

# PARADE OF TRUCKS BRINGS JOY TO BOY / P.2

## Spring concerts:

- Men's Chorus
- Shuswap Singers
- Community band
- A capella pop choir
- Intergenerational Music Fest gala
- Death, the Musical
- Guess Wholigans
- Rock the Dock
- D. Champagne
- M. Harley
- PWRUP

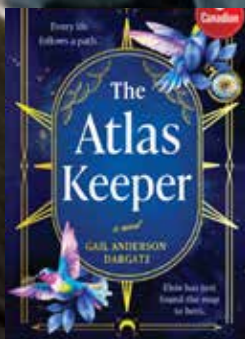
/ P.4

# AM

May

ALL MONTH

Playoffs wrap up game 7, round 2. / P.13



The Shuswap's prize winning novelist **Gail Anderson-Dargatz** at **Word on the Lake Writers Festival** with a new book. /P.5

▼ TO DO'S ■ Online: [www.FriAM.ca](http://www.FriAM.ca) ▶ 250.833.1141 ▶ May 1, 2026 • No. 1393 • FREE

**Festivities**  
**Art & Film**  
**Concerts**  
**Theatre**  
**Sports /4,5**



> Circus is coming to town May 14-17

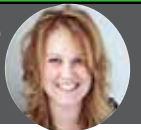
**Mother's Day CRAFT FAIR!**

May 8 & 9 /P.2

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# Housesitter strikes homeowner with car

An Eagle Bay resident was struck by his housesitter's vehicle when he returned home after two months out of the country

Salmon Arm RCMP report that the resident found "a lot of damage to the property" and the house sitters had not departed as planned.

The victim explained to police at the hospital that the house sitters attended the property unannounced and began yelling at him from a vehicle as he stood about three metres away in front of their vehicle.

"The driver gunned it and drove the vehicle into the victim, making no attempt to stop," said Cst. Andrew Hodges. "The victim bounced off the vehicle into the air and landed on his head, and the vehicle drove away."

The homeowner was transported to hospital with non-life-threatening injuries by his partner.

Police say driver of the vehicle was located, arrested and held for a bail hearing.

Clinton Wells, 47 was charged one count each of assault, uttering threat, dangerous operation of a conveyance and failure to stop after accident resulting in bodily harm.

The suspect was denied bail and held in custody for his appearance in court on April 30.

○○○

An "Air 4" RCMP helicopter was deployed to locate a stolen company vehicle that was equipped with a tracking device. The vehicle was covered in branches and moss in a remote area. Video surveillance later identified a 35-year-old male well known to Salmon Arm RCMP.

# Parade of tractors and trucks

Friends and family of the late Jeff Mounce continue to keep his memory alive with fun events to cheer up local children battling cancer. A parade of over 25 local tractors and trucks paraded through part of Salmon Arm on Tuesday to the surprise and delight of local boy Axel on his 10th birthday who is undergoing treatment for cancer.

According to the Facebook page

for the Jeff Mounce Memory Foundation, these events are meant to "take kids' mind off of what they're going through, and draw smiles and laughter instead."

Jeff succumbed to cancer four years ago at 55. He loved to entertain crowds with his music, ride his motorcycle, tend to his gardens and share stories and good times with his family and many friends. ■

NO. 1393

FRIDAY

MAY 1, 2026

AM

April All Month

EDITOR & PUBLISHER

Lorne Reimer

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DROP-OFFS

Hucul Printing 471 - 5th St SW

DEADLINES

Tuesday Noon

CIRCULATION

All Month (1st Fri) 4,100

Mid-Month (3rd Fri) 3,200

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.

FriAM.ca & Facebook

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**PAGE 3**

**AM**

**MAY ALL MONTH**

After over 29 years rolling out the print editions of *Friday AM* it is hard to imagine there are only seven ones left.

My plan is to continue regular online reporting after the end of August, but do feel a concern for all those faithful readers not inclined to read their news online.

I plan to keep up regular online blog posts on social media, plus a revamped website well into my retirement years (I'll be 74 this month). The *AM Beat* facebook page now has just under 2,300 followers and many more access directly to [FriAM.ca](http://FriAM.ca) so do hope many more will follow.

This will be primarily a volunteer effort, but it is my passion. There's still a chance an individual or group might still come forward to keep it going as a paper, so far, nothing has panned out. Thank you from the bottom of my heart for all your support. I will name as many as I can recall in Issue #1400. ■

**MOLEHILLS**  
**Lorne Reimer**




> Happy to say the legacy of the print edition of *Friday AM* will continue on. On left is Bernie Hucul's chicken coop that is lined with print plates of old editions

**NOW OPEN 8AM TO 7PM DAILY**  
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Our very popular Junior Camp is now taking bookings with our excellent golf instructor Drew. This fun camp is scheduled for June 5-11 for ages 7-14. Lessons are from 5:30-7 pm each day and cost is only \$40 for the entire camp. Limited spots available. **stop by the golf shop and sign up today!!**

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## Festivities

- > **Spring Home Show** - May 2, 3, Rogers Rink
- > **Mother's Day** - May 10
- > **Spring Fest** - 10-3, May 9 on Hudson. Youth market on Ross plaza Salty Dog Enduro May 10.
- > **LASS Team Spelling Bee** - 7 am, May 6, Song Sparrow Hall /5
- > **Word on the Lake Writers Festival** - May 15 to 17, Prestige Resort. /P5
- > **Victoria Day** - May 18
- > **Lobsterfest** - May 30, Recreation Centre. Tix at saturdaybreakrotary.square.site
- > **Falkland Stampede** - May 16 to 18, Rodeo grounds. Parade 12:30 Sunday, May 17
- > **Shuswap Trails Spring celebration** - featuring Skinny Leonard, 4-8 pm, June 6, South Canoe Trailhead. See 'Concerts'
- > **Demolition derby** - June 20, 21, plus Swap meet, Fairgrounds.
- > **More events** /P5

## Arts

- > **Salmon Arm Art Gallery** - A.R.E.N.A. Babies, drawn from Scott Kwah's personal experience with 60s scoop. Artist talk 5 pm, May 8. Exhibit runs to June 6.
- Loud & Proud Celebration** weekend, June 5 to 7 - PRIDE Project.
- > **Cardiff Miller Art Warehouse** - 11-5, Sat., Sun., Enderby. cardiffmillerartwarehouse.ca
- > **Atelier Gallery** - 321 Hudson Federation of Canadian Artists show of juried works, May 1 to 16. Opening reception 4-7 pm, May 1. /P16
- > **Courtyard Gallery** - Enderby.

## Concerts

- > **Gala Concert** - Best of Shuswap Music Festival, 7 pm, May 1, Nexus at First. shuswapfestival.com
- > **Death, the Musical** - A light and serious look at where we are all going. 7:30, May 1 & 2, 2:00, May 3, Gleneden Hall. Suggested donation \$15 to go toward revitalization project to celebrate the Hall's 100th year in 2029.
- > **Shuswap Intergenerational Choir** - 3 pm, May 3, Nexus at First. By donation. Classic songs by all ages.
- > **Guess Wholigans Project** - with former Guess Who member and now Shuswap resident, Donnie McDougall, 8pm, May 15, Sicamous Legion. Tix \$20. Plus James Elser, Chris Ridout, John Baxter and Dan West.
- > **Men's Chorus** - 'Outlaws of the Shuswap, 7:30, May 6, Nexus at First. \$20 Pink Cherry or Shuswap Clothing
- > **Daniel Champagne** - May 7, Song Sparrow Hall. Australian virtuoso called one of 'finest guitarists of this generation'.
- > **SA Community Band** - 'Colours of Spring, 7 pm, May 9, Nexus at First. A repertoire celebrating the energy and renewal of Spring. By donation.

## live & dance

- > **SA Legion** • Dance with Marv Machura, May 9 • Abba Euphoria, June 14 • Johnny & June tribute, June 20 • Jam, Tues/Fri • Karaoke, Fri
- > **Gleneden Hall** - no dance in May.
- > **Setters Pub** • Rule 857, May 1 • Karaoke Thur. • Trivia Tues: Steve Taddy's Dark Jokes for Nice Folks, May 13 • Car show, May 31 with Dixie Fried
- > **Hideaway Pub** • Cinco de Mayo Salsa dance, May 2 • Karaoke Thurs.
- > **Canooligans** - Caveman Casanova, May 1 • Freida Whales, May 2 • Retro Riders, May 16 • Bandidos, July 3
- > **Marionette Winery** - Magician Ryan Michael, Apr. 18 • Colin Easthope, Apr. 25
- > **Enderby Legion** • William & Penny, May 9; Robert Paul King, May 23 • Big Daddy Tazz comedy, May 30. Also May 29 at Sicamous Legion
- > **SUS Underground**, Ranchero • follow on FB for punk, hiphop concerts.
- > **Hub**, Scotch Creek • Comedian Dale Ward, May 30

- > **PWRUP AC/DC tribute** - May 9, SASCU Recreation Centre. Tix www.eventbrite.ca
- > **Martin Harley** - 8 pm, May 9, Gleneden Hall. Captivating British singer/ slide guitarist.
- > **Eileen Lavery** - 7 pm, May 3, House concert of folk, Celtic, contemporary. Tix \$30 (250833-6380)
- > **Okanagan Symphony** - May 10, Vernon Performing Arts
- > **SA Jazz**- 7pm, Nexus, donation
- **Brad Turner Trio**, May 14
- **Brad Turner Masterclass**, May 15 workshop 1-9 pm day after concert. Brad Turner is one of Canada's most sought after jazz musicians.
- **John Leo B3 Organ Trio**, May 28
- **The Old Guys**, June 11
- **Jazz**, Lakeside Manor, 6:30, 3rd Tue.
- > **Europa Super Circus** - Four days, Rogers Rink. 7pm, May 14; 4:30, 7:30, May 15; 1:30, 4:30, 7:30, May 16 and 1:30, 4:30, May 17
- > **Amazing Singing A Capella Pop Rock choir** - 7 pm, May 22, St. Andrews Presbyterian & May 23, Nexus at First. amazingsinging.ca
- > **Shuswap Singers Spring Concert** - 'Dreams of Paradise', 7 pm, May 23, Nexus at First. One show only.
- > **The Pairs** - 7:15, May 29, Gleneden Hall. See story page 9.

- > **Coffeehouse circuit**-
- Grindrod, May 1 • Carlin, May 2
- Sunnybrae, May 9 (dinner before)
- Gleneden Hall, May 16
- Enderby Seniors Complex, Apr. 17
- Eagle Bay & Silver Creek, May 23
- **Shuswap Writers Group**, 2-4 pm, 4th Fri, First Community. Off 4th St. Bring your writing, or come to listen.
- > **Rock the Dock (Fakefest)** - 1-6, May 17, Sicamous Houseboats Beach Park with Ish, Breakin' Curfew, Runaway (Bon Jovi tribute)
- > **Shuswap Trails Spring celebration** - featuring Skinny Leonard, a Lynyrd Skynyrd tribute band, 4-8 pm, June 6, South Canoe Trailhead. Food trucks & beverage garden. Also A Million Dollars of Pennies. Tix at eventbrite.ca
- > **Mike Gouchie & The Classics** - June 13, Carlin Hall. Also Eagle Bay, June 27.
- > **Blind Bay Music in the Park** - Thursdays, starting June 25 with Marina Funky Time
- > **Roots & Blues** - July 24 to 26. Headliners include Blue Rodeo, Sheep Dogs, Of Monsters & Men. Tix and info at rootsandblues.ca.

