brick work is longtime mason Jack Dullaard. 10th Ave. - once known as Rotton Row- is becoming known as a row for home improvement services.

> Bottom left: A 2.81 acre wooded parcel at the Shuswap and 10th Ave. corner is for sale, perhaps for high density housing, and a neighbourhood store/cafe would be nice as well.



Salmon Arm Campus Open House

Tuesday, March 31
5 - 6:30 p.m.



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Unstable fossil fuel

By Shuswap Climate Action Society
The war in Iran has not only resulted in tragic deaths to many innocents, but has laid bare the deep reliance on fossil fuels. The war has blocked tanker passage through the Strait of Hormuz, stifling approximately 20 per cent of global shipments of oil and gas. This has resulted in an international increase in the price of fossil fuel products, igniting an inflationary period that is affecting everything from transportation to food prices.

In a recent *Substack* column, 350.org founder Bill McKibben outlines the damages to human life and the environment this “war of choice and aggression” is creating in Iran and neighbouring countries. He writes that “rising geopolitical conflict and high energy prices underscore the urgency of transitioning to renewable energy as fossil fuel volatility becomes undeniably obvious”.

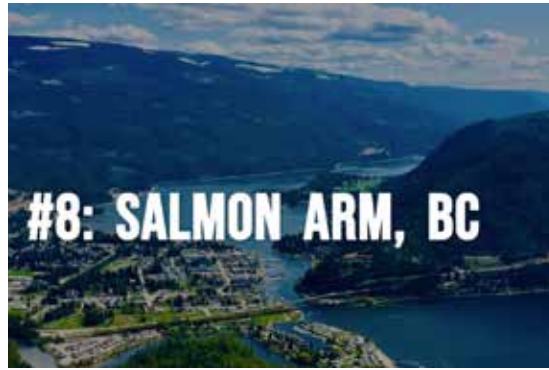
The fossil fuel economy has historically been “boom and bust” as many from Alberta attest. Nevertheless, the industry has been the backbone of global economies for over 150 years. Its dominance accelerated from the mid-19th century and peaked with oil replacing coal in the mid-20th century. Fossil energy has been a fundamental driver of the technological, social, economic, and development progress that has followed.

However, we pay the price for that dominance in many ways. It is clear we are at the mercy of markets supplying fossil fuels because they power everything from local transportation, aviation, shipping, coal and gas-powered electricity, and industrial manufacturing, to the food we put on the table.

Despite the recent surge of growth in renewables, fossil fuels still provide roughly 80 per cent of global energy consumption. While fossil fuels drive the economy, we also know that its combustion is the main cause of greenhouse gas emissions and global warming. As a result, we not only pay at the pumps, but we also absorb huge societal costs resulting from the climate-related impacts of burning fossil fuels.

Since 2022, over \$7 trillion has been spent annually world-wide on fossil fuel subsidies. These include both direct subsidies, like government tax breaks to industry, and indirect subsidies related to climate-driven health and environmental effects, infrastructure repair and property damages. Of the over \$7 trillion spent globally in 2024, direct subsidies amounted to \$725 billion, but the vast majority, \$6.7 trillion, were spent on indirect subsidies (higher food prices, air pollution health costs, climate-driven extreme weather damages, and losses due to wildfire).

Ultimately, taxpayers such as you and I foot the bill for these costs while the fossil fuel industry and its shareholders continue to make billions. ■



> Salmon Arm is listed in an internet feature as Canada’s #8 best place to retire that “you probably never heard of”. The flattering piece includes a stunning photo of Sicamous.

Best Advice For People in Their 70s

1. Walk every single day, even slowly. **Movement** keeps you independent longer than medicine.
2. **Eat small**, clean meals. Heavy food becomes a burden at this age.
3. Keep your mornings **calm** and **predictable**. Routine protects your heart and mind.
4. Strengthen your **legs**. Strong legs decide how long you live on your own.
5. Get **sunlight** daily. Low Vitamin D causes weakness, sadness, and poor immunity.
6. Stay around **calm people** only. Stress is more dangerous now than ever.
7. Keep your **weight stable**. Sudden changes are warning signs, not progress.
8. Do **balance exercises**. One fall can change the rest of your life.
9. Sleep early and **protect your sleep** like medicine. Recovery keeps you alive.
10. Get regular **blood, heart, and bone checkups**. Small issues grow quickly after 70.
11. **Drink water** throughout the day. Dehydration leads to dizziness and falls.
12. Keep the house **clutter-free**. Safety at home protects your future.
13. Stay **mentally active**. Learn small new things daily to keep your brain sharp.
14. Spend more time **outdoors**. Fresh air improves mood, sleep, and energy.
15. **Avoid arguments**. Peace is more valuable than being right at this age.

City FIXINGS



This wildflower island in Denmark may be something to consider for McGuire Lake. However, the priority this Spring is to get the beloved fountain working again, or replace it.

Bravos & BOOS



> **BRAVO TO** dogs that love to please and fit into the complicated human world around them. While not always succeeding, they try their best to be as helpful as they can. (Photo on Facebook)

> **BRAVO TO** local medalists Natalie Wilkie and Ina Forrest and world class athletes Madeleine Wilkie and Daniel and Laura Hall, and for putting our region on the world map.

BRAVO TO the caring folks in our community who give of their time and resources to help the many who do not have enough food to eat, or lack other necessities of life

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Physical activities support adolescent mental health

By Ava Lamerton

University of Victoria is currently gathering data for the Adolescent Daily Lives (ADL) project that is examining how physical activity impacts youth mental health.

With only 6 per cent of Canadian youth meeting movement guidelines for physical activity and sleep, researchers are investigating feelings and barriers surrounding exercise for teens aged 13-17.

Mental Health Matters

The project is based on the findings of many previous studies into the link between mental and physical health and the researchers aim to understand how we can effectively motivate youth to engage in exercise to improve mental health.

A related article by Catherine Laurier, Katherine Pascuzzo, Vicky Jubinville and Annie Lemieux supports what the ADL team is seeing on the ground - physical activity plays a key role in supporting adolescent mental health, especially through self-esteem. Their study shows that:

- Teens who engage in regular physical activity report higher levels of self-esteem.
- This boost in self-worth is directly linked to lower levels of anxiety and depression.
- Feeling confident in your body and capable in your movement can protect mental health, especially during the ups and downs of adolescence.



In other words, it's not just about playing sports or hitting the gym, it's about feeling strong, capable, and connected to your body and peers.

What is highlighted in both studies is not all teens have access to supportive physical activity spaces. Many barriers can exist like body image concerns, gender identity, lack of confidence or financial barriers. These factors may discourage youth from participation in exercise.

The results from both studies point to the same conclusion: if we want to support youth mental health, we need to rethink how we promote physical activity.

