



Friday

Dec. 19, 2025

MID-MONTH

Next issue: Jan. 9, 2026

FriAM

*A Merry Christmas,
Happy Holiday &
great year ahead!*

*"CA-NOE!
HOW ARE
YOU?"*



> Where else in Canada does the Holiday Train stop at all five of its towns, drawing massive crowds at each? Pictured are one of the nation's favourite bands, Barenaked Ladies, delivering their holiday spirit to Canoe.

**Greetings of
the Season!**



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Merry Christmas
from the *Mailbox Piccadilly*

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Solstice event 4-8 pm, Sat.

16

Happy Holidays to all!

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A reminder for local non-profits/charities to add **events@voiceoftheshuswap.ca** to their contact list to air their events. This is a free service on 93.7 FM

For info & programming **voiceoftheshuswap.ca**

CRAZY CHASE

Two stolen trucks, three detachments, one train and one couple fleeing on foot

> Stolen disabled truck the moment before being hit by a slow moving train. (RCMP photo)

A police chase right out of a movie ended with a second stolen truck struck by a slow moving train and male and female suspects fleeing on foot.

Salmon Arm RCMP report the chase began 9:30 pm, Nov. 25 when a Ford E-250, stolen out of New Westminster, evaded a police stop near Sorrento by driving into oncoming traffic. An hour later, a Ford F-350 was reported stolen from a Sorrento driveway, the other stolen truck left behind.

Sicamous RCMP located the stolen F-350 and attempted to stop it, but it rammed the police vehicle and fled. A Salmon Arm RCMP member was able to safely follow the F-350 as it headed east towards Revelstoke.

Revelstoke RCMP set up a spike belt and successfully deflated a front tire, with one tire falling off.

Police again attempted to stop the F-350 but it continued to drive eastbound on Hwy 1.

A Sicamous RCMP member was able to move ahead of the stolen truck and set up a second spike belt, which was also successful with tire deflation. The truck turned onto a forest service road and came to a stop on the train tracks and was unable to gain traction. Police exited their vehicles to arrest the occupants when a train horn was heard.

A slow-moving train, estimated to be going 18km/h struck the rear driver's side of the truck, spinning it around. The train came to a stop and RCMP members engaged in a foot chase.

Police arrested a male and female, both age 31, a short distance away. Both were later transported to hospital out of caution.

"This investigation shows the drive and determination of our officers. It would not have ended with arrests without the fantastic teamwork and communication with neighbouring detachments," said Cst. Andrew Hodges.

Multiple charges include theft of vehicle, possession of stolen property, flight from police, dangerous operation of a motor vehicle, and assault with a weapon.

○ ○ ○

A customer threw coffee in a staff's face after being asked to leave because the local restaurant was closing.

Police were able to identify th 31-year-old suspect from video surveillance. He was located and arrested for assault with a weapon. He was then transported to cells and later released on conditions. The staff did not sustain injuries.

NO. 1384

FRIDAY

DEC. 19
2025

AM

December Mid-Month
EDITOR & PUBLISHER

Lorne Reimer
250.833-1141

fridayam@shaw.ca

DROP-OFFS

Hucul Printing 471 - 5th St SW
DEADLINES

Tuesday Noon

CIRCULATION

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

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

○ Friday AM acknowledges
covering the Shuswap and
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AM

DECEMBER MID-MONTH

First a little business

Nobody wants to be bogged down with

number crunching in the holiday season,

but that is what Salmon Arm councillors and School board trustees pored over at their regular meetings this week.

Council deliberated Monday and Tuesday on its proposed 2026 budget. It reflects a five per cent tax increase that is \$1.2 million reduced from the initial budget proposal. Some projects were eliminated or funding was found through reserves and other sources.

The special meeting also considered its proposed five year financial plan. More on all this in the new year.

The School District 83 board grappled with the Province's updated policy on Accumulated Operating Surplus (Reserve) this week. Stakeholders, partner groups, staff and members of the public area invited to offer feedback prior to final readings. Completing

MOLEHILLS

Lorne Reimer



the feedback form at sd83.bc.ca by midnight, Jan. 15.

An operat-

ing surplus means the Board has resources that can be used to operate schools for a longer than one year. The ability to carry forward unspent funds enables the Board to effectively plan for future years.



This has been a troubling few weeks both locally and in world new, leading up to Christmas and New Year's.

Locally, there were three house fires and two traffic fatalities in Revelstoke and Canoe areas and BC flooding. World events include the horrific Reimer family tragedy in Hollywood, mass shooting in Australia, and the brewing war between the US and Venezuela.

It's a good time to focus on peace, safety and celebration of all the is good and what we can do to help makes life better. Wishing you all the best for the holidays.



> The windstorm Monday night did some damage, including power outages, but **did not** take down this downtown light pole. The pole was knocked down by a delivery truck, and hopefully, removed before the holiday train arrived. A vehicle also bashed and decommissioned the cliffside postal box at 10th Ave & 10th St. NE.



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Festivities

- > **Holiday train** - already been!
- > **Stars on Ice** - 7 pm, Dec. 20, Rogers Rink. Tix/info at StarsOnIce.ca Elvis Stojko and friends.
- > **School holidays** - Sat. Dec. 20 to Sun. Jan. 4
- > **Winter Solstice** - Dec. 21. Solstice events at Piccadilly Mall, 4-8 pm, Dec. 20
- > **Hanukkah** - Dec. 14 to 22.
- > **Peace n' Pizza** - 5:30, Dec. 19, First Community. Conversation with Santa Claus, plus dining conversation.
- > **Christmas / New Year's** New Year's Eve Party - See 'Live and Dance', below right ▼▼
- > **Shuswap Music Festival** - Registrant now to Jan. 31 See the newly revamped website at shuswapfestival.com Event runs April 8 to May 1, 2026.
- > **BC Family Day** - Feb. 16.
- > **Coldest day of the year** - Feb. 20. Trail Alliance online auction fundraiser opens Feb. 6.

Arts

- > **Salmon Arm Art Gallery** - Ok, buddy, Jan. 24 to Mar. 28. An experiential immersive exhibition featuring Cate Currie, Todd MacCormac and Paul Hopkins.
- > **Cardiff Miller Art Warehouse** - 11-5, Sat., Sun, Enderby. New installations: 'Killing Machine', 'Escape Room', 'Camie'. cardiffmillerartwarehouse.ca
- > **Atelier Gallery** - 321 Hudson.
- > **Courtyard gallery** - Enderby. Little treasures on now
- > **Holiday storytime** - 9 am, Dec. 20, Shuswap Pie Co.

Concerts

- > **Rest of school concerts** - Bastion, 1:00, Dec 17 & 18
- Ranchero, 6 pm, Dec. 18

Shuswap Singers

- 'What Sweeter Music', 7:00, Dec. 20 & 2:00, Dec. 21, Nexus at First.

Stars on Ice

- Dec. 20, Rogers Rink, featuring Elvis Stojko and friends. Tix/info at StarsOnIce.ca

SA Jazz Club

- 7 pm, Nexus stage. By donation
- Andrew Rasmussen & Jake McIntyre Paul, Dec. 18
- Also jazz nights at Lakeside Manor 6:30, (3rd Tuesdays).
- No January dates on calendar yet

Kamloops Symphony

- *Music of James Bond*, Jan. 9 & 10 and *Bach, Brass & Uncommon Times*, Feb. 7 in Kamloops.
- Next Salmon Arm concert, April 19.

Snowed in Comedy tour

- 7:30, Feb. 5, SASCU Recreation Centre. Four comedians.
- Daniel Champagne, May 7, Song Sparrow Hall.



Coffeehouse circuit

- **Blind Bay coffeehouse**, 7 pm, Dec. 19, Blind Bay Hall. Special holiday event. Don 250-675-5585 to register.

Returning in January:

- Grindrod 1st Fri • Carlin (1st Sat)
- Sunnybrae (2nd Sat)
- SA Elks Hall (2nd Fri) Purples, Jan. 9.
- Enderby (3rd Fri), Srs. complex
- Gleneden (3rd Sat) not in Dec.
- Eagle Bay (4th Sat) n
- Celista (1st Fri); Enderby 3rd Fri.
- Shuswap Writers Group, 2-4, 4th Fri, First Community.

CHURCHES

- **Christmas Eve** - First United, 7 pm
- St. Joseph's, 5 & 8 pm
- Five Corners, 4 pm
- Deo Lutheran, 7 pm
- Broadview Evang. Free, 6:30 pm
- St Mary's, Sorrento, 4 pm
- Shuswap Community, 2, 4 & 6 pm
- **Special programs** - Little Mt. Chapel, 7 pm, Dec. 19, 20



Two Australian favourites:

- > **Kim Churchill** - April 26, Song Sparrow Hall. Tickets on sale now at rootsandblues.ca
- > **Daniel Champagne** - May 7, Song Sparrow Hall. Australian virtuoso called one of 'finest guitarist of this generation.'

live & dance

- > **Song Sparrow Hall** • New Year's Eve party - Salmon Armenians & Friends. Celebrating 45th anniversary of Blues Brothers. Happy Blues Year!
- > **Canooligans** • OK Dope Comedy Show, Dec. 19 with Nash Park
- Karaoke, Wed. • New Year's Eve Party with Retro Riders
- > **Gleneden Hall** - No dances in Dec. & Jan.
- > **Setters Pub** • New Year's eve Party with Headway
- > **SA Legion** • Jam sessions, Tues/Fri • Karaoke, Friday nights
- > **Enderby Legion** • Thurs. Jams • Friday Karaoke •
- > **SA Elks Hall** • Coffeehouse, 2nd Fridays. Purples, Jan. 9 •
- > **Riverfront Pub** • Ugly sweater party, Dec. 26
- > **Solid Urban Underground** • Live acts return in 2026.
- > **Rogers Rink**, New Year's Eve. Disco Skate, 12-1:30, Dec. 31

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

Theatre

A Mid-Winter's Night Dream

- Dec. 2 to Jan. 3, Caravan Farm Theatre. Sleighride through a forest filled with laughter and magic. On the hour, 4 to 8 pm each night. caravanfarmtheatre.com
- 2026 season: *Voice of the Valley* (summer); *Fall of the House of Usher* (fall); *Le Hockey Sweater* (winter)
- > **Ripcord** - Feb. 20 to Mar. 8, Shuswap Theatre. When cantankerous Abby has to share quarters at the Bristol Place Senior living facility.

