

HONOURS FOR BRAVERY /P.2



April

ALL MONTH

FriAM



ADJUDICATORS
Sean Irvine,
Bands
Simon MacDonald
Strings
Melanie Adams
Vocal
Eric Nyland
Piano



SHUSWAP MUSIC FESTIVAL, APRIL 8 to MAY 1



> SABNES members admire the new boardwalk. Watch for Grand opening details.

▼ TO DO'S ■ Online: www.FriAM.ca ▶ 250.833.1141 ▶ April 3, 2026 • No. 1391 • FREE

Festivities
Art & Film
Concerts
Theatre
Sports /4,5



> Fitness Centre for robots / P.9

EASTER CHILDREN'S FUN DAY

SATURDAY, APRIL 4th
 List of events on P.16
 Plus colouring contest

The Mall at Piccadilly
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FROM THE COVER

> Top photo shows the four adjudicators for this month's Shuswap Music Festival. More details shuswapfestival.com
 > Bottom photo show the rebuilt Eric Christmas Memorial benches before the finishing touch of benches. Thanks to Jen Bellhouse and her dedicated building crew for their hard work.



> Paul Derkach, recipient of the Star of Courage, is pictured to the right of Governor General Mary Simon and her husband Whit Fraser.

Recognized for bravery

Governor General Mary Simon presented medals of bravery to two Salmon Arm residents at Rideau Hall on Thursday morning.

Four more will be recognized for their response to the shooting at a local church just short of seven years ago.

Paul Derkach was one three Canadians to receive the Star of Courage at the ceremony, the second highest award for bravery in the nation. David Parmenter, son of the church elder who died in the shooting, received the Medal of Bravery.

James Honeyman, Linda Kendig, Shane Mattenley and Lavinia Taylor are also to receive medals of bravery later.

On April 14, 2019, a young man entered the church carrying a firearm and, shot Gordon Parmenter. The assailant fled the scene, then returned and shot the elder again, and also injured Paul Derkach, who was shielding the victim.

The five other recipients of the medals of bravery, including the victim's son, managed to disarm the perpetrator and restrain him until police arrived.

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	Psoriasis	

NO. 1391
FRIDAY AM
 APRIL 3, 2026
 April All 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) 3,200
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 ○ Friday AM acknowledges covering the Shuswap and sharing the lands on the traditional territory of the Secwepemc peoples.

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 Financial Planner

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We appreciate Pete's invaluable contributions to our team. He continues to serve the North Okanagan and Shuswap communities of Salmon Arm, Sicamous, Sorrento, Armstrong, Enderby, and Vernon.

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PAGE 3

AM

APRIL ALL MONTH



Seniors reflect over windows

A large turnout of Fifth Ave. 50 Plus Activity Centre members came out to debate the fate of the floor to ceiling windows at the southwest corner of the centre's auditorium.

Heat/cold during summer/winter; privacy and security; the fire door, and the condition of the 21-year-old windows were among the issues. The board studied three options - replacing windows, converting to a solid wall, or something in between.

Board members ended up voting at the AGM to remove the windows and build a solid wall. Strong opposition then followed and a petition of over 250 signatures was gathered. The petition was challenged by the Board president for containing several names of facility users who were not members.

Attendees were given two minutes each to express their views. Most spoke on keeping the windows or finding a compromise. ■

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Festivities

- > **Easter**, Sunday, April 5. Children's Party, Sat, Piccadilly Egg hunt, 1pm, Sat., Marionette Egg hunt, 11:30-1:30, Sun, Enderby
- > **Turtle Festival** - 10-2, April 11, White Lake Hall. A lake stewardship fundraiser.
- > **Shuswap Music Festival** - Apr. 8-May 1. shuswapfestival.com
- > **Earth Day - April 22** EARTH DAY CELEBRATION, April 25 at Ross Street Plaza. Co-hosted by Song Sparrow Hall, Downtown Salmon Arm and Shuswap Climate Action Society.
- > **Aero Model Show** - April 16 to 18, Piccadilly Mall.
- > **Volunteer Fair** - April 18 morning at library. More library /6
- > **Shuswap Trails Spring celebration** - featuring Skinny Leonard, 4-8 pm, June 6, South Canoe Trailhead. See 'Concerts'

Arts

- > **Salmon Arm Art Gallery** - A.R.E.N.A. Babies. Opening reception, 11-1, April 18 with remarks aby Scott Kwah and curator Erin Stodola at 11:30. Exhibit opens April 11.
- > **Cardiff Miller Art Warehouse** - 11-5, Sat., Sun, Enderby. cardiffmillerartwarehouse.ca
- > **Atelier Gallery** - 321 Hudson Featuring George Lesniewicz & Marc Bizustowsky landscapes
- > **Courtyard Gallery** - Enderby. March: Isabelle Gervais and Michelle Atkins
- > **Beauty of the Shuswap & Beyond** - Works by Lynne Flanders, 10-4, Apr. 11-20, 1660 20th St. SE

Concerts

- > **Shuswap Music Festival** -
 - **Strings**: 9-4 April 8, 9, St. Andrews Presbyterian & Small String Ensemble, 6 pm, April 9, Nexus at First
 - **Vocal**: April 14, 15, St. Andrews. Adult variety concert, 6pm, April 14
 - **Piano**: April 20, 21, 22 all day, Nexus at First. April 23 morning
 - **Bands**: April 14, 15, A.L. Fortune
 - **Gala Concert** - Best of the Fest, 7 pm, May 1, Nexus at First. shuswapfestival.com
- > **Celebrate Shuswap Dance Parties** - Song Sparrow Hall
 - **Jesse Roper**, April 18. Sold out. See celebrateshuswap.ca
 - > **SA Jazz**- 7pm, Nexus, donation
 - **Group du Jour**, April 9
 - **Sean Irvine & Liam Nadurak**, April 15 • **Back Pocket Quartet** with **Megan Abel**, April 23
 - **Jazz**, Lakeside Manor, 6:30, 3rd Tue.
- > **Existence Celebration** -
 - Comedy - Eddie Domino, poetry by Calvin White, music Lent/Nishihara duo, 7pm Apr. 9 at Vernon library.
 - > **Coffeehouse circuit**-
 - Grindrod, Apr. 3 • Carlin, Apr. 4
 - Sunnysbrae, Apr. 11 (dinner before)
 - Gleneden Hall, Apr. 18

live & dance

- > **Celebrate Shuswap** dance series, Jesse Roper, Apr. 18, Song Sparrow Hall
- > **SA Legion • Three Legends Show**, 7pm, April 4 - Memphis Rider - Elvis; Hello Darlin' - Conway Twitty and The Possum - George Jones. Tix at eventbrite.ca • Jam, Tues/Fri • Karaoke, Friday • Abba Euphoria, June 14
- > **Gleneden Hall** - Next dance, 7 pm, April 4 with Vic's Dance Band.
- > **Setters Pub** • Rockin' Horse, Apr. 10 • Karaoke Thur. • Trivia Tues: Tarantino 7th; Pokemon 14th; Indiana Jones 21st; Office 28th • Car show, May 31 with Dixie Fried • Speed dating, Apr. 11 (ages 35-55)
- > **Hideaway Pub** • Karaoke Thursdays.
- > **Canooligans** - John Michael Lind, Apr. 3 • Garret T. Willie, Apr. 15 • OK Dope Comedy, Apr. 18 • Caveman Casanova, May 1 • Freida Whales, May 2
- > **Marionette Winery** - Colin Walker & James Smith, 6 pm, Mar. 21.
- > **Enderby Legion** • Kelly Belanger, Apr. 11 • Vic's Dance Band, Apr. 25
- > **Solid Urban Studio** • Chilio & Gutter King, Milltown, 7:00, April 4.

- Enderby Seniors Complex, Apr. 17
- Eagle Bay & Silver Creek, Apr. 25
- **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.
- > **Friends in Song** - choral concert featuring the Serious Options Choir from Kamloops, plus our own Northern Lights Chamber Choir, 2 pm, April 18, Nexus at First. By donation. / 6
- > **Kamloops Symphony** -
 - **Infinite Bach** (next Salmon Arm concert), Apr. 19 at Nexus at First. Tix at kamloopssymphony.com / 6
- > **Small Hail Music Crawl** - **Ben Arsenault Band**, April 25, Carlin Hall. A laid-back musical look at human existence.
- > **Death, the Musical** - May 1, Gleneden Hall. Another music revue benefit from the Wildwood gang.
- > **Okanagan Symphony** - May 10, Vernon Performing Arts

- > **Men's Chorus** - 'Outlaws of the Shuswap, 7:30, May 6, Nexus at First. \$20 Pink Cherry or Shuswap Clothing
- 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'.
- > **Shuswap Trails Spring celebration** - featuring **Skinny Leonard**, a Lynryd Skynryd tribute band, 4-8 pm, June 6, South Canoe Trailhead. Food trucks & beverage garden. Also **A Million Dollars of Pennies**. Tix at eventbrite.ca
- > **Ennis Sisters** - 7:30, April 25, Song Sparrow Hall. Captivating family group from Nfld.
- > **Martin Harley** - 8 pm, May 9, Gleneden Hall. Captivating British singer/ slide guitarist.
- > **Roots & Blues** - July 24 to 26. Tix at www.rootsandblues.ca. Lineup will be announced on **April 8!**

Theatre

- > **Legally Blonde** - Musical, 6pm, May 29, 1 & 6 pm, May 30, 6 pm, June 1, 2, 3, SAS Sullivan & Alice in Wonderland, week after.
- > **Anastasia** - April 17-19, Jackson Secondary.
- > **The Book of Will** - April 24 to May 10, Shuswap Theatre.