## 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.
- > **The Book of Will** - April 24 to May 10, Shuswap Theatre.
- > **The Great Gatsby** - May 27 to 30, Jackson Secondary

## Sports

- > **Silverbacks** wrap up season with two playoff rounds / P13
- > **Salty Dog Enduro** May 10
- ☐ More Sports on page 13

## at the movies

- > **SALMAR GRAND**
- **May 1 to 7** • salmartheatre.com
- **The Devil Wears Prada**. 1:30 Sat. & Sun.; 6:50 nightly. As Miranda nears retirement she finds herself facing off against her former assistant turned rival, Emily Charlton. (PG coarse lang)
- **The Super Mario Galaxy Movie**. 1:45 Sat- Mon; 6:30 nightly. Luigi and Mario face a fresh threat as they travel across the stars to stop the young heir's crusade. (G violence)
- **Michael**. 2:00 Sat., Sun; 6:30 nightly. Story of Michael Jackson from childhood with Jackson 5 one of biggest entertainers. (PG violence, lang.).
- **Animal Farm**. 1:20 Sat., Sun.; 6:40 nightly. George Orwell's classic allegory of revolution and power adapted to the screen. (G violence, not recommended for under age 11)

## FILM SOCIETY • shuswapfilm.net • 4pm

- **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 Maine and across Europe. (PG)
- **Fantasy Life** (US), May 9. An actress and mom becomes enamoured by the man hired to look after her children. Both have issues to deal with. (14A)
- **When Fall is coming** (France), May 23. Mother searches for path to restore family life (PG)
- **Midwinter Break** (UK/Netherlands), May 30. Holiday a crossroads for couple's marriage. (PG)

## LIVE from N.Y. MET OPERA / P.6

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

## STARLIGHT DRIVE-IN • starlightdrivein.ca

- **Project Hail Mary**, 8:15 (G), May 1, 2
- plus • **Crime 101**, 10:15 (PG)

## city lights

- ▶ **vernon • ticketseller.ca**
- **Creekside (C)** • *Performing Arts (P)*
- **Alice in Wonderland**, Apr. 24- May 9 (Pow)
- **Comedy Classic**, May 1 (P)
- **Sweet Reggae**, May 7 (C)
- **HIP Experience**, May 9 • Royal Wood, May 9
- **Colin James Blues Trio**, May 22 (P)
- **Fleetwood Magic**, May 23 (P)
- **Okanagan Ukrainian Festival**, May 24 (P)
- ▶ **Kelowna** -
- **Bonnie Rait**, June 19 • **Weird Al**, Sept. 2
- **Rock the Lake Festival**, July 10-12
- ▶ **Kamloops** -
- **John Wing**, May 12, May 13 in Vernon
- **Lyle Lovett**, Sept. 18
- ▶ **Vancouver** -
- **Karan Aujia**, May 2, 3 • **Arkells**, May 7
- **Whitecaps**, May 2, 9, 13, 16
- **World Cup**, June 13, 18, 21, 24, 26, July 2, 7

# You're Invited

- > **Charity Shredder Day**, 11 to 3, May 2, Uptown SASCU. Eco-friendly sealable bags that 35 pounds of documents are being sold for \$25 with a \$16 tax receipt issued. Fundraiser for Hospital Foundation. 250-803-4546 for bags.
- > **Spring Fling Market**, 3:30-7:30, May 1, South Canoe Outdoor School, 5970 10th Ave. SE. Family games, artisans, BBQ, & concessions.
- > **Spring Garden Festival**, 11-4, May 2, Hub, Sicamous.
- > **Repair Cafe**, May 9 at Shuswap Markerspace, 220 Shuswap St. Bring items in need of repair. Volunteers can get it fixed. Info at shuswapmakerspace.ca
- > **Team Spelling Bee**, 7 am, May 6, breakfast LASS fundraising event at Song Sparrow Hall.
- > **Peace n' Pizza**, 5:30, May 15, First Community. (3rd Fri., by donation). May 15 speaker: Kenthen Thomas, Secwepemc Knowledge Sharer. Mmonthly event to build humanity through story-telling and dining conversation. See peacebuilders.world.
- > **Yard sale** by Friends Abreast, 9 to 2, Sat., May 2, Centenoka Park Mall. Quality used home goods, camping & sports equipment, books, puzzles, toys, games, plants etc.
- > **SASCU AGM**, 11:30 am, May 5, Prestige Resort.
- > **Shuswap Garden Club Plant sale**, 10 am, May 9, Five Corners parking lot. Group meets 7 pm, 4th Tues, 5th Ave. Centre. FB or shuswapgardenclub@gmail.com
- > **Birding for Families**, 9-11 am, May 3. Meet at Marine Park, hosted by Shuswap Naturalist Club
- > **State of the City Address/ luncheon by Mayor Alan Harrison**, 11:30 am, May 27, Prestige Harbourfront. Tix at sachamber.bc.ca.
- > **Toastmasters**, 7 pm, Thurs., Okanagan College.
- > **Health-Care Aux** 1:30, 3rd Tues, Piccadilly.
- > **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
- > **Coconut Joe's 2.0 Fashion Show & Market**, May 2, Sorrento Hall. Market 3-8 pm, fashion show 5 pm,
- > **Board games**, 6:30 pm Fridays, Gleneden Hall.
- > **Carlin Country Market**, 10-3, May 23.
- > **SA Council**, 2:30, 2nd/ 4th Monday
- > **CSR**, 9:30, 3rd Thurs. > **SD83**, 6:00, 3rd Tues.
- > **Downtown Market**, Sat. mornings Ross plaza.
- > **Youth Drop-in**, 2-6 pm, Tues-Fri, Family Centre.
- > **Free Lunches**, 11:30 to 1, Wed, First Community
- > **Guided meditations**, 7 pm, Thur. United Church
- > **Library events**, next page. ▶▶

### > Business charity events

- **Tim Horton's Smile Cookies**, now to May 3. 100% to community groups
- **McDonald's McHappy Day**, May 6
- **10th Fuel Good Day** application deadline May 22. Salmon Arm area registered non-profits and charities are encouraged to apply for one of this year's grants for Fuel Goods Day, Sept. 15. Email to <https://armstrong.coop/fuel-good-day-2026-apply-now/>

> **Correction** - There were a few errors on the events page of the last editon, including the wrong date of Spring Home Show, and also mention of a play happening at a different Jackson Secondary. We apologize for any inconvenience.

☐ Email events to [fridayam@shaw.ca](mailto:fridayam@shaw.ca)



> top row  
 • Gail Anderson-Dargatz, bestselling author  
 • Jill Barber, singer/ songwriter  
 • Andrew Buckley, storyteller, edoctor keynote speaker

> middle row  
 • Finnian Burnett, author  
 • Charlie Demers, Canadian author, actor, comedian  
 • Deanna Kawatski, author of 'Wilderness Mother'

> bottom row  
 • Grant Lawrence, award winning author, CBC host  
 • Michael Slade, crime writer, Criminal lawyer  
 • Iona Whishaw, author

## WRITERS OF MANY GENRES

The Word on the Lake Writers' Festival is almost here! Presenters will gather at the Prestige May 15 for a weekend of workshops, fun and encouragement for potential writers.

Deadline for tickets to the entire festival has come and gone, but tickets to workshops, plus Michael Slade's *Shock Theatre* on Friday night, are still available at the door.

Poet **Charles Demers** is a comedian, author, voice actor, playwright, screenwriter and speechwriter. He has opened for Sarah Silverman, Bob Odenkirk and others; is a regular on the CBC smash-hit, *The Debaters* and stars on two Emmy-winning Netflix animated series - *Beat Bugs* (based on the music of The Beatles), and the voice of 'Poutine' on Will Arnett's patriotic superhero send-up *Super Team Canada*.

**Deanna Barnhardt Kawatski** is the author of ten books, including best-selling memoir, *Wilderness Mother* and *Clara and Me*, he novel, *Stalking the Wild Heart*; a travel memoir called *Burning Man, Slaying Dragon*, the children's book, *Samira, the Singing Salmon* and *Big Trees Saved*.

**Grant Lawrence** is an award-winning writer, musician, broadcaster and

THE WRITE  
STUFF



M.D. Jackson

live event host who has authored four best-selling books - *Adventures in Solitude*, *The Lonely End of the Rink*, *Dirty Windshields* and *Return to Solitude*, plus children's books, *Bailey the Bat* and *the Tangled Moose*

and *Adventures in Desolation Sound*. Lawrence is the first author in the history of the BC Book Prizes to win the Bill Duthie Booksellers Choice twice.

**Iona Whishaw** has been a youth worker, social worker, teacher and an award winning high school principal who kept up as a writer throughout her working life. She has published short fiction, poetry, poetry translation and one children's book, *Henry and the Cow Problem*. The Lane Winslow mystery series is her first foray into adult fiction.

**Michael Slade**, **Gail Anderson Dargatz** (see front cover), singer **Jill Barber** (spouse of Grant Lawrence), **Andrew Buckley** and **Finnian Burnett** who were highlighted in earlier columns, round out the remaining presenters at the festival.

Hope to see you there!  
 ☐ Author and graphic artist M.D. Jackson writes each month in the *Friday AM All Month*



> Singing, good food and many informative displays greeted folks to the Earth Day celebration event on Ross Plaza last Saturday.

## READING ROOM

by Larissa Image, Public Services Librarian

### SPRING SEEDLING SWAP

With the change in weather comes a change in programming at the Salmon Arm Library. Several new events and opportunities have been added to meet others with similar interests.

If gardening is your jam, we have two upcoming programs for you. Pop in from 10 to 1, Saturday, May 2 with any extra seedlings, seeds or cuttings for our annual **Spring Seedling Swap**, and go home with some new plants, and join us 10 am, May 23 for **Gardening Group** for a chance to chat with other enthusiasts.

Enjoy some friendly competition with these three tournaments:

- **Puzzle Tournament**, 6 pm, May 22. Sign up with a friend or two, and compete against other teams to see who can complete identical puzzles first. Registration required.
- **Bingo Night**, 6 pm, June 5 in a relaxed, welcoming atmosphere for fun prizes and bragging rights. Registration required.
- **Crib Tournament**, 10 am, June 13. Players will complete in friendly rounds of cribbage, earning points and bragging rights. Whether you're a seasoned crib player or new to the game, all are invited to join in. Registration required.

And finally, if you love flipping through cookbooks and trying new recipes, come to the **Cookbook Club**, 10 am, May 16. Pick a recipe to make at home, then bring your goodies to share (optional) and vote on the tastiest dish. The result is a potluck with much talk about cooking and recipes. Registration required.

Here are scheduled programming & activities for kids in May:

- **Paws 4 Stories**, 10:30 am, May 9 and 23. Visit with the St. John's Ambulance Therapy Dog for this program.
- **Cube Club**, 3:30, May 6. Bring your own cube or borrow one from the library and hang out with other cube enthusiasts.
- **Building Block Party**, 3:30, May 30. Drop-in and build with toys like LEGO, Keva Planks and Magformers.
- **Family Story Time** happens 10:30 am every Thursday and 11 am Saturdays. Join us for 30 minutes of songs, rhymes and stories.
- **Stay & Play** is right after story time, 11 to noon, Thursdays and 11:30 to 12:30 Saturdays. This is an unstructured play time for families to socialize and engage with a variety of games and toys.
- **Sensory Friendly Time** runs 10 to noon Wednesdays. During this unstructured time, most toys will be removed from the children's area so children and their grownups can read together or explore sensory-friendly activities.
- **Baby Time** is 11:30 am, every Monday. Bond with your baby through the power of songs and rhymes. Siblings are welcome, too. Baby Time will not run Victoria Day, May 18.
- **Baby Social** follows **Baby Time**, Mondays from noon to 12:45. Parents, caregivers, and their little ones can socialize and play together.

