



Similkameen

News Leader

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Tuesday, September 27, 2011

Who's Working For You? See Below!



Artistic Imaging Inc. of Revelstoke has the concrete contract for the downtown sidewalk ramps and will be in town at least until mid-October. The company hires locals to assist with all jobs. Photo: Brenda Engel

Voters sink pool referendum

The results are in!

The Princeton & District Aquatic Centre Referendum on September 24th failed in both Area H (Princeton Rural) and the Town of Princeton.

Figures released early Sunday morning (September 25) by RDOS Regional Chief Election Officer Cathy Cowan show a total of 269 people in Area H voted YES with 968 casting NO votes.

In the Town of Princeton it was closer with 474 YES votes to 507 NO votes.

Breaking those numbers down: Electoral Area H Advance Poll

(September 14) 82 YES, 229 NO. Mail-In Ballots 13 YES, 272 NO and General Voting (September 24) 174 YES, 467 NO. Town of Princeton: Advance Poll (September 14) 144 YES, 137 NO and General Voting (September 24) 330 YES, 370 NO.

"I didn't know what it was going to do in Town," stated Area H Director Brad Hope the morning after the election.

"I pretty much expected the regional vote."

Hope adds, "Princeton really needs an aquatic centre and we need to figure out how to make this work."

GMO food topic draws huge crowd

Do we want our food to be genetically altered? Do we want a major corporation to claim ownership of genetic material then make us pay for the privilege of using that material? Do we want our natural crops contaminated by nearby crops that spring from genes altered by biotechnology? Those were the questions addressed at the Legion Hall on September 22.

Seventy or more local citizens turned out to learn about the threat of genetically modified (GM) foods. These foods are produced through altering the genes of plants or animals through biotechnological engineering, sometimes called genetic engineering (GE).

On the panel of speakers was Lucy

Sharratt, Coordinator of the Canadian Biotechnology Action Network. She has worked for 15 years against the introduction of GE foods and seeds. April Reeves, of a Society for a GE Free BC is an urban farmer working to create GE Free zones throughout British Columbia. Alex Atamanenko, Member of Parliament for our riding and Spencer Coyne, a local gardener, made up the panel.

The panel was introduced by Solana Allison of Save Our Similkameen (SOS), who welcomed Harry Lali, MLA, who thanked everyone for attending.

Area H Director Brad Hope was part of the group who planned and supported the evening of informa-

tion.

Lucy Sharratt began discussion by describing how genes are moved from one species to another, such as putting fish genes in tomato plants. Canada has had one genetically modified crop, canola, produced for 15 years. Canada grows only four genetically modified crops which include corn, sugar beets and soybeans. There are only seven genetically modified crops grown worldwide, but more in the making in laboratories.

A large number of processed foods contain genetically modified foods. For example, sugar coated breakfast cereals are sweetened with sugar beets. Many products contain corn syrup, corn oil or other corn derivatives, and the same is true for soy. Both soy and corn products may form part of sausages. Sharratt talked about the necessity of reading

food labels.

Another source of altered genes may be in the meat or dairy products we eat. Livestock is fed corn and

soy and the meat or milk from these animals may contain altered genetic material. Scientists are concerned continued on Page 8

Missing chopper found near Tulameen

The major air search is over -- the wreckage of missing helicopter has been found north of Princeton, near Coquihalla Mountain, along with the body of the only occupant, the 61-year old pilot, identified as Rod Phillipson.

The A-350 chopper, missing since Friday September 23rd on a flight from Langley to Phillipson's farm north of Kelowna, was spotted a

few days later by the pilot of a Kelowna Wildcat helicopter that wasn't even involved in the search - it was doing unrelated work in the Tulameen area.

The discovery ended a massive search that at one point involved four military aircraft, and more than a dozen civilian planes, most of them operating out of the Kelowna airport.

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Work continues on upgrading downtown sidewalks with wider ramps. Contractors were busy all last week removing bricks and preparing sites for improvements along Bridge Street. Photo: Brenda Engel

Fall Fair reviews success

The fair was a great success this year. Approximately 1,400 people paid at the gate, but there were many more people at the fair due to free admission for children under 12 years, and a large number of volunteers. President Keith Olsen estimated around 1,800 people attended the two-day event.

The financial picture looks good, not all of it from admissions and sales. The children's activities are

partly sponsored by local businesses that donate cash or items for auction and the raffle. Keremeos fruit stand operators contributed a great deal of produce for auction. Thanks to the generosity of these contributors, the auction and raffle raised \$800. Cash donations totaled \$1,500.

The children's play area, organized

by Fran Murphy, proved to be extremely popular and received top marks from the BC Fairs judge. This play area, free to children, will be a feature of next year's fair.

Keith Olsen will be attending the BC Fairs conference next month. He is hoping to gain more information on successful fairs.

PXA approves Halloween party

Princeton area resident Jen Bernard approached Princeton Exhibition Association (PXA) at the September 20 meeting to ask for permission to use the grounds on October 29 for a community Halloween party. She presented a proposal to Chair Paul Bedard for consideration.

Bernard said a group of people has been working on a plan for such a party, with a bonfire, treats for the children, Halloween decorations, and hopefully some fireworks.

Weyerhaeuser has come through with wood for the bonfire, and

Copper Mountain Mining has asked how they could help. Others in the community have offered help or donations.

Princeton Bakery, which has made bread and bun donations for most events at the fairgrounds this year, has offered hot dog buns.

The PXA was asked to sponsor the event, but the PXA mandate is only to manage the fairgrounds, not to host or sponsor events, but members were pleased to give permission to use the grounds free of charge for this one evening of fun for the community's youngsters.

NICOLA VALLEY AQUATIC CENTRE

Take the First Steps to Become a Lifeguard:

BRONZE STAR
 October 28: 4-7 PM; October 29: 1-5 PM; October 30: 1-4 PM
COST: \$90.00
 Bronze Star is a pre-Bronze Medallion program that provides excellent preparation for success in obtaining the Bronze Medallion Award. Prerequisites: Minimum Age of 8 Years and able to swim comfortably.

BRONZE MEDALLION
 November 1, 3, 8, 10 & 15: 4-8 PM
COST: \$200.00 (manual included)
 Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgement, knowledge, skill and fitness. Prerequisites: 13 Years old by the last day of the course. If the participant does not have Bronze Star.

BRONZE CROSS
 November 17, 22, 24, 29 & December 1: 4-8 PM
COST: \$170.00 (manual not included)
 Bronze Cross is designed for lifeguards who want the challenge of more advanced training. Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in a variety of aquatic emergencies, while developing stroke endurance and fitness training skills. Prerequisite: Bronze Medallion.

Standard First Aid/CPR-C
 January 26, 27: 5-9 PM; January 28: 8 AM - 5 PM
COST: \$120.00 (manual included)
 SFA contains comprehensive training covering all aspects of first aid and CPR. In this course, you will learn to recognize and treat injuries including head and spinal, soft tissue, facial, abdominal and chest, burns, lacerations and other common medical emergencies.

To Become a Lifeguard: All in One Package
COST: \$400.00 (includes both manuals)
 Course includes: Standard First Aid/CPR-C, Bronze Medallion and Bronze Cross. Saving of \$100.00. Dates are the same as listed above. Please read details above regarding each course.

Other Aquatic Programs:

Lifesaving Instructor (LSI)
 October 16: 4:30-9:30 PM; October 15, 16: 8:30 AM - 5:30 PM
COST: \$260.00 (manual included)
 A Lifesaving Instructor is trained to teach and evaluate the Canadian Swim Patrol program, Bronze programs, Fitness and Excellence programs.

Lifesaving Instructor Re-Cert
 October 15: 5-9 PM
COST: \$80.00

Aqua-Fitness Module
 November 11: 5-9 PM; November 12, 13: 8 AM - 3 PM
COST: \$250.00 (manual not included)
 PLEASE NOTE: MANUAL TO BE PURCHASED ON FIRST DAY OF CLASS. This course is designed to increase your knowledge and confidence level in leading group exercise class in the water. Prerequisite: BCSPA Fitness Theory.

Kayaking - Beginner and Intermediate
 October 29 - November 19, 2011 10:00-11:30 AM
 Introduction to various kayaks and equipment, covering basic skills and hazard recognition. You will learn the essentials of a confident paddler and once those ground rules have been mastered, it is time to be introduced to the fundamentals of paddling.

Kayaking - Rescues and Rolls
 January 7 - January 28, 2012 10:00 - 11:30 AM
 During this session you will learn: different types of braces to prevent capsizing, various boat reentries into the water, how to bring a boat to shore after capsizing and boat-based rescues. In this session you will learn rolling with an expert personalized instructor, who will ensure your roll will be the best it can be.

Kayak - Review and Fine Tuning
 February 4 - February 29, 2012 10:00 - 11:30 AM
 This is a great refresher for the paddlers while also improving the skills and strokes needed for kayaking. The content of this class will vary depending on the needs of the student.

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Interest in the Princeton area has led to much new construction in and around town - including this commercial/residential development on Burton Avenue next to Phifer's Fountain. Photo: Brenda Engel

Princeton Town Council news in brief

The Town of Princeton will offer two free landfill days on October 22 and 23.

Town Council agreed to go ahead with contracting the examination of the lot adjacent to Town Hall. This lot was the former site of a dry cleaning business that burned, and there are fears the soil may be contaminated. The land cannot be used until the soil is tested and approved as uncontaminated.

Councillor Marilyn Harkness reported Interior Health is "working diligently" to prevent any repetition of the situation that occurred at Princeton General Hospital on Labour Day, when no doctor was in place due to the illness of a locum scheduled to cover ER that day. She added the government has allocated \$200,000 for groups of locum doctors providing ER ser-

vice to try to solve some of the locum problems. Councillor Harkness said having the ER situation resolved may encourage doctors to move to rural hospitals.

A healthy living fair taking place in Penticton may include an outreach event in Princeton, Councillor Harkness said. The fair will have a featured speaker on Saturday to allow rural people more opportunity to participate in the fair.

BC Transit is looking at a public transportation system which would link Princeton with the Okanagan. The goal is to have a system in which the BC Transit bus from Princeton would connect with the bus heading north from Osoyoos so that Similkameen Valley residents could go to Kelowna and back in one day.

StructureCraft, the company that built the Bridge of Dreams, is showcasing Princeton's bridge in a variety of different media in different locations, which is good publicity for Princeton.

Mayor Randy McLean reported the funding by SIBAC of a website for the organic farmers of the South Similkameen. The website will give advice on organic farming which will be useful to people on property of 10 acres or less.

FortisBC made a presentation to Similkameen Valley Planning Society regarding plans to build a dam on the upper Similkameen Valley. This is a project originally begun by Princeton Light and Power in 1990. It was shelved, but was reconsidered a few years ago due to the need for water conservation. The pre-feasibility stage is in progress with a great deal of support from valley residents. The dam would be 613 feet high and be equipped with a 65 megawatt power generating facility.

Halloween fun at the fairgrounds is a possibility this year. Jen Bernard and Dawne Graves have received some assistance from various sources. Anyone interested in helping out with this project should contact Bernard or Graves.

Town Council plans to fund a dinner on October 13 to bring together representatives from community groups. One of the objectives is to plan dates of events so there is no overlap or conflict. The other purpose is to explain how to apply to the Town for a grant. There will be a new application form. Town Council is exploring ways in which it might assist groups putting their financial accounts in order.

The Town has agreed to spend \$6,000 for new rack cards to advertise Princeton in tourist information centres. Half of this cost is recoverable from the Thompson-Okanagan Tourist Association.



A water line replacement project last week saw crews work across Highway 3 near Billy's Restaurant to the Trans-Canada Trail. Work did not disrupt traffic flow at any time. Photo: Brenda Engel

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Introduction to Emails and Internet	\$44	Oct 27 & Nov 3	6:45 - 8:15 PM
Introduction to Microsoft Excel	\$44	Oct 26 & Nov 2	8:15 - 9:30 PM
Introduction to Facebook	\$44	Nov 9 & 16	6:45 - 8:00 PM
Introduction to PayPal	\$35	Nov 9 & 16	8:15 - 9:15 PM
Introduction to eBay	\$44	Nov 10 & 17	6:45 - 8:00 PM
Maintaining Your Computer	\$44	Nov 23	6:45 - 9:15 PM
Introduction to Microsoft Word	\$80	Oct 27, Nov 3, Nov 10 & 17	8:30 - 9:30 PM

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Interior Health

EMERGENCY DEPARTMENT Temporary Service Changes

Due to limited physician availability in October, there will be times when only the most urgent cases will be seen by the physician on call.

Patients with less urgent matters will be assessed by our trained nurses but, depending on their condition, may be transferred to a nearby hospital for care or offered appropriate options.

If this is the case, it's important to come prepared:
Bring your wallet, shoes, clothes and make arrangements for the return home.

Times when patients can anticipate this adjusted physician response are:

- Sunday, October 1 - 12:00 AM (Midnight) to 8:00 AM
- Sunday, October 2 - 12:00 AM (Midnight) to 8:00 AM
- Tuesday, October 11 - 12:00 AM (Midnight) to 8:00 AM
- Saturday, October 15 - 24 Hours (tentative)
- Sunday, October 16 - 24 Hours (tentative)
- Tuesday, October 20 - 12:00 AM (Midnight) to 8:00 AM

Interior Health will post further dates as they are available.



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ANNUAL MAINTENANCE SHUT DOWN

The Nicola Valley Aquatic Centre's annual maintenance shutdown continues until October 3. During this time the pools will be closed for several maintenance projects. The fitness centre will remain open from 7:00 AM to 7:00 PM Monday to Friday throughout the shutdown period.

We thank you for your patience during this time.



If you have any questions regarding the shut down, please call:

Nicola Valley Aquatic Centre
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Keremeos News



They all look delicious! The Apple Pie Baking Contest is a highlight for many during Apple Day at the Grist Mill, which is scheduled for October 9th this year. Photo: Dave Cursons

October 9th is Apple Day!

by Dave Cursons

There is something about an apple pie baking contest among country folk that quickens the imagination, the heart and competitive zeal.

The Grist Mill Heritage Club again sponsors the annual Apple Day pie baking contest this Thanksgiving Sunday.

This year's prizes include First Second and Third Prize Ribbons of the proudly decorative Rosette and Sash variety. Gift prizes

include local fruit wine, a Grist Mill Gift Shop Certificate and a Gift Basket of local produce.

The pie presentation table with prize ribbons will be photographed and captioned for posterity.

