

Similkameen News Leader

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Tuesday, November 5, 2013

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



Local community builder John Bey passed away October 30th. - photo submitted

Princeton loses community man

With the passing of John Bey, Princeton has lost another of those men who have served and built the community for decades. John Bey died in Princeton Hospital on October 30 after a brief bout with cancer.

Bey was born in Hazel Dale, Saskatchewan in 1933, one of a family of nine children. In 1943, the family moved to Copper Mountain, then moved to Delta in 1947. Bey returned to work at Copper Mountain in 1953, and in 1956 married Ruby Willis.

With the closure of Copper Mountain, Bey opened his own welding shop in 1957. He advertised he could repair "everything but a broken heart". He sold the

shop in 1968 after suffering an eye injury. He worked for Newmont Mine from 1971 to 1980, and at Weyerhaeuser from 1988 to 1998.

John and Ruby Bey had two children, Alan and Sharon, and lived on a ranch near Whipsaw Bridge until they bought the ranch on Highway 5A in 1983.

John Bey took many responsible roles in the community. He was a Boy Scout and Cub leader, a member of the Lions Club, President of Princeton Light Horse Club, Chair of the committee that planned and built the arena, and one of the many community people who developed the first racetrack at a location now known as Sunflower Downs, continued on Page 5

CMMC announces Q3 results

Copper Mountain Mining Corporation (TSX: CUM) (the "Company" or "Copper Mountain") announced October 30th revenues of \$67.6 million after pricing adjustments and treatment charges for the three months ended September 30, 2013.

Third Quarter 2013 Highlights (100% Basis)

- Total production for the 2013 third quarter at Copper Mountain Mine (100%) was 17.7 million pounds of copper, 6,400 ounces of gold and 79,300 ounces of silver.
- Revenues of \$67.6 million for the quarter after pricing adjustments and treatment charges.
- Copper concentrate shipments contained approximately 16.6 million pounds of copper, 6,300 ounces of gold, and 77,100 ounces of silver

during the quarter.

- Mining activities continued at a steady rate of 154,300 tonnes per day mined during the third quarter of 2013.
- Milling activities continued to improve - Average throughput rate was 29,130 tonnes per day (tpd) in the third quarter of 2013, as compared to 26,000 tpd for the first half of the year.
- Copper Recoveries were 87.2% in the third quarter as compared to 85.0% for the first half of the year.
- EBITDA' and Adjusted EBITDA' were \$29.5 million and \$14.8 million for the quarter respectively.
- Net income attributable to the shareholders of the Company were \$11.2 million or \$0.11 per share.
- Site cash costs were US\$1.68 per pound of copper produced net of pre-

cious metal credits.

- Total costs were US\$2.22 per pound of copper sold net of precious metal credits and after all off site charges.
- Average realized copper price for the period US \$3.22 per pound.

Jim O'Rourke, President and CEO

Fair looks at tight money

The annual agricultural fair lost money this year. Attendance was poor, particularly for the Saturday evening entertainment. When the Agricultural Fair Association met on October 29, they agreed they will no longer host a Saturday evening dance and there will be no alcohol served during the fair next year.

of Copper Mountain, remarked, "We are very pleased with the progress that is being made at the site. SAG Mill throughput has continued to improve with our recently implemented short term improvements which will continue while the longer term permanent secondary crusher is

The cost of such entertainment is high and has given no returns for three years in a row, leaving the Fair Board with an extremely tight budget for the 2014 fair.

Members of the Fair Association decided to hold a series of basket raffles during the coming year in order to raise funds for activities at the next fair. The first will be a

installed. September was an excellent month with mill availability exceeding budget and mill throughput averaging 31,925 tpd, a 22.8 percent increase over the 26,000 tpd average for the first half of the year. Production of 6.8 million pounds continued on Page 18

Christmas goodies basket. Concern about the huge knapweed problem was discussed at the October 29 meeting. President Dan Kastor is trying to access the resources of experts, and would like to see a plan developed between the fairgrounds management and the Town of Princeton for dealing with the knapweed problem.



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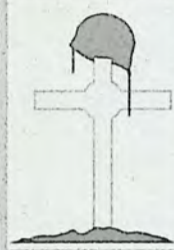
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REMEMBRANCE DAY



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May We Always Remember On November 11th

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Remembrance Day is marked throughout the Similkameen Valley. 11:00 AM, November 11th. *

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The War at home

Jock MacIntosh and his three brothers moved to Princeton in 1933, orphans from Scotland. They lived with an aunt and the family established a steam cleaning business in Princeton. When Britain went to war in September, 1939, the brothers went to Penticton to volunteer. Jock entered the Royal Canadian Air Force (RCAF). His brothers were Navy recruits.

There is an abundance of war stories from Europe and the Pacific, but we rarely hear of the stories that affected people on Canada's west coast. Jock MacIntosh was to become involved in one of those war stories on July 17, 1942.

MacIntosh was a passenger on a flight that would take him and six other service men to an American

base in Alaska. The flight to the American station on the first leg of the journey went as planned, but fog settled in and they spent four days waiting for clear sky. They headed north on July 21st to another air base for refueling and a weather report, and at 3:50 p.m., they began the final flight of their assignment.

They were suddenly lost in fog and losing the flight beam they followed. Treetops whizzed past and then the plane crashed. The radio operator was killed instantly, the pilot was believed to be dead as he had been drowning as high octane fuel squirted into his mouth. Sgt. Bally and Jock "Scotty" MacIntosh managed to remove the pilot and lay him on the ground. Bally and

MacIntosh were not injured and helped the rest of the seven get out of the plane.

Plans were made. A tent was set up and Bally would remain with the injured men to care for them. Silberman, who had serious head injuries, would go with MacIntosh to seek help. They descended the spruce forested mountain until they came to a glacial plain full of brush and game trails. A series of streams ran from a glacier on the mountain above them, and before the day was done, MacIntosh and Silberman had crossed four streams, and were soaked with icy water. They discovered a hot spring and spent the night in warmth.

The following morning, they could see the land around them and knew they had a long way to go. They came to a river and, linking arms as usual, they began wading across. They came to a very deep area and had to swim. Letting go of each other, they made for the other side of the river. Jock MacIntosh was swept downstream. Silberman managed to make it to shore and then went far downstream to try to find MacIntosh. Jock MacIntosh was never seen again.

Having secured a fortified campsite for the injured men, Sgt. Bally and passenger AC Maylor decided to follow the others down the mountain. Silberman had given up continued on Page 23

Red Poppies symbolize remembrance

The story goes that, following one of the bloodiest battles of World War I, in the fields of Flanders in western Europe, when the ground was completely churned up and muddied, thousands of red poppies sprang up. The seeds had laid dormant in the soil and, after being aerated with the churning of the soil from the soldiers' boots and fertilized with their blood, the poppies grew abundantly, springing forth new life from death.

This is why poppies are worn on Remembrance Day when we remember the soldiers who fought or even gave their lives for our freedom.

Another reason poppies came to such prominence in association with World War I is because of how they were immortalized in that most famous poem of WWI, In Flanders Fields, written by John McCrae, a Canadian surgeon attached to the 1st Field Artillery Brigade.



Princeton Legion Branch #56
REMEMBRANCE DAY
CEREMONY SCHEDULE
Monday, November 11th, 2013

- 10:30 AM - Form together (corner of Tapton and Vermilion)
- 10:45 AM - Parade departs for Cenotaph
- 10:55 AM - Singing of O'Canada by all
(Princeton Community Band)
- Dedication of Cenotaph
- 11:00 AM - Playing of Last Post followed by a
(2 Minute Silence)
- Lament / Rousse
- 11:10 AM - Act of Remembrance
- 11:15 AM - Laying of Wreaths
- 11:25 AM - Poppies may be placed on the Cenotaph
- 11:27 AM - Colour Party rejoins the parade
- 11:30 AM - The Queen (singing of God Save the Queen)
- 11:35 AM - Parade of Veterans to Legion
(Dismissal of the Parade)





A rainy morning in downtown Princeton (Saturday, November 2nd) reminds us that although it isn't snowing, the temperature is cool enough to turn this rain into ice at higher elevations in the area and create slippery roads. *

Flip Of The Coyne

by Spencer Coyne

If you are into reality TV then you should be loving the Canadian content this season. We have what the American networks only dream about getting on the air. How about the alleged Crack Smoking Mayor of Toronto? How about Quebec's "Let's ban everything religious in an attempt to hide our hatred towards the immigrants in a desperate attempt to win the separatist vote back"? I think the Parti Quebecois needs to do some work on that one. In Ottawa, we have not one, not two, but three reality series: the Corc de Senate, the ongoing drama of the Prime Minister's Office, and of course, there is the lesser series of Justin, Confessions of a Pot Smoker.

Of course I am joking, but really it is like one big circus these days. We have separatists who use their distinct society line which includes their French Catholic heritage to pander to their base while pretending to defend the idea of separation of Church and State by banning all religious symbols in public jobs. It was never about separation of Church and State. It was yet another pathetic attack by the separatists to try and drive away immigrants whose loyalty lie not with the province or the distinct society but with the country they chose to adopt as their new home. Although it has its funny moments, it is more like a tragedy than a comedy, because at the end of the day, people will be hurt by the sad attempt of an irrelevant party to regain some traction in their bid to destroy the only

country that has ever embraced them as part of its very fabric.

The Senate scandal is a gong show no matter what way you look at it. You have three appointed hacks who drank the koolaid, got caught filling their greedy little pockets, and like all punks, when they get caught, the ring leader hangs them out to dry and those left out always turn to rat out the other kids. So just like last week and the month before, the Prime Minister prorogued parliament and this circus keeps its acts going.

Possibly the oddest show this fall is the "I don't know" PMO. Prime Minister Harper, the guy known for micromanaging everything under his leadership and never being out of the loop, is now claiming to be out of the loop on what Mr. Duffy and Mr. Wright were up to. That's a believable plot line if I have ever heard one. Maybe the PMO drama is more like Survivor. Although Duffy and Wright seemed to be voted off the island, Duffy was just on that little island where they sit all by themselves plotting and scheming. It will be interesting to see what the rest of the caucus does after convention. Will they still be in the same alliance with Harper or are they secretly sharpening their knives waiting for the chance to vote him off the island too?

I only brought up the Justin

Trudeau's pot smoking confession because it is like a sad CBC attempt to make a Canadian version of a US program. In this case, every time the Conservatives can't think of something intelligent to say, they play the Justin smoked pot card. It's a sad excuse for a remake of something better, and I have news for the Conservatives, your golden boy in the mayor's office in Toronto killed this one with his possible crack smoking video.

The last great show of the fall season of course is the Rob Ford Hour. You can't get enough of this guy and his family. They are like the messed up version of some TLC reality show where they follow around the everyday lives of some strange hoarder or something. In this case we have the mayor of Canada's largest city his brother and their ties to the seedy underbelly of Toronto. There has been reports that the mayor's brother was a drug dealer at one time. We have a possible video about to service with the mayor smoking crack. We have surveillance footage and images of Rob Ford with a drug dealer. This guy makes for great TV. I hate to say it because of the innocent people who are going to be hurt by it all, but if you were a TV station you know you would be looking at this and thanking the good lord for the boost in ratings.

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DR. DAVID SMITH PRINCETON MEDICAL CENTRE

Please note that Interior Health has given permission for all my patient files to be transferred to the Cascade Medical Clinic at the end of November 2013.

When making appointments from December 1st onwards, please phone 250-295-4482.

Appointments can be made with any of the five health professionals there.

Vermilion Forks Community Forest Open House

Join the board members of the Vermilion Forks Community Forest for an Open House at Riverside Community Centre (145 Old Hedley) Wednesday, November 13th, 2013 at 7:00 pm. The Open House will be an opportunity for the community to hear the highlights of the 2013 Annual Report and the 2014 Operating Plan. Refreshments provided.



Upper Similkameen Indian Band



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Editorial Page News Leader

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

My Turn...

Remembering John

I'm going to miss John Bey.
He was in our office weekly to pick up his paper and for the longest time we had a running gag.
He started most conversations with, "Hello, People. What's new?"
My response was usually saying that all he really needed to know was in the issue of the News Leader he was holding.
That went on for a long, long time and it was always worth a laugh.
Things changed when he had his accident and lost most of one hand, and the conversations got a bit more serious. What stayed the same after the accident was his upbeat attitude. John said more than once that he was just going to have to adapt and off he went with a smile on his face, a chuckle in his voice and all the 'what's new information' tucked under his arm.
John and I had a couple things in common.
We both did a turn as President of both Princeton Racing Days and the Princeton Exhibition Associations. Although his terms were shorter than mine, I was amazed that he was still dealing with some of the same issues I faced a decade before.
We rarely talked about those things, as they never really came up in conversation.
I knew early on in my time at Sunflower Downs that John, along with Stan Thompson, were just two of the many 'go-to' guys one could contact to get something done at the fairgrounds. Just like Stanley (as I called him), John did a lot of work at the facility on the sly and there was never much in the way of paperwork submitted for payment.

John was one of those guys who would rather just fix a problem than sit around and discuss it at the committee level.

I think it was probably because talking and coming up with a plan was viewed as wasted time when the issue could have been rectified right away. Besides, too much planning just got in the way of BS'ing over a cup of coffee.

When we lost Stan I knew more were going to follow and there will be more now that John is gone.

It's sad to see community builders pass on.

But just like the War Veterans we pause to remember this week, they have all left behind a legacy for the rest of us to enjoy.

Our Veterans sacrificed so much to give us the freedom to become community builders. Those community builders in turn offered freely whatever they could for the enjoyment of others.

I am forever grateful to be able to enjoy the fruits of their labour.



A pile of leaves becomes a great place to play for a group of local children last week. Photo: Rikn Ruebsaat

...Your Turn

Letters And E-Mails Received This Week

To The Editor;

The Princeton Health Care Transportation brochure is now available at the following locations: Cascade Medical Clinic, Princeton Medical Clinic, Community Services, Town

Office, Princeton Library, Seniors Centre, Similkameen Spotlight office, and Similkameen News Leader office.

The brochure is also available online at the Support Our Health

Care website: www.sohc.ca. Information in the brochure provides assistance to Princeton residents requiring transportation to a medical appointment. One telephone number provides quick and easy access to the various options that are available, simply call 250-295-6666.

The Princeton Health Care Steering Committee would like to thank everyone who completed the transportation survey. The results will be studied and used to improve transportation service to the people of Princeton.

- Ed Staples,
President SOHC, Princeton

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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.



Current Comment

Do We Know How To Create Peace?



Dawn Johnson
editor@thenewsleader.ca

Remembrance Day is coming next week. Each year we are asked to remember those who gave their lives to protect our way of life. Canadians have gone to war for the British Empire, for the Commonwealth and for the United Nations. Thousands of Canadians gave the ultimate sacrifice, thousands more were wounded, both physically and emotionally. Thousands of marriages died during these wars and after them. All who lived through those wars were touched by war, whether they went to battle or stayed at home. In many ways, those wars defined us as Canadians.

As a nation, we Canadians are not war-like. I often wonder if it is because the land that shapes our experience provides us with enough of a fight for survival without having to go out to find an enemy. Yet our nation went to war out of a sense of duty, loyalty, principles.

I am a member of the Legion Ladies Auxiliary. At each meeting we say a prayer that ends "until war shall cease to be." What a noble sentiment! It keeps us going, keeps us raising money to help Legion goals, keeps reminding us of why we do what we do. I would like nothing better than to see the end of war on our planet, and I am sure I am not alone.

