

Similkameen News Leader

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Tuesday, November 26, 2013

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



Town of Princeton's Carolyn Schmidt makes the best of the situation November 19th with part of her office removed during moving day to the newly renovated courthouse building on Vermillion Avenue. *

No speed humps for Mayne

Residents who live along Mayne Avenue have been complaining that vehicles are driving too fast on the residential avenue which also goes past the hospital and Vermilion Forks Elementary School. The street is marked as 40 kmph, and the school zone is 30 kmph. A resident requested speed humps, also called speed bumps, be installed to slow traffic.

At the November 18 Town Council meeting, the request was denied. Three speed humps on Mayne would cost \$20,000 and would make snow removal much more difficult. In addition, residents trying to sleep would hear the noise of vehicles during the night

as vehicles tend to make a thumping sound as they go over a speed hump. CAO Rick Zerr told Council speed humps would result in many more complaints from residents.

Council said they would rely on more speed limit signage and better enforcement. A local police officer attending the meeting suggested police would not always be available.

Councillor Doug Pateman said he had witnessed speeding in the school zone and "it is getting to be ridiculous."

Council is looking for other options and will discuss the matter further in committee.

Town Council reports

Mayor Frank Armitage devoted most of his report to praising local groups and citizens. Along with other members of Town Council, he attended the opening of the new ice rink in Tulameen and congratulated the small community on their achievement. He praised the volunteers who made excellent use of the grant money through their skill and effort, and he praised the community of Tulameen for their tremendous effort.

Mayor Armitage attended the Remembrance Day service and commented on the large number of local people who turned out to show their respect to those who gave their lives in the service of Canada. He added praise for the Royal Canadian Legion for their effort in organizing the ceremony. He attended the Copper Mountain

Mine presentation to Vermilion Forks Field Naturalists and commented favorably on that group.

Members of Town Council attended the Vermilion Forks Forest Corporation meeting and stated the corporation had had an excellent year due to the greater harvest of bug kill timber and the higher selling price of the timber.

Mayor Armitage attended two funerals, and remarked on the loss to the community of both Ruby Cappos and John Bey, saying, "We are losing valued and wonderful people who have done so much for our community."

Councillor Marilyn Harkness reported that Regional District has some concerns about the production of medicinal marijuana which is approved for 2014. A number of Okanagan landowners have applied

for licences to grow the plants.

Councillor Harkness said Regional District is concerned about the continued on Page 21

Tulameen raises the roof!

On November 10th, in the sleepy little village of Tulameen, there was a big celebration that officially opened the new outdoor rink facility! The event was well attended by 200 people who donned their favorite hockey jersey, including the local KIJHL hockey team, the Princeton Posse, government officials from both the Provincial and Regional Districts, as well as the Mayor of Merritt and many long time Tulameen residents.

The celebration was the icing on the cake for a project that has taken

on a life of its own that saw this small community band together in the most incredible way to 'Raise The Roof'!! Some may say that it takes a village to raise a child, Tulameen says that it takes an incredible group to 'Raise The Roof'.

It was plenty of hard work over a number of years for several people behind the scenes. Mark Jones, Rod Hassell and Tony Ellis have been tossing this project around, for literally years, until one day a grant application found its way to the

Tulameen Community Club. Mark Jones relentlessly pursued avenues that were uncharted territory for government officials and helped a few of them to think 'outside of the box'. (Everyone at the RDOS likely still squirms when they see "Mark Jones" displayed on their caller ID). His conviction and belief in the project fueled the determination and motivation of many, and if he hadn't been as persistent and dedicated as he was, this project would have fizzled out well before the building permit stage. continued on Page 2

CAUTION!  **Home hardware** **CAUTION!**

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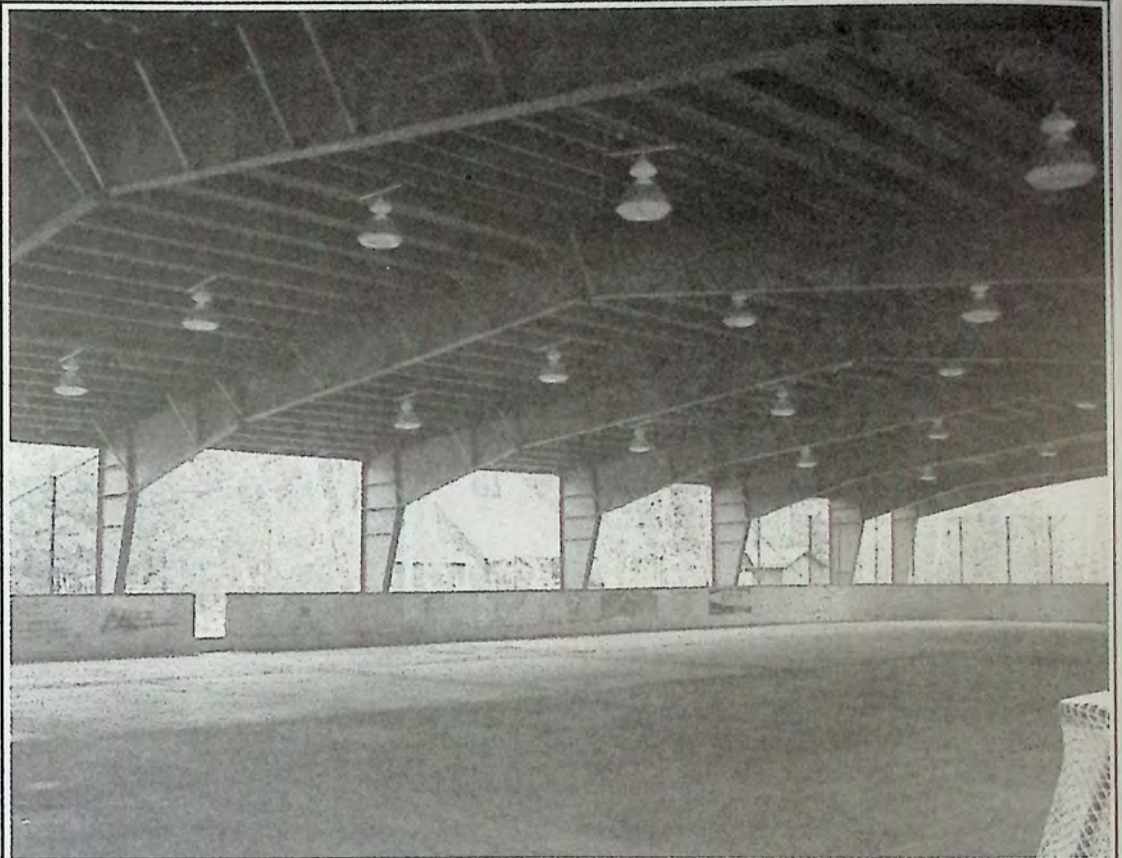


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The view of the Tulameen ice rink roof from one side of the structure showing the lighting fixtures. *

Tulameen raises roof!

..... continued from Front Page
Here's the Raise The Roof story:
The Tulameen Community Club applied for a grant from the Provincial Government, part of a \$30 million dollar fund designed to help communities with capital pro-

jects that would improve or contribute to recreation and fitness in BC. The Tulameen Community Club executive thought...Aha! Why shouldn't Tulameen benefit from some of that fund?? We like recreation!! Tulameen Community Club's mandate is recreation based! Heck, could it be possible? When the NHL sized outdoor rink was installed back in the 1980's, it was funded by Lottery grant money and it was originally slated to include a roof ... but the lottery funding dried up before it was erected.

Tulameen's 'Raise The Roof' project was awarded a grant of \$240,000 with a stipulation that the Tulameen Community Club throw in \$60,000 cash (and, by the way, these are funds that were raised IN the Community, BY the Community.. every event attended, or beer cozy or calendar bought at Tulameen Days, membership fees... all contributed to the capital amount contributed to the Raise The Roof fund). And there was a stipulation that all funds run through the RDOS. Tulameen Community Club gave the RDOS \$60,000 and the Provincial Government sent their promised amount of \$240,000. Then it started. All of the government protocol and policy now applied to Raise The Roof.

The RDOS needed a land survey to establish lot lines and parameters for the new structure. The Ministry of Transportation would have to be consulted. There was the time consuming process of a 'Request For Proposal', or RFP, part of the Regional District's procedure for a capital project (the rink sits on RDOS land). The RFPs submitted from interested applicants, aside from Tulameen's... yes, they had to

complete one too... came in between \$600,000 and \$1,000,000. Tulameen's submission was for just \$300,000. All of the Government officials questioned whether we could do this or not - there was SUCH a substantial cost difference. Mark Jones kicked into high gear and convinced them it could be done.

Brad Hope, the Area H representative, had to do some convincing of the Board Of Directors, RDOS, and they voted unanimously that we be able to proceed with this project with our budget of just \$300,000.

Tulameen had no time to waste, and saw they could still fit this project in before the snow flies! Go time!

The construction team took over... Rod Hassell (or Hassett as the media likes to call him) at the helm. Steel building ordered from Norsteel, a local company in Kelowna. The underground preparation work began.

And then something amazing happened....

People were coming from everywhere to help. "Just let me know what I can do." And so we did. *Here's what happened:*

Tom Reichert and his concrete company showed up in a big way and worked every day until the concrete work was complete. Wyatt Coupland, Operations Manager from LMS Reinforcing Steel Group showed up with not only a FULL CREW of ironworkers, but also ALL of the rebar required for the entire job - FREE of charge. - and, get this...THANKED US for allowing them to contribute. Ron McNeil, Ivan Harmatny and Norm Streu, the owners of LMS, had this to say; "For us, at LMS this project continued on Page 18



Notice of Property Tax Exemption

In accordance with the Local Government Act (Sections 809 and 810), Regional District of Okanagan Similkameen proposed Bylaw 2632, 2013 includes the following properties, which will receive exemptions from Property Taxes for 2014.

ASSESSMENT ROLL NUMBER	LEGAL DESCRIPTION	CIVIC ADDRESS	ORGANIZATION	ESTIMATED VALUE OF PROPERTY TAX EXEMPTION - REGIONAL DISTRICT PORTION ONLY
715-00565.105	Parcel A, BL 3, DL210 SDYD PL 519	224 Robinson Avenue Naramata	Naramata Museum Society	\$1,442
714-796.090	Lot 9, PL 34520, DL 374 SDYD	1145 Main Street Okanagan Falls	Okanagan Falls Heritage & Museum Society	\$2,638
714-6485.000	Lot 3, PL 4041, DL 2450S, SDYD Portion L 727	10384-384 Avenue	South Okanagan Sportsman Association	\$1,238
714-6485.100	Lot 1, PL 13268, DL 2450S, SDYD	10393-384 Avenue		\$ 171
714-9060.000	DL 2450S, SDYD	14000 Strawberry Creek Road	Osoyoos Wildlife Federation	\$ 406
715-2713.010	Lot A, PL 40972, DL 2 366 367, ODYD (portion outside Municipal Boundary)	600 Comox Street Penticton	City of Penticton (leased to golf course)	\$ 852
716-2752.000	Lot A, PL B6949, DL 319, SDYD	Keremeos Rural	Keremeos-Cawston Sportsmen Association	\$ 954
716-9035.000	Lot 13-15, Block 8, PL 2565, DL 2482, SDYD	1396 Scott Avenue	Hedley Sports Association	\$ 508
716-10308.000	SDYD, SUP 11350	Penticton Rural	Nickel Plate X-Country Ski Club	\$ 434
714-6476.020	Lot 1, PL KAP62023, DL 2450S	Old Golf Course Road	Fairview Mountain Golf Club Society	\$10,906
717-895.600	Block B, DL 1091 OS, SDYD	365 Darcy Mtn. Road	Princeton Golf Club	\$3,485
716-02837.000	Parcel A, DL 0457, SDYD	3012 River Road	Keremeos Elk Lodge	\$1,234
714-00819.081	Parcel Y, DL 0374, SDYD	1108 Willow Street	OK Falls United Church	\$ 618
714-05353.070	Lot B, PL KAP89970, DL 2450S	Oliver Rural	The Natures Trust	\$ 560
777-09000.100	DL 2499 Except Plan H 397 41847, For Mobile Foto C/REF 89000.100	1787 Highway 97	Penticton Shooting Sports Association	\$1,420

The "Estimated Value of Property Tax Exemption" is the amount of taxes that would be imposed on each property if they were not exempt. The value of the exemption has been calculated using 2013 Property Tax rates.



Jessie's Arts
1,907 likes · 2,518 talking about this

Community
Jessica loves to create! She is enthusiastic about all things that are art!!! If you have any requests, Jessica is happy to create something for you :)

About · Suggest an Edit

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Like Message

1,907

This is the Facebook Page of local Princeton girl Jessica McIvor. The page was launched November 15th and has already over 1,900 'likes' with more adding to that total daily. If you don't know why this is happening, maybe this message from her mother, Nicki can explain: "Hello Everyone, this is Jess's Mom. I'm helping her to manage her page, until she learns how to do it. As most of you know, she has Down Syndrome, so it takes her a little bit to get the hang of things. She won't let that slow her down one bit. We don't see her handicap and she doesn't either. I'd like you all to know that she is the gentlest, kindest, most understanding person in this whole wide world. She has empathy and compassion and can connect with anyone at all. She knows when you're down, just by walking into the room. I don't know how she does all of this, but this is her gift. I want to thank you ALL for making her page here work. She truly is so happy and excited and to be honest, it brings a tear to my eye. She really is a good artist and those of you making requests are building her confidence in a HUGE way, so once again THANK YOU ALL !!!" Jessie has been raising money for relief efforts in the Philippines by auctioning off some of her artwork. Visit her Facebook Page for details on how you can assist.