Note that most of these programs will wrap up the end of May. The youth librarian will be in the schools all of June to promote the **Summer Reading Club**. Programs that continue through June are Paws 4 Stories, Baby Time and Baby Social. ■

□ To register for programs, call 250-832-6161 or register online through <https://orl.libcal.com/calendar/salmonarm>.

## Two operas based on art works

Two operas will close the Met season this month - one about a famous work of Russian literature and the other on arguably the most well-known Mexican visual artist.

*Eugene Onegin* by Tchaikovsky, will screen 9:55 am, May 2 at the Salmar Grand, featuring soprano Asmik Grigorian as the lovestruck heroine alongside baritone lead, Igor Golovatenko. The composer enjoyed tremendous fame during his life's works of symphonic music and ballets. This opera is an ardent and lush adaptation of Alexander Puskin's seminal work of Russian literature. It reimagines the Byronic romantic anti-hero as the definitive bored Russian aristocrat caught between convention and ennui.

Pushkin presents a vast overview of old Russian society around 1820, which Tchaikovsky's score neatly divides into three acts: from the rituals of country life to the rural gentry with its troubles and pleasures and, finally, the glittering imperial aristocracy of St. Petersburg.

The composer's beloved lyric gifts are at their most powerful and multilayered, giving free rein to the his many moods—tender, grand, melancholic. Rich ensembles and choruses also punctuate the work, and his masterful dance music provides episodes of ballet that add to the drama. Tatiana grows from a sentimental adolescent into a complete woman in one of the operatic stage's most convincing character developments.

○○○

On May 30 will be *El Último Sueño de Frida y Diego* by Gabriela Lena Frank and Librettist

CLASSICAL  
VIBE

Gabriele Klein



Nilo Cruz. This compelling new opera features mezzo-soprano Isabel Leonard and baritone Carlos Álvarez as the legendary Frida Kahlo

and Diego Rivera.

Latin Grammy Award-winning composer Gabriela Lena Frank



makes her Met debut with the premiere of her first opera that centers on two icons of Mexican art, Frida Kahlo and Diego Rivera, whose passions and pains fueled the creation of some of their most breathtaking masterpieces. Rather than a straightforward biography,

the story is framed as a reversal of the ancient Orpheus and Eurydice myth. Kahlo's spirit reunites with her husband on Earth during the *Day of the Dead* and they relive their tumultuous love affair, embracing both the passion and the pain before they bid the land of the living a final farewell

The dreamlike narrative traverses three distinct planes—Mictlán, the Aztec underworld, overseen by Catrina, the keeper of souls; the land of the living, which features famous locations in Mexico City; and the world of art, embodied by the young actor Leonardo.

This vibrant new production takes inspiration from Frida and Diego's paintings. ■

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

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# Journaling for brain health

Journaling is more than writing, it's a simple, powerful way to support your brain and emotional well-being.

By putting thoughts on paper, you can process experiences, shift perspective, and build resilience over time.

Here are 3 techniques to use journaling for your brain health:

■ **Expressive Writing**

Think about something you're still carrying - a disappointment, loss or lingering moment. Set a timer for 15 to 20 minutes and write freely. Don't worry about grammar or structure. Just let it out.

This works because the brain treats unprocessed emotions as unfinished. Writing helps "complete the loop," allowing emotional intensity to settle and clarity to increase. You might feel emotional or tired and that's okay. It's part of the release

■ **Gratitude Journaling**

This doesn't force positivity, it retrains your attention. Practicing gratitude activates the regions of the brain that regulate mood and motivation. When you do this daily it teaches the brain to look for what is stable instead of what is threatening. Write down two to three things you're grateful for - big or small.

It could be a kind message, a good meal, or a quiet moment. Be

**Mental Health Matters**

Denise Butler

specific: instead of "I'm grateful for my friend," try "I'm grateful for how my friend checked in on me."

Details help to anchor the brain to strengthen positive connections.

Over time this practice tunes your nervous system towards balance. It doesn't erase struggle, it helps you see beyond it.

■ **Reflective Reframing**

Start with a challenge. Write what happened, then reflect in writing: *What did I learn? What did this show me? What could I try next time?*

This practice helps you pause, reflect, and respond more thoughtfully. Over time, it builds resilience by helping you see challenges as opportunities for growth.

You don't need to do all three every day. Use what fits: • *Expressive writing when emotions feel heavy* • *Gratitude when you feel stuck or low* • *Reframing when things feel unclear*

Journaling is not just self-expression, it's a way to gently support your brain in making sense of life. Full article on Youtube. Search: "Journaling for Brain Health you need to know"

Good mental health is essential to overall health and wellbeing. ■

□ *For more information or support contact CMHA at (250)832-8477 or info.sr@cmha.shurev.ca*

# SPRING UPDATE

Tax season just wrapped up - you know, the time of year you reluctantly send your hard-earned money to Ottawa and Victoria, hoping it'll be used in a "responsible way."

Given the massive deficits our provincial and federal governments are now operating under I don't think "responsible" is an appropriate word, but I digress.

With tax season over, one thing is certain: tax scams will be ramping up. I've mentioned it before, but this time of year is when scammers reach out and pretend to be the Canada Revenue Agency (CRA)—by phone, email, or text. Be wary, and as the CRA says on its website:

**The CRA will not:**

- Send refunds or payments by e-transfer or text message
- Provide or accept payments by cryptocurrencies
- Demand or pressure immediate payment by:
  - Interac® e-transfer • Cryptocurrencies • Prepaid credit cards
  - Gift cards from any type of retailer
- Threaten to deport or arrest you, or put you in prison
- Use aggressive or threatening language
- Set up an in-person meeting in a public location to collect
- Charge a fee to speak with a call centre agent
- Ask for personal or financial information in a voicemail or email

I've also interacted with a few people lately myself and heard from others working at financial institutions in town who say there has been a spike in people being swindled by online scams. Many involve artificial intelligence and cryptocurrency, which are hot topics right now and a natural way to trick people.

**A few tips:**

- These people are not your friends, and are not trying to help you.
- If it is too good to be true, it is.
- If you didn't have to work for it, there is a decent chance it is a scam.

Bottom line: verify before you act and don't let anyone pressure you into making a quick payment or sharing personal information. If something feels off, hang up and contact the CRA or your financial institution using a trusted number. Be diligent!

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**Daron Mayes**



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<b>3 years</b>	3.63%	Up 0.10%
<b>4 years</b>	3.70%	Up 0.03%
<b>5 years</b>	3.79%	Down 0.05%

\* GIC rates as of April 28, 2025, subject to change without notice. Certain minimums and conditions may apply

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# THE LINEMAN'S WEDDING RANCH



**A**iden Morgan who worked 30 years as a BC Tel lineman also spent 50 years collecting insulators, old phones and other related items. His vast collection is one of the unexpected features at his wedding party venue, Shy-Lynn Ranch on Yankee Flats Road. On May 16 to 18 Aiden will be hosting his second annual Collectibles Show in a 6,000 square foot barn on the ranch. Buyers and sellers are asked to RSVP to [aidan1m@hotmail.com](mailto:aidan1m@hotmail.com) or 250-212-8573 to ensure enough food. For more on the wedding venue go to [www.shylynnranch.com](http://www.shylynnranch.com).



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> online FriAM.ca

# Gleneden means “Valley of Paradise” .. with music

Renovation plans ahead of Geneden Hall’s 100th anniversary mean there are some great fundraising events head for the rest of Salmon Arm to enjoy.

Coming up May 1 to 3 is this year’s ever popular Wildwood Production musical revue. The latest offering, “Death, the Musical”, is both a light and serious look at where we are all going. Previous concerts paid tribute to legends like Leonard Cohen, Woody Guthrie, Pete Seeger and Joni Mitchell.

Show times are at 7:30 May 1 and 2, as well 2 pm May 23 as well as a suggested donation of \$15.

The next concert at the hall - where the Root & Blues Festival has its roots will be on May 9, featuring internationally acclaimed singer, songwriter and slide guitarist from the UK, Martin Harley, along with local singer Steph Clifford.

The musical month of May will continue at the Hall with a trio called The Pairs, comprising twin sisters and their childhood best friend. They will perform 7:15 pm, May 29 at Gleneden Hall with opener Jon Deuling. Tix are at Eventbrite or Wearabouts. ■



► Three of the performers in rehearsal - Nanika Albricht, Julia Armstrong and Jake Jacobson. Below- the present hall, built 1975, and original built by local Finn community in 1929.



**NOTICE OF INTENT**

**RE: LIQUOR CONTROL AND LICENSING ACT**

**APPLICATION FOR A SEA ENDORSEMENT**

Application for a Special Event Area (with patio) has been received by the Liquor and Cannabis Regulation Branch from Marionette Winery Ltd. located at 2540 40 St NE.

Proposed licensed hours are: 11:00 AM to 11:00 PM daily.

Person capacity will be limited to a combined maximum of 100 persons between the interior spaces and patio, and 50 persons in the exterior area.

Residents located within a 0.5 mile (0.8 km) radius of the proposed site may comment on this proposal by:

- 1) Writing to:  
The General Manager  
C/O Senior Licensing Analyst  
Liquor and Cannabis Regulation Branch  
PO Box 9292  
Victoria, BC V8W 9J8
- 2) Email to: [LCRB.SLA@gov.bc.ca](mailto:LCRB.SLA@gov.bc.ca)

**PETITIONS AND FORM LETTERS WILL NOT BE CONSIDERED**

To ensure the consideration of your views, your comments, name and address must be received on or before **(enter expiry date of 30 days from initial posting)**. Please note that your comments may be made available to the applicant or local government officials where disclosure is necessary to administer the licensing process.

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## LIFETIME OF LEARNING

In a couple of months or less the school year will be wrapping up and the students will leave the school setting for summer break. Some will have two months of play time, others will get jobs or travel.

Many of the older students will be looking forward to university or college and, unfortunately others will simply drift.

A couple of days ago I dropped into "maker space" downtown and observed a friend learning how to create pictures using stained glass. It was a situation of "one-on-one" teacher and student. It was great to observe the exchange of knowledge from one enthusiastic teacher to an enthusiastic student.

I remember the day I left school and how happy I was to be free of learning and out of the school that I hated so much. I was 17 and half way through grade 11. I was a dumb kid and little did I know it was just the start of a life time of learning. I carried the fact I was a "dropout" as a badge of honour until I was 72 when I went back to school to finish grade 12.

This turned out to be one of my smarter moves as I felt so proud to fill the gap I secretly felt for so many years.

Henry Ford once said "anyone who keeps learning stays young". I am not sure how young it has kept me but I thoroughly love learning new things and try to challenge myself by putting my self out there.

One thing I've found is that by teaching the knowledge you have to others is the quickest way to learn. I have engaged myself in a number of teaching situations from log building, canoe building, woodworking and cable splicing when I was with the telephone company. In all of these endeavors I thoroughly enjoyed the challenge and certainly learned far more than expected.