How do we arrive at that time when war shall cease to be?

I recall the words of Thik Nat Hahn, who said, "You cannot fight for peace."

True, because the moment you fight, you make peace disappear, but is it not also true that we humans have always gone to war?

Recently, I watched a documentary about an archaeological dig in Germany where archaeologists discovered the remains of an ancient agricultural village dating back 5,000 years. The residents of

this village had gone as much as 200 km. away to raid other villages and bring back prisoners to execute and eat!

Advance 3,000 years and recall that Europe was suffering Pax Romana, which means Roman Peace. The Romans marched into an area, defeated and subjugated the local residents, gave them a set of rules to live by, and if those rules were violated, punished the offenders. This was the nature of Roman Peace.

The Pax Romana style of creating peace has been followed time and again. An army marches in, takes over, tells people to "do it our way" and the fighting is over, at least until the next war.

Even the golden dream of communism began with wiping out thousands of fellow citizens to establish a peace in which everyone would be 'equal'. Even in the so-called equal society of the nations who embraced communism there were still the elite who made the rules for others to follow or suffer punishment.

In today's world, people are being killed in minor wars, many fought for the sake of economic gain and/or corporate dominance over resources. We can be misled into thinking some of the death toll is justified by religious or political differences, but to the average person in the street, death of a loved one is still heart-wrenching and can bring questions about the real reason for war. It boils down to the old Pax Romana conundrum: do it our way and we shall have peace.

Nations spend huge amounts of money and resources on military personnel and equipment, but how much money and how many resources are spent on creating peace? Is there even one dollar spent on finding out HOW to create peace? Even in our peace-loving nation, peaceful protests have been met with armed force, as if voicing opposition is breaking some rule.

What would it take to create peace? What kinds of things would we have to think to create peace? What kinds of things would we have to change to create peace?

In a world in which we can annihilate each other in dozens of nasty ways, if we want a day when war shall cease to be, then we are going to have to develop a blueprint for how to create peace.

Princeton loses community man

..... continued from Front Page Princeton's fairgrounds complex. He was active in Princeton Racing Days Association and became president in 2002. He was Princeton's representative on the BC Interior Horse Racing Association Board of Directors and became president of the association for two years.

During part of his time as Racing Days president, Bey served as President of Princeton Exhibition Association (PXA), the board of management for the fairgrounds.

During most of his years of working in various positions connected with horse racing, both he and Ruby were members of the

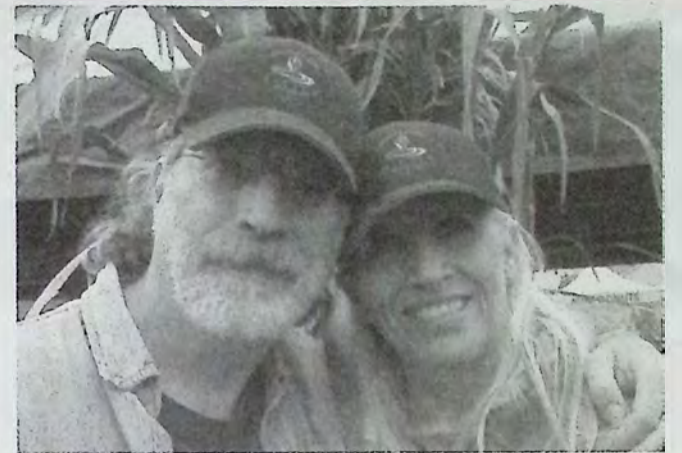
Princeton and District Agricultural Fall Fair Association.

Those who knew John Bey knew him as a man who was always doing something, always working on a project of some kind. Until age and health problems caused him to slow down, he was a hard man to catch up to. They also knew him as a man who never shied away from responsibility and never failed to deliver on a promise. They also knew him and Ruby as a couple whose doors were always open with a smile and warm welcome waiting inside.

John Bey was laid to rest following a service at the Legion Hall on Monday, November 4, 2013.

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Lower Valley News

Keremeos - Cawston - Olalla



Similkameen Country's Colleen Christensen will miss Jenifer Sparkes, above. Sparkes finished her time at the Keremeos InfoCentre last week. She had been working there since the beginning of summer and in addition to various Similkameen Country related tasks, Sparkes became a valued assistant to Christensen. Jenifer moves to the Lower Mainland this week to follow up her post-secondary school plans. Good luck, Jen!

Keremeos releases Q3 statistics

Village of Keremeos. Bylaw Enforcement figures were reviewed at the October 21st regular meeting of Council.

Third Quarter numbers from 2012 showed a total of 19 bylaw enforcement complaints compared to 28 received during the same time this year.

A closer look shows property maintenance as being the main issue in both years (12 complaints Q3 2012, 29 total YTD 2012/15 complaints Q3 2013, 32 total YTD

2013).

Other complaints in the Third Quarter of this year included 10 dog-related matters (17 total YTD 2013) which compares to just 4 over the same period last year and 18 for the first nine months of 2012, 2 noise complaints, where there were none recorded at all last year

and 5 so far this year and a single item under 'miscellaneous' for a total of two so far this year compared to 5 in the same period last year.

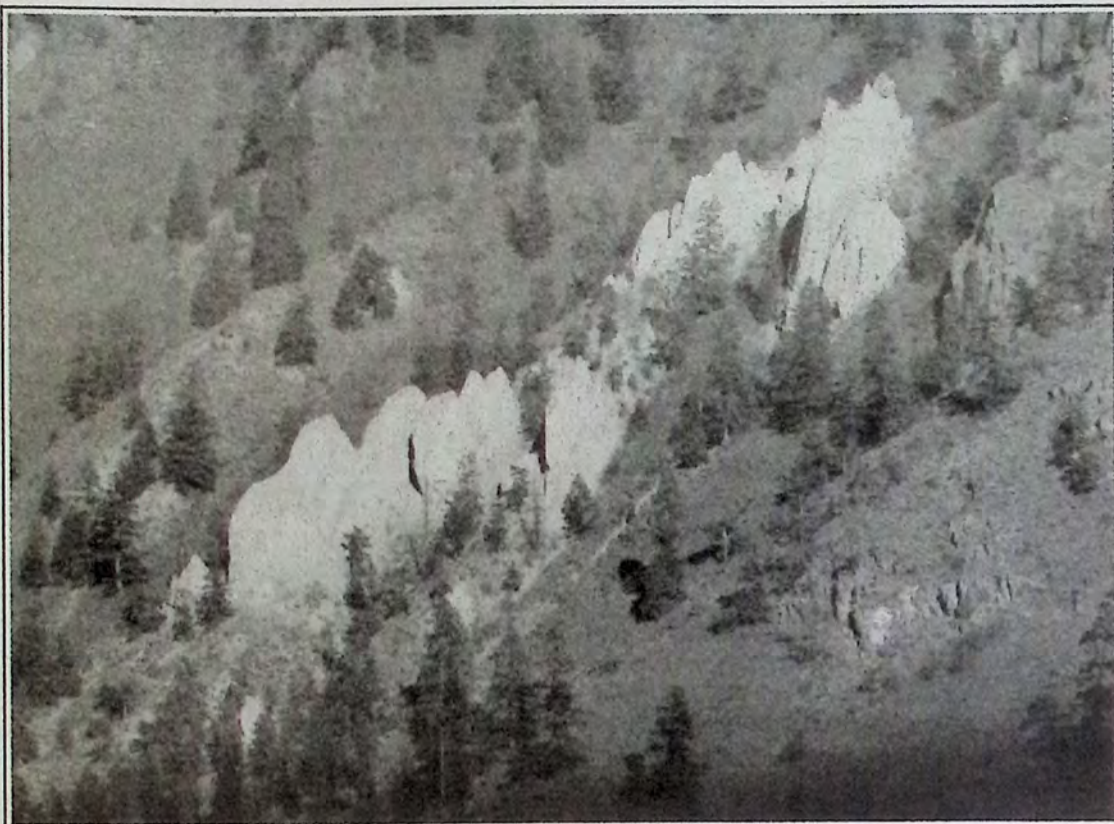
So far this year there have been a total of 59 bylaw complaints recorded which is a ten percent increase over the same time frame in 2012.

WEEKLY LOCAL CHURCH SERMONS

livingwaterchurch.info



Agriculture workers in the Cawston area looking for work are supposed to check this WorkBC job board in Oliver. In contrast, workers down the highway near Keremeos are served by the WorkBC office in Penticton. The Okanagan-Similkameen Farm Labour Society is working to streamline seasonal worker opportunities in the South Okanagan and Similkameen. The next meeting of the society is November 6th, 6:00 PM at the Cawston Hall. Farmers, farm workers and the general public are invited to attend. Photo: Arlene Arlow



The clay cliffs on the north side of the Similkameen River Valley provide wonderful contrast when the light is right. The natural shadow at the bottom of the picture is the shadow of K Mountain as it creeps across the valley floor. These outcroppings were captured at 3:53 PM October 20th northeast of Cawston. Photo: Arlene Arlow

Centre hosts calligraphy workshop

The Art of Calligraphy is being offered in a series of workshops in the run-up to the festive season.

"Most folks enjoy hand written and artistically decorated cards, letters and presentation pieces," says Dave Cursons, who will direct the workshop series.

Saturday afternoon workshops run from 1:30 to 3:00 PM, November 16, 23 and December 7th.

There will also be one evening workshop from 6:30 to 9:00 PM on Wednesday December 4th.

They all happen at the Family Centre at 310 Veterans Avenue, in Keremeos.

Cursons is the part-time coordinator for Similkameen Family

Literacy and has been practising calligraphy as an art since he was a youngster.

The beauty of the hand written word is an especially important art as we move into the highly efficient and standardized digital culture. Penmanship is practised less and less.

There is real joy and excitement in producing written work in one's own style using pens, inks, brushes and various papers. Materials are provided in the workshops for a \$3 fee.

Participants are welcome to bring their own writing tools and other materials.

"Getting together as a group is a

way to explore and to have fun in refining our own particular approaches to standard and stylized letter forms," says Cursons.

Pre-registration is required at 250-499-2352. Call 8:00 AM to 12 Noon Monday to Friday. - submitted

Atamanenko announces retirement from politics

After three terms in office, NDP MP Alex Atamanenko has announced that he will not be running in the next election.

"I've been proud to serve the people of BC Southern Interior," said Atamanenko.

"As I look ahead to retirement in two years, I'd like to thank my constituents for electing me to represent their interests in Ottawa."

Atamanenko has served the people of BC Southern Interior since

his election in 2006.

In that time, he has held several critic portfolios, including Food Security, Rural Affairs, and Agriculture.

"I'd like to thank Alex for his contributions to our caucus and our movement," said NDP Leader Tom Mulcair.

"He has been a great representative for BC Southern Interior."

The next election is expected to take place in 2015.

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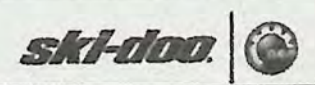
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Princeton
Exhibition
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ANNUAL GENERAL MEETING
7:00 PM

Tuesday, November 26th


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VERMILION AVENUE, PRINCETON

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Cawston wasn't very visible the morning of October 24th. The sun (visible as a ball of light in the upper left corner) put an eerie glow on the neighbourhood and made driving a bit treacherous. Eastbound highway traffic adjusted its speed accordingly all the way to Richter Pass and beyond. Photo: Arlene Arlow

Saddles 'n' Spurs
by Pastor George Donovan

Another break for me in my travels was on it's way. A 1957 Ford Fairlane convertible stopped to pick me up. Wow! My favourite car.

The man and his wife were in the front and in the back two boys and their uncle. The driver stopped the car and asked the uncle to move to the front, probably because he and the driver were big men, a lot bigger than me. My place was in the back with his wife and two boys.

I asked as we approached Calgary to please let me off at a convenient place for him and me so I could continue my way back to B.C. He said he wanted me to stay at his place and had some work for me if I wanted it. I wanted it and said thanks. They were very friendly and had a nice home but I felt awkward staying with them for all the meals and being right in with the family. They fed me well and I began doing miscellaneous tasks for him. At first I helped clean up an apartment they owned with his wife.

He was a plasterer, first class, and I carried mud for him. It was a good time of getting my strength back and making new friends. About two weeks later I was back on the road with a few dollars in my pocket. On the way to Golden I was picked up by three middle aged men in a 1946 Dodge.

Two men sat in the front and one in the back with me on the right hand side. The driver was very quiet, the others were drinking and very boisterous. One of them said out loud, "let's kill this kid!" At first I thought they were joking, but he shouted at the driver saying, "when we get to the bridge, stop there and we can kill him and throw him off."

It was already dark but I could see a bridge ahead and I was taking this

very serious. I started planning what I could do to save myself. I wasn't concerned about my pack so I got my hand on the door handle, I was sure I could outrun these drunks but I wasn't sure about the gun they said they had in the glove box.

The driver kept ignoring the two and when I saw the bridge ahead of us,

they became insistent and yelled, "STOP THE CAR!" I planned on running back and into the bush zigzagging in case they tried to shoot me.

God must have been looking after me again, the driver didn't stop but sped up and took me safely to Golden.

..... continued Next Week

Living Past 100
Variety Is The Spice of Health

Eating a wide variety of foods is one of the keys to good health. Variety does NOT mean eating various brands of the same foods, it means eating a lot of different kinds of foods. Variety does NOT include changing the toppings on a steady diet of pizzas. It means having a pizza now and then, and eating a lot of different foods in between.

Top priority for variety goes to fruits and vegetables. For example, when was the last time you ate celery, eggplant or kohlrabi? Have you eaten yams, beets and peppers lately? Does your weekly diet include spinach, broccoli, carrots and Brussels sprouts? Have you eaten onions, garlic, parsley or kale lately?

When it comes to fruit, you need to know berries are rated top above other fruits, and apples and pears are good for you any time. Pineapple contains a mineral good for heart health, and apricots contain iron to maintain good circulation. The actual fruit is superior to fruit juices, but drinking quality fruit juices in moderation is good for you if you are not substituting juice for the real fruit.

Variety includes grains, and your bread or cereal should include more than one grain. You could have whole wheat toast for breakfast, or you could have multigrain toast. You could have regular pancakes, or you could have buckwheat pancakes. You could have oatmeal one morning and multigrain cereal the next morning. Each type of grain contains its own special series of nutrients. Pasta comes in a variety of forms and the dishes you can make with pasta are a variety in themselves.

All of us need protein, which we eat in the form of meat, fish and dairy products. Meats can include poultry such as chicken, turkey, duck, goose, Cornish game hens, and eggs. There are hundreds of kinds of fish, fresh or canned. Dairy products such as milk and yogurt are rich in proteins.