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PRINCETON MEDICAL CENTRE**

It is with great sadness that Mez and I are closing the Clinic at the end of this week, and we bid you all farewell on our return trip to South Africa. As promised, all your medical records will be taken to the Cascade Clinic, and will be available to you all from the 1st of December 2013.

Both of us wish to thank all our patients, friends and especially Val for the wonderful support that you have given us over the past 5 years. We have enjoyed every moment of our time here in this community, and we certainly hope to enjoy many more on our return next year.

We wish you all a very Merry Christmas, and a wonderful New Year, but most of all we wish you good health. We will not say goodbye but simply au revoir.

Flip Of The Coyne

by Spencer Coyne

Let me tell you a story of corruption. There once was this leader who, before being elected, said he would change the way the country looked. He told the people he would be tough on crime and would bring change to the way government was done. This leader came from what was assumed to be humble roots, from an opposition movement from the far reaches of the nation in which he would eventually lead. This leader rose through the ranks, first as an elected member to the legislative assembly. He sat and watched as the leader, who took them from obscurity to mainstream, was replaced by the seasoned politician who led the party more like a jester than a serious contender. Then something happened. The party that was in power won another election, and this time, the party of the old conservative movement was nearly wiped from the political landscape. The leader then merged his new party with that of the old, and sure enough, he won an election.

The leader first took power back in 2006. Now in 2013, the years of his leadership are catching up to him. He may have had good intentions at one time, but as they say, power corrupts, and we have a perfect example of that. Daily, we receive more revelations about the Prime Minister's hand picked Senators and how deep the corruption went. The leadership of the Conservative senate caucus seems to be neck deep in the muck created by the greedy and corrupt partisan-appointed senators.

The corruption within the Prime Minister's office (known as the

PMO) seems to be getting closer and closer to the Prime Minister himself daily, yet the Prime Minister stays on script, claiming he knew nothing. Maybe the Prime Minister should take a page from Rob Ford and just apologize already. Look at what it has done for Rob Ford after all. The conservative base behind the Ford Nation has Rob Ford around 40 per cent in the polls, which if there was an election tomorrow and more than one opponent, Rob Ford would win.

Considering that Mr. Harper is not only the leader of the government, but the leader of the Conservative Party, he should have done what any good leader does and take responsibility for his subordinates and take responsibility for what happened in his office. Part of leadership is taking responsibility for that which happened under your command. That is why we have things like chains of command, and if the Prime Minister had any honour whatsoever he would have taken responsibility for Duffy, Brazeau, and Wallin, for they were his appointments. Then when the Prime Minister's chief of staff was found to have done wrong, he should have taken responsibility for the actions of his right hand man. Harper may want to be arms length from everyone involved, but no matter what he claims, he was the boss, and as the boss, if he didn't know what was happening then he was not doing his job.

Soon the RCMP will connect with the Prime Minister himself, and when they do, the Prime Minister will have a choice. He can call the RCMP officers liars or admit that he

lied to the people of Canada. It would have been a lot easier just to be the bigger man and do what was right in the first place. Unfortunately, we don't live in that world anymore. We live in a world where leaders are no longer responsible for those who serve under them. We live in a world where throwing someone under the bus is more acceptable than standing up and saying "I was wrong". When the day comes that the Prime Minister is officially tied to this whole scandal, will the Conservative party, caucus and supporters stand behind the Prime Minister or will they demand him and those involved who lied to step aside and bring some sort of honour back to politics in this country?

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Editorial Page News Leader

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

My Turn...

They're At The Backstretch!

The failure to elect a new Board of Directors last week for Princeton Racing Days is a red flag.

However, it's just another in a sea of red flags already waving in the world of volunteers in the Town of Princeton. The last red flag (accompanied by a few white surrender flags) occurred earlier this year when the Princeton Posse executive dissolved.

The writing was on the wall long before either Racing Days or the Posse reached that point but only a select few chose to read it.

What inspired people to come out of the woodwork to save the local hockey team was the fear of actually losing something that adds so much to the local economy in the off-season winter months.

The same argument can be made about Racing Days although it is just a single event, a complete weekend celebration has been built around it and also generates a great deal of revenue into the local economy.

Based on that reason alone, I truly believe people will come out of the woodwork to save live horse racing in Princeton. It's happened before, it'll happen again.

Both the Posse and Racing Days share a lot of similarities that don't end with what they do for the local economy. Both produce events of entertainment, spreading goodwill from our community to locals and visitors. Both events are run by a very small, yet dedicated, core group of volunteers who are involved not for their own personal gain as they are giving of themselves to create activities designed to attract attendance.

Both groups work with shoestring budgets and rely heavily on the generous support of local businesses for donations in order to keep functioning and both have experienced the revolving door of volunteers coming and going over the years.

What saved the Posse was the realization of many that without the team; there would be a lot of nights spent at home with nothing better to do. During the coldest time of the year and for months.

What will save Racing Days is when local businesses realize what the entire weekend does for their cash registers. It was only a few years ago when Racing Days ceased to exist and merchants at the time noticed a real difference in their summer traffic.

Racing Days needs to reach out to the business owners and explain the reality of a good year on the books with racing and a bad year without.

That's the red flag that should get some attention around town and save Racing Days.



Students watch how a fingerprint is 'dusted' as part of a CSI Day event November 22nd at Princeton Museum.

...Your Turn

Letters And E-Mails Received This Week

To the Editor;

After reading almost weekly in your paper about the attack going on in town, that seems to be ripping a town apart, the For or Against 'Deer in Town' I can't help but wonder how many of these people have been to the outskirts of town.

How many have seen the Industrial Park, Dump, Airport, Fairgrounds, Rail to Trails, our Swan Lake areas?

Anywhere you look noxious toxic weeds, especially Knapweed have taken over. What anyone sees is acres and acres of this stuff.

I'm sure everyone wants the deer to return to the meadows and pastures. Problem is there are no meadows or pastures for them to go to. Just ugly nasty weeds.

It seems these deer are in town to survive. Maybe more and more

deer will move into town as these weeds are left to creep along. Perhaps what we need is a weed control and meadow and pasture replanting program with the whole

To The Editor;

After speaking with a few people about the deer survey and did they respond to it, the answers were all the same, "No, I didn't because nothing's going to change anyway so what would be the point."

Also, those that don't get junk mail in their post box wouldn't receive the form. I don't receive junk mail, I learned of the survey and picked up a couple at the town office, gave them to friends that didn't receive one. And that's probably two reasons why there was only a 26% return of the surveys. Not because of someone

community pitching in.

Perhaps if we return this to them, they would return town to us. Thank you, Fran Murphy, Princeton

assuming that Princeton residents are not really concerned. I don't think so!

The booklet/pamphlet on living with the deer is of no use. So is it any wonder that repellants, regulation of plants/trees, public education, no action were deemed unacceptable in the survey?

And remember there's height restrictions on fencing. And why should it have to be done anyway, we live here!

When I moved here 23 years ago there wasn't a deer to be seen. Then about five or so years later the deer started coming into town. And because residents became complacent with the situation and thinking they were 'cute' started feeding them, encouraging them to stay instead of deterring them from being here.

Hence the problem that now exists. If you care so much about the wildlife, do the right thing and help them to return to their own environment.

- Kay Goglin, Princeton

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Current Comment

Raking Leaves Turns To Philosophy



Dawn Johnson
editor@thenewsleader.ca

going on around us all of the time. How often have I complained about a rainy day without thinking of what good the rain is doing? How often have I cursed the snow because I had to shovel it, yet knowing snow is the storehouse of next summer's water?

Enlarging on this theme, I became philosophical about how we pay little attention to all of the good work done by people around us, and only wake up to the fact if and when the lack of that work causes us inconvenience. We take so much for granted. We never think of all of the good things being done all around us, and we never think to be grateful to those doing it.

When have you thanked Town crew for keeping our streets clean? We never think about what they are doing until the day a when a deep snow falls, and then we complain because the streets are not cleared fast enough. Our excuse for not thanking them is often "Well, that's their job and they are paid for it."

There are a lot of people paid to do work, but how often do we thank them for doing it well? How often do we think about them getting up early every day and going out to do a good job? We take for

Iditarod event goes on net

The recent Iditarod on Wheels took the local TransCanada Trail and three members of Princeton Town Council attended the lunch held for competitors at Three Lakes Store.

Mayor Frank Armitage, with Councillors Kim Maynard and Doug Pateman, were impressed with the dog teams and drivers who took the trail in a wheeled

version of the world famous Iditarod dogsled race of Alaska. The trail leads through local landscapes we take for granted, but a photographer accompanying the teams took photographs of the scenery and posted it on internet. The response from other groups showed they were very impressed with the kind of 'spectacular' landscape views along the trail.

granted those who work for us will do a good job and we fail to praise them for it and thank them for it. We just complain when they are not doing it as well as we think they should. How often do we think in gratitude of people just making a living rather than being a burden on the rest of us? How often do we feel grateful for the parents who do a good job of raising their children? How often do we appreciate those who stay home to care for the elderly, keeping them out of care facilities? When was the last time we thanked all of those people who keep our society functioning well? We rarely think of them, and as for thanking them, do we ever?

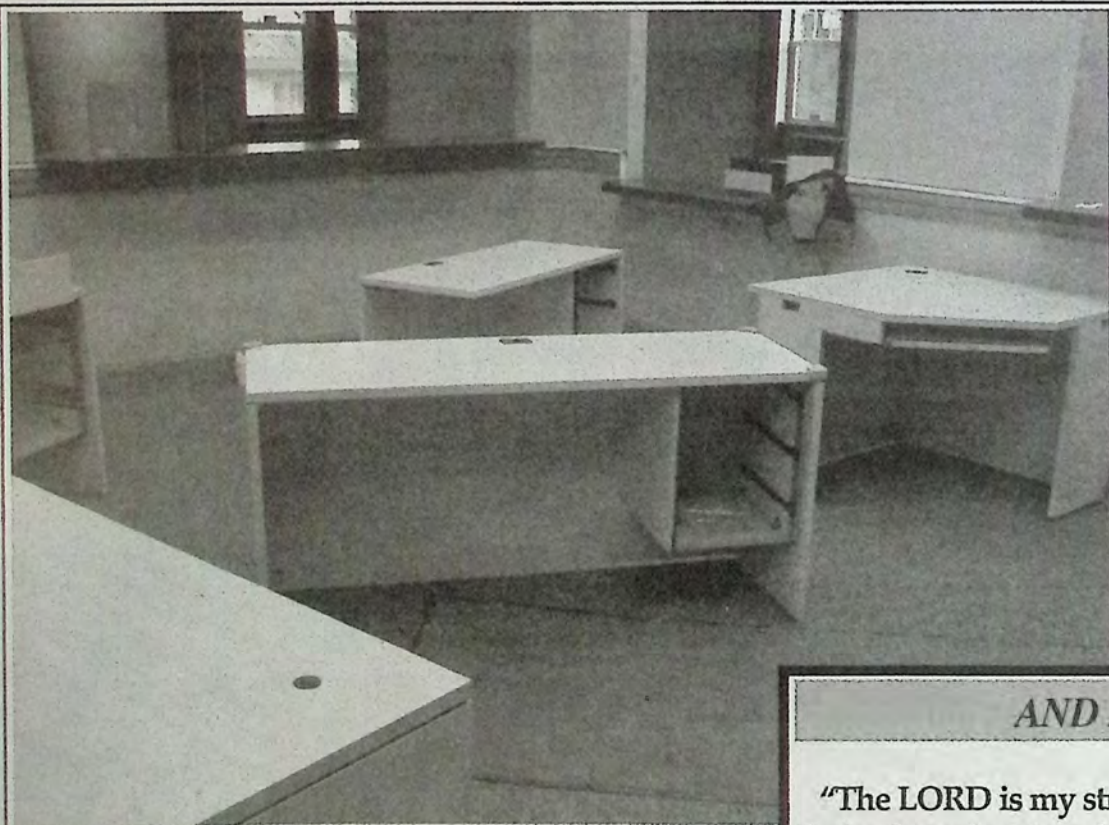
Like the leaves we rake, those who do good work are taken for granted unless they somehow cause us inconvenience, and it is not fair, really. So I have taken this time to remind all of us that the good deeds of others need to be recognized and appreciated. Without everyone doing their share, our society would be in a terrible mess, maybe as life-threatening as if those leaves did not bud every spring and breathe oxygen into our air.

Without everyone doing their share, our society would be in a terrible mess, maybe as life-threatening as if those leaves did not bud every spring and breathe oxygen into our air.

During our recent lovely Indian summer, I raked a lot of leaves. At first, it was just one of those nuisance chores of autumn. After a couple of days of raking leaves, it occurred to me that millions, maybe billions, of leaves were falling all over town. An infinity of leaves were falling all over the northern hemisphere. Hundreds of thousands of people were griping about raking leaves.

Then I was hit by another thought. These leaves, in their billions and zillions, had spent months adding oxygen to our air. They had been filtering carbon dioxide from our air. A billion zillion green leaves had been breathing in and out, day after day, with nobody paying any attention to them until they died, fell and became a chore. I suddenly felt gratitude for all those leaves and all they had done for us.

Isn't that whole scenario so typical of how we think? We see the surface of things, often not paying any attention unless it creates a problem for us as individuals, and scarcely noticing the good work



The giant jigsaw puzzle November 19th in the new Town Hall on Vermilion Avenue revolved around office furniture configurations. *

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Lower Valley News

Keremeos - Cawston - Olalla



Outgoing President Joan McMurray (right) took a few moments to share highlights from her term with Similkameen Country Chamber members and guests November 22 in Keremeos. Joan worked tirelessly for five terms and was instrumental in bringing a new tourism strategy to the Similkameen Valley. Similkameenvalley.com reflects ongoing efforts to promote valleywide attractions including business and non-profit societies. Photo: Arlene Arlow

Group receives anonymous donation

The Community Foundation of the South Okanagan / Similkameen announced November 21st a generous donation of \$10,000 had been made by an anonymous donor to the South Okanagan First Nations Education Fund.

