

# Similkameen News Leader

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Canada WE ACKNOWLEDGE THE FINANCIAL SUPPORT OF THE GOVERNMENT OF CANADA THROUGH THE CANADA PERIODICAL FUND OF THE DEPARTMENT OF CANADIAN HERITAGE.



Princeton Posse's Rookie of the Year last season has been traded to Campbell River in a massive deal which will bring four players to the Similkameen Valley's only KIJHL team. Photo: Bob Marsh Photography

## Boyle trade earns Posse four players

The wheel that keeps turning, which is the Hockey Operations department of the Princeton Posse, has struck again in what is looking like a massive retooling of the Posse's shelves.

The Posse have sent Kaleb Boyle, one of their highest point earners last season, to the Campbell River Storm of the VIJHL in return for four players in a multi-team swap.

The announcement was made July 25th in Princeton.

Posse GM and Head Coach Bill Rotheisler stated, "We need to become a more competitive team in the playoffs, Kaleb was a competitor here, but the assets we have coming back increase the competitive factor we will have on the ice and at camp, and shows our commitment to being a strong organization to our players, and our fans."

Boyle, born in '94, scored 34 goals and 31 assists in 51 games, putting him second in points for the Posse last season. In exchange, the Posse will receive four 1995 born players in Gibson Doney, Bradley King, Kurtis Coburn and a player in the form of a future consideration, based solely on paper work still being processed at the time of this press release.

Doney, from Nanaimo, is a smart physical forward who has a reputation of being very tough to play against. Doney's reputable physical skill has turned a lot of heads. The Salmon Arm Silverbacks prospect will be attending their main camp and could potentially earn a spot on

the team. Silverback's representative's high praise of Doney was a big contributor to the Posse's interest. Doney also has Major Junior interest.

King, known for his speed, split last season between the Abbotsford Pilots and Campbell River Storm, as well as playing for his hometown Chilliwack Chiefs of the BCHL for 5 games. Along with Doney and Coburn, King was identified by current Posse staff last season when they were rivals in the Comox Valley.

Kelowna's Kurtis Coburn made the leap to Junior B as a 16 year old, playing for the Grand Forks Border Bruins in the 2011-2012 season. Last season was split between Grand Forks and Campbell River. Coburn brings grit to the team, earning 68 penalty minutes in 24 games. Although still young at 18, Coburn already has a full two years of experience in the KIJHL under his belt.

The player to be announced is a high point producing forward and has a strong potential to play junior A this season, however if returned to the Posse, he will make a significant impact.

..... continued on Page 21

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## Fair board welcomes USIB

Upper Similkameen Indian Band (USIB) Councillor Charlene Allison attended the July 23 Agricultural Fair meeting along with Band employee Brenda Gould. They represented Chief Charlotte Mitchell and the committee to participate in the 2013 Agricultural Fair. Discussion centered around what the Band would do during the fair. There will be a display, but other plans are varied and tentative.

Fair President Dan Kastor expressed his pleasure at the partic-

ipation this year by the Band, which is headquartered in Hedley.

"We have wanted the Band as part of the fair for a lot of years," Kastor told Councillor Allison.

USIB plans will be reviewed at the August 13 meeting of the Agricultural Fair members.

With just one month left before the fair, convenors were asked to report the status of their area of responsibility. A brief review was conducted, and everyone seemed to be ready for the fair.

Work parties will take place on the weekend before the fair (August 17 & 18) and during the week before the fair.

### How to enter exhibits

Exhibitors can register their entries on the afternoon of Thursday, August 22 and Friday August 23. The entry form is in the center of the exhibitor's booklet, and extra entry forms are available at the registration desk on August 22 and 23. Booklets have been distributed in shops around town.

Doug and Jim Bernard have volunteered to renovate the poultry display area and work is well underway with that project.

### Hygiene at the fair

A new hand washing stand will be ready for the fair. Anyone handling any livestock or touching livestock pens is advised to wash their hands before leaving the livestock area, but this is particularly important for children because they tend to put their fingers in their mouths. Parents taking children to view the livestock should make sure the children wash their hands.

### Volunteers

Anyone wishing to volunteer at the ..... continued on Page 21

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# Land Act: Notice of Intention to Apply for a Disposition of Crown Land

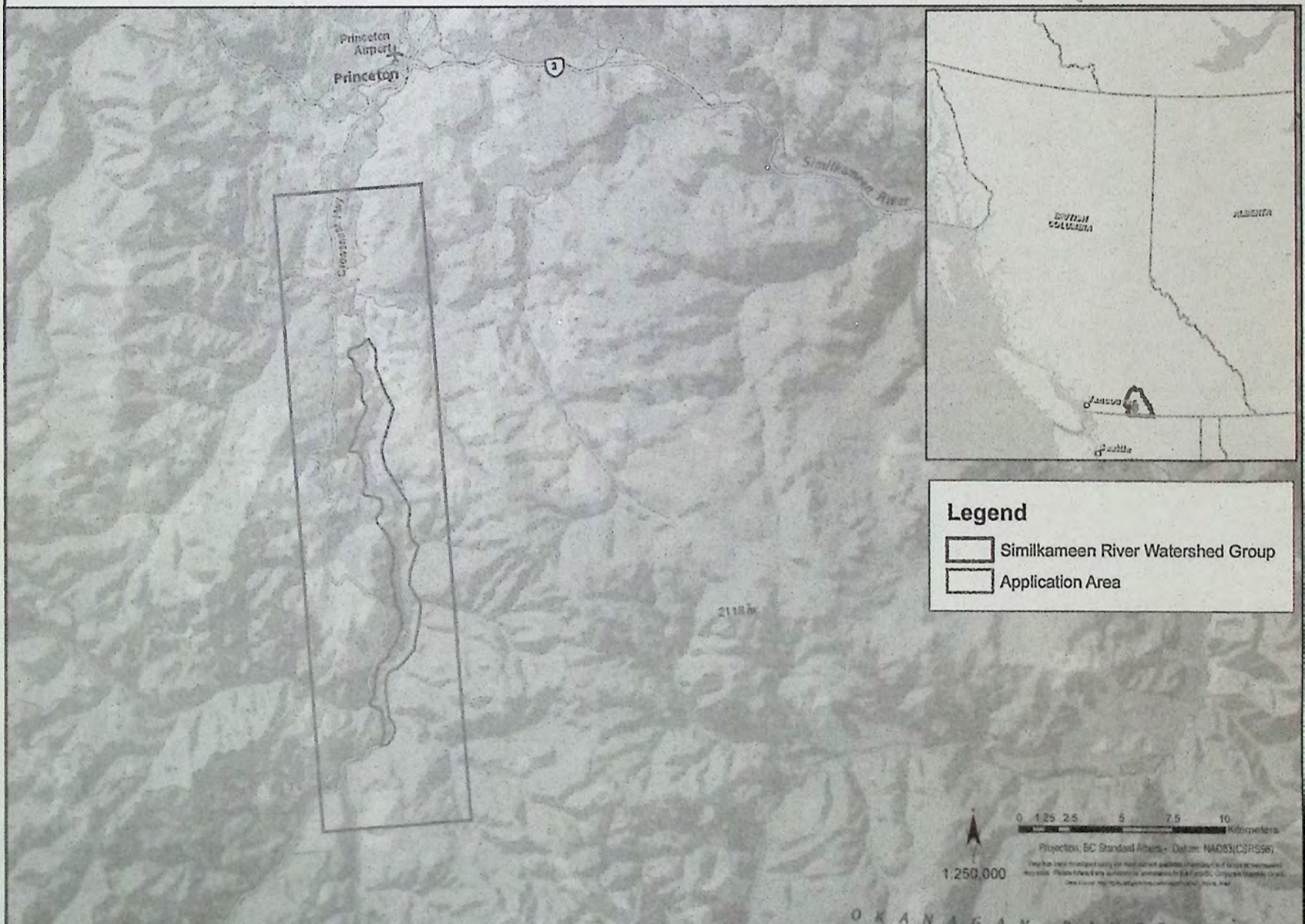
Take notice that Fortis Inc. of Kelowna BC, intends to make application to the Ministry of Forests, Lands and Natural Resource Operations (MFLNRO), Southern Service Region – Thompson Okanagan Service Centre, Crown Land Adjudication office, for Industrial purposes covering 2289S, 1939, 2281S, 2270S, 3187S, 321S, 2273S, 898, 1511S, 1510S, 2309S, 1940, 2016S, 2049S, 3080S, 645S, 119, 2571S, 2288S, 280, 3537, 3263, 3149S, 2577S, 4227, 1509S, 3079S, 1830, 2271S, 3150S, Block A of 4227, 2308S, 644S, 1833, 1831, 2283S, 63S, 2582S, 2306S, 378S, 2268S, 2284S, 646S, 2269S, 2017S, all Similkameen Division Yale District (SDYD); District Lots 60, 153, 235, E12 of 892, 159, 133, 1204, 900, 231, 238, 250, 1202, 1201, 899, 892, 709, 893, 708, 251, 233, 939, 236, 59, 234 and 158. Yale Division Yale District (YDYD) situated on Provincial Crown land located in the vicinity of 15 km south of Princeton.

The Lands File Number that has been established for this application is 3406290. Written comments concerning this application should be directed to the Section Head, Crown Land Adjudication at 441 Columbia St, Kamloops BC V2C 2T3. Comments will be received by MFLNRO until August 23, 2013. MFLNRO may not be able to consider comments received after this date. Please visit our website

<http://www.arfd.gov.bc.ca/ApplicationPosting/index.jsp>

➡ Search ➡ Search by File Number: insert Lands File Number for more information.

Be advised that any response to this advertisement will be considered part of the public record. For information, contact the FOI Advisor at the Ministry of Forests, Lands and Natural Resource Operations regional office.



# Flip Of The Coyne

by Spencer Coyne

Justin Trudeau has made waves after talking to a crowd in Kelowna about the need to legalize marijuana. In some circles he has really stirred the pot (no pun intended), especially with the Prime Minister's inner circle.

But who could blame the PM and his crew for being so upset? After all, they are the guys who take a hard line on crime and Trudeau is just throwing his disdain for the Conservatives' hard line in their faces with this announcement.

I should say I am not pro drug use, but what I am for is a logical way to keep drugs out of the hands of children and a way to get people with addiction the help they need. We tried a prohibition against alcohol once and it was a disaster. It created gangsters. Have you seen the HBO hit Boardwalk Empire yet? We like to bury our heads in the sand when dealing with illegal drugs, yet if you are a smoker or a drinker, we can deal with that and it's acceptable. Maybe it's time we start dealing with illegal drugs the same way we deal with the legal ones.

The thing that gets me especially about pot is that it has become so common that you don't even notice it much anymore. At any large event the smell of pot is as common as the smell of beer. I think I actually know more people that smoke pot now than people who smoke tobacco, yet every one of those people are criminals under Canadian law.

Legalizing pot does not make it the "right" thing to do, just as it doesn't make alcohol the "right" thing to do, but maybe if we took it out of the hands of the drug lords who keep killing people over it and put it into a regulated

system where we can tax it, get support for users, and regulate how old you have to be to use it and how to buy it, maybe we could stop some of the gang killings, get people the help they need to stay off drugs, and who knows, maybe it will become socially unacceptable like tobacco is now.

This is the opposite stance Harper has taken on marijuana, so it is not a surprise that his attack dogs are all over Justin Trudeau over this one.

That being said, how is that War on Drugs going for Mr. Harper anyway? How many people were killed in BC alone over the drug trade?

We need to do something different because the current model isn't doing much to slow the flow of illegal drugs. I would almost put money on it that the industry is larger now than ever before. So much for that hard line conservative approach.

Like I said, I am not pro drug, but I am pro anything that might keep kids away from drugs, and by all accounts, I haven't seen the current system working to do that.

The funniest thing about Harper and the gang attacking Mr. Trudeau is that one of Harper's own MPs were at the event with Trudeau in Kelowna and the media said he was nodding and agreeing with most of what Justin had to say. Maybe not everyone in the Harper ranks are true believers in the hard line afterall.

I am still amazed at how much effort Harper is putting into attacking Justin Trudeau. The Liberals are the third party in the House of Commons, and yet with the amount of energy Harper puts

into attacking Trudeau you would think he was the official opposition with one less seat than the government. It shows that Harper is afraid that the Liberals will speak to the more moderate Conservatives within his party as well as the more centre left members of the NDP.

It can't make Harper feel confident when his MPs are attending Trudeau rallies and agreeing either. It seems like the tighter the grip Harper tries to put on his MPs the more they start slipping through the cracks.

I applaud Mr. Trudeau for taking a stance on an issue that if nothing else has started a discussion on drug use and drug policy in the country.

BRENDA IN NICARAGUA:

[www.elimpactodebren.com](http://www.elimpactodebren.com)

## To Our Clients

Please be advised that Dr. Gill will retire June 30th. Despite our best efforts, we regret that it has been necessary to close the office, effective June 30th. All medical files will be transferred to Fairfield Animal Hospital, Kelowna (250-860-6550) effective June 30, 2013. Pet owners will be able to access their records from Fairfield Animal Hospital, and may request that they be faxed to a veterinarian of their choice.

Dr. Gill, Tsiki and Debbie wish to extend their best wishes and sincere thanks to all of our clients. Operating Princeton Animal Clinic for the past 26 years has been a most rewarding and enriching experience for all of us.



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# Editorial Page News Leader

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## My Turn

### We're Unbalanced!

I think I may have solved a minor mystery.

A 2010 poll of Canadians showed that more than half of us believe there is a place called heaven. However, less than a third of Canadians will acknowledge there's a hell.

Without getting 'kooky churchy' on you, doesn't that seem strange to you?

My argument is that there is a balance to everything that exists. There's cold, which is the opposite of hot. There's light versus dark, good versus evil and so it just makes sense to me that if there's a place for good people (heaven) there's just has to be that other place for those who aren't so good.

You get the message, although often subliminally, in movies and most any other forms of entertainment programming. The simple plot for each and every motion picture ever made is good versus evil. There's the good guy and the bad guy. Every plot follows one trying to succeed over the other. I dare you to prove otherwise.

The only variation you will ever find is a plot twist, which makes you think otherwise, but the bottom line is the plot will still follow a good versus evil path.

Even our personal battle with marmots in our yard a week or so ago had a good/bad storyline to it. The marmots represented bad, and we represented good. In order to overcome the 'evil of the marmots' we had to do a good thing for them by trapping them and moving them away from our neighbourhood. The result restored 'good' to our yard and neighbourhood.

I was told a rather disturbing story about a local person the other day. I don't have enough evidence to prove or disprove what I've heard, but when someone who is generally a 'good' person is caught doing something usually considered 'bad' it becomes news. Politicians, movie stars and other high profile individuals, groups and corporations fall victim to this frequently.

So when a 'good guy' does something wrong does that make them a 'bad guy'?

I don't think so because it was the bad influence (call it hearing the wrong voice if you like) that lead (or more accurately mis-lead) that person to do the wrong thing.

Revenge, greed and jealousy are three such things that make people do things they ordinarily wouldn't. And providing they learn from their mistake and don't continue on that path, a 'good' person can avoid a lot of future trouble.

So what is the minor mystery I uncovered?

I think the reason why the figures differ so much in the poll of Canadians on their belief of a heaven and hell is because more of us want to believe we've been good enough in our lifetime to go to somewhere nice after we die.

And those who really haven't been so good don't want to admit that their fate may not be the same.



They weren't kidding when they said the traffic pattern changes! Construction continues on the 4-laning project on Highway 3 West of Princeton. Expect minor delays daily until 6:00 PM.\*

## Your Turn

### Letters and E-Mails Received This Past Week

To The Editor:

We know man's best friend outside your good natured little sweetie is the dog. But man is not always the dogs best friend. They have the poor dog desecrating Mother Nature with it's droppings

and pee and leaving it there. How would you like to have that happen to your Mom?

People who walk their dog without a pooper scooper, bag and pee bottle should be fined \$200.00 for the first offence and an additional

\$100.00 for every offence thereafter plus made to take a six week course in compassionate "dog diapering".

Should the offence continue the offender would be required to spend four weekends pooper scooping and beautifying the community and Mother Nature. If all else fails the dog owner personally would have to give the dog to a dog food plant, thus as Scrooge says, "decrease the population."

Can't look after a dog with responsible love, don't have one. Regards,  
Joe Schwarz, Penticton B.C.