Sports

Silverbacks

- > **Home** - 7pm, Dec. 19 vs. Blackfalds; 7 pm, Jan. 9 vs. Cowichan
- > **Away** - 7pm, Dec. 20 vs. West Kelowna; 7pm, Jan. 2 vs. Vernon; 7 pm, Jan. 3 vs. Trail
- > **Curling - Funspiel**, Dec. 26 Family Fun Day, Jan. 1
- > **X-Country Skiing** - Jack Rabbits starts Dec. 20
- Santa Cruise**, 10 am, Dec. 21
- Lantern Ski**, 5:30-8:30, Dec. 28
- Keski-Salmi Loppet**, Jan. 17
- Pirate Loppet**, Jan. 30
- BC Cup Race**, Feb. 7
- skilarchhills.ca
- > **Polar bear plunge** - New Year's Day, 10 am, Canoe Beach
- SportSpot - P. 13
- Email your events to fridayam@shaw.ca

at the movies

SALMAR GRAND

salmartheatre.com • Dec. 19 to Jan. 1
Matinees only Dec. 24 • Closed Dec. 25
Daily matinees starts Dec. 20 during holidays

- **Avatar: Fire and Ash**. 1:10, 6:20 daily. An immersive new adventure in the other worldly Pandora. (PG viol, coarse lang)
- **The Housemaid**. 1:30, 6:40 daily. New job with wealthy couple with shocking twists and turns. (14A sexually suggestive, coarse lang).
- **Spongebob Movie: Search for Squarepants** 2:00 to 2:30; 1:45 after, 6:30 daily. A seafaring comedy adventure to the deepest depth of the deep sea. (G)
- **Zootopia ends Dec. 23**. 1:30, 6:40 daily. Mysterious reptile turns Zootopia upside down (G viol)
- **Anaconda opens Dec. 26**. 2:00, 7:00 daily. Lifetime friends decide to remake their favourite movie.

Shuswap Film Society • shuswapfilm.net

- 4 pm, Saturdays at the Salmar Grand
- **Compulsive Liar 2 (Menteuse)** (Can), Jan. 3
- **Relay** (US), Jan. 10
- **Meadowlarks** (Can), Jan. 17
- **The Mastermind** (US/UK), Jan. 24
- **Sentimental Life** (Norway), Feb. 7
- **The Mother and the Bear** (Can), Feb. 14
- **FILM FESTIVAL**, Feb. 20 to 28. Titles TBA
- **A Private Life (Vie Privée)** (France), Mar. 7
- **Late Shift (Heldin)** (Switzerland), Mar. 14
- **Father Mother Sister Brother** (US), Mar. 21
- **LIVE from N.Y. MET OPERA / P.6**
- Bellini's *I Puritani*, 9:55 am, Jan. 10.

Banff Mountain Film Festival Tour

- 7 pm, Dec. 29 & 30, Vernon Perf. Arts Centre
- Jan. 30, 31, Salmar Grand. Different films each night, in support of Search & Rescue.

city lights

vernon • ticketseller.ca

- **Creekside (C)** • **Performing Arts (P)**
- **O Christmas Tree**. 3&7:30, Dec. 18 (P)
- **George Canyon & Aaron Pritchett**, Dec. 20
- **God is a Scottish Drag Queen**, Dec. 20 (P)
- **Okanagan Symphony**, 2 pm, Dec. 21 (P)
- **Winter Blues Festival**, Jan. 24 (C)
- **Kelowna - Offspring**, Jan. 25
- **Guys and Dolls**, April 22
- **Weird Al Yankovic**, Sept. 2
- **Megadeth, Anthrax, Exodus**, Feb. 18
- **Bonnie Rait**, June 19
- **Dashboard Confessional**, Mar. 22
- **Kamloops - Wildlights**, Dec. 12- Jan. 4
- **George Thorogood**, Mar. 17
- **Jimmy Carr**, Sept. 20
- **Penticton - Harlem Globetrotters**, Jan. 27
- **Vancouver - World Cup tickets on sale**



> New Year's Eve festivities start with a Disco Skate at Rogers Rink from noon to 1:30 pm. Nighttime celebrations feature Salmon Armenians & friends at Song Sparrow Hall with a tribute to the 45th anniversary of

The Blues Brothers soulful classic movie, The Blues Brothers. Also, the Retro Riders will perform at Cannooligans and Headway will play at Setters Pub. For holiday recreation, visit salmonarmrecreation.ca



Larch Hills photo

> **Lantern Ski**, 5:30 to 8:30, Dec. 28, Larch Hills. Please bring non-perishable food donation for food bank.

> **Rotary Clubs Christmas Dinner**, St. Joseph's Parish Hall. Open 12:30, dinner at 1. Tix free but limited, available Seniors Resource Centre, 5th Ave. 55+ Centre, St. Joseph's Church or 250-804-8375.

> **Turkey drive**, 10- 2, Sat. Dec. 20, Downtown Askew's - 91.5 Summit radio hosts.

> **Christmas Gift-Wrapping** fundraiser by Shuswap Lake Health-Care Auxiliary, 11-4, Dec. 17 to 24 Piccadilly Mall by Best Buy.

> Health-Care Auxiliary meets 1:30, 3rd Tue. in mall meeting room.

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

> **CSRD**, 9:30, 3rd Dec. 17. > **SD83 board**, 6:00, Dec. 16.

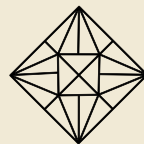
> **Downtown Market**, Sat. mornings Ross plaza.

> **Free Lunches**, 11:30 to 1, Wed, First Community (United Ch).

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

> **Toastmasters**, 7 pm, Thurs., Okanagan College.

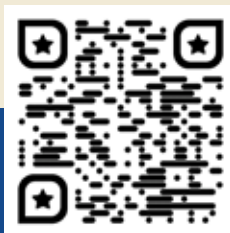
■ **Top holiday home classics** - *A Wonderful Life*, *Christmas Vacation*, *A Christmas Story*, *White Christmas*, *Home Alone*, *Love Actually*, *Miracle on 34th St*, *The Muppet Christmas Carol*, *A Christmas Carol*, *Nightmare before Christmas*, *Elf*, *Charlie Brown Christmas*, *Rudolph Red-Nosed Reindeer*, *The Holiday*, *Polar Express*, *While you were sleeping*, *Die Hard*, *Scrooged*



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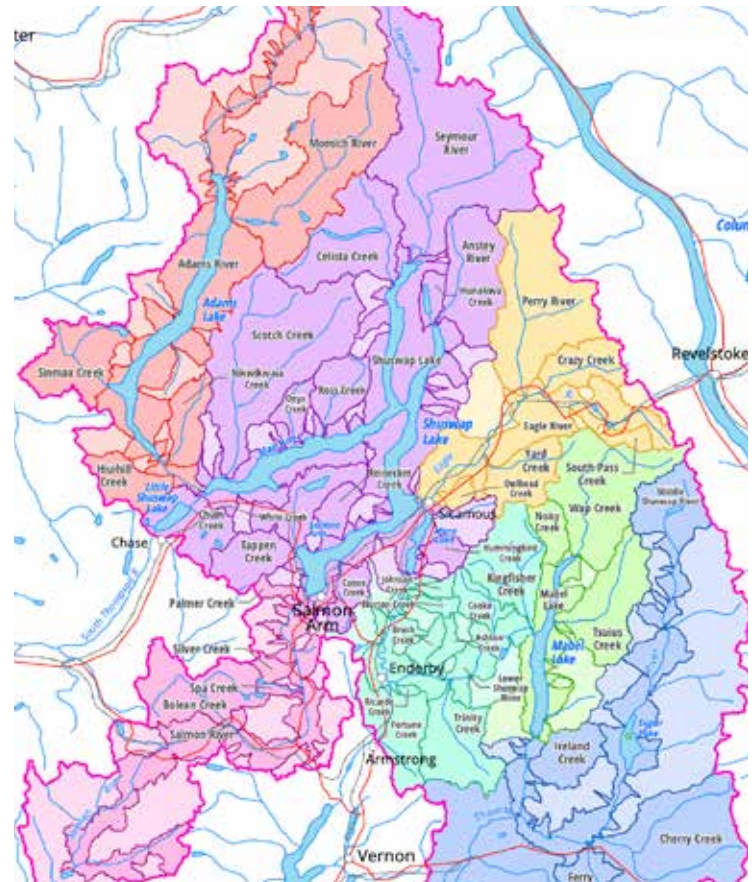
■ 2400 Trans Canada NE

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> There was good weather for the annual Christmas Bird Count Dec 14. Watch for results in a coming blog post.



PROTECTING THE WATERSHED

Applications are now open for the Shuswap Watershed Council's Water Quality Grant Program, offering funding to help farms, landowners, stewardship groups and other local partners improve nutrient management and protect water quality in the Shuswap watershed.

The grants support on-the-ground projects that reduce nutrient runoff from soil into nearby creeks, rivers, and lakes, benefiting ecosystem health and helping prevent issues like algal blooms.

Applicants can seek funding up to \$5,000 towards a project, and. Intake runs now to Jan. 31.

First two SASCU grants

SASCU has announced the first two recipients of its new Empowerment Grant for organizations that demonstrate self-reliance, building skills, and create long-term positive change in the region.

■ **Shuswap Association of Community Living (SACL)** - \$40,000 for enhancement and expansion of the Workday Warriors Program. The hiring of professional expertise will help take this part-time undertaking to become a sustainable social enterprise to offer long term access to meaningful jobs. This not only helps build the resilience of the individuals impacted but also helps fill gaps in the region's workforce. "The Workday Warriors social enterprise isn't just about jobs—it's about dignity, pride, and belonging," said Karen Hansen of SACL.

■ **Salmon Arm Chamber of Commerce** - \$10,000 to bring capacity-building workshops to non-profit board members in the Shuswap. By using their own depth of skills and by partnering with other professionals and service providers



> Christine Jontz-Barbour and Karen Hansen, right.

workshops will be developed and delivered at no charge to participating non-profits. This project aims to strengthen knowledge, skills and confidence of volunteer board members, contributing to the resiliency of multiple non-profit organizations.

"By strengthening governance and leadership at the board level, this initiative will have a ripple effect that supports organizational resilience and our broader business community", said Christine Jontz-Barbour, executive director of the Chamber. "We're excited to launch the workshop series in late spring 2026." ■

> The final tally of the 10th Dancing with Shuswap Stars exceeded a record breaking \$100,000 for Shuswap Hospice. On right, the top fundraising couple, Matt Melin and Catherine Parsons, dance Cha Cha to Uptown Funk.



FOOD DRIVE ON AT CO-OP's

Armstrong Regional Co-op with two locations in Salmon Arm has donated over \$12,000 to the local food banks in the regions it serve.

"With food bank usage in Canada at an all-time high, it's more important than ever to support children and families in the battle against hunger," said Jason Keis, Co-op's marketing and community Relations Manager.

Customers are encouraged to

drop off non-perishable food items in the receptacles at every location. With every donation one can also enter to win a \$50 Co-op gift card, one card will be won at every site.

"We'd like to say a big thank you to our Co-op members and customers who have supported our local food drives and events in support of local food banks this holiday season," said Keis. ■

RETIRING CHAPLAIN

Rev. Darryl Auten was recognized for 30 years of service as chaplain and charter member of the Shuswap Division of the RCMP Veterans' Association. He was presented with a stained-glass plaque at the annual Christmas dinner honouring his retirement. "It will always be a treasured experience," said the Rev. Auten "... I met some of the finest men and women who care for and look after all of us. It was such a privilege." ■



Gift of nine precious months

From GoFundme text by Lindsay Blackstock

Dennis Gosselin, president of Shuswap Paws Rescue Society, has spent his life giving everything he has to others—now he needs the community he has always supported to stand with him.