The South Okanagan First Nations Education Fund was set up by long-time supporters of the Community Foundation with the hopes it would inspire others in the community to donate to the fund and increase sup-

port for aboriginal youth in the region.

The original donors had spent time working with First Nations in the northern region of Canada and saw the need to support aboriginal youth. They felt the best way to do this was to create bursaries for local aboriginal students.

The newest anonymous donor to this Education Fund was already an avid supporter of aboriginal projects through the Community

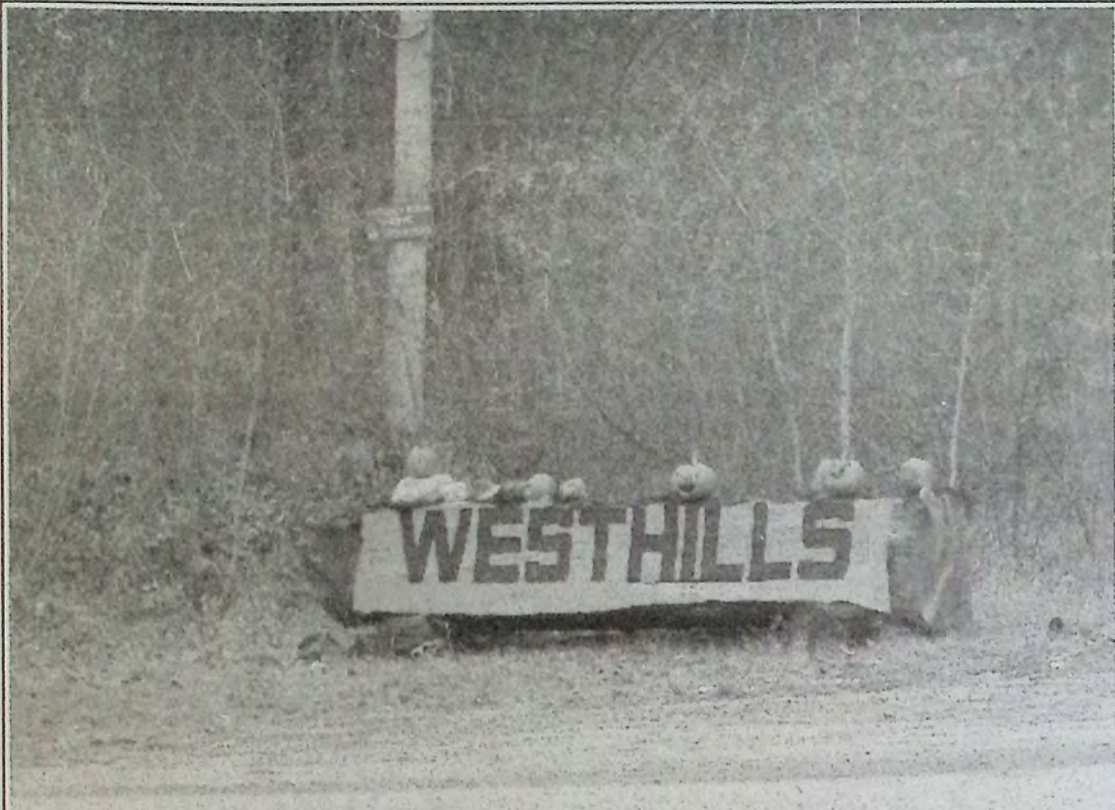
Foundation. When they read about the South Okanagan First Nations Education Fund they felt it was the perfect opportunity to add to an already great program for aboriginal youth.

"This amazing opportunity illustrates exactly what the Community Foundation does best," said Aaron McRann, Executive Director of the Community Foundation of the South Okanagan / Similkameen.

..... continued on Page 7



A new face at the Similkameen Country Chamber has stepped up to the plate. Traci Russell was elected President of the Similkameen Country Development Association at the AGM November 21 in Keremeos. Traci is also the Chair for the 2014 Similkameen Sizzle Pepper Festival slated for September 20, 2014. Photo: Arlene Arlow



Getting mileage from Hallowe'en pumpkins means different things to different people. The community of Westhills along the Green Mountain Road has a few extra signpost identifiers...for now. Photo: Arlene Arlow

Urban deer still hot topic

Doing something about Princeton's deer problem is still on the agenda for Princeton Town Council. At the November 18 public meeting,

Councillor Doug Pateman told Council the deer committee met and resolved to invite an expert on urban wildlife to meet with the committee

in the new year.

Councillor Pateman said many communities have urban wildlife problems ranging from deer to bear, coyotes, snakes and any other wild creature that finds it convenient to live in towns. The expert had told him the deer naturally come down out of the mountains to the valley floor in winter, and when they find a nice safe place with food available, they are likely to stay.

Councillor Pateman advised Council there is excellent educational material on the Regional District website which can be printed out in pamphlet form. Brian Harris, from Wildlife Branch, will be invited to speak at the December 2 public meeting of Council.

RDOS announces final pick up date

Homes receiving curbside collection in Rural RDOS Electoral Areas, Town of Oliver, Town of Osoyoos and the Village of Keremeos will be receiving their last 2013 yard waste collection during the week of November 25 to November 29.

Residents can place out an unlimited amount of properly packaged yard waste for pickup on the morning of their collection day. Yard waste means leaves, sticks, prunings, grass and branches under 3 inches (7.5 cm) diameter. Materials

should be placed in a reusable container, like a garbage can, or in kraft paper yard waste bags. Branches can be cut to 3 feet (1 m) lengths and bundled securely with string. Yard waste placed in plastic bags or containing other materials will not be collected.

Large volumes of yard waste, agricultural waste or culled fruit can be brought to any local landfill for composting.

No charges apply at any landfill for loads of yard waste under 500 kg (1,100 pounds). - submitted

Group receives anonymous donation

..... continued from Page 6
 "We connect donors throughout the community with causes they care deeply about. The impact of a single donor's gift is multiplied when it is pooled with the generous gifts of others. These two donors don't know each other, but they have come together in a very powerful way to create meaningful change in the community," added McRann.

In 2013, the South Okanagan First Nations Education Fund supported a local single-parent aboriginal male who works while going to school to aid him in attending Okanagan College.

According to the 2013 Vital Signs Report, published by the Community Foundation, the six-year completion rate for Aboriginal students has increased to 66% in

2012 from 60% (2011) in School District 67 and is also above the BC average which is 57%.

Since 2011, the Foundation has allocated over \$13,000 in bursaries to local students in the South Okanagan and Similkameen. For more information about the Community Foundation's Bursary program please visit www.cfso.net/grants/apply-for-a-bursary.

The Community Foundation of the South Okanagan / Similkameen has served our region for over 20 years, working with donors to create lasting impact in the areas of greatest need for the communities we serve. Grants are distributed from income earned on investments, preserving the capital to ensure a perpetual stream of funds. - submitted

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 MLS @142181 \$210,000



14-453 Taylor Mill Drive
 Sellers motivated and open to creative financing, this mobile Home offers you the security of many recent updates, great affordability, proximity to the Princeton Golf Course and the peace and quiet of the surrounding mountains. Professional updates in early 2011 included proper sub-flooring and new flooring throughout.
 MLS @139801 \$42,000



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The entrance to the 'new' Town Hall on Vermilion Avenue is just about the last thing to be completed on the outside of the building. Municipal operations moved to the site last week and were operational shortly afterwards. *

Saddles 'n' Spurs

by Pastor George Donovan

While completing my apprenticeship other things were changing in my life.

Back a couple of years ago I had picked up two or three more horses and started taking out trail rides on the old logging roads and trails on Grouse, Seymour and Hollyburn mountains. At this time I met a man named Jerry Martin who was a rodeo cowboy and he invited me to go with him on the circuit. He was giving me lessons on riding saddle bronc and figured we could travel together and split expenses and winnings.

I was all for it. It would mean quitting my job and I was ready. He wanted to train me in riding saddle bronc first and he put a loose loop around the mare's flank and I was ready to go. I said I was ready but I guess I wasn't. When he yanked the lariat tight around her flank the horse exploded. The first buck I was on her neck, the second buck I was back in the saddle and in for a great ride and it was all fun! Again he yanked the lariat and I held on tight and finished the ride.

Before we were ready to leave on the circuit I along with two other friends were invited to a house party. It was here that my life took a big turn. I met a girl who had come with another young man but I wanted to go home with her. I had to get to know her so I told Jerry I wasn't going with him and never did go rodeoing.

Approximately twenty years later my brother Bill and I were in the Charles Hotel on Highway #1 in the Fraser Canyon having lunch. As we were sitting there a man started heading out, walking with a cane and as he came by me our eyes met and I said, "Are you Jerry Martin?"

He said he was and I reintroduced myself and asked him what he was doing now.

He said, "Oh, I get the odd job here and there." He looked like he'd been

beat up pretty bad and rodeo cowboy does not make a good resume. It means you're beat up, restless, and probably broke.

..... continued Next Week

Living Past 100

Prevent Spreading A World Epidemic

An epidemic is spreading across the world, affecting 382 million people, and there is no cure. The only way to stop it from spreading is prevention. This disease does not kill quickly, but is fatal. In its initial stages, it can be the cause of vision problems, circulatory problems and kidney problems. In its final stages, it can cause blindness, kidney failure and gangrene. No, the disease is not some strange new virus. The disease is diabetes.

There is only one kind of diabetes that cannot be prevented, and that is diabetes at birth, caused by a failure of the baby's pancreas to produce insulin.

Most diabetes in Canada are Type 2, or adult-onset diabetes. It is caused by eating too much of the wrong kinds of foods.

You could eat a bushel of spinach and not develop diabetes. You could live on a diet of meat, vegetables and fresh fruit and avoid diabetes. You could add nuts and seeds to that diet, and even some whole grains, and still not have diabetes. Diabetes is a disease of people who do not stick to that kind of diet.

If you regularly eat a hamburger, fries, a large soft drink and a sundae, you could be on the way to developing diabetes. Adult-onset diabetes appears to be triggered by a daily diet which overloads the body with blood sugar (blood glucose). Many people think diabetes is caused by eating sugar foods, such as candy, but the sugar you eat is just one of the ways of overloading your body with blood sugar. The hamburger bun and the fries are as much to blame as the sundae and soft drink.

Rice, potatoes, pasta, bread, pastries and grains turn to blood sugar when they are digested. This is a good thing if you are eating a diet with few other sources of sugar. However, when you add to this plain food a number of sweetened products such as hot chocolate, ice cream, sugar-coated breakfast cereals, fruit juices, soft drinks, beer and liquors, you are going into overload.

To make matters worse, too much salt contributes to adult-onset diabetes. Cheese, potato chips, taco chips, ham, bacon, salted peanuts, and just plain adding salt to everything you cook, can tip the scales toward blindness, low kidney function and possible amputation due to gangrene.

One of the appalling statistics about the diabetes epidemic is the growing number of teens and pre-teens who are diagnosed with diabetes. Obviously, there are parents out there who are killing their children by feeding them diets that overload the children's bodies with blood sugar. Too many refined foods, too many sweetened foods, too many salted foods, and too many treats are a slow but sure method of killing your children.

Education is one of the ways of preventing the spread of diabetes. Educate yourself and your loved ones about the dangers of eating the wrong foods.

News Leader Classifieds
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News Leader

Entertainment

Similkameen News Leader TV Guide Listings - November 26 - December 2, 2013



Princeton Posse's Spencer Huff (#39) blocks a shot November 16. Photo: Bob Marsh Photography

Posse earn point in OT

Princeton Posse hosted Beaver Valley Nitehawks November 16th.

The Fruitvale franchise beat Princeton 6-4 the last time they played in the Similkameen Valley on November 12, 2011.

Princeton scored first at 6:08 of the first period. Eric Schmidt scored the power play goal with assists to Kurtis Klinger and Eric Kubis.

Beaver Valley tied the game at 6:41 of the second period. Kyle Hope scored the short-handed, unassisted goal.

The visitors took the lead at 8:59 with a power play goal (Dallas Calvin from Ryan Edwards and Archie McKinnon) but Princeton tied it at 2-all with a power play goal (Eric Kubis from Eric Schmidt and Kurtis Klinger) and took the lead with 4.5-seconds left in the period with an unassisted goal by Kraig Leochko.

The third period saw both teams battle to take control with Beaver Valley coming out on top on paper having scored a tying goal at 11:21 (Taylor Stafford from Jake Boyzcuk) and firing more shots on goal than Princeton (15-9).

Both goalies staying in their nets to the end of regulation time which quickly moved to a 5-minute overtime period of 4-on-4 hockey.

With just 1:03 left in the extra period Beaver Valley's Fraser Stang took a shot on goal from just out

side the blue line, which sailed into Posse territory. Princeton's Paul Ramsey tried to close a lane by waving his stick out with one hand and the puck hit the blade of the stick and ricocheted into the empty side of the Posse goal.

Beaver Valley's Dallas Calvin and

Ryan Edwards were credited with assists.

Final score: Beaver Valley 4, Princeton 3 OT. Shots on Goal: Beaver Valley 40, Princeton 29. Penalties in Minutes: Beaver Valley 7 for 14-minutes, Princeton 2 for 4-minutes.