Sports

- > **Silverbacks - Round 1**
 - #1 & 2: Apr. 3 & 4 in Trail
 - #3 & 4: 6 pm, Apr. 7 & 8 at home
 - #5: Apr. 10 in Trail
 - #6: 4 pm, Apr. 12 at home
- ☐ More Sports on page 13

at the movies

- > **SALMAR GRAND**
 - **To April 9** • salmartheatre.com
 - **Ready or Not 2; Here I come.** ends Thursday. at 6:50. Grace has one last chance to survive. *Opening 6:50, Wednesday:*
 - **The Super Mario Galaxy Movie.** 2:00 & 1:30 Fri- Mon; 6:30 & 6:50 nightly. Luigi and Mario face a fresh threat as they travel across the stars to stop the young heir's crusade. (G violence)
 - Continuing another week:*
 - **Hoppers.** 1:30 Fri-Mon, 6:40 nightly. 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 Fri- Mon, 6:20 nightly. A science teacher wakes up alone on a spaceship light-years from Earth. (G violence)

FILM SOCIETY • shuswapfilm.net

- **Miroirs No. 3** (Ger) 4:00, April 4 . Aftermath of car accident that kills one, and spares other. A haunting psychodrama explores themes of trauma, grief and human connection. (PG)
- **Rosemead** (US) 4:00, April 11. Ailing mother forced to make impossible choices to protect son
- **DJ Ahmet** (Macedonia), 4:00, April 18. Modern dance music transforms Ahmet and friends from life in their conservative rural village. (PG)
- **Jimpa** (Australia), 4:00, April 25. The loves and challenges of a three generation queer family (PG)
- **The History of Sound** (US), May 2. A talented young singer's musical journey from 1917 to 1930s taking him to Boston Music Conservatory, remote Main and across Europe. (PG)

LIVE from N.Y. MET OPERA

- Tchaikovsky's **Eugene Onegin**, 9:55 am, May 2.
- **El Último Sueño de Frida y Diego**, May 30

city lights

- **vernon • ticketseller.ca**
 - **Creekside (C)** • Performing Arts (P)
 - **In the Spotlight dance**, Apr. 3 (P)
 - **Legacy of Lightfoot**, Apr. 3 (C)
 - **Morgan Toney**, Apr. 3 (Jazz club)
 - **Dehli 2 Dublin**, Apr. 8 (C)
 - **Simply Queen**, Apr. 9 (C)
 - **American rock legends**, Apr. 10 (C)
 - **Said the Whale**, Apr. 12 (C)
 - **Tango Fantasia**, Apr. 16 (P)
 - **Darby Mills Story**, Apr. 12 (P)
 - **Michael Kaeshammer**, Apr. 18 (P), Apr. 19 (C)
- **Kelowna** -
 - **Guys and T Dolls**, April 22
 - **Bonnie Rait**, June 19 • **Weird AI**, Sept.2
- **Vancouver** -
 - **Canucks home**, April 4, 7, 14.
 - **World Cup tickets on sale**

You're Invited

- > **Shuswap Photo Arts Club** - Presentation by Cranbrook based wildlife photographer Martin Ross, 7 pm April 13, Fifth Ave. 50Plus Centre. Guest admission by donation.
 - > **Library events, next page** ▶▶▶
 - > **Neighbourhood Welcome** will be set up at Piccadilly Mall in front of Touch a Texas, 10-2 pm, April 4, during Easter event.
 - > **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.
 - > **Toastmasters**, 7 pm, Thurs., Okanagan College.
 - > **Health-Care Aux** 1:30, 3rd Tues, Piccadilly.
 - > **Multi-faith Devotional**, 1 pm, April 12, Piccadilly Mall board room. Bring your prayers for the departed. 250-804-8657.
 - > **Peace n' Pizza**, 5:30, First Community. (3rd Fri., by donation). April 17 speaker: Dr. Aref Tabarsi – nexus of Persia, Pathology, Civility, Faith, Peace and Unity. A monthly event to build humanity through story-telling and dining conversation. See peacebuilders.world.
 - > **Shuswap Writers Group** (SWG) meets 11 am, 1st/ 3rd Wed. Picadilly Mall board room; Coffeehouse, 2-4 pm, 4th Fridays, First Community, 4th St. ent. \$5 Shuswapwritersgroup.weebly.com
 - > **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.
 - > **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, and sometimes night
 - > **CSRD**, 9:30, 3rd Thursdays. > **SD83**, 6:00, 3rd Tuesdays.
 - > **Downtown Market**, Sat. mornings Ross plaza.
 - > **Youth Drop-in**, 2-6 pm, Tues-Fri, Family Centre, 681 Marine Pk.
 - > **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.
 - > **Charity Shred Day**, 11 to 2, May 2, Uptown SASCU. Pre-purchase a bag holding 35 lbs of paper available for \$25 with \$18 tax receipt) at Hospital foundation table at Piccadilly or call Foundation office 250-803-4546.
 - > **Guided meditations**, 7 pm, Thur. United Church (Enter off 4th St.)
 - > **LobsterFest**, May 30, Rec. Centre. Hosted by Daybreak Rotary
- ☐ Email events to fridayam@shaw.ca

Quite exciting, actually

The Word on the Lake Writers' Festival will be held May 15 to 17 and the list of presenters is quite exciting!

■ **Gail Anderson Dargatz's** internationally bestselling novels *The Cure for Death*

by *Lightning* and *A Recipe for Bees* were both short-listed for the Giller Prize. Her thrillers *The Almost Wife* and *The Almost Widow* were national bestsellers, the latter short-listed for Best Crime Novel Set in Canada. Her next novel, *The Atlas Keeper*, will be released by in fall 2026. Gail also writes hi-lo books for the educational market.

■ **Jill Barber** is a three-time Juno nominated singer-songwriter, and Certified Gold recording artist, with an unforgettable voice. Her critically acclaimed repertoire spans the spectrum from folk, to vocal jazz, to pop, and includes songs in both French and English.

Her songs have been featured in film and TV, scoring shows such as *Orange Is The New Black*, *The L Word*, and *Heartland*, as well as a Chrysler ad campaign with the track 'Never Quit Loving You.' She has two children's books to her credit, *Baby's Lullaby* and *Music is for Everyone*, and the forthcoming picture book, *That Time of Year*.

■ **Andrew Buckley** is a storyteller, educator and keynote speaker with over 20 years experience in cre-

THE WRITE STUFF



M.D. Jackson

ative writing and marketing. His humorous and satirical writing style persists despite polite requests to stop, as he creates engaging specu-

lative fiction across traditional and self-publishing platforms. Known for his distinctive voice that seamlessly blends humour with compelling narratives,

His multiple platforms include novels, comic books, screenplays, podcasts and immersive story-telling experiences. Buckley's *Deadly Dinner Parties* interactive mystery series is designed to bring murder, intrigue and laughs to your dining room table.

■ **Dr. Finnian Burnett's** writings explore the mess of human identity, gender, bodies= and mental health. His work appears in *Writer's Digest*, *Geist*, *CBC Books* and *Pulp Literature*. The first novel-la-in-flash, *The Clothes Make the Man*, shortlisted for the Bath NIF prize and subsequent novel-la-in-flash, *The Price of Cookies* and *Redshirts Sometimes Survive*, are available from *Off Topic Publishing*. Finnian is a writing coach, mentor, educator and all around champion for emerging voices. ■

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

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READING ROOM

by Melanie Wilke, Reference Librarian

GARDENING AT THE LIBRARY

Spring is arriving and the Salmon Arm branch of Okanagan Regional Library is ready! Join us for our new **Gardening Group**, 10 am, Saturday, April 25. This group of green thumbs (and aspiring green thumbs) will be meeting monthly to share knowledge, swap seeds and connect with the local gardening community.

In addition to this new gardening group, we will also be hosting our **Spring Seedling Swap** 10 to 1, Saturday, May 2. If you have extra potted plants, seedlings, seeds, or cuttings, you can drop off labelled items and swap them for new green goodies. As April also brings **Earth Day**, we are hosting a month-long **Environmental Action Challenge**. Pick up a tracker at the library or print one from our online calendar, fill it out, and return by the end of April to be entered in the prize draw.

The library has so many opportunities to learn new things. For those of you who love to cook, we have started the **Cookbook Club**. The group will meet 10 am, Saturday, April 18. Everyone will cook a favourite dish at home (or a new to you, from a favourite cookbook), bring it in for a potluck and vote on the tastiest dish. We are looking forward to lots of discussion about recipes and cooking. Please register for this program, so we know how many people to expect.

If cooking isn't your thing, perhaps you are interested in learning more about computers. We are partnering with the Literacy Alliance of the Shuswap Society (LASS) for monthly **tech workshops**. April's workshop is all about using the free **Canva program**. If you want to make professional looking posters and cards, join us 10:30, Monday, April 13 and try out this great resource.