Here's what that might look like:

- Offering a wider range of movement options, from dance to hiking to yoga to skateboarding
- Encouraging activity for fun and mental well-being, not just competition or fitness
- Teaching physical literacy so that all students feel capable and confident moving their bodies
- Creating safe, inclusive spaces for all gender identities to participate without judgment
- Emphasizing mental health benefits, not just physical ones

When teens move more, they don't just build stronger bodies they also build resilience, confidence, and mental strength. Projects like the Adolescents' Daily Lives study and research on self-esteem in youth show that physical activity is a key tool in supporting mental health, and it's time we treat it as such.

■ To follow the Adolescents' Daily Lives Project or get involved, visit: <https://onlineacademiccommunity.uvic.ca/adlstudy/>
To read more on the self-esteem study: "Physical activity and its benefits on adolescents' mental health through self-esteem" — Laurier et al. (2023)

☐ *Good mental health is essential to overall health and wellbeing. For more information or support contact CMHA Shuswap-Revelstoke by calling (250)832-8477 or email info.sr@cmha.shurev.ca*

Posted by Susan Mackie



> This Alexander block in the heart of downtown reflects both changes and what stays the same. Top photo captures an earlier era when the highway was quite a bit quieter and bus passengers would hurry in for a coffee at Tom Middleton's Tavern Inn while local youths hang out and play the table juke boxes over a milkshake. Middle photo shows the street as it is now with Tappen Mountain still in place. Lower photo shows an anti-nuclear walk for peace in 1984 that could conceivably be organized again in 2026.



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ALT MARKET

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THANK YOU

My heartfelt thanks to the people who stopped to offer help when I had a fall in Piccadilly Mall parking lot on Friday, February 27. A special thanks to Lee and his daughter, and to Elaine and her husband, who were so kind and helpful, staying with me until my family arrived. Many thanks also to the caring, efficient medical staff on duty in the Emergency Room that afternoon. We are blessed to be in such a caring community. ~ Irene S.

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> Shuswap Pie Company is hosting its annual fundraiser for the Safe Motherhood Project in Guatemala, the month of March. For every drip coffee bought, the Pie Co. is donating 25 cents. Max Voets Coffee Roasting is also participating. Come have a coffee and support this project.

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WEATHER SYNOPSIS

Mix of sun and clouds for week-end. High +8 to low -1
Normal: +6 C to -3 C
Sunrise 6:37 • Sunset 5:42
Past Temps, March 4 to 17
By weather reporter Nick Parsons
SW Gleneden, 458 m (119 m above lake):

DATE	HIGH	LOW	PRECIP.
Mar. 4	+9	+3	1/8" rn.
Mar. 5	+11	+2	1/8" rn.

DATE	HIGH	LOW	PRECIP.
Mar. 6	+12	+2	1/8" rn
Mar. 7	+8	+5	Trace rn
Mar. 8	+10	+3	1/4" rn
Mar. 9	+6	-2	Trace sn
Mar. 10	+6	-3	
Mar. 11	+6	0	7/16" rn
Mar. 12	+4	-1	Trace sn.
Mar. 13	+5	-2	Trace sn.
Mar. 14	+5	-2	
Mar. 15	+3	-5	4" sn.
Mar. 16	+3	-1	2" sn.
Mar. 17	+10	+1	

> The lake has risen 20" since the winter low in December.



Silverbacks clinch playoff spot

> **SILVERBACKS • Final game of regular season, March 28 at home**
21 W • 21 L • 4 OTL, 2 SOL • 48 pts
Interior West: W. Kel. 76 • Trail 59 • SA 48 • Cran. 43 • Vernon 35
1st other divisions: Prince George 65 • Cowichan 77 • Brooks 49
• Scores: • Mar. 14: SA 3, Vernon 1 • Mar. 13: Vernon 3, SA 2 OT
 Mar. 7: Trail 6, SA 4 • Mar. 6: W. Kelowna 3, SA 2
• Coming up:
Home - Mar. 6: 7pm vs. West Kelowna • Mar. 13: 7 pm vs. Vernon • Mar. 20: 7 pm vs. Spruce Grove • Mar. 27: 7 pm vs. Brooks • Mar. 28: 7pm vs. Vernon
• Away: , Mar. 7 vs. Trail • Mar. 14: vs. Vernon • Mar. 22 vs. Spruce Grove
 Mar. 22: vs. Spruce Grove •

> **Gleneden Hall - Pickleball**, 5:30 & 7:30, Mon/Thu, \$5, indoor shoes, eye protection, water. 250-253-0025. **Yoga drop-in** by donation. 7:30 am, Tue, Wed, Thur. 250 888-4211

> **Milan Cortina 2026 Paralympics** - Incredible feat by Salmon Arm's own three time Paralympian Natalie Wilkie - 2 golds, 1 silver, 1 bronze, flagbearer in and out, career total of 10 medals. See page 1. Also her sister Madeleine Wilkie earned her debut at the World Ski championship in Lillehammer held at same time
 Five-time Paralympian Ina Forrest of Spallumcheen won her second gold medal when her wheelchair curling team beat China in the final.

> **SA Minor Hockey - Try program** now accepting registrations on SAMHA website. Free - children 5-12, Mar. 17, 18, 19

> **Youth soccer** - Spring soccer registration on now. shuswapsoccer.ca

> **She's Got Game- Soccer Skills and Drills** for Women over 40. Six sessions starting March 21. Contact Tricia at triciamart16@gmail.com.

> **Baseball** - Spring registrations on now. salmonarmbaseball.com

> **Tennis** • Book a court at clubspark.ca
 • Spring Junior Tennis Camp on now
 • April events - AGM, Closed Tournament.

> Salmon Arm recreation **Spring Fun Guide** is now out both online at salmonarmrecreation.ca and in print. Spring break camp is now underway with morning and afternoon sessions. Online registrations for Spring programs for all ages began March 9. The centre recently opened a next-level new fitness room.
Bubbles & Bunnies Swim party, 2-4, April 5.