After fighting—and beating—leukemia the first time, Dennis and his family used more than \$50,000 of their savings to get him through treatment, plus the multiple expenses they incurred, while having to live away from home.

They were gifted just nine precious months at home be-



fore the leukemia returned. This time, the diagnosis is terminal.

See GoFundme to offer support to the family. ■



Table service

Times are changing in local eating spots. While new dining rooms like Cahoots and Canooligans do counter service, fast food spots like Sicamous' Dairy Queen offer table service inviting customers to sit down and relax. ■

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 Limited after school space also available in Enderby.



Salmon Arm Figure skating Club presented its 64th Winter Carnival on Friday. Above skaters gather for the big finale of their delightful Dr. Seuss-themed show, featuring the Grinch, skated by Breanne Honaizer 'who's' accompanied by Deaghlan Cahill as Max and Cassie Hotte as Cindy Lou. The big Stars on Ice show is happening this Saturday



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> The rebuilt Eric Christmas Boardwalk and Wildlife Viewing Platform is nearing completion with the railings to be all up early in the new year.
> The photos below contrasts building a road and abandoning a road. Crews work on the ravine that will be the start of the planned Auto Rd. connector. On right, the abandoned road between Buckerfields and the highway shows how quickly a road deteriorates.





> Diane Petheriotis recently opened the unique Rock Box Jewellery Studio in the newly renovated building at Hudson and Shuswap. Standing in front of portraits of some of her favourite people, Diane specializes in redesigning old jewelry to offer new personal meaning. Pictured on the right shows a sample of her fingerprint jewellery. See therockbox.ca or page 5 ad for more.



U.S. SHERIFFS IN TOWN

What do you get when you add Enderby and Salmon Arm together? Billings, Montana! Shooting locations for the movie, *Billings* moved from Enderby to downtown Salmon Arm two Saturday ago, drawing considerable local interest. Scenes were centred around Hudson Avenue, Candy Vault, Cahoots bakery and the Art Gallery that was a stand-in for a bank getting robbed by a young woman (above right). Scenes will also be shot in Salmon Arm's council chambers, doubling as a courthouse. ■



> Above, selfie with actor Alexander Ludwig and local barber Dawnivan Epema. Photo on right shows Ludwig after his haircut by Dawnivan. Just kidding... that is the actor when he starred in the hit series, *Vikings*.

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ON BECOMING ELDERS

By Art Borkent

One of the numerous benefits of the Truth and Reconciliation process has been a recognition of the importance of First Nation elders in bringing their language, values and traditions to their communities. It occurs to me that this is a great lesson and example for the rest of us in Canada. It could be of great value to our whole society.

About 32 per cent of Canadians are 55 and older. That is a huge number of people who could consider themselves as elders - with a responsibility to take care and nurture a younger generation. Instead, so many are more concerned about themselves, their pension plans, their investments and property.

We have acquired many of the true pursuits of neocapitalism - to take care of one's self, no matter the cost to others. Increasingly I am hearing from too many of my contemporaries (and I'm 72) about their own selfish needs such as lower taxes.

Many of us as elders are watching from afar the terrible burden of rental costs, so many young people working more than one job, couples having no choice but to both work to feed their children, the continuing rise of mental health issues (and rampant loneliness), tremendous loans to pay for higher education, and, unbelievably, there are more than 450 households being helped every month by the Salvation Army food bank in Salmon Arm. There are over 5,000 food banks in all Canada! And of course, there is the apocalyptic future of climate change, the steady decline of every major ecosystem on the planet and the rise of fascism and war. It is my strong opinion that we could do better.

Aside from the importance of voting for government that has a much broader view than "the economy" and its tie to endless growth and profits, as elders we need to listen, to share our wisdom and goods and nurture young people. So many feel alone and vulnerable and are at risk. There are many things we could do to build more social spaces and organize our communities so that there is a stronger social safety net and more connections to all ages.

And going full circle, we could do much more to connect with First Nation neighbours beyond Truth and Reconciliation, to closer relationships at personal levels.

Of course, I am perfectly aware that there are already many who volunteer or work to reach out in our community and elsewhere, and that is excellent. What is needed are more voices to call for fundamental, systemic changes that benefit all of us and most particularly that support and care for our younger generation. ■



City FIXINGS

> Holiday lights from surrounding homes reflect on McGuire Lake. Perhaps the community could donate lights to fill in the gap on the west side of the hospital.

Jobs most at risk by AI

Ironically, from an AI analysis on Google Artificial Intelligence technology (AI) is set to replace jobs with repetitive, data-heavy or predictable tasks, impacting roles like data entry, customer service reps, telemarketers, bookkeepers, proofreaders, and assembly line workers, while also affecting some creative/knowledge work like basic copywriting and paralegal duties.

Jobs requiring deep human skills like empathy (nurses, therapists), complex problem-solving, physical dexterity in unpredictable environments (trades), and strategic oversight (senior developers, AI ethicists) are currently safer, though AI will transform most roles, creating many new jobs

■ **Jobs Most at Risk** (repetitive & data-focussed)

- Administrative: Data entry clerks, receptionists, telemarketers, bookkeepers.
- Customer Service: Basic support, call center agents.
- Manufacturing/Logistics: Assembly line workers, warehouse pickers, quality control.
- Finance/Legal: Entry-level market research, paralegal tasks, basic accounting.
- Content/Media: Proofreaders, basic copywriters, translators. (Doesn't mention news reporters. Whew!)
- Transportation: Drivers (trucks, taxis), ticket agents.

■ **Jobs That Will Transform** (augmented by AI)

- Healthcare: AI assists in diagnostics (scans), but nurses and therapists remain crucial.
- Creative Fields: Graphic designers, technical writers, and journalists use AI tools, but human oversight is key.
- Tech: Software developers, data scientists, and cybersecurity experts work with AI, but also build and manage it.

■ **Jobs Considered Safe** (Human-centric skills)

- Care Professions: Teachers, nurses, therapists (requiring emotional intelligence).
- Skilled trades: Electricians, plumbers (complex physical environments).
- High-Level Tech: AI Engineers, Cloud Architects, Cybersecurity Experts, Product Managers.
- Leadership: Roles requiring complex strategy, ethics, and human management. ■

Bravos & BOOS

> **BRAVO** to all of Friday AM advertisers and readers for all your support over the past 28 years! I was thinking of my favourite 'Bravo', and I'd say it's the time that local ambulance paramedics returned a terminal patient back home from Kamloops, and, and knowing how much he loved Shuswap Lake, took him to the wharf for a final view.

> **BRAVO** to all the efforts to look out for our neighbours.

Submitted

> **BRAVO** to the customer who came to the rescue of senior lady, Mary, who dropped a glass cider container on the pavement outside of Save-on Foods. The gentleman went into the store and purchased a new bottle and helped her pick up the glass.

> **BOO** to a manager at the Recreation Centre for abruptly stopping 17 seniors happily warming up before pickleball. The inadequate warm-up led to hamstring injury that will potentially sideline this Grandma for weeks. Bah Humbug! ~ Diane

Web SITINGS

> Google search: 'Shuswap Holiday Twinkle Trail' and a map should come up with each bulb representing a home with a noteworthy holiday light display.

> **youtube.com** Search 'The BC Homeless crisis - Salmon Arm homeless speak up' A short documentary of interviews.

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A four-year-old's best gift

My first memory of a gift that meant the world to me was a Dale Evans cowgirl outfit when I was four years old. All the gifts under the tree had been opened and I recall trying not to cry as there was nothing left for me.

It was then my parents sent me downstairs where my grandparents were waiting with a surprise that made me the luckiest cowgirl in the world. I became a perfect likeness to Dale Evans with black skirt and matching hat, fringed cowgirl shirt, and a hot set of six-guns.

Saddle shoes seemed appropriate to complete my dream outfit. This day with my grandparents remains a Norman Rockwell inspired gift from my youth.

Through the years we think less about 'things' and embrace the art of giving, which runs much deeper and more lasting than possessions.

Soon after my husband had a stroke our neighbours became the driving force in our lives. Our property received their TLC come rain or snow while meals and baking appeared on our doorstep unannounced.

Our independence was fostered on the backs and hearts of our neighbours. All of which gave us the gift of eight more wonderful years in our family home. I continue to search for the 'immeasurable' gift of thanks for them, but it seems elusive when people make such a difference in your life. Still working on it, though.

So thank you from the bottom of our hearts to the Martinuks, Andersons, Lawrences and Sheas. We will never forget you, and so many others!

The latest gift came from a voice

on the other end of the phone. "I have an idea to run by you," said the editor of *Friday AM*.

THE NOOK

Sandra Gibbons



Within minutes, great expectations dropped into my lap so far removed from my wheel-house that I was sure the voice had called the wrong

number. Gentle persuasion to accept, despite my claims of apprehension, summoned the proverbial



> Roy Rogers, Dale Evans, and 4-year-old mini-Dale-self, wearing my prize Christmas gift from my grandparents.

hook of, "I think you will grow to enjoy it." *The Nook* appeared in his paper two days later. And I am indeed enjoying it.

I am a 24/7 caregiver. And a mother, sister and grandmother. Self-care is a hit and miss for me.

This column has sparked recovery of a large part of myself that has lain dormant for quite some time. Such was the gift of personal growth from the voice.

Happy Holidays, everyone!

Or as my four-year-old self would sing, "Happy Trails to you, until we meet again. Happy Trails to you, Keep smiling until then."


□ Columnist Sandra Gibbons writes of her love for Salmon Arm - past, present and future.

Askew's Food forms Board


Askew's Foods has established a board of directors comprising of both family and independent director. "(The formation) is an essential part of our promise to remain resilient, sustainable and closely connected to the people we serve," said David Askew, president.




> Left to right: JP Flament, Peter Askew, Claire Askew, David Askew (president), Dan Bregg and Winston Pain (VP)



FOR EVERY LEARNER
AT EVERY STAGE –
YOUR COLLEGE, YOUR WAY




okanagan.bc.ca



Happy Holidays

WISHING YOU JOY AND PEACE THIS HOLIDAY SEASON



The Board of Education and Staff
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Al-Anon there to support

By Ria van Zeeland

The Holiday Season can
be a difficult time of the
year for many families
and individuals. If you are
concerned about someone
else's drinking, Al-Anon can
help you learn how to cope.

Al-Anon meetings offer
the opportunity to learn from
experiences of others who have
faced similar problems. Anyone
who is troubled by someone
else's drinking, a relative or

friend, can attend Al-Anon
meetings, whether that person
is still drinking or not.

Al-Anon is not religious and
there are no fees. Anonymity
is very important to all of us.
What is said in the meetings
stays in the meetings.