When you think you know it all your students will quickly make it quite clear you do not. The fool doth think he is wise but the wise doth know he is a fool – "As you like it" ~ Act v Scene 1 Shakespeare.

When I was quite new to the working life I had a conversation with the mother of a friend. This lady was a retired school teacher and wise indeed. She told me that life is a total learning experience and that learning and knowledge is not heavy and quite easy to pack around so we should never miss the opportunity to learn something new. I have tried to follow that advise and try not to shy away from new opportunities.

This time in our lives is filled with opportunities to learn new things. The internet one of the greatest sources of information and opportunities that one could imagine. The other day I needed a plan for a child's picnic table. I went online to "Etsy" and found the exact plan I needed. Within minutes I had the plan on my printer and it cost only seven bucks. Recently I needed some "water slip paper". I could not find it anywhere in town so I went online and there it was. A few days later it was in my mail box. I frequently go online to find new cooking recipes, and woodworking ideas. There is no end to the possibilities that abound to enhance our learning experience and the thrill of new things.

I hope you are enjoying our fine weather. ■

□ Ed Campbell is a happy and active local senior.

MY TWO  
CENTS



Ed Campbell

## Spring to connect with natural world

BY JULIA BEATTY

Shuswap Climate Action Society

Spring has arrived! Walking to the summit of Little Mountain Park, hikers are treated to the sight of chocolate lilies, Indian paintbrush, biscuitroot, Saskatoon berry, and Rocky Mountain honeysuckle starting to bloom.

Trees are leafing out, and the larches are bursting with new, iridescent green needles. The tiny explosions of plant life are almost audible. The calls of migrating songbirds mark their return, as many are busy finding partners and building their nests. It is a dizzying time of year.

The importance of turning off your devices and spending time nature should not be underestimated. Spending time in nature matters on several deep, interrelated levels — psychological, physiological, social, cognitive, and existential.

UCLA summarizes seven proven health benefits of being in natural settings. It boosts your immune system, enhances focus and cognitive function, improves heart health, promotes better sleep quality, reduces stress and anxiety, stimulates physical activity, and supports overall mental health.

But communing with nature has deeper benefits that you may not have considered. Studies indicate that people who spend more time in green spaces experience greater life satisfaction and happiness. Nature-based activities with others strengthens social ties, with like-minded people providing a sense of belonging.

There are recognized organizations that practice "forest therapy" and "forest bathing." These promote positive mental health states and enhance physical and social health by "enhancing nature connectedness, interpersonal relationships, and social cohesion."

You do not need to go to that extent to gain the benefits of being in nature. Two hours a week is all it takes (and it does not have to be all at once) before people feel healthier and have a more robust sense of well-being.

Research psychologist Theodore Roszak wrote that the health of the planet is inescapably connected to the psychological health of the human species.

A deeper appreciation of the natural world gives you a sense of responsibility to protect and conserve these precious environments. Building respect for nature and the planet will encourage us to address the three crises we are currently experiencing — climate change, pollution and loss of biodiversity.

The next time you contemplate taking a walk, pick one of our local trails. Enjoy the natural world and let that appreciation influence the way you treat the planet every day of the week. "Take nothing but photographs, leave nothing but footprints."

The planet needs us now more than ever. ■

## City FIXINGS



Instead of spending \$100,000 on a new McGuire Lake fountain, the Makerspace crew, led by Mike Melin and Greg Anderson, volunteered their expertise to rebuild it.

The only cost incurred were the parts needed for restoration, about 15 per cent what it would have cost for a brand new one.

Their rebuild also added a suction screen to protect the system and ensure longterm operational health. To make a donation to the new fountain fund to support Makerspace volunteers on maintaining the fountain for the future, plus other community saving projects, go to.. <https://shuswapmakerspace.ca/maguire-lake-fountain-fund/>

## Bravos & Boos

> **BRAVO** to the volunteer experts at Shuswap Makerspace for restoring fountain. See above.

> **BRAVO** to Jim Cooperman who turned 80 this week. His cartoonist friend Duncan calls this one "Shuswap Gothic" and has him wearing a shirt labelled "80 isn't old for a tree" which is apropos for Jim's busy life that includes helping organize dances, writing a new book and much environmental activism.





**Builders & wreckers**

> This government drone photo captures the dramatic progress of the new Bruhn Bridge project in Sicamous. The steel girders will soon link together from both ends. > And then there are the wreckers of what is built for the life of the community. Below, the copper roof was stolen from the four lower sections of the Japanese Friendship gate in McGuire Lake Park. The gate was built in 1998 by craftsmen from the sister city of Inashiki. Parks operation manager Darin Gerow said they are now looking at options to replace the stolen copper.



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**Garage Sale**  
 Drop off donations for annual Garage Sale for Shelter now to May 8. Sale on May 9 at Royal LePage parking lot by McGuire Lake park.

**SICAMOUS MARKETS**  
 Spring Garden Fest, May 2  
 Let it Bee Spring Market, May 9,  
 Morel theme market, May 22,  
 Community yard sale, May 23  
 Farmers Markets, Fridays

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# WEATHER SYNOPSIS

Temperatures to summer-style mid -20s for weekend. Lows to 6  
**Normal: +17 C to +4 C**  
**Sunrise 5:35 • Sunset 8:15**

**Past Temps, April 15 to 28**  
 By weather reporter Nick Parsons  
 SW Gleneden, 458 m (119 m above lake):

DATE	HIGH	LOW	PRECIP.
April 15	+9	+3	1/15" rn
April 16	+13	+4	trace

> **Nick's notes:** Lake rise this week - 11", now 3'8" above the winter low and 7" lower than last year on this day. After two very dry weeks, rain is needed. Only 1/2" in past five weeks, 25% of normal.

DATE	HIGH	LOW	PRECIP.
April 17	+18	+7	
April 18	+9	+4	
April 19	+12	-1	
April 20	+11	-1	
April 21	+8	+3	
April 22	+12	+5	
April 23	+11	+2	
April 24	+7	0	
April 25	+15	-1	
April 26	+15	0	
April 27	+17	0	
April 28	+17	+3	

# PASSAGES

LEGACY LIVES ON  
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[shuswapfoundation.ca](http://shuswapfoundation.ca)

*Bowers Funeral Service*  
[bowersfuneralservice.com](http://bowersfuneralservice.com)

- ❖ Ronald Aubert  
 March 3, 2026, at age 98  
*1 pm, May 10, Bowers*
- ❖ Kevin Beckner  
 April 8, 2026, at age 53  
*11 am, May 16, Gathering Pl.*
- ❖ Don Kerr  
 November 16, 2026, at age 77  
*May 17, Silver Sands Resort*
- ❖ George Robert Mostat  
 April 18, 2026, at age 89
- ❖ Maxine Rosena Codd  
 March 20, 2026, at age 92
- ❖ Eugene Edward Dionne  
 March 6, 2026, at age 83  
*3 pm, June 3, First United*
- ❖ Larry Harald Flatla  
 December 19, 2025, at age 88  
*2 pm, May 1, Bowers*
- ❖ Eileen Whitehead  
 March 12, 2026, at age 92  
*3 pm, July 18, Sicamous*

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- ❖ James 'Jamie' Joseph Adair  
 March 13, 2026, at age 37
- ❖ Terry Eugene Brushett  
 April 17, 2026, at age 62
- ❖ Michael William Calhoun  
 March 24, 2026, at age 80
- ❖ Joan Frances Clarke  
 April 9, 2026, at age 84
- ❖ Lois (Laitinen) Cunningham  
 March 7, 2026, at age 91  
*2 pm, May 2, First United*
- ❖ Clifford Edwin Doherty  
 April 17, 2026, at age 71

- ❖ Paulette Sylvia Goddu  
 March 25, 2026, at age 73
- ❖ Glenda May Green  
 April 12, 2026, at age 83
- ❖ Glenn Earl Heymerdinguer  
 April 3, 2026, at age 79
- ❖ Lawrence Dean Hill  
 February 26, 2026, at age 78
- ❖ John Kelder  
 March 14, 2026, at age 93  
*1pm, May 18, Shuswap Community Church*
- ❖ Geneva May McLean  
 March 14, 2026, at age 85  
*May 30, First United Church*
- ❖ Calvin Roger Pavay  
 April 4, 2026, at age 52
- ❖ Roger Eric Joseph Roy  
*1 pm, May 2, Elks Hall*
- ❖ Beverly Ann Ayotte  
 March 3, 2026, at age 88
- ❖ John Davis  
 April 2, 2026, at age 92  
*11:30, June 13, St. John's Anglican Church*
- ❖ Nick Maika  
 March 31, 2026, at age 95
- ❖ Alan Osmond, 76, Osmonds
- ❖ Dave Mason, 79, *Founded Traffic recorded with Stones, Hendrix, Harrison, Clapton, Wings, Fleetwood Mac*
- ❖ Don Schlitz, 73, *wrote The Gambler*
- ❖ Nedra Talley, 80, *Ronettes*
- ❖ David Sheets, 67, *Storage Wars host*
- ❖ Will Stanhope, 39, *Canadian rock climber, fall*

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## Bucks end playoffs for the 'Bucks

After winning four straight against Trail in Round 1 playoffs, the Bucks weren't so lucky against the Cranbrook Bucks in Round 2. The teams were tied 1-1 in Game 7, then the Bucks collapsed in the third period for a final score of 4-1.



Kristal Burgess photo

> **ROUND 1: Silverbacks win 4 straight games vs Trail: 2-0, 3-2 OT, 4-3, 2-1 OT**

> **ROUND 2 vs. Cranbrook Bucks**  
**#1 Bucks 4-2 • #2 Bucks 2-1 OT • #3 Bucks 5-2**  
**#4 Bucks 3-2 OT • #5 Bucks 4-2 • #6 Bucks 3-2**  
**#7 Cranbrook 4-1 wins series**

> **OTHER BCHL ROUND 2 SERIES:**

- Brooks 4:3 Sherwood Park • **Round 3: Brooks vs Cranbrook**
- Chilliwack defeats Prince George 4:1 • **Round 3: Chilliwack vs. Nanaimo**
- Nanaimo defeats Cowichan 4:3

**Regular season: 22 W • 26 L • 4 OTL, 2 SOL • 50 pts**

*Interior West:* W. Kel. 83 • Trail 61 • SA 50 • Cran. 46 • Vernon 37  
*1st other divisions:* Prince George 69 • Cowichan 79 • Brooks 80



> **Skydiving Boogie event** - May 14-16, Shuswap Airport.

> **Yoga drop-in.** 7:30 am, Tue, Wed, Thur, Gleneden Hall.

> **Baseball** - Spring baseball. [salmonarmbaseball.com](http://salmonarmbaseball.com)

> **Youth soccer** - Spring soccer. [shuswapsooccer.ca](http://shuswapsooccer.ca)

> **Bowling registrations** - [lakeside-bowling.ca](http://lakeside-bowling.ca)

> **Drop-In women's soccer** (ages 45+) 6:30 Wednesdays, Little Mountain, starting May 5. [triciamart@telus.net](mailto:triciamart@telus.net)

> **Junior Club rides**, Tuesdays, South Canoe trails.

> **Tennis** • Members tournament, June 5-7 (Men's/Ladies A&B singles/doubles) Book courts at [clubspark.ca](http://clubspark.ca)

> **Salty Dog Enduro bike race**, May 10, South Canoe trails.

> **Showdown Strongman competition**, 9-4, May 30, Sicamous Rec. Centre.