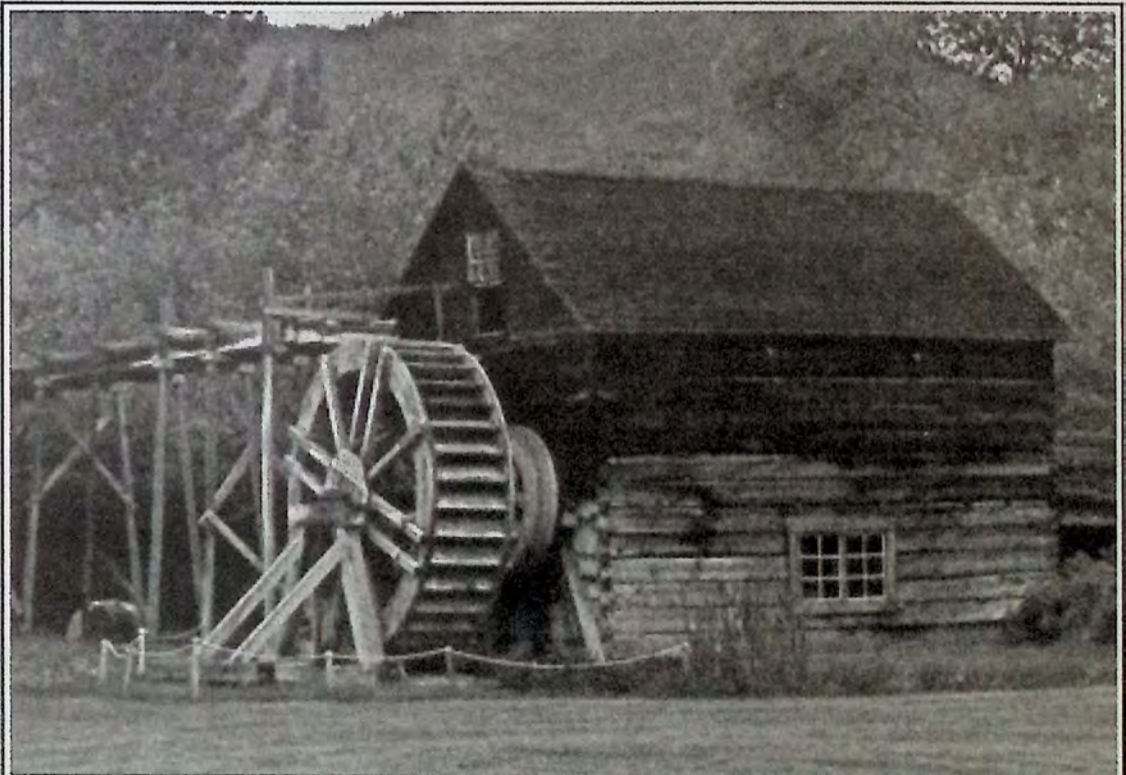
A qualifying entry is an Apple Pie from scratch - round, home crust, mainly apple filling. Pies are received on Sunday, October 9th by 1:30 PM at the Grist Mill Tea Shop, 2691 Upper Bench Road Keremeos. There is no entry fee.

Only one pie per contestant with sealed name / phone attached.

Judging is based upon 20% overall appearance and upon 80% flavour and consistency of the crust and filling combination. Contestants are to provide a list of their pie ingredients but not the proportions.

Pie is sold afterwards to raise money for Grist Mill preservation.

Pie plates labelled underside are retrievable. Inquiries call 250-499-5417.



The Keremeos Grist Mill has welcomed visitors to the Similkameen Valley for years and continues to be a popular stop for those seeking a different kind of 'tourist experience.' Photo: Dave Cursons

Similkameen Sizzle's Carroll MacLean talks about the Pepper Festival on YouTube!

PrincetonBCNews



About 30 people attended the Keremeos GM (genetically modified) foods forum chaired by Member of Parliament Alex Atamanenko. Left to right are, MP Alex Atamanenko; April Reeves, Director of GE-Free BC; Lucy Sharratt, Coordinator for the Canadian Biotechnology Action Network; Lee McFadyen, partner in Mariposa Organic Farms in Keremeos; and Andrea Turner, an organic tree fruit grower in Cawston. Alex chaired the forum in several communities recently, including Princeton on September 22nd. Photo: Arlene Arlow

Monsanto is watching...

by Arlene Arlow

About 30 people attended the Genetically Modified Foods forum put on by our Member of Parliament, Alex Atamanenko in Keremeos. The forum was held at Victory Hall Wednesday September 21st and included some of the same panelists who offered up information at the GM forum in Princeton the following evening.

Genetically Modified (GM) foods are touted by some as a way to feed the world when the centuries-old traditions of food production - combined with floods and drought that Mother Nature throws at us - put mankind's survival in doubt. Mankind has not stopped its desire to outsmart Mother Nature, and GM foods would seem to be an answer.

The science of genetically modifying plants and animals involves activities that alter the amino acids and genes of a plant or animal. Undesirable traits are overcome, and desirable traits are artificially brought forth.

Examples involve adding genes of other plants to the DNA of soybean so that it is resistant to herbicides such as Roundup. That way, the farmer can spray chemicals (herbicides) onto a crop of soybean and kill the weeds that compete with the crop for soil nutrients. The difficulty of the science is that Mother Nature always has the last laugh: since the time that Monsanto invented (and patented) "Round-up Ready" Soybean, Mother Nature has produced weeds that are resistant to Roundup. Thus, the weed ultimately wins.

Monsanto in the United States is a front-runner in developing and patenting GM foods. It was the first to produce and market an artificial growth hormone - Bovine somatotropin (BST or BGH) - for use in dairy herds. The hormone is intended to artificially increase milk yield

in cows. Currently, the United States is the only country that allows milk to be produced for human consumption using BST. The product has side-effects for the cow including udder infections, debilitating foot disorders, and reduced life span.

Monsanto is in the game for profit and by design, Monsanto markets "Round-up Ready" soybean AND they market the Round-up herbicide, too. Farmers who are caught growing Monsanto-patented crops without proper "licensing" from Monsanto are brought to their knees by Monsanto's team of lawyers.

Once again, Mother Nature sticks her nose in. A farmer may not realize their crop has been cross-pollinated by a Monsanto crop in another farmer's field.

Bees don't differentiate between a Monsanto flower and another flower, and they can easily take the pollen from the flowers in a Monsanto crop and disperse it onto neighbouring crops. Bingo: uncontrollable genetic modification on a mass scale.

Monsanto hasn't been completely forthcoming on the reliability of its scientific research. Independent scientists given access to Monsanto's laboratory results insist that the clinical studies Monsanto uses to "prove" the usefulness and safety of their GM products are flawed.

Questions arise: If plants can become resistant to the chemicals we throw at them, what horrors will unfold in humans if GM genes find their way into our bodies? When Monsanto originally produced Bovine Growth Hormone, it was believed that the acids in our stomachs would be enough to kill the growth hormone we might otherwise ingest. However, tests in a group of women in Quebec showed Bovine Growth Hormone in their blood and the blood of their fetuses

(the hormone cannot legally be used in Canada). In 1999, Monsanto intended to appeal Canada's refusal to license Bovine Growth Hormone. Monsanto is also considering suing the Canadian Government for loss of revenue.

GM foods can backfire: many countries refuse to buy soybean from Canada because GM soybean has been found in the Canadian product. We may well be running out of places to sell our soybean crops.

So you think you are safe? Did you know that sugar beets grown in Canada are genetically modified; and soybean products that you eat are from GM soybean grown in Canada; and Corn Flakes come from GM corn grown in Canada and the Canola Oil you buy in the grocery store comes from GM canola grown in Canada? GM canola has been produced in Canada since 1995.

Canada does not have any requirement to indicate genetically-modified on food labels.

So, what's the solution? Buy local. Buy from Similkameen farmers who don't use genetically-modified feed and who don't produce genetically-modified crops. Write your MP and tell him how you feel about GM foods and how you feel about Monsanto trying to license food production - your food production. Tell your local grocery store Manager how you feel about GM foods. Educate yourself. You can make a difference, for yourself, your family, and for the world. It doesn't yet belong to Monsanto.

BC Southern Interior MP Alex Atamanenko says NO to GMO's On YouTube

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GREENHOUSE SALE

Offers are invited for the purchase of a 10 x 12 twin wall polycarbonate free-standing "Straight Eave" greenhouse.

The greenhouse will be on display beginning **September 26, 2011**, on School District #58 (Nicola-Similkameen) website (www.sd58.bc.ca), click on Auction to view and for placing bids. All bids will be in accordance with School District #58 (Nicola-Similkameen) regulations as indicated on the bid site.

The sale for the greenhouse closes **October 15, 2011**. This item is purchased on an 'AS IS WHERE IS' basis and is to be picked up as per the location. For further information, please contact (25) 315-1100.

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PRINCETON PLAZA PARKING LOT

Health / Lifestyle News

Simple home remedies to ease the common cold

(NC)—Cold season is here again and while a common cold is usually harmless, it sure doesn't feel like it at the time. Most adults will experience a cold two to four times a year and children, especially preschoolers, may get a cold as many as six to 10 times annually. While you can expect to be sick for one to two weeks, it doesn't mean you have to be miserable.

From the Mayo Clinic Book of Home Remedies, try these tips to feel a little more comfortable while

fighting the common cold:

- **Adjust your room's humidity**—If the air is dry, a cool-mist humidifier or vaporizer can moisten the air and help ease sinus congestion and coughing. Be sure to keep the humidifier clean and regularly change the filter to prevent the growth of bacteria and molds.
- **Soothe your throat**—Gargling with warm salt water several times a day or drinking warm lemon water mixed with honey may help soothe your sore throat and relieve coughing spells.
- **Use saline nasal drops**—Saline drop are effective, safe and non-irritating—even for children—for the relief of nasal congestion. The drops can be purchased over-the-counter in most drugstores.
- **Try andrographis**—There is some evidence this Indian herb can reduce the severity and duration of upper respiratory infections. It may also reduce your risk of getting a cold. The herb seems safe when used short-term.
- **Try echinacea**—While no studies

have shown that this herb can prevent a cold, there is some evidence that it can modestly relieve cold symptoms or shorten the duration of a cold. Echinacea seems most effective when taken soon after cold symptoms appear.

- **Get your vitamin C**—Despite popular belief, there's no evidence that high doses of vitamin C reduces your risk of a cold. However, there's evidence that high doses of the vitamin—up to six grams a day—may have a small effect in reducing the duration of cold symptoms.
- **Consider zinc**—There's some evidence that zinc lozenges take at the beginning of a cold may help reduce symptoms. The claim that zinc nasal sprays are helpful is controversial. In general, the use of these sprays is discouraged because many people have experienced permanent loss of smell following their use.

More health-related information can be found online at www.mayoclinic.org/canada - www.newscanada.com

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Learning CPR is easy and inexpensive - just a few hours could make an important difference in someone's life.

Emergency First Aid Training

Saturday October 1st, 2011 8:30am-5:00pm

This basic first aid course will teach you patient assessment, CPR, and obstructed airway procedures. You will also learn how to recognize and respond to respiratory and circulatory emergencies including asthma, bleeding, shock, heart attack and stroke.

\$75.00 book included

Standard First Aid

Saturday October 1st 8:30am-5:00pm

Sunday October 2nd 1:00pm-8:00pm

SFA contains comprehensive training covering all aspects of first aid and CPR. Through practical activities, you will learn to recognize and treat injuries including head & spinal, soft-tissue, facial, abdominal & chest, burns, bone & joint, and other common medical emergencies.

\$120.00 book included

To Register please contact the Nicola Valley Aquatic Centre
250-378-6662 or the Merritt Civic Centre 250-315-1050

Living Past 100

The Link Between Greens and Bones

Declining estrogen levels in pre-menopausal women has been linked to impaired Vitamin K function in the bones. It is further believed by researchers that the amount of Vitamin K needed by younger women is not adequate for menopausal and post-menopausal women. The latter may need more to maintain bone health.

Vitamin K deficiency has been linked to an increased risk of osteoporosis in women. This is perhaps why so many women begin to show bone loss after menopause. The lack of estrogen leads to a lack of Vitamin K and that lack leads to bone deterioration.

Vitamin K, both K1 and K2, is found in leafy green vegetables, broccoli and soybeans. In our society, not everyone eats soybeans, so foods such as Swiss chard, spinach, kale and broccoli are essential sources of Vitamin K.

Other foods containing smaller amounts of Vitamin K are Blackstrap molasses, Brussels sprouts, cabbage, cauliflower, egg yolks, liver, oatmeal, rye bread, safflower oil and whole wheat products.

As Vitamin K plays a role in clotting the blood, it should not be taken as a supplement without a doctor's prescription. Some bone-building supplements contain Vitamin K, but you are better off eating the right foods than messing around with Vitamin K supplements.

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NEWS LEADER

Princeton program sets safety milestone

Selkirk College and Weyerhaeuser Company Limited Canadian Timberlands have worked together to produce a safety milestone for the company.

The announcement was made September 15th.

Canadian Timberlands has completed its tree-plant operations across B.C., Alberta, Saskatchewan and Ontario, and although more than 12 million trees were planted, not one recordable safety incident was incurred for the 2011 planting season.

"This is truly a remarkable accomplishment and it is the first time in the history of Canadian Timberlands that we have achieved our goal of zero recordable incidents in this area of our business," said Director of Canadian Timberlands, Fred Dzida.

Canadian Timberlands introduced Selkirk College's "Fit to Plant" training program to its tree-planting contractors a decade ago—initially in Princeton, and then across all of its operating units.

"The hard work and dedication by all our staff and contractors has helped us incorporate key learning points from this and several other safety programs. The results have been excellent! Year by year our results have gradually improved," Dzida explained.

An example of this year-to-year improvement is found in the Princeton tree-planting safety statistics. In 2000, there were eight recordable injuries in just over 17,500 hours of work. That equates to a recordable injury rate (RIR) of 91.2. (RIR is calculated as one injury for 200,000 hours worked.) As a corporation, Weyerhaeuser has a goal of an RIR of less than 1.

From 2000, tree planters working for Weyerhaeuser in the Princeton area reduced the number of recordable injuries to a point where in 2004 there were no injuries recorded. Princeton tree planters have also

achieved no recordable injuries in 2006, 2007, 2009 and 2011. The most recordable injuries in any year since 2004 have been one.

Weyerhaeuser Company, one of the world's largest forest products companies, began operations in 1900. Weyerhaeuser Company Limited, the Canadian subsidiary of Weyerhaeuser, began operating in this country in 1965. Weyerhaeuser employs approximately 14,000 employees in 10 countries. Weyerhaeuser has always been dedicated to providing a safe workplace and they are an industry leader in their innovative safety programs.

The "Fit to Plant" program was created by Selkirk College faculty member, Delia Roberts, who holds a PhD in Medical Science from the University of Calgary and teaches in the School of University Arts and Sciences at the college. The program is a direct result of Roberts' research and is widely used in silviculture and wild land firefighting.

The program has been recognized internationally as a landmark example of a successful workplace injury prevention intervention. Visit www.selkirk.ca/research/faculty-research/tree-planting for more information on Roberts' research.