If you are wondering whether
Al-Anon may be helpful to
you, more information is avail-
able by visiting <https://al-anon.org>
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6931. ■

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WEATHER SYNOPSIS

Colder temperatures and chance of flurries for weekend. 0 to -6

Normal: -1 C to -7 C

Sunrise 7:53 • Sunset 3:52

Shortest day, Dec. 21

Past Temps, Dec. 3 to 16

By weather reporter Nick Parsons

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

DATE	HIGH	LOW	PRECIP.
Dec. 3	2	0	
Dec. 4	3	0	1" snow
Dec. 5	1	1	5/16" rn.
Dec. 6	3	1	1/16" rn.
Dec. 7	2	0	1/16" rn.
Dec. 8	5	2	1/8" rn.
Dec. 9	8	3	7/16" rn.
Dec. 10	5	2	
Dec. 11	6	3	1/8" rn.
Dec. 12	5	1	9/16" rn.
Dec. 13	3	0	1/4" rn.
Dec. 14	6	1	
Dec. 15	12	5	
Dec. 16	8	3	1/4" rn.

> Exceptionally mild, so far, for December. No frosts to report. 3" precipitation as yet for this month. Merry Christmas! ~ Nick P.

PASSAGES

LEGACY LIVES ON
shuswaphospitalfoundation.org
shuswapfoundation.ca

Bowers Funeral Service
bowersfuneralservice.com

- ❖ David Bateman
November 29, 2025, at age 94
- ❖ David Den Hollander
December 3, 2025, at age 62
- ❖ Mary Holoday
December 6, 2025, at age 91
- ❖ Shirley (Weir) Lawson
December 11, 2025, at age 90
- ❖ Wayne Marsolais
November 29, 2025, at age 78
- ❖ Joanne Margaret Morgan
December 10, 2025, at age 89
- ❖ Edith Schroeder
December 4, 2025, at age 91

Fischer's Funeral Services
fischersfuneralservices.com

- ❖ Mildred 'Mickie' Boyko
November 26, 2025, at age 90
- ❖ Dennis Allan Bratt
December 8, 2025, at age 88
- ❖ Jennifer Lyn Butler
December 7, 2025, at age 79
- ❖ Jean Marguerite Houghton
November 30, 2025, at age 90
- ❖ Elizabeth Julia Fitzgerald
November 30, 2025, at age 80
- ❖ Kenneth Orville Johnson
November 29, 2025, at age 92
- ❖ Roy Victor McDonald
December 6, 2025, at age 82
- ❖ Lynn Denise O'Brien
November 28, 2025, at age 76
- ❖ Mary Lou Mesich
December 14, 2025, at age 93

- ❖ Margaret Teresa Paille
November 27, 2025 at age 84
- ❖ Terence William Sypher
December 14, 2025, at age 81
- ❖ Vashista Vasudevan
November 27, 2025, at age 52
- ❖ Darren Samoleski
December 12, 2025
(Longtime driver, Reimer Bros.
Revelstoke area truck fatality)

- ❖ Rob Reiner, 78, actor and director of classic movies, & Michele Singer-Reiner, 68, photographer
- ❖ Frank Gehry, 96 Canadian American groundbreaking architect, including Guggenheim museum in Balboa, Spain.
- ❖ Bobby Rousseau, 85, four-time Stanley Cup champion
- ❖ Raul Malo, 60, Musician
- ❖ Bernie Torrish, 94, four Lads
- ❖ Moustafa Ali, 59, Former Blue Bomber and Stampeder (ALS)
- ❖ Steve Cropper, 84, Booker T & MGs, Hall of Fame guitarist and songwriter, backed Otis Redding, Wilson Pickett and Sam & Dave. Co-wrote Dock of the Bay and Midnight Hour.
- ❖ Gil Gerard, 82, actor, played Buck Rodgers in TV series.
- ❖ Joe Ely, 78, leading proponent of alt-country. In Flatlanders

SPORT SPOT

> SILVERBACKS

12 W • 10 L • 3 OTL, 2 SOL • 29 pts

W. Kelowna 42, Trail 38, Vernon 19, Cranbrook 14, Blackfalds 40, Brooks 34, Sherwood Park 34, Spruce Grove 25, Okotoks 24, Cowichan 45, Nanaimo 30, Victoria 28, Alberni 27, Powell River 8, Coquitlam 33, Prince Geo. 31, Langley 30, Chilliwack 25, Surrey 9

• Scores: Dec. 13: SA 2, West Kelowna 0

Dec. 12: West. Kelowna 3, SA 0

Dec. 6: SA 4, Alberni Valley 2

Dec. 5: Cranbrook 1, SA 0

Nov. 29: Okotoks 5, SA 2

Nov. 28: Blackfalds 4, SA 3

• Coming Games:

Dec. 19: Blackfalds @ SA, 7 pm

Dec. 20: SA @ West Kelowna, 7 pm

Jan. 2: SA @ Vernon, 7pm

Jan. 3: SA @ Trail, 7pm

Jan. 9: Cowichan @ SA, 7 pm

Jan. 10: Cranbrook @ SA, 6 pm

> Minor Hockey tourneys -

U9 Female & U9 Integrated Dec. 12-14

U13 Recreation, Jan. 2-4 • U13 Rep. Tier 2, Jan. 16-28.

> Sicamous Eagles home games: vs. Princeton, Jan. 5

vs Chase, Jan. 6 • vs 100 Mile House, Jan. 12 • vs Summerland,

Jan. 14 • vs. Fernie, Jan. 19 • vs. Princeton, Jan. 20

> Curling - Funspiel, Dec. 26 • Family Fun Day, Jan. 1

BC Winter Games, Zone 2 Playdowns, Jan. 10-11.

> SA Tennis Club. Book outdoor court at clubspark.ca

> Polar Bear plunge. New Year's Day, 10 am, Canoe Beach dock

> Carter Kosick Memorial Ride, Feb. 15, Shuswap Lake area.

> Sicamous Otter Para Ice Hockey Showcase, 3-5 pm, Dec. 27

> Greater Vernon Alumni Basketball tournament, Dec. 26-27,

for SD 22 and 89 grads, VSS Gym. Men's open, Rec & Comp

(4x4) Dec. 26, 27 • Women's Mini-tourney (4x4) Dec. 27

Team & Individual deadline Dec. 19. Register at alumnibasketball.ca

> SKI SEASON.. skilarchhills.ca

Jack Rabbits starts Dec. 20 • Santa Cruise, 10 am, Dec. 21.

Lantern Ski, 5:30-8:30, Dec. 28 • Pirate Loppet, Jan. 30

Reino Keski-Salmi Loppet, Jan 17, Larch Hills. 32 km single-lap

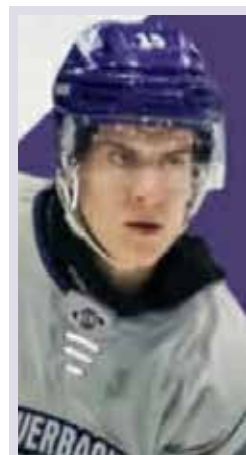
course with 17 km, 10km, 5 km & 1 km courses. Register by Jan. 15

at skilarchhills.ca. A Classic Ski Event Heart and Stroke fundraiser.

> Unplug & Play & Family Literacy week, Jan. 25 to Feb. 1, 2026.

shuswapliteracy.ca.. Watch for comprehensive lineup of events.

> Visit salmonarmrecreation.ca for recreational activities.



Silverback forward Mateu Spath has been named to Team Germany's preliminary roster for the 2025/26 World Junior Hockey Championship.

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Season 2, Episode 19

"I am going to the RCMP station," Henry told Shirley. "They have to let Suzanne have visitors, even if she is arrested," said Henry. "If they say no, look really pathetic," advised Shirley.

Thirty minutes later, after his tearful request to the receptionist, and then completely and genuinely falling apart in front of the officer who came to the front when the receptionist called for someone with authority, Henry was sitting outside the cell, looking in at Suzanne.

"What are you doing here?" she said, "though, I'm glad to see you, of course. I've been deathly bored staring at the walls and that stainless steel toilet." She gave a little shiver. "Why are they holding you? What do they think happened?"

Suzanne shrugged. "They said something about assault and stolen goods? I can't make sense of it. Apparently it has something to do with cat hair they found in the van. They took some from the cat tree and from my clothes to confirm it was hers. They said the presence of her cat hair in their van proves my involvement, since Artemis is an indoor cat. I told her she's gone missing. Maybe someone kidnapped—or is that catnapped—her! But they won't listen."

"Catnapping is something different," Henry said. "But I'm not surprised it all has something to do with the cats. Who's your lawyer? We have some security tapes to show them."

After Henry had put the lawyer's number in his phone, Suzanne asked, "What tapes do you have? From where?"

Henry shrugged, with an eye flick up and down the hall. "Various places. You know."

Suzanne couldn't help but chuckle. "Has Cougar been spying in the building?"

Henry shrugged again, "You know how she is."

"Have you found Artemis?"

Henry bit his lip. "I'm sorry, no. I've been looking. Everyone has checked through the building. I've been looking around the neighbourhood, but I suppose she could have gotten herself anywhere. I'll call the vets and the SPCA next."

"Please find her," Suzanne said, blinking back tears. "Artemis is my baby."

"We'll keep looking," Henry said. "You know, you'd think the fact she's missing should be enough proof that she could have gotten into the van by herself. Wouldn't you?"

"Time's up, sir," said the officer.

"Okay," said Henry, getting up from the chair beside the cell door. "Chin up, Suzanne. This is all a mistake. You'll be out soon. Don't worry."

"Just find my cat, Henry." ■

□ Episode 20 will run in the next edition of Friday AM. This has been a busy year for collaborations with other authors by Shawn Bird. Releases include novel 'Laurel Lake Lodge, 'Sorry, not sorry', a short story anthology celebrating Canada; 'Heavens to Murgatroyde' celebrating an Ontario poet; and 'Platypus Tales' by four BC authors.



LIGHTING THE WAY

As the year draws to a close and holiday season begins, we see an incredible diversity of celebrations, each offering traditions that remind us how important it is to come together as a community.

For Hanukkah that began Dec. 14, families light the menorah for eight consecutive nights. Menorah lightings in town squares, parks and community centres have become a popular way to share light beyond the home - a symbol of resilience and the idea that hope grows when it's shared. (this column was written before the terrorism at first light in Australia).

Christmas comes with its own fascinating traditions. Did you know that carolling began as an early form of community outreach? Medieval wassailers went door-to-door not just to sing, but to check on neighbours, offer warmth, and make sure everyone had food - a tradition rooted in kindness and connection.

Kwanzaa, observed Dec. 26 to Jan. 1, includes the beautiful tradition of the kinara, a candleholder with seven candles representing principles that strengthen families and communities. Each principle invites action, not just reflection.

One of our favourites, Kuumba (creativity), encourages people to find ways - big or small - to leave their community better than they found it.

Across these celebrations runs a shared theme: the belief in strengthening community, caring for one another and lifting others up.

That's exactly what we strive to do year-round at the Shuswap Children's Association where we work hard to support families, empower youth and develop stronger futures.