Do you want to explore volunteer opportunities in Salmon Arm? **Shuswap Immigrant Services Society** is hosting a **Volunteer Fair** at the library from 10:30 to noon, Saturday, April 18. Come and learn about the various volunteer groups and see if there might be one for you to join.

The libraries will be closed for Easter, Friday, April 3 and re-opening Tuesday. To avoid books piling up and getting damaged, we will be locking our book drops for the weekend, so please hold on to your books. Just because our doors are closed though, doesn't mean you can't access our digital resources. Check out the **Libby App** for great e-reading material, or if you are going to snuggle up on the sofa for a movie, your library card offers thousands of interesting films on **Kanopy Streaming Films**. ■

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Timeless genius of J. S. Bach

This month's offering by Kamloops Symphony moves from the fiery pulse of Argentinian-inspired rhythms to the timeless genius of J.S. Bach, reimagined for today.

At its core, "Infinite Bach Re-composed" is where familiar masterpieces are transformed through a modern lens, revealing new colours, textures, and emotional depth while remaining deeply connected to their Baroque roots.

The concert, featuring violinist and leader Marie Bégin, will take place 3 pm, April 19 at Nexus at First.

Bach composed four solo violin concertos, but only two, BWV1041 and BWV1042, are known and played regularly. The other two, BWV1052R and BWV1056R, are both reconstructions of works we know existed, but only the keyboard versions are still available in their entirety.

Swedish composer Johan Ullén created a groundbreaking reinterpretation of J.S. Bach's four violin concertos, titled "Infinite Bach" that has captured listeners worldwide. Since its release in December 2021, the album has amassed over 4 million streams across various music platforms cementing its place as a modern classical masterpiece.

His innovative approach transforms Bach's original scores into a mesmerizing tapestry of sound. The composer skilfully weaves modern aesthetics and minimalist elements in the fabric of Bach's timeless compositions, creating a unique sonic landscape that both honours and reimagines the Baroque master's work.

"Infinite Bach" explores the expansion of musical time allowing listeners to linger in those fleeting, cherished moments that often pass too quickly in classical pieces. By extending and elaborating on specific passages, Ullén invites the audience to immerse themselves more deeply in the emotional core

CLASSICAL
VIBE



Gabriele Klein

of Bach's music that bridges centuries, boldly, brilliantly and without compromise.

Julie Bégin, the soloist and leader was named on

CBC's "30 Hot Canadian Classical Musicians under 30" in 2020. She has performed in recitals in

Canada, the United States, Europe, and China and was soloist with the Stuttgart Chamber Orchestra, the National Arts Center Orchestra of Ottawa among many others.

Julie is a passionate chamber player who collaborates with renowned artists, and also forms a duo with pianist Samuel Blanchette-Gagnon with whom she recorded an album released 2021.

Marie Bégin was chosen among the 13 semi-finalists in the 2021 Shanghai Isaac Stern International Violin Competition and has played in several major international competitions winning prizes in Switzerland, France, Germany and Italy.

As a personal note and a lover of Bach's music, my curiosity led me to listen to a couple of movements. I can attest to the music lingering on beautiful passages that I know and love. I was mesmerized and cannot wait for April 19.

This music captures the essence of Bach in a modern light, without losing any of the original genius in how Bach captured the beauty of life.

Also, on Saturday, April 18 at 2 pm Nexus at First brings us another musical delight-- "Friends in Song"--a choral concert featuring the Serious Options Choir from Kamloops and our own Northern Lights Chamber Choir as they come together to celebrate our spring season in song. Admission is by donation. ■

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



48 hours without complaining

Complaining may feel harmless or even justified, but when repeated, it quietly trains the brain to focus on what is wrong.

Through neuroplasticity, the brain strengthens whatever thought patterns we use most. According to the principle often summarized as “neurons that fire together, wire together”. Frequent negative thoughts create mental shortcuts toward pessimism. Over time, this makes it harder to think clearly, solve problems and make good decisions.

Chronic complaining has real effects on the brain and body. Research suggests that frequent complaining, or even prolonged exposure to others’ complaining, can negatively affect the hippocampus, the brain region responsible for memory, learning, and problem-solving.

It also triggers the release of cortisol, the body’s primary stress hormone. Persistently elevated cortisol weakens the immune system, disrupts sleep, raises blood pressure, increases the risk of heart disease and obesity, and contributes to anxiety and depression.

The impact extends beyond biology. Habitual negativity lowers life satisfaction, damages relationships, and reduces productivity. People naturally

Mental Health Matters

Denise Butler

distance themselves from chronic complainers, which can reinforce isolation, stress, and poor mental health creating a self-perpetuating cycle.

Most people complain far more than they realize. It often becomes automatic, as effortless as breathing.

That is why the challenge is simple but difficult: go 48 hours without complaining at all. No grumbling, eye-rolling, sighing or subtle negativity.

Before starting, identify your most common triggers - traffic, work, money, politics, family, your body, the past or future...

Complaining trains the brain to ask, “What’s wrong?” Removing it prompts a new question: “What can I do about this?”

After 48 complaint-free hours, many changes emerge. You become more aware of your words and reactions.

Gratitude grows. Small wins accumulate. Stress decreases. Problems feel lighter. You respond instead of reacting. Conversations become calmer. Relationships improve. Your energy and patience shift.

The world does not suddenly become perfect but you become different, and that difference changes how you experience everything. ■



> Above left: Phedra Moon Morris, a top diplomat with the Canadian Development International Agency, recently arranged Prime Minister Carney’s trip to India. She is Salmon Arm born and raised, and daughter to Vivian and Duncan Morris. > Above right: Phaedra Idzan is pictured with newly elected NDP leader Avi Lewis at the convention in Winnipeg. Sadly, his famous father, Stephen Lewis passed away this week.

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Invites members and the public to attend its **Annual General Meeting**
4:30 pm, April 22
Innovation Centre Boardroom upstairs
220 Shuswap ST NE

Join us to hear about the past year’s achievements, future plans, and opportunities to get involved in our growing creative community.
Everyone is welcome!

Dental care and education

By Liz-Ann Munro Lamarre

The Smile People Dental Hygiene Clinic served the Shuswap for over 15 years, focussing on prevention, education and long-term stability.



Dental Hygiene Week

It was on a simple, often overlooked principle: The need for restorative dental treatment may represent a failure of prevention.

Care was provided across the life span – young children to seniors – and aimed to lower barriers to access to care whether from fear, physical or financial causes.

The clinic was founded on the

belief that long-term oral stability depends on equipping individuals with the knowledge, tools, and structured support required to maintain their

health over time. Its work centered on prevention, continuity, and measurable improvement – not episodic intervention.

Care was provided across the lifespan, with particular attention to barriers to access, including financial limitations, dental anxiety, disability, and geographic or systemic constraints.

□ Continued on page 12

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MisMack Clean Cosmetics The Next Chapter...



Missy MacKintosh's MisMack took the next step in her unique company's business plan. She signed the lease for a 1,600 square foot space on 5th Street SW.

"What makes this moment even more special is that we are sharing it with our skincare manufacturer," said Missy. "Two women owned businesses building side by side, believing in what we are creating together."

She credits being two years ahead of MisMack's original business plan to the support received from Pharmasave and the partnership with the Winnipeg Blue Bombers in first promoting the company's toxic free eye block.



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FUN WITH GOOGLE STREETVIEW



> One of the many fun things about Google streetview is how you can travel anywhere around the world for free. Another fun feature is going back in time as far as 2007 to view the changes in Salmon Arm. Above is Alexander Street before the Treble Clef and after it was completed.



> This is the evolution from Dairy Queen to the Royal Wok. Streetview did not capture the short time it was "Fishy Eats", but there was a time it was the Bear Foot Burger House.



> On left is the once vacant parcel between the two underpasses across from RCMP and Comfort Inn. It is now fully occupied with two large buildings containing three clinics, a second floor of offices, four ground floor shop spaces and five two-storey apartments.



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LET ME GUIDE YOU HOME!

THE A. McGuirer

April 1st, 2026*

* Read with care and humour



Fitness centre for robots opens / 17



> 60 minutes on this pedal generator powers a home for 24 hours.

Self-generating energy pilot for Tuning Fork subdivision

Heat and electricity is going to be generated by people power for 40 homes in Salmon Arm's Tuning Fork subdivision on 22nd and 23rd Streets NE.

BC Hydro is set to begin this unique state-of-the-art system for converting human energy to electricity on April 1st.

Project engineer Peter Moss is confident that residents in Tuning Fork will generate

more than enough energy to meet all their needs, including during sleeping and cooking hours. "The cardio workouts that will be required will also serve a great bonus for families wishing to stay fit," added Moss.

He said BC Hydro plans to install supplementary human generators at the nearby Recreation Centre gym to provide enough electricity for Tuning Forkers over 75. ■

'Wokenoggin' course offered at Okanagan College

Hundreds of people from south of the border - as well as BC and Alberta - are registering for a new course aimed at reversing the effects of over ten years of MAGA influence.