Princeton's Kraig Leochko (#9) celebrates scoring an unassisted goal against Beaver Valley Nitehawks November 16. Photo: Bob Marsh Photography

www.princetonposse.org

Princeton Posse 2013/14

Clip 'n' Save Game Schedule

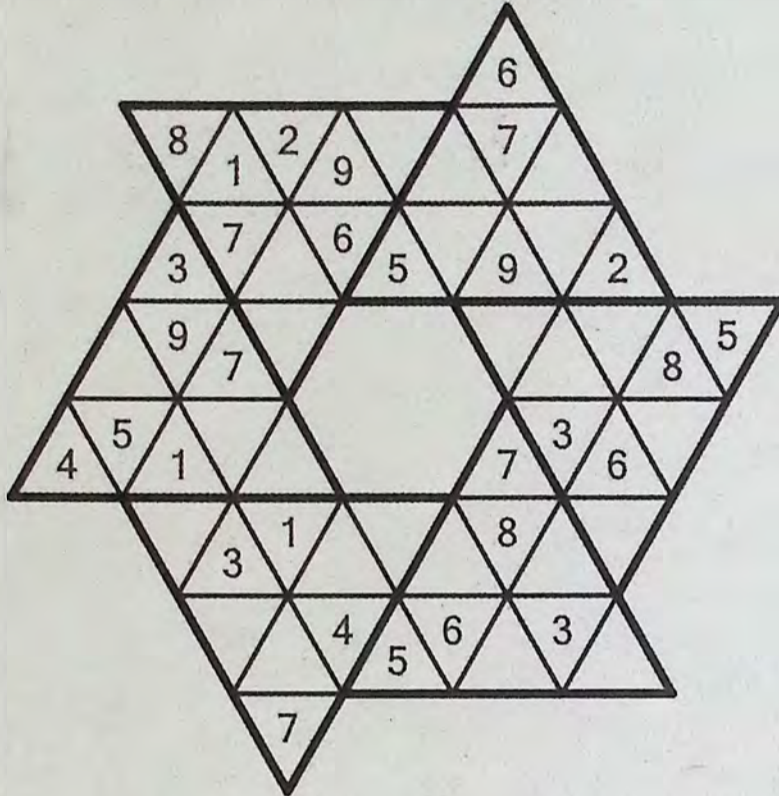
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Date	Time	Away	Home
Exhibition Season			
Sat Aug 31	7:30 PM L	Princeton 3	Summerland 5
Sat Sep 7	7:00 PM L	100 Mile House 7	Princeton 0
Sun Sep 8	2:00 PM W	Grand Forks 1	Princeton 2
Regular Season			
Fri Sep 13	7:00 PM W	Kelowna 3	Princeton 4
Sat Sep 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 L	Summerland 4	Princeton 2
Sun Nov 3	3:00 PM W	Princeton 8	N Okanagan 4
Fri Nov 8	7:00 PM OT W	Princeton 6	Nelson 5
Sat Nov 9	7:00 PM L	Princeton 3	Castlegar 5
Fri Nov 15	7:00 PM L	Nelson 7	Princeton 4
Sat Nov 16	7:00 PM OT L	Beaver Valley 4	Princeton 3
Sun Nov 17	5:00 PM OT L	Princeton 4	Kamloops 5
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

News Leader Sudoku 482

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

Wednesday Movies

MORNING

8:35 am SPIKE ch.44 "The Rundown" (2003, Adventure) The Rock. Before his retirement, a bounty hunter must locate his boss' son, who is searching for a priceless artifact in the Amazon. (In Stereo)
 11:09 am 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)

AFTERNOON

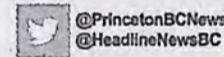
1:15 pm SPIKE ch.44 "The Fast and the Furious: Tokyo Drift" (2006, Action) Lucas Black. An American street racer in Japan learns an exciting but dangerous new style and goes head-to-head with a local champion who has ties to the Yakuza. (In Stereo)
 3:54 pm SPIKE ch.44 "The Transporter 2" (2005, Action) Jason Statham. A former Special Forces operative springs into action to save the kidnapped son of an anti-drug czar. (In Stereo)

EVENING

6:00 pm SPIKE ch.44 "The Fast and the Furious: Tokyo Drift" (2006, Action) Lucas Black. An American street racer in Japan learns an exciting but dangerous new style and goes head-to-head with a local champion who has ties to the Yakuza. (In Stereo)
 8:45 pm SPIKE ch.44 "The Rundown" (2003, Adventure) The Rock. Before his retirement, a bounty hunter must locate his boss' son, who is searching for a priceless artifact in the Amazon. (In Stereo)
 9:30 pm WTBS ch.3 "One Missed Call" (2008, Horror) Shannyn Sossamon. A young woman and a detective try to unravel the mystery of cell-phone calls that broadcast victims' final moments just days before they die.
 11:15 pm WTBS ch.3 "The Love Guru" (2008, Comedy) Mike Myers. An American-born swami must get a hockey player's marriage back on track so the man can help his team win the Stanley Cup.



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WEDNESDAY, NOVEMBER 27, 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	Builder	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)	Nerve Center	Stella-Sam Phineas	CityLine (N)	Tattoo	Pitchin' In
7 AM	Law & Order: SVU		Ella the El PAW Patrol	Arthur Martha	Today The teenage mind; Martha Stewart. (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Tiger	Penguins	SportsCentre		Pyros (DVS)	Shake It ANT Farm	Let's Make a Deal	Tattoo	Bizarro Foods America
8 AM	Law & Order: SVU		Magie Bus	Curious			CSI: Miami			Morning Huntley	Bo On/Go	Pokémon	SportsCentre		Ice Cold Gold	Jessie	The Price is Right (N)	Tattoo	Eat St. (N)
9 AM	Millionaire	Morning Millionaire	Dragon (N)	Dinosaurs		The 700 Club	CSI: Miami	Livel Kelly and Michael	Morning Huntley	The Doctors	Super Why! Cat in the Hat	Rescue Mike	SportsCentre	Livel Kelly and Michael	Auction	Little Manny	Jdg Judy	Movie: *** "The Rundown" (2003) The Rock	World's Amazing
10 AM	Divorce	The Doctors	Poppy Cat	Christmas Countdown		The Price is Right (N)	Criminal Minds	The View (N)	The Doctors	AnnaOlson	Bookaboo	Little Bear	E:60	The View (N)	How/Made	Never Land	The Chew		Amazing
11 AM	Judge Alex	AnnaOlson	Rolie Polie	Tiger	Jdg Judy	Young & Restless	Criminal Minds	Paid Prog. AntiAging	AnnaOlson	Noon News Hour (N)	Heartland (DVS)	To School Squirrel	Darts	Marilyn Denis	Gold Rush - The Dirt	Phineas ANT Farm	General Hospital (N)	Movie: *** "The Transporter 2"	RIDE. RIDE. Pitchin' In
12 PM	King	Noon News Hour (N)	Dino Dan	Charlie Rose	Anderson Turkey	News Bold	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Parents Sidekick	SportsNation	CTV News (N)	Gold Rush	Wizards	Katie	Pitchin' In	
1 PM	Community	Days of our Lives (N)	Dragon	Oil 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 Monster	Hockey	The Social	Jungle Gold	Wizards	CityLine	Movie: *** "The Fast and the Furious: Tokyo Drift" (2006)	Bizarro Foods/Zimmermann
2 PM	Seinfeld	The Talk	Big Bear	Thomas	Katie	Let's Make a Deal	The First 48	Queen Latifah	The Talk	Queen Latifah	Steven and Chris (N)	Super Evil Sidekick	Off Record	Dr. Phil	Jungle Gold	Shake It ANT Farm	CityNews at 5 (N)	Fast and the Furious: Tokyo Drift (2006)	Rock-RV
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil	The First 48	Rachael Ray (N)	Queen Latifah	Young & Restless	Recipes Stefano	Squirrel	SportsCentre (N)	Bethenny	Mighty Planes	Jessie	CityNews at 6 (N)		Eat St. (N)
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show	Duck D.	The Doctors	Young & Restless	Early News Global Nat.	Dragons' Den	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Mod Fam	Movie: *** "The Transporter 2"	World's RIDE.
5 PM	Browns	News (N)	Martha	News	News	News	Duck D.	News	Early News	(4:59) News Hour (N)	News	Parents	NHL Hockey: Toronto Maple Leafs at Pittsburgh Penguins.	CTV News at Five (N)	Moonshiners	Good Luck	The Middle	RIDE.	
6 PM	Browns	Global Nat.	Frontiers of	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Duck D.	News at 6	(5:59) News Hour (N)	ET Canada	News	Hathaways		CTV News (N)	Jungle Gold	ANT Farm	Mod Fam	Movie: *** "The Fast and the Furious: Tokyo Drift"	Amazing
7 PM	Mod Fam	Ent	Waterfront Cities	Nature (DVS)	Jeopardy!	Inside Ed.	Duck D.	Ent	Ent	Parenthood	George S	Victorious	NHL Hockey: Chicago Blackhawks at Calgary Flames.	etalk (N)	Porter	Jessie	Nashville	ous: Tokyo Drift	Bizarro Foods America
8 PM	Family Guy	Survivor (N)	Lost Kingdom of Tibet	Nature (DVS)	The Making of	Survivor (N)	Duck D.	The Middle	Survivor (N)	Survivor (N)	Dragons' Den	Wipeout	Law & Order: SVU	Mighty Planes	Good Luck	CityNews-Tonight (N)		Movie: *** "The Rundown" (2003, Adventure) The Rock	Pitchin' In
9 PM	Amer. Dad	Fox Show	Cantors-Falsh	Nature (DVS)	Saturday Night Live (N)	Criminal Minds (N)	Duck D.	Mod Fam	Fox Show	Fox Show	Republic of Doyle (N)	Funnlest Home Videos		Criminal Minds (N)	Moonshiners	Wingin' It	Jimmy Kimmel Live (N)		RIDE.
10 PM	"One Missed Call"	Parenthood	Adrian	Economic Freedom		CSI: Crime Scene	Duck D.	Nashville	Parenthood	News Hour Final (N)	The National (N)	Mr. Young	SportsCentre (N)	CSI: Crime Scene	Jungle Gold	Good Luck	Maury (N)		Amazing
11 PM	"The Love Guru" (2003)	CHBC News Final (N)	Waterfront Cities	Charlie Rose (N)	News	News	Duck D.	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre	News-Lisa	Wizards	Paid Prog.			Bizarro Foods America

News Leader Christmas Hints

Local Gift Giving Ideas



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Princeton Posse's Kurtis Klinger (#25) gives 110% during the November 16th game against Beaver Valley. Teammate Eric Kubis (#8) looks on as Klinger tries to get a shot on goal. Photo: Bob Marsh Photography

Thursday Movies

MORNING

6:00 am KSPS ch.6 "Thomas & Friends: King of the Railway" (2013, Adventure) Voices of Martin Sherman. Animated. Engines Thomas, Percy and James embark on a mission to find a missing friend. (In Stereo) (CC)

9:30 pm WTBS ch.3 "Confessions of a Shopaholic" (2009, Comedy) Isla Fisher. A compulsive shopper who is drowning in debt lands a job as an advice columnist for a financial magazine.
11:30 pm WTBS ch.3 "Envy" (2004, Comedy) Ben Stiller. A man becomes jealous after his best friend's invention, a spray that dissolves animal feces, brings him wealth.