The "Fit to Plant" training program, created by Delia Roberts, who holds a PhD in Medical Science from the University of Calgary and teaches in the School of University Arts and Sciences at Selkirk College, has been instrumental in helping Canadian Timberlands set a safety milestone. The program has roots in Princeton having been introduced to area tree planters a decade ago. - photo submitted

Why isn't 'Little Johnny' on the Posse?

Princeton's Junior B Hockey team, the Posse, will celebrate ten years in the Kootenay International Junior Hockey League (KIJHL) this season.

The team promotes itself as a "community-owned" club but how local is it?

After a decade of games played in Princeton Arena there have only been a handful of Princeton boys who have donned the Posse jersey.

This has always been a concern of the Posse Executive and it was discussed again at their September 20th meeting.

A plan was put in motion earlier this year with the re-branding of Princeton Minor Hockey Association teams as the Princeton Minor Posse. The ultimate goal is to eventually use the local minor hockey league as a source of play-

ers for the Junior B team but a number of major hurdles exist.

Princeton Posse Head Coach Dale 'Duner' Hladun told the Posse meeting that the local minor hockey program is still in trouble.

With basically enough players to form Tyke, Novice and Atom teams (ages 5 to 10) and the possibility of not enough to make a Bantam team (ages 13 to 14) there isn't a lot to choose from.

Hladun did point out that there would be players to choose from in the existing teams once they get a little older and continue to improve their skills.

"These things take time, so in a couple years we'll start to see some possibilities," he said.

With such a shallow talent pool to draw from locally, and with teams in Osoyoos, Penticton and

Summerland all fishing in the same places, Hladun has had to venture further and further from the Similkameen Valley to find players to fill the roster.

Northern British Columbia and Alberta have proven to be gold mines to the Posse.

However, earlier this month, during the Posse pre-season, a total of four players with family in Princeton did see some ice time. They were Josh Coyne, Cole Weber, Kraig Leochko and Lane Vanwetering with Weber making the team and two more likely to see more games in Posse jerseys as the season progresses.

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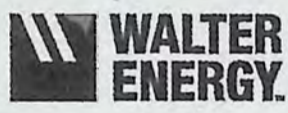


On the panel at the September 22nd 'No GMO' MP Forum were, from left, Lucy Sharratt, BC Southern Interior MP Alex Atamanenko, April Reeves and Spencer Coyne. Photo: Dawn Johnson

..... continued from Front Page about what genetic alteration may do to human health and to our environment. Most genetically altered plants are resistant to insects or herbicides. The insect resistant plants give off toxins that kill insects, although some insects are becoming resistant to the toxins. The plants resistant to herbicides are created so that herbicides such as Roundup can be sprayed on the fields to eliminate weeds without

killing the crops. The toxins become part of our food supply. One of the looming threats to livestock could be the introduction of genetically modified alfalfa. Natural alfalfa could be contaminated by the genetically altered variety grown nearby. A genetically engineered pig has been produced by the University of Guelph, Ontario, and a genetically engineered salmon is awaiting legal use. There are lobbies against the legalization of these creatures, but those who oppose genetically engineered plants and animals are the average people. The corporations that make money from genetic engineering have stronger lobbies. Spencer Coyne talked about his research into genetically altered foods. His research began when his wife was expecting a child, and he began to wonder what these foods would do to coming generations. He came to the conclusion that consumers should refuse to buy foods that contain genetically engineered components. Alex Atamanenko talked about what he faced when he introduced Bill C474, a bill to place more government control over genetic engineering of plants and animals in Canada. His bill had passed first and second reading when the opposition of biotechnology corporations began to fight it. These corporations hosted 50 gatherings to persuade other Members of Parliament to

vote against the bill and it was defeated. April Reeves spoke of her efforts to encourage urban farming, which have proved successful. She said she does highly intensive farming and cannot keep up with demand for the food she produces. She labels her food as pesticide free and not genetically modified. She has to expand to meet the demand, and she is not alone: other urban farmers are finding the demand is strong. Reeves went on to explain how to create GE free zones by going to municipalities and asking for bylaws or resolutions against using GE plants within a municipality. There are now six such zones in B.C. Spencer Coyne told the audience to use their power at the local level, ask candidates where they stand on this issue in the coming election (no Town Council members were present). The evening wound up with a question and answer session, the panel was thanked, and people were encouraged to take home food from displays by Sanderson Farms, Parsons, and Coyne's. As people were leaving, the News Leader asked Harry Lali how people could proceed to have Town Council or Regional District pass a resolution or bylaw to create a GE Free zone. He suggested a petition and delegation, and said this is quite effective.



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News Leader Entertainment

Similkameen News Leader TV Guide Listings - September 27 - October 4, 2011



A lot of garbage was collected September 18th during the 4th annual shoreline clean-up of Osprey and Link Lakes. The trash was recovered by a dozen volunteers (pictured below). - photos submitted

Clean-up yields bags of trash

by Terry Tellier
Site Coordinator

Great Canadian Shoreline Cleanup

The fourth annual shoreline cleanup of Osprey and Link Lake took place on Sunday September 18th. A group of 12 local volunteers called the "Friends of Osprey Lake" gathered over 400-pounds of litter from the shorelines in and out of the water. Temperatures ranged between 5 and 14 degrees Celsius with a light wind creating some difficulty for those on the water.

To collect the debris we used boats, a raft, kayaks plus we walked along the shoreline itself. Cleanup participants included Terry Tellier (site coordinator), Greg Tellier, Norm

Quadling, Lynne Adams, Steve Paterson, Jill Pelland, Norm Christman, Rob Miller, Jack Brock, Maggie Ramsey, Carol Terry and Rick Law.

The Great Canadian Shoreline Cleanup is a conservation initiative of the Vancouver Aquarium and the World Wildlife Fund. Each year during National Cleanup Week volunteers across Canada unite to remove rubbish from shorelines of lakes, rivers and oceans. By doing this they create healthy waters for everyone including wildlife and communities that depend on them.

During our event we removed many beverage cans, plastic bottles, caps, food wrappers/containers, pull tabs,

ropes, fishing line, bait containers, batteries, car parts, lawn chair, saw blade, as well as hundreds of cigarette parts, lighters, cigar tips and an abundance of tobacco packaging. Many hazards are created by litter but as an example cigarette filters can kill fish and wildlife if ingested.

I would like to thank all the volunteers who lent a hand during the cleanup and to Norm Quadling who transported the garbage for us. Alan Holmgren advertised it on the Osprey Lake Association website and the Sweeney's provided garbage bags. Finally, I would like to extend special thanks to the City of Princeton Council for waiving the landfill fees for our event.



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Princeton Posse 2011/12 Clip 'n' Save Game Schedule

Similkameen News Leader

Date	Time	Away	Home
Exhibition			
Sun Sep 4	1:00 PM	T - Squamish 3	Princeton 3
Wed Sep 7	7:00 PM	L - Osoyoos 5	Princeton 3
Fri Sep 9	7:35 PM	L - Princeton 4	Osoyoos 6
Sat Sep 10	7:00 PM	W - Summerland 6	Princeton 7
Wed Sep 14	7:00 PM	W - Princeton 4	Penticton 2
Regular Season			
Fri Sep 16	7:00 PM	W - Spokane 5	Princeton 6
Sat Sep 17	7:00 PM	L - Princeton 5	Penticton 6 OT
Fri Sep 23	7:35 PM	Princeton @	Osoyoos
Sat Sep 24	7:00 PM	Princeton @	Summerland
Fri Sep 30	7:00 PM	Penticton @	Princeton
Sat Oct 1	7:00 PM	Summerland @	Princeton
Fri Oct 7	7:00 PM	Kelowna @	Princeton
Sat Oct 8	7:00 PM	Princeton @	Summerland
Fri Oct 14	7:00 PM	Princeton @	Kelowna
Sat Oct 15	7:00 PM	N Okanagan @	Princeton
Fri Oct 21	7:35 PM	Princeton @	Osoyoos
Fri Oct 28	7:00 PM	Osoyoos @	Princeton
Sat Oct 29	7:00 PM	Summerland @	Princeton
Sun Oct 30	7:00 PM	Princeton @	Kelowna
Fri Nov 4	7:00 PM	Nelson @	Princeton
Sat Nov 5	7:00 PM	Princeton @	Revelstoke
Sun Nov 6	2:00 PM	Princeton @	Chase
Fri Nov 11	7:00 PM	Castlegar @	Princeton
Sat Nov 12	7:00 PM	Beaver Valley @	Princeton
Wed Nov 16	7:00 PM	Kelowna @	Princeton
Fri Nov 18	7:00 PM	Osoyoos @	Princeton
Sat Nov 19	7:00 PM	Princeton @	Kamloops
Fri Nov 25	7:00 PM	Princeton @	Penticton
Sat Nov 26	7:00 PM	Princeton @	Kelowna
Tue Nov 29	7:00 PM	Summerland @	Princeton
Fri Dec 2	7:30 PM	Princeton @	Castlegar
Sat Dec 3	7:00 PM	Princeton @	Spokane
Sun Dec 4	2:00 PM	Princeton @	Grand Forks
Fri Dec 9	7:00 PM	Grand Forks @	Princeton
Sat Dec 10	2:00 PM	Revelstoke @	Princeton
Wed Dec 14	1:00 PM	Summerland @	Princeton
Fri Dec 16	7:00 PM	Kamloops @	Princeton
Sat Dec 17	7:00 PM	Penticton @	Princeton
Sun Dec 18	2:00 PM	Kelowna @	Princeton
Sun Jan 1	2:00 PM	Osoyoos @	Princeton
Fri Jan 6	7:00 PM	Princeton @	Nelson
Sat Jan 7	7:30 PM	Princeton @	Beaver Valley
Wed Jan 11	7:00 PM	Penticton @	Princeton
Fri Jan 13	7:00 PM	Princeton @	Kelowna
Wed Jan 18	7:35 PM	Princeton @	Osoyoos
Fri Jan 20	7:00 PM	Sicamous @	Princeton
Sat Jan 21	7:00 PM	Osoyoos @	Princeton
Fri Jan 27	7:00 PM	Princeton @	Sicamous
Sat Jan 28	7:00 PM	Princeton @	Penticton
Wed Feb 1	7:00 PM	Princeton @	Penticton
Fri Feb 3	7:00 PM	Princeton @	Summerland
Sat Feb 4	7:00 PM	Chase @	Princeton
Fri Feb 10	7:00 PM	Princeton @	N Okanagan
Sat Feb 11	7:35 PM	Princeton @	Osoyoos
Tue Feb 14	7:00 PM	Kelowna @	Princeton
Fri Feb 17	7:00 PM	Penticton @	Princeton

Similkameen News Leader - Horoscopes

September 28 - October 5, 2011

Aries - You have the ability to create stronger relationships by being gracious and cheerful. Others will see you in a better light. Watch out for one problem area: having fun is great if it does not cause trouble. Kids and pets may be ill.

Taurus - Trouble comes to home and family in some way. Check home for fire hazards and for safety. Accidents at home can affect you now. On the job, take time to talk graciously to others. Walking will do you a world of good now.

Gemini - Siblings may have problems, but try not to fight with them. If harsh words are spoken, it is about ego, not fact. Neighbours may be difficult, too, or you could have problems in your neighborhood. Bring fun into your life.

Cancer - Money problems will create difficulty in some way. Do not attach your ego to what you own. Be factual and practical. You may be tempted to spend too much. Watch out for trouble on the job - avoid arguments, harshness.

Leo - You could be getting too big for your britches. Pride is always a problem for Leos, and ego forces are working strongly in you now. Don't kid yourself that others don't notice. Speak graciously to others, listen to their stories!

Virgo - There's nothing a Virgo likes better than to have something to worry about, but make sure you aren't busy looking for worries. Be wary of others working against you, and take care of your possessions. Tend to health.

Libra - You can give others a wonderful impression of yourself now by being honest and speaking sincerely with goodwill toward others. Plans may go awry or people you associate with may be difficult. You can soothe the situation now.

Scorpio - Career may be hectic and full of problems for awhile now. Enlist aid of willing partners to solve the problems, but be sure it will take time. Others see you in a favorable light so you will succeed. Take care of your health.

Sagittarius - Sports activities or young people could be a source of surprises, uproar, or related problems. Be sure to insist on all safety checks related to vehicles and travel. You can do some serious planning in a fun way now.

Capricorn - Watch out for debt problems related to resources you share with others. In short, don't let others run up debt to lay at your doorstep. Double check credit cards, bank statements, insurance, investments. Be cautious.

Aquarius - You may have problems in your one-on-one relationships, including those you consult for advice or services. You may receive bad news or be the brunt of their ego trips. Don't get into a fight, suggest taking time to consider.

Pisces - You could derive great benefits by some honest discussions with a person with whom you share some kind of resources, such as a room mate or spouse or parent living with you. Work on plan to benefit both of you.

Tuesday Movies

EVENING

9:00 pm WTBS ch.3 "Adventures in Babysitting" (1987, Comedy) Elisabeth Shue. To help a friend, a suburban baby sitter drives into downtown Chicago with her two charges and a neighbor.
KNOW ch.5 "Armadillo" (2010, Documentary) Premiere. A film-

maker chronicles Danish soldiers in the Afghan province of Helmand. (CC)
11:00 pm WTBS ch.3 "Adventures in Babysitting" (1987, Comedy) Elisabeth Shue. To help a friend, a suburban baby sitter drives into downtown Chicago with her two charges and a neighbor.

Wednesday Movies

EVENING

9:00 pm WTBS ch.3 "G.I. Jane" (1997, Drama) Demi Moore. A female Navy SEALs recruit completes rigorous training under a

tough officer's command.
11:30 pm WTBS ch.3 "G.I. Jane" (1997, Drama) Demi Moore. A female Navy SEALs recruit completes rigorous training under a tough officer's command.