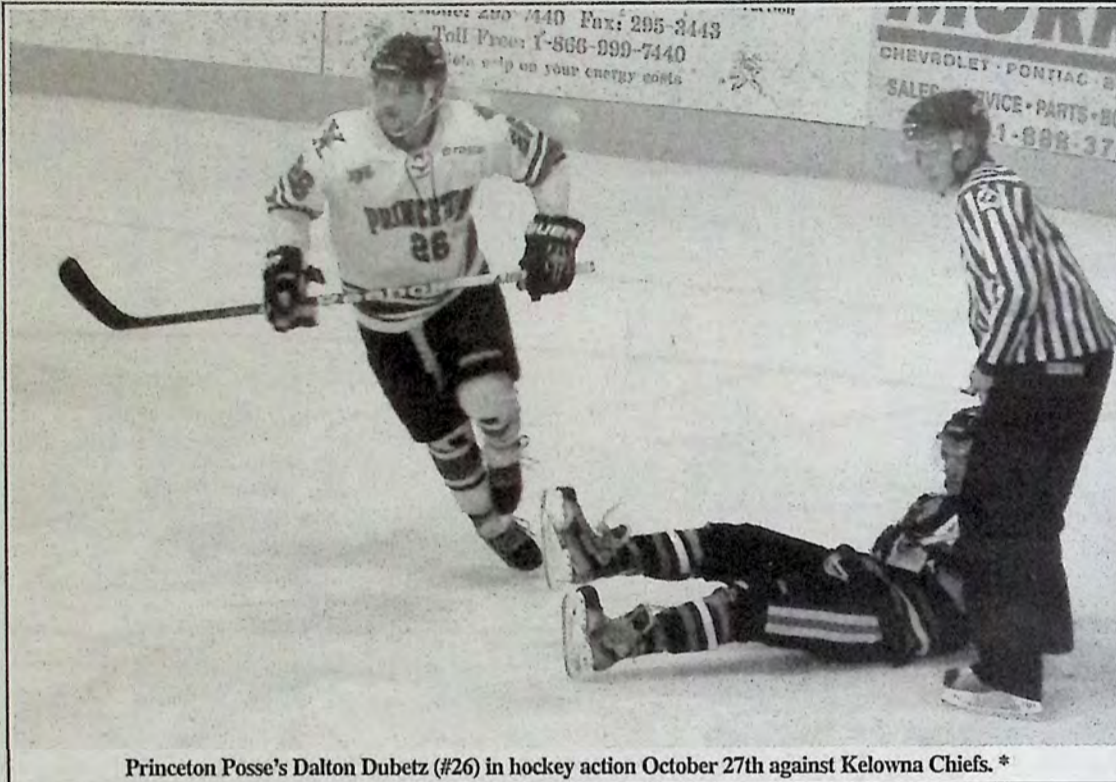
The key to keeping variety in mind when shopping is to look closely at each section and look for something you haven't eaten in a long time or maybe never, and then add it to your shopping cart. Remember: you are shopping for health, not just for food.



News Leader

Entertainment

Similkameen News Leader TV Guide Listings - November 5 - 11, 2013



Princeton Posse's Dalton Dubetz (#26) in hockey action October 27th against Kelowna Chiefs. *

Chiefs take win from Posse

Princeton Posse hosted Kelowna Chiefs for a Sunday matinee game October 27th.

It was a special event in that spectators were admitted to the game by donation if they were wearing pink to wrap up the Posse Breast Cancer Awareness Month activities.

The Chiefs came to Princeton leading the series between the teams 3-1 and had also outscored the Posse 18-9 in those four contests.

Princeton drew first blood at 10:10 of the first period with a power play goal scored by Eric Kubis with assistance from Kurtis Klinger and Eric Schmidt.

Kelowna tied the game at 16:51 (Brady Mende from Jagger Bowles) and took the lead with a goal scored at 18:00 (Dylan Jaimeson from Chase Astorino).

The second period saw Princeton out-shoot Kelowna 17-9 but the Chiefs scored twice on the power play (2:51 - Jagger Bowles from Nick Josephs and Cole DeJonge and at 13:38 - Cole DeJonge from Nick Josephs).

Something clicked in the third period for Princeton and they scored at 7:32 (Eric Schmidt from Kurtis Klinger) and again at 9:39 (Jon Thompson from Destin Robinson).

The score was now 4-3 for the Chiefs and the small crowd in Princeton Arena started to notice their team was playing a pretty

good game all of a sudden.

In fact, both teams were putting a lot of effort into this match.

When it looked as if Princeton could tie it up Kelowna's Nick Kovacik scored an unassisted goal. The clock said 14:00.

Princeton's Kraig Leochko was racing around the ice surface for most of the period like a madman on a rampage. The period before he nearly scored and was stealing pucks, robbing passes and just buzzing around looking for the right opportunity to present itself.

That very thing happened with just

33-seconds left on the clock when he scored an unassisted goal. It unleashed a small tornado around the scorer who celebrated his first KIJHL goal of the season.

A tie was still within reach with just seconds left to play.

That was until Nick Josephs fired a shot at the empty Posse net and scored with 11-seconds remaining in the game.

Final Score: Kelowna 6, Princeton 4. Shots on Goal: Princeton 33, Kelowna 32. Penalties in Minutes: Kelowna 10 for 50-minutes, Princeton 10 for 39-minutes.



Princeton's Eric Kubis (#8) in position in front of the Kelowna goal. *

Princeton Posse 2013/14 Clip 'n' Save Game Schedule Similkameen News Leader

Date	Time	Away	Home
Exhibition Season			
Sat Aug 31	7:30 PM L	Princeton 3	Summerland 5
Sat Sep 7	7:00 PM L	100 Mile House 7	Princeton 0
Sun Sep 8	2:00 PM W	Grand Forks 1	Princeton 2
Regular Season			
Fri Sep 13	7:00 PM W	Kelowna 3	Princeton 4
Sat Sep 14	7:00 PM OT L	N Okanagan 4	Princeton 3
Wed Sep 18	7:35 PM L	Princeton 1	Osoyoos 6
Fri Sep 20	7:00 PM L	Kamloops 5	Princeton 4
Sat Sep 21	7:00 PM L	Princeton 0	Kelowna 6
Sun Sep 22	3:00 PM	CANCELLED Princeton @ N Okanagan	
Fri Sep 27	7:30 PM L	Princeton 3	Summerland 4
Sun Sep 29	2:00 PM W	Osoyoos 2	Princeton 4
Fri Oct 4	7:00 PM L	Kelowna 4	Princeton 1
Sat Oct 5	7:00 PM L	Summerland 4	Princeton 1
Fri Oct 11	7:35 PM L	Princeton 2	Osoyoos 6
Sat Oct 12	7:00 PM OT W	Sicamous 4	Princeton 5
Tue Oct 15	7:00 PM L	Princeton 4	Kelowna 5
Sat Oct 19	7:00 PM OT W	Spokane 2	Princeton 3
Fri Oct 25	7:00 PM W	Revelstoke 0	Princeton 6
Sun Oct 27	2:00 PM L	Kelowna 6	Princeton 4
Sat Nov 2	5:00 PM	Summerland @	Princeton
Sun Nov 3	3:00 PM	Princeton @	N Okanagan
Fri Nov 8	7:00 PM	Princeton @	Nelson
Sat Nov 9	7:00 PM	Princeton @	Castlegar
Fri Nov 15	7:00 PM	Nelson @	Princeton
Sat Nov 16	7:00 PM	Beaver Valley @	Princeton
Sun Nov 17	5:00 PM	Princeton @	Kamloops
Fri Nov 22	7:00 PM	Princeton @	Kelowna
Sat Nov 23	7:30 PM	Princeton @	Summerland
Wed Nov 27	7:00 PM	Osoyoos @	Princeton
Fri Nov 29	7:00 PM	100 Mile House @	Princeton
Fri Dec 6	7:00 PM	Princeton @	N Okanagan
Sat Dec 7	7:00 PM	Castlegar @	Princeton
Fri Dec 13	7:00 PM	Princeton @	Chase
Sat Dec 14	7:00 PM	Princeton @	Sicamous
Sun Dec 15	2:00 PM	Princeton @	Revelstoke
Wed Dec 18	12 Noon	Osoyoos @	Princeton
Fri Dec 20	7:00 PM	Kelowna @	Princeton
Wed Jan 1	2:00 PM	N Okanagan @	Princeton
Fri Jan 3	7:30 PM	Princeton @	Summerland
Sat Jan 4	7:35 PM	Princeton @	Osoyoos
Tue Jan 7	7:00 PM	Summerland @	Princeton
Fri Jan 10	7:00 PM	Princeton @	Grand Forks
Fri Jan 17	7:30 PM	Princeton @	Beaver Valley
Sat Jan 18	7:00 PM	Princeton @	Spokane
Fri Jan 24	7:30 PM	Princeton @	Summerland
Sat Jan 25	7:00 PM	N Okanagan @	Princeton
Fri Jan 31	7:00 PM	Princeton @	100 Mile House
Sun Feb 2	3:00 PM	Princeton @	N Okanagan
Tue Feb 4	7:00 PM	Princeton @	Kelowna
Fri Feb 7	7:00 PM	Osoyoos @	Princeton
Sun Feb 9	2:00 PM	Chase @	Princeton
Wed Feb 12	7:35 PM	Princeton @	Osoyoos
Fri Feb 14	7:00 PM	N Okanagan @	Princeton
Sat Feb 15	7:00 PM	Summerland @	Princeton
Sat Feb 22	7:00 PM	Grand Forks @	Princeton

Tuesday Movies

EVENING

9:30 pm WTBS ch.3 "Domestic Disturbance" (2001, Suspense) John Travolta. A troubled boy claims he witnessed his new stepfather commit a murder, prompting his father to investi-

gate.
11:30 pm WTBS ch.3 "Drillbit Taylor" (2008, Comedy) Owen Wilson. Three friends hire a homeless soldier-of-fortune to protect them from the school bully.

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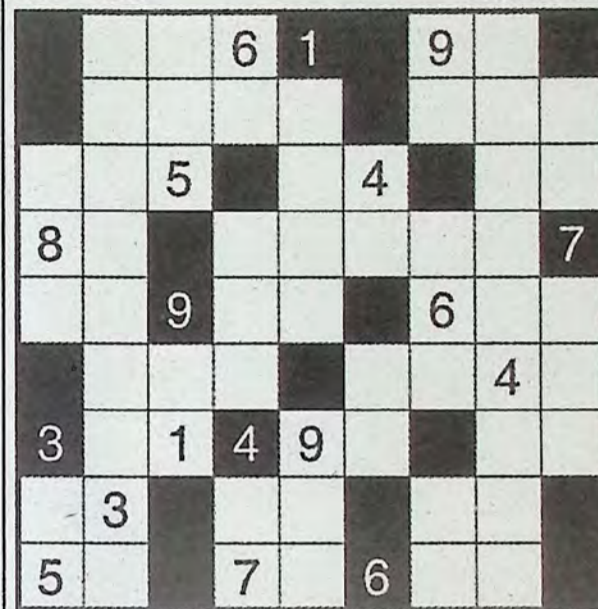
News Leader Str8ts

STR8TS

No. 150

Medium

Previous solution - Easy



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 along with more puzzles, Apple apps and books.

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

TUESDAY, NOVEMBER 5, 2013

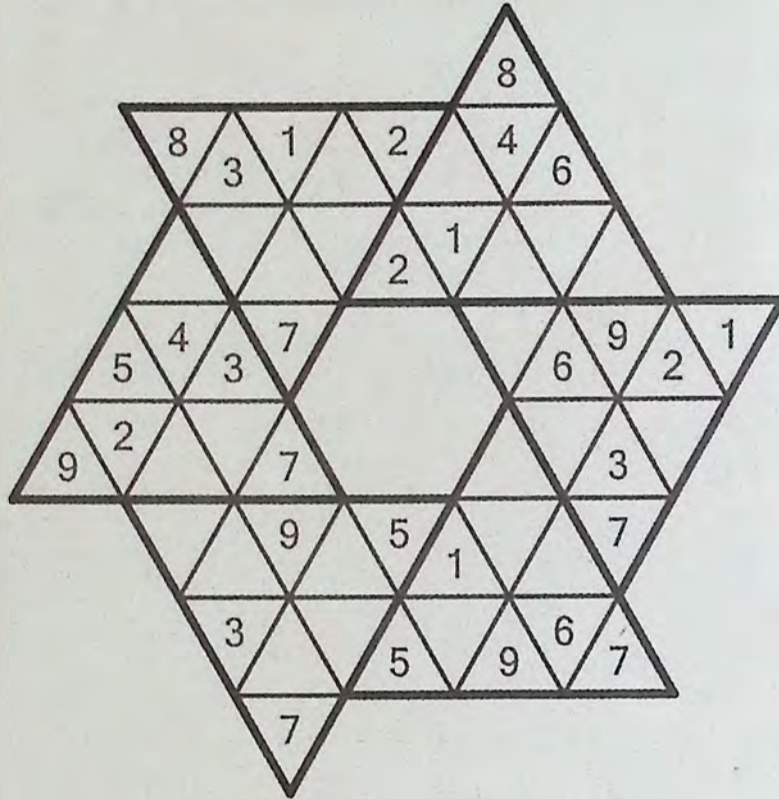
	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N)	Wibbly Pig	Thomas Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat Rescue	SportsCentre	CTV Morning Live (N)	Mighty Planes "SOFIA"	Stella-Sam Phineas	CityLine (N)	Bar Rescue	Hid. City
7 AM	Law & Order: SVU		Ella the EI	Arthur	Today Giada De Laurentiis; Hill Harper. (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Tiger	Penguins	SportsCentre		Dangerous Flights	Shake It ANT Farm	Let's Make a Deal (N)	Bar Rescue	Disaster
8 AM	Law & Order: SVU		Magie Bus	Curious			CSI: Miami "L.A."				Bo On/Go	Pokémon	SportsCentre		Canada's Worst Driver	Jessie Wizards	The Price is Right (N)	Bar Rescue	Eat St. O
9 AM	Millionaire	Morning	Dragon	Peg		The 700 Club	CSI: Miami	Livell Kelly and Michael	Morning Huntley	The Doctors	Super Why! Cat in the Hat	Rescue Mike	SportsCentre	Livell Kelly and Michael	Overhaul'n	Little Manny	Jdg Judy	Bar Rescue	World's
10 AM	Divorce	The Doctors	Poppy Cat	Sesame Street (EI)		The Price is Right (N)	Criminal Minds	The View (N)	The Doctors	AnnaOlson	Bookaboo	Little Bear	Auto Race	The View (N)	How/Made	Never Land	The Chew (N)	Bar Rescue	Monumental Mysteries
11 AM	Judge Alex	AnnaOlson	Rolie Polie	Tiger	Jdg Judy	Young & Restless	Criminal Minds	Paid Prog.	AnnaOlson	Noon News Hour (N)	The Nature of Things	To School Squirrel	World Series	Marilyn Denis	Airplane Repo	Phineas ANT Farm	General Hospital (N)	Bar Rescue	Mysteries-Museum
12 PM	King	Noon News Hour (N)	Dino Dan	Charlie	Paid Prog.	News	The First 48	The Chew (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Kid vs. Kat SpongeBob	SportsNation (N)	CTV News (N)	Dukes	Wingin' It	CityLine	Bar Rescue	Museum Secrets
1 PM	Community	Days of our Lives (N)	Dragon	Painting	Days of our Lives (N)	The Talk	The First 48	General Hospital (N)	Days of our Lives (N)	The Talk	Republic of Doyle	Rated A	Hockey	The Social	Canada's Worst Driver	Wizards	Katie	Bar Rescue	Bizarre Foods/Zimmer
2 PM	Seinfeld	The Talk	Big Bear	Thomas	Katie	Let's Make a Deal (N)	The First 48	Queen Latifah	The Talk	Queen Latifah	Steven and Chris (N)	Super Evil	Off Record	Dr. Phil	Airplane Repo	Shake It ANT Farm	CityNews at 5 (N)	Bar Rescue	Hid. City
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil	Storage	Rachael Ray	Queen Latifah	Young & Restless	Recipes Stefano	Squirrel	SportsCentre (N)	Bethenny (N)	Mighty Ships	Jessie Austin	CityNews at 6 (N)	Crisis Angel	Eat St. O
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show	Storage	The Doctors	Young & Restless	Early News Global Nat.	Dragons' Den	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (DVS)	Jessie	Mod Fam	Crisis Angel	Museum Secrets
5 PM	Browns	News (N)	Martha	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	News	Parents	Hockey: St. Louis Blues at Montreal Canadiens.	CTV News at Five (N)	Gold Rush	Dog	Dads (N)	Crisis Angel	Hid. City
6 PM	Browns	Global Nat.	Hope for Wildlife	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Storage	News at 6	(5:59) News Hour (N)	ET Canada	News	Japanizl		CTV News (N)	Gold Rush (N)	Austin	New Girl	Crisis Angel	Monumental Mysteries
7 PM	Mod Fam	Ent	Frontiers of	African Americans	Jeopardy!	Inside Ed.	Hoggers	Ent	Ent	(7:01) Elementary	George S	Victorious	SportsCentre (N) (Live)	etalk (N)	Highway Thru Hell	Shake It	Body of Proof	Crisis Angel	Mysteries-Museum
8 PM	Family Guy	NCIS "Better Angels"	Ancient Egypt	Jim Hendrix: American	The Biggest Loser (N)	NCIS "Better Angels"	Hoggers	Agents of S.H.I.E.L.D.	NCIS "Better Angels"	NCIS "Better Angels"	Mercer	Wipeout	That's Hockey 2 Nite	Agents of S.H.I.E.L.D.	Jungle Gold (N)	Good Luck	CityNews-Tonight (N)	Crisis Angel	Museum Secrets
9 PM	Amer. Dad	NCIS: Los Angeles (N)	(9:05) Sisters in Arms	Masters (N)	The Voice The artists perform.	NCIS: Los Angeles (N)	Storage	Goldbergs	NCIS: Los Angeles (N)	NCIS: Los Angeles (N)	Giller Prize	Family members compete in obstacles.	Beach Voll.	Goldbergs	Gold Rush	Wingin' It	Jimmy Kimmel Live (N)	Crisis Angel	Hid. City
10 PM	Domestic Disturbance (2001)	(10:01) Elementary	War in the Mind	Moyers & Company	Person of Interest (N)	Storage	Spotlight	(10:01) Elementary	News Hour Final (N)	The National (N)	The Middle	SportsCentre (N)	Person of Interest (N)	Highway Thru Hell	Good Luck	Maury (N)	Crisis Angel	Monumental Mysteries	
11 PM	Drillbit	CHBC News Final (N)	Frontiers of	Charlie Rose (N)	News	News	Hoggers	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre	News-Lisa	Jungle Gold	Wizards	Paid Prog.	Crisis Angel	Mysteries-Museum