EVENING

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THURSDAY, NOVEMBER 28, 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) [RE]	Wibbly Pig G. Shrinks	"Thomas & Friends"	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds [RE]	Morning Northwest	Morning News (N) [RE]	(5:00) Morning News (N)	CBC News Now (N) [RE]	Kid vs. Kat Rescue	SportsCentre [RE]	CTV Morning Live (N) [RE]	Last Car Standing	Stella-Sam Phineas	CityLine (N) [RE]	Cops [RE] (6:32) Cops	Disaster Disaster
7 AM	Law & Order: SVU		Ella the EI PAW Patrol	Arthur Martha	Today St. Jude's; Ray Rico. (N) [RE]	CBS This Morning (N) [RE]	Criminal Minds [RE]	Good Morning America One Direction performs.				Tiger Monster	Penguins Sidekick	SportsCentre [RE]	Shred!	Shake It ANT Farm	Let's Make a Deal [RE]	(7:05) Cops (7:37) Cops	Magi Man Magi Man
8 AM	Law & Order: SVU		Magi Bus Dinosaur	Cat-Christmas			CSI: Miami [RE]			Morning Huntley	Bo On/Go Busytown	Pokémon Beyblade	SportsCentre [RE]	Airplane Repo [RE]	Jessie [RE] Wizards	The Price Is Right [RE]	(8:10) Cops (8:43) Cops	Eat St. [RE] Eat St. [RE]	
9 AM	Millionaire	Morning Huntley	Dragon (N) Dinosaurs	Peg Dinosaur	Macy's Thanksgiving Day Parade on CBS Macy's annual parade. [RE]	The Thanksgiving Day Parade on CBS Macy's annual parade. [RE]	CSI: Miami [RE]	Live! Kelly and Michael	Morning Huntley	The Doctors [RE]	Super Why! Cat in the Hat	Rescue Mike	SportsCentre [RE]	Live! Kelly and Michael	Yukon Men "Logjam"	Little Manny	Jdg Judy NFL Football	(8:10) Cops (9:16) Cops	Eat St. [RE] World's
10 AM	Divorce	The Doctors [RE]	Poppy Cat Pajanimals	Sesame Street [RE]			Criminal Minds [RE]	The View [RE]	The Doctors [RE]	AnnaOlson Til Debt	Bookaboo Doodlebop	Little Bear Berenstain	Fishing Premier	The View [RE]	How/Made Sofia	Never Land		(9:49) Cops	Extreme Houseboats
11 AM	Judge Alex	AnnaOlson Til Debt	Rolie Polle Thomas	Tiger Sit-Be Fit			Criminal Minds [RE]	Paid Prog.	AnnaOlson Til Debt	Noon News Hour (N)	Heartland [RE]	To School Squirrel	Darts	Marilyn Denis	Last Car Standing	Phineas ANT Farm		Cops [RE] Cops [RE]	Extreme RVs [RE]
12 PM	King	Noon News Hour (N)	Dino Dan Making	Charlie Rose [RE]	The National Dog Show (N) [RE]	The 700 Club [RE]	The First 48 [RE]	The Chew [RE]	Noon News Hour (N)	House [RE]	CBC News Now (N) [RE]	Kid vs. Kat SpongeBob	30 for 30 [RE]	CTV News (N) [RE]	Moonshiners [RE]	Wingin' It Wizards		Cops [RE] Cops [RE]	Disaster Disaster
1 PM	Community	House [RE]	Dragon (N) Pajanimals	Painting Knit		NFL	The First 48 [RE]	General Hospital (N) [RE]	House [RE]	The Talk [RE]	Republic of Doyle [RE]	Rated A Monster	That's Hockey 2 Nite	The Social [RE]	Jungle Gold The making of "Jungle Gold." [RE]	Wizards Good Luck	NFL Football	(1:06) Cops (1:39) Cops	Bizarro Foods/Zimmer
2 PM	Seinfeld [RE]	The Talk [RE]	Big Bear PAW Patrol	Thomas Super Why!	Macy's Thanksgiving Day Parade The annual event features floats. [RE]	Football: Oakland Raiders at Dallas Cowboys. (N) (Live) [RE]	The First 48 [RE]	Queen Latifah	The Talk [RE]	Queen Latifah	Steven and Chris (N) [RE]	Super Evil Sidekick	Off Record Top 10	Dr. Phil [RE]		Shake It ANT Farm		(2:12) Cops (2:44) Cops	Rock-RV Rock-RV
3 PM	The Middle	Queen Latifah	Clifford G. Shrinks	Cat-Christmas			Duck D.	Rachael Ray [RE]	Queen Latifah	Young & Restless	Recipes Stefano	Squirrel T.U.F.F.	SportsCentre (N) [RE]	Bethenny [RE]	How/Made Austin	Jessie [RE]		(3:17) Cops	Eat St. [RE]
4 PM	Big Bang	Young & Restless	Maya Bee Arthur [RE]	Wild Kratts WordGirl			Duck D.	The Doctors [RE]	Young & Restless	Early News Global Nat.	Dragons' Den [RE]	SpongeBob Rabbids	That's Hockey! (N) [RE]	Ellen DeGeneres Show	Daily Planet (N)	Dog Dog		(3:50) Cops (4:23) Cops	Disaster Disaster
5 PM	Browns	News (N) [RE]	Martha Wild Kratts	News Business	Pregame NFL	News CBS News	Duck D.	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	News News	Parents SpongeBob	Boxing: Mike Alvarado vs. Russian Provochnikov.	CTV News at Five (N)	Fast N' Loud	Jessie [RE] Jessie [RE]	Broke Girl Broke Girl	(4:57) Cops	Magi Man Magi Man
6 PM	Browns	Global Nat. News	Waterfront Cities	PBS News-Hour (N) [RE]	Football: Pittsburgh Steelers at Baltimore Ravens. (N) (Live) [RE]	KREM 2 News at 6 (N)	Duck Dynasty [RE]	News at 6 News	(5:59) News Hour (N)	ET Canada Ent	News Mercer	Thunder Mr. Young "Mr. Finale"	Russian Provochnikov.	CTV News (N) [RE]	Fast N' Loud (N) [RE]	Shake It Shake It	Crazy Pckge Deal	IMPACT Wrestling (N) [RE]	Extreme Houseboats
7 PM	Mod Fam	Ent	Park Take Me	Rumrunners' Paradise		Inside Ed.	Duck D.	Ent Ent	Ent	NCIS: Los Angeles [RE]	George S Coronation	Japanizl	SportsCentre (N) (Live) [RE]	etalk (N) Big Bang	Moonshiners [RE]	Shake It Next Step	Scandal [RE]	Extreme RVs [RE]	
8 PM	Family Guy	Divorced	Islands of Britain [RE]	Father Brown [RE]		Big Bang	Duck D.	Charlie Brown	Divorced	Divorced	The Nature of Things	Wipout [RE]	Hockey	Big Bang Two Men	How/Made ANT Farm	Good Luck ANT Farm	CityNews-Tonight (N)	Cops [RE] Cops [RE]	Disaster Disaster
9 PM	Amer. Dad	Glee "Puppet Master"	Bombay Calling [RE]	Inside Foyle's War [RE]	Millionaire	Crazy	Duck D.	Mod Fam	Glee "Puppet Master"	Glee "Puppet Master"	Doc Zone (N) [RE]	Funnest Home Videos	24 CH [RE] NFL Films	Law & Order: SVU	Fast N' Loud	Wingin' It Next Step	Jimmy Kimmel Live [RE]	Cops [RE] Cops [RE]	Magi Man Magi Man
10 PM	Movie: ** "Confessions of a Shopaholic"	NCIS: Los Angeles [RE]	Revolutionaries	NW Profil	Jeopardy!	(10:01) Elementary [RE]	(10:01) Duck Dynasty	(10:01) The Muppets' Holiday	NCIS: Los Angeles [RE]	News Hour Final (N)	The National (N) [RE]	The Middle Mr. Young	SportsCentre (N) [RE]	Played "Cops" (N) [RE]	Fast N' Loud [RE]	Good Luck Jessie [RE]	Moury (N) [RE]	Jail [RE] Jail [RE]	Extreme Houseboats
11 PM	"Envy"	CHBC News Final (N)	Park Take Me	Charlie Rose (N) [RE]	News Jay Leno	News Letterman	Duck D.	KXLY 4	News Hour Final (N)	ET Canada The Test	CBC News George S	Boys Splatalot	SportsCentre [RE]	News-Lisa Moonshiners [RE]	Wizards Princess	Paid Prog. Paid Prog.	Jail [RE] Jail [RE]	Extreme RVs [RE]	

Friday Movies

MORNING

11:00 am SPIKE ch.44 "Star Wars: Episode I – The Phantom Menace" (1999, Science Fiction) Liam Neeson. As an enemy threatens the peaceful Galactic Republic, 9-year-old Anakin Skywalker comes under the tutelage of young Obi-Wan Kenobi and Jedi master Qui-Gon Jinn. (In Stereo)

AFTERNOON

2:00 pm KSPS ch.6 "Thomas & Friends: King of the Railway" (2013, Adventure) Voices of Martin Sherman. Animated. Engines Thomas, Percy and James embark on a mission to find a missing friend. (In Stereo) (CC)

2:30 pm SPIKE ch.44 "Star Wars: Episode II – Attack of the Clones" (2002, Science Fiction) Ewan McGregor. Obi-Wan Kenobi and his Jedi apprentice, Anakin Skywalker, protect the former queen from political separatists. (In Stereo)

EVENING

6:00 pm YTV ch.18 "All I Want Is Christmas" (2012, Comedy) David DeLuise. Premiere. En route to Florida, a yuletide-obsessed Jewish boy figures out how to get the Christmas of his dreams by trading plane tickets with a boy going to Christmastown, Wash. (In Stereo) (CC)

SPIKE ch.44 "Star Wars: Episode III – Revenge of the Sith" (2005, Science Fiction) Ewan McGregor. Seduced by the dark side, Anakin Skywalker turns against his mentor, Obi-Wan Kenobi and becomes Darth Vader. (In Stereo)

8:00 pm FAM ch.26 "The Nightmare Before Christmas" (1993, Fantasy) Voices of Danny Elfman. Premiere. Animated. The Pumpkin King gives the yuletide season a touch of Halloween in an animated tale from the mind of Tim Burton. (In Stereo) (CC)

8:15 pm YTV ch.18 "Tooth Fairy" (2010, Comedy) Dwayne Johnson. As penance for dashing a child's hopes, a rough-and-tumble hockey player must serve time as a genuine tooth fairy. (In Stereo) (CC)

9:30 pm WTBS ch.3 "Envy" (2004, Comedy) Ben Stiller. A man becomes jealous after his best friend's invention, a spray that dissolves animal feces, brings him wealth.

SPIKE ch.44 "Pitch Black" (2000, Science Fiction) Radha Mitchell. After crash landing on a distant planet, survivors must fight deadly creatures that come out only at night. (In Stereo)

9:50 pm FAM ch.26 "The Perfect Holiday" (2007, Romance) Gabrielle Union. Romance blooms when a little girl asks a department-store Santa to fulfill her divorced mother's fondest wish for Christmas. (In Stereo) (CC)

News Leader Recipe 589

Polenta Pizza with Mushrooms

Ingredients

- 3/4 cup (120g) polenta
- 2 cups (500ml) chicken or vegetable stock
- 1 tablespoon olive oil
- generous pinches of salt and freshly ground pepper
- 4 tablespoons olive oil
- 227g (8oz) fresh mushrooms (I used a combination of shiitake and button)
- 2 cloves garlic, minced
- 2 teaspoons dried herbs (I used Herbes de Provence, you could use oregano, basil or thyme)
- 1/4 cup (60ml) tomato purée
- 150g (5oz) grated cheese (I used Manchego, though any hard cheese that melts well will be fine)

Method

1. Bring the stock to a boil over high heat.
2. Reduce heat to medium and add the polenta. Stir until the polenta is fairly thick (you might have to cook this for up to 10 minutes).
3. Remove from the heat and stir in the olive oil, salt and pepper.
4. Spread the polenta mixture onto lightly oiled parchment paper or Silpat placed on a baking tray (my baking tray is 40cm x 28cm and my polenta pizza base measured about 30cm x 22cm)
5. Place the tray in the fridge for 20-30 minutes until cool.
6. Meanwhile, you can prepare the topping.
7. Heat the oil in a heavy pan over high heat.
8. Reduce the heat to medium and add the mushrooms, garlic and dried herbs.
9. Sauté until the mushrooms are cooked down a little (approx. 8 minutes) – you don't want them overcooked at this stage because you will be cooking them in the oven again on the pizza. Once cooked, remove from heat and set aside.
10. Pre-heat the oven to 425°F.
11. Remove the polenta base from the fridge.
12. Cook the base for 20 minutes.
13. Remove the base from the oven and, using a pastry brush, spread small amount of olive oil over the surface of the base.
14. Spoon over the tomato purée, then scatter about 3/4 of the cheese over the top of the purée.
15. Scatter the mushrooms over the top of the pizza then sprinkle with remaining cheese.
16. Bake for 10 minutes at 425°F then broil for 5 minutes to make sure the cheese is golden and bubbling.
17. Remove from oven and allow to rest for 10 minutes before you cut it.
18. Optional: sprinkle with fresh basil to serve. Serves 4.