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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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# Current Comment

## Researchers Say GM Plants Are Not Better



**Dawn Johnson**  
editor@thenewsleader.ca

In England, a fight has been going on over genetically modified (GM) crops. The giant corporation, Monsanto, creates and patents GM seeds, which it then tries to sell to anybody who will buy them. In three European Union nations, GM crops have been banned. Monsanto is trying to sell governments on the GM seeds by saying crop yields are higher.

GeneWatchUK issued a press release in June revealing the results of a peer review study that compared crop yields of non-GM farms with crop yields in GM farms. The same crops were compared for yield per hectare.

Dr. Helen Wallace of GeneWatchUK stated the peer group could find "no yield benefit when the United States was compared to Western Europe, other economically developed countries of the same latitude which do not grow GM crops. We found no benefit from the traits, either."

The traits refer to the genetic structure of the GM seeds and plants. In fact, the GM crops, which have had their genetic structure altered, do not seem to have the same resilience as non-GM crops.

GM crops required more pesticides than non-GM crops. For the farmer, the need for pesticides is a serious cost issue, reducing his potential profit.

Most plants have a much larger number of genes than we humans do. Through the millions of years plants have inhabited our planet, they have learned to adapt to different temperatures, different soils, different amounts of water in the

soil, seasonal changes and insect or fungus pests. The adaptations resulted in a much larger number of genes, allowing plants to adapt to most conditions.

In an ordinary farm field, the plants that form a crop contain a wide variety of genetic adaptations. No two corn plants have the same genetic structure. When a farmer plants (GM) seeds, every plant in the crop is genetically the same. This means the entire crop will fail under certain conditions or when a certain pest attacks.

When a farmer's crop fails, there are two impacts: he loses money, and the world loses food, forcing up food prices somewhere. I have a sticker on my car window, free from the BC Cattlemen's Association. The sticker says, "If you eat, you are involved in agriculture." This is why the issue of GM crops is an issue for all of us. When a crops fail, all of us pay more for food.

Early last year, 22 plant specialists in the United States appealed to the American Environmental Protection Agency to stop the production of Monsanto's GM corn. The reason for this action was the crop failure rates for crops of Monsanto's corn.

Corn is a staple in the United States, not only for human consumption, but for animal feed and the production of ethanol. The failure of corn crops affected the cost of corn-based food for humans, the cost of raising livestock, and the cost of gasoline. The reason for the failure was the adaptation of the corn rootworm to the insecticides built into the genetic structure of GM corn. In other words, the corn rootworm adapted and went raging through the crops in four states.

Those of you who know me are aware I am an ardent gardener. I am familiar with all kinds of plant behaviours. I am impressed with the ability of plants to adapt to conditions.

This spring was colder and wetter than normal. I planted my usual crops. My corn did not like this spring and one-quarter of the seeds I planted did not germinate, which means I will have less corn on the cob this year. The good news is

this: three-quarters of the seeds did grow, which proves my point about plant adaptation. I planted broccoli, and lost several plants to cutworms. The good news is the rest survived. Many of the pea seeds I planted did not germinate, probably due to fungus which affects pea seeds when the soil is too wet and cool. However, I will have peas next month.

This ability of plants to adapt to a variety of conditions is essential to our survival. When we alter the genetic composition of a plant to the point where it contains insecticide, and then the insects adapt to resist the insecticide, we create a super-bug that may become more of a problem than if we had left matters alone. Now, what do we do about the super-bugs that can eat our food crops and starve us?

There is more to the story than plants. There is money. Monsanto is in the seed business, producing altered seeds which Monsanto has been allowed to patent. That means nobody but Monsanto is allowed to sell these seeds. What happens if pollen drifts from a Monsanto corn field to a non-GM corn field? The corn produced will contain the GM characteristics and Monsanto can claim compensation from the non-GM farmer for violating the Monsanto patent. Good way to make money without effort?

What happens if all of the corn carries the Monsanto genetic stamp? Would that mean that none of us can grow corn except by buying the seed from Monsanto? Yes. What tremendous power that would be, to control all of the seeds in the world.

In actual fact, Monsanto is buying seed companies at a tremendous rate.

The following seed companies are subsidiaries of Monsanto: Eric Bertrand, John Zink, La Coop Uniforce, Noreasco, Inc. Seedway, Inc. Siegers Seed, Stokes Seed. There are many more owned by or affiliated with Monsanto.

If you want to know the safe seed companies, go to <http://occupy Monsanto.org/blog/Monsanto-free-seed-companies>. The list is much shorter.

Monsanto now owns 40 percent of all home garden seed companies in America.

Is this really about better crop yields, or is it more about money and control of our food crops?

# Similkameen News Leader

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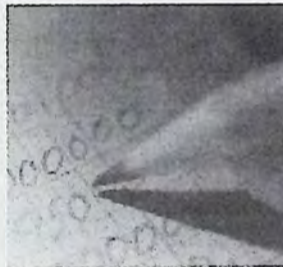
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From left, Jeremy Schorb and Karl Schorb receive the 2013 Similkameen BBQ King trophy from George Hanson, President of the Similkameen Wineries Association. Karl's dish was smokey peach, apricot blueberry basil jam spread across plate bottom, topped with Karl's apple wine German style braised red cabbage, Orchard Blossom Honey-glazed rainbow chard, 48 hour brined chicken with black garlic, maple glaze. Photo: ET2media

**Event crowns new King**

The sold-out 2013 Similkameen BBQ King was held on Saturday July 13th at the Grist Mill. It was very well attended with approximately 300 people in attendance, drawing guests from Alberta, Vancouver, the Okanagan (Kelowna, West Kelowna, Peachland, Summerland, Penticton, Oliver and Osoyoos) as well as many from the Similkameen (local

Keremeos/Cawston, Hedley, Princeton).

It was an "iron-chef" type competition where each chef received an identical box of locally sourced organic ingredients.

There were 9 competing chefs vying for the title of the Similkameen BBQ King. Each chef was paired with one of the member wineries of the Similkameen

Wineries Association. The guests were the judges of the Similkameen BBQ King. After enjoying the dish prepared by each chef, everyone that attended the event got a chance to cast their voice for who they wanted to be named the 2013 Similkameen BBQ King. The winner was Karl Schorb from the Branding Iron in Keremeos, who ..... continued on Page 7



From left to right, Jassie Lasser, Nav Lasser, Jason Hartl, Ross Derrick, Sunny Laser, George Hanson. The teams from Sage Bush Winery and the Delta Grand Okanagan received the best wine and food pairing of the night as judged by the media members in attendance. The culinary creation from Ross Derrick and Jason Hartl from the Delta Grand Okanagan was paired with Sage Bush Winery's 2012 Rose. Photo: ET2media

# "Don't Tube Alone!"

## Commentary on Tubing the Similkameen River

by Arlene Arlow, Chair  
FACTOS - Farm And  
Community Team Okanagan  
Similkameen

On Saturday July 20th, a Keremeos man lost his life on the Similkameen River. I was, fortunately, luckier, but I have respect for the river - I, too, was tossed from my tube when my tube and I met a huge boulder, but I survived. As a result, I NEVER let my friends go out on the Similkameen without a life jacket. I had tried in vain for three minutes to steer my tube around the oncoming boulder. I could see it coming but the river has her way. When I hit the boulder I was tossed over backward. My tube left me and I swam to an island. I was not wearing a life jacket and was half-way between the local Keremeos Red Bridge and the White Bridge.

Even in 28-degree heat standing on an island in the middle of the Similkameen River I realized my core body temperature was dropping due to the air currents and humidity around me. I peeled off some wet clothes (yes, I had "clothing", not just a swimsuit) and laid out my clothing to dry. It was late afternoon in August 2008 and the sun had just dropped behind the mountain. The difference in temperature without direct sunlight was profound: I decided I would not survive the night on the island if I stayed the night - I would have died from exposure.

I wandered around the small island looking for a way off. The rapids surrounding the island ranged from 24 inches deep to five feet deep with tons of boulders. I tried wading some of the shallowest rapids but couldn't get footing: the riverbed rocks were very slippery and the current was strong. The rapids were too strong for my body weight (I couldn't stand up in the water) and my swimming skills were not sufficient to survive the fast and boulder-laden rapids downstream and upstream from where I was.

I started looking around for "peo-

ple" and noticed a guy fishing a hundred yards downstream. I started yelling, "HELP!" over and over and succeeded in getting his attention. I was able to communicate my dilemma over a period of ten minutes by yelling over the roar of the rapids. I don't think he realized at first that my situation was critical: I looked "fine", just wet! But getting off the island was paramount to my survival.

He called "911" on his cell phone. There was a sense of urgency because it would be the Search and Rescue who would likely retrieve me, not the RCMP. He yelled back to me that Search and Rescue had been dispatched from Penticton. I figured it would be close to dark by the time they got there and figured no-one was going to come out on the river to fetch me in the dark. I figured, "Maybe they'll have to use a helicopter and lower down a ladder or something!" I felt silly because a lot of fuss was taking place.

A young man came by with his wife and new baby a few minutes later: they were out for a walk. He knew the river really well, was well-built (muscle and body mass) and had tubed the river many times. He waded across the shallowest rapids where I was stranded and I used him as a brace to get back to shore at the same spot. It took us a full 10 minutes to make our way across 100 feet of rapids (that's ten feet per minute) because we had to regroup each time he moved his feet: he would move one foot, I would brace against that foot. He would move another foot, and I would brace against that foot. A couple of times he had lost his balance when a river rock moved under his foot but fortunately regained it (for his benefit and mine). I got a ride home in a nice police car.

Please be careful, and don't do what I did: don't tube alone because no-one will know you're in trouble, and wear a life jacket. I had "told" ..... continued on Page 21

## Event crowns new King

..... continued from Page 6 was assisted by his son Jeremy. It was amazing to keep the title of the Similkameen BBQ King in the Similkameen for two years in a row, as Greg Fuchs from Gregor's Gourmet was the 2012 Similkameen BBQ King.

Organizers also had media judges cast a second vote for the best wine and food pairing of the night. The winner was Ross Derrick from the Delta Grand Okanagan, paired with Sage Bush Winery's 2012 Rose.

Benja Thai provided appetizers to guests during an opening wine tast-

ing event in the gardens.

People sang along and danced to the original and cover songs performed by Horseshoe Bay singer, songwriter Karen Fowle.

There was a successful silent auction with partial proceeds supporting the Grist Mill. (Donation amount and date of cheque presentation will follow).

The event was a wonderful way to introduce so many new people to Keremeos, the Grist Mill and Gardens and the amazing food and grape and fruit wines of the glorious Similkameen Valley! - submitted



## NOTICE OF PUBLIC OPINION POLL

### ELECTORAL AREA "G" (HEDLEY) OPINION POLL

PUBLIC NOTICE is hereby given to the Electoral Area "G" residents within the Hedley Telus Poll area that a non-binding public opinion poll on the following question will be held at the polling location identified below:

"Are you in favour of a 20 metre monopole being installed at 796 Scott Avenue for cellular phone and data service."

The GENERAL POLLING OPPORTUNITY will be held on:  
SATURDAY, August 10, 2013 from 10:00 am to 6:00 pm at the following Polling Place:  
Hedley Community Club, 956 Scott Avenue, Hedley BC

To confirm whether your property is within the Hedley Telus Poll area, please refer to the Hedley Telus Poll Map at [www.rdos.bc.ca/news-events/other-voting](http://www.rdos.bc.ca/news-events/other-voting).

### VOTER REGISTRATION AND ELECTOR QUALIFICATIONS

There is no need to pre-register to vote as the registration of all electors for voting on this question will take place at the time of voting. At the time of registering to vote, Electors will be required to make a declaration that the Elector meets the following requirements:

#### Resident Electors

- 18 years of age or older
- Canadian citizen
- resident of BC for at least 6 months immediately preceding polling day
- resident of the specified area of Electoral Area "G" of the Regional District of Okanagan-Similkameen for at least 30 days immediately preceding polling day, and
- not otherwise disqualified by law from voting

#### Non-Resident Property Electors

- 18 years of age or older
  - Canadian citizen
  - resident of BC for at least 6 months immediately preceding polling day
  - registered owner of real property in the specified area of Electoral Area "G" of the Regional District of Okanagan-Similkameen for at least 30 days immediately preceding polling day,
  - not otherwise disqualified by law from voting
  - Non-Resident Property Owners must not be entitled to register to vote as a resident elector and may only register to vote as a non-resident property elector in relation to one parcel of real property in the specified area of Electoral Area "G" of the Regional District of Okanagan-Similkameen
  - If there is more than one individual who is the registered owner of real property, only one of those individuals may register to vote as a Non-Resident Property Elector and MUST obtain the written consent of the number of individuals, who together with the person registering to vote, are a majority of those individuals on title to the real property.
  - At the time a Non-Resident Property Elector registers to vote, the application for registration must be accompanied by proof satisfactory to the Election Official that the applicant is entitled to register in relation to the real property, and if applicable, the written consent from the other registered owners of the real property.
- Non-Resident Property Elector Consent Forms will be available at the Voting Place at the time of voting or can be obtained prior to the time of voting by contacting the Deputy Corporate Officer as per the contact information below.

### ELECTOR IDENTIFICATION REQUIREMENTS

Resident electors will also be required to produce 2 pieces of identification (at least one with a signature). The identification must prove both residency and identity. Picture identification is not required.

Non-resident property electors must produce 2 pieces of identification (at least one with a signature) to prove identity, proof that they are entitled to register in relation to the property, and, if applicable, written consent from the other property owners. Picture identification is not required.

Documents accepted for purposes of elector identification must either be the documents prescribed under regulations to the Local Government Act or evidence deemed acceptable and satisfactory to the election official at the Voting Place.

### SCRUTINEERS

One (1) Scrutineer each for and against the question will be appointed if applications are received from persons who wish to volunteer for the positions. Only persons entitled to vote as electors on the question shown above are entitled to act as scrutineers.

Persons interested in making application to scrutineer may do so by contacting Christy Malden, Deputy Corporate Officer, at the Regional District of Okanagan-Similkameen or by completing the Application for Scrutineer at the website [www.rdos.bc.ca/news-events/other-voting](http://www.rdos.bc.ca/news-events/other-voting).

Applications will be accepted during the period:

8:30 am, Monday July 29, 2013 to 4:30 pm, Wednesday August 8, 2013

Applications will only be received during regular office days and hours during this period.

Questions with respect to this Polling Opportunity may be directed to:

Christy Malden  
DEPUTY CORPORATE OFFICER  
(250) 490-4146

Or in person, at the following location:  
Regional District of Okanagan-Similkameen, 101 Martin Street, Penticton, BC

This opinion poll is being conducted to determine the opinion of residents within the Hedley Telus Poll area with respect to installation of a monopole at the specified location. Results of this opinion poll are in no way binding.

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A tow truck driver's skillset involves cleaning up accident scenes, and Glenn Gougen of Sportsman's Corner Gas in Keremeos is experienced. The vehicle in the background of this picture hit a westbound vehicle head-on before coming to rest on its passenger side facing the other direction. The accident occurred late on the afternoon of July 19th on Highway 3 east of Keremeos. Highway 3 traffic was detoured along the Upper Bench Road for more than 4 hours following the accident. Skid marks and comments from witnesses suggest that the Blazer in this photo was eastbound and swerved to avoid rear-ending another vehicle that was turning off the highway. The Blazer hit head-on with a westbound vehicle. One victim with critical head injuries was airlifted out from a landing pad at Similkameen Elementary Secondary School. Four others were also sent to hospital. Photo: Arlene Arlow

# Saddles 'n' Spurs

by Pastor George Donovan

I was brought up along with my six siblings in Sunday school and church. I was very involved in St. Clements Anglican Church in Lynn Valley and became an altar boy. I also went to the youth group.

As I mentioned when I wrote my aptitude test back in Grade 9, the results showed that I was best suited to be a social worker or a cowboy. I loved our priest and considered what he did would certainly fall into the category of a social worker.

One Sunday in my first summer on the ranch I took a writing pad and pen and hiked across the valley and up the hillside overlooking the ranch. I had decided to write a letter to my mom. One of the things I mentioned in the letter was that I felt God was calling me to be a priest. I felt excited about it and when I got back I actually talked to my priest and he encouraged me.