News Leader Sudoku 479

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

AFTERNOON

EVENING

12:00 pm SPIKE ch.44 "The Transporter 2" (2005, Action) Jason Statham. A former Special Forces operative springs into action to save the kidnapped son of an anti-drug czar. (In Stereo)
 3:00 pm SPIKE ch.44 "The Transporter 2" (2005, Action) Jason Statham. A former Special Forces operative springs into action to save the kidnapped son of an anti-drug czar. (In Stereo)

9:30 pm WTBS ch.3 "Anchorman: The Legend of Ron Burgundy" (2004, Comedy) Will Ferrell. A 1970s San Diego newscaster feels threatened by the arrival of an ambitious woman looking to climb the ranks of journalism.
 11:30 pm WTBS ch.3 "Gran Torino" (2008, Drama) Clint Eastwood. An unlikely friendship forms between a bigoted war veteran and an Asian boy who tried to steal the man's treasured automobile.

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WEDNESDAY, NOVEMBER 6, 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	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) 30	Wibbly Pig	Bullder	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds 30	Morning Northwest	Morning News (N) 30	(5:00) Morning News (N)	CBC News Now (N) 30	Kid vs. Kat Rescue	SportsCentre 30	CTV Morning Live (N) 30	Ice Cold Gold 30	Stella-Sam Phineas	CityLine (N) 30	Wildest Police Videos	Pitchin' In
7 AM	Law & Order: SVU		Ella the EI	Arthur	Today Adoption; Il Divo performs. (N) 30	CBS This Morning (N) 30	Criminal Minds 30	Good Morning America (N) 30			Tiger	Penguins	SportsCentre 30		Pyros "Fire and Ice"	Shake It	Let's Make a Deal (N)	Deadliest Warrior	Bizarre Foods America
8 AM	Law & Order: SVU		PAW Patrol	Martha			CSI: Miami "Dishonor"			Morning Huntley	Bo On/Go	Pokémon	SportsCentre 30		Jungle Gold 30	Jessie 30	The Price Is Right (N)	Deadliest Warrior	Eat St. 30
9 AM	Millionaire	Morning	Dragon	Peg		The 700 Club 30	CSI: Miami "Backfire"	Livel Kelly and Michael	Morning Huntley	The Doctors 30	Super Why! Cat in the Hat	Rescue Mike	SportsCentre 30	Livel Kelly and Michael	Pyros (DVS)	Little Manny	Jdg Judy	Wildest Police Videos	World's
10 AM	Divorce	The Doctors 30	Poppy Cat	Sesame Street 30 (EI)		The Price Is Right (N)	Criminal Minds 30	The View (N) 30	The Doctors 30	AnnaOlson	Bookaboo	Little Bear	Firefit Champs	The View (N) 30	How/Made	Never Land	The Chew (N) 30	Deadliest Warrior	Amazing
11 AM	Judge Alex	AnnaOlson	Rolle Polie	Tiger	Jdg Judy	Young & Restless	Criminal Minds 30	Hate Hair?	AnnaOlson	Noon News Hour (N)	The Nature of Things	To School	Darts	Marilyn Denis	Gold Rush	Phineas	General Hospital (N) 30	Deadliest Warrior	RIDE.
12 PM	King	Noon News Hour (N)	Dino Dan	Charlie Rose 30	Paid Prog.	News	The First 48 30	The Chew (N) 30	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 30	Parents	SportsNation (N) 30	CTV News (N) 30	Gold Rush 30	Wingin' It	CityLine 30	Movie: *** "The Transporter 2" (2005) 30	Pitchin' In
1 PM	Community	Days of our Lives (N)	Dragon	Oil Painting	Days of our Lives (N)	The Talk 30	The First 48 30	General Hospital (N) 30	Days of our Lives (N)	The Talk 30	Republic of Doyle 30	Rated A	That's Hockey 2 Nite	The Social 30	Highway Thru Hell	Wizards	Katie 30		Bizarre Foods/Zimmerman
2 PM	Seinfeld 30	The Talk 30	Big Bear	Thomas	Katie 30	Let's Make a Deal (N)	The First 48 30	Queen Latifah	The Talk 30	Queen Latifah	Steven and Chris (N) 30	Super Evil	Off Record	Dr. Phil 30	Jungle Gold 30	Shake It	CityNews at 5 (N) 30	Deadliest Warrior	Hid. City
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil 30	The First 48 30	Rachael Ray 30	Queen Latifah	Young & Restless	Recipes	Squirrel	SportsCentre (N) 30	Bethenny (N) 30	Mighty Planes 30	Jessie 30	CityNews at 6 (N) 30	Movie: *** "The Transporter 2" (2005) 30	Eat St. 30
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show 30	Duck D.	The Doctors 30	Young & Restless	Early News	Dragons' Den 30	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Austin	Revolution (N) 30		World's
5 PM	Browns	News (N) 30	Martha	News	News	News	Duck D.	News	Early News	(4:59) News Hour (N)	News	Parents	NHL Hockey: Winnipeg	CTV News at Five (N)	Moonshiners 30	Good Luck	The 47th Annual CMA Awards Honoring country music industry members.	Deadliest Warrior	RIDE.
6 PM	Browns	Global Nat.	Frontiers of	PBS News-Hour (N) 30	News	KREM 2 News at 6 (N)	Duck D.	News at 6	(5:59) News Hour (N)	ET Canada	News	Hathaways	Jets at Chicago Blackhawks.	CTV News (N) 30	High Tech Rednecks	Austin	Jessie (N)		Amazing
7 PM	Mod Fam	Ent	Waterfront Cities	Nature 30	Jeopardy!	Inside Ed.	Duck D.	Ent	Ent	Parenthood (N) 30	George S	Victorious	The Tomorrow People	The Tomorrow People	Tickle (N)	Shake It		Deadliest Warrior	Bizarre Foods America
8 PM	Family Guy	Survivor (N) 30	Giant Buddhas	NOVA (N) 30 (DVS)	Revolution (N) 30	Survivor (N) 30	Duck D.	Insider	ET Canada	Survivor (N) 30	Survivor (N) 30	Dragons' Den (N) 30	Wipeout	Arrow (N) 30	Highway Thru Hell	ANT Farm	CityNews-Tonight (N)	Deadliest Warrior	Pitchin' In
9 PM	Amer. Dad	Sean Save	Jewels A ballet by George Balachine.	Raw to Ready (N) 30	Law & Order: SVU	Criminal Minds (N) 30	Duck D.	Awards Honoring country music industry members.	Sean Save	Sean Save	Republic of Doyle 30	Hockey	Criminal Minds (N) 30	Moonshiners 30	Wingin' It	Next Step	Jimmy Kimmel Live (N)	Deadliest Warrior	RIDE.
10 PM	"Anchorman: The Legend of Ron Burgundy"	Parenthood (N) 30	Not Yet Begun to Fight	(10.01) Dateline NBC (N)	CSI: Crimo Scene	Duck D.	Duck D.	Parenthood (N) 30	News Hour Final (N)	The National (N) 30	The Middle	SportsCentre (N) 30	CSI: Crime Scene	High Tech Rednecks	Good Luck	Jessie 30	Maury (N) 30	Ways Die	Amazing
11 PM	"Torino"	CHBC News Final (N)	Waterfront Cities	Charlie Rose (N) 30	News	News	Duck D.	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre 30	News-Lisa	Tickle 30	Wizards	Paid Prog.	Ways Die	Bizarre Foods America



THANK YOU...THANK YOU...THANK YOU...THANK YOU...

To all the people of Keremeos and beyond who came out for a day of fun, food, music and made our 12th annual festival a tremendous success.

Retired Firemen for their usual terrific Pancake Breakfast.

To Mayor Manfred Bauer for judging the Sear Factor Contest.

To the Similkameen Sizzle Organizing Committee who spent many hours planning the day: Colleen Christensen, Joan McMurray, Traci Russell, Dave Rowe, Janet Tizzard, Bill Lockhart, George Elliott, John Bachewich and Jeff Lakey.

To the Best Hot Sauce Contest Judges: George Elliott, Amber Herbinson and our Mystery Judge.

To our many sponsors and donors - Without you this free event would not be possible:

Habanero Title Sponsor: Valley First Credit Union

Scotch Bonnet Major Sponsors: Royal LePage, Valu-Plus Foods, Pharmasave, Parson's Fruit Market, Mariposa Orchards, Similkameen News Leader, The Keremeos Review, Village of Keremeos, Regional District Areas B and G, Fortis, and Similkameen Wineries Association.

Cayenne Medium Sponsors: Vesper Transport, Citizens On Patrol, Simtech Web Design, Barry Beecroft Fuel Distributors Ltd, Hilltop Esso & Grocery, Benja Thai Restaurant, Subway, LifeSignz.

To our amazing Sizzle Volunteers - Without you 'The Sizzle Would Fizzle':

The SESS 2013 Grad Class, Keremeos Village Staff, Greg McDonald, Pat & Bill Lockhart, Leo & Louise Dechant, Josie Van Diemen, Brenda Engel, Jerry Tizzard, Gerald Gillies, Brian Russell, Paul Givey, George Bush, Angie Morian, Audrey Strilchuk.

Thanks to the volunteers who helped us but did not sign the Volunteer Sign-In Book.

Thank you all from the 2013 Similkameen Sizzle Peppertfest Organizing Committee

MARK YOUR CALENDARS...

Similkameen Sizzle 2014
Saturday, September 20

Friday Movies

MORNING

9:00 am SPIKE ch.44 "The Bourne Identity" (2002, Suspense) Matt Damon. A woman helps an amnesiac, who has a dangerous past, to dodge assassins as he tries to learn about himself. (In Stereo)

EVENING

6:00 pm YTV ch.18 "Alpha and Omega" (2010, Adventure) Voices of Justin Long. Animated. After park rangers relocate them halfway across the country, a carefree wolf and his stern companion must find a way back to their pack to prevent a war. (In Stereo) (CC)

8:00 pm YTV ch.18 "The Missing Lynx" (2008, Comedy) Voices of Jos/ Luis Mart,nez. Animated. A millionaire hires a devious hunter to capture a jinxed lynx and his animal friends. (In Stereo) (CC)

FAM ch.26 "Bunks" (2013, Comedy) Dylan Schmid. Premiere. Two troublemaking brothers accidentally unleash a curse that plagues their summer camp with zombies. (In Stereo) (CC)

9:30 pm WTBS ch.3 "Joe Dirt" (2001, Comedy) David Spade. A goofy janitor tells a radio talk-show host about his search for the parents who abandoned him.

10:00 pm FAM ch.26 "The Suite Life Movie" (2011, Comedy) Dylan Sprouse. A research project leaves twin brothers Zack and Cody with the ability to sense each other's thoughts and feelings. (In Stereo) (CC)

11:30 pm WTBS ch.3 "You, Me and Dupree" (2006, Comedy) Owen Wilson. Three become a crowd when a newlywed invites his jobless buddy to temporarily move in with him and his wife.

News Leader Recipe 586

Peanut Butter Buttons

(NC)—The pairing of peanut butter and chocolate is always a crowd favourite and this irresistible cookie recipe is also sure to delight. Additional recipes can be found at www.peanutbureau.ca. Prep time: 15 minutes. Baking time: 18 minutes. Makes 26 to 28.

Ingredients:

- 1/2 cup (125 mL) unsalted butter, at room temperature
- 1/4 cup (75 mL) peanut butter
- 1/2 cup (125 mL) + 3 tbsp (45 mL) granulated sugar
- 2 egg yolks
- 2 tsp (10 mL) vanilla
- 1 1/2 cups (375 mL) all-purpose flour
- 26 to 28 mini peanut butter cups
- icing sugar

Directions:

1. Preheat oven to 350°F (180°C). Line 2 baking sheets with parchment paper.
2. Place butter and peanut butter in a large bowl. Using an electric mixer, beat on high until very creamy.
3. Beat in 1/2 cup (125 mL) sugar until well blended. Then beat in egg yolks, one at a time, scraping down sides as needed. Beat in vanilla and then flour until combined.
4. Place 3 tbsp (45 mL) sugar in a shallow dish. Form dough into 1-inch (2.5-cm) balls, and roll in the sugar. Place on prepared baking sheet about 2 inches (5 cm) apart. Use your finger to press into centre of each dough ball to form an indent.
5. Bake in preheated oven for 10 minutes. Remove from oven, place a peanut butter cup in indent and then continue to bake until golden and set, about 6 to 8 more minutes.
6. Remove to a rack to cool completely. When completely cool, dust with icing sugar.