For 43 years, we've had the privilege of supporting children, youth and families in the Shuswap. From early intervention therapy programs and family resources such as our FREE Toy Lending Library and playgroups to community initiatives like our Coats for Kids Campaign and Diaper Ba-

FAMILIES FIRST

Shuswap Children's Association

zaar, we make sure local families are not navigating challenges alone.

We hear constantly from families whose lives have been changed by our programs. One local mother described the support she received as "a lifeline when we didn't know where to turn," and we know her story is far from unique.

While government funding covers some of our services, it is community support that allows us to fill critical gaps and respond to real, immediate needs of local families.

Your donations help us provide 2SLGBTQI+ supports, assist families facing a new diagnosis, complex paperwork and grant applications with our Family Service Worker, offer recreation and camp opportunities through our FLY Youth Program, and provide essentials like diapers, formula, and baby wipes for infants and toddlers at our monthly FREE Diaper & Formula Bazaar.

Every financial contribution to SCA strengthens our ability to walk alongside local children, youth and families and helps ensure that these programs and services remain strong.

As we all think about year-end giving, it's worth remembering that donations made before Dec. 31 are eligible for a tax receipt.

Supporting organizations like ours at this time of year strengthens our community and offers donors a tangible benefit when tax time arrives. As this season of giving continues, we're reminded that even the smallest act of generosity can bring lasting light to families across the Shuswap region, a region we are proud to call home.

□ If you'd like to support SCA before Dec. 31st tax deadline, you can donate at shuswapchildrens.ca/support-us or stop by at 551 Trans-Canada Hwy NE, Salmon Arm, or e-transfer to accounting@shuswapchildrens.ca. Tax receipts are issued for donations of \$20 plus. We are honoured to be the recipient of the 2025 Salmon of Chamber of Commerce Community Impact Award.

WORD SEARCH

Two verses from 'Huron Carol'

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

> 'Twas in the moon of winter time when all the birds had fed
 That mighty Gitchi Manitou sent angel choirs instead
 Before light stars grew dim and wandering hunter heard the hymn
 Within a lodge of broken bark the tender babe was found
 A ragged robe of rabbit skin enwrap'd his beauty round
 But as hunter braves drew nigh the angel song rang high

HIDDEN GEMS

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

> "When two givers become friends, it's like magic. I water you, you water me. We never drain each other, we just grow."

Quotes by Rob Reiner (R.I.P.)

> "Silence in the face of authoritarianism is complicity. Speaking out is a patriotic act. Democracy doesn't defend itself. It requires participation, vigilance and courage from ordinary people."

> "I'm Jewish, but believe in the teachings of Jesus and I believe in forgiveness."

> "Everybody talks about wanting to change things and help and fix, but ultimately, all you can do is fix yourself. And that's a lot. Because if you can fix yourself, it has a ripple effect."

> "I like writing because you can make things happen and turn out the way they never do in real life."

FUNNY BONE

> Becoming an adult is realizing the magic behind Christmas was always just your mom.

> Until they invented the other side of velcro, it never really caught on.

> **Four stages of life:**

1. You believe in Santa
2. You don't believe in Santa
3. You are Santa.
4. You look like Santa.



> Our childhood heroes are all getting old(er)

POP QUIZ

> What are other names for Santa Claus throughout the world?



> Santa Claus, Father Christmas, Saint Nicholas, St. Nick, Kris Kringle, Père Noël, Sinterklaas, Weihnachtsmann, Babbo Natale, Papai Noel, Ded Moroz

PICTURE THIS



> A bit of irony quoting mom in this arm tattoo.



> The suspect was located thanks to a highly accurate police sketch.

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* GIC rates as of Dec. 16, 2025, subject to change without notice. Certain minimums and conditions may apply



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

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 315-360 Trans Canada Hwy SW, Salmon Arm, BC V1E 1B6



THIS
WEEK

Merry Christmas
 and
 Happy New Year
 from Bernie, Shelley
 Mike and Otto

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> David Wallenstein, on right, surveys the damage after a morning fire spread through his daughter and son-in-law's century-old home at Narcisse and Beatty across from Churches Thrift Shop. Sarah and her baby managed to escape from the burning house to the neighbours'. Her husband, Adam, had already left for work as a school teacher. An electrical issue is believed to be the cause. Two other house fires took place in Eagle Bay and Tappen.



Merry Christmas
from the Mall at Piccadilly

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**SALMON
ARM**

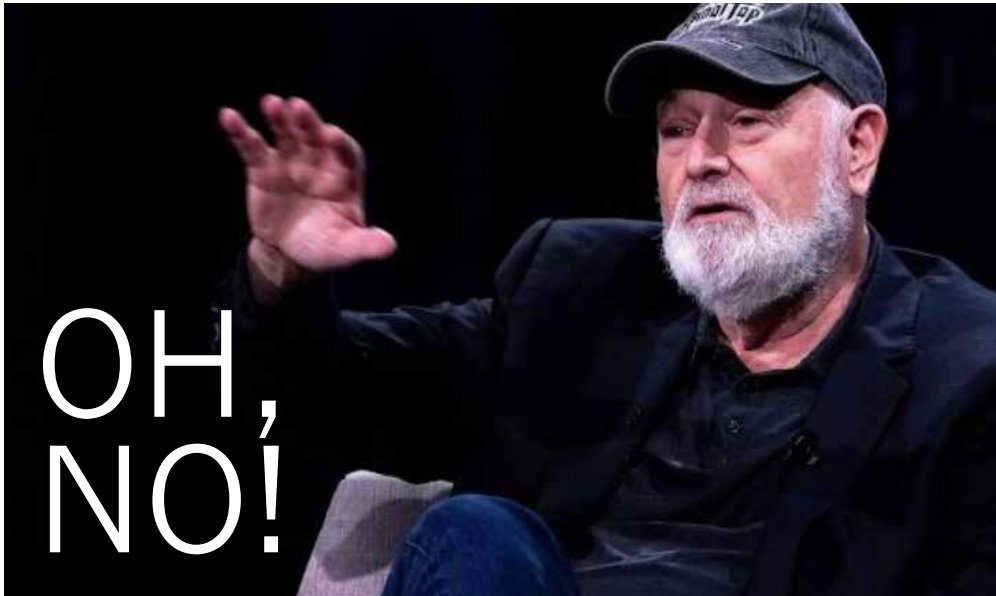
Wishing all the best for the Holiday Season!
Go to FriAM.ca for 16 additional pages



SALMON

Dec. 19 **ARM** Beat Pages

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



Oh no! Rob Reiner and his wife Michele were found dead at home in an apparent homicide. Reiner not only acted in and directed American classics, his works changed hearts.

The conversations between Archie and Meathead helped millions open their minds on the absurdity of bigotry. 'Harry met Sally' opened a dialogue between men and women.

The beloved 'Princess' Bride' turned a genre on its head and portrayed the princess as one of the gang, not so helplessly delicate. 'Stand by Me' offered insight about young friendship, loss and confronting bullies.

'Spinal Tap 1 and 2' represented the best in mockumentaries. Nearly everything

in life need not be taken too seriously. Reiner did that with the most hilarious fictional rock band spanning from the 60s to now. We especially need Reiner during these turbulent times.

He will be dearly missed. One more terrible thing to happen on this day.

ON SAME DAY

Not all heroes wear capes. Muslim bystander (in white shirt) disarms one of two shooters in Sydney massacre. He is recovering from shots from other shooter



Movies... then there's Hallmark

So many films that were shot in Canada depict American cities and towns. The other day I watched the first 15 minutes of one those Hallmark holiday movies.

The story took place in a little Oregon town that I automatically assumed was some town in Canada. I wish I had screen shot one of the scenes because it truly epitomized every Hallmark movie ever.

There it was, a big city girl in the town she grew up in talking to a small town guy working the bake shop counter.

Now this is rich - below the cash register it said in big letters "NO WI-FI" which I misread to say "NO WIFE". Bank robbery at the art gallery is fine, but one day Salmon Arm will make its mark with a Hallmark. ■

■ Plenty of changes in the works for Salmon Arm, including two major road realignments and apartment housing to boost the near zero vacancy rate.

UNDERWAY & ON THE WAY

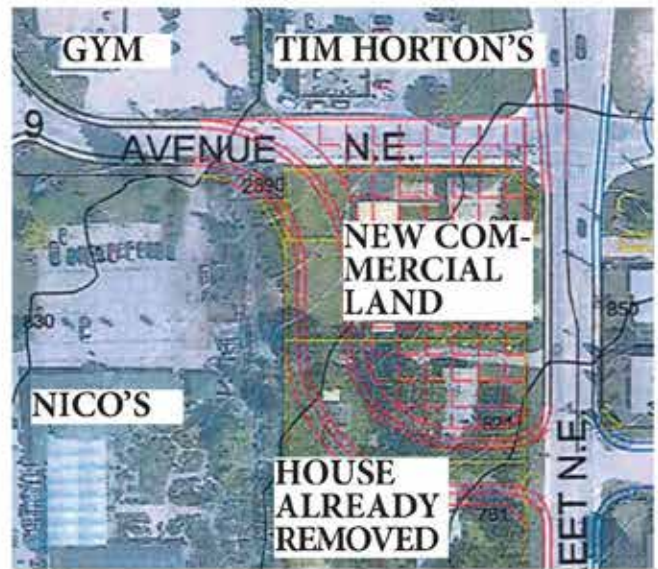


> Bartle & Gibson Plumbing, heating, electrical in West Kelowna. Interior work is underway in the new location next to Piccadilly Mall



> 6-storey rental apartment block next to Curling rink on 28th St. NE. Currently under construction.

> Auto Road connector. Road building at east end underway & pipeline adjustment



> 9th Ave. & 30th St. NE corner proposed to be replaced further south, creating consolidated land for commercial development. One of houses is already demolished.



> Two six-storey apartment blocks totalling 222 units proposed near Walmart between Tim Horton's and McDonald's, creek running between the two blocks. Also gas bar, store and restaurant on 30th by Walmart



> South downtown area apartment block proposed at 7th St. & 2nd Ave. SE

Tue



6° 3°

Dec. 16 SALMON ARM Beat

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

The **Friday AM** (AM Beat) FB page:
Just under 2,000 followers
and over 200,000 views

202,157 ↑ **62%** Views over 28 days

1,973 Total followers ⓘ
+8.7% from previous 28 days

To-do's

- **Salmar Grand**
- *Zootopia*
- *Five Nights at Freddy's*
- *Nuremberg*
- *Chainsaw Man*
- **Council 2026 budget meeting & 5 year budget proposal**, 9-5, Mon, Tues.
- **School board meeting**, 6pm, Tues, DESC, Salmon Arm
- **School concerts**, S. B'view, 1 & 6:30, Tue. Bastion, 1pm, Wed. Ranchero, 6pm, Wed
- **Shuswap Singers**, 7pm, Sat. & 2 pm next Sunday, Nexus @ First
- **Holiday Train**, w/ Barenaked Ladies, Wed. Sicamous 5:15, Canoe 6:45; SA 8:00; Notch Hill 9:30
- **Coffeehouse**, 7pm, Fri, Blind Bay Hall
- **Stars on Ice**, Sat., Rogers Rink with Elvis Stojko & Friends,
- **Peace n' Pizza**, 5:30, Fri, First Com.
- **Storytime**, 9am, Sat, Pie Company
- **Winter Solstice family event**, 4-8 pm, Sat., Piccadilly Mall
- **Photos with Santa**, 1-5 Fri & Sat Centenoka and 11-3, Sat., Piccadilly.