> **Spring Recreation Guide** in print and online at [salmonarmrecreation.ca](http://salmonarmrecreation.ca)

> **Grey Grebes dragon boating**, open to all genders/ages. Met at wharf 7:30 am, Tuesdays, Thursdays. Paddles, instructions provided. 250-833-2155

# REPAIR CAFE

**Saturday, May 9th**

Do you have a small appliance, lamp, or even a clothing item that needs to be repaired? Bring it to Repair Cafe at Shuswap Makerspace, May 9, and see if our volunteers can fix it.



Innovation Centre  
 220 Shuswap St.  
 778-404-1253

<http://shuswapmakerspace.ca>



> The Shuswap's salmon run happens in the fall. Now is the season of kids' runs. On right, the Hillcrest Hustle as the school district gears up for meets

Mary Scheidegger Adams photo

# 325 ALEX

## Season 2, Episode 28

Serial by Shawn L. Bird

Suzanne stared at the eerie magazine letters.

She glanced around the room at the gathered tenants in Shirley's living room as they passed the eerie message until everyone had seen it. "Are they threatening, Artemis?!"

"I think," said Shirley, "we can safely presume the villains are threatening both Artemis and Cougar. After all, both carried the smoke bomb out of the store, and Cougar is the one who got us the best pictures of the perpetrators when she looked through their windscreen."

Henry looked over at Lester and Lindsay. "Who are these reprobates terrorizing us all? What do they want you to cooperate with?"

"I'm sure it's all a mistake," said Lindsay. "I think it really has something to do with the pie place and these message are targeting us by mistake."

"Strange," said Desdemona, "when the pie place has been here for years without inciting neighbourhood violence."

"Except for grumbling when the line is long at lunch," muttered Henry to Suzanne.

She smirked and smacked his knee.

Shirley stared at Lester and Lindsay. "You're blaming pies?" Chris, Dimity, and Mabel snorted in matched derision.

There was a rustle from the ceiling in the kitchenette. Everyone glanced over as Cougar emerged from a cupboard and stood on the top of the fridge, looking back at them. The cupboard door nudged open again, and Artemis appeared beside her. The two cats, one tawny, one tuxedo, fixed their gazes on Lester and Lindsay and locked.

Lester and Lindsay swallowed and glanced at each other. They looked back at the cats.

The cats stared back at them.

Lester and Lindsay swallowed again.

Eyes locked on the pair, Cougar leapt from fridge to cupboard to floor to coffee table until she was directed in front of Lester and Lindsay. Cougar hissed. Her pupils dilated. Artemis jumped up beside Cougar and made a strange growling noise.

"Okay," said Lester, stepping back. "We'll tell you everything."

☐ Read the next episode of 325 Alex in the May mid-month edition of Friday AM. Read about this local author at [shawnbird.com](http://shawnbird.com)



# WIDER OVER NARROWER

Interior design and decoration does not have many rule - lots of guidelines, but few rules. Most of the rules I remember actually make sense and aren't really difficult to understand.

My favourite one: 'Your eyes go to the area of greatest contrast first'. That is why 'pops of colour' can be so overwhelming. Sometimes it's what you want, sometimes it's not.

Another one: 'If you have an architectural detail in a room you don't like, there are three choices: 1. Change it. 2. Camouflage it, or 3. Ignore it.' That's it.

And one of the most abused guidelines: 'In a situation where an element is placed above a piece of furniture, it must never be wider than that furniture.'

That is why things look out of balance when the big TV is hung over the fireplace and why the mirror over the hall console table looks 'top heavy'. These elements should be about 2/3 to 7/8 the width of fireplace or table.

Sometimes, though, this is not possible. A young homeowner on one of the decorating pages I follow, bemoaned the size of the TV her husband bought that was about six inches larger on each side of the fireplace. She asked what to do as 'It just doesn't look right'. Her solution was to visually increase the width of the fireplace. (to 'camouflage' it.) Add some tiles, add some plants, some tall vases, some sconces — things that make it appear wider.

Add some bookcases that make the fireplace and TV look like they are one unit inside a larger wall unit. She could also add a hearth to increase the visual width of the fireplace. Adding the hearth in a contrasting colour is a good trick, too - see 'pops of colour'.

If the fireplace and TV appear as two separate elements, which

**DESIGN DILEMMAS**  
Linda Erlam



they will until you make them appear as one, the imbalance will be more evident.

Moving the TV as close to the top of the fireplace as possible will increase the idea of being one element. Adding a bit of millwork around the TV that extends down to the fireplace is also an option - keep this low contrast, though. The textural addition will create all the attention it needs.

I've got a great example of the five steps to fixing this particular problem by adding bookcases and some architectural details, I'll include that in the column when it's published on May 9.

In light of how prevalent this challenge is, I'd also like to address the big issue of big TVs. If left to their own devices, the person picking the TV often seems to choose with the thought that bigger is better. Period. Hoo boy, not necessarily so.

A TV that is too large for the space prevents good viewing. The images may be blurred when viewing from the side or below TV; looking 'up' at the TV is not relaxing, and the TV can take over the whole room visually.

A good rule of thumb is to divide distance from the sofa to the TV by 1.7 for the TV size (the diagonal screen measurement).

Don't forget the other important placement guide: the centre of the screen needs to be at eye level when seated. That means you are looking straight at the TV when sitting on the sofa. Any higher (as above a fireplace, for example) creates strain and can easily alter the screen image.

You pay a fair bit for a big TV - why not make sure you are viewing it at its best?

☐ If you have design or issues, or ideas for a future column, email [linda@designsewlutions.ca](mailto:linda@designsewlutions.ca) or visit [designsewlutions.ca](http://designsewlutions.ca)

## BALD TRUTHS

> Some people call it multi-tasking. I call it doing something else while I try to remember what I was doing in the first place.

> To steal ideas from one person is plagiarism. To steal from many is research.

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# WORD SEARCH Prehistoric creatures

DFDEPRTC IQMGGRI TPSPUUBZBGEAUMKP  
 NXTACWRXEPK SREGECWAFYOYXEYGLCA  
 IOJQKBOZDMHME DUZTNKBGJBILQNMPI  
 TFTOVQRM MBKZWFAPCYPMRIOXFIPHDR  
 KKPLCLTAORNAIFNHTPREWEWZWRTRBK  
 EPRAKJHRNODKNPOXVEVALXTCBXJWQC  
 BVORZNOITNMI FZDHPARFNAAONEHHQD  
 XSSCHGNSOTZOF POLFGZOJNGIOTSISJ  
 BRUA EJAENOPBOQNB JPYSDUOUMTVTOF  
 RFPVSUURISVROBEAANNKZARSRLHBLU  
 IZEEPWREAAWOOLYMMAMOTH CZANECTI  
 CURBETUPFUMHGLVPGVQYAVCIUIVAU  
 QUSERGSTPRFVHSPINOSAURUSTORSLT  
 KLA AOQR IEUPEDZPVPLAQRAZJVYTUME  
 GVURRYULASRQUEMRYVVTCLYPSJLLSV  
 LLRJTNTENWQAMWAUDDREADNOUGHTUS  
 JPURIMESOSAURUSPOBMASTODONKCTQ  
 YWSJDSRFFXWECIHIGTWRRZR OFDDHGPA  
 DUJUSPRFTJTABYSBBSGMAPUSAURUSUQ  
 WGAGSETZHTJ CNEJLHWPKX D I N O S A U R

> Dinosaur, Marine Reptile, Dreadnoughtus, Pelagornis, Edmontonia, Zuul, Tyrannosaurus, Mastodon, Woolly Mammoth, Spinosaurus, Hesperornis, Brontosaurus, Mapusaurus, Pterodactyl, Sabre-tooth cat, Orthosaurus, Mesosaurus, Supersaurus, Iguanodon, Cave bear



> Is this how Salmon Arm and Mt. Ida appeared millions of years ago. Artist Otto Pfannschmidt asked AI to come up with an image from the prehistoric past and the above is what popped up



# HIDDEN GEMS

THIS QUOTE SPACE HOSTED BY  
 Hidden Gems Bookstore, 331 Alexander  
[www.hiddengemsbookstore.com](http://www.hiddengemsbookstore.com)

> "The speed at which a virus spreads depends on:  
 1. How dense the population is. 2. How *dense* the population is.  
 > *From being human manual*: "I was raised, I didn't just grow up. I was taught to speak when I enter the room. Say please and thank you, respect my elders, lend a helping hand to those in need, hold the door for the person behind me, and say "excuse me" when needed. I was also taught to treat people the way I want to be treated."  
 > "Once you carry your own water, you will learn the value of every drop."

# FUNNY BONE

> *Here are a few more paraprosdokians - figures of speech where the latter part of a sentence takes a surprising or funny turn:*  
 • Since light travels faster than sound, some people appear bright until you hear them speak.  
 • If I agreed with you, we'd both be wrong.  
 • War does not determine who is right, only who is left.  
 • Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.

# POP QUIZ

> What were the mothers of Monkee /music and video producer Michael Nesmith and actor/singer Jack Black famous for?  
 rection fluid or Liquid paper, the typists friend before computers.  
 Michael Nesmith's mother, Bette Nesmith Graham invented Cor-engineer who developed system that saved Apollo 13 astronauts.  
 < Jack Black's mother Judith Love Cohen was renowned aerospace

<p><b>PANCAKE BREAKFAST</b>                  8 to 11:30 am                  Sunday, May 10                  \$12 person                  \$5 &amp; under Free                  5th Ave. 50Plus Activity Centre • 170 5th Ave. SE</p>		<p><b>BINGO</b>                  Friday Nights                  Doors open at 5 pm                  Games begin at 6:30                  Gaming license 151881</p>
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Irrigation comes unseasonably early on this local field off 30th St. SW.

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## FCA artists show a first

Salmon Arm's first Federation of Canadian Artists show will open Friday at the Atelier Gallery.

The regional exhibition titled 'Springing Forth' features juried works by artists across the Thompson-Nicola, Okanagan and Shuswap region will be display until May 16. Each featured work has been selected through a rigorous jurying process by professional peers.

The opening reception from 4 to 7 pm, Friday will be an opportunity to meet the artists.

The show will run until May 16 at the Atelier



Gallery, across from the post office. A digital preview of the works will be posted on the tns.ca website at the end of April.

The painting from the show on the right is by Diane Akey.

## Struggling with Foot Pain or Thick Nails? We can help.



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# SALMON ARM Beat Pages

May 1



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



> Event to officially switch on the 'new' fountain in 1998

## The 1997/98 Fountain Fund

The Fountain Fund brings back fond memories for me.

A few months after starting *Friday AM* in 1997, I learned that the fountain was at the end of its life.

It was operated by the hospital at the time, so to raise funds for a new fountain it would need to be a community initiative.

Within days of publishing a front page story, a dedicated committee came together and the fountain fund was born.

*Friday AM* kept up weekly updates on the fund all through that year; we organized a Fountain Fun Day in August and eventually raised over \$30,000.

Another big event the following May drew over a thousand to officially turn the new fountain on.

This is a community treasure and always will be.

## GREEN GRANTS

SASCU has awarded another round of Green Resilience Grants to local groups that advance environmental sustainability through tangible, practical action.

■ **Hudson Thrift Shoppe (CMHA)** (\$10,000) for "Upcycle" Project to restyle used clothing through workshops, wrapping up with a community-wide fashion show. Objective to reduce textile waste and build hands on sustainability skills, especially among youth.