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From Fur Traders to Miners to the Railroad

TUESDAY, SEPTEMBER 27, 2011

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Arthur Rob Robot	Thomas Clifford	News (N)	KREM 2 Morning News	The Sopranos	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Kid vs. Kat Super Evil	SportsCentre	Canada AM	Worst Handyman	Henry's Franny	CityLine (N)	Bar Rescue	Spoiled
7 AM	Cosby		Martha Magic Bus	Arthur Martha	Today Laura Bush; Seth Rogen. (N)	The Early Show (N)	CSI: Miami	Good Morning America (N)			Turbo Cat In the Hat	Sidekick Beyblade	SportsCentre		Machines	Phineas	The Nate Berkus Show	CSI: NY	Debt/Part
8 AM	Excused		HI-5 Dinosaur	Curious Cat In the Hat			CSI: Miami		100 Huntley Street		Bo On/Go Busytown	Pokémon Kid vs. Kat	SportsCentre		Natural Born Dealers	Hannah Phineas	Rachael Ray	CSI: Crime Scene	TV-Torrens Whatever
9 AM	Family Fd	100 Huntley Street	Wibbly Pig Charlie	Super Why! Dinosaur		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	Operation Smile	Super Why! News	To School Berenstain	SportsCentre	Live With Regis & Kelly	Cash Cab	Mickey	Access Hollywood Live	CSI: Crime Scene	Restaurant Makeover
10 AM	Millionaire	Operation Smile	Numbjack Mr. Moon	Sesame Street (N)		The Price Is Right (N)	Hoarders	The View	Operation Smile	Unsellable	Poko	Little Bear Zigby	Fish Flats Motoring	Machines	Mickey	The Chew (N)	CSI: Crime Scene	Frasier	
11 AM	Law Order: CI	Unsellable	Save-Ums! Rollo Polle	Sid Sit-Be Fit	The Doctors	Young & Restless	Intervention "Phillip"	Paid Prog.	Unsellable	Noon News Hour (N)	Animal Artzooka	G. Shrinks Rescue	Rugby	Marilyn Denis	Mayday	Suite Life	CityLine	CSI: Crime Scene	Gold Girls
12 PM	Amer. Dad	Noon News Hour (N)	Making WordWorld	Charlie Rose	Paid Prog.	News	Criminal Minds	The Chew (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Puppies Squirrel		etalk	Changed Flying	Wizards	General Hospital (N)	CSI: Crime Scene	Roseanne
1 PM	King	Days of our Lives (N)	Dinosaur Zoboom	Painting Quilting	Days of our Lives (N)	The Talk	Criminal Minds	One Life to Live (N)	Days of our Lives (N)	The Talk	Dragons' Den	Garfield Almost	World Poker Tour: Sea	The Dr. Oz Show (N)	Natural Born Dealers	Sonny Cory	Jdg Judy	CSI: Crime Scene	Raymond
2 PM	Browns	The Talk	Franklin Clifford	Barney WordWorld	Judge B.	Let's Make a Deal (N)	The First 48	General Hospital (N)	The Talk	The Doctors	Steven and Chris (N)	Kid vs. Kat Super Evil	Off Record Interruption	Dr. Phil	Bristol Bay Brawl	Suite/Deck Ned's	CityNews at 5 (N)	Auction	Gold Girls
3 PM	The Office	The Doctors	Rob Robot G. Shrinks	WordGirl Electric	Ellen DeGeneres Show	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes Stefano	SpongeBob Sidekick	SportsCentre (N)	Anderson	Cash Cab How/Made	Life Derek Suite Life	CityNews at 6 (N)	Auction	Restaurant Makeover
4 PM	Big Bang	Young & Restless	Arthur Berenstain	Fetch! With Wild Kratts	Jdg Judy	The Dr. Oz Show (N)	Storage	The Nate Berkus Show	Young & Restless	Early News Global Nat.	Mosque Wheel	SpongeBob Penguins	Hockey Interruption	Ellen DeGeneres Show	Daily Planet (N)	Phineas Phineas	The Biggest Loser (N)	Auction	Debt/Part
5 PM	Browns	News (N)	Hedgehog Babar	News Business	News (N)	News	Storage	News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents SpongeBob	E:60	CTV News at Five (N)	How/Made	Wizards Good Luck		Auction	3rd Rock
6 PM	Law Order: CI	Global Nat. News	Parks Wild at Hrt.	PBS News-Hour (N)	News (N)	KREM 2 News at 6 (N)	Storage	News	(5:59) News Hour (N)	ET Canada		ICarly	NHL Preseason Hockey: Islanders at Flames	CTV News (N)	Auction	Suite/Deck Wizards	New Girl	Auction	3rd Rock
7 PM	Seinfeld	Ent ET Canada	Hope for Wildlife	Pictured	Jeopardy!	Inside Ed.	Storage	Ent	Ent	Parenthood (N)	Jeopardy!	Boys		etalk	Brothers	Shake It	(7:01) Body of Proof (N)	Auction	Frasier
8 PM	Family Guy	Glee "I Am Unicorn" (N)	The Wall (N)	History Detectives (N)	The Biggest Loser (N)	NCIS "Reckless" (N)	Storage	Dancing With the Stars	Glee "I Am Unicorn" (N)	Glee "I Am Unicorn" (N)	Mercer 22 Minutes	ICarly		Flashpoint (N)	Daily Planet	Suite/Deck Kings	News EP Daily	Repo	Debt/Part
9 PM	Movie: "Adventures in Babysitting"	NCIS: Los Angeles (N)	Movie: "Armadillo" (2010) Premiere	Frontline (N)		NCIS: Los Angeles (N)	Storage	Dancing With the Stars	NCIS: Los Angeles (N)	NCIS: Los Angeles (N)	Camelot "Guinevere"	Funnest Home Videos		Dancing With the Stars	Auction	Debra! (N)	Seinfeld	Auction	3rd Rock
10 PM		Parenthood (N)	POV "Last Train Home" (N)	Parenthood (N)	Unforgettable "Heroes"	Storage	Storage	Body of Proof	Parenthood (N)	News Hour Final (N)	National	Home Imp.		(10:01) Unforgettable	Brothers	Princess	The Nate Berkus Show	Auction	Frasier
11 PM	"Advent- Babysit"	CHBC News Final (N)	Hope for Wildlife		News (N)	News	Storage	News	News Hour Final (N)	Ent	Stroumbouloupoulos	Laughs	SportsCentre (N)	CTV News	How/Made	Ned's	Paid Prog.	Repo	Frasier

WEDNESDAY, SEPTEMBER 28, 2011

Table with 20 columns (ch.3 to ch.45) and multiple rows (6:30 AM to 11:30 PM). Contains program titles and channel assignments for Wednesday, Sept 28, 2011.

THURSDAY, SEPTEMBER 29, 2011

Table with 20 columns (ch.3 to ch.45) and multiple rows (6:30 AM to 11:30 PM). Contains program titles and channel assignments for Thursday, Sept 29, 2011.

Around The Similkameen!



The Yard - the former Argo Road Maintenance yard - is one of a handful of developments currently underway in and around Princeton. Photo: Brenda Engel



This ultralight owner had perfect weather for his bird's eye view of highway traffic north of Olalla on September 16th. Photo: Arlene Arlow



No sooner is one home finished, the 'footprint' of another is laid out at The Yard. This framing will assist builders in laying a concrete foundation. Photo: Brenda Engel



"It's a bird, it's a plane, it's an ultralight landing in a farmer's field north of Olalla." Doesn't that look like fun! Photo: Arlene Arlow



Yippee! Paving has begun at Yellow Lake. If you don't want to muddy your vehicle; if you don't relish the thought of oil on your undercarriage; and if you have a schedule to keep, best to take the Green Mountain Road for the next while. Paving is expected to be finished by mid-October. Photo: Arlene Arlow



Thanks to work being done at The Yard, travellers coming from the West can tell there's something going on in Princeton! Photo: Brenda Engel

Arts Council returns Hall to President's chair

Princeton Community Arts Council returned Del Hall as President at the September 21 annual general meeting. Derek Hodgson will serve another term as Vice-President and Marjorie Holland continues as Treasurer. Barb Gagnon is the new Secretary for 2011-12.

Directors are Joann Gabriel, Elaine Rutherford, Dawn Johnson and Sheena Montgomery.

Councillor Ray Jarvis was back as Council liaison after many months of illness, and Arts Council members were pleased to have him conduct the election of officers as he has done for the past eight years.

The Arts Council has achieved a great many successes in the past year, from the Spirit Festival powwow to Arts in the Park in August at Manning Park, to the September 17 Sustainability Semester.

The coming year of Arts Council activities is about to begin. On October 15, Princeton Performing Arts will present a variety night of

humour, song, and surprises. Tickets are \$12 if bought in advance at Shoppers, and \$15 at the door.

A series of three concerts will be held in November. One ticket (\$80) gains admission to all three concerts which will feature Ballet Kelowna November 6, at 2:30 PM at Riverside Community Centre. The Arts Council welcomes Ian Tyson on November 16 for the second concert, and the final concert of the series is a return engagement of comedian harpist Ingrid Schellenberg on November 27.

Princeton's Arts Council is in good financial shape. Marjorie Holland had a major challenge in learning the new online accounting system demanded by the provincial government for grant purposes, but conquered the system and put Princeton Arts Council to the forefront of successful Arts Councils in B.C.

Sunflower Gallery is maintaining its success as a marketplace for the work of local artists. In an average

month, \$800 goes out to local artists, representing 75 percent of sales. Town Council is the landlord of the gallery premises, and 10 percent is retained by the Arts Council. Volunteers are always needed to man the gallery.

The annual general meeting brought some new members to the

Arts Council, including the Rock Club, which is a new group dedicated to rock hounding. Members of the Arts Council now total 239, as each person in a member group is also a member of the Arts Council. The Writers Group, the Concert Society and Vermilion Artists have given up independence and amalga-

mated with the Arts Council to gain the benefit of administrative functions and greater access to any grants which may become available.

The next meeting of the Arts Council is at 4:30 PM at Riverside Community Centre on October 19. New members are welcome.



The 2011/12 Princeton Arts Council Executive, from left, Treasurer Marjorie Holland, President Del Hall, Vice President Derek Hodgson, Directors Joann Gabriel, Dawn Johnson and Sheena Montgomery and Secretary Barb Gagnon. Missing from photo, Director Elaine Rutherford. Photo: Robin Lowe

Ten Years of Sizzle

THE HISTORY OF SIMILKAMEEN SIZZLE -
THE KEREMEOS PEPPER FESTIVAL

Similkameen
News Leader

FRIDAY, SEPTEMBER 30, 2011

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Arthur O Ollivers	Bob Build Clifford	News (N)	KREM 2 Morning News	The Sopranos	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Kid vs. Kat Super Evil	SportsCentre	Canada AM	Mayday	Henry Franny	CityLine (N)	Jail Ways Die	TV-Torrans TV-Torrans
7 AM	Cosby	Cosby	Martha Magie Bus	Arthur Martha	Today Actress Brooke Shields (N)	The Early Show (N)	CSI: Miami "Chip/Tuck"	Good Morning America (N)			Turbo Cat In the Hat	Yu-Gi-Oh! Beyblade	SportsCentre		What's That About?	Phineas Suite/Deck	The Nate Berkus Show	(7:06) Pros vs. Joes	Tracked Tracked
8 AM	Excused	Excused	HI-5 Dinosaur	Curious Cat In the Hat			CSI: Miami			100 Huntley Street	Bo On/Go Busytown	Pokémon Kid vs. Kat	SportsCentre		Myth-Busters	Hannah Phineas	Rachael Ray	(8:06) Pros vs. Joes	TV-Torrans Whatever
9 AM	Family Fd	100 Huntley Street	Garth-Bev Charlie	Super Why! Dinosaur		The 700 Club	Criminal Minds	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why! News	To School Berenstain	SportsCentre	Live With Regis & Kelly	Cash Cab Cash Cab	Mickey Manny	Access Hollywood Live	(9:06) Pros vs. Joes	Restaurant Makeover
10 AM	Millionaire	World Vision	Numbjack Mr. Moon	Sesame Street (N)		The Price Is Right (N)	Criminal Minds	The View (N)	World Vision	Unsellable Debt/Part	Poko Doodlebop	Little Bear Fly. Rhino	Billiards	The View (N)	Mega Builders	Mickey Manny	The Chew (N)	(10:06) Pros vs. Joes	Frasler Frasler
11 AM	Law Order: CI	Unsellable Debt/Part	Save-Ums! Rolle Polle	Sid Sit-Be Fit	The Doctors	Young & Restless	Criminal Minds	Paid Prog. Paid Prog.	Unsellable Debt/Part	Noon News Hour (N)	Animal Artzooka	G. Shrinks Rescue	Rugby	Marilyn Denis	Inventions That Shook	Suite Life Suite Life	CityLine	(11:06) Pros vs. Joes	Gold Girls Gold Girls
12 PM	Amer. Dad	Noon News Hour (N)	Making WordWorld	Charlie Rose	Paid Prog. Paid Prog.	News Bold	Criminal Minds	The Chew (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	SpongeBob Rated A		etalk Bold	Curiosity	Wizards Hannah	General Hospital (N)	(12:06) Pros vs. Joes	Roseanne '70s Show
1 PM	King	Days of our Lives (N)	Doggy Zoboom	Painting Scrapbook	Days of our Lives (N)	The Talk	Criminal Minds	One Life to Live (N)	Days of our Lives (N)	The Talk	Dragons' Den	Garfield Almost	World, Poker	The Dr. Oz Show (N)	Myth-Busters	Sonny Cory	Jdg Judy Jdg Judy	(1:06) Pros vs. Joes	Raymond Raymond
2 PM	Browns	The Talk	Franklin Clifford	Barney WordWorld	Pearlie (El) Judge B.	Let's Make a Deal (N)	Criminal Minds	General Hospital (N)	The Talk	The Doctors	Steven and Chris (N)	Kid vs. Kat Super Evil	Off Record Interruption	Dr. Phil	Myth-Busters	Suite/Deck Ned's	CityNews at 5 (N)	(2:06) Pros vs. Joes	Gold Girls Gold Girls
3 PM	The Office	The Doctors	Rob Robot G. Shrinks	WordGirl Electric	Ellen DeGeneres Show	Dr. Phil	Criminal Minds	Rachael Ray	The Doctors	Young & Restless	Recipes Stefano	SpongeBob Sidekick	SportsCentre (N)	Anderson	Cash Cab How/Made	Life Derek Suite Life	CityNews at 6 (N)	(3:06) Pros vs. Joes	Restaurant Makeover
4 PM	Big Bang	Young & Restless	Arthur Berenstain	Biz Kid\$ Wild Kratts	Jdg Judy Jdg Judy	The Dr. Oz Show (N)	Criminal Minds	The Nate Berkus Show	Young & Restless	Early News Global Nat.	Mosque Wheel	SpongeBob T.U.F.F.	CFL Pre CFL	Ellen DeGeneres Show	Daily Planet (N)	Phineas Warthogs!	How I Met 30 Rock	(4:06) Pros vs. Joes	TV-Torrans TV-Torrans
5 PM	Browns	News (N)	Hedgehog Babar	News Business	News (N) NBC News	News News	Criminal Minds	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents SpongeBob	Football: Montreal Alouettes at Winnipeg Blue Bombers (Live)	CTV News at Five (N)	Natural Born Dealers Good Luck	Good Luck Good Luck	Body of Proof	Disorderly Conduct '70s Show	
6 PM	Law Order: CI	Global Nat. News	Parks Rivers	PBS NewsHour (N)	News (N) Millionaire	KREM 2 News at 6 (N)	Criminal Minds	News News	(5:59) News Hour (N)	ET Canada Ent	Coronation Street (N)	iCarly	Boys	CTV News (N)	Man vs. Wild	Good Luck Good Luck	Fringe (N) (PA)	Disorderly Conduct: Video on Patrol King	
7 PM	Seinfeld	Ent ET Canada	What's That About? (N)	Wash. Need	Jeopardy! Wheel	Inside Ed. Access H.	Criminal Minds	Ent The Insider	Ent ET Canada	Bones	Jeopardy!	iCarly	CFL Football: Edmonton Eskimos at BC Lions (N Subject to Blackout)	etalk	The Killer's Mind	PrankStars Good Luck	Mantracker	Disorderly Conduct King	
8 PM	Family Guy	A Gifted Man (N)	New Tricks	Great Performances (N)	All Night Whitney	A Gifted Man (N)	Criminal Minds	Family The Middle	A Gifted Man (N)	A Gifted Man (N)	Ron James Mercer	Movie: "Cyberbully" (2011) Emily Osment		All Night	Daily Planet	Good Luck News	News	Disorderly Conduct ET Canada	
9 PM	Movie: "The Invasion" (2007)	Bones	Silk (N)	In Performance	Dateline NBC (N)	CSI: NY "Keep It Real"	(9:01) Criminal Minds	Pan Am "Pilot"	Bones	Ringer	fifth estate			CSI: NY "Keep It Real"	Man vs. Wild	Good Luck PrankStars	Seinfeld	Disorderly Conduct: Video on Patrol '70s Show	
10 PM	Daniel Craig	Ringer (N)	Party Animals	Garrow's Law	Blue Bloods (N)	(10:01) Criminal Minds	(10:01) Criminal Minds	20/20 (N)	Ringer (N)	News Hour Final (N)	National	Friday Night Lights	Sports	Blue Bloods (N)	Natural Born Dealers	Movie: "Minor Details" (2009)	Frank the Entertainer	(9:47) Movie: "Green Street Hooligans"	'70s Show King
11 PM	"Star Trek-Insur"	CHBC News Final (N)	What's That About?	Charlie Rose (N)	News (N) Jay Leno	News Letterman	(11:01) Criminal Minds	Sports Nightline	News Hour Final (N)	Ent ET Canada	Stroumbouloupoulos	Mr. Young Boys	SportsCentre (N)	CTV News CTV News	The Killer's Mind Zoey 101	Brandy & Ray J		King King	