- www.newscanada.com

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FRIDAY, NOVEMBER 8, 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	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) 30	Wibbly Pig	Builder	KHQ News 6AM (N)	KREM 2 Morning News	The First 48 30	Morning Northwest	Morning News (N) 30	(5:00) Morning News (N)	CBC News Now (N) 0	Kid vs. Kat Rescue	SportsCentre 30	CTV Morning Live (N) 0 30	Auction	Stella-Sam	CityLine (N) 30	Ways Die	GoldMind
7 AM	Law & Order: SVU		Ella the El	Arthur	Today Tying a scarf; cold and flu. (N) 0 30	CBS This Morning (N) 0 30	The First 48 30	Good Morning America (N) 30			Tiger	Yu-Gi-Oh!	SportsCentre 30		Licence to Drill	Shake It	To Be Announced	Ways Die	Making Monsters (N) 0
8 AM	Law & Order: SVU		PAW Patrol	Martha							Monster	B-Daman			Don't Drive Here	Jessie 30	The Price Is Right (N)	Ways Die	Eat St. 0
9 AM	Millionaire	Morning	Dragon	Peg			The First 48 30	Live! Kelly and Michael	Morning Huntley	The Doctors 0 30	Super Why!	Rescue	SportsCentre 30	Live! Kelly and Michael	Alplane Repo 30	Little	Jdg Judy	Movie: *** "The Bourne Identity"	World's
10 AM	Divorce	The Doctors 0 30	Poppy Cat	Sesame Street 0 (E)		The Price Is Right (N)	The First 48 30	The View (N) 0 30	The Doctors 0 30	AnnaOlson	Bookaboo	Little Bear	Premier	The View (N) 0 30	How/Made	Never Land	The Chew (N) 0 30	(2002, Suspense) Matt Damon. 0	The Dead Files (N) 30
11 AM	Judge Alex	AnnaOlson	Rolie Polie	Tiger	Jdg Judy	Young & Restless	The First 48 30	Paid Prog.	AnnaOlson	Noon News Hour (N)	The Nature of Things	To School	Darts	Marilyn Denis	How/Made	Phineas	General Hospital (N) 0		The Dead Files (N) 30
12 PM	King	Noon News Hour (N)	Dino Dan	Charlie Rose 0 30	Paid Prog.	News	The First 48 30	The Chew (N) 0 30	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 0	Parents	E:60 30	CTV News (N) 0 30	Fast N' Loud	Wingin' It	CityLine 30	Cops 30	GoldMind
1 PM	Community	Days of our Lives (N)	Dragon	Watercolor	Days of our Lives (N)	The Talk 0 30	The First 48 30	General Hospital (N) 0	Days of our Lives (N)	The Talk 0 30	Republic of Doyle 0	Rated A	That's Hockey 2 Nite	The Social 0 30	Fast N' Loud 0 30	Wizards	Katie 0 30	Cops 30	Bizarre
2 PM	Seinfeld 0	The Talk 0 30	Big Bear	Thomas	Katie 0 30	Let's Make a Deal (N)	The First 48 30	Queen Latifah	The Talk 0 30	Queen Latifah	Steven and Chris 30	Super Evil	Off Record	Dr. Phil 0 30	Overhaul'n 30	Shake It	CityNews at 5 (N) 30	Cops 30	Mysterles-Museum
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil 0 30	Storage	Rachael Ray 0 30	Queen Latifah	Young & Restless	Recipes	Alien	SportsCentre (N) 30	Bethenny (N) 0 30	How/Made	Jessie 30	CityNews at 6 (N) 30	Cops 30	Eat St. 0
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show 30	Storage	The Doctors 0 30	Young & Restless	Early News	Dragons' Den 0 30	SpongeBob	NHL Pre	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Mod Fam	Cops 30	Weird or What?
5 PM	Browns	News (N) 30	Martha	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	News	Parents	Hockey: Now Jersey Devils at Toronto Maple Leafs. 30	CTV News at Five (N)	Canada's Worst Driver	Liv-Mad.	Family	Cops 30	Making Monsters 0
6 PM	Browns	Global Nat.	Park	PBS News-Hour (N) 30	News	KREM 2 News at 6 (N)	Storage	News at 6	(5:59) News Hour (N)	ET Canada	News	Movie: ** "Alpha and Omega"		CTV News (N) 0 30	Highway Thru Hell	Shake It	Raising	Bellator MMA Live (N) 0	The Dead Files 0 30
7 PM	Mod Fam	Ent	Coast	Wash	Jeopardy!	Inside Ed.	Storage	Ent	Ent	Dracula (N) 0 30	George S		SportsCentre 30	stalk	Mayday 30	Next Step	Liquidator		The Dead Files 0 30
8 PM	Family Guy	Yukon Gold 30 (DVS)	Murder Myster.	Call the Midwife 30	Dateline NBC 0 30	Undercover Boss (N) 0	Storage	Last Man	Yukon Gold 30 (DVS)	Yukon Gold 30 (DVS)	M'ketplace	Movie: *** "The Missing Lynx" (2008)	Off Record	MasterChef 30 (DVS)	Mayday "Cruel Skies"	Movie: "Bunks" (2013) Premiere. 0	CityNews-Tonight (N)	Cops 30	Weird or What?
9 PM	Amer. Dad	Hawaii Five-0 (N) 30	The Inspector Lynley Mysteries	Great Performances A concert production of "Company." (N)	Grimm (N) 0 30	Hawaii Five-0 (N) 30	Storage	Shark Tank (N) 0 30	Hawaii Five-0 (N) 30	Hawaii Five-0 (N) 30	the fifth estate (N) 30		Motoring	Grimm (N)	Highway Thru Hell	Good Luck	Jimmy Kimmel Live 0	Cops 30	Making Monsters 0
10 PM	Joe Dirt (2001) David Spade.	Dracula (N) 0 30			Dracula (N) 0 30	Blue Bloods (N) 0 30	Storage	(10:01) 20/20 (N) 30	Dracula (N) 0 30	News Hour Final (N)	The National (N) 30	SpongeBob	SportsCentre (N) 30	Blue Bloods (N) 0 30	Canada's Worst Driver	Movie: "The Suite Life Movie" 0	Maury (N)	Jail 30	The Dead Files 0 30
11 PM	"Dupree"	CHBC News Final (N)	Architects of Change	Well Read	Joy Leno	Letterman	Storage	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre 30	News-Lisa	Mayday 30	Princess.	Paid Prog.	Jail 30	The Dead Files 0 30

News Leader Weekend - Saturday Movies

AFTERNOON

12:00 pm FAM ch.26 "Camp Rock" (2008, Musical Comedy) Joe Jonas. A talented singer works in the kitchen at a summer camp for aspiring musicians. (In Stereo)

(CC)

1:00 pm WTBS ch.3 "Are We Done Yet?" (2007, Comedy) Ice Cube. A contractor with a bizarre business plan complicates a man's attempt to move his new family to the suburbs.

2:30 pm CITV ch.12 "Hancock" (2008, Action) Will Smith. A scruffy superhero protects the citizens of Los Angeles but leaves horrendous collateral damage in the wake of every well-intentioned feat. (CC) (DVS)

3:30 pm CHBC ch.4 BCTV ch.11 "Hancock" (2008, Action) Will Smith. A scruffy superhero protects the citizens of Los Angeles but leaves horrendous collateral damage in the wake of every well-intentioned feat. (CC) (DVS)

4:00 pm YTV ch.18 "Alpha and Omega" (2010, Adventure) Voices of Justin Long. Animated. After park rangers relocate them halfway across the country, a care-free wolf and his stern companion must find a way back to their pack to prevent a war. (In Stereo) (CC)

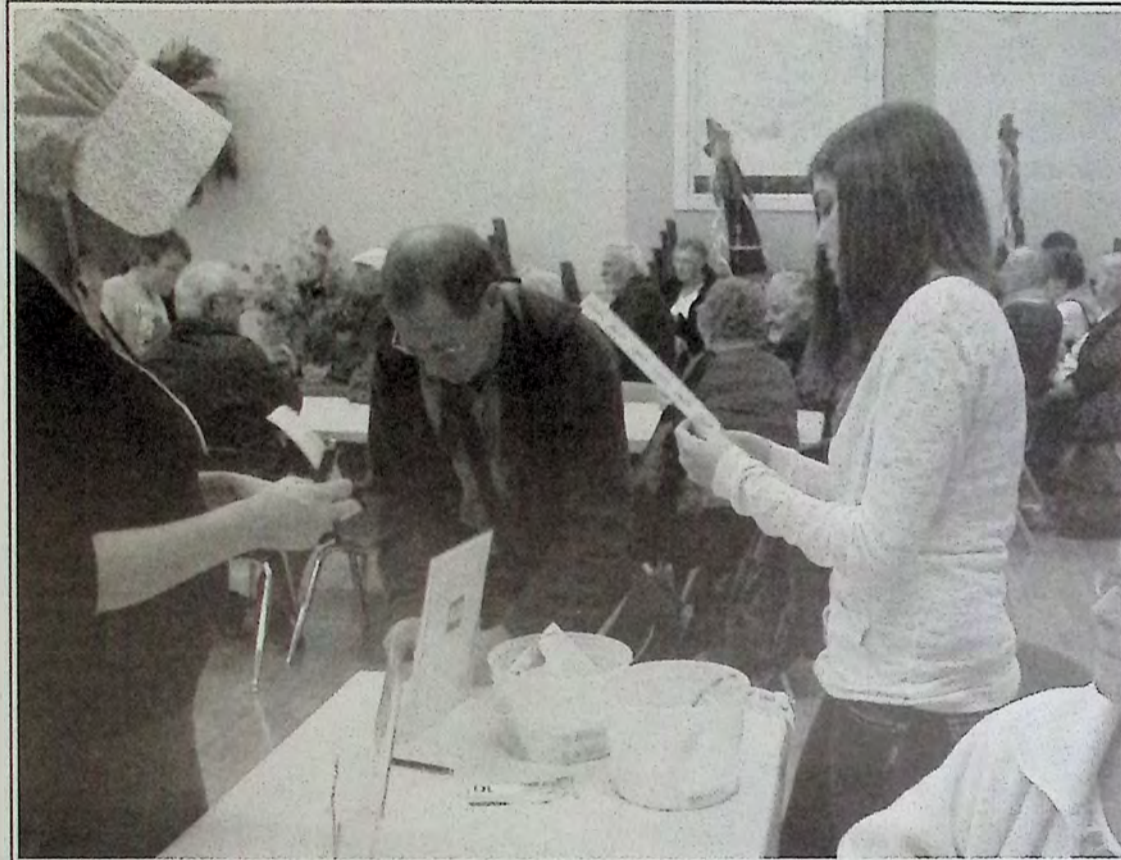
Wars" (2010, Adventure) Jennifer Stone. A young spy competes against popular student Marion to become the official blogger of their high-school class. (In Stereo) (CC)

8:00 pm KSPS ch.6 "Strangers on a Train" (1951, Suspense) Robert Walker. A psychopath and a tennis player meet in a club car and plot that each will murder someone for the other. (In Stereo) (CC)

10:00 pm WTBS ch.3 "A.I.: Artificial Intelligence" (2001, Science Fiction) Haley Joel Osment. In the future a cutting-edge android in the form of a boy embarks on a journey to discover his true nature.

DTOUR ch.45 "Smokey and the Bandit" (1977, Comedy) Burt Reynolds. Sheriff Buford T. Justice chases a trucker, his buddy, a runaway bride and 400 cases of beer. (In Stereo) (CC)

10:00 pm FAM ch.26 "The Cheetah Girls 2" (2006, Comedy-Drama) Raven. Members of a teenage vocal group find adventure while participating in a music festival in Barcelona, Spain. (In Stereo) (CC)



Steve Arstad (centre) of Kaleden tried his hand at entering a draw at the Taste of Our Valley October 19th in Keremeos (he didn't win). The annual event is put on by Similkameen Country, the local Chamber of Commerce. Photo: Arlene Arlow

EVENING

6:00 pm WTBS ch.3 "50 First Dates" (2004, Romance-Comedy) Adam Sandler. A veterinarian tries to make a woman who has short-term memory loss fall in love with him.