■ **U Grow Girl** (\$6,000) to buy harvesting equipment for local food production capacity and food security while reducing waste.

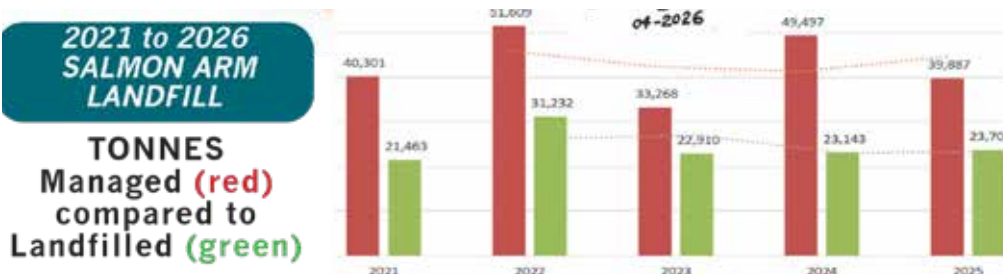
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initiative transforming paper waste into a sustainable fire-starting alternative, reducing landfill impact while promoting circular economy practices.

■ **Eagle Valley Snowmobile Club**

(\$10,000) for its new solar power system supporting club's efforts to operate in a more environmentally responsible way

"The Green Resilience Grant reflects our focus on investing in projects that not only address environmental challenges, but also build stronger, more sustainable communities," said Barry Delaney, SASCU President and CEO. "These organizations are leading by example, and we are proud to support their work."



# ROUND TWO



VS



# Playoffs end for the Backs. 1-1 tie to nearly the end, then Bucks come up 4-2

Wed



17° 3°

# SALMON ARM Beat

## April 29

FriAM.ca • Next print edition May 1



> Happy to say the legacy of the print edition of Friday AM will continue on. On left is Bernie Hucul's chicken coop that is lined with print plates of old editions.

## Todo's

- **Salmar Grand**
- *Super Mario Galaxy*
- *Project Hail Mary*
- *The Mummy*
- *Michael (Jackson)*
- Film Society, 4pm Sat.
- *History of Sound*
- Drive-in opens May 1
- **Gala concert**, 7pm, May 2, Nexus
- **Book of Will**, Fridays to Sundays, Shuswap Theatre.
- **A.R.E.N.A. Babies** (60s scoop), on now at SA Art Gallery
- **Spring Fling**, 3:30-6:30, May 1, South Canoe School
- **Home Show**, May 2, 3, Rogers Rink
- **Coffeehouses**, Grindrod, May 1
- Carlin Hall, May 2
- **Friends Abreast Yard sale**, May 2, Centenoka
- **Death, the musical** Light / serious look at where we're all going, 7:30, May 1, 2, 2 pm, May 3, Gleneden Hall
- **Charity Shredder Day**, May 2, Uptown SASCU for hospital
- *Watch for the All Month issue coming out in print and online soon.*



## Parade of tractors and trucks

**F**riends and family of the late Jeff Mounce continue to keep his memory alive with fun events to cheer up local children battling cancer.

A parade of over 25 local tractors and trucks paraded through part of Salmon Arm on Tuesday to the surprise and delight of a young local boy on his birthday who is undergoing treatment for cancer.

According to the Facebook page for the Jeff Mounce Memo-

ry Foundation, these events are meant to "take kids' mind off of what they're going through, and draw smiles and laughter instead."

Jeff succumbed to cancer four years ago at age 55. Wade Stewart said how his friend loved to entertain crowds with his music, ride his motorcycle, tend to his gardens and share stories and good times with his family and many friends. ■

## Housesitter assaults homeowner with car

**A**n Eagle Bay resident was struck by his housesitter's vehicle when he returned home after two months out of the country

The victim explained to police at the hospital that the house sitters attended the property unannounced and began yelling at him from a vehicle as he stood about three metres away in front of their vehicle.

"The driver gunned it and drove the vehicle into the victim, making no attempt to stop," said Cst. Andrew Hodges. "The victim bounced off the vehicle into the air and landed on his head, and the vehicle drove away."

*The rest of this story and the arrest of the suspect will be one of the stories in this week's All Month issue to go on line later today.*

# ROUND TWO



Tied again 3:3 with a 3-2 loss Sunday Series returns home Game 7 Tuesday.

Mon



14° 2°

# April 27 SALMON ARM Beat



Go to [EntrepreneurImpact.org](http://EntrepreneurImpact.org) to vote for Missy MacKintosh before 7pm, Thursday. She is currently in fifth place.

FriAM.ca • Next print edition May 1

## To-do's

- Salmar Grand
  - *Super Mario Galaxy*
  - *Project Hail Mary*
  - *The Mummy*
  - *Michael (Jackson)*
 Film Society, 4pm Sat.
- *History of Sound*  
Drive-in opens May 1
- Day of Mourning,  
11am, Tues, Marine Park. For death and injury at workplace.
- Gala concert,  
7pm, May 2, Nexus
- Book of Will,  
Fridays to Sundays, Shuswap Theatre.
- A.R.E.N.A. Babies (60s scoop), on now at SA Art Gallery
- Spring Fling,  
3:30-6:30, May 1, South Canoe School
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Light / serious look at where we're all going,  
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> The Shuswap's salmon run happens in the fall. Now is the season of the kids' runs On right, is the annual Hillcrest Hustle as the school district gears up for track meets. Image from video by Mary Scheidegger Adams

## FCA art show a first for Salmon Arm

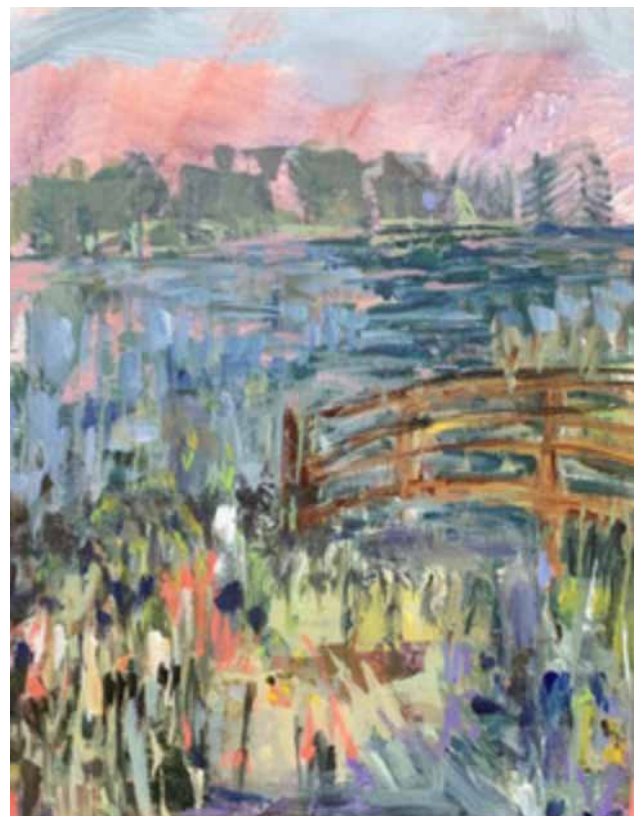
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The regional exhibition titled 'Springing Forth' features juried works by artists across the Thompson-Nicola, Okanagan and Shuswap region will be display until May 16. Each featured work has been selected through a rigorous jurying process by professional peers.

The opening reception from 4 to 7 pm, Friday will be an opportunity to meet the artists.

The show will run until May 16 at the Atelier Gallery, across from the post office. A digital preview of the works will be posted on the [tncs.ca](http://tncs.ca) website at the end of April.

*The painting from the show on the right is by Diane Akey. ▶▶*



ROUND TWO



CRANBROOK WINS GAME #3 5-2

Game #4 in Cranbrook • Game #5, Friday at Rogers Rink

Wed



14° 1°

# SALMON ARM Beat

April 22



**Earth Day**  
Displays, Piccadilly,  
Wednesday  
**Celebration**  
10-1, Saturday  
Ross Street plaza  
Demos, exhibits  
music, market  
& storytelling

FriAM.ca • Print 1st & 3rd Fridays

## To-do's

- Salmar Grand
- *Super Mario Galaxy*
- *Project Hail Mary*
- *The Mummy*
- *You me & Tuscany*
- Film Society, 4pm Sat.
- *Jimpa*
- Drive-in opens May 1
- **Earth Day**, Wed.  
displays at Piccadilly  
Celebration event,  
Sat on Ross Plaza.
- **Shuswap Music**  
**Festival** continues..  
Piano, Mon-Wed;  
Gala concert, 7pm,  
May 2, Nexus@1st
- **Book of Will**,  
opens Friday,  
Shuswap Theatre
- **Back Pocket**  
**Quartet**, Thursday,  
Nexus at First
- **Ennis Sisters** Sat.,  
Song Sparrow Hall
- **Kim Churchill**  
Sun, Song Sparrow
- **A.R.E.N.A. Babies**  
(60s scoop), on now  
at SA Art Gallery
- **Spring Home**  
**Show**, Sat & Sun,  
Rogers Rink
- **Writers coffee-**  
**house**, 2-4, Friday,  
First Community
- **Silver Creek cof-**  
**feehouse**, Saturday
- **Ben Arsenault**,  
Saturday, Carlin Hall

## The enchanting East Coast Ennis Sisters

Newfoundland's Ennis Sisters, loved for their flawless Celtic influenced harmonies, will fill Song Sparrow Hall with their East Coast charm on Saturday.

The sisters have served as cultural ambassadors of Atlantic Canada for many years with their humorous storytelling and beautiful songs.

There are still limited tickets left for the concert t 7:30, this Saturday. See <https://songsparrowhall.ticket.ca>

See on the left column for more concerts happening this week.



## GREEN GRANTS

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■ **Hudson Thrift Shoppe (CMHA)** (\$10,000) for "Upcycle" Project to restyle used clothing through workshops, wrapping up with a community-wide fashion show. Objective to reduce textile waste and build hands on sustainability skills, especially among youth.

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"The Green Resilience Grant reflects our focus on investing in projects that not only address environmental challenges, but also build stronger, more sustainable communities," said Barry Delaney, SASCU President and CEO. "These organizations are leading by example, and we are proud to support their work."

Wed  
  
 14° 1°

# SALMON ARM Beat



**Earth Day**  
**Displays, Piccadilly,**  
**Wednesday**  
**Celebration**  
**10-1, Saturday**  
**Ross Street plaza**  
**Demos, exhibits**  
**music, market**  
**& storytelling**

FriAM.ca • 2ND POST OF THE DAY

## To-do's

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 First Community
- **Silver Creek cof-**  
**feehouse**, Saturday
- **Ben Arsenault**,  
 Saturday, Carlin Hall



## EIGHT ISSUES TO GO

The above photo depicting the production of Issue #1000 of *Friday AM* in 2017 came up on my newsfeed today. It reminds me that Issue #1400 is only four months away.

My plan after the end of August is to gather enough support to continue regular online blog posts on social media, plus a revamped website, *Lord willing*, well into my retirement years.

The Friday AM FB page now has garnered nearly 2,300 followers as well as many more accessing directly to **Fri-AM.ca** and my personal FB page, so am most grateful for that going forward.

My big concern are for those faithful

readers not inclined to read their news online. Another concern will be the big sacrifice of print ad revenue. I accept the fact that this next phase will be primarily a volunteer effort, and one never knows, some individual or group might still come forward to keep it going as a paper.