FRIDAY, NOVEMBER 29, 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 :30	In the Heat of the Night	Morning News (N) 20	Wibbly Pig	Bulldozer	KHQ News 6AM (N)	KREM 2 Morning News	Barter Kings 20	Morning Northwest	Morning News (N) 20	(5:00) Morning News (N)	CBC News Now (N) 0	Kid vs. Kat Rescue	SportsCentre 20	CTV Morning Live (N) 0	Auction	Stella-Sam	CityLine (N) 20	Bar Rescue 0	GoldMind
7 AM :30	Law & Order: SVU		Ella the Elf	Arthur	Today (Joined in Progress)	CBS This Morning (N) 0	Barter Kings 20	Good Morning America (N) 20			Tiger	Yu-Gi-Oh!	SportsCentre 20		Silver Rush 0	Shake It	Let's Make a Deal 20	Bar Rescue 0	Making Monsters (N) 0
8 AM :30	Law & Order: SVU		PAW Patrol	Martha	Brian Boitano; Nicolette Sheridan. (N) 0		Barter Kings 20		Morning	Morning	Bo On/Go	Pokémon	SportsCentre 20		Don't Drive Here	Jessie 20	The Price is Right (N)	Ways Die	Eat St. 0
9 AM :30	Millionaire	Morning	Dragon	Peg	Sheridan. (N) 0	The 700 Club 0	Barter Kings 20	College Football: Iowa at Nebraska. (N) (Live)	Morning	The Doctors 0	Super Why!	Rescue	SportsCentre 20	Live! Kelly and Michael	Airplane Repo 20	Little	Jdg Judy	Bar Rescue 0	World's
10 AM :30	Divorce	The Doctors 0	Poppy Cat	Sesame Street 0 (E)	NHL Hockey: New York Rangers at Boston Bruins. (N) (Live)	Backroads	Barter Kings 20		The Doctors 0	AnnaOlson	Bookaboo	Little Bear	NHL Hockey: New York Rangers at Boston Bruins. (Live) 20	The View 0	How/Made	Never Land	The Chew 0	Bar Rescue 0	The Dead Files (N) 20
11 AM :30	Judge Alex	AnnaOlson	Rolie Polie	Tiger	Rangers at Boston Bruins. (N) (Live)	College Football: Arkansas at LSU. (N) (Live)	Barter Kings 20		AnnaOlson	Noon News Hour (N)	Heartland 20 (DVS)	To School	Rangers at Boston Bruins. (Live) 20	Marilyn Denis	How/Made	Phineas		Movie: ** "Star Wars: Episode I – The Phantom Menace" (1999) Liam Neeson. 0	The Dead Files (N) 20
12 PM :30	King	Noon News Hour (N)	Dino Dan	Charlie Rosa 0			Barter Kings 20	College Football: Teams TBA. (N) (Live)	Noon News Hour (N)	House 0	CBC News Now (N) 0	Parents	24 CH 20	CTV News (N) 0	Fast N' Loud	Wingin' It	Katie 0		GoldMind
1 PM :30	Community	House "Love is Blind"	Dragon (N)	Watercolor	Jdg Judy		After the First 48 20		House "Love is Blind"	House "Love is Blind"	Republic of Doyle 0	Rated A	30 for 30 20	The Social 0	Fast N' Loud 0	Wizards	CityLine 20		Bizarre Foods/Zimmerman
2 PM :30	Seinfeld 0	House 0	Big Bear	"Thomas & Friends"	Katie 0		The First 48 20		House 0	Queen Latifah	Steven and Chris (N) 0	Super Evil	Off Record	Dr. Phil 0	Moonshiners 0	Shake It	CityNews at 5 (N) 20		Rock-RV
3 PM :30	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil 0	The First 48 20		Queen Latifah	Young & Restless	Recipes	Allen	SportsCentre (N) 20	Bethenny 0	How/Made	Jessie 20	CityNews at 6 (N) 20		Eat St. 0
4 PM :30	Big Bang	Young & Restless	Maya Beo	Wild Kratts	Jdg Judy	The Dr. Oz Show 20	The First 48 20	The Doctors 0	Young & Restless	Early News Global Nat.	Dragons' Den 0	SpongeBob Kung Fu	NBA Basketball: Miami Heat at Toronto Raptors. (N) 20	Ellen DeGeneres Show	Daily Planet (N)	Lego	Mod Fam		Weird or What?
5 PM :30	Browns	News (N) 20	Martha	News	News	News	The First 48 20	News	Early News	(4:59) News Hour (N)	News	Parents	CTV News at Five (N)	Canada's Worst Driver	Liv-Mad.	Family		Making Monsters 20	
6 PM :30	Browns	Global Nat.	Park	PBS News-Hour (N) 20	News	KREM 2 News at 6 (N)	The First 48 (N) 20	News at 6	(5:59) News Hour (N)	ET Canada	News	Movie: "All I Want Is Christmas" (2012) 20	SportsCentre (N) 20	CTV News (N) 0	Moonshiners 0	Shake It	Raising Hope (N) 0		Movie: *** "Star Wars: Episode III – Revenge of the Sith" (2005) Ewan McGregor. 0
7 PM :30	Seinfeld 0	Ent	Coast (N) 20	Wash	Jeopardy!	Inside Ed.	The First 48 (N) 20	Ent	Ent	Dracula (N) 0	George S	Coronation	Shorts	etalk (N)	Mighty Ships "Avataq"	Jessie (N)	Liquidator		The Dead Files 0
8 PM :30	Family Guy	Hoops & Myster.	Murder	Great Performances Singer	Dateline NBC (N) 20	Hoops & The Elf on the Shelf	(8:01) The First 48 20	The Grinch	Hoops & Myster.	Hoops & Myster.	M'ketplace	(8:15) Movie: ** "Tooth Fairy" (2010) Dwayne Johnson. 0	SportsCentre (N) 20	Mike	Mayday 20	"The Nightmare Before Christmas"	CityNews-Tonight (N)		Weird or What?
9 PM :30	Amer. Dad	Hawaii Five-0 "Kapu"	The Inspector Lynley Mysteries	Barbra Streisand performs. (N) 20	Grimm "El Cucuy" (N)	Garth Brooks, Live From Las Vegas 0	(9:01) The First 48 20	Shark Tank 0	Hawaii Five-0 "Kapu"	Hawaii Five-0 "Kapu"	the fifth estate (N) 20		30 for 30 20	Grimm "El Cucuy" (N)	Moonshiners 0	Shake It	Jimmy Kimmel Live 0		Making Monsters 20
10 PM :30	Movie: ** "Envy" (2004, Comedy) Ben Stiller.	Dracula (N) 0	Our Part		Dracula (N) 0		(10:01) The First 48 20	(10:01) 20/20 0	Dracula (N) 0	News Hour Final (N)	The National (N) 20	Mr. Young	SportsCentre (N) 20	Blue Bloods 0	Canada's Worst Driver	(9:50) Movie: "The Perfect Holiday"	Mauri 0		Movie: *** "Pitch Black" (2000) Radha Mitchell. 0
11 PM :30	"Time M"	CHBC News Final (N)	Architects of Change	Charlie Rose (N) 20	News	News	(11:01) The First 48 20	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre 20	News-Lisa	Mighty Ships "Avataq"	Princess	Paid Prog.		The Dead Files 0

Naturalists hike Stemwinder Mountain

by Janis Wright, VFFN
 Vermilion Forks Field Naturalists ventured forth in wintry conditions up Stemwinder Mountain on Saturday, November 16. Sixteen of us, plus the requisite dog, hiked approximately 2 1/2 hours through several inches of fresh snow, ini-

tially enjoying intermittent sunshine.

We took a circuitous route, starting at Kilometre 4 and heading west along a trail in the snowy wilderness, where we came across a couple of dilapidated wooden structures, likely cabins from

decades past. Once we reached Pickard Creek we followed its course northward, climbing under and over fallen aspen trees. Eventually we veered eastward, and as we climbed constantly in the deepening snow, a few flakes began to fall. By the time we reached our

southern viewpoint, at approximately 1,300 metres, we were engulfed in fog!

Undeterred, we enjoyed our photo-ops, and then continued with our hike, now happily descending. Our two girl scouts, Linda and Margaret, had left us partway through the hike and returned to our "campsite" to relax and start a fire, a much appreciated gesture by the rest of us. When we all came rambling down the final slope, the wood fire was most welcoming!

Lunch and camaraderie followed,

as did the snow and fog, but we lingered and shared an array of enticing food. In due course we doused our fire, tidied up, and headed for home once again - till next time.

VFFN's next field trip will be held December 7, when Mary Masiel and John Henry will take us snowshoeing at China Ridge. This site may change, depending on snow conditions, so be sure to confirm at 250-295-7154.

Our next meeting will not be until January 14, so there will be more info closer to that date.



Monday Movies

MORNING

6:30 am SPIKE ch.44 "King Kong" (2005, Adventure) Naomi Watts. Premiere. Members of a film crew encounter prehistoric beasts and a gigantic ape on mysterious Skull Island. (In Stereo)

AFTERNOON

1:30 pm SPIKE ch.44 "Star Wars V: The Empire Strikes Back" (1980, Science Fiction) Mark Hamill. Yoda teaches Luke Skywalker to be a Jedi knight, and Han Solo woos Princess Leia, as Darth Vader returns to threaten the rebel forces trying to save the galaxy. (In Stereo)
 4:30 pm SPIKE ch.44 "Star Wars VI:

Return of the Jedi" (1983, Science Fiction) Mark Hamill. Luke Skywalker, now an experienced Jedi knight, tries to discover Darth Vader's identity. (In Stereo)

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 investigate.
 11:30 pm WTBS ch.3 "The Gift" (2000, Suspense) Cate Blanchett. Telling fortunes to support herself and her daughter, a psychic widow assists the police in a missing persons case.

MONDAY, DECEMBER 2, 2013

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	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)	Wibbly Pig	Bullier	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds (N)	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat	Sports	CTV Morning Live (N)	Allen Mysteries	Stella-Sam	CityLine (N)	Auction	Sunset
7 AM	Law & Order: SVU		Ella the El	Arthur	Today (N)	CBS This Morning (N)	Criminal Minds (N)	Good Morning America (N)			Tiger	Penguins	Curling: Tim Horton's Roar of the Rings (N) (Live)	Shipwreck Men	Shake It	Let's Make a Deal	Movie: King Kong (2005) Naomi Watts. A beauty tames a savage beast.	Pitchin' In	
8 AM	Law & Order: SVU		PAW Patrol	Martha			CSI: Miami				Arthur	T.U.F.F.	Overhaulin'	Jessie	The Price Is Right (N)			Eat St.	
9 AM	Millionaire	Morning	Dragon	Peg							Bo On/Go	Pokémon	Live! Kelly and Michael	Mayday	Little	Jdg Judy		World's	
10 AM	Divorce	The Doctors	Poppy Cat	Sesame Street (EI)							Busytown	Rescue	The View (N)	How/Made	Never Land	The Chew	Ways Die	Airport	
11 AM	Judge Alex	AnnaOlson	Rolle Polie	Tiger	Jdg Judy	Young & Restless	Criminal Minds (N)	Paid Prog.	AnnaOlson	Noon News Hour (N)	Our Vancouver (N)	To School	Marilyn Denis	Auction	Phineas	General Hospital (N)	Ways Die	The Get-away	
12 PM	King	Noon News Hour (N)	Dino Dan	Charlie Rose	Paid Prog.	News	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Parents	CTV News (N)	Naked and Afraid	Wingin' It	Katie	Ways Die	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	The Social	Mayday	Wizards	CityLine	Ways Die	Bizarre Foods/Zimmerman	
2 PM	Seinfeld	The Talk	Big Bear	Thomas	Katie	Let's Make a Deal	After the First 48	Queen Latifah	The Talk	Queen Latifah	Steven and Chr's (N)	Super Evil	Dr. Phil	Myth-Busters	Shake It	CityNews at 5 (N)	Ways Die	The Dead Files	
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil	The First 48	Rachael Ray	Queen Latifah	Young & Restless	Recipes	Squirrel	Bethenny	Canada's Worst Driver	Jessie	CityNews at 6 (N)	Ways Die	Eat St.	
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show	Duck D.	The Doctors	Young & Restless	Early News	Dragons' Den	SpongeBob	Ellen DeGeneres Show	Daily Planet (N)	Austin	Mod Fam	Movie: Star Wars VI: Return of the Jedi (1983) Mark Hamill.	Security	
5 PM	Browns	News (N)	Martha	News	News	News	Duck D.	News	Early News	(4:59) News Hour (N)	News	Parents	CTV News at Five (N)	Myth-Busters	Jessie	How I Met	Bggg Bttls		
6 PM	Browns	Global Nat.	Animals	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Duck D.	News at 6	(5:59) News Hour (N)	ET Canada	News	Sam & Cat	CTV News (N)	Fast N' Loud (N)	Liv-Mad.	Mike	Ways Die	Airport	
7 PM	Mod Fam	Ent	Hope for Wildlife	Celtic Woman: Home for Christmas	Jeopardy!	Inside Ed.	Duck D.	Ent	Ent	The Blacklist (N)	George S	Coronation	etalk (N)	Canada's Worst Driver	Shake It	Law & Order: UK	Ways Die	Hotel Impossible	
8 PM	Family Guy	Almost Human (N)	Victorian Farm	Texas Tenors-You Should	The Voice	How I Met	Duck D.	Charlie Brown	Almost Human (N)	Almost Human (N)	Murdoch Mysteries (N)	Wipeout	The Voice	How/Made	Good Luck	CityNews-Tonight (N)	Ways Die	Moves	
9 PM	Amer. Dad	Sleepy Hollow	Hidden Treasures		Mike	Duck D.	CMA Country Christmas (N)	Sleepy Hollow	Sleepy Hollow	Stars on Ice 2013 (N)	Wendell	ICarly	Fast N' Loud	Wingin' It	Jimmy Kimmel Live	Ways Die	Pitchin' In		
10 PM	Domestic Disturbance (2001)	(10:01) The Blacklist (N)	Architects of Change	To Be Announced	(10:01) The Blacklist (N)	Hostages (N)	Duck D.	(10:01) The Blacklist (N)	(10:01) News Hour Final	The National (N)	The Middle	Mr. Young	SportsCentre	Canada's Worst Driver	Good Luck	Maury	Ways Die	Airport	
11 PM	"The Gift"	CHBC News Final (N)	Hope for Wildlife	Charlie Rose (N)	News	News	Duck D.	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	CTV News	Wizards	Paid Prog.	Ways Die	Hotel Impossible		

Tulameen Community Club

Raise The Roof!

..... continued from Front Page was fueled by so much positive home grown energy that we knew we had to be a part of it. Anytime you can contribute to a project that is going to bring excitement and assist in developing children's skills for many years to come, you make the time and assist in any way you can."

Ed Anderson from Red Iron Industries showed up (with his team of 'Brothers')...as well as ALL of the expertise and safety equipment necessary to complete the job. His company gave the project a HUGE discount for its services... and he was a good sport when the media showed up, giving them the interviews they required! The engineer from Norsteel, Bruce Dalrymple of Dalrymple Engineering, was so impressed with the Community spirit, he donated all three of his inspection visits! Fred and Company showed up with men and tools more than once – you guessed it... no charge. Bob Reichert opened his equipment yard and said to use whatever we needed for the job – yup, no charge. Lorne Esselink of Cool Creek Agencies provided the fuel for the equipment and Gary Dobie facilitated the delivery and transaction. R&D Landscaping, Rory and Debbie Schwarz, donated their Bobcat and small excavator. Tom Reichert Rentals donated its Bobcat. Mike Grgich donated his Bobcat jackhammer. Rhonda and Bryan Kirkness from Western Explosives provided the trucking, free of charge, to co-ordinate and haul a heavy load of Dwyidag steel bars and rebar from the coast to Tulameen. Don Singer at DSI Dwyidag decreased his invoice by several thousand dollars at the urging of Wyatt Coupland once they heard the details of the project and how many people were coming to the table! Morphy Resaw provided all of the lumber necessary for the forming and foundation. Marcel Jittler at Noremac Concrete Pump donated the concrete pump and driver. Remo Maddalozzo provided the Asplundh tree service during site preparations. Bert Alderleisten and his sons from The Front Porch

on 2nd Street jumped in to help with the concrete pour. Butch Kavanaugh from Mac's Auto Parts helped with parts and pieces – no charge. Coastal Mountain Crane gave us a break and showed up as soon as Red Iron called them to help with the building erection. Princeton Redi-Mix, Jamie and Leslie Hassell, gave us a huge break on the cost of the concrete. Weyerhaeuser not only donated lumber, but helped with specialized steel fabricating at the drop of a hat when some of the steel plates shipped were the wrong size. Either the job got shut down or people got busy and found someone local who could re-size the steel.... Um, yup.. of course.. the little town

that could... they seem to have those resources available at the drop of a hat... AND the repair was complete THAT VERY DAY!!