The Wokenoggin curriculum to be offered at the Salmon Arm campus this Fall outlines three main objectives, shown below:

- History is inherently good, not to be buried and forgotten. There are lessons to be learned from uncomfortable truths so people can move forward and not repeat the same mistakes.
- Empathy is inherently good and not a sign of weakness. It opens up minds to the struggles and experiences of neighbours and folks from other places and be friends, not enemies.
- A mixed ideology is inherently good, rather than dogma run

by a small powerful group controlling the economy, politics, law and media. Services like universal health care should be seen as a right, not a bankrupter and threat to an elite group of profiteers.

The above piece is a fake story that contains a giant nugget of truth. It is going to take a lot of convincing to move populations away from the of harmful negativism and hate mongering that has exploded on the scene in recent years..

Note: I have been writing April Fools spoofs for over 40 years. There are so many absurd and unbelievable stories happening in real time that it is making it harder and harder to come up with absurd and unbelievable stories that are believable as spoofs.

Wokenoggin! Wake up and open up our noggins a bit. ■



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HEALTHY AND HAPPY

Topics concerning our health seem to crop up more and more as we progress along this journey of getting old. When joining friends at coffee time, playing cards or just having a casual visit the topic of health always seems to arise.

It is not necessarily a morbid issue and at times quite hilarious. The best way to deal with serious issues is to see the humorous side and try to make light of it. It is not always easy.

There are two main things that affect health and both are equally important. One is heredity and the other is what we eat. We cannot do much about where we came from, but we can certainly do something about what we eat. We are what we eat, the old saying goes. George Bernard Shaw once said there is no love more sincere than the love of food.

In our modern affluent society we do not have to "eat to live", so we indulge ourselves and "love to eat". Loving what we eat is okay if it is the right stuff.

If you enjoy good health you are blessed and should value it next to a clear conscience. Robust health is a blessing that money cannot buy.

We all heard the phrase, "if I knew I was going to live this long I would have taken better care of myself". I once heard someone ask a wise man "when is the best time to plant a tree?" and he responded "20 years ago" so he asked "when is the second best time?" and the response "today".

So it goes with our health. The best time to think about our health was probably many years ago when we were in our prime. It is infinitely easier to maintain good health then it is to repair our health when it has deteriorated because of poor care. That being said, it is never too late, like planting a tree.

I have my own ideas as to what constitutes good health and how to maintain it. I am now in my 88th year and enjoy reasonable robust health. That is to say I am not some kind of superman nor do I have all the answers. However, I do have something to say.

In my opinion, one of the most important things to do is maintain consistency. It is important to strive to have our meals on time and the same time each day. Breakfast at 7, noon day meal 12, the evening meal at 5 or 6, and very little to snack on in the evenings.

I know that it is not always easy to maintain this but at least I try.

The second best thing I can do is to get those all important eight hours of sleep. It is pretty tough to do all the time as things crop up. We all have troubles with things on our mind that interfere with good sleep.

The only thing we can do is to forgive us our troubled conscience and give ourselves a break.

There is much available about how to live a good and healthy life. There are doctors, physicians, psychiatrists, psychologists and all sorts of learned people who have all the answers, but the two biggest sellers in any book store are the cook books and diet books. The cook books tell you how to prepare the food and the diet books tell you how not to eat any of it. Happy Easter, my friends. ■

□ Ed Campbell is a happy and active local senior.

MY TWO CENTS



Ed Campbell

LIFE IN THE SLOW LANE & THE PENDULUM SWINGS



I do miss my Tuesday afternoon walks with the late Les Ellenor. I know he would have had something witty to say about these two geese overseeing the trains and lake from this roof above Harbourfront Drive.

When I returned home from a little walk this afternoon, I stepped into my apartment and the first thing I always see is the beautiful old Pendulum clock that Les wanted me to have. I love its quiet westminster chimes keeping the time.

I had not spoken to his wife, Joan since she moved to her daughter's on the Island, so she was glad to hear from me today. She misses her Salmon Arm family very much. Joan said she loves viewing the church services online, and is delighted when friends give her a little pinkie greeting into the camera as they go by.



This month-old cartoon by Duncan Morris is already "one invasion ago". Operation Absolute Resolve's capture of Venezuelan President Nicolás Maduro is now old news. Trump moving to Operation Epic Fury's killed Iran Supreme Leader Ali Khamenei and has now drawn in other Mideast nations and shut down much of the world's oil supply. Meanwhile, Trump is setting his sights on regime change in Cuba as well. The world is getting mighty weary.

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LIKE OIL AND WATER

The metaphor, of course, means diametrically opposed ideas or personalities, and it occurs to me that it can both be figurative and literal in the case of what's happening in the Persian Gulf at the moment between the United States and Iran.

The tendency is to think this war, or skirmish, or operation, or whatever the White House is calling it today, is about oil. What instead, would the narrative be if it were as much about water? And where does that leave Canada, as the world's largest freshwater reserve in the world?

All the Middle East countries, including Iran, are facing catastrophic water shortages. And while oil might fuel the regions' economies, the truth is that water is essential to population survival. When news came yesterday that a threat was made against desalination plants, a clear violation of the Geneva Convention, I felt a sense of deep despair for what's ahead.

There are hundreds of desalination plants in the Middle East, to operate, they also need power. If they are damaged or destroyed, it could lead to mass evacuations and further, more devastating outcomes, not just for Iran, but for the entire region and the rest of the world.

Yet another metaphor comes to mind now, not a metaphor so much as a law of physics. For every action, there is an equal and opposite reaction. Suddenly, the Strait of Hormuz, which was threatened with full closure (also an international law violation), has now allowed some Chinese ships through and is actively negotiating tolls for safe passage. Some of these freighters can hold between two and three million barrels of oil. With the toll reportedly as high as \$2 million per ship, and an annual traffic of approximately 3,000 tankers per year, that's \$6

NOTES FROM THE MARGIN



Louise Wallace Richmond

billion in revenue for Iran.

The paradox of the economic superpower of war leaves me in despair. But don't just take my word for it.

Consider this quote from a news site called *The Conversation* by Associate Professor Junaid B. Jahangir at MacEwen University in Edmonton.

"...large oil companies don't gain much by the production of oil; it's the exercise of power and war that benefits them. Energy conflicts like the 1991 Gulf War or the ongoing war in Iran, which reflect control or disruption of resources, are followed by above-average returns of leading oil companies. In other words, both the military industrial complex and Big Oil profit from war."

So now to the last question. What does this mean for us, as the world's hewers of wood and drawers of water, an oft quoted and still relatively apt description of our own economic situation in Canada? Caution, I suspect. While it's not "our" war, we need to recognize where we fit in the global picture.

Our bountiful natural resources are well known to the rest of the world. Their preservation, protection, and efficient deployment must be taken up with even greater discipline, strategy and rationale with a view to making Canada safer and more secure, and the world, at the very least, less dangerous.

Where lies the path to peaceful prosperity? I don't pretend to know. I do, however, profess, we need to find it.

As always, thanks for reading. ■

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



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Smile after 15 years of dental service

Continued from page 7

Over time, distinct access models were developed, including:

- monthly oral health accounts to distribute the cost of care over time

Dental Hygiene Week

- employer-supported care models focussed on services delivered rather than insurance structures

- low-barrier and no-cost initiatives for underserved individuals.

The clinic also engaged regulatory processes related to preventive care access and interim stabilization when immediate dental treatment was not feasible.

What distinguished this practice was continuity. Patients were supported over years, often moving from instability to long-term health

The Smile People did not operate within a system designed to fully support this model. Nevertheless, it remained a consistent point of preventive care and education in the community for over 15 years.

Its closure marks the completion of a defined body of work. Its impact remains in the people who now carry forward what they learned — and in the standard of preventive care that was demonstrated to be possible.

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WEATHER SYNOPSIS

Sunny Easter weekend. High to +17. Overnight low to +1
Normal: +6 C to -3 C
Sunrise 6:37 • Sunset 5:42
Past Temps, March 18 to 31
By weather reporter Nick Parsons
SW Gleneden, 458 m (119 m above lake):

DATE	HIGH	LOW	PRECIP.
Mar. 18	+18	+3	
Mar. 19	+14	+9	

DATE	HIGH	LOW	PRECIP.
Mar. 20	+18	+7	
Mar. 21	+9	+4	1/8" rn.
Mar. 22	+12	-1	3/8" rn
Mar. 23	+11	-1	
Mar. 24	+8	+3	
Mar. 25	+12	+5	
Mar. 26	+11	+2	
Mar. 27	+7	0	
Mar. 28	+9	0	
Mar. 29	+10	-1	
Mar. 30	+7	-2	
Mar. 31	+10	-3	

> **Month of March:**
 Mean average high 8.4C • Mean average low 0.8C
 Total rainfall 2 3/16". Lake rise of 24" since winter low

PASSAGES LEGACY LIVES ON

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- ❖ Ronald Aubert
March 3, 2026, at age 98
1 pm, May 10, Bowers
- ❖ Margaret 'Lyn' Bittner
March 21, 2026, at age 83
- ❖ Maxine Rosena Codd
March 20, 2026, at age 92
- ❖ Eugene Edward Dionne
March 6, 2026, at age 83
3 pm, June 3, First United
- ❖ Dorothy Margaret Hyland
March 16, 2026, at age 90
- ❖ Robert 'Rob' LeDuc
March 20, 2026, at age 78
- ❖ David 'Bruce' Mitchell
March 17, 2026, at age 85
- ❖ Peter 'Perry' Edward Phillips
November 11, 2026, at age 66
1 pm, April 18 Elks Hall
- ❖ Eileen Whitehead
March 12, 2026, at age 92
3pm, July 18, Sicamous