YTV ch.18 "Harriet the Spy: Blog

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SATURDAY, NOVEMBER 9, 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	DTOUR ch.45	
6 AM	Paid Prog.	Ancestors	Peep, Big	Heartland	(5:30) Today (N) (D) (CC)	CBS This Morning	Criminal Minds (N) (D) (CC)	Paid Prog.	Ancestors	Saturday Morning News Shane Jones. (N)	Our Vancouver (N) (D) (CC)	Sidekick Super Evil	Curling: Road to the Roar, Men's Playoff: Teams TBA. (N) (Live) (CC)	Juicebox (N) (D) (CC)	Highway Thru Hell	Slug Terra	Kitchen	Xtreme 4x4	Pitchin' In	
6:30 AM	Paid Prog.	Fishful	Thomas	Fly Tying				Hollywood	Fishful							Wingin' It	Panorama	Horse.	Paid Prog.	
7 AM	The Office	Saturday Morning News Lynn	Rolle Polle	MotorWeek	KHQ News Saturday (N) (D) (CC)	Lucky Dog	Flip This House (N) (D) (CC)	Good Morning America	Saturday Morning News Lynn		Animal	Sidekick Squirrel		Bering Sea Gold (N) (D) (CC)		Gravity	Eye/Asla	Trucks! (N) (D) (CC)	Security	
7:30 AM	Atl. Eats	Tree Fu	Greener			Dr. Chris					Super Why!					Phineas	Payke Iran	MuscleCar	Security	
8 AM	Defrosting	Colliar, Welsa Wong, & Jay Janower. (N)	Ella the El	Woodsmith		Recipe	Flip This House (N) (D) (CC)	Hanna	Colliar, Welsa Wong, & Jay Janower. (N)		Doodlebop	Allen		Canada AM Weekend	Mayday (N) (D) (CC)	Phineas Dog	Polish Studio (N) (D) (CC)	Deadliest Warrior	Airport	
8:30 AM	The Office	PAW Patrol	Woodshop			J. Oliverr		Ocean			Cross	Rabbits							Airport	
9 AM	College Football: SEC Game of the Week: Teams TBA. (N) (Live)	Magic Bus	Hometime			All In	Flipping Vegas (N) (D) (CC)	College Football: Teams TBA. (N) (Live)		Fishn	Absolutely Vancouver	SpongeBob Monsters	Motoring	Marilyn Denis	Greatest Know-It-All	Good Luck Liv-Mad.	World Vision	Xtreme 4x4	Bggg Bttls	
9:30 AM		Arthur (N)	Old House	English Premier League Soccer		Changers			Fishn	Powerboat	Soccer: FIFA U-17 World Cup, Final: Teams TBA.	Sanjay Korra	30 for 30 (N) (D) (CC)	SickKids Foundation (N) (D) (CC)	Mayday "Cruel Skies"	ANT Farm	OK Poland	Trucks! (N) (D) (CC)	Magic Man	
10 AM		Fishing	Jack (N) (D) (CC)	Kitchen		Paid Prog.	Flipping Vegas (N) (D) (CC)		Fishing	Driving TV						Jessie (N) (D) (CC)	Ed's Up (N) (D) (CC)	MuscleCar	Magic Man	
10:30 AM		Powerboat	Marco Polo	Jazzy		Lucas Oil Off Road			Powerboat	House "Runaways" (N) (D) (CC)		Turtles	Curling: Road to the Roar, Men's Trials Qualifier: Teams TBA. (N) (Live) (CC)	Is Written	Jungle Gold (N) (D) (CC)	Austin	Shopping Channel (N) (D) (CC)	Ways Die	Amazing	
11 AM		Driving TV	Wild Kratts	Martha	MLS Soccer: Playoffs: Teams TBA. (N) (Live) (CC)	Football	Bad Ink	College Football: Mississippi State at Texas A&M. (N) (Live) (CC)	Driving TV	Moves	Figure Skating	Pokémon Rangers	Women's Trials Qualifier: Teams TBA. (N) (Live) (CC)	Smile	Dangerous Flights	Movie: *** "Camp Rock" (2008)	Shopping Channel (N) (D) (CC)	Criss Angel BeLiEve (N) (D) (CC)	Bizarre Foods America	
11:30 AM		Noon News Hour (N)	Animals	Cook's Garden		College Football: Mississippi State at Texas A&M. (N) (Live) (CC)	Bad Ink	College Football: Teams TBA. (N) (Live) (CC)	Noon News Hour (N)	Simpsons		Yu-Gi-Oh!		The Social (N) (D) (CC)	Canada's Worst Driver	Phineas	Paid Prog.	Cops (N) (D) (CC)	Hotel Impossible (N) (D) (CC)	
12 PM	Browns					Bad Ink			Moves	Simpsons	Speed Skating	Hathaways	Sports	Canada's Worst Driver	Highway Thru Hell	Gravity	Tow Biz	Cops (N) (D) (CC)	RIDE.	
1 PM	Movie: ** "Are We Done Yet?" (2007)	Moves	Parks	Antiques Roadshow (N)		Bad Ink			Simpsons	Simpsons	National	Hathaways	24 CH (N) (D) (CC)	Canada's Worst Driver	How/Made	Good Luck	CityNews Weekends	Cops (N) (D) (CC)	Eat St. (N) (D) (CC)	
1:30 PM		Simpsons	Frontiers of	Harvesting	Red Bull Series	Storage			Simpsons	Simpsons	HNIC	Hathaways	SportsCentre (N) (D) (CC)	Celebrity	How/Made	Next Step	Murdoch Mysteries	Cops (N) (D) (CC)	Eat St. (N) (D) (CC)	
2 PM		Simpsons				Storage			Simpsons	Movie: ** "Hancock" (2008) Will Smith.	NHL Hockey: Toronto Maple Leafs at Boston Bruins. (N) (Live) (CC)	Movie: ** "Alpha and Omega" (2010) (N) (D) (CC)	Curling: Road to the Roar, Men's Trials Qualifier: Teams TBA. (N) (Live) (CC)	etalk	Gold Rush (N) (D) (CC)	Austin	The Project: Guatemala	Cops (N) (D) (CC)	The Dead Files (N) (D) (CC)	
2:30 PM		Simpsons				Storage			Simpsons	Movie: ** "Hancock" (2008) Will Smith.	NHL Hockey: Vancouver Canucks at Los Angeles Kings. (N) (Live) (CC)	Movie: *** "Harriet the Spy: Blog Wars" (N) (D) (CC)	W5 (N) (D) (CC)	Warlocks Rising (N) (D) (CC)	Wizards	ANT Farm		Cops (N) (D) (CC)	Ghost Adventures (N) (D) (CC)	
3 PM	Community	Simpsons	Waterfront Cities	Globe Trekker (N)	Jdg Judy	Storage			Simpsons	Global Nat.	News Hour (N) (D) (CC)	W5 (N) (D) (CC)	SportsCentre (N) (Live) (CC)	W5 (N) (D) (CC)	Warlocks Rising (N) (D) (CC)	Wizards	ANT Farm		Cops (N) (D) (CC)	Ghost Adventures (N) (D) (CC)
3:30 PM	Community	Movie: ** "Hancock" (2008) Will Smith.	Bizarro Dinosaurs	Stoves	College Basketball: Bryant at Gonzaga. (N) (Live) (CC)	Storage			Simpsons	Global Nat.	(5:59) News Hour (N) (D) (CC)	W5 (N) (D) (CC)		W5 (N) (D) (CC)	Warlocks Rising (N) (D) (CC)	Wizards	ANT Farm		Cops (N) (D) (CC)	Ghost Adventures (N) (D) (CC)
4 PM	Family Guy		Galapagos	Last/Wine	Walt...	Storage			Simpsons	Global Nat.		W5 (N) (D) (CC)		W5 (N) (D) (CC)	Warlocks Rising (N) (D) (CC)	Wizards	ANT Farm		Cops (N) (D) (CC)	Ghost Adventures (N) (D) (CC)
4:30 PM	Family Guy					Storage			Simpsons	Global Nat.		W5 (N) (D) (CC)		W5 (N) (D) (CC)	Warlocks Rising (N) (D) (CC)	Wizards	ANT Farm		Cops (N) (D) (CC)	Ghost Adventures (N) (D) (CC)
5 PM	The Middle					Storage			Simpsons	Global Nat.		W5 (N) (D) (CC)		W5 (N) (D) (CC)	Warlocks Rising (N) (D) (CC)	Wizards	ANT Farm		Cops (N) (D) (CC)	Ghost Adventures (N) (D) (CC)
5:30 PM	The Middle					Storage			Simpsons	Global Nat.		W5 (N) (D) (CC)		W5 (N) (D) (CC)	Warlocks Rising (N) (D) (CC)	Wizards	ANT Farm		Cops (N) (D) (CC)	Ghost Adventures (N) (D) (CC)
6 PM	Movie: ** "50 First Dates" (2004)	Global Nat.	Hope for Wildlife (N) (D) (CC)	Lawrence Welk	News Wheel	Storage			Simpsons	Global Nat.		W5 (N) (D) (CC)		W5 (N) (D) (CC)	Warlocks Rising (N) (D) (CC)	Wizards	ANT Farm		Cops (N) (D) (CC)	Ghost Adventures (N) (D) (CC)
6:30 PM		News				Storage			Simpsons	Global Nat.		W5 (N) (D) (CC)		W5 (N) (D) (CC)	Warlocks Rising (N) (D) (CC)	Wizards	ANT Farm		Cops (N) (D) (CC)	Ghost Adventures (N) (D) (CC)
7 PM		Ironside (N) (D) (CC)	Secret Gold (N) (D) (CC)	Keep Up As Time...	CSI: Miami "Payback"	Flipping Vegas (N) (D) (CC)			Simpsons	Global Nat.		W5 (N) (D) (CC)		W5 (N) (D) (CC)	Warlocks Rising (N) (D) (CC)	Wizards	ANT Farm		Cops (N) (D) (CC)	Ghost Adventures (N) (D) (CC)
7:30 PM						Flipping Vegas (N) (D) (CC)			Simpsons	Global Nat.		W5 (N) (D) (CC)		W5 (N) (D) (CC)	Warlocks Rising (N) (D) (CC)	Wizards	ANT Farm		Cops (N) (D) (CC)	Ghost Adventures (N) (D) (CC)
8 PM	The Closer	16x9 (N) (D) (CC)	Heartbeat (N) (D) (CC)	Movie: *** "Strangers on a Train" (1951)	Ironside (N) (D) (CC)	Whacked Defrosting	(8:01) Flipping Vegas	Insider	War Story	War Story	Canucks at Los Angeles Kings. (N) (Live) (CC)	Movie: ** "17 Again" (2009) Zac Efron. (N) (D) (CC)	SportsCentre (N) (Live) (CC)	W5 (N) (D) (CC)	Warlocks Rising (N) (D) (CC)	Wizards	ANT Farm		Cops (N) (D) (CC)	Ghost Adventures (N) (D) (CC)
8:30 PM						Storage			War Story	Love-Death		W5 (N) (D) (CC)		W5 (N) (D) (CC)	Warlocks Rising (N) (D) (CC)	Wizards	ANT Farm		Cops (N) (D) (CC)	Ghost Adventures (N) (D) (CC)
9 PM	Movie: *** "A.I.: Artificial Intelligence" (2001) Haley Joel Osment.	War Story	A Touch of Frost "Dead End" (N) (D) (CC)	Miss Universe Women vie for the crown. (N) (D) (CC)	Cash Cab	Storage	Entertainment Tonight	Sanctuary "Warriors"	War Story	Love You	HNIC After Hours	SpongeBob	SportsCentre (N) (D) (CC)	Played "Fights" (N) (D) (CC)	Warlocks Rising	Movie: "The Cheetah Girls 2" (2006)	The Office	Ways Die	Movie: *** "Smokey and the Bandit" (1977)	
9:30 PM		War Story			Burn Notice	Storage			War Story	Love You	News Final	Mr. Young	SportsCentre (N) (D) (CC)	Warlocks Rising	Warlocks Rising	Movie: "The Cheetah Girls 2" (2006)	The Office	Wildest Police Videos		
10 PM		Love-Death			Storage				War Story	Love You	(10:35) Saturday Night Live (N) (D) (CC)	Boys	SportsCentre (N) (D) (CC)	Warlocks Rising	Warlocks Rising	Movie: "The Cheetah Girls 2" (2006)	The Office	Wildest Police Videos		
10:30 PM		Love You			Storage				War Story	Love You	(10:35) Saturday Night Live (N) (D) (CC)	Splatatol	SportsCentre (N) (D) (CC)	Warlocks Rising	Warlocks Rising	Movie: "The Cheetah Girls 2" (2006)	The Office	Wildest Police Videos		
11 PM		News Final	Waterfront Cities	Austin City Limits (N) (D) (CC)	News SNL	News	(11:01) Flipping Vegas	Castle "Secret Santa"	News Final	News Final	NHL Hockey (N) (D) (CC)		SportsCentre (N) (D) (CC)	Warlocks Rising	Warlocks Rising	Movie: "The Cheetah Girls 2" (2006)	The Office	Wildest Police Videos		
11:30 PM		SNL			SNL	The Closer			News Final	News Final			SportsCentre (N) (D) (CC)	Warlocks Rising	Warlocks Rising	Movie: "The Cheetah Girls 2" (2006)	The Office	Wildest Police Videos		

Halloween Party helps community

The annual Halloween party was great fun for everyone. Special mention goes to Northern Lights Fireworks and pyrotechnician Gerry Brooks. Special Thanks goes to Town of Princeton, Copper Mountain Mine and Princeton Rotary Club, who chipped in to pay for the fireworks.

Princeton Rodeo Club, Racing Days and Fair Association split the cost of the food and drinks for the party. French fries, hamburgers, onion rings and hot beverages were prepared in return for donations to Kokanee Swim Club or Posse Junior B Hockey. The swim club received \$449 and the Posse received \$360.90.

Admission to the party was free but people were asked to donate a non-perishable item or two for the Christmas hamper drive. People were very generous and kicked off the hamper drive with about \$200 worth of food. The United Steelworkers added \$200 cash to the Christmas hamper drive.

Organizers of the Halloween event did an excellent job. The Spook

House, constructed by Doug and Jim Bernard, was a hit. Face painting, crafts, games and treats made the night exciting for youngsters of all ages.


Fire Department volunteers kept the bonfire burning safely, helped the Posse with games, and emergency service personnel helped all around.

The Halloween party takes a lot of effort, and it could not happen without

all of the volunteers who manned the concession and worked in the Spook House and children's play areas. Sadly, there were very few volunteers the following morning to do the clean-up work. It was done anyway.

This is the final event of the season at the fairgrounds. The public portion of the grounds will be shut down this week, leaving only the barns area in operation.

Princeton Area Ghost Towns - The DVD



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Monday Movies

EVENING

9:30 pm WTBS ch.3 "Mr. 3000" (2004, Comedy) Bernie Mac. Arrogant and out of shape, a baseball star comes out of retirement after learning he is three hits shy of 3,000.

11:30 pm WTBS ch.3 "We Were Soldiers" (2002, War) Mel Gibson.

A lieutenant colonel and approximately 400 U.S. troops battle 2,000 North Vietnamese in 1965.

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MONDAY, NOVEMBER 11, 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	DTOUR ch.45	
6 AM	In the Heat of the Night	Morning News (N) ☺	Wibbly Pig G. Shrinks	Builder Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds ☺ ☺	Morning Northwest	Morning News (N) ☺	(5:00) Morning News (N)	CBC News Now (N) ☺	Kid vs. Kat Rescue	SportsCentre ☺	CTV Morning Live (N) ☺	Highway Thru Hell	Stelle-Sam Phineas	CityLine (N) ☺	Cops ☺ Cops ☺	Sunset Sunset	
7 AM	Law & Order: SVU	Canada Remembers	Ella the El PAW Patrol	Arthur Martha	Today (N) ☺	CBS This Morning (N) ☺	Criminal Minds ☺ ☺	Good Morning America (N) ☺	Canada Remembers	Canada Remembers	Monster	Penguins	SportsCentre ☺	Remembrance Day 2013 (N) ☺	Salvage Hunters ☺	Shake It ANT Farm	Let's Make a Deal (N)	Jail ☺ Cops ☺	Pitchin' In Pitchin' In	
8 AM	Law & Order: SVU	News	Magie Bus Dinosaur	Curious Cat In the			CSI: Miami ☺ ☺		News	Huntley	Bo On/Go	Pokémon	SportsCentre ☺	Overhauled ☺	Jessie ☺ Wizards	The Price Is Right (N)	Cops ☺ Cops ☺	Eat St. ☺ Eat St. ☺		
9 AM	Millionaire	Morning	Dragon	Peg				The 700 Club ☺ ☺	CSI: Miami ☺ ☺	Livel Kelly and Michael	Morning Huntley	The Doctors ☺ ☺	Super Why!	Rescue	SportsCentre ☺	Livel Kelly and Michael	Mayday ☺	Little Manny	Jdg Judy Cops ☺	World's World's
10 AM	Divorce	AnnaOlson	Poppy Cat	Sesame Street ☺ (EI)				The Price Is Right (N)	Criminal Minds ☺ ☺	The View (N) ☺ ☺	AnnaOlson	AnnaOlson	CBC News Special (N) ☺	Little Bear	To Be Announced	The View (N) ☺ ☺	How/Made Sofia	Never Land The Chew (N) ☺ ☺	Jail ☺ Cops ☺	Airport Airport
11 AM	Judge Alex	Remembrance Day	Lost	Tiger	Jdg Judy	Young & Restless	Criminal Minds ☺ ☺	Paid Prog.	Paid Prog.	Debt/Part	Remembrance Day	Noon News Hour (N)		To School Squirrel	Marilyn Denis	Auction Auction	Phineas ANT Farm	General Hospital (N) ☺	Cops ☺ Cops ☺	The Get-away ☺ ☺
12 PM	King	Noon News Hour (N)	Dino Dan	Charlie Rose ☺ ☺	Paid Prog.	News	The First 48 ☺ ☺	The Chew (N) ☺ ☺	Days of our Lives (N)	Days of our Lives (N)	CBC News Now (N) ☺	Parents		CTV News (N) ☺ ☺	Shipwreck Men ☺	Wingin' It	CityLine ☺	Cops ☺ Cops ☺	Security Security	
1 PM	Community	Days of our Lives (N)	Dragon	Paint This	Days of our Lives (N)	The Talk ☺ ☺	The First 48 ☺ ☺	General Hospital (N) ☺	Days of our Lives (N)	The Talk ☺ ☺	Republic of Doyle ☺	Rated A	Monster	The Social ☺ ☺	Mayday ☺	Wizards Good Luck	Katie ☺ ☺	Jail ☺ Cops ☺	Bizarre Foods/Zimmer	
2 PM	Seinfeld ☺	The Talk ☺ ☺	Big Bear	Thomas	Katie ☺ ☺	Let's Make a Deal (N)	The First 48 ☺ ☺	Queen Latifah	The Talk ☺ ☺	Queen Latifah	Steven and Chris (N) ☺	Super Evil	Sidekick	Dr. Phil ☺ ☺	Myth-Busters ☺ ☺	Shake It ANT Farm	CityNews at 5 (N) ☺	Cops ☺ Ways Die	Security Bggg Bttls	
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil ☺ ☺	Gangsters: Most Evil	Rachael Ray ☺ ☺	Queen Latifah	Young & Restless	Recipes	Squirrel	T.U.F.F.	Bethenny (N) ☺ ☺	Canada's Worst Driver	Jessie ☺ Austin	CityNews at 6 (N) ☺	Ways Die Ways Die	Eat St. ☺ Eat St. ☺	
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show ☺	Gangsters: Most Evil	The Doctors ☺ ☺	Young & Restless	Early News	Dragons' Den ☺	SpongeBob	Penguins	Ellen DeGeneres Show	Daily Planet (N)	Shake It Shake It	Mod Fam Mod Fam	Ways Die Ways Die	Security Security	
5 PM	Browns	News (N) ☺	Martha	News	News	News	Gangsters: Most Evil	News	Early News	(4:59) News Hour (N)	News	Parents		CTV News at Five (N)	Airplane Repo (N) ☺	Shake It Gravity	How I Met Broke Girl	Ways Die Ways Die	Bggg Bttls Bggg Bttls	
6 PM	Browns	Global Nat.	John McCrae's War	PBS News-Hour (N) ☺	News	KREM 2 News at 6 (N)	Gangsters: Most Evil	News at 6	(5:59) News Hour (N)	ET Canada	News	Sam & Cat	To Be Announced	CTV News (N) ☺ ☺	To Be Announced	Gravity	Mike Mom (N)	Ways Die Ways Die	Airport Airport	
7 PM	Mod Fam	Ent	Vimy: Carved In Stone	Hebburn	Jeopardy!	Inside Ed.	Gangsters: Most Evil	Ent	Ent	(7:01) The Blacklist (N)	George S	Hathaways		etalk (N)	Canada's Worst Driver	Gravity	Law & Order: UK ☺	Ways Die Academy	Hotel Im-possible ☺	
8 PM	Family Guy	Bones (N) ☺	War Horse:	Antiques Roadshow ☺	The Voice	How I Met	Gangsters: Most Evil	Dancing With the Stars (N)	Bones (N) ☺ ☺	Bones (N) ☺ ☺	Murdoch Mysteries ☺	Wipeout "World Cup"	SportsCentre ☺	The Voice	Airplane Repo ☺ ☺	Gravity	CityNews-Tonight (N)	Ways Die Ways Die	Moves Moves	
9 PM	Amer. Dad	Sleepy Hollow (N) ☺	Billy Bishop Goes to War	JFK: American Experience (Series Premiere) (N)	(10:01) The Blacklist (N)	Hostages (N) ☺ ☺	Gangsters: Most Evil	(10:01) Castle (N) ☺ ☺	(10:01) The Blacklist (N)	News Hour Final (N)	The National (N) ☺	The Middle	NFL Films	To Be Announced	Gravity	Jimmy Kimmel Live ☺	Ways Die Ways Die	Pitchin' In Pitchin' In		
10 PM	"Mr. 3000" (2004) Bernie Mac.	(10:01) The Blacklist (N)	(10:45) Lost	Charlie Rose (N) ☺	News	News	Gangsters: Most Evil	(10:01) The Blacklist (N)	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre ☺	News-Lisa	Airplane Repo ☺ ☺	Wizards Princess	Paid Prog. Paid Prog.	Wildest Police Videos	Hotel Im-possible ☺	
11 PM	"We	CHBC News Final (N)			Jay Leno	Letterman		J. Kimmel		The Test	George S	Splatat		CTV News						