PASSAGES

LEGACY LIVES ON
shuswaphospitalfoundation.org
shuswapfoundation.ca

Bowers Funeral Service
bowersfuneralservice.com

- ❖ Ronald Aubert
 March 3, 2026, at age 98
1 pm, May 10, Bowers
- ❖ Marlene Fried
 February 28, 2026, at age 85
- ❖ Mari 'Jamie' Felhauer
 February 26, 2026, at age 79
Noon, Mar. 21, Silver Creek
- ❖ Harry Hazelwood
 March 6, 2026, at age 90
11 am, Mar. 29, Bowers
- ❖ Arlene Ulland
 March 8, 2026, at age 84
- ❖ Jacqueline Vanderveen
 March 3, 2026, at age 68
2 pm, Mar. 14, Cornerstone
- ❖ Bill Antony Van Bergeyk
 March 1, 2026, at age 80
1 pm, Mar. 21, Broadview Ch.
- ❖ Eileen Whitehead
 March 12, 2026, at age 92
3pm, July 18, Sicamous
Former visionary on first
Sicamous council

Fischer's Funeral Services
fischersfuneralservices.com

- ❖ Lois Beverly Cunningham
 March 7, 2026, at age 91
- ❖ Barbara Ann Dewhirst
 February 23, 2026, at age 77
- ❖ Lawrence Dale Hill
 February 26, 2026, at age 78
- ❖ Alice Joan Jaffary
 March 7, 2026, at age 94

- ❖ Miriam Elize Leggett
 February 20, 2026, at age 92
2 pm, Mar. 21, Shuswap
Lake Estates
- ❖ Karen Alva MacAulay
 March 3, 2026, at age 67
- ❖ Darry William Power
 February 24, 2026, at age 77
- ❖ Robert Rutherford
 March 4, 2026, at age 96
- ❖ Marion Doris Sheerstone
 March 6, 2026, at age 95
- ❖ Shelley Colleen Streit
 January 30, 2026, at age 49
2-5, Feb. 28, Kingfisher
- ❖ Herman Henry Wilkinson
 March 10, 2026, at age 86
 ❖ ❖ ❖
- ❖ *Alexander Butterfield, 99, key figure in Watergate scandal. Nixon assistant who set up the voice activated tape system*
- ❖ *Country Joe McDonald, 84, Wrote anti-war song, 'Feel like I'm Fixin' to die rag'*
- ❖ *Troy Murray, 64, NHL player and broadcaster*
- ❖ *James Houston, 103, BC theologian, Regent College,*
- ❖ *Jacques Michel, 84, Canadian musician, songwriter*
- ❖ *Allan Legere, 78, 'monster of Miramichi' murderer*
- ❖ *Blake Emmons, 81, Canadian country singer and TV host*
- ❖ *Tommy DeCarlo, 60, second lead vocalist of Boston*

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Season 2, Episode 25

Henry opened his eyes to find a surprisingly heavy tawny cat sitting on his chest, staring at him in a weirdly pulsing red and blue light

He coughed and Cougar bounced with an aggrieved yowl, but did not move. "Hi Cougar," he said. "What do you want?"

Cougar flipped her tail and leapt over his head, which made him cross eyed and aware that his head was throbbing painfully. Where was he? "Oh! You're conscious!" someone said.

Henry blinked as a circle of faces appeared above him. "Whaaaaa?"

"You were hit on the head," said Suzanne.

"By a masked assailant!" added Shirley, indignantly.

"We're told you were checking on something suspicious at the store's back door," said Lester.

"Thank you," said Lindsay. "I'm so sorry you were hurt."

Desdemona, Chris, Mabel, and Dimity just blinked teary eyes.

Henry's head pounded in time with the lights. It felt like some strange night club.

An officious voice said, "Let us get him onto the gurney. Back up everyone."

Henry realized then that the lights were from an ambulance and two police cars. The paramedics moved him, measured, assessed, and he tried his best to answer their questions.

A police officer rushed out the back door of Lester's tech shop. "Everybody back. We need to set up a cordon. We believe we've identified an explosive device."

"Artemis is inside!" gasped Suzanne.

"Our guitars!" gasped Dimity and Mabel.

"What does this mean?" said Shirley in a commanding voice.

An older police officer stepped up. "That one," he indicated Henry, "is off to the hospital. You lot will need to stay with friends. No one is going back inside. We have to call in a bomb squad. They have to come up from Vancouver. They'll say when it's safe."

"The whole downtown could be gone before they get here!" said Desdemona, thinking about all the video equipment on the fourth floor that was her livelihood.

Cougar sat by the wall, watching as the ambulance drove off.

"Cougar," hissed Suzanne. "Go get Artemis."

Cougar blinked once, then sauntered off.

Shirley and Suzanne exchanged a glance when they spotted her on the roof. "Hey, Cougar!" called Shirley, "Get the bomb, when you come back out!"

"Ma'am!" said an officer. "Who are you talking to?"

"My cat," said Shirley. "Do you mind?"

The younger officer snickered. "You have a bomb sniffing cat, do you?"

Chris started laughing and pointed.

Everyone turned to see Artemis and Cougar, side by side, hoping out the window, each with one end of a PVC pipe in her mouth.

"Move! Move! Move!" shouted the police.

□ Episode 25 will run in the April 3 Friday AM.



ALL ABOUT AUTISM

It is coming up World Autism Awareness Day. April 2, a day to advocate for quality-of-life improvements for autistic individuals. It promotes acceptance, inclusion and appreciation of the contributions of autistic individuals. Autism, also called ASD, is a lifelong, neurological condition that affects how a person communicates, interacts and interprets the world. It is described as a spectrum because it presents differently in each person. Common challenges include social communication, difficulty with unexpected changes in routines, and differences in sensory experiences.

Common strengths include expertise in areas of interest, attention to detail, and creative thinking. The constellation of strengths and challenges varies from one autistic individual to the next.

Individuals thrive when their strengths are seen, their communication is honoured, and their needs are met without judgment. Support should be collaborative and empowering, never shaming or minimizing what someone feels or needs.

Autism was not officially recognized as a standalone diagnosis before 1980, but as a symptom of other conditions. It was considered to be very rare, affecting only 4.5 children per 10,000.

Rates of diagnosis increased as definitions broadened, awareness increased, and support services evolved. Approximately 1 in 30 children and youth in BC have now been diagnosed with autism.

There are a number of myths about autism. Because signs often appear around the same age that children are vaccinated, this has led to confusion. The study that first suggested a link was proven false and retracted, and the doctor who conducted the study lost his license to practice medicine. Large studies have confirmed there is no connection between vaccines and autism.

The reason autism seems more

FAMILIES FIRST
Shuswap Children's Association

common now is because diagnostic criteria have broadened, tools for screening children have improved, awareness has increased, and stigma has decreased.

Shuswap Children's Association, offers programs and services for children and youth with diverse support needs, including autism. We support children, youth and families by providing safe, welcoming, and community informed programs and services.

These include:
■ The Nest Positive Behaviour Support Services – A fee-for-service program for ages two to school age. Services include supervision from a Board-Certified Behaviour Analyst and 1-to-1 support from a Behaviour Interventionist. Autism funding, funding from online learning schools, third party and private funds are accepted.

■ A Pathway to Hope – Early years mental health, behavioural, Indigenous, and family support for children up to school age.

■ Family Service Worker Program – for families with children from birth to 18, including support with filling out paperwork.

■ Pediatric Occupational Therapy & Physiotherapy – Help with movement and daily life skills for children birth to school age.