- ❖ Lawrence Dean Hill
February 26, 2026, at age 78
- ❖ John Kelder
March 14, 2026, at age 93
1pm, May 18, Shuswap Community Church
- ❖ Frank Klimczak
March 22, 2026, at age 94
- ❖ Siliias Ronald Johnny-Kosowan
March 11, 2026, three months
- ❖ Scott William Magri
March 26, 2026, at age 57
- ❖ Barbara Audrey Schmode
March 25, 2026, at age 86
- ❖ Wendy McLeod-Sheppard
March 23, 2026, at age 75
- ❖ Paul Wist
March 15, 2026, at age 83
- ❖ Geneva May McLean
March 14, 2026, at age 85
May 30, First United Church
- ❖ Zetta Jean Storey
March 28, 2026, at age 79
❖ ❖ ❖

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- ❖ James 'Jamie' Joseph Adair
March 13, 2026, at age 37
- ❖ Michael William Calhoun
March 24, 2026, at age 80
- ❖ Lois (Laitinen) Cunningham
March 7, 2026, at age 91
2 pm, May 2, First United
- ❖ Paulette Sylvia Goddu
March 25, 2026, at age 73

- ❖ Stephen Lewis, 88, Ontario NDP leader and MPP; Ambassador to UN; special envoy for HIV/AIDS in Africa.
- ❖ Dash Crofts, 87 of Seals & Crofts. Wrote *Summer Breeze*
- ❖ Chip Taylor wrote *Angel of the Morning and Wild Thing*
- ❖ Robert Mueller, 81, FBI director, author *Mueller Report on Russian interference*

Peter 'Perry' Edward Phillips

❖ July 11, 1959 - Nov. 11, 2025

A Celebration of Perry's Life will be held on Saturday, April 18th, at 1 pm at the Elks Hall (3690 - 30th St NE, Salmon Arm). Capreece Bowers will be officiating the celebration. If anyone would like to say a few words or share a memory, please e-mail Capreece: capreece@capreecebowers.com



SPORT SPOT

Silverbacks Round 1 vs. Trail

> **SILVERBACKS Round 1 series starts April 3 in Trail.**
#1 & 2 in Trail, 7 pm, Apr. 3, 4 • #3 & 4 at home, 6pm, Apr. 7, 8
#5* in Trail, 7 pm, Apr. 10 • #6* at home, 4 pm, Apr. 12
#7* in Trail, 7 pm, Apr. 14 * if necessary

Other BCHL series: Prince George vs. Langley • Chilliwack vs. Coquitlam
 • Cowichan Valley vs. Victoria • Nanaimo vs. Alberni • Brooks vs. Spruce Grove • Blackfalds vs. Sherwood Park • West Kelowna vs. Cranbrook

Final standing for season: 22 W • 26 L • 4 OTL, 2 SOL • 50 pts
Interior West: W. Kel. 83 • Trail 61 • SA 50 • Cran. 46 • Vernon 37
Ist other divisions: Prince George 69 • Cowichan 79 • Brooks 80
• Scores: • Mar. 28: SA 4, Brooks 3 OT • Mar. 27: Brooks 6, SA 2;
 Mar. 22: Spruce Grove 6, SA 3; Mar. 20: Spruce Grove 4, SA 3
• Graduating players: Luke Lepper, Tanner Walos, Scott Miner, Aidan Shirey, Anthony Cardilli, Brady Craik, Keifer Miller, Daniel Dirracolo
 ○ ○ ○

> **Summer Gear Swap** - April 11, Gathering Place: 8-10:30, drop off; 11-2 sale. See ad on page 15.

> **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

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

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

> **Bowling registrations** - lakeside-bowling.ca

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

> **Ultimate frisbee** - free "Learn to Play" for youth and adults of all skill levels, 4:30, April 12, Blackburn Turf field. Register at shuswapultimate.ca Spring League, 6 pm Tuesdays, starting April 21 on the Little Mountain field. (Cost \$30)

> **Thrash Wrestling 'Gut Check'**, April 10, SA Recreation Centre.

> **Tennis** • Book at clubspark.ca • April events, AGM & Tournament

> **Bubbles & Bunnies Swim party**, 2-4, April 5.

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FUN GUIDE
 Spring 2026

Spring Fun Guide is now in print and online.

325 ALEX

Season 2, Episode 26

Serial by Shawn L. Bird

Lester was helping a customer at the counter when a young man wearing a torn jean jacket over a grey hoodie came in. "I'll be with you in a moment," Lester called.

The young man grunted, adjusted the hood over his face, and strolled down the far aisle, pausing now and then to pick something up and then set it back down.

Lester could feel the kid's nervous energy wafting across the store.

His customer thanked him, as she pushed out the door.

"What can I do for you?" Lester asked the young man.

The kid looked away, pulling his face deeper into his hood. "Nothing," he mumbled.

Lester tapped the button on his camera glasses, and stepped in front of the kid, blocking the door. "Mind emptying your pockets, please?"

The kid straightened up, "I'm not a thief!"

"Prove it. Pockets."

The kid glowered, but reached into his jeans and tugged out the inner lining. "See?"

"Jacket?"

The kid pulled it open, spinning slowly on the spot, denim outstretched like wings. "Happy?" he snarled, still averting his eyes.

"I don't think so. I know you are up to something." Lester opened the door, and shoed the kid out. "Don't come back in here, again."

"Like I'd want anything from your crappy store," the kid said, deliberately casual until he was out on the side walk, and then he sprinted to the corner and turned up Hudson.

Lester sighed and stepped back into the store, sniffing at the acrid sting in his nostrils. "What the heck?" he muttered as he saw the brownish smoke curling in the corner of his store. Another bomb!

Then he checked himself, gagging at the sulphurous reek.

He grabbed the fire extinguisher and ran to the back corner. He sprayed the source of the smoke: a small vial.

Desdemona pushed open the door to the store. "Hey, Lester, do you have..." her voice choked off as she caught the scent. "Oh man, what happened?"

"Some punk left me a present," Lester waved at the vial.

"You'd better call the police," said Desdemona.

"This is just a prank."

"No," she said staring intently at him. "You are experiencing serious harassment, and it's affecting everyone in the building. It might just be smoke and stink, rather than explosions, so far, but it's got to stop. You need to report it."

Lester shrugged.

"I've got a fan," she said. "I'll go get it, shall I?" ■

☐ Read the next episode of 325 Alex in the April mid-month edition of Friday AM. Read about the author at shawnbird.com



Ways to make life easier

There's a point where life does not necessarily get slower—it just gets... different.

The things that used to feel easy might take more time, now. The home that once worked perfectly might now feel a little less convenient. And if you're living on your own, every small task falls to you.

The good news? Making life easier doesn't necessarily require a big budget or a major overhaul. Often, it's the small, thoughtful changes that make the biggest difference.

Here are ten simple ways to ease the day-to-day—without spending a lot of money or energy.

1. Lighten the load at home
You don't have to tackle the whole house. Start with one drawer, one shelf, one small space. Let go of what you no longer use or need. Less stuff means less to clean, less to manage, and more room to move comfortably.

2. Rethink where you store things
Take a look at what you use every day. Are you bending, reaching, or climbing to get it? Move those items to where they're easy to access—between waist and shoulder height. It's a simple change that can prevent strain and make daily routines smoother.

3. Improve your lighting
Good lighting is one of the most overlooked ways to make life easier. A brighter bulb in the kitchen, a lamp beside your chair, or better light in the hallway can reduce eye strain and help you feel more secure moving around your home.

4. Make bedroom work for you
Your bedroom should be a place of ease, not effort. Simplify your bedding so it's easier to make the bed. Keep a clear path to the

DESIGN DILEMMAS

Linda Erlam



bathroom. Add a small lamp and spot for your glasses, book, or phone so everything is within reach.

5. Simplify your wardrobe. If you're constantly sorting clothes that don't fit or feel right, it adds unnecessary stress. Keep what you actually wear and feel good in. A smaller, reliable wardrobe makes getting dressed quicker and easier.

6. Create a simple drop zone
A small bowl or tray by the door for keys, glasses, and mail can save a lot of frustration. When everything has a place, you're not spending time searching—or worrying—about where things are.

7. Reduce heavy lifting
Look for ways to make everyday tasks lighter. Divide groceries into smaller bags. Store items in smaller containers. Use a wheeled cart for laundry or heavier loads. There's no reason to carry more than you need to.

8. Make cleaning manageable—not perfect
A clean home doesn't have to mean an exhausting day of work. Use lighter tools if you can. Break cleaning into short sessions. And, most importantly, let go of the idea that everything has to be perfect all the time.

9. Create a comfortable place to land. Think about where you spend your time. A comfy chair, a small table, good lighting, and a cozy throw can turn an ordinary spot into a place you truly enjoy. Comfort matters more than ever.

10. Give yourself permission to make it easier
This may be the most important one. You don't have to do things the way you always have. Choosing what's easier, more comfortable, or more practical isn't "giving up"—it's being smart about how you live.