Back in school it was still on my mind but before the year was out, for reasons I'm not certain, I had totally lost interest and couldn't wait to get back to the ranch. I worked through the summer on the ranch and in the fall of '57 I was planning on staying around for roundup but I was young and ambitious and wanted to own a ranch some day. I looked at some of the older cowboys, at least somewhat older than me and calculated that if I was to stay on the ranch as a cowboy at \$90 a month it would be virtually impossible to ever buy a ranch.

I decided I had to get a job that paid a lot more and start to save money for my dream. I remember as I left the ranch, looking back and how I felt torn with my decision - had I made a mistake? When I was back in Lynn Valley in the fall I was miss-

ing the ranch life something fierce.

Tommy Bloy was a good friend of mine, we used to ride a lot together. We both decided we'd go back up country and get a job on a ranch. He had an old car, and we loaded it up and left for the Cariboo and other ranch areas. We spent a week going from one ranch to another and no

one was hiring.

The last place we stopped we offered to do anything, fencing, winter wood, anything. Eventually we offered to work just for board and the rancher said he would love to but he couldn't afford that. We decided to head back home and look for work.

..... continued Next Week

## Living Past 100

### Beets Are A Health Miracle

Beet roots and beet greens are great eating, but surprisingly not as popular as other vegetables, unless you have east European ancestry. Everybody knows about borscht, the favourite soup made from beets. What most people do not know is the traditional use of beet root as a way to fight cancer. Beets contain a substance called betacyanin which gives beets their rich red colour. Some medical researchers believe it is betacyanin that makes beets a powerful anti-cancer vegetable. In Hungary, Dr. Alexander Ferenczi gave patients suffering from cancer raw beet juice and raw beets. This treatment proved effective for lung cancer and prostate cancer.

Raw beet salad and raw beet juice are traditional folk treatments for fighting tumours, and of course, preventing cancer. To make a raw beet salad, wash and peel the beet root then grated it as you would grate carrots. You can add peppers, cabbage, nuts, grated carrots and garlic to your salad. Add anything you like to a raw beet salad. You can add any kind of dressing to beet salad, but most people prefer a simple vinegar and oil dressing.

Because beets are full of folate, eating beets prevents birth defects. Young women should have plenty of beets in their diet. Beets also contain some iron, another good thing for young women and girls.

Cooking beets is often a problem to those who are not accustomed to eating beets. Wash the beet roots, cook them until tender so the skin will slide off. Cut them in squares or rounds, then reheat in a small amount of water and serve with butter or vinegar, depending on your taste.

Beet greens have all of the benefits of other greens and are easy to cook. Just wash the leaves thoroughly, then steam them for about 20 minutes. Swiss chard is a relative of beet greens, and is cooked the same way. They can be mixed together and eaten as a side dish. Swiss chard is excellent for preventing coughs, sore throat and glandular swelling. Both contain high amounts of calcium and potassium, good for building bones and lowering blood pressure.

Eating beets will make your urine run red, so do not panic - you are not bleeding!





# News Leader Entertainment

Similkameen News Leader TV Guide Listings - July 30 - August 5, 2013



Jeremy Davidson (centre) and fellow Canadian Forces participants celebrate after completing the Navy Trident Triathlon in Guysborough, N.S. July 21, 2012 in preparation and training for his "Big Swim" across the Northumberland Strait next month. - photo submitted

## Local family promotes epic swim event

Princeton residents, Daniel and Andrea Davidson, will soon be celebrating the success of their Extreme Athlete son Jeremy, as he completes his swim across the Northumberland Strait, between New Brunswick and P.E.I., for Children with Chronic Illnesses Charities.

Through Canadahelps.org, Jeremy will be swimming for Brigadoon Village, a camp for critically ill children and adolescents. As a full-time member of the Canadian Forces, Jeremy and his wife Sherise (also a full-time member of the Canadian Forces) spend all the free time they can find in training as Extreme Athletes and have participated in countless Triathlons and several Iron Man events on both coasts, Ontario and Quebec.

With their two sons Brysen and baby Zeke, a two and a half year old and a six month old, at their side, both of these young parents love being able to give back to their communities by participating in events like the upcoming "Big Swim".

Recently, during a trip to Nova Scotia Davidson told his dad, "The best part of these events is what happens to deserving kids after the event is over and we have all moved on to other things. Children, who otherwise would not be able to par-

ticipate in most of the activities a lot of us take for granted, are able to participate in doing what kids do best; playing and having fun in fresh air and sunlight." Through agencies like Canadahelps.org, and facilities like Brigadoon Village, people like Jeremy and Sherise, and the many other competitors and volunteers who make this all possible, are able to help make those little dreams come true.

Of course, all their efforts would be for nothing if not for the generosity

of the ordinary decent folks who contribute hard earned dollars to their efforts. If you would like to help, please visit Canadahelps.org "Jeremy's Big Swim Page" to donate and receive your Certified Tax Receipt for the full amount of your donation. It is located online at this address: <http://www.canadahelps.org/GivingPages/GivingPage.aspx?gpID=29006>.

To all of those who compete and donate, thank you all so very much! Go Jeremy, Go! - submitted

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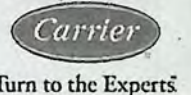
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# Tuesday Movies

**EVENING**

9:30 pm WTBS ch.3 "Delta Farce" (2007, Comedy) Larry the Cable Guy. An Army officer mistakes three buddies for Army Reservists and deploys them to Iraq, but their vehicle is prematurely ejected over Mexico.

11:30 pm WTBS ch.3 "Double Jeopardy" (1999, Suspense) Tommy Lee Jones. While in jail for murdering her husband, a woman discovers he is living under a new identity with their son.

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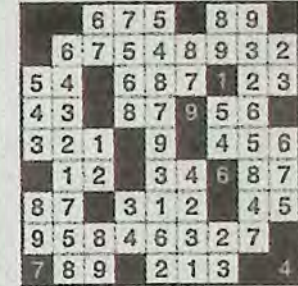
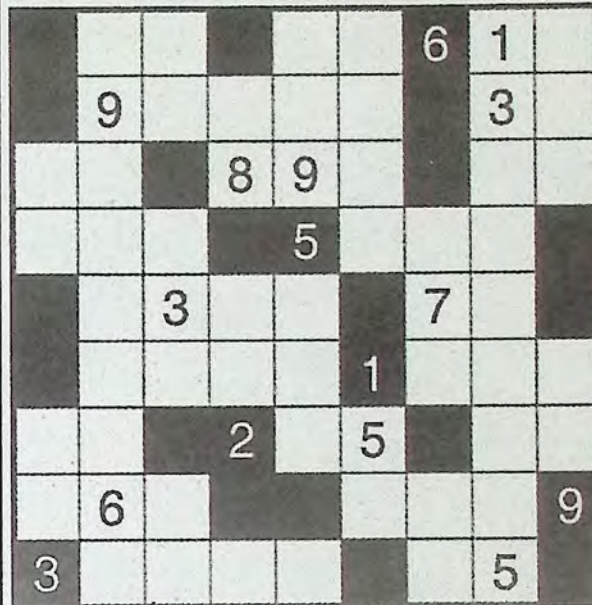
# News Leader Str8ts

## STR8TS

No. 136

Medium

Previous solution - Tough



How to beat Str8ts -  
Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into compartments. These need to be filled in with numbers that complete a 'straight'. A straight is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

You can find more help and strategies at [www.str8ts.com](http://www.str8ts.com) along with more puzzles, Apple apps and books.

THIS WEEK'S  
**News Leader Str8ts**  
SOLUTION WILL APPEAR  
IN NEXT WEEK'S ISSUE

**TUESDAY, JULY 30, 2013**

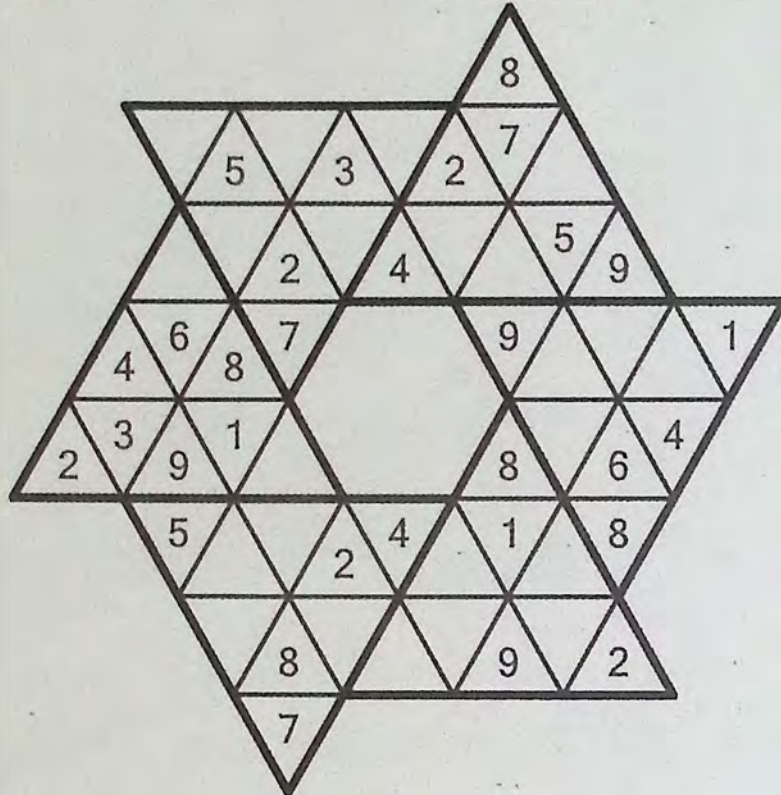
	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM	In the Heat of the Night	Morning News (N)	To School G. Shrinks	Thomas Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds (N)	News	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Being Ian Being Ian	SportsCentre	CTV Morning Live (N)	Mighty Planes	Stella-Sam Mickey	CityLine (N)	Tattoo	Canadian Pickers (N)
7 AM	Justice	Justice	Arthur (N) Magic Bus	Arthur Martha	Today Matt Damon; Robin Thicke performs. (N)	CBS This Morning (N)	Criminal Minds (N)	Good Morning America (N)			Tiger Monster	Rescue Super Evil	SportsCentre		Highway Thru Hell	Never Land Hannah	Let's Make a Deal	Tattoo	Earth: Final Conflict (N)
8 AM	Judge Alex	Judge Alex	Tree Fu Dinosaur	Curious Cat in the			CSI: Miami (N)		Morning Huntley	Morning Huntley	Bo On/Go Busytown	Sidekick Beyblade	SportsCentre		Backyard Backyard	Suite/Deck Suite/Deck	The Price Is Right	Tattoo	Canadian Pickers (N)
9 AM	Millionaire	Morning Huntley	Pinky Peep, Blg	Super Why! Dinosaur		The 700 Club (N)	CSI: Miami (N)	Liv! Kelly and Michael	Morning Huntley	The Doctors (N)	Super Why! Cat in the	Pokémon Storm	SportsCentre	Liv! Kelly and Michael	Licence to Drill	Wizards Wizards	Access Hollywood Live	Tattoo	Canadian Pickers (N)
10 AM	Law Order: CI	The Doctors (N)	Dinosaurs Rolie Polie	Sesame Street (E)		The Price Is Right	Criminal Minds "Doubt"	The View (N)	The Doctors (N)	Chef/Home Debt/Part	Bookaboo Doodlebop	Squirrel Super Evil	Nine for IX	The View (N)	How/Made How/Made	ANT Farm ANT Farm	The Chew (N)	Tattoo	Gold Girls
11 AM	Law Order: CI	Chef/Home Debt/Part	Berenstein Wild Kratts	Tiger Sit & Be Fit	Judge B. Judge B.	Young & Restless	Criminal Minds (N)	Paid Prog. AntiAging	Chef/Home Debt/Part	Noon News Hour	Steven and Chris	Super Evil Kid vs. Kat	Nine for IX	Marilyn Denis	Overhaul'n (N)	Shake It Shake It	General Hospital (N)	Tattoo	3's Co.
12 PM	Excused	Noon News Hour (N)	Dino Dan Rob Robot	Charlie Rose (N)	M. Williams America	News Bold	The First 48	The Chew (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Kid vs. Kat Team Gal	World Series of Poker	CTV News (N)	Sons of Guns (N)	Austin Austin	CityLine	Ink Master (N)	Draw
1 PM	There Yet?	Days of our Lives (N)	Clifford Miss BG	Painting Quitting	Days of our Lives (N)	The Talk (N)	The First 48	General Hospital (N)	Days of our Lives (N)	The Talk (N)	Heartland (DVS)	Rated A Rated A	SportsNation (N)	Anderson Live (N)	Backyard Backyard	Jessie Jessie	Katie (N)	Ink Master (N)	3rd Rock
2 PM	King	The Talk (N)	Lilly Dinosaur	Barney WordWorld	Katie (N)	Let's Make a Deal	The First 48	The Jeff Probst Show	The Talk (N)	The Rick Lake Show	Steven and Chris	Almost Super Evil	Record Interruption	Dr. Phil (N)	Auction Auction	Good Luck Good Luck	CityNews at 5 (N)	Tattoo Rescue (N)	Roseanne Roseanne
3 PM	The Office	The Rick Lake Show	Rob Robot Jungle B'k	Sid WordGirl	Ellen DeGeneres Show	Dr. Phil (N)	Storage	Rachael Ray (N)	The Rick Lake Show	Young & Restless	Recipes Stefano	Sidekick Squirrel	SportsCentre (N)	The Dr. Oz Show	How/Made How/Made	Shake It Upl (N)	CityNews at 6 (N)	Tattoo Rescue (N)	Canadian Pickers (N)
4 PM	Big Bang	Young & Restless	G. Shrinks Arthur (N)	Wild Kratts Electric	Jdg Judy	The Dr. Oz Show	Storage	The Doctors (N)	Young & Restless	Early News Global Nat.	Dragons' Den (N)	Parents Parents	CFL Pre CFL	Ellen DeGeneres Show	Licence to Drill	Shake It Shake It	How I Met 30 Rock	Tattoo Rescue (N)	Canadian Pickers (N)
5 PM	Browns	News (N)	Martha Wild Kratts	News Business	News NBC News	News CBS News	Storage	News ABC News	Early News Global Nat.	(4:59) News Hour	News News	The Fairy OddParents gonaunts. (N)	Football: BC Lions at Toronto Argonauts. (Live)	CTV News at Five (N)	Deadliest Catch	Shake It Shake It	Mindy Seed	Ink Master (N)	3's Co.
6 PM	Browns	Global Nat.	Animals Dogs/Jobs	PBS News-Hour (N)	News Millionaire	KREM 2 News at 6 (N)	Storage	News News	(5:59) News Hour (N)	ET Canada Ent	News Exchange	Mr. Young Mr. Young		CTV News (N)	Deadliest Catch (N)	Good Luck Good Luck	America's Got Talent Twelve acts perform. (N)	Ink Master (N)	Draw
7 PM	Seinfeld (N)	Ent ET Canada	Be the Creature	Lincoln Highway	Jeopardy! Wheel	Inside Ed. Access H.	Shipping	Ent Insider	Ent ET Canada	Elementary (N)	George S Coronation	Boys Boys	SportsCentre (N) (Live)	Big Bang So You Think You Can Dance (N Same-day Tape)	Deadliest Catch Greenhorns Special. (N)	Good Luck Good Luck	CityNews-Tonight (N)	Tattoo	Roseanne Roseanne
8 PM	Family Guy	NCIS (DVS)	Monarchy	Old Amusement Parks	Hollywood Game Night	NCIS (DVS)	Shipping	Extreme Weight Loss "Ch-antel" (N)	NCIS (DVS)	NCIS (DVS)	22 Minutes Zolink'dl (N)	Wipeout Canada	Amazing Race	Saving Hope (N)	Deadliest Catch	Wing'n' It Warthogs!	Jimmy Kimmel Live (N)	Ink Master (N)	3's Co.
9 PM	Amer. Dad	NCIS: Los Angeles (N)	Stonewall Uprising (N)	Frontline (N)	America's Got Talent Twelve acts perform.	NCIS: Los Angeles (N)	Storage	Body of Proof (N)	Elementary (N)	News Hour Final (N)	The National (N)	Prank Ptrl Prank Ptrl	SportsCentre (N)	Saving Hope (N)	Deadliest Catch Greenhorns Special.	Lizzie So Raven	Maury (N)	Ink Master (N)	Draw
10 PM	Delta Farce (2007) Bill Engvall	Elementary (N)	Average	Moyers & Company (N)		Person of Interest	Storage	Body of Proof (N)	Elementary (N)	News Hour Final (N)	The National (N)	Prank Ptrl Prank Ptrl	SportsCentre (N)	CTV News	Deadliest Catch Greenhorns Special.	Cory Princess	Paid Prog.	Tattoo	3rd Rock
11 PM	Double J	CHBC News Final (N)	Be the Creature	Charlie Rose (N)	News Jay Leno	News Letterman	Shipping	News J. Kimmel	News Hour Final (N)	ET Canada J. Probst	CBC News George S	Boys Mr. Young	SportsCentre (N)	CTV News					

# News Leader Sudoku 465

# Wednesday Movies

## HOSHI SUDOKU - About The Puzzle

Sudoku - also known as "Number Place" - is a logic-based, combinatorial number-placement puzzle. The aim of Sudoku is to enter a number from 1 through 9 in each cell of a grid, most frequently a 9x9 grid made up of 3x3 subgrids. Each row, column and region must contain only one instance of each number. This Sudoku variant is called "Hoshi Sudoku". It contains six large triangles. The numbers 1 to 9 must be placed into the cells of each large triangle. Every line of any length - even uncontinuous - must contain every number not more than once.



www.sudoku-puzzles.net

**THIS WEEK'S SOLUTION: Page 20**

### EVENING

9:30 pm WTBS ch.3 "Final Destination 2" (2003, Horror) Ali Larter. Death returns to claim the lives of those who did not die in a horrible highway calamity as they were meant to do.  
11:30 pm WTBS ch.3 "The Last Castle" (2001, Suspense) Robert

Redford. A court-martialed general leads a revolt against a corrupt warden in a military prison.