■ FLY Youth Program – Fee for service youth group for children aged 6 to 18 with 3 youth to 1 staff ratio. The program offers daytime, after school and evening groups along with seasonal day-camps and overnight weekend camps.

Many of these programs accept self-referrals. Professionals can refer children with the family's consent.

For more info, visit shuswapchildrens.ca/resources/referral-form/

Shuswap Children's Association welcomes conversations. Call 250-833-0164 x1, email info@shuswapchildrens.ca, visit www.shuswapchildrens.ca, or drop by 551 Trans-Canada Hwy NE.

We are happy to talk about programs, referrals, or supports for children, youth, and families. ■

Read Friday AM in print or online.
FriAM.ca



WORD SEARCH

Juno award nominees

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

> BBNO\$, Whitcomb, Barker, Ross, Auja, Mendes, Shubh, McCrae, Bieber, Weeknd, Boutilier, Lemac, Jutes, Mico, Hofman, Sacha, Gray, Camara, Kai, Caesar, Arcade, Mother, Peach Pit, Beaches, Three Days, Liu, Haidar, Kisiecki, Dowling, Nadeau, Nunez, Samaras, Gyorgy, Anglade, Paris, Stetson, Lands, Blais, Audet, Shawanda, Kenny, Emily, Marriner, MacIsaac, Toney, Aerialists, Cassie, Buckley, Andersen, Jofman, Prince, Kissel, Patrick, Bahamas, Begonia, Watson, Barr, Hook, Ray, Cousins, Charles, Grandson, Adams, Blue Stones, Aysanabee, Pup, Jarvis

HIDDEN GEMS

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

> David Borenstein, accepting Oscar for best documentary:
 "Mr Nobody Against Putin is about how to lose your country. And what we saw when working with this footage is that you lose it through countless small little acts of complicity. ... When we don't say anything, when oligarchs take over the media and control how we can produce it and consume it."

FUNNY BONE

> Whoever came up with the word 'dentures' really missed the opportunity to call them "substitooths"
 My apologies - A few mom jokes:
 > When does a regular joke become a mom joke? When the punchline is apparent.
 > Good moms let you lick the icing beaters, great moms turn them off first.
 > My mom's voice is so loud that even our neighbours brushed their teeth and got dressed.
 > What did the buffalo mom say to her son when he left for school? Bison.



POP QUIZ

> Who is this famous singer/guitarist, songwriter, now deceased?

TV comedy sketch.
 < George Harrison in a



PICTURE THIS



> This young man studying electrical engineering, above, searched his inner being for a different career path and became Mr. Bean.



> Residents on this unknown street in Facebook land made their point by demonstrating how their giant pothole was big enough to re-enact the Titanic story. They also demonstrated, once and for all, that the door on the sea was big enough to fit both Jack and Rose.

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2 years	3.45%	Up 0.09%
3 years	3.53%	Up 0.09%
4 years	3.54%	Up 0.12%
5 years	3.72%	Up 0.13%

* GIC rates as of Mar. 17, 2025, subject to change without notice. Certain minimums and conditions may apply.

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

Centenoka Park Mall • 250-832-5000 • admin@mallarkey.ca
 315-360 Trans Canada Hwy SW, Salmon Arm, BC V1E 1B6

Friday Night BINGO
 Doors open at 5 pm
 Games begin at 6:30
 Concessions!
 Gaming license 151881
 5th Ave. 50Plus Activity Centre • 170 5th Ave. SE

Stay linked to our community
 Email events@voiceoftheshuswap.ca
 to air your event on 93.7 FM
 For info & programming voiceoftheshuswap.ca

SALMON ARM Beat
 Literally embedded in our community

FriAM.ca

Photo submitted

All you need is here!

Spring CLEANING

SAMSON CLEANING SUPPLY

"Staff are friendly, products are great"

295 5th St. SW • 250-832.4020
samsonsoap@shaw.ca



> Bruhn Bridge construction reached another milestone with the start of girder installations. Residents are advised they will hear a lot of clanking and grinding over the next three months.



YOUTH GARDEN CONTEST ENGAGING SHUSWAP YOUTH IN AGRICULTURE

WE PROVIDE THE SEEDS, YOU GROW THE GARDEN!

REGISTER ONLINE AT SHUSWAPFOOD.CA
Registration open until May 15

Gardens come in all shapes, sizes and locations and are a lot of fun!

Learning to grow fruits & veggies is a reward all to itself but...

GRAND PRIZES FOR THE TOP 3 GARDENS!

Contest open to Shuswap Youth Ages 9-12
Gardens scored late August with a special awards event in September!
Grant options available. Contact Melanie at projects@shuswapfood.ca.

PROJECT GROW

Solo Recital
Jaeden Izik-Dzurko

SATURDAY, MARCH 28
3:00 PM AND 7:30 PM

Admission by Donation, in support of
WEDNESDAY COMMUNITY LUNCH PROGRAM AT FIRST UNITED
The Nexus at First, 450 Okanagan Ave

SALMON ARM Beat Pages

Mar. 20



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



> Carl Mayotte Quintet weaves Brazilian and Latin textures into its deep harmonic jazz, Thursday at 7 pm at Nexus at First.

Rules of Engagement

Have you ever noticed all the times you're teased on Facebook to go to the comments section in order to quench your curiosity over what a post is about?

MOLEHILLS

Lorne Reimer



And then you are bombarded with endless ads that continue to delay the answer. Or you run into a post so loaded with misinformation or anger inducement that you feel compelled to post a comment.

Well, that is how clickbait works and the only way, it appears, that people can make money on this platform.

My daily news posts have not made a penny because I do not wish to engage in such rules of engagement. Sadly, an algorithm that encourages misinformation and provocative low quality content is the dark side of Facebook.

That being said, it is a free and easy access platform for me to deliver accurate and useful community news. So it goes.



> Prime Minister Carney led a delightful facetime call with Natalie Wilkie. When he invited her to Ottawa, he joked that he would make sure to clean up his desk.



North Shuswap is celebrating another milestone in the aftermath of its devastating fire. Its rebuilt library is officially opening Wednesday. The framing is also up for the new fire hall in Scotch Creek.

Sun



3° -4°

Mar. 8

SALMON ARM Beat

FriAM.ca • SECOND POST FOR SUNDAY

I loved reading the reminiscences of folks riding the train here back in the day. (*March 6 print edition*) I'd like to see more articles like this - a look back at the "good old days". There are lots of us oldies around and there must be dozens of things folks could reminisce about. ~ *Marnie Cuthill*
ED.Note: You and others asked for it, So here goes..