If you plan to continue reading my online reporting after the end of August, I'd appreciate if you could indicate with a "like" emoji.

Thank you from the bottom of my heart for all your support over the last 29 years. I will name as many as I can recall in Issue #1400.

Whew! Only eight print issues to go.



# SALMON ARM Beat

## April 18

FriAM.ca • Mid-Month edition is out

**ROUND TWO** GAME #1 win!  
Salmon Arm 4  
Cranbrook 2

#2 7:00 Sat  
Rogers Rink

#3 & #4  
Tues & Wed.  
Cranbrook

#5 April 24  
Rogers Rink

## Todo's

- Salmar Grand
- *Super Mario Galaxy*
- *Project Hail Mary*
- *The Mummy*
- *You me & Tuscany*

Film Soc., 4pm, Sat

- *DH Ahmed*

Drive-in opens May 1

- Friends of Library

book sale, Fri & Sat

S. Shuswap library

- Volunteer fair, Sat

morning SA Library.

- Dance of Spring,

3:30-6pm, Sun, Song

Sparrow. Hosted by

Runaway Moon, plus

- Dance with Jesse

Roper, Sat., Song

Sparrow. Sold out

- A.R.E.N.A. Babies

(60s scoop). Opening

reception, 11-1, Sat.

with Scott Kwah &

Erin Stodola

- Aero Models, Fri

& Sat, Piccadilly

- Gleneden coffee-

house Saturday night

- Kamloops Sym-

phony 'Infinite Bach'

3 pm, Sun, Nexus 1st

- Friends in Song

- Serious Options

Choir & Northern

Lights, 2 pm, Sat,

Nexus at First

- Garden Tea Party,

2-4, Sun, Blind Hall

- Bands, Sat, Solid

Urban Studio

- Comedy, Sat,

Canooligans



This has to be the biggest 'Repair Cafe' job ever, taken on by the volunteer crew at Shuswap Makerspace. The crew, led by Mike Melin, went above and beyond to restore the McGuire Lake fountain. From fully disassembling and cleaning the unit, rebuilding the motor, sourcing and installing new impellers, seals and bearings, the entire rebuild was completed through the dedication of local volunteers and community sponsors, said Mayor Alan Harrison in a statement "This work was done at no cost to the City, a true reflection of the generosity and skill within our community. A heartfelt thank you to everyone involved in bringing this beloved feature back to life." Well done indeed!



- Shuswap Music Festival continues.. Piano, Mon-Wed; Gala concert, 7pm, May 2, Nexus@1st

- Magician, Sat, Marionette Winery

- Beauty of the Shuswap art show, 10-4, now to Mon.

1600 20th St. SE

### EVENT CORRECTION.. sorry

This week I looked up theatre at Jackson Secondary and *Antasia*, April 17 to 19 came up, and then printed that in this week's edition, plus an earlier daily Beat. It turns out that this Jackson is in Michigan. There are plays coming up the end of May though - *Great Gatsby* at Jackson and *Legally Blonde* at Sullivan.

### Celebration of Life for Roger Eric Joseph Roy

Oct. 15, 1958-

Feb. 13, 2026

1 pm, Saturday

May 2 at

The Elks Hall

3690 - 30 St NE

Salmon Arm



Sun  
18° 3°

# SALMON ARM Beat

April 19

FriAM.ca • Mid-Month edition is out

**ROUND TWO** GAME #2 win!  
Salmon Arm 2  
Cranbrook 1 in OT

#3 & #4  
Tues & Wed.  
Cranbrook

#5 April 24  
Rogers Rink

#6 April 26  
Cranbrook

## Todo's

- **Dance of Spring**, 3:30-6pm, Sun, Song Sparrow. Hosted by Runaway Moon, plus
- **Salmar Grand**
  - *Super Mario Galaxy*
  - *Project Hail Mary*
  - *The Mummy*
  - *You me & Tuscany*
- Drive-in opens May 1
- **A.R.E.N.A. Babies** (60s scoop), on now at SA Art Gallery
- **Kamloops Symphony** 'Infinite Bach' 3 pm, Sun, Nexus 1st
- **Garden Tea Party**, 2-4, Sun, Blind Hall
- **Earth Day**, 22nd Celebration, 25th at Ross Plaza
- **Shuswap Music Festival** continues.. Piano, Mon-Wed; Gala concert, 7pm, May 2, Nexus@1st
- **Magician**, Sat, Marionette Winery
- **Book of Will**, opens Friday, Shuswap Theatre
- **Beauty of the Shuswap art show**, 10-4, now to Mon. 1600 20th St. SE
- **Back Pocket Quartet**, Thursday, Nexus at First
- **Hit2Fit**, Sat., Recreation Centre
- **Ennis Sisters** Sat., Song Sparrow Hall



> Vintage Salmon Arm: Photo taken from the present location of Piccadilly Mall, 11,000 years ago. Below, right: Me hanging out with three members of a rock group popular in their their day, "The Beatles."

## A.I. is enabler of the post-truth era

**A**rtificial Intelligence is really starting to bug me as I scroll through the web and realize that so much of the content is not real and is getting harder to discern what is real and what is A.I. slop.

I believe there should be regulations to clearly identify what is A.I generated, especially when it comes to misrepresenting people. ■



Photo images by Otto Pfannschmidt

**Pros:** Eliminates human error and risk; 24/7 availability; Unbiased decision making; Looks after repetitive tasks; reduces costs; effective at data acquisition, analysis

**Cons:** Costly implementation; Lack of emotion and creativity; muddies ability to distinguish reality; No improvement with experience; critical ethical issues; reduces human jobs; requires precious resources including crazy amounts of cooling water

ROUND TWO



TONIGHT'S THE NIGHT!

Tied 3:3 • Game 7 • 7 pm, Rogers Rink

Tue  
12° 3°

# SALMON ARM Beat

April 28

Fire Number K40163

0.12 Hectares

Discovered On April 27, 2026

Updated April 27, 2026 at 8:32 p.m.

Kamloops Fire Centre

FriAM.ca • Next print edition May 1

## To-do's

- Salmar Grand
- Super Mario Galaxy
- Project Hail Mary
- The Mummy
- Michael (Jackson) Film Society, 4pm Sat.
- History of Sound Drive-in opens May 1
- Day of Mourning, 11am, Tues, Marine Park. For death and injury at workplace.
- Gala concert, 7pm, May 2, Nexus
- Book of Will, Fridays to Sundays, Shuswap Theatre.
- A.R.E.N.A. Babies (60s scoop), on now at SA Art Gallery
- Spring Fling, 3:30-6:30, May 1, South Canoe School
- Home Show, May 2, 3, Rogers Rink
- Coffeehouses, Grindrod, May 1
- Carlin Hall, May 2
- Friends Abreast Yard sale, May 2, Centenoka
- Death, the musical Light / serious look at where we're all going, 7:30, May 1, 2, 2 pm, May 3, Gleneden Hall
- Charity Shredder Day, May 2, Uptown SASCU for hospital

## FIRE NEAR HWY. BETWEEN SICAMOUS & SALMON ARM



Being Held



> Girders will soon link the two ends of the new Bruhn Bridge

Government drone image

Tue  
19° 7°

# SALMON ARM Beat

April 21

FriAM.ca • Print 1st & 3rd Fridays



> Mayor Alan Harrison fulfilled his dream to run the Boston Marathon and was thrilled hear people cheering "Go Canada!" and "We love Canada!" all along the route.

## To-do's

- **Salmar Grand**
- *Super Mario Galaxy*
- *Project Hail Mary*
- *The Mummy*
- *You me & Tuscany* Film Society, 4pm Sat.
- *Jimpa*  
Drive-in opens May 1
- **Earth Day**, Wed. displays at Piccadilly Celebration event, Sat on Ross Plaza.
- **Shuswap Music Festival** continues.. Piano, Mon-Wed; Gala concert, 7pm, May 2, Nexus@1st
- **Book of Will**, opens Friday, Shuswap Theatre
- **Back Pocket Quartet**, Thursday, Nexus at First
- **Ennis Sisters** Sat., Song Sparrow Hall
- **Kim Churchill** Sun, Song Sparrow
- **A.R.E.N.A. Babies** (60s scoop), on now at SA Art Gallery
- **Spring Home Show**, Sat & Sun, Rogers Rink
- **Writers coffee-house**, 2-4, Friday, First Community
- **Silver Creek coffeehouse**, Saturday
- **Ben Arsenaault**, Saturday, Carlin Hall



> The copper appears to be ripped from all four lower roof sections on the Japan friendship gate in McGuire Lake. The gate was built by craftsman from Salmon Arm's sister city of Inashiki in 1998. Parks operations manager Darin Gerow said they are now looking at options to replace the stolen copper.



## Fund set up for ongoing maintenance

**T**he City was faced with a \$100,000 expenditure to replace the McGuire Lake fountain. Instead, a dedicated crew from Shuswap Makerspace volunteered their expertise and spent months rebuilding the existing fountain.

The only cost incurred were the parts needed for restoration, about 15 per cent what it would have cost for a new fountain.



The team, led by Mike Melin and Greg Anderson, also integrated suction screens to protect the system and

ensure long-term operational health.

A McGuire Lake Fountain Fund has now been set up to cover the \$15,000 cost of parts for the recent rebuilt and ensure ongoing professional maintenance of this beloved landmark in the centre of Salmon Arm.

The new fund will also support Makerspace volunteers to contribute their expertise on future community-saving projects.

To make your donation, go to: <https://shuswapmakerspace.ca/maguire-lake-fountain-fund/>

**ROUND TWO**  vs  **Silverbacks wins games #1 & #2**  
Games #2 & 3, Tues (tonight) & Wed. in Cranbrook  
Game #5, Friday at Rogers Rink, if needed

**ROUND TWO**  VS  **Will Silverbacks win the series tonight in Cranbrook or win Tuesday at home?**

Sun  
  
 11° 1°  
**April 26** **SALMON ARM** **Beat**



> By next weekend this giant mural featuring a pair of grebes will be completed on the wall at Lakeshore & Alexander

FriAM.ca • Next print edition May 1

- To-do's**
- **Salmar Grand**
  - *Super Mario Galaxy*
  - *Project Hail Mary*
  - *The Mummy*
  - *Michael (Jackson)*
  - Film Society, 4pm Sat.
  - *History of Sound*
  - Drive-in opens May 1
  - **Day of Mourning**, Tues, for death and injury at workplace.
  - **Gala concert**, 7pm, May 2, Nexus
  - **Book of Will**, Fridays to Sundays, Shuswap Theatre.
  - **Kim Churchill** Sun, Song Sparrow
  - **A.R.E.N.A. Babies** (60s scoop), on now at SA Art Gallery
  - **Spring Fling**, 3:30-6:30, May 1, South Canoe School
  - **Home Show**, May 2, 3, Rogers Rink
  - **Coffeehouses**, Grindrod, May 1
  - Carlin Hall, May 2
  - **Friends Abreast Yard sale**, May 2, Centenoka
  - **Death, the musical** Light / serious look at where we're all going, 7:30, May 1, 2, 2 pm, May 3, Gleneden Hall
  - **Charity Shredder Day**, May 2, Uptown SASCU for hospital





> The good planet Earth, its fertile earth, fresh air, teeming waters, healthy foods and all of its life forms were celebrated at the Earth Day celebrations on Ross plaza Saturday. One of the popular displays was a wide selection of electric vehicles.