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### WEDNESDAY, JULY 31, 2013

	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	Morning News (N) E	To School	Bulder	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds "Doubt"	News	Morning News (N) E	(5:00) Morning News (N)	CBC News Now (N) O	Being Ian	SportsCentre E	CTV Morning Live (N) O E	Gold Rush E	Stella-Sam Mickey	CityLine (N) E	Wildest Police Videos	Weird or What?
7 AM	Justice	Justice	Arthur O	Arthur	Today Paula Patton; Leigh Gallagher. (N) O E	CBS This Morning (N) O E	Criminal Minds O E	Good Morning America (N) E			Tiger	Rescue	SportsCentre E		Canada's Worst Driver	Never Land Hannah	Let's Make a Deal E	Wildest Police Videos	Earth: Final Conflict O
8 AM	Judge Alex	Judge Alex	Tree Fu	Curious			CSI: Miami "Ambush"			Morning Huntley	Bo On/Go	Sidekick	SportsCentre E		Auction	Suite/Deck	The Price Is Right E	Wildest Police Videos	Weird or What?
9 AM	Millionaire	Morning Millionaire	Pinky	Super Why!		The 700 Club O E	CSI: Miami "All In" E	Live! Kelly and Michael	Morning Huntley	The Doctors O E	Super Why! Cat in the	Pokémon Storm	SportsCentre E	Live! Kelly and Michael	Last Car Standing	Wizards	Access Hollywood Live	Wildest Police Videos	Weird or What?
10 AM	Law Order: CI	The Doctors O E	Dinosaurs	Sesame Street O (E)		The Price Is Right E	Criminal Minds O E	The View O E	The Doctors O E	Chef/Home Debt/Part	Bookaboo	Squirrel	NHRA Drag Racing: Sonoma Nationals. From Sonoma, Calif. (Taped) E	The View O E	How/Made	ANT Farm	The Chew O E	Wildest Police Videos	Gold Girls
11 AM	Law Order: CI	Chef/Home Debt/Part	Berenstain Wild Kratts	Tiger Sit & Be Fit	Judge B.	Young & Restless	Criminal Minds O E	Paid Prog.	Chef/Home Debt/Part	Noon News Hour	Steven and Chris E	Super Evil Kid vs. Kat	Marilyn Denis	Mayday E	Shake It	General Hospital (N) O	Cops E	3's Co.	
12 PM	Excused	Noon News Hour (N)	Dino Dan	Charlie Rose O E	Joint Help	News Bold	The First 48 E	The Chew O E	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) O	Kid vs. Kat Team Gal		CTV News (N) O E	Deadliest Catch E	Austin	CityLine E	Cops E	70s Show
1 PM	There Yet?	Days of our Lives (N)	Clifford	Oil Painting	Days of our Lives (N)	The Talk (N) O E	The First 48 E	General Hospital (N) O	Days of our Lives (N)	The Talk (N) O E	Heartland "Graduation"	Rated A	E:60 E	Anderson Live O E	Deadliest Catch Greenhorns	Jessie E	Katie O E	Cops E	3rd Rock
2 PM	King	The Talk (N) O E	Lilly	Barney	Katie O E	Let's Make a Deal E	The First 48 E	The Jeff Probst Show	The Talk (N) O E	The Ricki Lake Show	Steven and Chris E	Almost Super Evil	Record Interruption	Dr. Phil O E	Special. E	Good Luck	CityNews at 5 (N) E	Cops E	Roseanne
3 PM	The Office	The Ricki Lake Show	Rob Robot	Sid	Ellen DeGeneres Show	Dr. Phil O E	The First 48 E	Rachael Ray O E	The Ricki Lake Show	Young & Restless	Recipes Stefano	Sidekick Squirrel	SportsCentre (N) E	The Dr. Oz Show E	How/Made	Jessie E	CityNews at 6 (N) E	Cops E	Weird or What?
4 PM	Big Bang	Young & Restless	G. Shrinks	Wild Kratts	Jdg Judy	The Dr. Oz Show E	Duck D.	The Doctors O E	Young & Restless	Early News Global Nat.	Dragons' Den O E	SpongeBob	Hockey	Ellen DeGeneres Show	Mighty Planes "SOFIA"	Jessie E	How I Met 30 Rock	Bellator MMA Live Mike Chandler vs. Dave Rickels; Askren vs. Koreskov.	Weird or What?
5 PM	Browns	News (N) E	Martha	News	News	News	Duck D.	News	Early News	(4:59) News Hour	News	SpongeBob	Nine for IX (N) E	CTV News at Five (N)	Mighty Planes E	Jessie E	America's Got Talent	3's Co.	
6 PM	Browns	Global Nat.	Animals	PBS News-Hour (N) E	Millionaire	News	Duck D.	News	(5:59) News Hour (N)	ET Canada	News	Mr. Young	MLS Soccer: All-Star Game;	CTV News (N) O E	Mighty Planes "Trump"	Austin	America's Got Talent	70s Show	
7 PM	Seinfeld	Ent	Frontiers of Nature O E (DVS)	Nature O E (DVS)	Jeopardy!	Inside Ed.	Duck D.	Ent	Ent	(7:01) Camp (N) O	George S	Boys	A-League vs. MLS All-Stars. (N)	Big Bang Music	Myth-Busters O E	Austin	Mod Fam	Fight Master	Roseanne
8 PM	Family Guy	Big Brother O E	Hidden Cities of Asia	NOVA O (PA) E	America's Got Talent	Big Brother (N) O E	(8:01) Duck Dynasty	The Middle Suburg.	Big Brother (N) O E	Big Brother (N) O E	Dragons' Den O E	Babysitting	Zoink'd! O	SportsCentre (N) E	MasterChef (N) O	Deadliest Catch E	Austin	CityNews-Tonight (N)	Fight Master
9 PM	Amer. Dad	Glee O E	Jazz Benny Goodman; Billie Holiday	Nazi Mega Weapons	America's Got Talent	Criminal Minds O	Duck D.	Mod Fam	Glee O E	Glee O E	Republic of Doyle	Wipeout Canada E	Motoring	MasterChef (N) O	Mighty Planes E	Wingin' It	Jimmy Kimmel Live (N)	Bellator MMA Live Mike Chandler vs. Dave Rickels; Askren vs. Koreskov.	3's Co.
10 PM	Movie: "Final Destination 2" (2003)	(10:01) Camp (N) O	Hardwood	In My Lifetime O E	(10:01) Camp (N) O	CSI: Crime Scene	Duck D.	ABC's The Lookout (N)	(10:01) Camp (N) O	News Hour Final (N)	The National (N) E	Prank Patrl	SportsCentre (N) E	The Listener (N) O	Mighty Planes "Trump"	Lizzie	Maury O E	70s Show	
11 PM	"Last	CHBC News Final (N)	Frontiers of Nature O E	Charlie Rose (N) E	News	News	Duck D.	News	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre E	CTV News	Myth-Busters O E	Cory	Paid Prog.	3rd Rock	

# Club Championships

## Princeton Golf Club



Lyn Graff presents Sharleen Anderson, right, with the 2013 Low Gross Ladies' Club Champion Trophy. - photo submitted

### Ladies' Golf Club Championship

Sharleen Anderson's name will appear on the Ladies' Golf Club Championship trophy as this year's low gross ladies' club champion after a 2-day score of 172. The overall low net title went to Jeannette

Gerard with a steady score of 141.

First place Gross and Net winners in both flights were: Judy McElhinney, Helen Rogers, Jackie Lavoie and Joyce Madigan.

Second place Gross and Net winners were: Pam Morphy, Margaret Wilson, Betty Evans, Betty Jarvis.

Third place Gross and Net winners were: Lois Simpson, Lyn Graff, Marg Masson, Cathy Facey, and Sharon Paterson.

On course winners were Jackie Lavoie with KP and Long Drive, Sharleen Anderson with Long Drive and Closest Chip, Joyce Madigan



Sharleen Anderson, left, presents the title of Overall Low Net at the 2013 Ladies' Club Championship to Jeannette Gerard. - photo submitted

### Princeton Golf Club 2013 Champions

Sharleen Anderson (Ladies' Club Champion)  
Jeannette Gerard (Ladies' Overall Low Net)

Jonas Montgomery (Men's Club Champion)  
Darrell Smith (Men's Overall Low Net)

with KP, and Lyn Graff with Closest Chip. Joyce Madigan cleaned up the cash as she had a deuce and two chip-ins.

Congratulations to all winners!

### Men's Club Championship

Men's Club Championship was

played July 20 and 21. Jonas Montgomery's name will once again appear on the trophy as the Men's Club Champion - the same title he won in 2012. Jonas shot an impressive even par for both days. Darrell Smith captured the overall low net title.

- submitted



Jonas Montgomery, right, captured the 2013 Princeton Mens' Club Championship. He was presented with the trophy by Club Captain Glenn Weissbach - photo submitted



Darrell Smith, right, took the 2013 Men's Overall Low Net honours at the 2013 Princeton Men's Golf Championship held recently at Princeton Golf Club. - photo submitted

# SO COUNTRY INTERNET RADIO

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## Thursday Movies

### EVENING

9:30 pm WTBS ch.3 "10,000 B.C." (2008, Adventure) Steven Strait. A young mammoth-hunter leads a small band of tribesmen on a journey to the ends of the Earth on a mission to save his beloved from

her warlord kidnappers.  
11:30 pm WTBS ch.3 "The Tuxedo" (2002, Comedy) Jackie Chan. A chauffeur embarks on a covert mission after a tuxedo from a secret agent gives him extraordinary abilities.

## newsbc.ca

LOCAL - REGIONAL - NATIONAL - WORLD NEWS

PHOTO AT LEFT: Adam Fitzpatrick aka "Elvis" performed to a sold-out audience at the Legion in Keremeos July 20th. Adam lives in Penticton and is ranked 15th worldwide as an Elvis Tribute Artist. Earlier in July, he achieved an automatic entry in the world "Ultimate Elvis Tribute Artist" competition in Memphis after winning the Professional Level at the Penticton Elvis Festival. He will be competing in the Memphis world competition August 12th to 16th. Photo: Arlene Arlow

### THURSDAY, AUGUST 1, 2013

	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	Morning News (N) 8:30	To School	Thomas	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds 8:30	News	Morning News (N) 8:30	(5:00) Morning News (N)	CBC News Now (N) 8:30	Being Ian	Golf: RICOH Women's British	CTV Morning Live (N) 8:30	Nerve Center	Stella-Sam Mickey	CityLine (N) 8:30	Wildest Police Videos	Housewives
7 AM	Justice	Justice	Arthur 8:30	Arthur	Today Kevin O'Connor; Edward James Olmos. (N) 8:30	CBS This Morning (N) 8:30	Criminal Minds 8:30	Good Morning America (N) 8:30			Tiger	Rescue	Open, First Round. From Fife, Scotland. (N)		Licence to Drill	Never Land Hannah	Let's Make a Deal 8:30	Wildest Police Videos	Earth: Final Conflict 8:30
8 AM	Judge Alex	Judge Alex	Tree Fu Dinosaur	Curlous	Cat in the Hat		CSI: Miami 8:30		Morning Huntley		Bo On/Go	Sidekick		Highway Thru Hell	Suite/Deck	The Price Is Right 8:30	Wildest Police Videos	Four Weddings Canada	
9 AM	Millionaire	Morning	WordWorld	Super Why!		The 700 Club 8:30	CSI: Miami 8:30	Livel Kelly and Michael	Morning Huntley	The Doctors 8:30	Super Why! Cat in the Hat	Pokémon	SportsCentre 8:30	Livel Kelly and Michael	Pyros (DVS)	Wizards	Access Hollywood Live	Wildest Police Videos	Housewives
10 AM	Law Order: CI	The Doctors 8:30	Dinosaurs	Sesame Street 8:30		The Price Is Right 8:30	Criminal Minds 8:30	The View 8:30	The Doctors 8:30	Chef/Home	Bookaboo	Squirrel	Boxing	The View 8:30	How/Made	ANT Farm	The Chew 8:30	Wildest Police Videos	Gold Girls
11 AM	Law Order: CI	Chef/Home	Berenstein	Tiger	Judge B.	Young & Restless	Criminal Minds 8:30	Paid Prog. Wen Hair	Chef/Home	Noon News Hour	Steven and Chris 8:30	Super Evil		Marilyn Denis	Dangerous Flights	Shake It	General Hospital (N) 8:30	Cops 8:30	3's Co.
12 PM	Excused	Noon News Hour (N)	Dino Dan	Charlie Rosa (N) 8:30	Paid Prog.	News	The First 8:30	The Chew 8:30	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 8:30	Kid vs. Kat	Amazing Race	CTV News (N) 8:30	Mighty Planes 8:30	Austin	CityLine 8:30	Cops 8:30	Frasier 8:30
1 PM	There Yet?	Days of our Lives (N)	Clifford	Painting	Days of our Lives (N)	The Talk (N) 8:30	The First 8:30	General Hospital (N) 8:30	Days of our Lives (N)	The Talk (N) 8:30	Heartland (DVS)	Rated A	E:60 8:30	Anderson Live 8:30	Mighty Planes "Trump"	Jessie 8:30	Katie 8:30	Cops 8:30	3rd Rock
2 PM	King	The Talk (N) 8:30	Lilly	Barney	Katie 8:30	Let's Make a Deal 8:30	The First 8:30	The Jeff Probst Show	The Talk (N) 8:30	The Ricki Lake Show	Steven and Chris 8:30	Almost	Record	Dr. Phil 8:30	Myth-Busters 8:30	Good Luck	CityNews at 5 (N) 8:30	Cops 8:30	Roseanne
3 PM	The Office	The Ricki Lake Show	Rob Robot	Sid	Ellen DeGeneres Show	Dr. Phil 8:30	The First 8:30	Rachael Ray 8:30	The Ricki Lake Show	Young & Restless	Recipes	Sidekick	SportsCentre (N) 8:30	The Dr. Oz Show 8:30	How/Made	ANT Farm	CityNews at 6 (N) 8:30	Cops 8:30	Four Weddings Canada
4 PM	Big Bang	Young & Restless	G. Shrinks	Wild Kratts	Jdg Judy	The Dr. Oz Show 8:30	The First 8:30	The Doctors 8:30	Young & Restless	Early News	Dragons' Den 8:30	Parents	Hockey	Ellen DeGeneres Show	How/Made	ANT Farm	How I Met	Cops 8:30	Housewives
5 PM	Browns	News (N) 8:30	Martha	News	News	News	Beyond Scared Straight	News	Early News	(4:59) News Hour	News	Parents	World Series of Poker	CTV News at Five (N)	Fast N' Loud (N) 8:30	ANT Farm	Wipeout (N) 8:30	Cops 8:30	3's Co.
6 PM	Browns	Global Nat.	Animals	PBS News-Hour (N) 8:30	News	KREM 2 News at 6 (N)	Beyond Scared Straight	News	(5:59) News Hour (N)	ET Canada	News	Mr. Young "Mr. Space"	World Series of Poker	CTV News (N) 8:30	Fast N' Loud (N) 8:30	Shake It	Person of Interest 8:30	IMPACT Wrestling (N) (Live) 8:30	Frasier 8:30
7 PM	Seinfeld	Ent	Ancient Clues	Rememb-When	Jeopardy!	Inside Ed.	Beyond Scared Straight	Ent	Ent	(7:01) Rookie Blue (N)	George S	Boys	SportsCentre (N) (Live) 8:30	Big Bang TV	Fantom-Works (N)	Shake It	(7:01) Law & Order: UK	Roseanne	
8 PM	Family Guy	The Winner Is... (N) 8:30	To Boldly Go "Up" (N)	New Tricks "Half Life"	The Winner Is... (N) 8:30	Big Bang Two Men	Beyond Scared Straight	Wipeout (N) 8:30	The Winner Is... (N) 8:30	The Winner Is... (N) 8:30	The Nature of Things	Splatalot	Record	Two Men	Shred!	Shake It	CityNews-Tonight (N)	Fight Master	Debt/Part
9 PM	Amer. Dad	(9:01) Big Brother (N)	Rock Hudson	Inspector George Gently	The Winner Is... (N) 8:30	(9:01) Big Brother 8:30	Beyond Scared Straight	Motive "Undertow" (N)	(9:01) Big Brother (N)	(9:01) Big Brother 8:30	Doc Zone (DVS)	Wipeout Canada 8:30	Nine for IX 8:30	Motive "Undertow" 8:30	Fast N' Loud 8:30	Wingin' It	Jimmy Kimmel Live (N)	Tattoo	3's Co.
10 PM	"10,000 B.C." (2008) Steven Strait.	(10:01) Rookie Blue (N)	Doris Day Superstar	Healthy	Hollywood Game Night	Elementary 8:30	Beyond Scared Straight	(10:01) Rookie Blue (N)	(10:01) Rookie Blue (N)	(10:01) News Hour Final	The National (N) 8:30	Prank Ptr	SportsCentre (N) 8:30	Hollywood Game Night	Fantom-Works	Lizzie	Maury 8:30	Tattoo	Frasier 8:30
11 PM	"Tuxedo"	CHBC News Final (N)	Ancient Clues	Charlie Rose (N) 8:30	News	News	Beyond Scared Straight	News	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre 8:30	CTV News	Fast N' Loud 8:30	Cory	Paid Prog.	Ways Die	3rd Rock