A shout out to the Lockie Road subdivision –almost everyone from the lake subdivision showed up to help at some point! Honourable mention, and our hats off to Tony Ellis who spent EVERY day on the job site.... Hard work and a 'can-do' attitude are truly defined by Tony!

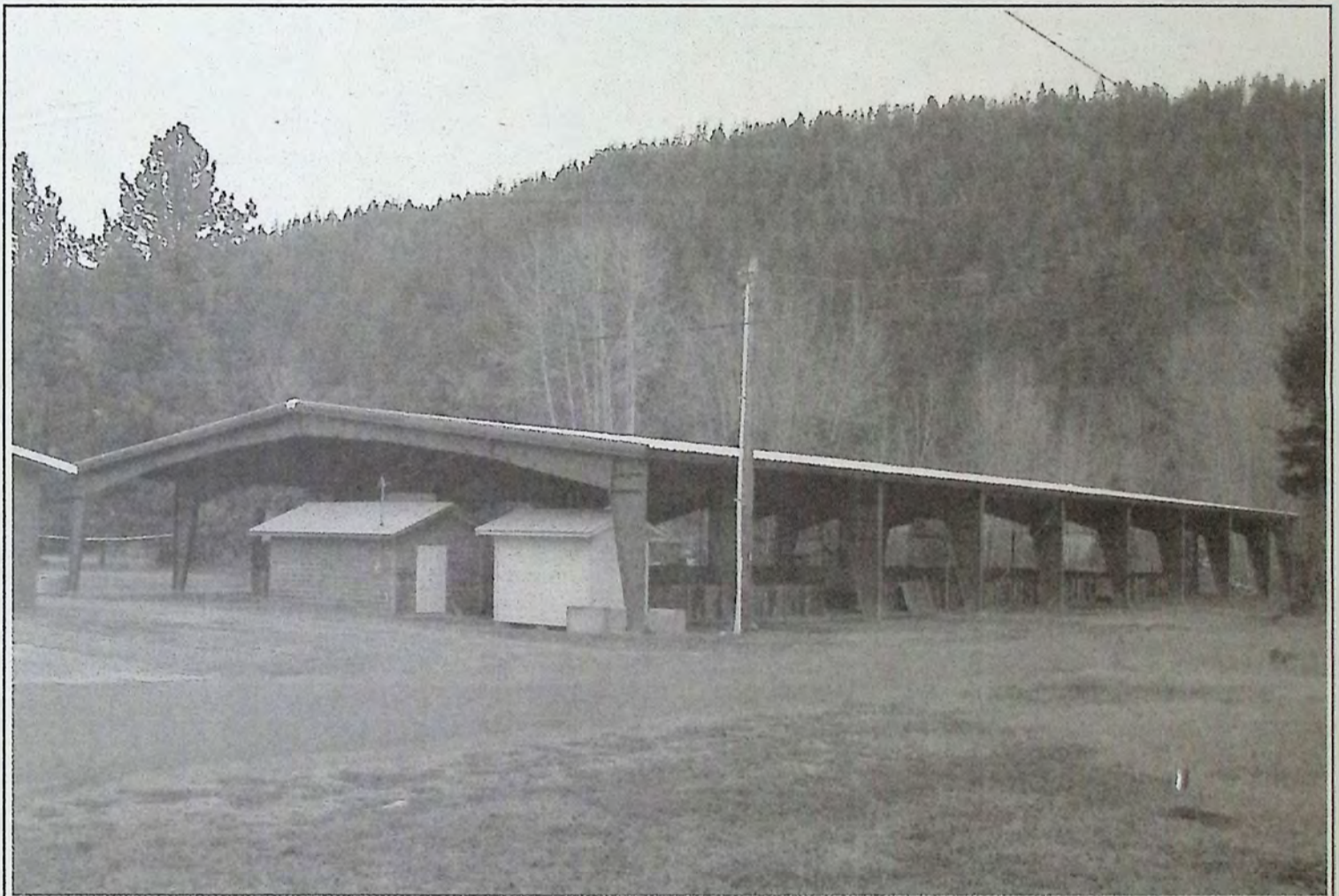
Then... it doesn't stop there. There were a bunch of people cooking, baking, serving meals and keeping the crew members 'fueled up' for the duration of the construction. Katherine Ellis made sure that no one went to bed without a meal!

Stewart McEwen made sure there was TP in the outdoor washrooms and it was tidy each day of construction. Brent Wattie from Okanagan Spring Brewery contributed to the fundraising events we held to reach our \$60,000.

In preparation for the project, George Nohynek, Noba Vision Construction donated his time and expertise to generate the computer renderings of the building for the original bid. Diane Sterne from the Mosey-On-Inn in Coalmont composed all of the written components and photos for the grant applications and supporting documents. Barb Jones' spreadsheet talents held all the details and immaculate record keeping.

Maurio Rossi of Wilco Civil Inc. donated artificial turf for us to surround the rink. Tim Hassell from TDH Contracting did all the final grading around the arena.... no charge – so we can lay the turf down. Western Explosives picked up the heavy load of artificial turf with only a few hours' notice!!! (and you guessed it... no charge.)

And the players at the Provincial and Regional governments. Hats off to Brad Hope for believing in the Raise The Roof project, from concept to completion, and for believing in Tulameen. Justin Shuttleworth, RDOS, for being the point man on the whole thing. The rest of the Regional District office - continued on Page 23



The Tulameen ice rink with new roof. *

Tulameen celebrates raised rink roof

It was a full house under a full 21,000-sq. ft. roof November 10 as the Tulameen community came together in a big way to celebrate a new roof installed over the local outdoor rink.

"What made this event so special was that this project was a huge collaborative effort by the community for the community," said Mardi Hassell, President of the Tulameen Community Club.

"Many of those attending were the very same people who picked up a hammer or a shovel during the actual construction or supported one of the many fundraising events that helped to 'Raise The Roof'."

The outdoor ice surface is owned

by the Regional District of Okanagan-Similkameen and operated through an agreement with the Tulameen Community Club.

Three partners combined to build a roof over the existing outdoor arena. The Provincial Government – through application from the Regional District – provided a grant of \$240,000; the Tulameen Community Club raised \$60,000 cash; and the Regional District facilitated and directed the project from the grant stage to completion.

When proposals to build the roof came in substantially higher than what was raised, the Community Club turned to a local contractor to complete the project within budget

based on donated and in-kind local labor, equipment and supplies from other contractors and friends, some with ties to the community and some completely new to Tulameen.

The scenario, not unlike an old fashioned "barn-raising," seemed to gain the same feel-good momentum and sense of accomplishment, Hassell said.

"The enthusiasm and community spirit fostered by this project was clearly evident by the 200 people who attended the event – most clad in hockey jerseys," said Hassell.

Construction on the roof started mid-August and wrapped up in mid-October. The provincial government was represented at the event by

MLAs Jackie Tegart (Fraser-Nicola) and Dan Ashton (Penticton). Board Chair Mark Pendergraft, Vice Chair Manfred Bauer and directors Brad Hope and George Bush and CAO Bill Newell attended for the Regional District.

The community was also fortunate to receive a used Zamboni from the City of Merritt. Merritt Mayor Susan Roline brought greetings from the community.

The roof structure will provide shelter from winter elements, including snow, rain and sunshine, and is expected to make ice maintenance substantially easier for the community volunteers who create and maintain it each year.

-submitted

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Stumped on what to get that special person for Christmas? Here's a great Stocking Stuffer idea: why not give that person a subscription to the Similkameen News Leader? It's a gift that will last a whole year and costs a fraction of what you pay for the paper at the newsstand. For details on costs contact the Similkameen News Leader at 250-295-4149. Nov 19 - Dec 03



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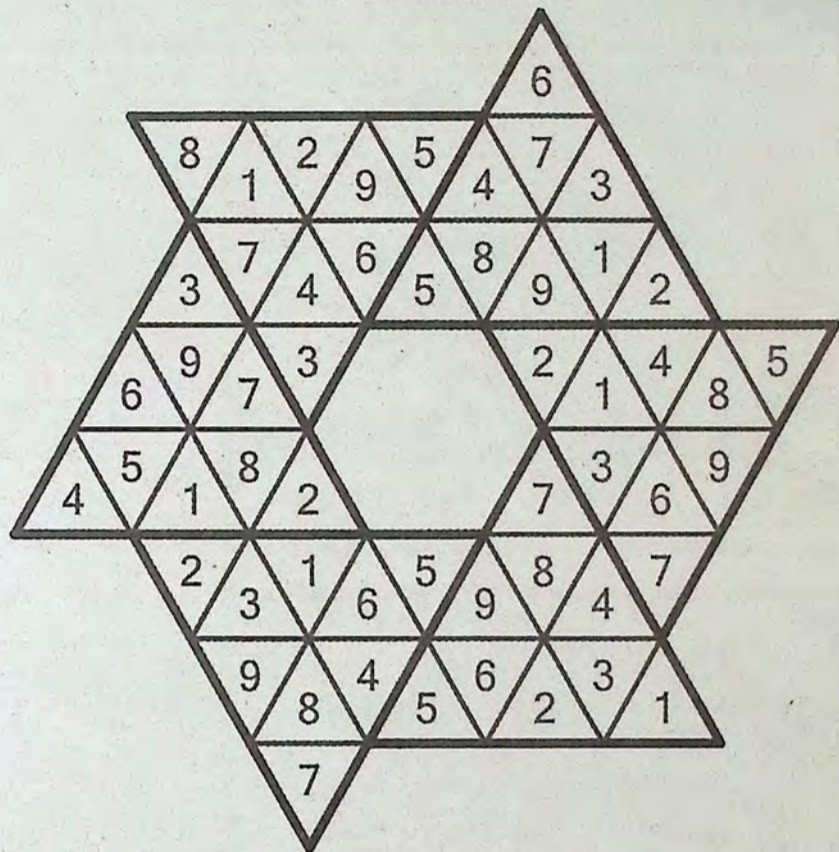
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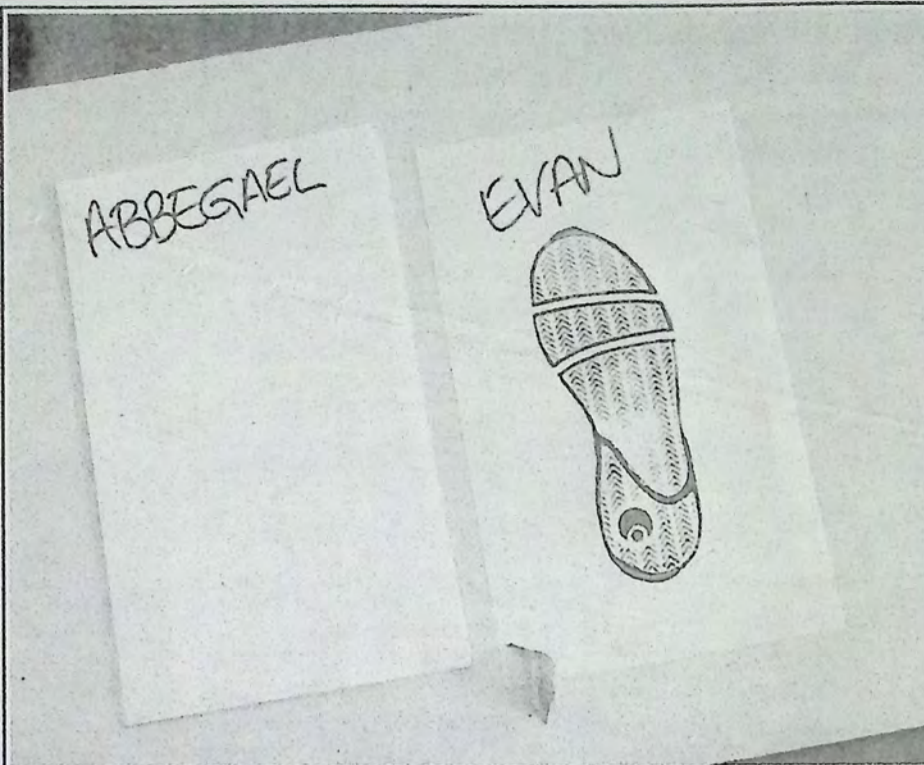
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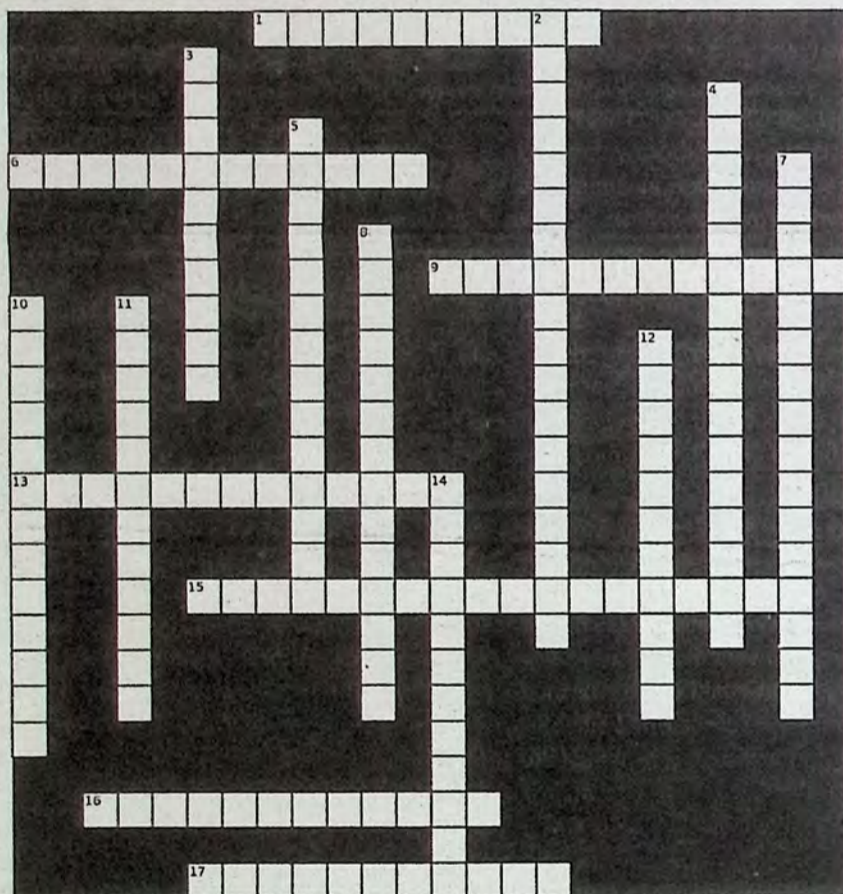
One clue left at the scene of the staged crime at Princeton Museum November 22nd was a shoe print. All suspected had to leave shoe impressions in order to assist in solving the 'crime.'*



A finished shoe impression shows the details of the sole of the footwear. These ink impressions were compared to a shoe print collected at the scene of a staged crime at Princeton Museum as students worked together to solve the incident November 22nd with help from Cst. Pankratz.*

Similkameen
News Leader Puzzler

Use the November 19 News Leader to find Answers Below...