○○○

I was a young school teacher at Pioneer Mines in the Bridge River Country in 1962/63. I went home for Christmas to Castlegar. I don't remember getting there, but do remember the return journey! It was Greyhound to Salmon Arm, a night bus ride, and being dropped off near the Railway Station in the wee dark hours. I dragged my luggage into the station, which, though empty, was open. I knew I had a few hours to wait for the train and shivered with the cold! Not so very long after my arrival a rather shabby-looking older man came in carrying his newspapers. Quietly he offered to share his papers with me and showed me how to put some on the slatted bench, lay down, and cover myself with the others. Many times over the years as I drive by the station I recall that act of generosity!

When the train came, I boarded for Kamloops and didn't see the fellow again. It was well into the next day by the time I changed trains in Kamloops, rode on to Lytton, got on a "stage" (van) for Lillooet and later another "stage" where I rode to Bralorne and then was met for a final ride to Pioneer Mines! ~ *Emily (Turgeon) Wooten*

○○○

In Septemer of 1962 Barb Michell and I boarded the CPR train in Salmon Arm for Vancouver on our way to St Joseph's Hospital School of Nursing in Victoria. We had a berth because it was an overnight trip. A porter made up our beds and looked after our luggage including the large steamer trunks that held all our clothes for three years. The



More Train memories

breakfast corn flakes was served with cream. Whoever heard of having cream on your cereal. Such luxury. It was pouring rain in Vancouver when we arrived and our new hairdos were soon wet and soggy. We found our way to the old CPR ferry dock for the 5 hour plus trip around the bottom of the island and into the Inner Harbour. I smile when I think of us trying to dry our hair under the hand dryers in the washroom. This was one of the last sailings on the old CPR vessels which were replaced when the shorter Swartz Bay route opened.
~ *Joyce Banks Lennard*

○○○

I was there at the station to experience Trudeau giving us the finger, the pompous ass, it was Doug that pissed him off I think, Doug worked at the Liquor Store. ~ *Steven F. Lewis*

○○○

I rode via railway from Winnipeg to Salmon Arm, an 18-hour excursion, lots of nice scenery, even had a guitar player that strummed a few chords for the passengers, and two bar cars, so was able to bar hop, lol. This was back in the late 80s To this day, I think that is the best way to travel.
~ *Tim Schan*

○○○

My Dad, Mom, younger Sister, & I rode the Dominion train several times to Alberta to visit my oldest sister in the '50's. My Mom would pack a lunch so we could enjoy the Dome car through the Rockies. We would catch it from Tappen as my Dad would flag it down. My Dad had arranged for passes as he worked on the CPR for over 40 years. We would also take the train to Vancouver. ~ *George Annala*

○○○

Not on the train but, in 1958 I was working at Salmon Arm bakery for Dick Price and every morning the passenger train would stop at the CPR station and I saw my first "very black man". He would come in and buy a dozen fresh donuts. ~ *Vickie Barron*

Remembering Clinger, the helpful car mirror spider

I have no idea how these old posts keep popping out of nowhere on one's Facebook newsfeed. This isn't even from an anniversary date, but the summer of 2020 when covid was still the biggest thing. Anyway, it's a story with some meaning in my life, about how even the tiniest creature can be of help. I'll reprint it here:



For all I knew he had a cushy room inside there with a bar fridge and everything.

I washed my car carefully the rest of that summer, and occasionally got a funny look when I'd open the door for a passenger to climb in, and offer a quick and nervous explanation.

It was the first day I was allowed to drive after heart bypass surgery, and there he was - the spider that would come to be known as Clinger, relaxing on my car's passenger side mirror.

That little eight-legged gaffer looked after my car for all those six weeks while I could not drive. Something inside me said I owe him one, so I let him be. But never could I imagine that Clinger would stay with me the rest of summer.

He clung on to the car mirror while we drove, and he would often scamper inside the mirror to avoid the headwinds.

There were times when Clinger would disappear a few days, but then one fine day, there he was, back on the webbed up mirror again.

Eventually, when the stiff autumn winds began to blow in, Clinger disappeared for good. He moved on. His job was done, I suspect.

I hope you're still spinning those awesome webs wherever you are, Clinger! (I wrote that six years ago. I imagine there's a vast progeny of little Clingers by now)

This will sound a little crazy to some, but caring for the littlest creature is caring for yourself.



> Even the dogs are Irish on St. Patrick's Day. On right, he decked out dog that greets folks at the entrance to 5th Ave. 50+ Centre. Above, a bunch of Dubliners in full orange and green regalia.

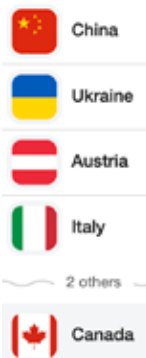


Mon



SALMON ARM Beat

Mar. 9



TEAM CANADA

1 Gold, 3 silver, 3 bronze
7 medals, 7th place
Gold & Silver by our
own Natalie Wilkie

1st: China 8 G, 5 S, 4 B, 17 total

FriAM.ca • Print 1st and 3rd Fridays

To-do's

○ Movies

- Goat • *Scream 7*
- Hoppers • *The Bride*

Opening Friday:

- Reminders of him
- Goat ends Thursday
- Film Soc. 4pm, Sat.:
- Late Shift

○ **OK Buddy Art Show**, Art Gallery.

○ **Women's Day**, Mar. 8. 4-part series to uplift women in business, Mar. 9, 16, 23, 30

○ **Paralympics** wraps up Mar. 15

○ **SA Council**, Mon.

○ **Spring Break** March 13 to 26. Check out Spring camps at Art Gallery (Runaway Moon), Caravan Farm and Recreation Centre

○ **Mostly Marley**, Celebrate Shuswap Dance, Saturday

○ **Carl Mayotte Quintet**, 7 pm, Thur, Nexus at First

○ **Sunnybrae Coffee-house**, Saturday

○ **Silverbacks** host Vernon Friday

○ **Arrogant Worms** in Vernon Sat. (Remember them at Salmar Classic?)

○ **Shamrock Shenanigans**, Improv, 7pm, Sat, Shuswap Theatre.



> It requires both precision and endurance to excel in the Biathlon event. It combines hard skiing, mixed with accurate shooting. In the case of

gold and silver champion Natalie Wilkie, accomplishing all this with four missing fingers on her left hand.

Matthew Thompson RMO PHOTO

NATALIE'S JOURNEY

Proud Shuswap residents are well aware of Natalie's remarkable and courageous journey. Now the world has become aware as well. Here is an excerpt from a story in The Economic Times

Canada's first gold medal at the 2026 Winter Paralympics came courtesy of standout para-nordic skier Natalie Wilkie, who delivered a dominant performance in the women's standing para-biathlon on Sunday.

The 25-year-old from Salmon Arm, British Columbia, crossed the finish line in 33 minutes 1.8 seconds, finishing more than half a minute ahead of China's Zhao Zhiqing (33:33.5). Ukraine's Oleksandra Kononova secured bronze in 33:37.9.