# Friday Movies

**EVENING**

7:00 pm YTV ch.18 "Air Bud: Golden Receiver" (1998, Comedy-Drama) Kevin Zegers. A golden retriever with a flair for sports helps a boy handle football and the new boyfriend of the boy's widowed mother. (In Stereo) (CC)

7:30 pm 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 kidnappers in Mexico City. (In Stereo)

8:00 pm FAM ch.26 "Robots" (2005, Comedy) Voices of Ewan McGregor. Animated. A robot leads a revolution against a corporate bigwig who wants to send older-model cyborgs to the

scrap heap. (In Stereo) (CC)  
9:30 pm WTBS ch.3 "The Tuxedo" (2002, Comedy) Jackie Chan. A chauffeur embarks on a covert mission after a tuxedo from a secret agent gives him extraordinary abilities.

10:00 pm FAM ch.26 "Let It Shine" (2012, Comedy-Drama) Tyler James Williams. A teenage rapper must use his musical talent to battle his nemesis and win the girl of his dreams. (In Stereo) (CC)

11:30 pm WTBS ch.3 "Vertical Limit" (2000, Suspense) Chris O'Donnell. A climber must rescue his sister stranded by an avalanche.

# News Leader Recipe 572

## Mixed Herbs Chicken with Sweet Potato Mash

(NC) - This recipe is perfect for those colder autumn days as the warm, creamy potatoes provide comfort and play the perfect partner to this herbaceous chicken. Preparation time: 15 minutes - Cooking time: 40-45 minutes.

**Ingredients (Serves 4)**

- 4 chicken breasts
- 1 x pack Maggi So Juicy Mixed Herbs
- 1 large Russet potato, peeled and diced
- 3 large sweet potatoes, peeled and diced
- Freshly ground black pepper and salt
- 2 Tbsp butter
- 1 Tbsp olive oil
- 1 medium head of broccoli, cut into florets

**Method**

- Preheat the oven to 350°F (180°C) or 320°F (160°C) for convection oven and cook the chicken according to the pack instructions.
- About 15 minutes before the end of the chicken cooking time, place the diced potato into boiling water for 5 minutes, then add the sweet potato and cook until the potatoes are tender. Roughly mash, adding butter, salt, and pepper to taste, then mash thoroughly.
- Heat the oil in a pan and quickly sauté the broccoli until tender. Cover to keep warm.
- Remove the chicken from the oven, leave to cool for a minute then cut the bag open and gently tip the contents into a dish.
- Slice the chicken breasts into chunky pieces on a board, keeping the chicken breast shape together.
- Serve the mash potato topped with the chicken and remaining sauce with a side of broccoli.

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**FRIDAY, AUGUST 2, 2013**

	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 :30	In the Heat of the Night	Morning News (N) ☐	To School G. Shrinks	Builder Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Bates Motel ☐	News	Morning News (N) ☐	(5:00) Morning News (N)	CBC News Now (N) ☐	Belng lan Belng lan	Golf: RICOH Women's British Open, First Round. From Fife, Scotland. (N)	CTV Morning Live (N) ☐	How/Made How/Made	Stella-Sam Mickey	CityLine (N) ☐	Deadliest Warrior	Security Security
7 AM :30	Justice Justice		Arthur ☐ Magic Bus	Arthur Martha	Today The Band Perry performs. (N) ☐	CBS This Morning (N) ☐	Bates Motel ☐	Good Morning America Ne-Yo performs. (N) ☐			Tiger Monster	Yu-Gi-Oh! Super Evil			Pyros "Istanbul" Myth-Busters ☐	Never Land Hannah	Let's Make a Deal ☐	Deadliest Warrior	Earth: Final Conflict ☐
8 AM :30	Judge Alex Judge Alex		Treo Fu Dinosaur	Curious Cat in the			Bates Motel "Trust Me"		Morning Huntley		Bo On/Go Bustown	Slidekick Beyblade			Suite/Deck Suite/Deck	The Price Is Right ☐	Deadliest Warrior	Outlaw Bikers ☐	
9 AM :30	Millionaire Millionaire	Morning Huntley	WordWorld Peep, Big	Super Why! Dinosaur		The 700 Club ☐	Bates Motel ☐	Livel Kelly and Michael	Morning Huntley	The Doctors ☐	Super Why! Cat in the	Pokémon Storm	SportsCentre ☐	Livel Kelly and Michael	Mighty Planes Wizards	Wizards Hollywood Live	Deadliest Warrior	Security Security	
10 AM :30	Law Order: CI	The Doctors ☐	Dinosaurs Rolle Polle	Sesame Street ☐ (E)		The Price Is Right ☐	Bates Motel ☐	The View ☐	The Doctors ☐	Chef/Home Debt/Part	Bookaboo Doodlebop	Squirrel Super Evil	Bowling	The View ☐	How/Made How/Made	ANT Farm ANT Farm	The Chew ☐	Deadliest Warrior	Gold Girls Gold Girls
11 AM :30	Law Order: CI	Chef/Home Debt/Part	Borenstain Wild Kratts	Tiger Sit & Be Fit	Judge B. Judge B.	Young & Restless	Bates Motel ☐	Paid Prog. Paid Prog.	Chef/Home Debt/Part	Noon News Hour	Steven and Chris ☐	Super Evil Kid vs. Kat		Marilyn Denis	Mighty Ships ☐	Shake It Shake It	General Hospital (N) ☐	Deadliest Warrior	3's Co. 3's Co.
12 PM :30	Excused Excused	Noon News Hour (N)	Dino Dan Rob Robot	Charlie Rosa (N) ☐	Paid Prog. Paid Prog.	News Bold	Bates Motel ☐	The Chew ☐	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) ☐	Kid vs. Kat Team Gal	World Series of Poker	CTV News (N) ☐	Fast N' Loud ☐	Austin Austin	CityLine ☐	Deadliest Warrior	King King
1 PM :30	There Yet? There Yet?	Days of our Lives (N)	Clifford Miss BG	Gary Spatz Scrapbook	Days of our Lives (N)	The Talk (N) ☐	Bates Motel ☐	General Hospital (N) ☐	Days of our Lives (N)	The Talk (N) ☐	Heartland ☐ (DVS) Rated A	Rated A Rated A	World Series of Poker	Anderson Live ☐	Fantom-Works Jessie ☐	Jessie ☐	Katie ☐	Deadliest Warrior	3rd Rock 3rd Rock
2 PM :30	King King	The Talk (N) ☐	Lilly Dinosaur	Barney WordWorld	Katie ☐	Let's Make a Deal ☐	Bates Motel "Midnight"	The Jeff Probst Show	The Talk (N) ☐	The Ricki Lake Show	Steven and Chris ☐	Almost Super Evil	Record Interruption	Dr. Phil ☐	Fast N' Loud ☐	Good Luck Good Luck	CityNews at 5 (N) ☐	Deadliest Warrior	Roseanne Roseanne
3 PM :30	The Office The Office	The Ricki Lake Show	Rob Robot Jungle B'k	Sid WordGirl	Ellen DeGeneres Show	Dr. Phil ☐	Storage Storage	Rachael Ray ☐	The Ricki Lake Show	Young & Restless	Recipes Stefano	Slidekick Squirrel	SportsCentre (N) ☐	The Dr. Oz Show ☐	How/Made How/Made	Good Luck Good Luck	CityNews at 6 (N) ☐	Deadliest Warrior	Outlaw Bikers ☐
4 PM :30	Big Bang Big Bang	Young & Restless	G. Shrinks Arthur ☐	Wild Kratts Biz Kid\$	Jdg Judy Jdg Judy	The Dr. Oz Show ☐	Storage Storage	The Doctors ☐	Young & Restless	Early News Global Nat.	Dragons' Den ☐	Kung Fu Kung Fu	Hockey Boxing	Ellen DeGeneres Show	NeverEver NeverEver	Good Luck Good Luck	Murdoch Mysteries ☐	Deadliest Warrior	Security Security
5 PM :30	Browns Payne	News (N) ☐	Martha Wild Kratts	News Business	News NBC News	News CBS News	Storage Storage	News ABC News	Early News Global Nat.	(4:59) News Hour	News News	Turtles Turtles		CTV News at Five (N)	Sons of Guns ☐	Dog Good Luck	Funnies Home Videos	Ways Die Ways Die	Debt/Part Debt/Part
6 PM :30	Browns Payne	Global Nat. News	Animals Parks	PBS News-Hour (N) ☐	News Millionaire	KREM 2 News at 6 (N)	Storage Storage	News News	(5:59) News Hour (N)	ET Canada Ent	News Exchange	SpongeBob SpongeBob	CFL Football: Hamilton	CTV News (N) ☐	Don't Drive Here	Shake It Austin	Parks Seed ☐	Ways Die Ways Die	Debt/Part Debt/Part
7 PM :30	Seinfeld ☐ Seinfeld ☐	Ent ET Canada	The Blue Planet Charlie	Wash Wheel	Jeopardy! Access H.	Inside Ed. Storage	Storage Storage	Ent Inslder	Ent ET Canada	16x9 (N) ☐	George S Coronation	Movie: * * * "Air Bud: Golden Receiver" (1998)	Tiger-Cats at Edmonton Eskimos. (N) (Live) ☐	Big Bang etalk	Mayday ☐	ANT Farm Jessie (N)	Mantracker (DVS) Movie: * * * "Man on Fire" (2004)	Ways Die Debt/Part	Debt/Part ET Canada
8 PM :30	Family Guy Family Guy	Bones ☐ (DVS)	Murder Myster. Great Performances (N) ☐	Doc Martin ☐	Camp ☐ (DVS)	Undercover Boss ☐	Storage Storage	Shark Tank ☐ (DVS)	Bones ☐ (DVS)	Bones ☐ (DVS)	Mr. D ☐ Ron James	Receiver" (1998)	Shark Tank ☐ (DVS)	Mayday ☐	Movie: * * * "Robots" (2005) ☐	CityNews-Tonight (N)	Jimmy Kimmel Live ☐	Washing-ton. ☐	3's Co. 3's Co.
9 PM :30	Amer. Dad Movie: * * * "The Tuxedo" (2002)	Hawaii Five-0 ☐	Miss Marple "Ordeal by Innocence" (N)	Great Performances (N) ☐	Dateline NBC (N) ☐	Hawaii Five-0 ☐	Storage Storage	Would You Fall	Hawaii Five-0 ☐	Hawaii Five-0 ☐	the fifth estate ☐	Mr. Young Mr. Young	SportsCentre (N) ☐	The Follow-ing "Guilt"	Don't Drive Here	Jessie ☐			
10 PM :30	Jackie Chan.	16x9 (N) ☐	Architect	News News	News News	Storage Storage	Storage Storage	20/20 (N) ☐	16x9 (N) ☐	News Hour Final (N)	The National (N) ☐	Boys Boys	SportsCentre (N) ☐	Blue Bloods ☐	Sons of Guns ☐	Movie: "Let It Shine" (2012) ☐	Maury (N) ☐	Tattoo Tattoo	King King
11 PM :30	"Vertical"	CHBC News Final (N)	Architects of Change	Charlie Rose (N) ☐	News Jay Leno	News Letterman	Storage Storage	News J. Kimmel	News Hour Final (N)	ET Canada J. Probst	CBC News George S	The Next Star ☐	SportsCentre ☐	CTV News CTV News	Mayday ☐	Princess Paid Prog.	Paid Prog. Tattoo	Tattoo 3rd Rock	3rd Rock

# News Leader Weekend - Saturday Movies

MORNING

8:00 am WTBS ch.3 "Beautiful" (2000, Comedy-Drama) Minnie Driver. An impoverished young woman sacrifices everything in her quest for a beauty pageant title.

10:00 am WTBS ch.3 "Brideshed Revisited" (2008, Drama) Matthew Goode. Befriended by aristocrat Sebastian Flyte, Oxford student Charles Ryder finds the family's power and privilege seductive, and he falls in love with Sebastian's sister,

Julia.  
11:00 am KXLY ch.10 "Jack and the Beanstalk" (2010, Comedy) Gilbert Gottfried. A boy must climb a magic beanstalk to recover a treasured harp from an evil giant.  
11:30 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 kidnappers in Mexico City. (In Stereo)

AFTERNOON

12:00 pm FAM ch.26 "The Wizards Return: Alex vs. Alex" (2013, Comedy) Selena Gomez. While visiting Tuscany, Italy, a young wizard accidentally creates an evil version of herself. (In Stereo) (CC)  
4:00 pm YTV ch.18 "Arthur 2: The Revenge of Maltazard" (2009, Adventure) Voices of Selena Gomez. Animated. Arthur receives a distress call from Princess Selenia and flies to her rescue, but Emperor Maltazard has a nefarious plan to ensnare the young hero. (In Stereo) (CC)

5:00 pm WTBS ch.3 "A Beautiful Mind" (2001, Biography) Russell Crowe. Mathematics genius John Forbes Nash Jr. has paranoid schizophrenia but becomes a Nobel laureate late in life.  
SPIKE ch.44 "Walking Tall" (2004, Action) The Rock. A former Special Forces soldier becomes sheriff and deputizes an old friend to help rid their town of thugs. (In Stereo)

6:00 pm CITY ch.29 "Exotica" (1994, Drama) Bruce Greenwood. A tax inspector becomes obsessed with a stripper not getting along with her boyfriend. (CC) (DVS)  
7:00 pm SPIKE ch.44 "Walking Tall" (2004, Action) The Rock. A former Special Forces soldier becomes

sheriff and deputizes an old friend to help rid their town of thugs. (In Stereo)

7:45 pm WTBS ch.3 "The Fast and the Furious" (2001, Action) Vin Diesel. An undercover police officer investigates a gang leader suspected of stealing electronic equipment.