CARTER'S Sudoku Challenge

CREATED FOR THE NEWS LEADER BY CARTER BOSWELL

HOW TO PLAY:

Sudoku is a game of logic. There is no math involved. The object of the game is to fill the grid so that the numbers 1 through 9 appear only once in each row, column and 3 x 3 box. The numbers can appear in any order and Carter has left you some clues below.

CHALLENGE #370 - Rated Medium

1	9			4				8
	8		9		2			5
		8		5		3		
	4			6				9
		7				2		
	1		4	9	5			3
6				2				7 9

THIS WEEK'S SOLUTION:
Page 18

Carter's Sudoku Challenge
grids, puzzles and solutions
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Thursday Movies

EVENING

9:00 pm WTBS ch.3 "A Simple Plan" (1998, Suspense) Bill Paxton. A Minnesotan, his dimwitted brother and his brother's redneck friend find and decide to keep \$4 million. TSN ch.19 "Catching Hell" (2011, Documentary) Premiere. Citizens of Chicago blame base-

ball fan Steve Bartman for interfering with a crucial play during a Cubs playoff game. 11:00 pm WTBS ch.3 "A Simple Plan" (1998, Suspense) Bill Paxton. A Minnesotan, his dimwitted brother and his brother's redneck friend find and decide to keep \$4 million.

Friday Movies

EVENING

8:00 pm YTV ch.18 "Cyberbully" (2011, Drama) Emily Osment. Premiere. A woman tries to help her teenage daughter when she becomes the victim of online bullying. (In Stereo) (CC) 9:00 pm WTBS ch.3 "The Invasion" (2007, Science Fiction) Nicole Kidman. A psychiatrist discovers that an epidemic altering the behavior of human beings is extraterrestrial in origin. 9:47 pm SPIKE ch.44 "Green Street Hooligans" (2005, Drama) Elijah Wood. Premiere. A jour-

nalism student befriends a group of soccer fans who clash violently with rivals in the streets of London. (In Stereo) 10:00 pm FAM ch.26 "Minor Details" (2009, Comedy) Kelsey Edwards. Four girls join forces to find a solution to a mysterious illness that has befallen students and faculty at their school. (In Stereo) (CC) 11:00 pm WTBS ch.3 "Star Trek: Insurrection" (1998, Science Fiction) Patrick Stewart. To uphold the principles of his Starfleet oath and save an alien race, Capt. Picard defies Federation orders.

Saturday Movies

MORNING

10:30 am SPIKE ch.44 "Man on Fire" (2004, Crime Drama) Denzel Washington. Hired as a bodyguard for a young girl, a retired CIA agent takes revenge on her kidnapers in Mexico City. (In Stereo)

AFTERNOON

12:00 pm FAM ch.26 "The Scream Team" (2002, Comedy) Tommy Davidson. Three ghosts try to help two children after an angry spirit refuses to let their grandfather rest in peace. (In Stereo) (CC)

1:30 pm CITY ch.12 "GoldenEye" (1995, Action) Pierce Brosnan. Premiere. A secret weapon's theft sends Agent 007 to Russia, where a pretty computer programmer helps him track an ex-cohort believed dead. (CC)

SPIKE ch.44 "The Scorpion King 2: Rise of a Warrior" (2008, Adventure) Michael Copon. To avenge his father's death, a young man embarks on a quest against a king. (In Stereo)

2:30 pm CHBC ch.4 BCTV ch.11 "GoldenEye" (1995, Action) Pierce Brosnan. Premiere. A

secret weapon's theft sends Agent 007 to Russia, where a pretty computer programmer helps him track an ex-cohort believed dead. (CC)

5:00 pm WTBS ch.3 "Transporter 3" (2008, Action) Jason Statham. Mob courier Frank Martin and the subject of his assignment, a cynical Ukrainian woman, are fitted with shackles that will explode if they wander too far from his car.

EVENING

6:00 pm CITY ch.29 "Eye of the Beholder" (1999, Suspense) Ewan McGregor. A British Secret Service agent, who hallucinates about his long-lost daughter, follows and protects a murderer. (CC) (DVS)

SPIKE ch.44 "The Rundown" (2003, Adventure) The Rock. Premiere. Before his retirement, a bounty hunter must locate his boss' son, who is searching for a priceless artifact in the Amazon. (In Stereo)

7:30 pm WTBS ch.3 "1408" (2007, Horror) John Cusack. A writer who specializes in debunking supernatural phenomena experiences true terror when he spends a night in a

reputedly haunted room of a hotel.

8:00 pm KPSPS ch.6 "Annie Get Your Gun" (1950, Musical) Betty Hutton. Sharpshooter Annie Oakley joins Buffalo Bill's Wild West Show and aims to win her man. (In Stereo) (CC)

YTV ch.18 "Men in Black II" (2002, Action) Tommy Lee Jones. Two interstellar agents try to stop an alien disguised as a lingerie model from destroying the world. (In Stereo) (CC)

9:00 pm FAM ch.26 "Twitches" (2005, Fantasy) Tia Mowry. Reunited on their 21st birthday, twin sisters use their magic powers to save their kingdom from the forces of darkness. (In Stereo) (CC)

CITY ch.29 "Analyze This" (1999, Comedy) Robert De Niro. To get a handle on his insecurities, a powerful New York gangster sees a therapist. (CC)

9:30 pm WTBS ch.3 "Transporter 3" (2008, Action) Jason Statham. Mob courier Frank Martin and the subject of his assignment, a cynical Ukrainian woman, are fitted with shackles that will explode if they wander too far from his car. continued on Page 19

CHECK OUT LOCAL ONLINE PRODUCTS!

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Sunday Movies

MORNING

8:00 am WTBS ch.3 "Son of the Mask" (2005, Comedy) Jamie Kennedy. Chaos reigns when a cartoonist's son is born with extraordinary powers and the god Loki returns to retrieve his mask.

10:00 am WTBS ch.3 "Just My Luck" (2006, Romance-Comedy) Lindsay Lohan. A young woman, who has always led a charmed life, suffers a reversal of fortune after kissing a stranger at a costume party.

AFTERNOON

12:00 pm WTBS ch.3 "Spanglish" (2004, Comedy-Drama) Adam Sandler. A single mother becomes a housekeeper for a laid-back chef and his neurotic wife.

FAM ch.26 "Don't Look Under the Bed" (1999, Fantasy) Erin Chambers. A logical girl must accept help from an imaginary friend to defeat a boogeyman that is framing her for community pranks. (In Stereo) (CC)

2:00 pm YTV ch.18 "Chicken Run" (2000, Comedy) Voices of Mel Gibson. Animated. A dashing rooster and the hen he loves lead an escape from a farm in 1950s England. (In Stereo) (CC)

2:30 pm CITY ch.12 "John Tucker Must Die" (2006, Romance-Comedy) Jesse Metcalfe. Premiere. Three popular gals from different cliques join forces for revenge after discovering that the school stud is stringing them along. (CC)

3:30 pm CHBC ch.4 BCTV ch.11 "John Tucker Must Die" (2006, Romance-Comedy) Jesse Metcalfe. Premiere. Three popular gals from different cliques join forces for revenge after discovering that the school stud is stringing them along.

4:00 pm YTV ch.18 "Stuart Little" (1999, Comedy) Geena Davis. Based on the book by E.B. White. Two human parents adopt a mouse as a little brother for their son. (In Stereo) (CC)

5:00 pm WTBS ch.3 "Sideways" (2004, Comedy-Drama) Paul Giamatti. A divorced teacher and his soon-

to-be-married friend ponder their lives and relationships during a road trip through California wine country.

CBC ch.13 "Bolt" (2008, Comedy) Voices of John Travolta. Animated. Thinking he has real superpowers, the canine star of a hit TV show travels cross-country from Hollywood to New York to rescue his owner and co-star. (In Stereo) (CC)

EVENING

6:00 pm YTV ch.18 "The Tale of Despereaux" (2008, Adventure) Voices of Matthew Broderick. Premiere. Animated. In the far-away kingdom of Dor, a misfit mouse must find his inner knight in order to rescue a kidnapped princess. (In Stereo) (CC)

7:30 pm WTBS ch.3 "Sideways" (2004, Comedy-Drama) Paul Giamatti. A divorced teacher and his soon-to-be-married friend ponder their lives and relationships during a road trip through California wine country.

9:00 pm FAM ch.26 "Halloweentown" (1998, Comedy-Drama) Debbie continued on Page 19

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SATURDAY, OCTOBER 1, 2011

Table with 20 columns (WTBS ch.3 to TROP ch.45) and 24 rows (6 AM to 11:30 PM) listing TV programs and channels for Saturday, October 1, 2011.

SUNDAY, OCTOBER 2, 2011

Table with 20 columns (WTBS ch.3 to TROP ch.45) and 24 rows (6 AM to 11:30 PM) listing TV programs and channels for Sunday, October 2, 2011.

MONDAY, OCTOBER 3, 2011

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Arthur	Bob Build	News (N)	KREM 2 Morning News	The Sopranos	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Kid vs. Kat Super Evil	SportsCentre	Canada AM	Mayday "Falling Fast"	Henry's Franny	CityLine (N)	CSI: NY "Justified"	Puppy SOS
7 AM	Cosby		Martha	Arthur	Today (N)	The Early Show (N)	CSI: Miami	Good Morning America (N)			Turbo	Redakai	SportsCentre		Mighty Ships	Phineas Suite/Deck	The Nate Berkus Show	CSI: Crime Scene	Instant
8 AM	Excused		Hi-5	Curious			CSI: Miami "Dissolved"			100 Huntley Street	Bo On/Go	Pokémon	SportsCentre		Mega Builders	Hannah Phineas	Rachael Ray	CSI: Crime Scene	TV-Torrens
9 AM	Family Fd	100 Huntley Street	Garth-Bev	Super Why!		The 700 Club	The First 48 "Blackout"	Live With Regis & Kelly	100 Huntley Street	Operation Smile	Super Why! News	Timothy Berenstain	SportsCentre	Live With Regis & Kelly	Canada's Worst Driver	Mickey Never Land	Access Hollywood Live	CSI: Crime Scene	Restaurant Makeover
10 AM	Millionaire	Operation Smile	Numbjack	Sesame Street (N)		The Price Is Right (N)	Hoarders	The View (N)	Operation Smile	Unsellable	Poko	Little Bear	2011 U.S. Open Tennis	The View (N)	Flying Wild Alaska	Manny	The Chew	CSI: NY "Holding Cell"	Frasier
11 AM	Law Order: CI	Unsellable	Save-Ums!	Sid	The Doctors	Young & Restless	Intervention	Paid Prog.	Unsellable	Noon News Hour (N)	Animal	G. Shrinks		Marilyn Denis	License to Drill	Suite Life	CityLine	CSI: Crime Scene	Gold Girls
12 PM	Amer. Dad	Noon News Hour (N)	Making WordWorld	Charlie Rose	Paid Prog.	News	Criminal Minds "Lo-Fi"	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	SpongeBob		etalk	Gold Rush: Alaska	Wizards Hannah	General Hospital (N)	CSI: Crime Scene	Roseanne
1 PM	King	Days of our Lives (N)	Doggy Zboom	Paint This Sewing	Days of our Lives (N)	The Talk	Criminal Minds	One Life to Live (N)	Days of our Lives (N)	The Talk	Dragons' Den	Garfield		The Dr. Oz Show	Sons	Sonny Cory	Jdg Judy	CSI: Crime Scene	Raymond
2 PM	Browns	The Talk	Franklin	Barney	Judge B.	Let's Make a Deal (N)	The First 48	General Hospital (N)	The Talk	The Doctors	Steven and Chris (N)	Kid vs. Kat		Dr. Phil	American Chopper	Suite/Deck	CityNews at 5 (N)	Ways Die	Gold Girls
3 PM	The Office	The Doctors	Rob Robot	WordGirl	Ellen DeGeneres Show	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes	SpongeBob		Anderson	Cash Cab	Life Derek	CityNews at 6 (N)	Ways Die	Restaurant Makeover
4 PM	Big Bang	Young & Restless	Arthur	Fetch! With Berenstain	Jdg Judy	The Dr. Oz Show	Hoarders	The Nate Berkus Show	Young & Restless	Early News	Mosque	SpongeBob	2011 U.S. Open Tennis	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met 30 Rock	Ways Die	Instant
5 PM	Browns	News (N)	Hedgehog	News	News (N)	News	Hoarders	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents		CTV News at Five (N)	Frank Sci Destroyed	PrankStars	Terra Nova (N)	Ways Die	King
6 PM	Law Order: CI	Global Nat.	Parks	PBS News-Hour (N)	News (N)	KREM 2 News at 6 (N)	Hoarders "Lloyd; Carol"	News	(5:59) News Hour (N)	ET Canada	Coronation Street (N)	Big Time	NFL Football: Indianapolis Colts at Tampa Bay Buccaneers. (Live)	CTV News (N)	Sons of Guns (N)	Suite/Deck	How I Met	Ways Die	King
7 PM	Seinfeld	Ent	Be the Creature	Wait...	Jeopardy!	Inside Ed.	Intervention "Anthony"	Ent	Ent	Hawaii Five-0 "Kame'e"	Jeopardy!	In Real Life		etalk	Natural Born Dealers	Shake It Good Luck	The Play-boy Club (N)	Ways Die	Friends
8 PM	Family Guy	NCIS (N) (DVS)	Civilization: History?	Prohibition (N) (Part 2 of 3)	The Sing-Off The six remaining groups perform.	How I Met Broke Girl	Intervention "Sandy"	Dancing With the Stars (N) Same-day Tape	NCIS (N) (DVS)	NCIS (N) (DVS)	Blades	ICarly		Dancing With the Stars (N) Same-day Tape	Daily Planet	ANT Farm	News	UFC 136 Countdown (N)	Instant
9 PM	Movie: *** "The Contender" (2000)	House	Vincent: The Full Story			Two Men Mike	(9:01) Hoarders		House	House	Being Erica (N)	Funnfest Home Videos		Destroyed	Wingl'it	Selinfeld		Ways Die	King
10 PM		Hawaii Five-0 "Kame'e"	Vertical	Prohibition (N) (Part 2 of 3)	The Play-boy Club (N)	Hawaii Five-0 "Kame'e"	(10:01) Hoarders	(10:01) Castle (N)	Hawaii Five-0 "Kame'e"	News Hour Final (N)	National	Home Imp.	Billiards	(10:01) Castle (N)	Natural Born Dealers	Princess So Raven	The Nate Berkus Show	Ways Die	Friends
11 PM	"The Contender" (2000)	CHBC News Final (N)	For King and Empire		News (N)	News	(11:01) Intervention	News	News Hour Final (N)	Ent	Stroumbouloupoulos	Laughs	SportsCentre	CTV News	Sons of Guns	Ned's Zoey 101	Paid Prog.	UFC 136 Countdown	Friends