Alex Atamanenko - MP BC Southern Interior

GMO's - UBCM Resolution (Part 1)

I was pleased to see the Union of BC Municipalities (UBCM) pass a motion to make BC a GE free area in respect to all plant and animal species. This is an important statement, especially in light of the pending commercial release of GE (Roundup Ready) alfalfa and the trademark GE Arctic Apple.

Our BC municipalities have been quite progressive on this important issue. In 1999 the UBCM resolved to petition the Prime Minister of Canada, the Premier of British Columbia, and their respective Ministers' of Agriculture to take immediate and decisive action to halt the growing monopolization of our food production industry and the introduction of "terminator seed" which could spread plant sterility among all seeding plants, potentially creating a global catastrophe; and that the UBCM urge the govern-

ment of Canada and of BC to act immediately to prevent any Canadian corporation from patenting, and thus controlling and monopolizing, any seed stock of any variety in Canada and elsewhere in the world.

Resolutions in 2006 and 2009 saw the UBCM request that the federal government label GE organisms. A 2012 motion was passed to ask that the BC government legislate the prohibition of importing, exporting and the domestic production of fruit and plant material containing GE DNA constructs and to declare BC as a GE Free province in respect to all tree fruit products.

Some may question why UBCM delegates would pass this type of resolution at their Convention. Part of this is in response to the fact that 14 BC communities have now passed individual resolutions declar-

ing themselves a GE Free zone including our communities of Nelson, Rossland, Kaslo and New Denver. Furthermore 10 Official Community Plans of Regional Districts have come out against GE crops.

Currently, there are only 4 GE crops grown in Canada: corn, soya, canola and sugar beet. Approval has been given by the federal government for GE alfalfa. Alfalfa is used as pasture and hay for animal feed as well as for nitrogen fixation in the soil and is also manufactured into pellets for export. It is a vital crop in organic farming. Forage Genetics International is waiting to begin selling GE alfalfa seeds in Canada pending approval of a so-called "co-existence plan". The US government deregulated GE Alfalfa in 2011 and the USDA is finding its adventitious presence in a growing number of

sites they have tested, making it clear that co-existence is nothing more than an absurd industry talking point. Any release of GE alfalfa in Canada can only be viewed as a willful attack on non-gmo and organic farmers.

Recently a farmer in Washington State had his export shipment rejected because of the presence of GE alfalfa. In 2009 Canadian farmers were hit hard when flax shipments were rejected by EU markets due to its contamination with GE flax. There is a strong economic argument against allowing GE alfalfa or the non-browning GE arctic apple into BC - once crops are contaminated by GE traits, both conventional and organic farmers lose money. It is that simple.

GE Free BC and Greenpeace Vancouver are sponsoring a fall and winter tour to spread awareness,

educate, and share concerns about genetically engineered foods. The speaker's tour, Genetically Engineered Foods and Human Health, will feature Dr. Thierry Vrain, retired Ag Canada genetic engineer and Dr. Shiv Chopra, ex-scientist for Health Canada and tireless defender of the world's food supply.

We are fortunate that the tour is coming to Osoyoos - November 26, 7:00 PM at the Watermark Beach Hotel, to Grand Forks - December 5, at 7:00 PM at the Seniors Centre (City Park) and to Kaslo - December 14, at 6:00 PM at St. Andrews Heritage Hall. I hope that constituents will be able to attend one of these important events.

(In Part 2, I will cover GMOs in more in detail and include more reasons why we should be putting a stop to this "madness".)

CMMC announces Q3 results

..... continued from Front Page copper has been our best month of production since start up. We are cash flow positive and we will be continuing to improve the operation as we further increase the amount of minus 2-inch ore being fed to the SAG Mill."

O'Rourke continued, "Looking forward, management's efforts are fully focused on the installation of a

secondary crusher and we are continuing to work with our partner and project banks to get the installation advanced as soon as possible."

Production during the quarter totaled 17.7 million pounds of copper, 6,400 ounces of gold, and 79,300 ounces of silver. Sales for the quarter were 16.6 million pounds of copper, 6,300 ounces of gold, and 77,100 ounces of silver, generating

an EBITDA of \$29.5 million for the quarter.

The Company ended the quarter with \$17.1 million in cash which helped eliminate the working capital deficit of the previous quarter. Listed in the table below is a summary of the financial results.

Copper Mountain Mine

During the quarter, the company completed three shipments of con-

centrate containing approximately 16.6 million pounds of copper to Japan for smelting and recorded revenues, net of smelter charges and pricing adjustments, of \$67.6 million, realizing a gross profit of \$16.4 million. The total cash cost of copper sold for the three months ended September 30, 2013 was US\$2.22 per pound of copper after gold and silver by-product credits.

Mining activities continued in the Pit #3 and Pit #2 area during the quarter. A total of 13.3 million tonnes of material was mined, including 3.9 million tonnes of ore and 9.4 million tonnes of waste at an average mining rate of 154,300 tpd moved during the third quarter of 2013. The ore grade averaged 0.34% Copper for the third quarter. Site cash costs were \$1.68 per pound of copper after gold and silver by-product credits.

The mine exited the quarter on a positive note with the mill availability averaging 94.2% and copper production of 6.8 million pounds for the month of September. Mine production was 17.7 million pounds of copper, 6,400 ounces of gold, and 79,300 ounces of silver during the three months of operations ended September 30, 2013. This brought production for the nine months to 47.6 million pounds of copper, 17,400 ounces of gold and 214,500 ounces of silver.

Production improvements can be attributed to the increased average mill throughput rate made possible with the short term secondary crushing strategies that have been implemented and improved in late July. These short term strategies include: utilizing an increased powder factor in the blasting of ore to create more fines; continuing with a contract portable crusher to crush plus 5,000 tpd of ore to minus two inches; and the introduction of the Company's own small portable crusher that was purchased and installed at the coarse ore stockpile during the quarter. The combination of these three activities is designed to create between 12,000 tpd and

..... continued on Page 21

Summary Financial Results


(CDNS, except for cash cost data in US\$)	Three months ended September 30,		Nine months ended September 30,	
	2013 \$	2012 (restated) \$	2013 \$	2012 (restated) \$
Revenues	67,615,718	47,646,402	168,408,043	179,387,350
Gross profit (loss)	16,369,921	4,188,510	22,799,370	45,294,852
Operating income (loss)	15,094,744	2,324,545	18,779,078	39,929,541
Adjusted earnings (loss) ³	447,137	(2,976,392)	9,819,332	33,827,627
Net Income (loss)	15,086,632	9,837,744	731,073	38,335,134
Earnings (loss) attributable to shareholders of the Company	11,228,008	7,021,854	(441,356)	27,544,900
Adjusted earnings (loss) per share ⁴	0.00	(0.03)	0.10	0.34
Earnings (loss) per share ⁵	0.11	0.07	0.00	0.28
EBITDA	29,450,061	17,259,395	33,906,978	63,856,900
Adjusted EBITDA	14,810,566	4,445,259	42,995,237	59,349,393
Cash and cash equivalents	17,111,172	20,382,828	17,111,172	20,382,828
Working capital	12,770,023	24,716,985	12,770,023	24,716,985
Equity	264,430,692	255,077,339	264,430,692	255,077,339
Copper produced (lbs)	17,679,000	12,543,000	47,617,000	42,809,000
Gold produced (oz)	6,400	4,300	17,400	13,000
Silver produced (oz)	79,300	77,200	214,500	287,000
Copper sold (lbs)	16,630,000	12,081,000	46,349,000	45,936,000
Gold sold (oz)	6,300	3,400	17,600	14,700
Silver sold (oz)	77,100	81,800	212,600	330,400
Site cash costs per pound of copper produced (net of gold, silver credits) (US\$)	1.68	2.32	1.71	1.61
Total cash costs per pound of copper sold (net of gold, silver credits) (US\$)	2.22	2.83	2.24	2.15



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Daniel Lee Seaman
sadly passed away Thursday, October 24, 2013 at Penticton Regional Hospital. Daniel was born and raised in Princeton leaving to raise his family, and returned home to Princeton for retirement.

Celebration of Life
1:00 PM Sunday, November 10
Seniors Hall, 162 Angela Avenue, Princeton



John Bey
Passed away after a brief and courageous battle at Princeton General Hospital on October 30, 2013 at the age of 79 years. John was born in Hazel Dell, Saskatchewan November 3, 1933 and went to school in Allenby, British Columbia. He moved to the Princeton area in 1946 and married Ruby Willis in 1956. John was an accomplished repairman with journeyman tickets as a welder, machinist, millwright, and heavy duty mechanic. He was an active member of the Princeton Racing Days and Princeton Exhibition Association as well as past president of the Interior Horse Racing Association.

John will be lovingly remembered and sadly missed by his wife Ruby, daughter Sharon Beacom (Mark), son Allen Bey, grandchildren Bill and Mitchel Beacom, Jacob, Jeffrey, and Sydney Bey, sisters Mary Millar (Merv), Lily Bourassa, and Elsie Bey, and brothers Carl Bey (Ira May), Harry Bey (Pauline), Nick Bey (Gail), and Peter Bey (Liz). He was sadly predeceased by brothers Mike and Paul Bey.

A Celebration of John's life was held at the Princeton Legion Branch #56 on Monday November 4, 2013, officiated by Eric Goodfellow with interment following at Princeton Cemetery. Memorial contributions may be made in person to Princeton General Hospital or mailed care of the South Okanagan Similkameen Medical Foundation 550 Carmi Avenue, Penticton, BC V2A 3G6. Condolences may be sent to the family by visiting www.hansonsfuneral.ca.

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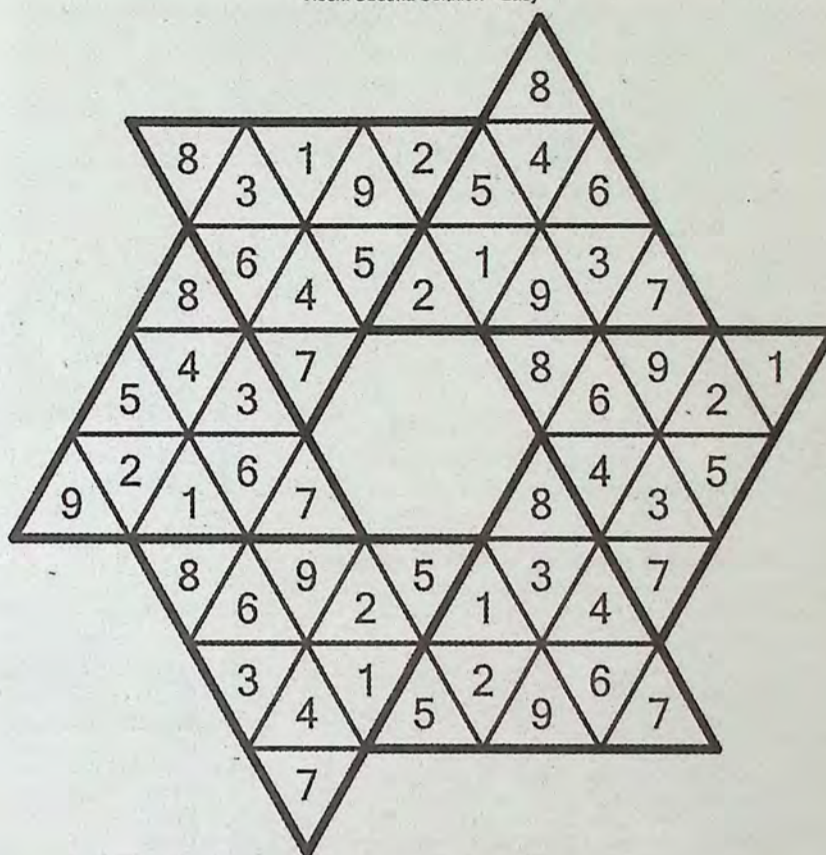
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	September 30, 2013 \$	December 31, 2012 (restated) \$
Assets		
Cash	17,111,172	24,300,790
Accounts Receivable and prepaids	16,810,572	15,352,990
Inventory	28,297,830	20,874,291
Property, plant and equipment	535,813,979	541,607,854
Other Assets	40,238,370	29,684,388
	638,271,923	631,820,303
Liabilities		
Current liabilities	49,449,551	49,851,807
Decommissioning and restoration provision	6,348,755	6,997,883
Interest rate swap liability	7,462,642	10,980,888
Long-term debt	304,163,284	304,178,343
Deferred tax liability	6,416,999	2,754,880
	373,841,231	374,763,801
Equity		
Share capital	158,110,551	157,942,209
Contributed surplus	9,657,971	9,469,280
Retained earnings (deficit)	17,854,400	18,025,756
Non-controlling interest	79,077,770	71,619,257
Total equity	264,430,692	257,056,502
	638,271,923	631,820,303

CMMC Q3 Summarized Balance Sheet.