C'est la tree..

> Senior resident Carole Turner will just have to get used to the lights of vehicles coming up from the hospital and turning west in front of her house on 9th Ave. NE. Her cedar trees have been nearly all removed by order of the City as a visibility safety precaution at the corner.



> Just around the corner of 10th St. & 9th Ave. NE the post box is wrapped around with 'caution tape' with a notice to pick up mail at the post office. What's that's all about?

> Drivers are continually bumping the curb on the bump out at Shuswap & 5th Ave. SE. You can tell by all the scuff marks.





SALMON ARM Beat

Dec. 5

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> The senior lady at the 10th St. & 8th Ave. NE corner now has a great view of uncoming traffic with most of her cedar shrubs cut down by City order.

To-do's

- **Salmar Grand**
- *Zootopia*
- *Wicked: For Good*
- *Wake up Dead Man*
- *Five Nights at Freddy's*
- Film Society, 4 pm Sat:*
- *His Father's Son*
- **Waren Miller's**
- Sno-ciety, 7:30, Fri,**
- Song Sparrow Hall.
- Film & silent auction
- a fundraiser for Larch
- Hills Nordic Society
- **Silverbacks** host
- Cranbrook, 7pm,
- Friday and Alberni
- Valley, 6 pm, Saturday
- **Community**
- Band, 7:30 Dec. 5 &**
- 2:30, Dec. 6, Nexus**
- **Trombone**
- Christmas, 7:30, Dec.**
- 6, Presbyterian Ch.**
- **Aura Chamber**
- Choir, 7:00, Dec. 6 &**
- 2 pm, Dec. 7, Vernon**
- **Downtown Satur-**
- day-Holiday market**
- 10-2 & After dark, 5-8**
- **Sicamous - Parade,**
- lightup, 6 pm, Sat
- **Enderby- Parade, 6**
- pm, Fri**
- **Sunnybrae Winery-**
- 12-5, Sat. & Sun**
- **Larch Hills Winery-**
- 11am, Sat.**
- **Auditions- Dec.**
- 4-6, Shuswap Theatre**
- **Salsa dance - Sat,**
- Cantina Vallarts



Alphabet city

> Someone in Kuala Lumpur with plenty of time on his/her hands laid out the entire alphabet from the aerial view of the city's buildings. I looked at Salmon Arm and all I could come up with is HOT FIX. Can you guess the buildings below. Okay, I'll give you the toughest one. The 'O' is the castlehouse turret. I'll draw for a pair of movie tickets to the correct answers for "HOT FIX".



> A fence was erected this week around the old arena site where unhomed folks have been gathering. Before leveling your criticism, remember there's been three recent arsons. United Church that provides weekly free lunches had to erect a fence at its entry due to a fire there and insurance requirements. There needs to be a warm-up facility this winter, plus other new solutions, and if it is true that big cities are handing out bus tickets to small cities, that practice needs to be called out.



SALMON Dec. 9 ARM Beat

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> Michael Ennis is the winner of movie tickets for identifying buildings making up letters HOT FIX.
H: SAS Jackson; O: Castlehouse turret;
T: Shuswap Lodge/ Clinic; F: Fairgrounds barn;
I: Fairgrounds grandstand; X: Bastion Place

To-do's

- **Salmar Grand**
- Zootopia
- Wicked: For Good
- Wake up Dead Man
- Five Nights at Freddy's
- Opening Friday
- Nuremberg
- Chainsaw Man
- Film Society, 4 pm Sat.
- A Nice Indian Boy
- Opera: • 9:55 am, Sat.
- **Fame**, 6 pm, Tues to Fri, SAS Sullivan
- **Campbell Ryga & Chris Startup**, 7 pm, Thurs, Nexus, (jazz)
- **Shuswap Dance concerts**, 7:30 Tues, Vernon PerformArts
- **Library holiday choir**, 3:45, Wed, Mall
- **Ye olde very merry variety show**, 7:00, Fri, 1:30, Sat., Sun, Shuswap Theatre.
- **SA West & North Canoe Schools**, Wed
- **Boxing Interior Series #3**, Sat, Song Sparrow Hall.
- **Skating Concert**, 6pm, Fri., Rogers Rink
- **Shop-a-ganza**, 10-6, Sat. & 10-3, Sun, Recreation Centre.
- **Silverbacks**, Sat.
- **Holiday Train**, w/ Barenaked Ladies, Dec. 17. Sicamous 5:15, Canoe 6:45; SA 8:00; Notch Hill 9:30
- **Stars on Ice**, Dec. 20



○ Read the priorities of the SD83 Strategic Focus.

Go to sd83.bc.ca and follow the links

Below is a piece on importance of students' sleep:

Brought to you by the Itinerant Counselling Team

Sleep is so important to your child's overall well-being! Nowadays we are hearing more and more about kids who are not getting enough sleep for various reasons. Kids in elementary/middle school need 9-12 hours of uninterrupted sleep every night. That means if your child has to be awake by 7 am, they need to be asleep by no later than 9 pm. Some kids need more sleep than others. By October kids are tired.

Impacts from Lack of Sleep

Lack of sleep impacts us in many ways. KidsHealth.org lists ways which lack of sleep effects our kids, including:

- Falling asleep during the day
- Hyperactivity (especially younger children)
- Trouble paying attention
- Struggling with school work
- Crankiness, whiny, irritable, or moody
- Behaviour problems

Effects of Lack of Sleep

- Growth delay
- Poor school performance
- Frequent infections
- Difficulties focusing, making decisions, and solving problems
- An increased risk of heart disease, kidney disease, high blood pressure, diabetes and stroke
- Abnormal onset of puberty
- Behaviour problems
- Obesity
- Night terrors

Source: DrLaurasKitchen.com

Good Sleep Hygiene

Establish a regular routine

- Same bedtime and wake time every night
- Try not to sleep in more than a half hour on the weekends (unless sick or sleep-deprived)

Screens off at least one hour before bedtime

- Try something quiet like a puzzle, reading, Lego, listening to a story, talking about the day, bathe/shower, stretch

Remove all electronics from the bedroom

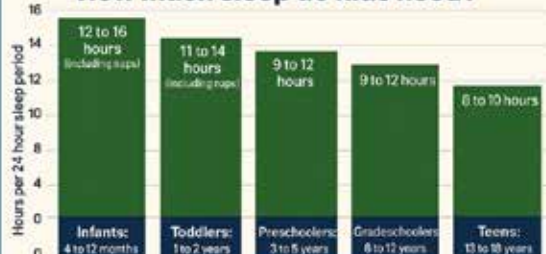
Limit bright lights/nightlights at bedtime

Get exercise and outside time (sunlight daylight) every day for at least an hour - Set limits on screentime

Limit caffeine during the day - no caffeine past 3pm

Keep bedroom cool, dark, and quiet

How much sleep do kids need?

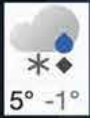


If these are ideas you would like to try, add them in gradually.

If you are shifting bedtimes, do so by shifting 15 minutes each day instead of all at once.

Further Reading: Kids Health Resource (kidshealth.org/en/kids/not-tired.html)

Bird count, 8-3:30, Sunday. Contact 250.814.9605 by Sat. to be assigned



5° -1°

SALMON ARM Beat

Dec. 17



Todo's

- **Salmar Grand**
 - Zootopia
 - Five Nights at Freddy's
 - Nuremberg
 - Chainsaw Man
- Opening Friday
- The Housemaid
- Spongebob movie
- Avatar
- **School concerts,**
Bastion, 1pm, Wed.
Ranchero, 6pm, Wed
- **Shuswap Singers,**
7pm, Sat. & 2 pm next
Sunday, Nexus @ First
- **Holiday Train,**
w/ Barenaked Ladies,
Wed. Sicamous 5:15,
Canoe 6:45; SA 8:00;
Notch Hill 9:30
- **Coffeehouse,** 7pm,
Fri, Blind Bay Hall
- **Stars on Ice,** Sat.,
Rogers Rink with El-
vis Stojko & Friends,
- **Peace n' Pizza,**
5:30, Fri, First Com.
Conversation with
Santa Claus.
- **Storytime,** 9am,
Sat, Pie Company
- **Winter Solstice**
family event, 4-8 pm,
Sat., Piccadilly Mall
- **Photos with San-
ta,** Centenoka and
Piccadilly

FriAM.ca
Print: Dec. 19

(Getty photo shows
group with founding
& former member
Steven Page)



TRAIN NIGHT!

■ *Where else in Canada, but the Shuswap, do you get five stops through its communities?*

Featuring the awesome Barenaked Ladies band on Wednesday:
Sicamous 5:15 • Canoe 6:45 • Salmon Arm 8:00 • Notch Hill 9:30
Chase, 2:45 the next day, then on to Kamloops and beyond...

and in other news..



> The windstorm Monday night did some damage, but not on this light standard downtown. It was knocked down by a delivery truck. A vehicle also bashed and decommissioned the cliffside postal box at 10th Ave & 10th St. NE.

Sun



7° 4°

SALMON ARM Beat

Dec. 14

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



Home game advantage!

FRIDAY

W. Kelowna 3,
Salmon Arm 0

SATURDAY

Salmon Arm 2,
W. Kelowna 0

To-do's

- **Salmar Grand**
- *Zootopia*
- *Five Nights at Freddy's*
- *Nuremberg*
- *Chainsaw Man*
- **Christmas Bird Count**, 8-3:30, Sun.
- **Variety show**, 1:30, Sun, Shuswap Theatre.
- **Shop-a-ganza**, 10-3, Sun, Rec. Centre.
- **Carolling**, 10am, Sun, Canoe United
- **Dungeons & Dragons party**, Mon, Red Barn, Sicamous
- **School board meeting**, 6pm, Tues, DESC, Salmon Arm
- **School concerts**, S. B'view, 1 & 6:30, Tue. Bastion, 1pm, Wed. Ranchero, 6pm, Wed
- **Holiday Train**, w/ Barenaked Ladies, Wed. Sicamous 5:15, Canoe 6:45; SA 8:00; Notch Hill 9:30
- **Stars on Ice**, Sat. with Elvis Stojko
- **Peace n' Pizza**, 5:30, Fri, First Corn.
- **Storytime**, 9am, Sat, Pie Company
- **Winter Solstice family event**, 4-8 pm, Sat., Piccadilly Mall
- **Photos with Santa meeting**, 1-5 Fri & Sat Centenoka and Sat., Piccadilly.