... Wilkie's journey to the podium also has a sad part. Ten years ago, she lost four fingers on her left hand in a woodworking class accident at school.

"I was planing a piece of wood. The wood kicked back so my hand went into the machine, and I was stuck for an hour," she recalled her experience, quoted on the paralympic's committees official website.

Despite the injury, Wilkie returned to competitive skiing and even competed at the national level in able-bodied cross-country skiing.

This is her third Paralympics and she was the youngest competing for Team Canada on her debut in 2018 in South Korea, two years after her injury.



Not again!



3° -7°

Mar. 13

SALMON ARM Beat

FriAM.ca • Second post of the Day



> Spallumcheen local Ina Forrest and her team have gone undefeated in the Wheelchair Curling Round Robin series. The Gold game is on Saturday morning versus China!

ToDo's

○ Spring Break!

March 13 to 26. Check out Spring camps at Art Gallery (Runaway Moon), Caravan Farm and Recreation Centre

○ Salmar Grand

- Reminders of him
 - Scream 7
 - Hoppers • The Bride
- Film Soc. 4pm, Sat.:
• Late Shift

○ Paralympics

○ Mostly Marley, Celebrate Shuswap Dance, Saturday, Song Sparrow

○ Sunnybrae Coffeehouse, Sat. with Cats & Dogs

○ Retro Riders, Sat Canooligans & Turtle Valley

Band, Sat, Legion

○ Silverbacks host Vernon Friday

○ Arrogant Worms in Vernon Sat.

○ Shamrock Shenanigans, 7pm, Sat, Shuswap Theatre.

○ OK Buddy Art Show, Art Gallery.

○ Friends of library book sale, Fri & Sat, Piccadilly Mall

○ Ribbon skirt/shirt workshop, Fri-Sat, Sorrento Centre.

○ Oscars on Sunday

ANOTHER GOLD!



Alex Grimm/Getty Images

Canada's and Salmon Arm's Natalie Wilkie won her 2nd Para biathlon gold and now 4th medal at Milano-Cortina Paralympics this morning.

After winning a medal of every colour, Wilkie won gold in the Para biathlon women's sprint pursuit standing final.

Natalie's personality also shone through with the crowds at every event she participated in and has prompted many around the world to check where Salmon Arm, BC is on the map. The Shuswap is so proud!

PARALYMPICS TEAM CANADA

This morning's gold medal automatically lifted Team Canada's placing from 14th to 10th in the world.

*2 Gold, 3 silver, 6 bronze
11 medals, 10th place*

*1st: China 10 G, 7 S, 10 B, 27 T
2nd: US 19 T • 3rd: Italy 14 T*

SALMON ARM Beat

2° -5°

Mar. 11

Five snow flakes say it's gonna snow!

	China
	Austria
	United States
	Italy
	9 others
	Canada

PARALYMPICS TEAM CANADA

1 Gold, 3 silver, 6 bronze
10 medals, 14th place
Mark Arendz & Brittany Hudak win bronzes
1st: China 9 G, 7 S, 9 B, 25 total

To-do's

- **Movies**
- Goat • *Scream 7*
- *Hoppers* • *The Bride*
- Opening Friday:
- *Reminders of him*
- Goat ends Thursday
- Film Soc. 4pm, Sat.:
- *Late Shift*
- **Paralympics**
- wraps up Mar. 15
- **Job & Career Fair**
- 12:45-3:30, Wednesday
- JL Jackson campus
- **Spring Break**
- March 13 to 26. Check out Spring camps at Art Gallery (Runaway Moon), Caravan Farm and Recreation Centre
- **Mostly Marley**, Celebrate Shuswap Dance, Saturday, Song Sparrow
- **Carl Mayotte Quintet**, 7 pm, Thur, Nexus at First
- **Sunnybrae Coffeehouse**, Saturday
- **Retro Riders**, Sat Canooligans & **Turtle Valley Band**, Sat, Legion
- **Silverbacks** host Vernon Friday
- **Arrogant Worms** in Vernon Sat.
- **Shamrock Shenanigans**, 7 pm, Sat, Shuswap Theatre.
- **OK Buddy Art Show**, Art Gallery.



Follow your dreams!

> The world needs trained people to fill jobs in a wide range of fields. However, one needs to search deep into their inner beings to find the best career paths. This young man studying electrical engineering searched his being and became Mr. Bean. School District 83 and Work-BC are hosting the annual Job & Career Fair from 12:45 to 3:30, today (Wednesday) at JL

Jackson Secondary. The event is geared towards Grade 10-12 student or the general public looking for a job for the summer or investigating career or educational pathways. Over 50 businesses, non-for-profit agencies, and post-secondary institutions are expected. It is not known if anyone from the make-folks-laugh-until-your-belly-hurts industry will be represented.

> Pictured are members of this year's board of the Shuswap Hospice Society at the AGM on Tuesday. Pictured are: Carolyn Taylor, President; Amanda Moga, Treasurer and directors David Murray, Janae Pederson, Amy Harink, Regan Ready, Pam Sealy, Dorothy Crandell, Kathy Demille and Wendy Badley.





SALMON ARM Beat

FriAM.ca • Second post of the Day

PARALYMPICS TEAM CANADA

2 Gold, 3 silver, 6 bronze
10 medals, 14th place

1st: China 14 G, 10 S, 13 B, 37 T

2nd: US 20 T • 3rd: Austria 13 T

Three remaining days

ToDo's

- **Spring Break!**
March 13 to 26. Check out Spring camps at Art Gallery (Runaway Moon), Caravan Farm and Recreation Centre
- **Salmar Grand**
• Reminders of him
• Scream 7
• Hoppers • The Bride
Film Soc. 4pm, Sat.:
• Late Shift
- **Paralympics**
- **Mostly Marley**, Celebrate Shuswap Dance, Saturday, Song Sparrow
- **Sunnybrae Coffeehouse**, Sat. with Cats & Dogs
- **Retro Riders**, Sat Canooligans & Turtle Valley Band, Sat, Legion
- **Silverbacks** host Vernon Friday
- **Arrogant Worms** in Vernon Sat.
- **Shamrock Shenanigans**, 7pm, Sat, Shuswap Theatre.
- **OK Buddy Art Show**, Art Gallery.
- **Friends of library book sale**, Fri & Sat, Piccadilly Mall
- **Ribbon skirt/shirt workshop**, Fri-Sat, Sorrento Centre.
- **Oscars** on Sunday

If only bad governments would act like the good people inside who only want to do what is best for families and neighbours



> Above left, Firefighters in Nogales, Arizona, extend their ladder to help put out a fire over the wall in neighbouring Nogales, Mexico. Photo taken in 2011. Above right: A father riding through streets of Tehran, Iran, shields his daughter from the rain with his jacket.