	Three months ended September 30,		Nine months ended September 30,	
	2013 \$	2012 (restated note 3) \$	2013 \$	2012 (restated note 3) \$
Revenue	67,615,718	47,646,402	168,408,043	179,287,350
Cost of sales	(51,245,797)	(43,457,892)	(145,608,673)	(134,092,498)
Gross profit (loss)	16,369,921	4,188,510	22,799,370	45,294,852
Other income and expenses				
General and administration	(1,249,714)	(1,052,319)	(3,978,854)	(3,455,690)
Share based compensation	(25,463)	(811,646)	(41,438)	(1,209,621)
Operating income (loss)	15,094,744	2,324,545	18,779,078	39,929,541
Finance income	30,649	310,828	216,073	1,258,603
Finance expense	(2,080,671)	(1,763,226)	(6,393,667)	(6,072,661)
Unrealized gain (loss) on interest rate swap	(279,510)	71,580	2,274,698	(3,259,899)
Foreign exchange (loss) gain	6,636,035	8,988,290	(10,145,810)	7,530,574
Income (loss) before tax	19,401,247	9,832,017	4,740,372	39,384,168
Current resource tax recovery (expense)	(817,615)	(94,273)	(1,235,040)	(1,049,034)
Deferred income tax recovery (expense)	(3,497,000)	-	(2,774,259)	-
Net income (loss) and comprehensive income (loss)	15,086,632	9,837,744	731,073	38,335,134
Net income (loss) and comprehensive income (loss) attributable to:				
Shareholders of the Company	11,228,008	7,021,854	(441,356)	27,544,900
Non-controlling interest	3,858,624	2,815,890	1,172,429	10,790,234
	15,086,632	9,837,744	731,073	38,335,134
Earnings per share:				
Basic	0.11	0.07	0.00	0.28
Diluted	0.11	0.07	0.00	0.26
Weighted average shares outstanding, basic and diluted				
	98,618,383	98,509,366	98,618,383	98,506,469
Shares outstanding at end of the period				
	98,619,427	98,547,377	98,619,427	98,547,377

The full set of financial statements and accompanying MD&A are posted on Sedar.com.

Similkameen
News Leader Puzzler
Use the October 29 News Leader to find Answers Below...

Across

1 What is the photo on Page 13 of?

4 This Keremeos event was held October 19th.

9 Headline: "Reduce Cost of _____"

11 Where was the photo on Page 13 taken?

14 She's showing her team support on Page 12.

15 Name the new President of SOHC.

16 Headline: "SOHC _____"

17 Name the 2012 Princeton Youth Vice Ambassador.

Down

2 She's showing her team support on Page 12.

3 Name the team Princeton Posse beat October 25th.

5 Name the only American team playing in the KIJHL.

6 Identify the Princeton Home Hardware Owner/Manager.

7 A song performed by Fab Four.

8 VFFN hosted a hike here October 19th.

10 The photo on Page 21 is taken here.

12 Identify Princeton Rodeo Club's Arena Manager.

13 Name the 2012 Princeton Youth Ambassador.

Similkameen
News Leader PUZZLER #148
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CMMC Q3 results

..... continued from Page 18
13,000 tpd of minus two inch ore feed for the SAG mill. These short term measures have had positive results towards increasing mill throughput.

Listed above are a summarized balance sheet and income statement in details.

About Copper Mountain Mining Corporation:

Copper Mountain's flagship asset is the 75% owned Copper Mountain mine located in southern British Columbia near the town of Princeton. The Company has a strategic alliance with Mitsubishi Materials Corporation who owns the remaining 25%. The Copper Mountain mine commenced production in the latter half of 2011, and has continued to improve its operations during the year. The 18,000 acre site has a resource of approximately 5 billion pounds of copper and remains open laterally and at depth. The mine has significant exploration potential that will need

to be explored over the next few years to fully appreciate the properties full development potential. Additional information is available on the Company's new web page at www.CuMtn.com.

¹ EBITDA represents earnings before interest, income taxes and depreciation

² Adjusted EBITDA removes unrealized gains/losses on derivative instruments and foreign exchange gains/losses

³ Adjusted earnings (loss) and adjusted earnings (loss) per share are non-GAAP financial measures which remove unrealized gains/losses on interest rate swaps and unrealized foreign currency gains/losses.

⁴ Calculated based on weighted average number of shares outstanding under the basic method based on adjusted earnings.

⁵ Calculated based on weighted average number of shares outstanding under the basic method based on earnings attributable to shareholders.

- submitted

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This is an Automated External Defibrillator, or AED.

Riverside Centre receives AED

For many residents, the community centre is a popular destination in Princeton. The Riverside Community Centre received a special addition last week that may save the life of a visitor.

An Automated External Defibrillator (AED) was donated by the Heart & Stroke Foundation to the community centre as part of the BC Public Access to Defibrillation (PAD) Program. The BC PAD Program is a partnership between the Heart & Stroke Foundation and the provincial government. The initiative supports the installation of 450 AEDs in public venues, such as community centres, arenas, recreation centres, playing fields and parks, throughout B.C. over the next two years.

The Heart & Stroke Foundation and BC Ambulance Service (BCAS) have partnered to implement the BC PAD Program; BCAS paramedics provide on-site orientation and ongoing program oversight for the BC PAD AED. BCAS has also linked the AED Registry with the ambulance dispatch system. This registry will enable a bystander who calls 9-1-1 to be directed by a BCAS dispatcher to the nearest AED. BCAS dispatchers can also assist bystanders to apply an AED during a medical emergency.

"Riverside Community Centre is a popular location for Princeton families to gather and enjoy the many activities the facility offers, from cultural activities to sports," said Fraser-Nicola MLA Jackie Tegart.

"CPR is an important skill for each

of us to learn and it is great news that our community now has access to AEDs at Riverside Community Centre and at the Princeton Curling Club."

Riverside Community Centre has received the donated BC PAD AED and venue staff participated in an overview about the device, led by local BCAS paramedic Emma Jameson and learned the chain of survival - Call 9-1-1, Do CPR and Use an AED. Staff can now recognize and respond to sudden cardiac arrest.

"My goal with the BC PAD Program orientation session is to empower bystanders to feel confident performing CPR and using an AED during a medical emergency," said BCAS paramedic and PAD Program Champion Emma Jameson.

"We want as many people as possible to understand that early intervention gives sudden cardiac arrest patients their best shot at survival and that the ability to save someone's life is in their hands."

"We're placing AEDs where there is the greatest chance they'll save a life," said Deborah Rusch, PAD Program Manager, Heart & Stroke Foundation.

"Through this program, we will donate hundreds of AEDs to public places across the province, such as the Riverside Community Centre and give bystanders the tools to help someone suffering a sudden cardiac arrest."

Sudden cardiac arrest strikes sud-

denly and affects people of all ages. BCAS attends between 2,400-2,800 cardiac arrest calls each year. Fewer than 12 per cent of people who have a cardiac arrest survive. Without immediate help, someone in sudden cardiac arrest will suffer brain damage within three minutes, and after 12 minutes, it's unlikely they'll survive.

Evidence shows the CPR coupled with defibrillation, or an electrical shock to the heart, increases the survival rate for sudden cardiac arrests which occur in public settings. An AED is a safe, portable device anyone can use to deliver an electric shock to restart a heart in sudden cardiac arrest. The AED reads the heart rhythm and only delivers a shock if needed.

For more information the PAD Program, visit this website: www.BCPADProgram.ca. To learn more about AEDs and sudden cardiac arrest, visit this website: www.aedinyourhands.ca.

About BC Ambulance Service - BCAS operates under the authority of BC Emergency Health Services (BCEHS) to provide residents and healthcare professionals with access to pre-hospital emergency and patient transfer services. BCAS is recruiting paramedics in many rural communities throughout the province. Visit www.bcas.ca for more information about our employment opportunities.

About the Heart & Stroke Foundation - The Heart & Stroke Foundation, a volunteer-based health charity, leads in eliminating heart disease and stroke and reducing their impact through the advancement of research and its application, the promotion of healthy living, and advocacy.

-submitted



PrincetonBCNews

REMEMBRANCE DAY



Last month British artists Jamie Wardley and Andy Moss accompanied by numerous volunteers, took to the beaches of Normandy with rakes and stencils in hand to etch 9,000 silhouettes representing fallen people into the sand. Titled 'The Fallen 9,000,' the piece is meant as a stark visual reminder of the civilians, Germans and allied forces who died during the D-Day beach landings at Arromanches on June 6th, 1944 during WWII and was to commemorate Peace Day on September 25, 2013. The original team consisted of 60 volunteers, but as word spread nearly 500 additional local residents arrived to help with the temporary installation that lasted only a few hours before being washed away by the tide. Photo provided by Mike Favel, Sec./Tres. RCL Branch 192, Keremeos

..... continued from Page 2 and was trying to make his way back to camp. They met and joined forces. They decided the river was too difficult to cross and went back up the mountain to the edge of the glacier where they could more easily cross the river at its source.

They succeeded, then went farther and came to another river where they built a raft, tying it together with their suspenders and "Legion Ladies socks". (Note: members of the Legion Ladies Auxiliary knit socks for the servicemen during the war.) The raft tore apart in the river, and they nearly lost Silberman, but they made it across.

Following a bear trail well marked with prints, they finally came to a cabin. Nobody was home, but it was shelter and they soaked their swollen feet.

The men were hungry and desperate for sleep, but there was to be no sleep. The three men heard an aircraft. They had taken time to build a pile of brush and logs for a signal fire. They rushed outside, started the fire, and when the plane flew overhead, they waved at it, one man waving his jacket. The plane never indicated with a dip of its wings that the men had been seen. The plane flew away into the dusk. They kept the fire burning and at 10:30 PM the plane returned, this time dipping its wings to show them they were seen.

The men did not know a signal had gone out that three men,

apparently service men, had been spotted, but an hour later, a plane came up the valley and dropped two big cases of rations. Both cases sank into the muskeg but the men were able to retrieve cans of stew, milk, coffee, sugar, candy and biscuits. The plane circled above them and dropped a message tied to a machine gun shell. The message read, "If you are crew of G917, stand with your hands in the air."

The three men did just that. More messages followed with instructions how to answer. They were asked if they could travel on foot 18 miles. They answered 'yes'.

After eating a big meal of rations, they began walking downstream. They traveled a hard 10 miles, then came to a clearing and decided to camp. They heard the sound of chopping and shouted. A man

came to the other side of the river. Behind him were two members of the U.S. civil engineering corps. They waded across the river. The men walked another 10 miles to the coast and another 10 miles down the beach to the U.S. station, where Sgt. Bally was chosen to guide the rescue plane back to the crash site.

There was a big glacier lake near the crash site and the plane, manned by a bush pilot from Ottawa, landed on the lake and rescued the pilot and the last man.

Two men died while on a routine Pacific coast military flight: Cpl. J.N. Donald of New Westminster and AC Jock MacIntosh.

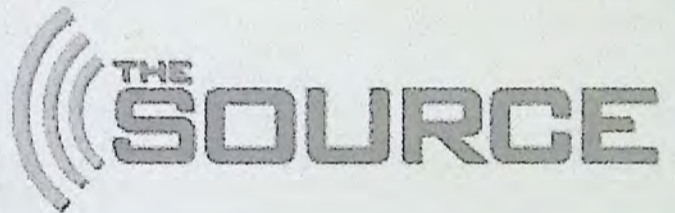
The News Leader thanks Dr. Barry Cook for bringing us a copy of the story as written in detail on October 17, 1942 in the Vancouver Sun. Jock MacIntosh was Dr. Cook's father.

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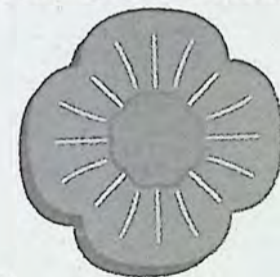
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On November 11th join us as we observe a moment of silence in remembrance of those who fought for our freedom

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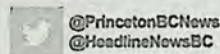
REMEMBRANCE DAY PROGRAM LEGION BRANCH 192 KEREMEOS

10:30 AM
Meet at Legion - 510 Veterans Avenue (8th Avenue)
10:45 AM
March Off - Cenotaph Ceremonies to follow
11:00 AM

Minute of Silence - Laying of Wreaths to follow
Services at Legion Hall
(AFTER CENOTAPH CEREMONIES)
Followed by:
Lunch at Keremeos Legion Hall
(FOR PARTICIPANTS, VETERANS AND MEMBERS)
Snacks for Youth Participants at Keremeos Elks Hall
(PROVIDED BY LADIES OF THE ROYAL PURPLE)
Afternoon
Comradeship and Music in Legion Canteen

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April Earle



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Sandra Simpson



sandra@bcland.net
(250) 499-9414

Remember our Veterans



November 11 Lest We Forget...



PRINCETON

152-4th Street



TULAMEEN!

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 to yourself. Drilled well already in place, so possible to hook up to neighboring lot. Can be purchased separately or as a package. MLS@144120 \$159,000

4028 Princeton/S'land Road



A treat of a home, steps to Osprey Lake! Wonderful open plan rancher with large picture windows. This home is light and bright, 3 bedrooms, 2 baths, and woodstove keeps you cozy and heating costs down. 10 acres for exploring backing onto Crown Land, treed and open areas. Osprey Lake, Link Lake and the KVR just minutes from the home. MLS@145898 \$342,000

768 Ellis Avenue



HEDLEY!

A rare gem located in Hedley, is this 15 years young home. Two large bedrooms with 1 bath, open concept home features laminate floors, top down/bottom up blinds, large, lit closets and plenty of cabinet space in both the bathroom and kitchen. The bonus of this home is the full-sized unfinished basement. MLS@143267 \$189,900

Lot 3 Hidden Valley Road



Reach for the top with this 4.25 acre parcel set among executive style homes on the top side of the Hidden Valley cul-de-sac. With nothing to obstruct your panoramic, 270 degree view and an additional 90 degrees of treed, gentle slope behind. No one above and crown land to one side provide the ultimate in privacy within minutes of town. MLS@146114 \$229,000

67-263 Highway 3



This 2003 mobile home features a RIVERFRONT location! Placed in such a way to take in the views and allow for full enjoyment of the peaceful Similkameen River. This 2 bedroom home has all the amenities; the sun filled living room offers an inspiring view of the river and manicured lawn, the large kitchen is open and bright. MLS@145514 \$112,000

440 Corina Avenue



LOCATION PLUS! This spacious rancher is nestled in a quiet cul de sac along the Tulameen River. There are lots of opportunities to get the garden growing with stepped garden beds in the back yard, storage for the tools and still room for the kids trampoline. Inside there are 4 large bedrooms for the family and 2 bathrooms so no one has to wait. MLS@140060 \$155,000

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