**Old patriarchal beliefs still hold strong**



**F**ive men from the Legacy Bible Church in Salmon Arm held up religious signs at the entry to Saturday's market and Earth Day celebrations. Among the core beliefs of this church assert that while men and women are created equal, men are ordained to be the leaders at home and church. According to the church's website, "For the protection, provision, upbuilding and well-being of women and children, God has called men to lead.. When our ladies are not busy in their homes with their families, we encourage them to come together every so often for fellowship, singing and occasional collaboration on a 'homemaking project.'"

**ROUND TWO**  vs  **TIED 2:2 • #5 Friday night at home #6 Sunday in Cranbrook**

Fri  
  
 11° -1°

# SALMON ARM Beat

**April 24**



**Earth Day Celebration**  
**10-1, Saturday**  
**Ross Street plaza**  
**Demos, exhibits**  
**music, market**  
**& storytelling**

FriAM.ca • Next print edition May 1

## Todo's

- **Salmar Grand**
- *Super Mario Galaxy*
- *Project Hail Mary*
- *The Mummy*
- Michael
- Film Society, 4pm Sat.
- *Jimpa*
- Drive-in opens May 1
- **Earth Day Celebration event**, Sat on Ross Plaza.
- **Shuswap Music Festival** continues.. Gala concert, 7pm, May 2, Nexus@1st
- **Book of Will**, opens Friday, Shuswap Theatre
- **Back Pocket Quartet**, Thursday, Nexus at First
- **Ennis Sisters Sat.**, Song Sparrow Hall
- **Kim Churchill** Sun, Song Sparrow
- **A.R.E.N.A. Babies** (60s scoop), on now at SA Art Gallery
- **Spring Home Show**, May 2, 3, Rogers Rink
- **Writers coffee-house**, 2-4, Friday, First Community
- **Silver Creek coffeehouse**, Saturday
- **Ben Arsenaault**, Saturday, Carlin Hall

## Demo & practice

> Mike Turner of BC Ambulance demonstrates high quality chest compressions to members of Salmon Arm Tennis Club in the event of a cardiac arrest. He also showed how to use the Automated External Defibrillators (AEDs) that is kept at the club.

Photo by Marianne VanBuskirk



## SALMON ARM ROTARY CLUBS ANNUAL FOOD DRIVE

SATURDAY APRIL 25TH  
 Please fill your bag with non-perishable food and leave it in a visible location by 9:00AM.  
 SALMON ARM RESIDENTS WILL RECEIVE A PAPER BAG DELIVERED TO THEIR DOOR BETWEEN APRIL 19TH-24TH. DONATED FOOD WILL GO TO THE SAFE SOCIETY, SALVATION ARMY, AND SECOND HARVEST.

**SPRING HOME SHOW**  
 May 2 & 3, Rogers Rink  
*Please note correct date*  
*Sorry for any confusion*

**He's the pride of ALL of BC now..**  
**Headlining The Orpheum on Sunday**

**vam**  
 VANCOUVER ACADEMY OF MUSIC SYMPHONY ORCHESTRA  
 APR. 26, 2:00PM  
 ORPHEUM THEATRE  
 IAN PARKER CONDUCTOR  
*"Jaeden Izik-Dzurko's rise on the international stage has been nothing short of meteoric"*  
**JAEDEN IZIK-DZURKO**  
**PLAYS RACHMANINOFF**  
 2025/26 SEASON

# ROUND TWO



SERIES TIED 2:2 Cranbook 3-2 in OT  
Game #5, 7 pm, Friday at Rogers Rink • Game #6, Sunday

Thu



10° -2°

# April 23 SALMON ARM Beat



> Event to officially switch on the 'new' fountain in 1998

FriAM.ca • Print 1st & 3rd Fridays

## To-do's

- Salmar Grand
- *Super Mario Galaxy*
- *Project Hail Mary*
- *The Mummy*
- *You me & Tuscany\**
- \* ends tonight
- Michael opens Friday Film Society, 4pm Sat.
- *Jimpa*
- Drive-in opens May 1
- Earth Day Celebration event, Sat on Ross Plaza.
- Shuswap Music Festival continues.. Gala concert, 7pm, May 2, Nexus@1st
- Book of Will, opens Friday, Shuswap Theatre
- Back Pocket Quartet, Thursday, Nexus at First
- Ennis Sisters Sat., Song Sparrow Hall
- Kim Churchill Sun, Song Sparrow
- A.R.E.N.A. Babies (60s scoop), on now at SA Art Gallery
- Spring Home Show, May 2 & 3, Rogers Rink
- Writers coffee-house, 2-4, Friday, First Community
- Silver Creek coffeehouse, Saturday
- Ben Arsenaull, Saturday Carlin Hall



> Here are some of the women who participated in recent 'She's got Game' soccer skills and drills sessions. Drop-in Soccer for Women 45+ starts May 5 at Little Mountain.

## The 1997/98 Fountain Fund

The Fountain Fund brings back fond memories for me.

A few months after starting *Friday AM* in 1997, I learned that the fountain was at the end of its life.

It was operated by the hospital at the time, so to raise funds for a new fountain it would need to be a community initiative.

Within days of publishing a front page story, a dedicated committee came together and the fountain fund was born.

*Friday AM* kept up weekly updates on the fund all through that year; we organized a Fountain Fun Day in August and eventually raised over \$30,000.

Another big event the following May drew over a thousand to officially turn the new fountain on.

This is a community treasure and always will be.

## REGIONAL ART EXHIBIT

Salmon Arm will host a regional Art exhibition in May. The Thompson Nicola Shuswap Chapter (TNSC) of the Federation of Canadian Artists will present its premier exhibit of juried art original from through the region from May 1 to 6 at the Atelier Gallery on Hudson.

The Federation of Canadian Artists was founded in 1941 by members of the Group of Seven. Opening reception of the TNS Chapter's first ever Salmon Arm exhibition will take place from 4 to 7 pm on May 1.

Each of the featured work were selected through a rigorous jurying process by professional peers, ensuring a collection of the highest technical and creative calibre.

A digital preview of the gallery works will be available at [tnsc.ca](http://tnsc.ca) at the end of April.



# SALMON ARM Beat

April 17

FriAM.ca • Mid-Month edition out today

**ROUND TWO** The Bucks stop here tonight!

**SILVERBACKS** VS **BUCKS**

#1 7:30 Fri  
#2 7:00 Sat  
Rogers Rink  
#3 & #4  
Tues & Wed.  
Cranbrook

## ToDo's

- **Salmar Grand**
- *Super Mario Galaxy*
- *Project Hail Mary*
- *The Mummy*
- *You me & Tuscany*
- Film Soc., 4pm, Sat
- *DH Ahmed*
- Drive-in opens May 1
- **Peace n' Pizza**
- 5:30, Fri., First Com.
- **Friends of Library book sale**, Fri&Sat
- S. Shuswap library
- **Volunteer fair**, Sat morning SA Library.
- **Book Launch.** **Calvin White** with comedy by Eddie Domino, music by Lent Nishihara, 7pm Fri, Little Mt. Fieldhouse,
- **Dance of Spring**, 3:30-6pm, Sun, Song Sparrow. Hosted by Runaway Moon, plus
- **Dance with Jesse Roper**, Sat., Song Sparrow. Sold out
- **Antastasia**, April Fri-Sun, Jackson Sec.
- **A.R.E.N.A. Babies (60s scoop)**. Opening reception, 11-1, Sat. with Scott Kwah & Erin Stodola
- **Aero Models**, Fri & Sat, Piccadilly
- **Gleneden coffee-house** Saturday night
- **Kamloops Symphony** 'Infinite Bach' 3 pm, Sun, Nexus 1st

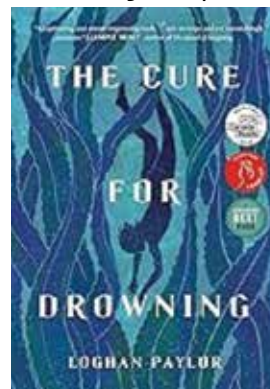
# FOUNTAIN'S BACK ...and there's more!



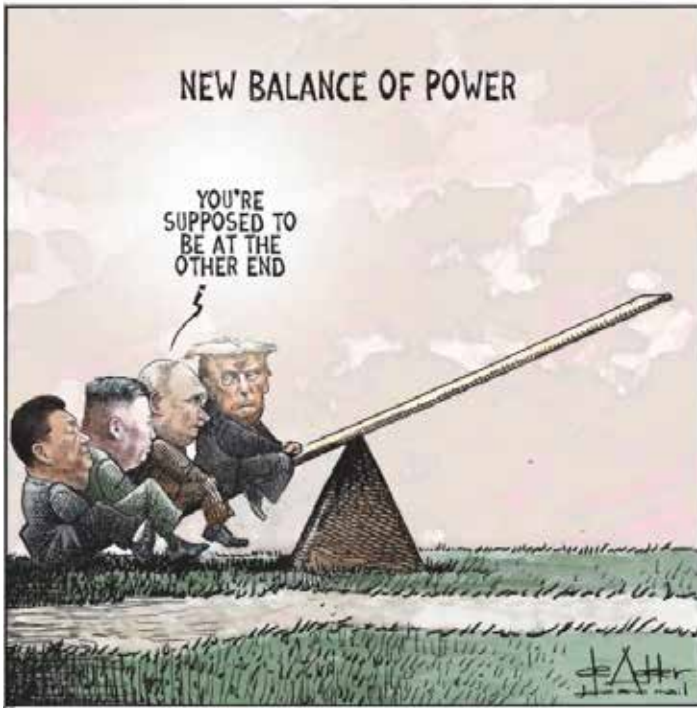
> After absence nearly all of last summer, the iconic and much loved McGuire Lake fountain is back in operation. Also planned for McGuire Lake is the replacement of the busy sidewalk on the north side of the lake with a multi-use path to improve safety, capacity and accessibility

- **Shuswap Music Festival** continues.. Piano, Mon-Wed; Gala concert, 7pm, May 2, Nexus@1st
- **Friends in Song** - Serious Options Choir & Northern Lights, 2 pm, Sat, Nexus at First
- **Garden Tea Party**, 2-4, Sun, Blind Hall

- **Comedy**, Sat, Canooligans
- **Magician**, Sat, Marionette Winery
- **Bands**, Sat, Solid Urban Studio
- **Beauty of the Shuswap art show**, 10-4, now to Mon. 1600 20th St. SE
- More in Friday AM*



> CBC's annual Canada Reads panel voted *The Cure for Drowning* by Loghan Paylor on Thursday after a week of debates - both a boundary-pushing love story and a Canadian historical novel set in rural Southern Ontario.



Canadian cartoonist Michael deAdder has illustrated how one unbalanced man managed to unbalance the world.

On a related issue, top US leaders assembled in a hotel banquet room got a taste of what thousands of school children experienced and never get over. I'm a bit confused though by the reaction of WWF president and Trump supporter, Dana White. "It was f'ing awesome," he laughed "I literally took every minute of it in". Just a few weeks earlier he was on local news offering to pay for treatment at a California hospital for Maya, the girl critically injured in the Tumbler Ridge shooting.

This was a commendable gesture, but makes me wonder if our neighbours to the south have come to accept shootings as simply a way of life and cost of doing business,



Here's another good reason not to invest in the US Sunbelt. Subdivision roads are laid out in this California city on the Mojave desert floor as far as the eye can see. The empty lots can be fetched dirt cheap but are basically worthless without water, power and septic system.