8:00 pm YTV ch.18 "Cyberbully" (2011, Drama) Emily Osment. A woman tries to help her teenage daughter when she becomes the victim of online bullying. (In Stereo) (CC)  
9:00 pm FAM ch.26 "Tinker Bell and the Great Fairy Rescue" (2010, Fantasy) Voices of Mae Whitman. The sprite and her rival strive to keep secret from humans the very existence of fairies. (In Stereo) (CC)

SPIKE ch.44 "Inglourious Basterds" (2009, War) Brad Pitt. An Allied officer and his team of Jewish soldiers join forces with a German actress and undercover agent to take down the leaders of the Third Reich. (In Stereo)  
10:00 pm WTBS ch.3 "The Mexican" (2001, Comedy-Drama) Brad Pitt. A bungling gangster must reform to please his girlfriend but still has one last job to fulfill.

10:12 pm FAM ch.26 "Go Figure" (2005, Drama) Jordan Hinson. A teenage figure skater must join the girls' hockey team to obtain a scholarship at the school of a renowned coach. (In Stereo) (CC)  
10:30 pm CBC ch.13 "Incendies" (2010, Drama) Lubna Azabal. A woman's last request sends her twin children to the Middle East to find their roots. (In Stereo) (CC)

EVENING

6:00 pm CITY ch.29 "Exotica" (1994, Drama) Bruce Greenwood. A tax inspector becomes obsessed with a stripper not getting along with her boyfriend. (CC) (DVS)  
7:00 pm SPIKE ch.44 "Walking Tall" (2004, Action) The Rock. A former Special Forces soldier becomes



This was one of two fawns that took turns drinking from a birdbath with a sprinkler on it in a yard in South Princeton July 21st. The mother of the pair left them in the yard for the day then retrieved them that afternoon. \*

SATURDAY, AUGUST 3, 2013

	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	Paid Prog. Wen Hair	Canadian Fishful	Wibbly Pig WordWorld	Heartland Fly Tying	(5:00) Today (N) ♀	CBS This Morning	Criminal Minds ♀	Paid Prog. Fishful	Canadian Fishful	Saturday Morning News Shane Jones.	Monster Busytown	Belgian Super Evil	Sports Centre ♀	Juicebox ♀	Auction	Wingin' It	Kitchen	Xtreme 4x4	Paid Prog.
7 AM	Paid Prog. All. Eats	Saturday Morning News Lynn	Rob Robot Rolle Polie	MotorWeek Greener	KHQ News Saturday (N) ♀	Doodlebop	Flip This House ♀	Good Morning America	Saturday Morning News Lynn	Animal Super Why!	Rated A Sidekick	Golf: RICOH Women's British	Score Golf	SickKids Foundation ♀	To Be Announced	Sonny	Eye/Asia	Trucks! ♀	Food
8 AM	Movie: ★ "Beautiful" (2000) Minnie Driver.	Collar, Welsa Wong, & Jay Janower. (N)	Art Attack G. Shrinks	Woodsmith Woodshop	Busytown	Flipping San Diego ♀	Hanna Ocean	Collar, Welsa Wong, & Jay Janower. (N)	Driving TV Fishing	Doodlebop	Squirrel	Open, Third Round. From File, Scotland. (N)	Anno Hobo	Canada AM Weekend	Mayday ♀	Phineas Dog	Polish Studio ♀	Tattoo	3's Co.
9 AM	Movie: ★★ "Brideshed Revisited" (2008) Hayley Atwell	Fishn Fishing	Wild Kratts Lilly ♀	Old House Kitchen	LazyTown Noodle	Play/Purpose	Barter Kings ♀	Recipe Food	Fishn Fishing	Powerboat Canadian	The Nature of Things	SpongeBob The Fairly OddParents	Score Golf	Mayday ♀	Good Luck	EP Weekly	Tattoo	3's Co.	
10 AM	Movie: ★★ "Brideshed Revisited" (2008) Hayley Atwell	Powerboat	Shaun Finding	Jazzy Martha	Paid Prog.	PGA Tour Golf: WGC Bridgestone Invitational, Third Round. (N) (Live) ♀	Barter Kings ♀	"Jack and Bean"	Powerboat Driving TV	PGA Tour Golf: WGC Bridgestone Invitational, Third Round. (N) (Live) ♀	the fifth estate ♀	Beyblade	Women's Soccer	Is Written	Deadliest Catch ♀	Austin Shake It	Shopping Channel ♀	Tattoo	3's Co.
11 AM	King	PGA Tour Golf: WGC Bridgestone Invitational, Third Round.	Dogs/Jobs Can. Rivers	Garden Antiques	Red Bull Signature Series (N) ♀	Beyond Scared Straight	Secret Millionaire ♀	Beyond Scared Straight	PGA Tour Golf: WGC Bridgestone Invitational, Third Round.	Recipes	Stefano	Rangers	Operation Smile ♀	Canada's Worst Driver	Sons of Guns ♀	Good Luck	Paid Prog.	Movie: ★★ "Man on Fire" (2004) Denzel Washington. ♀	3's Co.
12 PM	Browns	PGA Tour Golf: WGC Bridgestone Invitational, Third Round.	Dogs/Jobs Can. Rivers	Victor Borge: Comedy in Music ♀	Horse Racing	Beyond Scared Straight	ESPN Sports Saturday (N)	Beyond Scared Straight	Dragon's Den ♀	Sidekick	World Series of Poker	Lovett-Rold Dr. Marla &	Overhaul'n ♀	Gravety	Tow Biz	Ways Die	Eat St. ♀	3's Co.	
1 PM	Family Guy	Family Guy	Architects of Change	Ed Sullivan's Top Performers 1966-1969	Wheel Chica	Paid Prog.	Beyond Scared Straight	Junk Tube Tales	Simpsons	George S	Sidekick	Sports Centre (N) ♀	Cash Cab	Cash Cab	Good Luck	CityNews	Ways Die	Eat St. ♀	
2 PM	Family Guy	Family Guy	Architects of Change	Ed Sullivan's Top Performers 1966-1969	Wheel Chica	Paid Prog.	Beyond Scared Straight	Junk Tube Tales	Simpsons	George S	Sidekick	Sports Centre (N) ♀	Cash Cab	Cash Cab	Good Luck	CityNews	Ways Die	Eat St. ♀	
3 PM	The Office	Junk Tube Tales	Frontiers of	Ed Sullivan's Top Performers 1966-1969	Wheel Chica	Paid Prog.	Beyond Scared Straight	Junk Tube Tales	Simpsons	George S	Sidekick	Sports Centre (N) ♀	Cash Cab	Cash Cab	Good Luck	CityNews	Ways Die	Eat St. ♀	
4 PM	Seinfeld ♀	Simpsons	Easter Island	Ed Sullivan's Top Performers 1966-1969	Wheel Chica	Paid Prog.	Beyond Scared Straight	Junk Tube Tales	Simpsons	George S	Sidekick	Sports Centre (N) ♀	Cash Cab	Cash Cab	Good Luck	CityNews	Ways Die	Eat St. ♀	
5 PM	Movie: ★★ "A Beautiful Mind" (2001) Russell Crowe.	Simpsons	To Boldly Go "Up"	Big Band Vocalists from the 1940s. ♀	News NBC News	CBS News	Duck D.	News ABC News	Global Nat.	Land/Sea	One/One	NASCAR Racing: Nationwide Series. U.S. Cellular 250. (N)	etalk	Backyard	Shake It	Murdoch Mysteries ♀	Movie: ★★ "Walking Tall" (2004) Denzel Washington. ♀	Canadian Pickers ♀	
6 PM	Movie: ★★ "A Beautiful Mind" (2001) Russell Crowe.	Global Nat.	Be the Creature	Jeopardy!	Paid Prog.	Duck D.	Insider	News ABC News	Global Nat.	Land/Sea	One/One	NASCAR Racing: Nationwide Series. U.S. Cellular 250. (N)	etalk	Backyard	Shake It	Murdoch Mysteries ♀	Movie: ★★ "Walking Tall" (2004) Denzel Washington. ♀	Canadian Pickers ♀	
7 PM	(7:45)	True Crime Scene ♀	Eco Engineering	Sarah Brightman: Dream-chaser	Criminal Minds ♀	Burn Notice	Psychic Tia	Entertainment Tonight	True Crime Scene ♀	Shaye ♀ (DVS)	Absolutely Vancouver	Babysitting	W5 ♀ (DVS)	Sons of Guns ♀	Wizards Suite/Deck	Movie: ★★ "Walking Tall" (2004) Denzel Washington. ♀	Eat St. ♀	Eat St. ♀	
8 PM	Movie: ★★ "The Fast and the Furious" (2001)	Zero Hour "Ratchet" (N)	Heartbeat "Spellbound"	Gloria Estefan: The Standards	American Ninja Warrior	The Mentalist ♀	Psychic Tia	Zero Hour "Ratchet" (N)	Zero Hour "Ratchet" (N)	Zero Hour "Ratchet" (N)	The Big Decision ♀	Movie: "Cyberbully" (2011) Emily Osment. ♀	Saving Hope ♀ (DVS)	Don't Drive Here	Sonny	CityNews	Food	Food	
9 PM	Zero Hour "Spring" ♀	Midsomer Murders A sleepwalking teacher. ♀	Infinity Hall Live ♀	Do No Harm (N) ♀	48 Hours ♀	Duck D.	20/20 ♀	Shaye ♀ (DVS)	News Hour	News	Zoink'd! ♀	Sports Centre (N) ♀	The Listener ♀ (DVS)	Backyard	(10:12) Movie: ★★ "Go Figure"	The Office	The Office	Brad Pitt. ♀	3's Co.
10 PM	Movie: ★★ "The Mexican" (2001) Brad Pitt.	Shaye ♀ (DVS)	In Korea	Austin City Limits ♀	News SNL	News Cold Case	Psychic Tia	Castle "Nikki Heat" ♀	News Final	News	Splatalot	Sports Centre ♀	CTV News	Sons of Guns ♀	Princess	G. Martin	G. Martin	3's Co.	3's Co.
11 PM	SNL	SNL	In Korea	Austin City Limits ♀	News SNL	News Cold Case	Psychic Tia	Castle "Nikki Heat" ♀	News Final	News	Splatalot	Sports Centre ♀	CTV News	Sons of Guns ♀	Princess	G. Martin	G. Martin	3's Co.	3's Co.







Participants take a break on their walk to Vermilion Bluffs. - photo submitted

# Naturalists' enjoy walk to Vermilion Bluffs

by Janis Wright, VFFN

Vermilion Forks Field Naturalists walked the KVR trail from the tunnel to Vermilion Bluffs and back, on the very warm morning of July 20, and managed to keep cool with periodic visits to the river!

The bluffs are an area of interest, of course, as the historic source of the esteemed red ochre used for trading and face painting by many First Nations.

Our group was also able to appreciate the various species of birds we

encountered, as field trip leader Amanda Lahaie is one of our club's more knowledgeable birders!

Lazuli buntings, gray catbirds, ospreys, and turkey vultures were some of the highlights. Our convivial group of nine not only found

interesting gems along the riverbed, but were good citizens, picking up litter along the way.

Our next field trip will be held August 10, when Beryl Wallace and Marg Hamblin will lead an easy hike up Hedley Creek.

Princetonites will meet at Billy's Restaurant on Vermilion Avenue at 8:00 AM to carpool, while those in Hedley will gather at Wanderer's Rest at 8:30 AM. Bring a snack, water and confirm with Beryl at 250-295-4365.

## Monday Movies

### MORNING

10:00 am TROP ch.45 "Airplane!" (1980, Comedy) Robert Hays. A pilot afraid to fly follows his stewardess ex-girlfriend and must take over for the poisoned crew. (In Stereo) (CC)

### AFTERNOON

12:00 pm TROP ch.45 "Airplane II: The Sequel" (1982, Comedy) Robert Hays. The first commercial space shuttle sends loony Ted and his former girlfriend on a trip to the moon. (In Stereo) (CC)

2:00 pm TROP ch.45 "Naked Gun 33 1/3: The Final Insult" (1994, Comedy) Leslie Nielsen. Ed coaxes his "Police Squad" pal Frank out of retirement to thwart a terrorist bombing. (In Stereo) (CC)

5:00 pm TROP ch.45 "Airplane!" (1980, Comedy) Robert Hays. A pilot afraid to fly follows his stewardess ex-girlfriend and must take over for the poisoned crew. (In Stereo) (CC)

### EVENING

7:00 pm TROP ch.45 "Airplane II: The Sequel" (1982, Comedy) Robert Hays. The first commercial space shuttle sends loony Ted and his former girlfriend on a trip to the moon. (In Stereo) (CC)

9:00 pm TROP ch.45 "Naked Gun 33 1/3: The Final Insult" (1994, Comedy) Leslie Nielsen. Ed coaxes his "Police Squad" pal Frank out of retirement to thwart a terrorist bombing. (In Stereo) (CC)

9:30 pm WTBS ch.3 "Annapolis" (2006, Drama) James Franco. A young man from the wrong side of the tracks realizes his dream of entering the U.S. Naval Academy in Maryland.

11:00 pm TROP ch.45 "Airplane!" (1980, Comedy) Robert Hays. A pilot afraid to fly follows his stewardess ex-girlfriend and must take over for the poisoned crew. (In Stereo) (CC)

11:30 pm WTBS ch.3 "Beyond a Reasonable Doubt" (2009, Drama) Jesse Metcalfe. A journalist's plan to expose a corrupt district attorney backfires when the journalist's quarry gets wind of the set-up.