If you're not sure where to start, pick just one thing this week. Clear a drawer. Add a lamp. Set a bowl by the door. Small changes have a way of adding up—and before long, life just feels a little more manageable.

☐ If you have design or issues, or ideas for a future column, email linda@designsewlutions.ca or visit designsewlutions.ca



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93.7 FM

For info & programming voiceoftheshuswap.ca

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Friendly, efficient service
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WORD SEARCH

Provinces of Iran

FWSKQDINGLQEEYBBTCBJAUMTEHRANT
 UAWEXBFSITZACXRKERMANTSMNPYCKG
 ULDKMZTELRPLZWFLFTRHTJZAVKUHNS
 SPOYKNYWANDHSVJYZMZWLH ZMVLVEB
 WQVRMHAANBSNQHINIMCMCIHAHSIDXY
 FOOGEAONZAGNAFTNZQWYJHWNJIGAGD
 TMRARSRRPDSOUTHKORASANFDDSOQBO
 YHSNAGTKAGPEASTAZERBAIJANTLJAT
 EIOXAHJAASYQLBZSVMBSBKYRBAELKS
 HRKQXJOSNZAMTNNHKAGSUVMVVAUNSOHV
 AAQUKEIROTINTALJEOUJSRPNJHTNTK
 MNRTROOTMNUOLWRWTRTWGHDROAKIJ
 AYAUWDHUNOZATDRZXFMUQTEZIBNCAQ
 DRZWPAGIVEZAMRTMWVSIALQEHXHETRI
 ATAASLNSIOKGVDDWUTNDNYFMRXIKIA
 NCVLZBPHTLZOADABQFGOUSUVVXYSQSM
 EAIOCOFFIAUBTNUBCX YDGBHHDILZFF
 QDVRPREVFNNYWKSTICTIHJXAKLOUGQ
 RCIZVZHMKTKTELNISLLFHPWBHAEXUB
 OISFAHANAIMFOHGBXNLURQEBYMCTUN

> East Azerbaijan, Ardabil, Gilan, Alorz, Tehran, Qom, Kurdistan, Qazvin, Markazi, Lorestan, Ilam, Isfahan, Yazd, Kerman, Sistan, Hormozgan, Bushehr, Iran, Kohgiluyeh, Bakhtiari, South Korasan, Razavi, Khorasan, Golestan, Mazandaran, Hamadan, Kermanshah, Alborz, Semnan

HIDDEN GEMS

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

- > "Tell me I'm wrong, but life felt richer when people had less stuff and more time for each other."
- > When workers are paid less than a living wage, they're forced to rely on social safety nets to survive. That's not a taxpayer 'handout' to workers, that's a taxpayer handout to corporations.
- > The Bronx Zoo once featured an exhibit called "the most dangerous animal in the world." It was a mirror.

FUNNY BONE

- Have a pun Easter!*
- > How can you make Easter shopping go faster? Use the eggs-press lane.
 - > What happened to the Easter Bunny when he misbehaved at school? He was eggspelled.
 - > How does the Easter Bunnty stay healthy? Eggs-ercise, specifically hare-robics.
 - > 364 days of the year, you're told not to eat anything on the ground, then one day it's, "go search the dirt for candy that a bunny left you."

POP QUIZ

> What is the Lewis family NDP political dynasty?
 Great Grandfather: Moishe Lewis, Polish labour leader, fled Bolsheviks
 Grandfather: David Lewis, NDP federal leader
 Father: Stephen Lewis Ontario NDP leader and UN ambassador
 Axl Lewis, newly elected federal NDP leader

PANCAKE BREAKFAST
 8 to 11:30 am
 Sunday, April 12
 \$12 person
 5& under Free
 5th Ave. 50Plus Activity Centre • 170 5th Ave. SE



BINGO

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

PICTURE THIS



> Squint your eyes when you look at the photo on the left.
 > It's just a little ironic that Harvey Ball, designer of the smiley face in 1963, looks to be a sad kind of guy, not to mention his name 'Ball'

MALL ARKEY FINANCIAL LTD.


Where the serious invest their money

Have you bought your TFSA yet? Do you need travel or mortgage insurance? Pile your money in a wheelbarrow and bring it on in. Be sure to check our website mallarkey.ca for our up-to-date posted GIC rates.


Savings Account	1.50%	No Change
90-Day Cashable	2.25%	No Change
1 year	3.32%	Up 0.02%
2 years	3.58%	Up 0.13%
3 years	3.76%	Up 0.23%
4 years	3.76%	Up 0.22%
5 years	3.89%	Up 0.17%

* GIC rates as of March 31, 2025, subject to change without notice. Certain minimums and conditions may apply

THIS WEEK



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



April 11th 2026

Gear Drop Off: 8:00 am - 10:30 am
 Sale: 11:00 am - 2:00 pm

The Gathering Place
 350 30th St. NE

Come buy and sell lightly used outdoor adventure gear! This year's proceeds are going towards the new Mark Corbett Memorial Trail at South Canoe.

shuswapgearswap.ca

Visit our webpage and follow our socials for updates and more information.

For sponsorship and volunteering information, contact: hello@shuswapgearswap.ca





Hike
Camp
Bike
Run
Swim
Paddle
Climb

HAPPY EASTER WEEKEND!



EASTER CHILDREN'S FUN DAY

Schedule of Events: Saturday April 4, 2026

11:00am-2:00pm Children's Craft Station
Free Photos with the Easter Bunny
DIY Cookie Making Station - purchase kits at Sweet Leaf Bakery

11:30am 'Bop the Bunny' Music & Games
12:00pm Merchant Easter Treat Trail
1:00pm 'Bop the Bunny' Music & Games



Win an Easter Basket full of goodies from The Mall at Piccadilly! See Easter Colouring Contest details below.

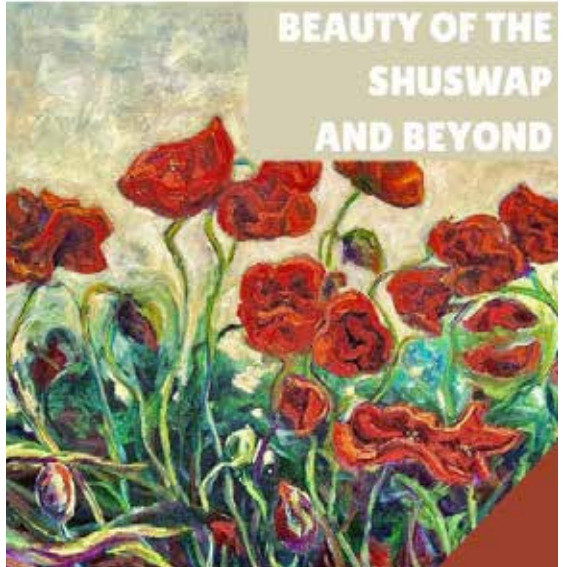
Colouring Contest Details

Pick up your colouring contest sheets from participating Merchants or the Mall Office. There will be 3 age groups for the Easter Colouring Contest: (1) 5 & under (2) 6 - 8 years (3) 9 - 12 years.

One prize will be awarded in each age group. Bring your coloured Easter picture to the Mall and drop it off in the draw barrel at the water feature/fish pond, or email your entry to lynda@piccadillymall.com to enter to win a fabulous Easter prize basket. Contest closes at 5pm Saturday April 11, 2026. Winners will be contacted by phone.



The Mall at Piccadilly



BEAUTY OF THE SHUSWAP AND BEYOND

Works by: Lynne Flanders

APRIL 11 - 20TH 10AM-4PM DAILY

1660 20th St. SE
Salmon Arm

Opening Event
Saturday April 11, 12pm - 2pm



26 YEARS SHUSWAP MUSIC Festival

April 8 - May 1, 2026

Adjudicated Performances
at **Nexus - First Community** and **St. Andrews Church**

Strings April 8 - 9
Vocal April 13 - 14
Piano April 20 - 23
Bands April 14 - 15
(at A.L. Fortune Secondary)

Gala Concert
Friday, May 1, 2026 • 7 PM
at Nexus - First Community
\$10 Person • \$20 Family

EVERYONE WELCOME

Programs and info online at ShuswapFestival.com

Salmon Arm Rotary Clubs

SALMON ARM Beat Pages

Apr. 3



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

The two dissident verses that are rarely sung in Woody Guthrie's This Land is your Land



> Was a high wall there that tried to stop me
A sign was painted said: 'Private Property'
But on the back side it didn't say nothing
This land was made for you and me."

One bright sunny morning in the shadow of the steeple
By the relief office I saw my people
As they stood there hungry, I stood there asking
Is this land made for you and me?"



> Lynnea Cox won Salmon Arm Art Gallery's 20/20 Vision Award for her remarkable painting "Tsa Tsa". It was the People's Choice with 60 votes.