Monday Movies

EVENING

9:00 pm WTBS ch.3 "The Contender" (2000, Suspense) Joan Allen. A vice presidential nominee refuses to testify at her confirmation hearing after an adversary smears her with a college incident.

11:00 pm WTBS ch.3 "The Contender" (2000, Suspense) Joan Allen. A vice presidential nominee refuses to testify at her confirmation hearing after an adversary smears her with a college incident.

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notices

**Flea Market
LAST CHANCE!**
Princeton Junior Fair is hosting a flea market Saturday, October 1, at the fairgrounds. Bring your yard sale stuff that didn't sell, or bring whatever you want to sell. Tables \$5, time 9:30 AM to 1:00 PM. To book a table 250.295.6063. Sep 27

for sale

Mobile home in Princeton area, 12' x 60' in fair condition. Oil and wood heat, must be moved. Phone Merritt at 250.525.0296. Sep 27 only

Fisherman's Dream Package - 2005 Dodge Ram 1500 Quad Cab, 4WD, tow package, 10 ply tires plus extra set of studded winter tires on rims (17"), 90,400 KM, Canopy, Dovetail Boatloader, newer aluminum boat and boat motor. Asking \$21,500.00. For information phone 250.295.6408. Sep 27-Oct 11

notices

New Beginnings Fundraiser, October 7th in the Cooper's parking lot from 10:00 AM to 2:00 PM. Buy a hot dog and donate a non-perishable food item. All funds raised go to Princeton Christmas Hamper Fund. Sep 27-Oct 04

for sale

Beautiful custom designed and constructed house in Keremeos. Quality finishing throughout. Located on the nicest cul-de-sac in town. Lot is backing onto Pine Park near the Similkameen River. 2,000 sq. ft., 20 ft. vaulted ceiling in great room; loft overlooking, 2 1/2 baths, custom maple kitchen, five appliances, built-in vacuum system, double garage, landscaped with auto sprinkler system, etc. Brand new.

Asking \$535,000.⁰⁰

FOR APPOINTMENT TO VIEW CALL:
TED BAJER AT 250.764.7624

FOR SALE: CORNER PROPERTY IN KEREMEOS AREA

Northwest corner of Highway 3 and Keremeos Bypass Road. Property is 272' x 286' with 272' on Highway 3 and 286' on Keremeos Bypass Road. Water, electric power and natural gas available at property line. Suggested uses include roadside business such as pub, restaurant, motel, office building, overnight RV parking, RV storage, mobile homes, quick service food, automotive, etc.

Asking \$420,000.⁰⁰

CONTACT FRED: 604.255.0866

notices

MASSIVE GARAGE SALE!
Numerous hand tools & items for carpentry, plumbing, electrical, nails, barrels and buckets. Old cameras, children videos, ladies clothing, wine making equipment, crocks, linens and household goods. 2008 travel trailer and 2007 Colorado truck. Much, much more, something for everyone.

244 The Ridgeway
3rd bench
Saturday, October 8
9:00 AM-2:00 PM Sep 27

lost

A Loom—LeClerc counter balance, 4 harness with bench. Loaned out initially to a lady at Deblyn MHP, re-loaned without owner's knowledge, person may have since passed away. Reward for information leading to the recovery of loom to its rightful owner Lorraine Lance. Please call 250.292.8572. Sep 27-Oct 11

Should the legal voting age be lowered?
Cast your vote by visiting:
www.thenewsleadervotes.com

for sale

wanted

Safe home environment billet homes urgently required for Posse Junior Hockey Team. Call Lynda 250.295.6117 or Dorothy 250.295.4030.

notices

The Princeton Figure Skating Club would like to thank Cooper's Foods for their contribution to making our Hot Dog Fundraiser a success. A huge thank you also to this generous community who came out and supported us.

Fibromyalgia? We are launching a support group, be on the ground floor. Be at Riverside Centre Friday, September 23 between 2:00 PM and 4:00 PM. For more info call Jennifer Bernard at 250.295.7438.

FREE TO GOOD HOMES! 2 CUTE, HOUSE-TRAINED KITTENS. CALL: 250.295.6833.

NOTICE OF ANNUAL GENERAL MEETING
Monday, September 26, 2011 in the Vermilion Court Lounge, 72 Fenchurch Avenue, Princeton, BC. Meeting starts at 7:30 PM. Registration opens at 7:00 PM. Election of Officers will take place at this meeting. NEW MEMBERS WELCOME!
By Order of the Board
Princeton & District
Community Services Society

moving sale

**CUL DE SAC YARD SALE
9 AM - Noon OCTOBER 1**
307 Panorama Crescent
Household and RV supplies, tools, lawn mower, computer printers, etc. Too many to list. Early birds pay double.

**MOVING SALE
DAILY UNTIL
SEPTEMBER 31st**
Lots of household stuff
Chesterfield, diningroom set, buffet.
CALL 250.295.7434

services

Stuff 'em, recycle 'em or re-use 'em!
Princeton Upholstery and Repairs - serving Princeton and Keremeos area. We do all kinds of upholstery work. Call Dave McKay 8 AM to 8 PM at 250.295.1616 for details! Sep 20

for rent

WEEKLY SPECIALS
Lodge Rooms - 8 suites with fridge, microwave, jetted tubs, incl. cable TV, laundry facilities, utility & weekly housekeeping. Common area & kitchen. \$350/week
Rainbow Apartment - 7 single rooms with fridge, microwave, incl. cable TV, utility & weekly housekeeping. Common area & kitchen. \$300/week
For more information on monthly rental or other accommodation please call:
250.295.7988 or 1-888-228-8881

Bachelor suite in downtown Princeton. Includes electricity and heat and furnished. \$450.00/month. References required. Prefer non-smoker and NO PETS and must be quiet and clean. Available October 1st. Phone 604.484.2783 and leave a message with best time to call back. Sep 20-Oct 04

3-bedroom 2-level house downtown. New appliances, large rooms. Walking distances to everything. \$1,000.00/month references required. Available October 1st. Call 604.322.4091 or e-mail sandbar37@hotmail.com. Sep 13-14

2,400 sq ft commercial space for lease, price negotiable, good commercial exposure. Available immediately. Contact Heather Johnson Century 21 Princeton 250.295.6977 or 250.295.8591. Sep 20-11

301 Bridge Street. 1-bedroom apartment available immediately. \$730.00/month utilities included. Contact Heather Johnson Century 21 Princeton 250.295.6977 or 250.295.8591. Sep 20-11

Warehouse space. 1,500 sq ft with 18 foot ceilings and 16 foot overhead doors. New gas furnace and 3 phase power. \$1,200.00/month with flexible terms for the right tenant. Call Amy at 250.293.6384. Jul 12-Oct 26

wanted

for rent

Apartment in Princeton. Available now. Excellent references and damage deposit required. No pets, can furnish if needed. Phone 250.295.1006 for details or leave a message with the best time to call back. Sep 13-27

2-bedroom home in downtown Princeton. Asking \$700.00/month, utilities extra. Available October 1st. Call 250.295.6767. Sep 13-27

Cozy 1-bedroom house on 2nd Bench. RV parking, washer/dryer. Available October 1st. Asking \$550.00/month+utilities, references required. Call 604.985.7229. Sep 13-27

701 Stevenson Road. \$650.00/month+utilities. Available immediately. Contact Heather Johnson at Century 21 Princeton 250.295.8591 or 250.295.6977. Sep 13-27

Downtown apartment. 1 bedroom, in-suite laundry, recently renovated, off street parking. Available October 1st. D.D. and references required, \$600/month plus utilities. Call Don at 250.295.0141. Sep 27-Oct 11

Tiny pretty one bedroom house in Hedley. Available October 1st. Asking \$425/month (not incl. utilities). 604-715-1561 or gossamersteel@gmail.com. Sep 27 only

wanted

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162 Angela Avenue
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Narcotics Anonymous

OPEN MEETINGS
Wednesdays 7:30 PM
160 Old Hedley Road
Baptist Church Basement
(USE BACK DOOR)
Sundays 7:30 PM
Basement, Chamber of Commerce, Highway 3
Info: (250) 295-7919 OR 295-6531, 295-6723

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Natural
character chart - \$25.
Basic chart plus
predictive - \$50.
Phone 295-6063
Completely confidential

help wanted

sudoku

**CARTER'S
Sudoku
Challenge**
SOLUTIONS TO PUZZLES ON PAGE 14

CHALLENGE #370

275	681	943
193	547	628
486	932	157
928	754	361
341	268	795
567	319	284
712	495	836
634	821	579
859	673	412

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Drinking a problem?
Alcoholics Anonymous
Meets 7:30 PM Thursdays
Princeton Baptist Church
160 Old Hedley Road
Fred 295-7272/Marena 295-7663

help wanted

help wanted

Kitchen Helper

Kitchen helpers perform some or all of the following duties:

- Wash and peel vegetables
- Wash work tables, cupboards and appliances
- Remove trash and clear kitchen garbage containers
- Unpack and store supplies in refrigerators, cupboards and other storage areas
- Sweep and mop floors, and perform other duties to assist cook and kitchen staff,

Permanent, Full Time, Shift, Weekend, Day, Evening

\$10.46 Hourly, for 40.00 Hours per week

Some high school education needed
No experience needed-employer will train

How to Apply:

By Mail;

158 Tipton Ave Box 1078
Princeton, British Columbia
VOX 1W0

By E-mail:

dqpb@yahoo.com

John Babiak
Dairy Queen, Princeton, BC

help wanted

Food Counter Attendant

Food service counter attendants and food preparers perform some or all of the following duties:

- Take customers' orders
- Prepare food such as sandwiches, hamburgers, salads, milkshakes and ice cream dishes
- Portion and wrap food or place it directly on plates for service to patrons, and package take-out food
- Serve customers at counters
- Stock refrigerators and salad bars and keep records of the quantities of food used
- May receive payment for food items purchased.

Permanent, Full Time, Shift, Weekend, Day, Evening

\$10.46 Hourly, for 40.00 Hours per week

Some high school education needed
No experience needed-employer will train

How to Apply;

By Mail:
158 Tipton Ave Box 1078
Princeton, British Columbia
VOX 1W0

By E-mail:

dqpb@yahoo.com
John Babiak
Dairy Queen, Princeton, BC

notices


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DOLLARS ON A
WEBSITE?**

WRONG!

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UP 'N' ADAM
WEB DESIGN

Contact Adam
info@upnadam.me
250.295.4320

 **Building Inspector**

An exciting career opportunity has opened up in our Development Services Department - the Regional District of Okanagan-Similkameen is seeking a professional and experienced Building Inspector to work and reside in the spectacular Similkameen Valley - Princeton area.

The Building Inspector is responsible for directing compliance with the B.C. Building Code and Regional District Building Bylaw, through reliable performance of field inspections, checking submitted documentation, plans and investigative reports for the purpose of maintaining and enforcing building construction and design standards in the RDOS. This position also acts in a capacity of Bylaw Enforcement Officer for the purpose of ensuring compliance to the RDOS Building Bylaw.

The individual should be highly motivated and be able to work with limited supervision. Applications from individuals possessing membership in the B.C. Building Officials Association and having a minimum certification Level 2 are preferred.

This regular full time position is included in the BCGEU bargaining unit. Bi-weekly wages are \$33.53 per hour based on an 8 hour work day, plus an attractive fringe benefit package.

Qualified individuals who are interested in the challenge this position offers, are invited to submit their applications by 4:30 PM Tuesday, October 11th, 2011 to:

Human Resources Manager
Regional District Okanagan-Similkameen
101 Martin Street, Penticton, BC V2A 5J9
Tel: (250) 490-4138 Fax: (250) 492-0063
Email: hr@rdos.bc.ca

We thank all applicants for their interest and advise that only those candidates selected for interviews will be contacted.
Working together in a professional and effective manner to enhance the quality of life within the Regional District.
We take pride in our commitment to the communities we serve.

Similkameen
News Leader - Recipe Corner
Recipe #391

Pomegranate Green Tea Punch

Makes 4 servings / Prep Time: 5 minutes / Chill Time: 2 hours

- Ingredients:**
- 3 cup (750 mL) boiling water
 - 6 (6) Lipton green tea bags
 - 2 Tbsp. (30 mL) sugar
 - 1 cup (250 mL) chilled pomegranate juice

Instructions:
Pour boiling water over Lipton green tea bags in teapot; cover and brew 1 1/2 minutes. Remove tea bags and squeeze; stir in sugar and cool.

In large pitcher, combine tea and pomegranate juice. Chill, if desired, or serve in ice-filled glasses. Enjoy!