### MONDAY, AUGUST 5, 2013

	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	CITV 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	Morning News (N) CC	To School	Builder	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds (N) CC	News	Morning News (N) CC	Stagers	CBC News	Being Ian	SportsCentre	CTV Morning Live (N) (E) CC	Last Car Standing	Stella-Sam (N) CC	CityLine (N) CC	CSI: NY (N) CC	Food
7 AM	Justice	Justice	Arthur (N)	Arthur	Today (N) (E) CC	CBS This Morning (N) (E) CC	Criminal Minds (N) CC	Good Morning America (N) CC	Chef	Tiger	Rescue	SportsCentre	Cash Cab	Never Land	Let's Make a Deal (N) CC	CSI: NY (N) CC	Earth: Final Conflict (N) CC		
8 AM	Judge Alex	Judge Alex	Tree Fu	Curious			CSI: Miami (N) CC		Stagers	Bo On/Go	Sidekick	SportsCentre	Yukon Men (N) CC	Suite/Deck	The Price Is Right (N)	CSI: Crime Scene	Eat St. (N) CC		
9 AM	Millionaire	Stagers	Pinky	Super Why!		The 700 Club (N) CC	CSI: Miami "Sunblock"	Live! Kelly and Michael	Stagers	The Doctors (N) CC	Super Why!	Sidekick	SportsCentre	Live! Kelly and Michael	Fast N' Loud (N) CC	Wizards	Access Hollywood Live	CSI: Crime Scene	Food
10 AM	Law Order: CI	The Doctors (N) CC	Dinosaurs	Sesame Street (N) CC		The Price Is Right (N)	Criminal Minds (N) CC	The View (N) CC	The Doctors (N) CC	Chef/Home	Bookaboo	Squirrel	Sportfish	The View (N) CC	How/Made	ANT Farm	The Chew (N) CC	CSI: Crime Scene	Movie: *** "Airplane II" (1980) Robert Hays.
11 AM	Law Order: CI	Chef/Home	Berenstein	Tiger	Judge B.	Young & Restless	Criminal Minds (N) CC	Paid Prog.	Chef/Home	16x9 (N) CC	Steven and Chris (N) CC	Super Evil	Engraved on a Nation	Marilyn Denis	Auction	Shake It	General Hospital (N) (E) CC	Wildest Police Videos	
12 PM	Excused	Noon News Hour (N)	Dino Dan	Charlie Rose (N) CC	Paid Prog.	News	The First 48 (N) CC	The Chew (N) CC	Noon News Hour (N)	Days of our Lives (N)	CBC News	Kid vs. Kat	To Be Announced	CTV News (N) (E) CC	Overhauled (N) CC	Austin	CityLine (N) CC	Wildest Police Videos	Movie: ** "Airplane II: The Sequel" (1982) (N)
1 PM	There Yet?	Days of our Lives (N)	Clifford	Paint This	Days of our Lives (N)	The Talk (N) (E) CC	The First 48 (N) CC	General Hospital (N) (E) CC	Days of our Lives (N)	The Talk (N) (E) CC	Heartland "Jackpot!"	Rated A	NFL Live (N) CC	Anderson Live (N) CC	Deadliest Catch (N) CC	Jessie (N) CC	Katie (N) CC	Cops (N) CC	
2 PM	King	The Talk (N) (E) CC	Lilly	Barney	Katie (N) CC	Let's Make a Deal (N) CC	The First 48 (N) CC	The Jeff Probst Show	The Talk (N) (E) CC	The Ricki Lake Show	Steven and Chris (N) CC	Almost	Off Record	Dr. Phil (N) CC	Myth-Busters (N) CC	Good Luck	CityNews at 5 (N) CC	Cops (N) CC	Movie: "Naked Gun 33 1/3: The Final Insult" (N)
3 PM	The Office	The Ricki Lake Show	Rob Robot	Sid	Ellen DeGeneres Show	Dr. Phil (N) CC	The First 48 (N) CC	Rachael Ray (N) CC	The Ricki Lake Show	Young & Restless	Recipes	Sidekick	Sports	The Dr. Oz Show (N) CC	How/Made	Wingin' It	CityNews at 6 (N) CC	Cops (N) CC	Jail (N) CC
4 PM	Big Bang	Young & Restless	G. Shrinks	Wild Kratts	Jdg Judy	The Dr. Oz Show (N) CC	Duck D.	The Doctors (N) CC	Young & Restless	Early News	Dragons' Den (N) CC	SpongeBob	CFL Football: Winnipeg Blue Bombers at BC Lions. (N) Subject to Blackout	Ellen DeGeneres Show	Shred! (N)	Wingin' It	Murdoch Mysteries (N) CC	Cops (N) CC	Food
5 PM	Browns	News (N) CC	Martha	News	News	News	Duck D.	News	Early News	(4:59) News Hour	CBC News Now (N) CC	SpongeBob	CTV News at Five (N)	To Be Announced	Wingin' It	How I Met	Cops (N) CC	Movie: *** "Airplane!" (1980) Robert Hays.	
6 PM	Browns	Global Nat. News	Battle-Bagpipes	PBS News-Hour (N) CC	News	KREM 2 News at 6 (N)	The Glades (N) CC	News	(5:59) News Hour (N)	ET Canada	News	Marvin Marvin (N) CC	CTV News (N) (E) CC	Return of Jaws (N)	Jessie (N) CC	Broke Girl	Cops (N) CC		
7 PM	Seinfeld (N)	Ent	Lions Gate Bridge	The Café	Jeopardy!	Inside Ed.	Longmire (N) CC	Ent	Ent	Under the Dome (N) (E) CC	George S	The Next Star '13 to '9"	To Be Announced	Big Bang TV	Voodoo Shark (N)	Jessie (N) CC	Body of Proof (N) CC	Cops (N) CC	Movie: ** "Airplane II: The Sequel" (1982) (N)
8 PM	Family Guy	Psych (N) (DVS)	Foncie's Voices	Antiques Roadshow	American Ninja Warrior	How I Met	(8:01) Longmire (N) CC	The Bachelorette (Season Finale) (N) CC	Psych (N) (DVS)	Psych (N) (DVS)	Murdoch Mysteries (N) CC	Celebrity Splatdown (N) CC	SportsCentre	Anger	Shark After Dark (N)	Jessie (N) CC	CityNews-Tonight (N)	Cops (N) CC	
9 PM	Amer. Dad	Get Out Alive With Bear	Emily Carr	Flea Market Doc.	Get Out Alive With Bear	Broke Girl	Duck D.	Duck D.	Get Out Alive With Bear	Get Out Alive With Bear	Cracked (N) (DVS)	Wipeout Canada (N) CC	NFL Films	Amazing Race	To Be Announced	Wingin' It	Jimmy Kimmel Live (N)	Stings	Movie: "Naked Gun 33 1/3: The Final Insult" (N)
10 PM	"Annapolis" (2006) James Franco	Under the Dome (N) (E) CC	Coast Salish Knitters	POV "Last Train Home" (N) CC	Siberia (N) (E) CC	Under the Dome (N) (E) CC	(10:01) The Glades (N) CC	The Bachelorette (N) (E) CC	Under the Dome (N) (E) CC	News Hour Final (N)	The National (N) CC	The Next Star '13 to '9"	SportsCentre	Mistresses (N) CC	To Be Announced	Lizzie	(10:02) Maury (N)	Ways Die	
11 PM	"Beyond"	CHBC News-Final (N)	Shadow-Chief	Architect	Jay Leno	Letterman	(11:01) Longmire (N) CC	News	News Hour Final (N)	ET Canada	CBC News	Weird	SportsCentre	CTV News	Fast N' Loud (N) CC	Cory	Paid Prog.	Ways Die	Movie: "Airplane!" (N)

# Princeton Traditional Music Festival

Meet An Exciting New Duo To The Festival!



Shanghaied on the Willamette from Portland, Oregon will be appearing at this year's Princeton Traditional Music Festival. - photo submitted

## MUSIC FESTIVAL HERE SOON

by Rika Ruebsaat

Princeton Traditional Music Society

The Princeton Traditional Music Festival is just over two weeks away. It begins on the evening of Friday, August 16th with the opening ceremony followed by a coun-

try dance on Veterans' Way beside the Legion. On Saturday and Sunday there will be music from 10:00 AM until 6:00 PM right in town.

This year we have a large number of new performers coming to share their music and we'd like to intro-

duce you to some of them.

Among the many performers new to the Festival this year is a lively musical duo from Portland, Oregon called Shanghaied on the Willamette.

Jonathan Lay and Gordy Euler perform songs "plundered from land and sea", including traditional Celtic, English, and Old-Time American music, especially music of the sea and waterways. They accompany their vocal harmonies with a "fleet" of musical instruments. Jonathan, whose powerful and supple voice can do justice to a gentle ballad or a rough-and-tumble sea chantey, plays guitar, tin whistle, harmonica, and a rollicking bodhran.

Gordy is a skilled vocalist and a multi-instrumentalist who easily switches among fiddle, mandola, tin whistle, guitar and banjo. This

broad range of sounds allows them to craft exciting and varied arrangements and programs.

The duo's name, Shanghaied on the Willamette, comes from the era of sailing ships. In those days it was a common waterfront practice to force men onto outward-bound vessels to serve as sailors. This abduction came to be called "shanghaiing" since Shanghai, China was a typically remote destination.

From the mid-1800s and into the early 1900's, Portland was one of the more notorious shanghaiing ports on the west coast, along with San Francisco, Astoria, and Port Townsend. The Willamette (rhymes with "dammit!") flows through the heart of Oregon's farmland. Portland is located at the confluence of the Willamette and the Columbia Rivers.

Shanghaied on the Willamette's first performance together was in the 1992 Work Songs of the Sea Festival in Portland and the duo was formed in the fall of that year. Since then they have performed in festivals, pubs, outdoor markets, and concerts in Oregon, Washington, and British Columbia. Shanghaied on the Willamette is just one of the many new groups appearing at this year's Festival, and the best thing about it is it's free!

The reason it's free is because it's run entirely by volunteers and the performers are donating their talents. To make the festival a success the organizers will need lots of volunteers.

If you'd like to get involved, please contact them. Even if you have only a couple of hours available your help would be most welcome.

Give them a call and they'll welcome you aboard. To find out more visit the Festival's weblog at [princetonfestival.org](http://princetonfestival.org) or give Jon or myself a call at 250-295-6010.

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Mid-90's full-sized (8-foot) domestic truck canopy. Tinted and screened side windows and gate window with sliding front window. New (Medium Blue) paint in 2011 by professional shop. A little bit of wear and tear. Otherwise, in excellent condition. Asking \$350.00 Firm. Call Daniel 250.295.0418. Jul 16-30

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Souvenirs	Souvenirs
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Explore The History Of Mining - Gold, Copper and Coal

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Home in great downtown location. 2+ Bedrooms, 2 bathrooms, fridge, stove, dishwasher, washer/dryer. Furnished. Gas fireplace, gas heat. Available now. Non-smoker, non-drinker, no pets. Asking \$900.00/month plus utilities. Must have 2 excellent references. Call 250.295.3992. Jul 16-30

Bachelor suite in downtown Princeton. Includes utilities and satellite TV, also furnished, \$450.00/month. Must have excellent references, NO PETS and must be clean and quiet. Available now. Phone 604.484.2783 and leave a message with the best time to call back. Jul 23-Aug 06

Furnished 1-bedroom suite on acreage, 10-kilometres out of town, beautiful riverfront, very bright and clean. Non-smoker and no pets. Available September 1st. Asking \$550.00/month includes utilities. Call 250.295.7861. Jul 23-06

**Lost**

Ladies blue half frames, lost downtown. Call 250.868.7013. Jul 23-Aug 06

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2-bedrooms+ house in Princeton. Asking \$900.00/month. No pets, non-smoker. Available August 15. References required. Call 250.493.6308. Jul 30-Aug 13

Princeton Area Ghosts Town DVDs are available for \$20.00 each at Similkameen News Leader (226A Bridge Street, next to CIBC). Learn the history of the famous gold rush communities that vanishes as quickly as the gold! Also available, Prince Town 1826-1926 a CD that traces the history of settlement in the Pacific Northwest and what brought prospectors to the area. Each copy \$20.00 - taxes included.

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August 26-29 6:00 PM - 8:00 PM  
Grades K-7, \$20.00 per player

Call to register 250-293-6529  
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162 Angela Avenue  
4:30 PM Sales Start  
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SCA Branch #30**

Quilting 10:00 AM  
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Exercise Class 10:15 AM  
Cards, Pool all day - except 2nd Wed.

**OPEN 9:00 AM - 4:00 PM  
Lunch: 11:30 AM - 1:00 PM**

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**OPEN MEETINGS**

7:30 PM  
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Alcoholics Anonymous  
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160 Old Hedley Road  
Fred 295-7272/Marena 295-7663

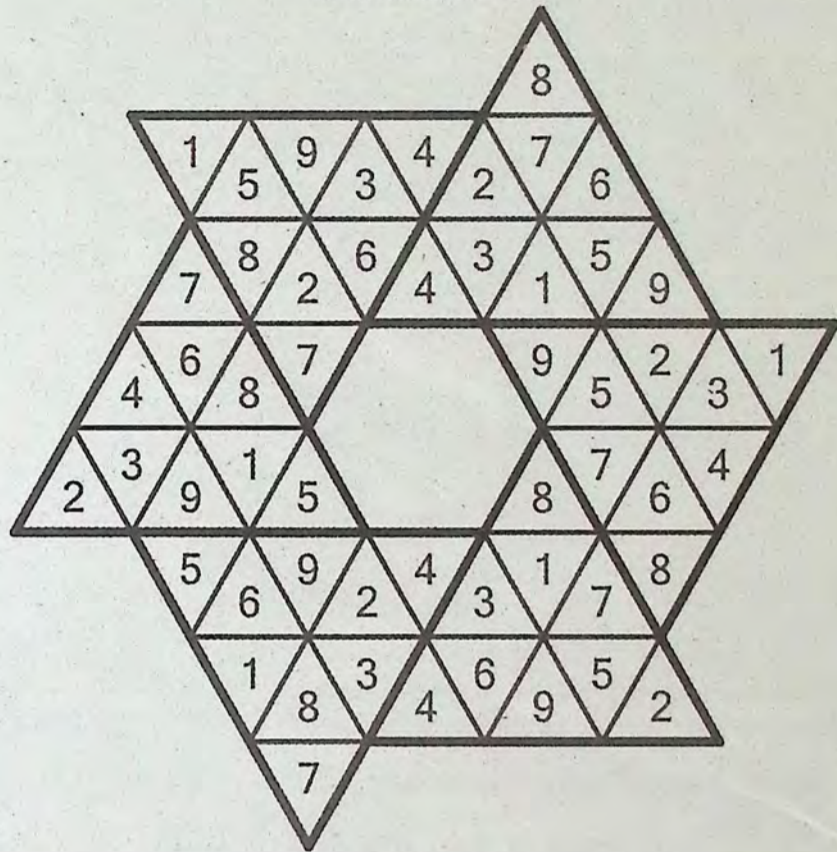
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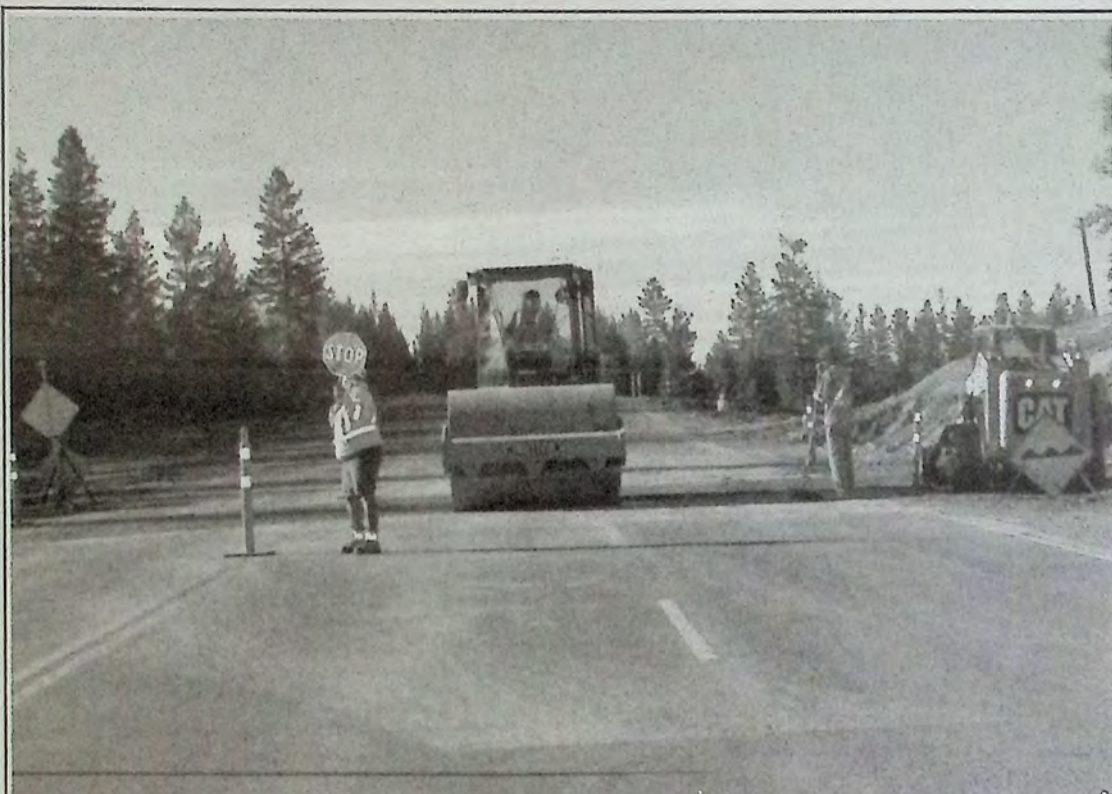
**Regional (Other VO) Mail - \$45.00  
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Minor delays, like this one, can be expected for a little while longer as work continues on Highway 3 West of Princeton. The four-lane project is located near the brake check above the 'Mine Hill.'\*

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### Boyle trade earns four players

..... continued from Front Page  
 Rotheisler is excited about the new members of the Posse, "All players we are getting from this deal fit the design of our team. We have been working on this deal since we started evaluating our roster. All players are young, however

combine for a lot of junior experience." Rotheisler added, "These players, along with our most recent signings, are all going to be big contributors to a team that we expect will rise to the physical demands of a long season and playoffs."

### Fair welcomes USIB

..... continued from Front Page  
 fair is asked to notify Dan Kastor at 250-295-6993. Volunteers will be given named passes and meal tickets, and will be invited to the annual volunteer appreciation dinner in September.

**Raffle**  
 Weyerhaeuser has donated a lift of lumber for first prize in the annual Agricultural Fair Raffle. A beef pack is second prize. The Raffle tickets will go on sale soon.