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



SASCU





Top Scorer
Landon Mackie



Most Sportsmanlike Player
Keifer Miller



The Silverbacks held its annual end-of-season Awards after final regular season home game! Below are the Award Winners -

- #12 **Landon Mackie**, Randolph David Jewellery Top Scorer:
- #26 **Keifer Miller**, Safe Wealth Planners Most Sportsmanlike Award:
- #17 **Aidan Shirey**, Blocks Diesel Heavy Equipment Repair Hitman of the Year:
- #9 **Cole Longacre**, Salmon Arm Silverbacks Booster Club Unsung Hero:
- #13 **Tanner Walos**, Action Safety Service Ltd Wellness in Action:
- #10 **Luke Lepper**, Hilltop Inn Salmon Arm Top Defenceman:
- #15 **Mateu Späth** Boston Pizza Salmon Arm: Rookie of the Year:
- #18 **Jack Toogood**, Fischer Family Funeral Services Most Improved Player
- #19 **Anthony Cardilli** Jacobson Ford Sales - Salmon Arm BC Fan Favorite
- #13 **Tanner Walos**, Blackburn Excavating Ltd Most Dedicated Player:
- #10 **Luke Lepper**, Booster Juice- Salmon Arm Most Valuable Player:



SALMON ARM Beat

Mar. 24

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



> Gather your sheep for the Children's Festival, starting Wednesday at the Salmar Grand. Shows starts at 10 and 10:15 am and the \$5 includes snack & drink. Here's the lineup for this annual Children's Association fundraiser:

■ Wednesday - *Monsters vs. Aliens; Kung Fu Panda; Over the Hedge; Cloudy with a Chance of Meatball*

■ Thursday - *How to train your dragon; Happy Feet; Despicable Me; Trolls*

■ Friday - *Sing; Chicken Run, Minions; Madagascar*

■ Saturday - *Shawn the Sheep Movie; How to Train your Dragon; Kung Fu Panda; Charlotte's Web*

Todo's

- **Salmar Grand**
- Reminders of him
- Hoppers • Hail Mary
- Ready or Not 2
- Daily Matinees, plus
- Children's Film Fest Mar. 25-28. See right
- Love Letters, 4pm Sat. (Film Society)
- **Cameron Elana & Carter Lorenz**, 7:30, Friday, SA Art Gallery
- **OK Buddy Art Show**, Art Gallery.
- **Angel Street**, Victorian thriller play reading, 7:00, Wed, Shuswap Theatre.
- **Gareth Seys Quintet**, 7:00, Thur., Nexus
- **Jaeden Izik-Dzurko**, 3 & 7:30, Saturday, Nexus at First
- **Jon Deuling album release**, 6:30, Friday, Atelier Gallery
- **Silver Creek coffee-house**, 7:00, Sat. with Blu & Kelly Hopkins.
- **Ian Hill**, 7:00, Fri, Canooligans
- **Book Sale**, by Hospital Auxiliary, Thur, Fri, Sat, Piccadilly Mall
- **Writers Coffee-house**, 2-4, Friday, First Community
- **Silverbacks** host Brooks Fri. & Sat.
- **Protest March** in Salmon Arm Saturday?
- **Okanagan College Open House**, Mar. 31

Biggest slate yet for SASCU Board

Voting for the SASCU Credit Union Board of Directors starts March 30 and runs to April 15.

Seven candidates are vying for the three available seats: Tanja Carlson, Fiona Harris, Brody Henry, Christine Jontz-Barbour, Gordon Kirkwood, Jodi Pierce and Lawren Richards. Candidate bios and videos are available at sascu.com/election.

"It is very exciting that we have the largest number of candidates in recent history," said Constance Ladell, Board Chair. Voting takes place via online banking and in branch. Incorporated businesses and non-profit associations must vote in branch with a completed designated voter form.

passages

James 'Jamie' Joseph Adair ❖ May 13, 1988 - Mar. 13, 2026

It is with a heavy heart that Jack Adair announces the sudden passing of his son, Jamie.

Jamie will be dearly missed by his dad Jack, his aunts, uncles and cousins.

He is survived by his dad Jack Adair, and predeceased by his mother, Terry Adair and his grandparents.

Jamie was a member of the Knights

of Columbus since the age of 19. He loved trains, travel, car shows and had a great sense of humor.

A Funeral Service will be held at St. Joseph's Church in Salmon Arm Saturday, March 28, 2026 at 11 am, reception to follow in the church basement.



Peter 'Perry' Edward Phillips ❖ July 11, 1959 - Nov. 11, 2025

A Celebration of Perry's Life will be held on Saturday, April 18th, at 1 pm at the Elks Hall (3690 - 30th St NE, Salmon Arm) Capreece Bowers will be officiating the celebration. If anyone would like to say a few words or share a memory, please e-mail Capreece: capreece@capreecebowers.com





SALMON ARM Beat

Mar. 28



Turn off lights
8:30 to 9:30
Saturday night

FriAM.ca • Next print issue April 3

To-do's

- **Salmar Grand**
- *Hail Mary*, Fri-Tue
- *Hoppers*, Fri-Tue
- *Ready or Not*, -Thur
- Friday to Sunday:
- *Undertone*, 6:50
- *Nirvana*, 1:30
- Children's Film Fest
- Final day, 10 & 10:15
- *Shawn the Sheep*
- *How to Train Dragon*
- *Kung Fu Panda*
- *Charlotte's Web*
- *Love Letters*, 4pm
- Sat. (Film Society)
- **Cameron Elana & Carter Lorenz**, 7:30, Friday, SA Art Gallery
- **OK Buddy Art Show**, Art Gallery.
- **Jaeden Izik-Dzurko**, 3 & 7:30, Saturday, Nexus at First
- **Jon Deuling album release**, 6:30, Friday, Atelier Gallery
- **Silver Creek coffee-house**, 7:00, Sat. with Blu & Kelly Hopkins.
- **Book Sale**, by Hospital Auxiliary, Thur, Fri, Sat, Piccadilly Mall
- **Silverbacks** host Brooks Fri. & Sat.
- **EARTH HOUR** 8:30- 9:30, Saturday
- **Okanagan College Open House**, Mar. 31
- **Easter weekend**, April 3 to 5



March 5

Shaw Rd: At 10am Salmon Arm RCMP received a report from a woman that she'd been kicked in the chest by a man she knew. Police attended but the man had departed in a blue Dodge Ram. Police re-attended the residence that evening.

> Watch for the official re-opening of the Eric Christmas Boardwalk on Salmon Arm Bay. Just the benches to be added in.

Our precious water

The threats and triumphs facing our region's most precious resource were discussed at Water Week event hosted by the Shuswap Climate Action Society. Speakers included Neskonlith Chief (Kukpi7) Irvin Wai, retired biologist Marge Sidney who spoke on invasive goldfish outcompeting native trout and Jess Booth on the Shuswap's delicate ecosystem.



*Solo recital by
Jaeden Izik Dzurko
3:00 & 7:30, Saturday,
Nexus at First
by donation to free
lunch program*

Tue
7° -4°

SALMON ARM Beat

Mar. 31

FriAM.ca • Next print edition April 3



NDP POLITICAL DYNASTY

Avi Lewis, new NDP leader

His Father: Stephen Lewis
NDP leader, UN ambassador
Died today, March 31 at age 88

Grandfather: David Lewis,
NDP federal leader

Great Grandfather: Moishe Lewis
Polish labour leader, fled Bolsheviks

To-do's

- Salmar Grand
- Hail Mary
- Hoppers
- Ready or Not
- Undertone, Tue
- Starts Wednesday:
- Super Mario Galaxy
- Project Hail Mary
- Film Society, 4pm/Sat
- Miroirs No. 3
- Silverbacks -
- Round 1 playoffs
- start next week
- Backs lost one and
- won one vs. Brooks
- Friday & Saturday
- April Fools Day
- Okanagan College
- Open House, Mar. 31
- Coffeehouse,
- Sat., Carlin Hall
- Easter weekend,
- April 3 to 5
- Children's Party,
- Sat, Piccadilly
- Egg Hunt/games,
- 1pm, Sat. Mario-
- nette Winery
- Egg Hunt, 11:30-
- 1:30, Easter Sunday
- Riverside, Enderby
- Music Festival,
- Starts April 8 with
- Strings** competition
- April 8, 9, St. An-
- drews Presbyterian
- Apr. 9 evening at
- Nexus at First.
- Vocal, piano, bands
- to follow

SCENERY TEASERS

Oh, those long tall fences that hide those spectacular views!



▲ 10th Street SE



▲ Auto Road SE



▲ Okanagan Ave.



> To be fair, homeowners who live along busy streets do love their privacy, but for those who love walking or driving around this beautiful town, those tall, long fences that screen away the most spectacular views can sure be a teaser. Admittedly, some of the views would not exist had a subdivision not opened it up, like the big new view subdivision clearing land at 11th Ave. and 18th St. NE.



SALMON ARM Beat

Mar. 21



*Rest in Peace, Air Canada pilots Antoine Forest & MacKenzie Gunther
Airports- take steps to never happen again*

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

To-do's

- **Salmar Grand**
- Reminders of him
- Hoppers • Hail Mary
- Ready or Not 2
- Opera, 9:55, Sat.
- Father, Mother, Sat
- Children's Film Fest Mar. 25-28
- **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
- **OK Dope comedy**, Fri, Canooligans
- **Cameron Elana & Carter Lorenz**, 7:30, Mar. 27, SA Art Gallery
- **Gleneden coffee-house**, Saturday
- **Alt Market**, 11-2, Mar. 22, Comfort Inn
- **Seed & Plant Sale**, Sat., Fifth Ave. Centre
- **Marionette**, Colin Walker & James Smith, 6pm, Sat.
- **OK Buddy Art Show**, Art Gallery.
- **Spring on Shuswap River hike**, meet 8 am, Junglemania park lot
- **Spruce Grove wins 4-3 on Friday at Rogers Rink. Silverbacks to play Trail in the 1st Round series**

Fraudster steals \$195,000



A local business had \$195 000 transferrred out of its account by someone gaining access to it.