Budget meeting

A special council meeting will take place 9 to 5 both Monday and Tuesday to pass initial reading of its proposed 2026 budget. The budget reflects a five per cent tax increase and \$1.2 million reduced from the initial budget. Some projects were eliminated or funding was found through reserves and other sources.

Council will also consider its five year proposed financial plan at this lengthy meeting.



> Mr. and Mrs. Claus are shown taking a well deserved break after posing for over a hundred photos on Saturday at Centenoka Mall. Photographer Selina Metcalfe of Ihana Images will be back 1 to 5 pm, Friday and Saturday. Santa will also be available for photos, 11 to 3, Saturday at Piccadilly Mall.

HOMELESS IN SALMON ARM



> There's a short Youtube documentary on the unhomed in Salmon Arm. Search "The BC Homeless Crisis - Salmon Arm homeless speak up" or type: <https://www.youtube.com/watch?v=NhtQ6U5KN4s>



> It's a total circus at Piccadilly Mall these days - a Piccadilly Circus! All the best for Christmas shopping.

DETOUR...? NOT!

Vast portions of BC and Washington State are under flood and avalanche risk. This map shows a nine-hour detour route to access Vancouver from Kelowna*. There is no possible way for me to cross the US border under its present regime.

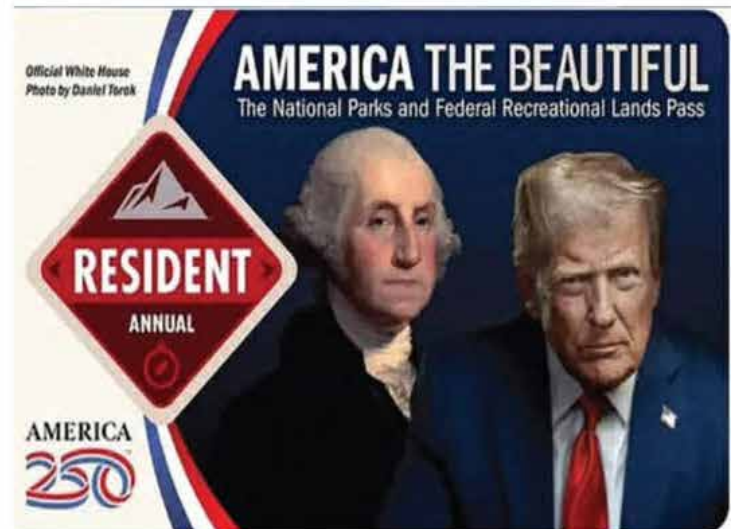
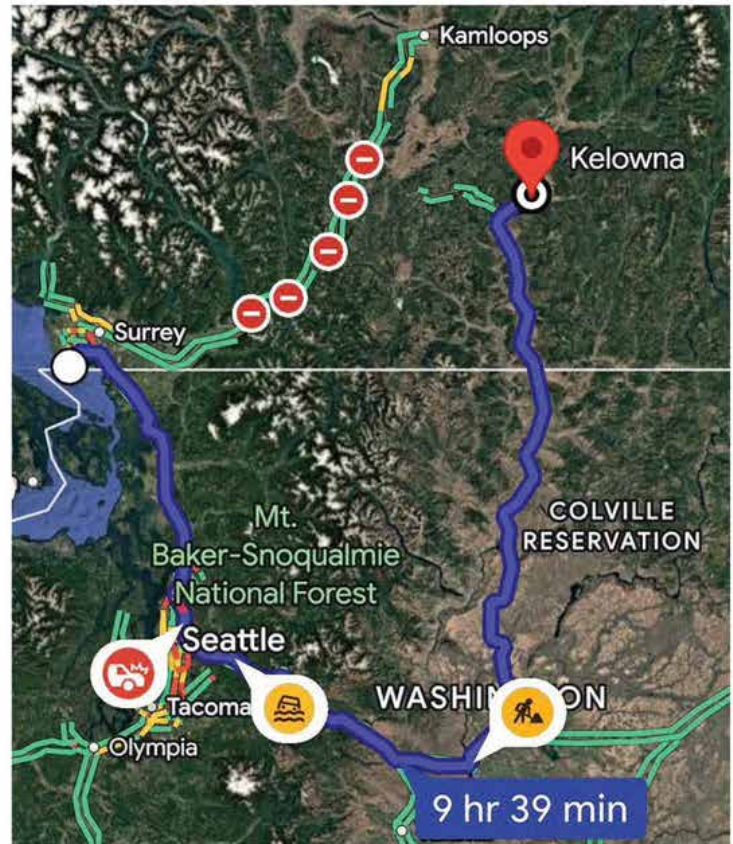
The latest lower point than the last lowest point is the new National Park annual pass imposed by the Department of Interior.

This year's image was supposed to be a beautiful photo of Montana's Glacier National Park, winner of a National Parks' annual photo contest.

Trump not only insisted that a portrait of he and George Washington would go on the pass, he decreed that his birthday would be one of the days earmarked for free access to the park system.

Detour route? Take a hike, America, and hang in there, all good and long suffering Americans.

(* The latest is the Fraser Canyon Hwy 1 from Lytton to Hope is open)



FAKE NEWS!

> A series of AI photos are appearing on newsfeeds showing celebrities like Neil Young and Robert DeNiro receiving Kennedy Centre medallions from President Trump - individuals well known to be Trump critics. Unsurprisingly, people who believe these images are heaping criticism on these celebrities as sell-outs. AI technology is a new tool being used for nefarious purposes to misinform and confuse. Be aware.



Thu

6° 2°

Dec. 11

#2 post

Two weeks to Christmas today • FriAM.ca

SALMON ARM Beat

Highways remain closed linking the Interior. Environment Canada says the rains peaked in Fraser Valley, where 140 mm were recorded in Hope and 110 mm in Chilliwack. In the Southern Interior the Coquihalla Summit had 101 mm of rain, Allison Pass 85 mm, Hells Gate 52 mm and Nakusp 55 mm. Forecasts for the Yoho National Park region near Golden were calling for approximately 40 cm. of new snow.



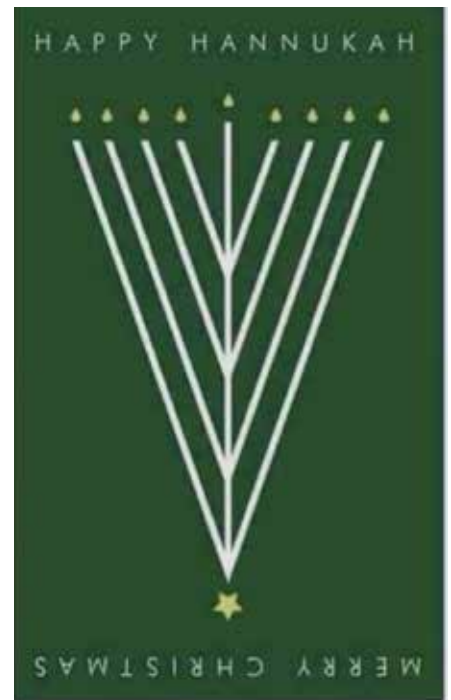
FIRE SWEEPS THROUGH HOME

An early morning blaze swept through the century old home across from Churches Thrift Shop at Narcisse and Beatty. David Wallenstein, pictured lower right, said his daughter and her baby managed to escape from the burning house to the neighbours'. Her husband had already left for work at the time of the fire. Wallenstein suspects the fire may have started from an electrical issue in the house.



Photo by Sylvia Lindgren





Twinkle, twinkle, little stars, bulbs & giant inflatables..

The Shuswap Holiday Twinkle Trail has been created to assist us enjoy the holiday lights around town and region. Google the Twinkle Trail and the map on the right will come up, then click on the bulbs for each address.



Shuswap Twinkle Trail map: 6451 70th Ave. NE; 60 15th Ave. SE; 1660 17th St. SE; 1940 12th Ave. SE; 594 Mobley Rd; 1160 49th Ave. NE; 2640 Lakeshore Rd.; 2540 40th St. NE; 1161 22nd St. NE; 2401 4th Ave. SE; 201 27th St. NE; 1860 22nd St. NE; 670 Okanagan Ave.
Blind Bay: 2738, 2726 & 2577 Golf Course Dr. ; 2484 Sunrise Blvd; 2520 Forest Dr.; 2559 Panoramic Way; 2610 Blind Bay Rd.; 2987 Cedar Dr.; 2550 Bayview Rd.

ACCESS CLOSED TO FRASER VALLEY

■ Another severe atmospheric river event

Access between the Lower Mainland and the Interior is closed, said Minister of Emergency Management and Climate Readiness Kelly Greene at an emergency media briefing on Wednesday night.

"Other highways and roadways may be closed as required and conditions are changing rapidly," said Greene. Several flood advisories, watches, and warnings are in effect in both regions.

The travel closures include:

- Hwy 1 eastbound at Hwy. 9
- Hwy 1 between Hope & Lytton
- Hwy 3 is between Hope & Princeton
- Hwy 5 between Hope and Merritt
- Hwy 7 is closed west of Hope (between Highway 9 and Ross Road)
- Hwy 11 at Sumas border crossing Open to local traffic only
- Hwy 99 between Mt Currie and Lillooet
- Many roads - Abbotsford, Chilliwack



miss
those..
**walk
with les**

Wednesday



Dec. 10

SALMON ARM Beat

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

○ Not everyone is feeling festive. Some are missing someone they cannot call anymore. Some are holding it together for the kids. Some are quietly breaking behind polite smiles.

December is magical for many, but heavy for others. So if someone seems distant or low on energy, don't take it personally. Take it gently. ~ This-

Todo's

- **Salmar Grand**
- *Zootopia*
- *Five Nights at Freddy's*
- *Nuremberg*
- *Chainsaw Man Film Society*, 4 pm Sat.
- *A Nice Indian Boy*
- **Fame**, 6 pm, Tues to Fri, SAS Sullivan
- **Campbell Ryga & Chris Startup**, 7 pm, Thurs, Nexus, (jazz)
- **Christmas Bird Count**, 8-3:30, Sun.
- **Library holiday choir**, 3:45, Wed, Mall
- **Ye olde very merry variety show**, 7:00, Fri, 1:30, Sat., Sun, Shuswap Theatre.
- **SA West & North Canoe** concerts, Wed
- **N. Canoe**, Wed.
- **Boxing Interior Series #3**, Sat, Song Sparrow Hall.
- **Skating Concert**, 6 pm, Fri., Rogers rink
- **Shop-a-ganza**, 10-6, Sat. & 10-3, Sun, Recreation Centre.
- **Silverbacks**, Sat.
- **Holiday Train**, w/ Barenaked Ladies, Dec. 17. Sicamous 5:15, Canoe 6:45; SA 8:00; Notch Hill 9:30
- **Stars on Ice**, Dec. 20

Gift of nine precious months at home

From GoFundme text by Lindsay Blackstock

Dennis Gosselin, president of Shuswap Paws Rescue Society, has spent his life giving everything he has to others—now he needs the community he has always supported to stand with him.