Per serving: 60 calories, 0 g total fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 10 mg sodium, 15 g carbohydrate, 0 g fibre, 15 g sugars, 0 g protein. % DV: 0% vitamin A, 0% vitamin C, 2% calcium, 0% iron.

www.newscanada.com

If you have a favourite recipe you would like to share, contact us for details!
226A Bridge Street, Princeton

Weekend Movies

SATURDAY MOVIES

..... continued from Page 14

10:30 pm CBC ch.13 "The Walter Gretzky Story: Waking Up Wally" (2005, Docudrama) Tom McCamus. The father of hockey star Wayne Gretzky struggles to regain his memory after having a stroke. (In Stereo) (CC)
 FAM ch.26 "Skyrunners" (2009, Science Fiction) Kelly Blatz. A teen and his younger brother uncover an extraterrestrial plot against Earth. (In Stereo) (CC)
 11:10 pm KXLY ch.10 "Just My Luck" (2006, Romance-Comedy) Lindsay Lohan. A young

woman, who has always led a charmed life, suffers a reversal of fortune after kissing a stranger at a costume party.

SUNDAY MOVIES

..... continued from Page 14

Reynolds. After learning she is a witch, a girl helps save a town full of other supernatural creatures. (In Stereo) (CC)
 CITY ch.29 "Analyze This" (1999, Comedy) Robert De Niro. To get a handle on his insecurities, a powerful New York gangster sees a therapist. (CC)
 10:30 pm FAM ch.26 "Sally Marshall Is Not an Alien" (2000, Comedy) Helen Neville.

An Australian loner must prove a new girl is not an extraterrestrial or else lose her telescope to a bully. (In Stereo) (CC)

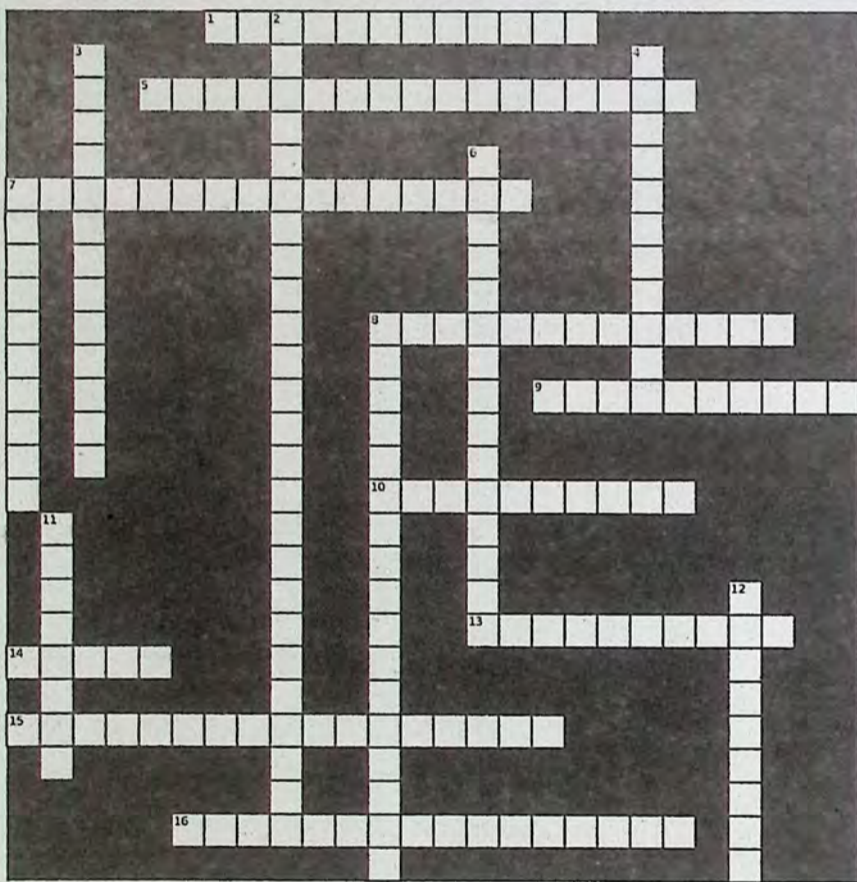
11:00 pm WTBS ch.3 "Spanglish" (2004, Comedy-Drama) Adam Sandler. A single mother becomes a housekeeper for a laid-back chef and his neurotic wife.

FREE Classified Advertising

www.thenewsleader.biz

News Leader Puzzler

Use the September 20th News Leader to find Answers Below...



- Across**
- 1 He won the Pepper Eating Contest in Keremeos.
 - 5 Name the 2011/12 Princeton Posse team captain.
 - 7 In The Pink Tournament Low Gross Winner.
 - 8 Who finished 13th in the Pepper Eating Contest?
 - 9 Who is the Boundary-Similkameen MLA?
 - 10 Name the new Secretary Treasurer for School District 58.
 - 13 He heads the VooDoo All Stars.
 - 14 How many team veterans were dressed for the Posse home opener?
 - 15 Co-enzyme Q10 is believed to prevent the onset of this.
 - 16 Construction of these began September 14th in downtown Princeton.

- Down**
- 2 What is the NVAC?
 - 3 Which team did Princeton Posse beat in their home opener?
 - 4 In The Pink Tournament Low Net Winner.
 - 6 Who won 3rd Place in the Sizzle Chili Cook-Off September 17th?
 - 7 What is the hot pepper eating contest called during Similkameen Sizzle?
 - 8 Name the Pepperfest held September 17th in Keremeos.
 - 11 The Grist Mill will celebrate this October 9th.
 - 12 He provided daytime entertainment at Similkameen Sizzle.

Similkameen
News Leader

PUZZLER #32
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Prince Town 1826-1926

Prince Town
1826 - 1926

W. George Elliott

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INCLUDES HST

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help wanted

help wanted



SCHOOL DISTRICT NO. 58
(NICOLA-SIMILKAMEEN)

RELIEF BUS DRIVER

Applications are invited for the position of Relief Bus Driver with School District No. 58 (Nicola-Similkameen) in Princeton, BC.

Successful applicants will be required to have a Class 2 with air or higher license and provide a Driver's Abstract.

The district has a high percentage of First Nations and other multicultural students and so being sensitive to cultural diversities would be an asset.

Application forms are available at the School Board office, 1550 Chapman Street, Merritt, BC, Princeton Secondary School, 201 Old Merritt Road, Princeton, BC or you can apply online at www.sd58.bc.ca, click on Jobs/Support Positions/Job Postings listed under Job Code #223249 and follow the prompts provided. Applications, including a detailed resume with a minimum of three references, will be accepted until **September 30, 2011**. Please forward to:

Attn: Secretary Treasurer
School District No. 58 (Nicola-Similkameen)
P. O. Box 4100, 1550 Chapman Street,
Merritt, B. C., V1K 1B8
Fax: (250) 378-6263

For further information, contact Mr. Jim Garfield at 315-1113.
Only those applicants being interviewed will be contacted.



SCHOOL DISTRICT NO. 58
(NICOLA-SIMILKAMEEN)

FIRST NATIONS SUPPORT WORKER

School District No. 58 (Nicola-Similkameen) is accepting applications for a First Nations Support Worker at elementary schools in Princeton. This is a 25 hour per week, 10 months per year position.

The successful applicant will be responsible for providing counseling support, communicating with students and parents/guardians, tutoring, and cultural education.

Application forms are available at the School Board Office, 1550 Chapman Street, Merritt, BC, Princeton Secondary School, 201 Old Merritt Road, Princeton, BC or on-line at www.sd58.bc.ca, click on Jobs/Support Positions/Job Postings, listed under Job Code #228761, and follow the prompts. Applications, including a detailed resume with a minimum of three references, will be accepted until **September 26, 2011**.

Please forward to:
Attn: Secretary Treasurer
School District No. 58 (Nicola-Similkameen)
P. O. Box 4100, 1550 Chapman Street
Merritt, BC V1K 1B8
Fax: (250) 378-6263

Only those applicants being interviewed will be contacted.



Editorial Page News Leader

Similkameen News Leader, 226A Bridge Street, PO Box 956, Princeton, BC V0X 1W0

My Turn...

Now It's Time To Jump In

Saturday's Pool Referendum speaks loudly and says a lot about residents in and around Princeton.

It also shows that although there was a fear by many, Area H voters did not single-handedly kill the vote.

If all votes were grouped together (Area H and Town of Princeton) the outcome would have been 1,475 NO to 743 YES, or in other words, a failed Referendum with a ratio of just about 2:1.

So what happens now?

Well, if it were my plan I'd start with bringing the Pool Committee together and working on a new plan. There's no reason to feel as if this is the end as in actual fact the Referendum results should be the start of something new.

I've already heard comments about Princeton being stuck in the past and not willing to move forward and how sad it is that this is such a backwards town.

Well, I don't see it that way.

The proposed pool concept is the issue not whether or not we want a pool.

The Pool Committee should take that back to the drawing board and scale the project down a notch or two.

In the meantime, a group should also come out of the Pool Committee aggressively soliciting funds by various means (fundraising within the community) and work with both the Town of Princeton and Area H to build a fund where both governing bodies could match every dollar raised to get the ball rolling.

It wouldn't take long to build a bank account where each dollar donated is tripled and maybe, just maybe, when the Pool Committee returns to the public with a new plan a big chunk of change would already be in the kitty and provincial/federal matching Grant Funding may exist and then Princeton would be able to truly build a community aquatic centre.

Or we could just toss our hands in the air and say, whatever.

It's up to you and me and everyone else who had their say on Saturday to take ownership of the task and turn it into a community project.



Downtown sidewalk contractor Joseph Campbell (directing traffic) of Artistic Imaging Inc. reminds motorists to SLOW DOWN in work zones on Bridge Street and to obey all signs. Photo: Brenda Engel

PGH announces October ER changes

Residents are advised that due to limited physician availability in October, there will be times when only the most urgent cases will be seen by the physician on call.

The Emergency Department will remain open during these times and patients will be assessed as usual by our trained nurses. Those with less urgent matters may be transferred to a nearby hospital for care or offered appropriate options. If this is the case, it's important to come prepared.

Bring your wallet, shoes, clothes and make arrangements for the return home.

Times when patients can anticipate this adjusted physician response are:

- Saturday, October 1
12:00 AM Midnight to 8:00 AM
- Sunday, October 2
12:00 AM Midnight to 8:00 AM
- Tuesday, October 11
12:00 AM Midnight to 8:00 AM
- Saturday, October 15
24 Hours (tentative)
- Sunday, October 16
24 Hours (tentative)
- Tuesday, October 20
12:00 AM Midnight to 8:00 AM



Congratulations, Lewis!
From Mom, Dad and Kailee

Lewis Smith completed his Bachelor of Science Degree in Biochemistry at UBC in June of 2010. Convocation Ceremony was June 10, 2011. Lewis, the son of Dave and Vera Smith of Princeton, graduated from Princeton Secondary School in 2006. - photo submitted

Similkameen
News Leader

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EDITORIAL GUIDE

We would like you to write to us, but please remember to abide by anti-discrimination laws. The News Leader reserves the right to refuse to print any letter which is not signed by the writer or is slanderous, libelous or of uncommon sense! The Editor reserves the right to condense any letter or to substitute proper language for improper language.



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High-Speed Internet is NOW available in
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Current Comment

What Is Real Wealth?



Dawn Johnson
editor@thenewsleader.ca

Is stock market money real wealth? That is the question David C. Korten asks in his book *Agenda for a New Economy*. (You can borrow it at your local public library.)

Korten answers the question with a resounding "NO". What he says is the stock markets of the world operate on phantom wealth, wealth that exists on computers but not in the real world of solid cash. He claims this phantom wealth distorts the economy and our perception of the economy. He would like us to get back to reality, where wealth is measured in real cash or real goods.

In light of what is happening to stock markets these days, perhaps the world should pay more attention to Korten's ideas. What if he is right? What if we need to adopt a new economy?

I had an e-mail recently from a friend who told me about her new \$0 budget. It is right up there with Korten's ideas. My friend decided not to spend on anything she and her family did not need. She found she saved a lot in one month, enough to start making a real dent in credit card totals. It worked so well for one month, she launched into another month. She said she began using up stuff in her cup-

boards and freezer, and from her garden, to reduce food costs, and rather than buy new, she made do with what they already had. She is making tremendous progress in getting rid of credit card debt.

My friend is exercising Korten's first rule of the new economy. What my friend has discovered is what real wealth is about: if you can't eat it or use it for something, then you probably don't need it. Poor people have known this right along.

The second rule Korten discusses is the importance of buying locally and paying cash to your local merchants so they can avoid the credit card debt, too. Your local merchants pay a fee for credit card transactions.

Korten says real wealth is found in your local community through doing things that build relationships within your community. For example, getting together with friends to work on a project is building relationships, whereas watching TV is not. Building relationships includes going out to support your local minor hockey team, working with others on a community project, sharing your ideas with others about how to make the community better.

In our own community, we could go to a hockey game, help with the TransCanada Trail, join the Arts Council, help out with the horse races or rodeo, take part in Tulameen Family Days, participate in activities such as pancake breakfasts, golf tournaments, the music festival, or go to a local concert or play. All of these activities contribute to real wealth, because these activities build the strength of your community and help withstand adverse economic conditions.

Another point Korten makes is the role played by big corporations and

big government. Big corporations wield power through money and jobs. Big government wields power through police and the military. As Korten points out, there is another power: civic power. Civic power is greater than corporation or government power because civic power is you and me and our neighbours and our friends. We are the majority. A good example of civic power is what happened in Egypt to begin what is now called "the Arab spring". Civic power overthrew the government and the police and the military and corporations just had to stand back.

Korten's Agenda for a New Economy tells us we, the ordinary people, know the difference between real wealth that brings us happiness and comfort and belonging and fake wealth, numbers on the Dow Jones index or the TSX. That is why Korten tells us to pay down our credit card debt, pay down our mortgages, buy what we really need and buy nothing we do not need.

I recall watching a sad television report on American families being forced out of their homes because they could not pay their mortgages. The report showed homes abandoned, leaving furniture, appliances, children's toys, electronic devices, and closets packed with clothing and shoes. I thought, "If these people had bought a lot less of things they did not need and paid down their mortgages, they would still have a roof over their heads." Which is real wealth, 100 DVDs and all that other "stuff" or a home to live in?

With the way the world economy is hovering on a precipice caused by too much debt and too much fake wealth, maybe it is time for us to embrace a new economy by focusing on real wealth.