Salmon Arm RCMP said the business received a phone call from someone claiming to be with TD Fraud Department and claimed that there was an attempt to sign in to their bank account.

"The fraudster provided a website and instructed the employee to login using their credentials. The employee was then told that the account was now frozen, they would contact the business in a few days, and asked to speak with the business owner."

The business owner spoke with the fraudster, confirming the caller ID showed as "TD" and the website looked legitimate, identical to the real one. The business owner was advised to enter his

"token" or one-time password into the website, and that the "TD fraud department" would monitor the business account over the weekend.

On Monday morning, the actual bank contacted the account holder and advised of a transfer of \$195,000 out of their account. The file remains under further investigation.

Cst. Andrew Hodges said that this is a reminder of how intricate and trusting some of these scams can appear to be.

"These scams often play on your emotions by appearing time sensitive and push you to make quick decisions. Your best path forward is to slow down, cease contact and contact the actual business using the phone number off the back of a card you possess such as a bank or credit card) to ask for more information."

LOCAL FOOD STORES HIT

Save on Foods reported that a woman had loaded up a reusable bag with groceries and departed the store without paying. Police reviewed video surveillance confirming the alleged theft by a woman known to police. She was located on the same day and arrested for theft under \$5000, denied bail and held in custody.

In another grocery store incident, the delivery vehicle at downtown Askews was reported stolen. RCMP say the vehicle was left running unoccupied, with the keys inside. Store staff went looking for the vehicle and located it unoccupied behind Walmart.

The video footage reviewed identified a known 39-year-old female exiting the

vehicle and going into Walmart. She was later located, arrested and released on conditions with a future court date.



A local liquor store reported two females stealing two bottles of Grey Goose vodka and pushing a staff member on their way out of the store. Salmon Arm RCMP observed video surveillance and identified a 39-year-old who was arrested the next day and released with a future court date.

During the arrest, the woman provided the name of a 41-year-old female who was later arrested as well. The 41-year-old admitted to stealing the bottles, but that someone subsequently stole the bottles from her.

Sun



5° -6°

SALMON ARM Beat



> Some of the dozens of colouring contest entries on display at Tina Cosman's real estate office

FriAM.ca • Next print edition April 3

ToDo's

- **Salmar Grand**
- Hail Mary
- Hoppers
- Ready or Not
- Sunday
- Undertone, 6:50
- Nirvana, 1:30
- Starts Wednesday:
- Super Mario Galaxy
- Project Hail Mary
- Film Society, 4pm Sat
- Miroirs No. 3
- **Silverbacks** - Round 1 playoffs
- Backs lost one and won one vs. Brooks
- Friday & Saturday
- **April Fools Day**
- **Okanagan College Open House**, Mar. 31
- **Coffeehouse**, Sat., Carlin Hall
- **Easter weekend**, April 3 to 5
- Children's Party, Sat, Piccadilly
- Egg Hunt/games, 1pm, Sat. Marionette Winery
- Egg Hunt, 11:30-1:30, Easter Sunday Riverside, Enderby
- **Music Festival**, Starts April 8 with **Strings** competition
- April 8, 9, St. Andrews Presbyterian
- Apr. 9 evening at Nexus at First.
- Vocal, piano, bands to follow



> The new turf soccer field at Blackburn Park is getting lots of play as the only field open in town - even for baseball practice.

TWO ASSAULTS REPORTED

A Salmon Arm woman reported being kicked in the chest by a man she knew. Police located the man then arrested and charged him for assault and driving while prohibited. He was later released by a judge on numerous conditions.



A 45-year-old male driver yelled at a tow truck driver and slapped the man he was assisting across the face after informed that he ran over a traffic cone placed at a local fast food restaurant. Police located the driver of the Dodge Ram 3500 on Auto Rd. where he refused to provide police his name. The man was arrested for obstruction and assault, and was given a breath demand due to displaying symptoms of intoxication. The man refused to provide a sample of his breath, which carried the same penalty as a fail. The man was also held in cells overnight to sober up and eventually released with a future court date.

Three females were observed stumbling as they exited a local pub and drive off. A traffic stop was conducted, and police learned the 26-year-old driver had an invalid license. A strong odour of alcohol was coming from the vehicle, and the driver had slurred speech. The woman blew a "fail" Her vehicle was impounded for 30 days, and she was prohibited from driving for a minimum of 90 days. The matter was referred to RoadSafetyBC.



A Salmon Arm woman reported she was selling an item on Facebook Marketplace and received an e-transfer for payment. After clicking the link she immediately knew something was wrong. The next day her account showed three unauthorized transactions totalling just under \$500. She contacted her bank and had her account locked to prevent further losses.

Salmon Arm RCMP remind residents that e-transfers should only be used with people you know and trust.



“..Stop! stop! stop!..” An Air traffic controller at LaGuardia Airport calls out a fire truck to stop after giving go ahead for it to cross a runway. The collision with an Air Canada jet, arriving from Montreal and carrying over 70 passengers, killed the two pilots and sent several passengers to hospital with serious injuries. The nose of the plane was crushed on impact.



> Solange Tremblay, the miracle flight attendant who was strapped in seat behind the cockpit, survived the LaGuardia crash after being injected 320 feet.



Mar. 20 SALMON ARM Beat

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



> Issue #1390 is now out in print and online. Issue #1400 is tentatively the final print issue.. unless someone comes along to keep it going.. I do hope readers will still follow me online

To-do's

- **Salmar Grand**
- Reminders of him
- Hoppers • Hail Mary
- Ready or Not 2
- Opera, 9:55, Sat.
- Father, Mother, Sat
- Children's Film Fest Mar. 25-28
- **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 Wintery Day** 1pm, Thurs, Red Barn
- **Silverbacks** host Spruce Grove, Fri.
- **Cameron Elana & Carter Lorenz**, 7:30, Mar. 27, SA Art Gallery
- **Gleneden coffee-house**, Saturday
- **Alt Market**, 11-2, Mar.22, Comfort Inn
- **Peace n' Pizza**, 5:30, Fri, First Com.
- **Seed & Plant Sale**, Sat., Fifth Ave. Centre
- **Marionette**, Colin Walker & James Smith, 6pm, Sat.
- **OK Buddy Art Show**, Art Gallery.



It was never 'if' they return, but 'when'. Yes, after nearly three years, this family found the error of their ways moving to Alberta and are back home. The fam arrived back Wednesday night, just in time for Maycee to help me get this week's Friday AM out on the streets. It makes this old granddad glad. He goes by the name Chinny to Aubrey, Sofia and Maycee, plus Logan and Declan, back in PoCo. Welcome back girls!



Tonight Maycee was back at her Thursday night gig helping deliver the paper. Above she gives her d'oh-d'oh granddad a lesson on working the digital menu board at Tim Horton's. Top photo: the two munchkins and the 'teenager'.

Mon
8° -3°

SALMON ARM Beat

Mar. 23

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



An exciting local business story is unfolding 'before our eyes'.

Todo's

- Salmar Grand
- Reminders of him
- Hoppers • Hail Mary
- Ready or Not 2
- Children's Film Fest Mar. 25-28
- Cameron Elana & Carter Lorenz, 7:30, Friday, SA Art Gallery
- SA Council, 2:30, Monday, City Hall.
- OK Buddy Art Show, Art Gallery.
- Angel Street, Victorian thriller play reading, 7:00, Wed, Shuswap Theatre.
- Gareth Seys Quintet, 7:00, Thur., Nexus at First
- Jaeden Izik-Dzurko, 3 & 7:30, Saturday, Nexus at First
- Jon Deuling album release, 6:30, Friday, Atelier Gallery
- Silver Creek coffeehouse, 7:00, Sat. with Blu & Kelly.
- Ian Hill, 7:00, Fri, Canooligans
- Book Sale, by Hospital Auxiliary, Thur, Fri, Sat, Piccadilly Mall
- Writers Coffeehouse, 2-4, Friday, First Community
- Silverbacks host Brooks Fri. & Sat.
- Okanagan College Open House, Mar. 31

MisMack Clean Cosmetics The Next Chapter...



Missy MacKintosh's MisMack took the next step in her unique company's business plan. She signed the lease for a 1,600 square foot space on 5th Street SW.

"What makes this moment even more special is that we are sharing it with our skincare manufacturer," said Missy. "Two women owned businesses building side by side, believing in what we are creating together."

She credits being two years ahead of MisMack's original business plan to the support received from Pharmasave and the partnership with the Winnipeg Blue Bombers in first promoting the company's toxic free eye block.



> So what space in Salmon Arm is Missy MacKintosh referring to? I'll give you a clue. My name and Otto Pfannschmidt's are, for the time being, still on the outside wall. Hucul Printing recently downsized its working space in half, leaving the remaining space to its new neighbour. So exciting for Missy and her staff!