> An idea for McGuire Lake? A floating wildflower island in Denmark.

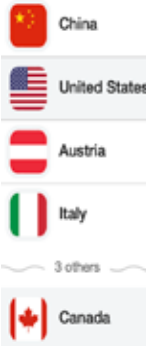
> Geepers! I thought this was real. Turns out the photo is AI generated.



SALMON ARM Beat

Mar. 14

FriAM.ca • Next print issue Mar. 20



PARALYMPICS TEAM CANADA

3 Gold, 3 silver, 7 bronze
13 medals, 8th place

1st: China 14 G, 11 S, 13 B, 38 T

2nd: US 20 T • 3rd: Austria 13 T

Two remaining days

To-do's

- **Spring Break**
Now to March 26. Check out Spring camps at Art Gallery, Caravan Farm and Recreation Centre
- **Salmar Grand**
• Reminders of him
• Scream 7
• Hoppers • The Bride
Film Soc. 4pm, Sat.:
• Late Shift
- **Paralympics**
- **Mostly Marley**, Celebrate Shuswap Dance, Saturday, Song Sparrow
- **Sunnybrae Coffeehouse**, Sat. with Cats & Dogs
- **Retro Riders**, Sat Canooligans & **Turtle Valley Band**, Sat, Legion
- **Silverbacks** overtime loss to Vernon 3-2 on Friday
- **Arrogant Worms** in Vernon Sat.
- **Shamrock Shenanigans**, 7 pm, Sat, Shuswap Theatre.
- **OK Buddy Art Show**, Art Gallery.
- **Friends of library book sale**, Fri, Sat, Piccadilly Mall
- **Ribbon skirt/shirt workshop**, Fri-Sat, Sorrento Centre.
- **Oscars** on Sunday

Curlers win third gold!

Team Canada beats China in a 4-3 nailbiter



Canada's wheelchair curling team won its fourth Paralympic title and first since 2014 on Saturday morning with a 4-3 win over defending champion China at the Milano-Cortina Games.

Canada's rink, which includes Ina Forrest of Spallumcheen, along with skip Mark Ideson, lead Colinda Joseph, third Jon Thurston and alternate Gilbert Dash, won all 11 of

its games in the Round Robin and finals.

This marked a third gold medal for second Ina Forrest, a five-time Paralympian.

With the two gold medals and the four total medals won by Natalie Wilkie, this means nearly one-third of Canada's medal count are represented by Shuswap-North Okanagan athletes. Well done, indeed!

Posted by Susan Mackie



Two very different old views of the same block on Alexander Street. An anti-nuclear walk for peace in 1984, and decades earlier showing the Cafe where the bus used to stop.

Sun



3° -4°

SALMON ARM Beat

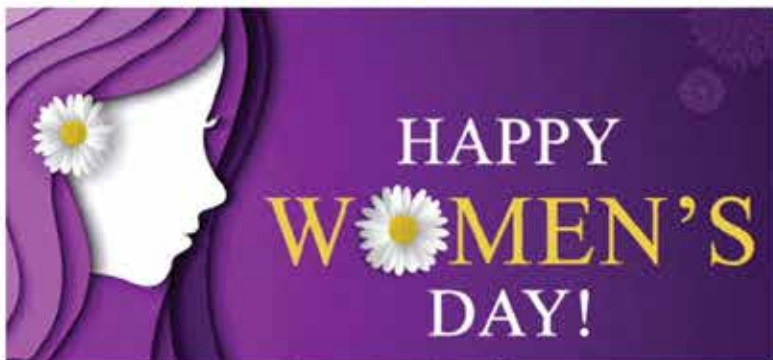
Mar. 8

FriAM.ca • THIRD POST FOR SUNDAY



#8: SALMON ARM, BC

Salmon Arm is listed as #8 best place to retire that "you probably never heard of" with a stunning photo of Sicamous



HAPPY WOMEN'S DAY!



Women - raising and nurturing next generations and dedicated workers, leaders & volunteers in business, hospitality, trade and health industries



> Women are leaders across the entire spectrum in Shuswap life, including half of Salmon Arm councilors and chairs of several groups, including CSRD and SD83. Christine Jontz-Barbour represents business community exec director of the Chamber; Brenda M'Clellan is a super volunteer, and Nora-Jane Edenshaw, at only age 17, just opened an art gallery exhibition in Haida Gwaii (full disclosure - I'm a proud relative)



SECOND MEDAL IS GOLDEN!

International Women's Day is the perfect choice of days for Salmon Arm's Natalie Wilkie to earn a gold medal on the international stage.

Natalie's first place finish in the standing biathlon Sunday was Canada's first gold at the Milano-Cortina Paralympics. She competed the course in a time of 33 minutes, 1.8 seconds with no shooting penalties.

China won silver and Ukraine won bronze.

Earlier, Natalie served as co-flagbearer with ice hockey captain Tyler McGregor.

Now 25, she was the youngest member of Team Canada when she debuted at the Pyeongchang Games in 2018. She has now won nine career medals overall.

Sun



1° -9°

SALMON ARM Beat

Mar. 15

Beat

FriAM.ca • SECOND POST OF THE DAY



To-do's

- **Spring Break!**
Now to March 26.
- **Salmar Grand to Thurs., Mar. 19**
- Reminders of him
- *Scream 7*
- *Hoppers* • *The Bride*
- Children's Film Fest
Mar. 25-28
- Opera, 9:55, Sat.
- **St. Patrick's Day,**
Tues, Mar. 17
- **OK Buddy Art Show,** Art Gallery.
- **Oscars,** Sunday
- **World Water Day,**
2-4, Saturday, library
- **Jeff Newman,**
mentalist, magician, 7
pm, Fri, Chances
- **Megan Abel & Steph Clifford,** Sat.,
Sunnybrae Hall
- **80s Neon Dance Party,** Sat, Hideaway
- **Adapter,** Fri.; Trivia
Tues (Simpsons);
Karaoke Thurs.
- **OK Dope comedy,** Fri, Canooligans
- **Story for a Wintry Day,** 1pm, Thurs, Red
Barn, Sicamous
- **Silverbacks** host
Spruce Grove, Fri.
- **Alt Market,** 11-2,
Mar.22, Comfort Inn
- **Peace n' Pizza,**
5:30, Fri, First Com.
- **Seed & Plant Sale,**
Sat, Fifth Ave. Centre

LET'S DO THIS!