2011 Princeton Fall Fair Winners - continued

..... continued from last week

- Peach* - 1. Lori Jwaszko
- Raspberry* - 1. Melissa Manning 2. Glow Lemon
- Strawberry* - 1. Laura Haw
- Wild fruit jam*
- Saskatoon* - 1. Lori Jwaszko 2. Laura Haw
- Blackberry* - 1. Lori Jwaszko 2. Laura Haw
- Marmalade, orange* - 1. Melissa Manning
- Jelly*
- Crabapple* - 1. Marg Eyre
- Mint* - 1. Melissa Manning 2. Lori Jwaszko

HOME BAKING

- Bread, white* - 1. Diane Hansen 2. Melissa Manning
- Buns, white* - 1. Diane Hansen 2. Melissa Manning 3. Jennifer Bernard
- Un-iced loaf* - 1. Chantel Moreau 2. Melissa Manning
- Chocolate cake* - 1. Jennifer Bernard 2. Lyn Melnechenko
- White cake* - 1. Marg Eyre
- Best decorated cake* - 1. Destiny Earle 2. Juliette Fauconnier
- Apple pie* - 1. Melissa Manning
- Lemon meringue pie* - 1. Melissa Manning

- Bran muffins* - 1. Diane Hansen
- Any other muffins* - 1. Lori Jwaszko 2. Melissa Manning 3. Jennifer Bernard
- Baking powder biscuits* - 1. Melissa Manning 2. Lyn Melnechenko
- Scones* - 1. Melissa Manning 2. Lyn Melnechenko
- Cookies, chocolate chip* - 1. Lori Jwaszko
- Cookies, rolled* - 1. Marg Eyre
- Cookies, drop* - 1. Chantel Moreau 2. Melissa Manning
- Squares, any* - 1. Melissa Manning

..... continued on next page

News Leader

WE'RE DIFFERENT, AND WE LIKE THAT.



George Elliott
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Brenda Engel
OFFICE ADMINISTRATOR
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226A Bridge Street
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165 Vermilion Avenue
(BESIDE THE MUSEUM)
250.295.7951

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Praise & Prayer - 7:00 PM
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9:30 AM
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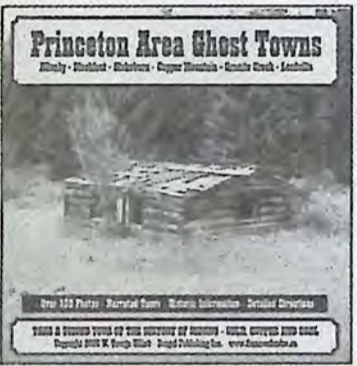
AND NOW...A LITTLE GOOD NEWS!

"Say to those who have an anxious heart, 'Be strong, fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you.'" - Isaiah 35:4

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Explore The History Of Mining - Gold, Copper and Coal

..... continued from Page 21

Fudge - 1. Melissa Manning 2. Jennifer Bernard

Wine and Beer

Dry red wine - 1. Margaret Obey 2. Margaret Obey 3. Margaret Obey

Red sweet wine - 1. Margaret Obey

White dry wine - 1. Margaret Obey

White sweet wine - 1. Margaret Obey 2. Margaret Obey 3. Marg Eyre

Eggs, chicken - 1. Dan Kastor 2. Lori Jwaszko 3. Jeff Heitzmann

FLOWERS

Asters - 1. Sylvia Bailey

Dahlias (2 of a kind) - 1. E. Currie 2. Terry Inglis

Dahlias, single - 1. Terry Inglis 2. Sylvia Bailey

Daisies - 1. Maureen Turner

Gladiolus, single spike - 1. C. Sellers

Marigolds, small - 1. Nancy Telford 2. C. Sellers 3. Maureen Turner

Pansies - 1. Marg Eyre

Petunias, single - 1. Marg Eyre 2. Melissa Manning 3. Michelle Jarvis

Petunias, double - 1. Maureen Turner 2. Michelle Jarvis 3. Laura Haw

Roses, mixed - 1. Sylvia Bailey 2. Melissa Manning 3. Glow Lemon

Sweet peas - 1. Lori Jwaszko

Sunflower, large - 1. Melissa Manning 2. E. Currie

Sunflowers, 3 of a kind - 1. Dawn Johnson 2. Melissa Manning 3. C. Sellers

Cosmos - 1. Melissa Manning 2. C. Sellers

Any other annual - 1. Marg Eyre

Any other perennial - 1. Maureen Turner 2. C. Sellers 3. Glow Lemon

Mixed flower arrangement - 1. Glow Lemon 2. Sylvia Bailey 3. Dan Kastor

Mini flower arrangement - 1. Melissa Manning

Potted Plants

African violet - 1. Marg Eyre

Cactus - 1. Melissa Manning 2. Glow Lemon 3. Nancy Telford

Ivy - 1. Glow Lemon

Hanging basket - 1. Dan Kastor

Container garden - 1. Maureen Turner 2. Glow Lemon 3. Dan Kastor

Any other potted plant - 1. Marg Eyre 2. Ruth Murphy 3. Glow Lemon

Best in show - Sylvia Bailey (aloe vera plant)

LEISURECRAFT
(very few people entered this division this year)

Woodwork - 1. Harold Hansen

Furniture - 3. Jim Short

Novelty item - tied with firsts - Jim Short, Harold Hansen

Beadwork - 1. Lyn Melnechenko 2. Debbie Mackenzie

Holiday decoration - 1. Debbie Mackenzie

Rock work - 1. Lyn Melnechenko

Handmade jewelry - 1. Michelle Jarvis 2. Debbie Mackenzie

Any other craft - 1. Janice Ashby 2. Jessie McIvor

Ceramics, fired finish - 1. Destiny Earle

Collection - 1. Glow Lemon

Recycled article, fabric - 1. Nicki McIvor

NEEDLECRAFT
This division had a much better showing this year.

Knitted infant set - 2. Eleanor Sinclair

Knitted sweater - 1. Linda Henderson

Any knitted article - 1. Linda Henderson 2. Eleanor Sinclair 3. Debbie Mackenzie

Crocheted doily - 1. Eleanor Sinclair

Crocheted afghan, shawl or spread - 1. Eleanor Sinclair 2. Laura Haw 3. Linda Henderson

Any crocheted article - 1. Linda Henderson 2. Eleanor Sinclair 3. Debbie Mackenzie

Crocheted item - 1. Sandra Delve 2. Lyn Melnechenko 3. Sandra Delve

Liquid embroidery - Eleanor Sinclair

Plastic canvas embroidery - 1. Laura Haw

Hooked rug - 1. Eleanor Sinclair

Any other needlework - 1. Eleanor Sinclair

Sewing

Woman's garment - 1. Lyn Melnechenko 2. Destiny Earle

Quilting

Patchwork, hand quilted - 1. Linda Henderson

Patchwork, machine quilted - 1. Carol Lawes 2. Sharon Laine 3. Janice Ashby

Quilted wall hanging - 1. Janice Ashby

Any other quilted item - 1. Janice Ashby 2. Carole Lawes 3. Eleanor Sinclair

PHOTOGRAPHY
This division had a multitude of excellent entries

Fall scene - 1. Jennifer Bernard 2. Neal Dangerfield 3. Dawne Graves

Winter scene - 1. Destiny Earle 2. Margaret Fraser 3. Amber Bond

Spring scene - 1. Margaret Fraser 2. Neal Dangerfield 3. Destiny Earle

Summer scene - 1. Marilyn Hicks 2. Michelle Jarvis 3. Margaret Fraser

Sky scene - 1. Judy Thomas 2. Jennifer Bernard 3. Tim Graves

Domestic livestock - 1. Destiny Earle 2. Jennifer Bernard 3. Margaret Fraser

Household pets - 1. Amber Bond 2. Carrie Nienierza 3. Margaret Bailey

Wildlife, animals - 1. Tim Graves 2. Dawne Graves 3. Amber Bond

Wildlife, bird (s) - 1. Dawne Graves 2. Melissa Manning 3. Destiny Earle

Wildlife, fish - 1. Marilyn Hicks 2. Destiny Earle

Children, informal - 1. Jann Noppe 2. Melissa Manning 3. Meagan Roberge

Portrait - 1. Margaret Fraser 2. Lori Thomas 3. Amber Bond

Four or 5 photos tell a story - 1. Amber Bond 2. Margaret Fraser

Humorous photo - 1. Destiny Earle 2. Dawne Graves 3. Jennifer Bernard

Action photo - 1. Amber Bond 2. Tim Graves 3. Dawne Graves

Black and white - 1. Margaret Fraser 2. Amber Bond 3. Leslie Ghag

Fall Fair photo - 1. Melissa Manning 2. Margaret Fraser 3. Jennifer Bernard

Farm or ranch activities - 1. Lori Thomas 2. Carrie Nienierza

Old building - 1. Melissa Manning 2. Margaret Fraser 3. Neal Dangerfield

Landscape - 1. Lori Thomas 2. Michelle Jarvis 3. Marilyn Hicks

Night photo - 1. Margaret Fraser 2. Carrie Nienierza 3. Michelle Jarvis

Flower photo - 1. Marilyn Hicks 2. Destiny Earle 3. Carrie Nienierza

WRITING

Poem - 1. Lyn Melnechenko 2. Jennifer Bernard 3. Ruth Murphy

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Marv Carlson of Princeton won tickets this month in a Similkameen News Leader Contest which involved the Young Stars Hockey Tournament in Penticton. Carlson snapped this photo at the South Okanagan Events Centre of, from left, Blake Herrick, Clancy Coulter and Zandra Carlson. Photo: Marv Carlson

FortisBC hosts energy rebate info sessions

FortisBC PowerSense is hosting a series of information sessions in Kelowna, the South Okanagan, Similkameen and the Kootenays known as Energy Rebates 101 to help customers upgrade their home's energy efficiency and access up to \$12,000 in government rebates.

"We recognize that many customers would like to improve the energy efficiency of their homes but aren't sure where to start or how to access government rebates," said Tom Loski, vice president of customer service for FortisBC.

"With these increased rebates available for a limited time, FortisBC wants to provide customers with all the information they need to take advantage of the extra savings and help them reduce their energy use."

The Government of Canada ecoENERGY Retrofit-Homes Program, scheduled to end in March 2012, provides rebates of up to \$5,000 to homeowners who upgrade their home's energy efficiency under the direction of a certified energy auditor.

The LiveSmart BC program, offered jointly by FortisBC, the BC government and other BC utilities, also provides up to \$7,000 in additional rebates for a total of \$12,000. At the Energy Rebates 101 sessions, FortisBC will present homeowners with clear information about choosing home renovations that deliver better energy efficiency, increase a home's comfort and help manage energy costs.

Upgrades can include enhancements to heating and cooling systems, replacing windows and doors, improving insulation and draft proofing, and achieving an EnerGuide 80 rating or higher. Local tradespeople will also be in attendance to answer questions.

"We encourage customers to take

advantage of our information sessions, knowing that an investment in energy efficiency is an investment in energy savings," said Loski.

All sessions start at 7:00 PM at the following dates and locations:

- October 3
Princeton Legion Hall, Princeton
- October 7
Victory Hall, Keremeos
- October 12
Osoyoos Senior Centre, Osoyoos
- October 12
Prestige Inn, Nelson
- October 13
Sandman Hotel, Castlegar
- October 20
Oliver Senior Centre, Oliver
- October 24
Penticton Ramada Hotel, Penticton
- October 26
Laurel Packing House, Kelowna
- October 26
Best Western, Trail

For more information on Energy Rebates 101 visit this website: fortisbc.com/rebates101, call 1-866-436-7847 or send an e-mail to: pow-sense@fortisbc.com.

FortisBC is committed to helping customers conserve energy and get the most out of their energy dollar by providing both financial incentives and advice on energy efficient technologies and practices. Since its inception in 1989, FortisBC's PowerSense program has helped southern interior customers save more than 385 gigawatt hours (gWh), enough energy to power

more than 30,000 homes for a year. For more information on energy efficiency tips, rebates and programs to help you save energy in your home or business, contact your local PowerSense representative by calling 1-866-436-7847, email pow-sense@fortisbc.com or visit www.fortisbc.com.

FortisBC is an integrated energy solutions provider focused on providing safe and reliable energy, including natural gas, electricity, propane and alternative energy solutions, at the lowest reasonable cost. FortisBC employs more than 2,000 British Columbians and serves approximately 1.1 million customers in more than 135 B.C. communities. FortisBC is indirectly wholly owned by Fortis Inc., the largest investor-owned distribution utility in Canada. FortisBC owns and operates four regulated hydroelectric generating plants, approximately 7,000 kilometres of transmission and distribution power lines and approximately 46,000 kilometres of natural gas transmission and distribution pipelines.

FortisBC Inc., FortisBC Energy Inc., FortisBC Energy (Vancouver Island) Inc., and FortisBC Energy (Whistler) Inc. do business as FortisBC. Fortis Inc. shares are listed on the Toronto Stock Exchange and trade under the symbol FTS.

Additional information can be accessed at www.fortisinc.com or www.sedar.com.

- submitted

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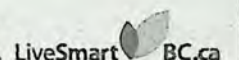
Attend Energy Rebates 101, presented by FortisBC PowerSense, and learn from industry experts about how you can get thousands of dollars back when you upgrade your home's energy efficiency.

All sessions start at 7p.m. on the following dates:

October 3, Princeton Legion, 172 Bridge St, Princeton
October 7, Victory Hall, 427 7th Ave, Keremeos

For more information, visit fortisbc.com/rebates101 or call 1-866-436-7847.

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3934 Princeton/S'land Rd



SOLD!

Private get-away just minutes from three great fishing lakes all on 5 acres! Sounds too good to be true? Well, wait 'til you see. Remodeled cabin tucked away on 5 treed acres, 2 bedrooms and large loft area for extra guests or just the extras. Open plan kitchen/living room with wood stove for those chilly evenings. Lots of windows! MLS® 131765 \$248,000

778 Daly Avenue



SOLD!

This sweet, sweet home offers you the best of everything - newly renovated and well thought out with a Murphy bed in the spare room/office, open kitchen, fir floors, new windows, new counter tops and oh-so-affordable! You'll love the back yard with raised beds, green house and patio with the start of a pergola! MLS® 131204 \$138,000

2613 Old Hedley Road



Sellers motivated to sell - all offers considered! More than 2 acres and the Similkameen River runs by it! This well-planned and well-built Winton Global engineered home will impress you with its beautiful details - oversized windows, vaulted ceiling, open kitchen layout and custom painted colours! MLS® 112295 \$335,000

5676 Haynes Street



Time for that lifestyle change or perhaps early semi-retirement? This property offers you over 2,400 sq ft under a 5 year new metal roof and a separate 20x18 garage/workshop. Located in the sunny Similkameen Valley, Hedley offers you the best of all worlds! Wonderful sunshine all year round and four seasons to enjoy. MLS® 113695 \$240,000

2496 Princeton/S'land Rd



Don't miss this best buy in our rural area! 9.09 acres nicely treed, with benches affording wonderful mountain views. A 1992 mobile home on site complete with septic, drilled well and driveway access. Low maintenance vinyl siding, asphalt shingle roof, 2 bedrooms and open kitchen/living area. Lots of room for horses or just a great garden. MLS® 113717 \$199,000

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