After fighting—and beating—leukemia the first time, Dennis and his family used more than \$50,000 of their savings to get him through treatment., plus the multiple expenses they incurred, while having to live away from home. They were gifted just nine precious months at home before the leukemia returned. This time, the diagnosis is terminal.

See GoFundme to offer support to the family. ■



Al-Anon is there to support

by Ria van Zeeland

The Holiday Season can be a difficult time of the year for many families and individuals. If you are concerned about someone else's drinking, Al-Anon can help you learn how to cope.

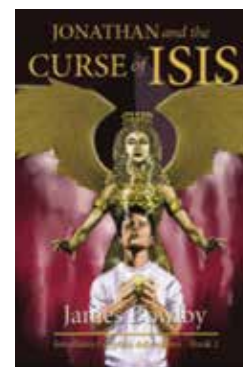
Al-Anon meetings offer the opportunity to learn from experiences of others who have faced similar problems. Anyone who is troubled by someone else's drinking, a relative or friend, can attend Al-Anon meetings, whether that person is still drinking or not.

Al-Anon is not religious and there are no fees. Anonymity is very important to all of us. What is said in the meetings stays in the meetings.

If you are wondering whether Al-Anon may be helpful to you, more information is available by visiting <https://al-anon.org> or by calling 1-855-339-6931. ■

Neighbourhood Welcome

& Michelle will be back at Piccadilly Mall from Noon to 4 pm, Thursday

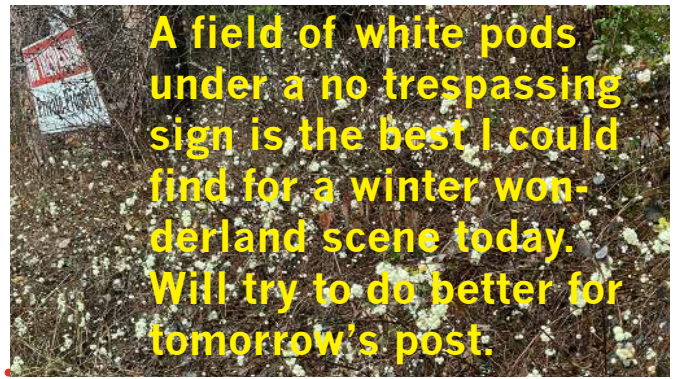


Meet author James Bowly, 10:30 to 4, Saturday at Buckingham Palace. Obtain an autographed copy of Books 1 or 2, and learn about his upcoming Book 3.



Fri Dec. 12 SALMON ARM Beat

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



A field of white pods under a no trespassing sign is the best I could find for a winter wonderland scene today. Will try to do better for tomorrow's post.

To-do's

- **Salmar Grand**
- *Zootopia*
- *Five Nights at Freddy's*
- *Nuremberg*
- *Chainsaw Man*
- Film Society, 4 pm Sat:*
- *A Nice Indian Boy*
- Opera • 9:55am, Sat.*
- **Fame**, 6 pm, Tues to Fri, SAS Sullivan
- **Craft Fair**, Fri & Sat, Piccadilly Mall
- **Christmas Bird Count**, 8-3:30, Sun.
- **Ye olde very merry variety show**, 7:00, Fri, 1:30, Sat., Sun, Shuswap Theatre.
- **Boxing Interior Series #3**, Sat, Song Sparrow Hall.
- **Skating Concert**, 6 pm, Fri., Rogers rink
- **Craft Fair**, Fri & Sat., Piccadilly Mall
- **Shop-a-ganza**, 10-6, Sat. & 10-3, Sun, Recreation Centre.
- **Silverbacks**, 6pm, Sat, Rogers Rink, with Teddy Bear toss,
- **Dungeons & Dragons party**, Mon, Red Barn, Sicamous
- **Holiday Train**, w/ Barenaked Ladies, Dec. 17. Sicamous 5:15, Canoe 6:45; SA 8:00; Notch Hill 9:30
- **Stars on Ice**, Dec. 20

HEAD ON CLAIMS LIFE

A head on collision between a tractor trailer and a Buick sedan claimed the life of the sole occupant of the car on the Trans Canada just east of 20th Ave. NE.

Investigation of the Sunday evening fatality determined that the Buick was travelling Westbound in the oncoming lanes. The driver of the tractor trailer attempted to avoid the

collision but was unable. The driver of the tractor trailer was taken to hospital with minor injuries and is cooperating with the investigation.

"The Salmon RCMP offer their condolences to the friends and family of the person who died," says Cpl. Brett Urano RCMP spokesperson.

"We remind the public to slow down and drive to the conditions."



> It is a rainy dreary day as trucks roll through Salmon Arm wondering what could halt or slow them down travelling east and west. Drivers are advised to avoid the Fraser Valley. Abbotsford has declared a state of local emergency after an atmospheric river swept across southwestern BC Wednesday.

Coffee assault

A local restaurant staff had coffee thrown in his face after being asked to leave because due to closing.

Police were able to identify the 31-year-old suspect from video surveillance. He was located and arrested for assault with a weapon. The suspect was then transported to cells and later released on conditions. The staff did not sustain injuries.



The driver of a black VW Jetta cut off an unmarked police car and showed his middle finger to the officer. The vehicle was stopped for speeding, and upon search, police found cocaine, illicit cannabis, unstamped cigarettes and \$800 cash. The three occupants were arrested under the excise act, and the driver charged for speeding.



SALMON ARM Beat

Dec. 8

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



PAST WEEKEND:

Dec. 5:

Cranbrook 1, SA 0

Dec. 6:

SA 4, Alberni 2

THIS WEEKEND:

7 pm, Dec. 12:

SA @ West Kelowna

7 pm Dec. 13:

West Kelowna @ SA

To-do's

○ Salmar Grand

• Zootopia

• Wicked: For Good

• Wake up Dead Man

• Five Nights at Freddy's

Opening Friday

• Nuremberg

• Chainsaw Man

Film Society, 4 pm Sat.

• A Nice Indian Boy

Opera: • 9:55 am, Sat.

○ Fame, 6 pm, Tues

to Fri, SAS Sullivan

○ Campbell Ryga &

Chris Startup, 7 pm,

Thurs, Nexus, (jazz)

○ Shuswap Dance

concerts, 7:30 Tues,

Vernon PerformArts

○ Library holiday

choir, 3:45, Wed, Mall

○ Ye olde very mer-

ry variety show, 7:00,

Fri, 1:30, Sat., Sun,

Shuswap Theatre.

○ SA West & North

Canoe Schools, Wed

○ Boxing Interior

Series #3, Sat, Song

Sparrow Hall.

○ Skating Concert,

6pm, Fri., Rogers Rink

○ Shop-a-ganza,

10-6, Sat. & 10-3, Sun,

Recreation Centre.

○ Silverbacks, Sat.

○ Holiday Train,

w/ Barenaked Ladies,

Dec. 17. Sicamous

5:15, Canoe 6:45; SA

8:00; Notch Hill 9:30

○ Stars on Ice, Dec. 20



> BUILDING A ROAD

> Crews work on the ravine that will eventually be the start of the Auto Road connector to replace the seasonal Shoemaker Hill.



> ABANDONING A ROAD

> The abandoned road next to Buckerfields shows how quickly a road deteriorates when no longer maintained.

Man arrested for intoxication and finds missing shoe

A Harbourfront Drive resident reported a man yelling and screaming and banging on the front door at 7:50 in the morning of Nov. 16. Police arrived and arrested the 28-year-old male who was obviously intoxicated and only wearing one shoe.

"While police tried to speak with the male, another neighbour came forward and reported the male had also banged on their door and was screaming at them and provided police with the man's other shoe", said police spokesperson Cst. Andrew Hodges.

The man was transported to cells to sober up and was served a violation ticket for being intoxicated in a public place. ■



Heart tug of the day

> Instead of the customary kiss by the father of the bride at the wedding altar, this bride touches the beating heart of her late father. Jenny was walked up the aisle by the man who received her father's donated heart.

~ True story from the Web



4° 1°

SALMON BEAT

Dec. 6

Beat

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



Christmas lights reflect in McGuire Lake

To-do's

- **Salmar Grand**
- *Zootopia*
- *Wicked: For Good*
- *Wake up Dead Man*
- *Five Nights at Freddy's Film Society*, 4 pm Sat.
- *His Father's Son*
- **Silverbacks** lost 1-0 to Cranbrook. Friday. Hosting Alberni Valley, 6 pm, Saturday
- **Community Band**, 7:30 Dec. 5 & 2:30, Dec. 6, Nexus
- **Trombone Christmas**, 7:30, Dec. 6, Presbyterian Ch.
- **Aura Chamber Choir**, 7:00, Dec. 6 & 2 pm, Dec. 7, Vernon
- **Downtown Saturday** - Holiday market 10-2 & After dark, 5-8
- **Sicamous** - Parade, lightup, 6 pm, Sat. DD
- **Sunnybrae Winery** - 12-5, Sat. & Sun
- **Larch Hills Winery** - 11am, Sat.
- **Auditions for Ripcord**, last night tonight, Shuswap Theatre
- **Salsa dance** - Sat, Cantina Vallarts
- *Omitted from print concert listings:*
- Skating Club Winter Carnival*, 6 pm, Dec. 12, Rogers Rink.



Santa Mous

> It looks a lot like Christmas in Sicamous, especially around the traffic circle area at Main Street Landing where events take place tonight.

- 5:45: hot chocolate, & cookies around a cozy campfire
- 6:00 Parade with twinkling floats.
- 6:15 Carol sing-along, tree light-up & fireworks
- 7:15 *Polar Express* inside Health Centre.

New!
Order from your Table



Sit Back and Relax

> Times are changing in local eating spots. While new dining rooms like Cahoots and Canooligans do counter service, fast food spots like Sicamous' DQ are offering Table Service

> Traveller Nichol cooks up his breakfast out of his hatchback car in Sicamous.



When you leave it to
the husband to do the
family Christmas card



I'm dreaming of a
yellow, green, brown
& pink Christmas:



All throughout China, India
and Southeast Asia, cities have
transformed into mega Man-
hattans. These two photos that
show the clearing of a slum for
more redevelopment unveils
a mystery. Much like "Where's
Waldo", where'd they all go?
Surely, not in those towers.



Alcohol is the only drug in the world that you have to justify why you are not taking it, instead of justifying why you do

Making Sober Socializing Easier

- Be confident in your sobriety.
- If you don't want a glass of wine or a beer, a simple "No, thank you" should be sufficient.
- Bring a Buddy. ...
- Be the Designated Driver.
- Tell a White Lie. ...
- Always Keep a Beverage in Your Hand. ...
- Change the Subject. ...
- Make an Effort to Mingle. ...
- Know When to Leave.



For those who fall into other category, it is so simple - Always be respectful and know that "no means no".

MOST ACCOMPLISHED EVER ASSEMBLED

Trump keeps redefining the stretch of hyperbolic statement:

"This is a group of icons whose work and accomplishments have inspired, uplifted and unified millions and millions of Americans. This is perhaps the most accomplished and renowned class of Kennedy Center Honourees ever assembled."