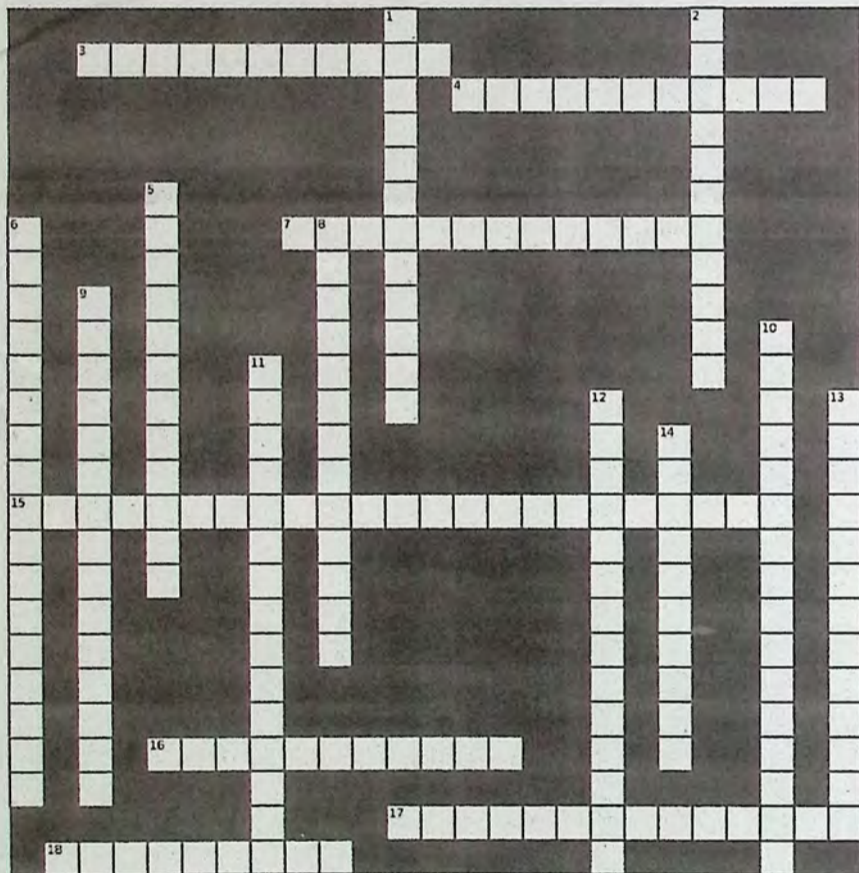
### "Don't Tube Alone!"

..... continued from Page 7  
 a family member where I was going and what I was doing, but when I ran into trouble I wasn't overdue at my rendezvous.  
 When I was stuck on the river island, no other tubers happened by

that could have alerted anyone to my dilemma. Had I not found help when I did the help might not have found "me" in time.  
**FACTOS is a committee of the Okanagan-Similkameen Farm Labour Society**

## Similkameen News Leader Puzzler

Use the July 23 News Leader to find Answers Below...



- |   |  |
|---|--|
| <p><b>Across</b></p> <ul style="list-style-type: none"> <li>3 Name one of the Princeton Museum Summer Students.</li> <li>4 Name one of the Jam For the Valley performers.</li> <li>7 Name one of the Princeton Museum Summer Students.</li> <li>15 The 'TOS' in FACTOS.</li> <li>16 She is identified as our Lower Valley Reporter.</li> <li>17 They are featured on Page 18.</li> <li>18 Name Princeton Museum's Operations Manger.</li> </ul> | <p><b>Down</b></p> <ul style="list-style-type: none"> <li>1 Name the local boy who recently signed with Princeton Posse.</li> <li>2 Name the computer repairman located on Page 19.</li> <li>5 Name one of the Jam For the Valley performers.</li> <li>6 Where was Jam for the Valley' hosted?</li> <li>8 Name one of the Princeton Museum Summer Students.</li> <li>9 She shows off Special O medals she won on Page 3.</li> <li>10 The 'FAC' in FACTOS.</li> <li>11 Name one of the Jam For the Valley performers.</li> <li>12 Name the new Princeton Posse Assistant Coach.</li> <li>13 Name one of the Jam For the Valley performers.</li> <li>14 He performed a free concert July 20th in Veterans Square.</li> </ul> |
|---|--|

## KID News

### Keremeos Irrigation District

After a capacity crowd filled Victory Hall in Keremeos on July 24, the Keremeos Irrigation District can finally move forward with their long awaited Reservoir Project.  
 Many important questions were answered by Kevin Huey, consultant for the District. After an information session was held, the vote took place, resulting in 235 in favour and 49 against with 2 spoiled ballots. Laurie Taylor and Christy Quaedvlieg, Village staff, acted as ballot counters along with KID Administrator Cheryl Halla.  
 The \$300,000 gas tax rebate grant, being donated by the Village, will be used to offset costs of the project, which must begin no later than August 31st in order to retain the funds.  
 KID Board Chair Ian Walters stated that the meeting was not about the project; it is needed, but about how to pay for it. For the average

KID household, there will be approximately \$8 dollars per year in increased tolls in order to pay for the financing of the project.  
 If ratepayers had voted no to the borrowing, toll rates likely would have increased by \$148 per year, in order that sufficient funds be saved over a five year period for the project. The next step is for KID to meet with engineers to begin the tendering process to select a contractor. Financing is in place and the Board will be adopting the borrowing bylaw at their next meeting. Interior Health has issued the construction permit, and approval of the project has been granted by the Ministry of Community and Rural Development.  
 KID Trustees and Staff wish to thank the residents who turned out to vote on the financing of this important project for the community.

- submitted

### Need some news talk?

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 **MONDAY NIGHT BINGO**  
 162 Angela Avenue, Princeton - 250-295-7515  
 (Senior Citizens Association - Branch #30)  
**OPEN 4:30 PM - FIRST GAME 5:15 PM**  
**Bonanza - Odd/Even - Lucky 7**  
BC Gaming Licence #109667 - "Know your limit, play within it."

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From left, Jodel, Polly, Cherie R, TJ Bratt, Rose, Allison and Area G RDOS Director Angelique Wood. - photo submitted

## Hedley benefits from community spirit

The Hedley Community Club Youth Group was started up by T.J. Bratt with the assistance of Cherie R. in November of 2012. The kids (ages 4 - 13) are Calaya, Nolan, Zion, Ayralia, Allison, Mackenzie, Solarah, Dredan and Polly. They enjoy coming every Tuesday for planned fun activities, games and music. Bratt leads the group and instills leadership, courtesy, respect for others, and sense of community.

Bratt invited Jodel, Hedley's own talented musician, to come each week and teach the kids 6 songs and a variety of instruments. The kids had their debut on stage, with Jodel, at the Hedley Museum celebration of Stamp Mill Day held May 18. The performance was a great hit with the community. A Big Thank You to Jodel for her patience and musical

expertise.

Bratt and Cherie collaborated with Angelique Wood, RDOS Area G Director to come on April 16th. Wood presented a slide presentation and discussed the RDOS and how Hedley is represented, and shared information on spirit gardens and the different stages of how a pea matures from seed.

Wood helped the kids fill dirt and pea seeds into individual homemade newspaper pots, which when planted are biodegradable. Everyone took a pot home and planted them in a spot where they could share the mature plant with others. Wood then organized the kids outside in front of the Hedley Community Club and helped everyone plant beans, peas and flowers from seed.

The kids really enjoyed their day

with Wood. The garden has since matured and is producing peas and beans which are being shared with the community. Bratt, Wood and Cherie, have instilled a sense of community with the kids. The kids have monitored the growth of the garden and are very proud of themselves.

Bratt, Cherie and the kids would like to thank and acknowledge Graham Gore (Minister) and Peggy Terry (Treasurer) of the Hedley Unity Church for their generous support and donation to the youth group.

Summer has arrived and the Youth Group will resume in September. A big Thank You to TJ Bratt from Cherie and the kids for starting up the Hedley Youth Group and for her dedication.

- submitted



A new face: such is the logo for the Challenge Penticton scheduled to make its way through the Lower Similkameen on August 25th. The race will ultimately remain the same as the departed Ironman competition: 3.8 km swim, the 180 km cycle and the 42.2 km run. The cycle portion starts in Penticton, goes through the South Okanagan along Highway 97, heads over Richter Pass along Highway 3, makes its way north along Highway 3A and enters Highway 97 again south of Penticton. The final running leg of the competition starts and ends in Penticton. Photo: Arlene Arlow



Ball Hockey players pose for a photo July 22nd at Princeton Arena. - photo submitted

# Posse Report

## President Dean Johnston

No ice... No Problem!  
 New Posse Coach Bill Rotheisler has wasted no time getting to know the town.  
 Monday July 22nd the arena was busy with locals – including new Posse signings Kraig Leochko and Brandon Schaber – playing ball hockey.  
 Drop-In Ball Hockey will continue at the arena 6:30 PM Mondays.

On Friday, July 19 Coach Bill rubbed shoulders with Posse faithful at the Copper Mountain Grill at a fundraiser for the team.  
 Thanks to everyone involved! Previously Bill helped man the Posse Info booth downtown during the Show and Shine car show.  
 Minor hockey players are reminded to check out [www.princeton-posse.org](http://www.princeton-posse.org) and register for the Posse

Hockey Camp running from August 19 to 22.  
 If you have any questions feel free to inquire or even register at Drop-In Ball Hockey!  
 Scheduled Events to stay tuned regarding updates:  
**Posse Jr Prep Camp**  
 August 23 – 25  
**Posse Main Camp**  
 August 28 – 31!

# Celebrate BC Day at the Grist Mill!

BC Day Monday is another half price day for admission to the historic site at the Keremeos Grist Mill and Gardens.  
 The Grist Mill Heritage Club and Grist Mill Staff will conduct activities in a special day for the young and the young at heart with music, heritage games and other shenanigans.  
 At the Summer Kitchen stage from 11:30 AM to 1:00 PM music will be the upbeat tunes from Stef and Dan Laramie with Fred Cote "The Corner Turtles". A welcome to talent at an open mike will follow.  
 After the noon hour, Ian Hutton, a performer story-teller, lately settled in Hedley will present in the Apple House. The Apple House has again been made a small presentation space that includes an audio-visual component.  
 Heritage games are on hand through the day. For pairs there's Frisbees, hoops and ball toss games. For two or three there's croquet. For a couple more, there's bocce. For seven to a dozen, there's rounder's (softball ball). Anyone for a game of marbles? Checkers? Crokinole?

The kids' woodwork table is open from 9:30 AM til 12 Noon. It's a place to put together your own wagon, truck or any other gizmo one might like to turn their hands to. Material and tools are there, It's supervised and grown-ups are invited to get in on the action.  
 Laughter in competition surges with wheel-barrow, three-legged and gunny sack races. Some dandy prizes in that.  
 This BC Day, Similkameen Family Literacy will give away brand new books with titles for toddlers to teens.  
 There will be a program line-up posted at the Apple House just past the Tea Room to let folks know

what's going on where and when. The water wheel will be turning, the interactive exhibits open and the Tea Room busy with lunch.  
 The Keremeos Grist Mill and Gardens is a Provincial Historic site at 2691 Upper Bench Road in Keremeos.  
 The site features a park with trails, an 1877 waterwheel driven flour mill, heritage orchard, interpretive centre, library, Tea Room and Gift Shop. The grounds are open every day 9:00 AM to 5:00 PM from Victoria Day to Thanksgiving Monday.  
 For more information on the Grist Mill, contact the Grist Mill Gift Shop at 250-499-2888. - submitted

The South Similkameen Arts Society (SSAS) is a non-profit formed in May 2013 to bring together all visual and performance artists, musicians, sculptors, painters, quilters, and other craftspersons in the area.

Interested?

Visit us on the web at [ssartssociety.blogspot.ca](http://ssartssociety.blogspot.ca).  
 To join call 250-499-5199 or drop us a line at [ssartsociety@gmail.com](mailto:ssartsociety@gmail.com)

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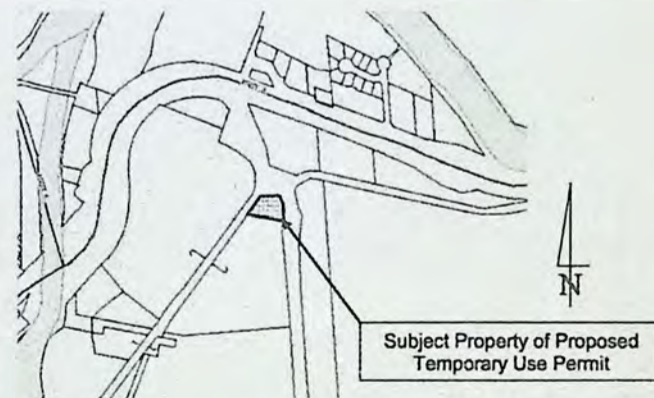
From Fur Traders to Miners to the Railroad



## Public Information Meeting

TEMPORARY USE PERMIT APPLICATION  
 256 Copper Mountain Road, Electoral Area 'H' (Rural Princeton)  
 Lot A, Plan 17187, District Lot 1822, SDYD Except Plan H17425

Pursuant to the provisions of Section 921 of the *Local Government Act*, the Regional District of Okanagan-Similkameen (RDOS) will consider an application for a Temporary Use Permit at 256 Copper Mountain Road, Rural Princeton (Lot A, Plan 17187, District Lot 1822, SDYD Except plan H17425), as follows:



Date: Tuesday, August 6, 2013  
 Time: 7:00 PM  
 Location: 256 Copper Mountain Road, Princeton

PURPOSE: The purpose of the Temporary Use Permit would be to allow for the use of a portion of the property as an auto salvage yard (operation). The area of the property used for a salvage yard would be required to be screened per Table 7.7 of Section 7.7 of Electoral Area H Zoning Bylaw 2498, 2012

FOR MORE INFORMATION PLEASE CONTACT MALCOLM McNAUGHTON  
 Telephone: 250-490-4123 Fax: 250-492-0063 Email: [planning@rdos.bc.ca](mailto:planning@rdos.bc.ca) Web: [www.rdos.bc.ca](http://www.rdos.bc.ca)

**Brenda Crawford**



brenda@bcland.net  
(250) 295-8182

**April Earle**



april@bcland.net  
(250) 295-5346

**Sandra Simpson**



sandra@bcland.net  
(250) 499-9414

**CELEBRATE THE LONG WEEKEND!**

# Tulameen Family Daze

**Saturday, August 3**



**PRINCETON**

**Lot 39km Princeton/S'land Rd**



New to market! Level 2 acres backing down to the KVR for instant access to unlimited recreation! Nicely treed with open areas makes for several choices for building or just parking your RV. Access is off a paved, school bus route so no worries about travel year round. Minutes to both Link and Osprey lakes, perfect to catch "the big one!" MLS@144116 \$140,000

**264 Luard Avenue**



Well maintained 3 bedroom home on a semi-private lot close to downtown. Nicely designed to accommodate a range of individuals. If you have a family, want a family or looking to retire and down size, you won't find many homes with 3 bedrooms and a garage in this price range. The layout gives you that open feeling. MLS@141887 \$219,000

**150 Lakeview Road**



It's time to relax and enjoy Summer in this country home on 4 acres just minutes from some of the best fishing and hunting around. Nestled above Link Lake off the Princeton-Summerland Road you will find this custom built home which was designed for entertaining and enjoying the year round recreation that this area is known for. MLS@141949 \$289,000

**Lot 2 Nicola Avenue**



Rare opportunity to own a level lot, out of the flood plain in Tulameen and just a few blocks from the beach! Adjacent lot is for sale also so you could build with family and friends or just have an expansive space all to yourself. Can be purchased separately or as a package. Otter Lake allows all the power boat toys, the KVR just around the corner. MLS@144118 \$159,000

**3900 Princeton/S'land Road**



What a great find! This 2 bedroom cabin sits back on an all useable 1 acre property. Hester Creek runs the length of the property so soothing water sounds! There is some work to be done, but the basics are in place. Some newer windows, metal roof over garage/storage shed. Extra storage shed also a great space to house all the toys. MLS@144171 \$160,000

**70 Kenley Avenue**



Large Family home with in-law suite. This property has it all, excellent downtown location, updated and ready for you! Featuring Juliette balconies out the living room and bedroom, large kitchen with porch, jetted tub and elevator. Currently rents at \$1,950/month. Close to all amenities, restaurants and shopping! MLS@132767 \$339,000

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