CONCERTS BEFORE & AFTER
JAEDEN IZIK-DZURKO'S
RECITAL ON MARCH 28

- Royal Theatre, Victoria, Mar. 1
- Maison Symphonique, Montreal, Mar. 5
- Centre for Performing Arts, Kingston, Mar. 6
- Memorial Hall, OTR Cincinnati, Mar. 8
- National Concert Hall, Dublin, Mar. 13
- Southam Hall, Ottawa, Mar. 18, 19
- Meistersingerhalle, Nurnberg, April 19
- Orpheum Theatre, Vancouver, April 26
- Dortmund Klavier-Festival, Ruhr, June 7
- Palau de la Musica Caltalina, Barcelona, June 15
- Auditorio Nacional de Musica, Madrid, June 23
- Rhine Piano Festival, June 26
- Petworth Festival, July 31

Listen up, everyone... this community is so thrilling proud!!! We need to plan a big parade for Saturday, March 28 to honour these six amazing people. Natalie Wilkie, of course, for winning two golds, a silver and bronze and carrying the flag at both the opening and closing of the Paralympics; her sister Madeleine who earned her place at the World Ski Championships at Lillehammer; Curling legend Ina Forrest of Spallumcheen who won gold at the Paralympics; Laura and Daniel Hall who represented Canada's speed skating team at the Milan Cortina Olympics; and finally, Salmon Arm's world renowned classical pianist Jaeden Izik-Dzurko who will be performing here on March 28 in the middle of a world concert tour. There are others as well that could be also invited - like world renowned wildlife photographer John Marriott and other former Olympians. Let's make it a parade, with the community band, AL Fortune Drumline, the Silverbacks, dancers, shined-up cars and more! Let's do this right!

Hegseth also said: "We will keep pressing, keep pushing, keep advancing. No quarter, no mercy for our enemy.". 'No quarter' is the refusal to spare the life of someone who has expressed their intention to surrender - something prohibited by law, a war crime, by definition.

Leave Scripture out of this, Pete

Secretary of War Pete Hegseth concluded a briefing with this verse from Psalms: *"Blessed be the Lord, my rock, who trains my hands for war and my fingers for battle. He is my loving God, and my fortress. My stronghold and my deliverer, my shield in whom I take refuge,"* ending the verse before switching to his own prayer.

"May the Lord grant unyielding strength and refuge to our warriors, unbreakable protection to them in our homeland, and total victory over those who seek to harm them. Amen."

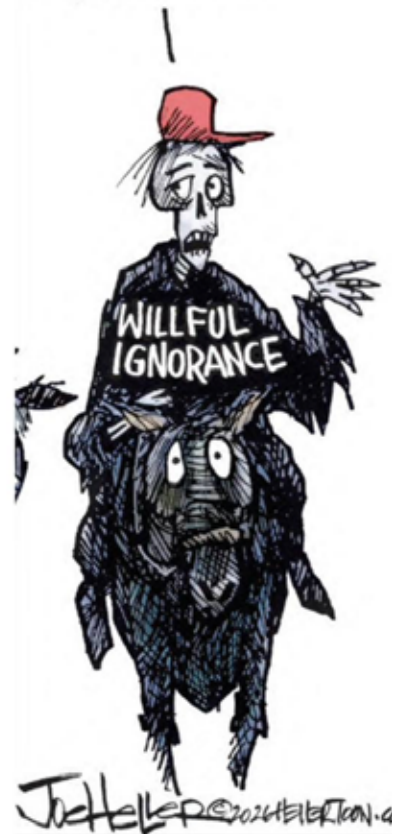
The Psalms verse, attributed to King David, does not at all accurately portray the reality of the situation, commented an opinion piece in *The New Republic*.

"The U.S. is the Goliath of this story, along with Israel. The countries' joint attacks of aggression have killed over 1,200 Iranians, many of them young schoolgirls. Iranian fuel depots were hit so hard that oil rained from the sky in Tehran on Sunday.

"Seven American service members have died because a president who promised peace sent them to war for money and regime change, not liberation. Listening to Hegseth read Psalm 144 feels like an ominous justification for further aggression, rather than a comforting message.

Meanwhile, blame for the killing of 179 schoolchildren by a Tomahawk missile rests on Hegseth. Following his appointment, he disbanded the agency that keeps track of military targets to ensure deadly mistakes like that do not happen.

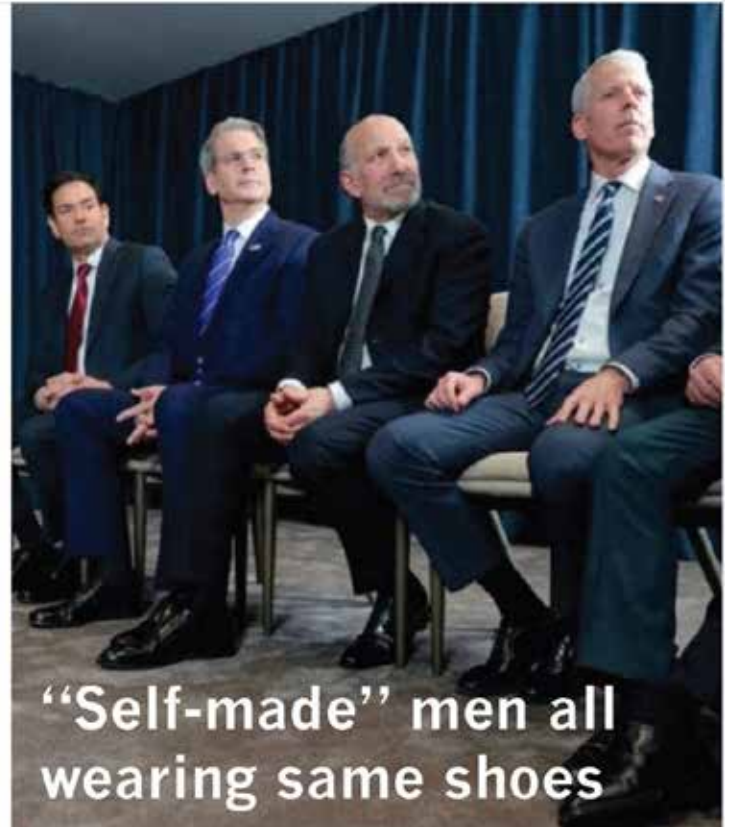
HEY! THIS
IS NOT WHAT
I VOTED FOR!



8th Horseman

This could go down as the defining symbol of the bootlicking yes-men who enabled the global disrupting Trump circus. Imagine that, getting his team to wear identical ill-fitting shoes as another test of blind loyalty. Seeking the 'king's' favour appears to have worked for Rubio. Trump is already talking about appointing Rubio to lead Cuba.

**These are the shoes that
Trump gave Marco Rubio!
They're too big, but he's
too afraid not to wear them!**



"Rubio crosses the Delaware in his waterproof oversized Florshheim shoe"... See more

Countries Spanning Two Continents

Geofacts