- | | |
|--|--|
| <p>Across</p> <p>1 Name one of the October PSS Students of the Month.</p> <p>6 She is smiling on Page 8.</p> <p>9 Name one of the October PSS Students of the Month.</p> <p>13 Name the RDOS Director for Area G.</p> <p>15 Name the Princeton Performing Arts group.</p> <p>16 She is pictured on Page 15.</p> <p>17 Name the team Princeton Posse played November 15th.</p> | <p>Down</p> <p>2 The 'CC' in LSCC.</p> <p>3 He is pictured on Page 16.</p> <p>4 The 'LS' in LSCC.</p> <p>5 Name the Cawston Players Christmas production.</p> <p>7 What does CMMC plan to build with net proceeds of a new financing plan?</p> <p>8 Identify the group in the photo on Page 17.</p> <p>10 She is in the centre of the photo on Page 23.</p> <p>11 Name the September PSS Student of the Month.</p> <p>12 He spoke to students at Princeton Museum about pioneer days.</p> <p>14 She is smiling on Page 8.</p> |
|--|--|

Local horse racing may die

The annual general meeting of Princeton Racing Days Association on November 21 was suspended due to no candidates willing to stand for the positions of President or Vice-President. Very few people showed up to renew their memberships, and no new members attended. Future horse racing meets in Princeton appear to be unlikely.

The problem is not merely the lack of a President and Vice-President. The problem goes deeper than that. Putting on a horse racing event takes months of planning and, although many local residents are willing to volunteer their time on the date of the event, more peo-

ple are needed to do the preliminary work. Only six people renewed their memberships. Six is too few to do what has to be done. Like everyone else, the six members have lives and work to do in addition to what they do for the community.

The few members in attendance agreed to try one more time to put together a Board of Directors by re-scheduling the annual general meeting for Thursday, December 12, at 6:30 PM at the library conference room. If the same few are the only people in attendance at that meeting, it is likely there will be no horse racing in 2014.

Weekend Movies

Saturday

..... continued from Page 15
Comedy-Drama) Paul Newman. A minor-league hockey team makes sports history when its members decide to spruce up the team's image by playing dirty. (In Stereo) (CC)
10:00 pm FAM ch.26 "Twas the Night" (2001, Comedy) Bryan Cranston. A 14-year-old boy and his uncle jeopardize Christmas when they take Santa's sleigh for a joy ride. (In Stereo) (CC)
SPIKE ch.44 "Lara Croft Tomb

Raider: The Cradle of Life" (2003, Adventure) Angelina Jolie. A globe-trotter must find Pandora's box before a maniacal scientist can harness its power for world domination. (In Stereo)
11:30 pm WTBS ch.3 "The Forbidden Kingdom" (2008, Action) Jackie Chan. A teenage fan of Hong Kong cinema finds a Chinese relic and travels back in time to help legendary martial-artists free the Monkey King.

Town Council reports

..... continued from Front Page
provincial government wanting to stop subsidizing the Grist Mill, a well-known historic site in the Similkameen Valley.

Councillor Jason Earle reviewed the current activities of Princeton Exhibition Association and user

groups.
Councillor Doug Pateman joyfully reported the Hospital Auxiliary will pay the balance owing on the highway rescue truck.

He also gave high praise to the ladies of that group for their support.

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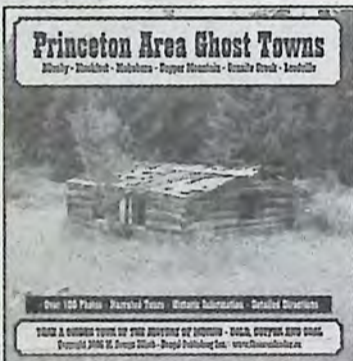
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Students get fingerprinted as part of a 'CSI Day' at Princeton Museum November 22nd. Shoe prints and fingerprints helped them solve a staged crime at the local facility with the assistance of RCMP Cst. Anthony Pankratz.*

FortisBC wins utility award

FortisBC was named the regional utility of the year by Natural Resources Canada's ENERGY STAR® Market Transformation Awards. The announcement was made Monday, November 18th.

FortisBC was acknowledged for the success of its water heater program, which promotes the adoption of high-efficiency residential water heaters, including ENERGY STAR tankless, hybrid, and condensing

storage models. With rebates and an awareness campaign, FortisBC was able to increase the overall market uptake of high-efficiency water heaters in B.C. homes.

FortisBC began the program when it noted the availability and customer adoption of these models were low, despite pending regulations and energy saving benefits.

Once the early pilot results confirmed the performance and efficiency

of these models, FortisBC launched the program targeting both customers and natural gas contractors.

Susan Woodage of Princeton was one of the 2,300 homeowners who took advantage of the offer and purchased a new, tankless water-heater. "It's wonderful, everyone should have one," said Woodage.

"I like the instant hot water, I don't have to waste money keeping a big tank of water hot and it saves space. Nice to have the rebate, too."

FortisBC is the only utility in Canada to offer these types of rebates, and as a result, prepare the B.C. market for pending regulation changes. The incentives also encouraged customers to upgrade their water heaters and save money on their energy bills.

To see the full announcement of Natural Resources Canada ENERGY STAR® Market Transformation Award winners, visit the webpage fortisbc.com/media.

Quick facts:

- Hot water heaters are the second-largest energy user in the home after space heating. Hot water consumption can account for between 20 and 35 per cent of a home's total annual energy consumption, depending on the number of people in the household.

- The energy factor (EF) rating is a standard measure of a hot water heater's energy efficiency. The higher the EF, the more efficient the appliance and the more a homeowner will save on energy costs throughout the water heater's life.

- By 2016, new natural gas hot water heaters will be required to have a minimum EF of 0.67.

- By 2020, new natural gas water heaters models will be required to have a minimum EF of 0.80.

CMMC reports ball mill transformer interruption

Copper Mountain Mining Corporation (TSX: CUM) (the "Company" or "Copper Mountain") announced November 22 that one of the two ABB transformers powering the motors on Ball Mill #2 at the Copper Mountain mine failed and has caused Ball Mill #2 to be out of service for a temporary period while repairs are made. Mill throughput will be restricted by approximately 25% while the concentrator operates with just one Ball Mill. It is planned that the mill will be back to full production this week.

Spare coils are available and ABB have expedited crews to the mine to make the necessary repairs. As part of the original design plan for the concentrator, the two Ball mills and the SAG mill have identical motors and transformers that are interchangeable in the event of a component failure.

Because this failure involves just

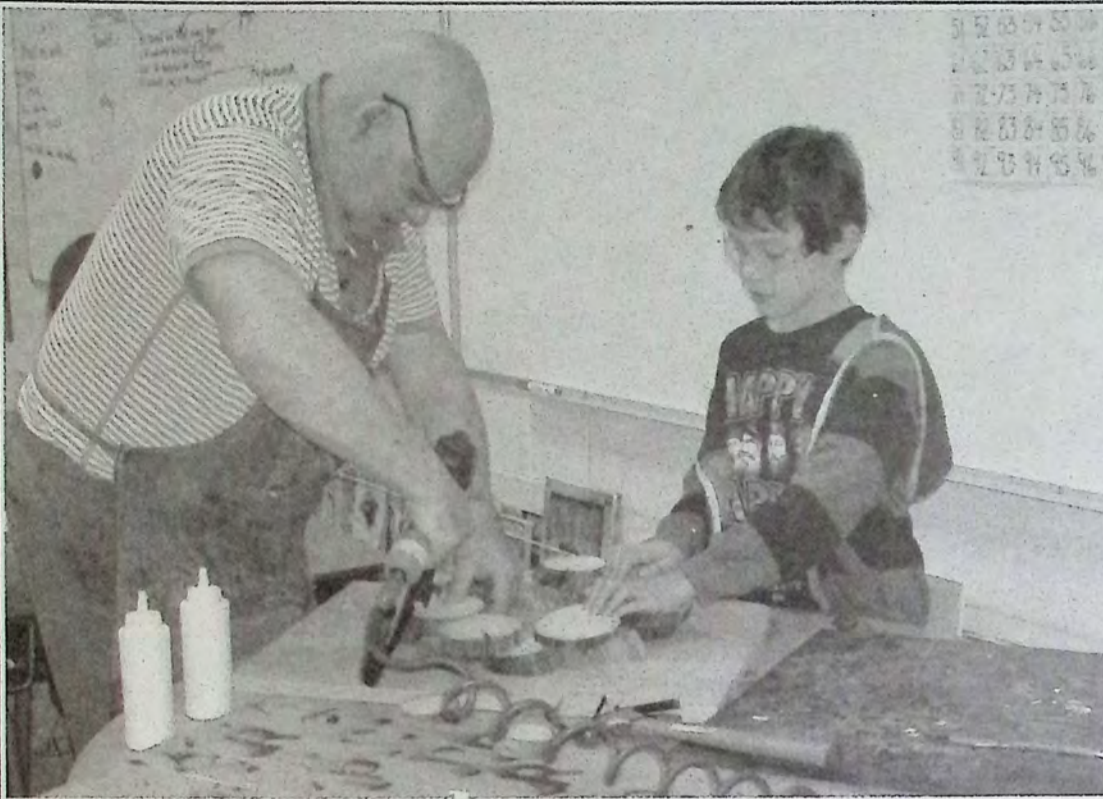
one transformer on Ball Mill #2, the concentrator is able to continue to operate with the SAG Mill and Ball Mill #1 at a reduced mill throughput. It is anticipated that production will be limited to approximately 1,050 TPOH or about 25,000 TPD until repairs are completed.

Jim O'Rourke, President & CEO of Copper Mountain commented, "This transformer failure is a disappointing event for the operation at this time as our team has been making significant strides in improving tonnage through the SAG mill. Production of copper for the month of October was on schedule at 6.5 million pounds and although this event will slightly impact metal production all resources are being applied to minimize the impact. This outage is not expected to affect our ability to achieve our guidance of 65 to 70 million pounds of copper for 2013."

- submitted



PrincetonBCNews



Vermilion Forks Elementary School students started work on Christmas crafts last week. They are preparing for a fundraiser set for next month which will see proceeds go towards the purchase of new playground equipment. *

..... continued from Page 18
 Bill Newell, Mark Woods, Aaron Hough, Donna Butler, Andrew Stuckey... and for helping to get the I's dotted and the T's crossed when they needed to be, and for deleting them where they could be deleted. For not following the procedure manual by reading it, but rather by interpreting it with a little heart.

The list of folks who brought their 'CAN DO' attitude and picked up a shovel, a paintbrush, a rake, a saw, whatever was needed... the list is long. In no particular order: Rory Schwarz, Scott Schwarz, Stewart McEwen, Chris Wagner, Len MacDonald, Mike Sanderson, Taylor Sanderson, Randy Cartwright, David McPhail, Darren Fownes, Clint Peterson, Chris Ng, Leanne Ng, Lee Ellis, Morgan Hawkes, Jessie Bodnar, Kevin Hussey, David Naranjo, Rueben Zuidhof, Jacob Hansen, Betty McRae, Ev Estacaille, Jim Stolth, Barb Jones, Kelly Reichert, Mike Vandergulik, Cody and Gina Mullin and family, Darryl Jones, Danae

Jones, Bryan McKenzie, Jason McKenzie, Blake McKenzie, Don McKenzie, Klaus Kotzian, Lorne and Sophia Henrikson.

On top of the funding that would allow for the new roof, all of the new high efficiency, low voltage lights were purchased through gas tax grants, accessed through Tulameen's Area H 'can do' guy... Brad Hope. Tulameen's favourite electrician, Mike Woods from Skaha Electric, came to the table and wired the entire new building with all kinds of bells and whistles for every imaginable future need, and... you guessed it... he donated all of his time.

The shoestring budget for the opening ceremonies turned out to be plenty. Cooper's helped with the refreshments, Steph Wagner from Element Creatives donated her time to help plan and organize the event, the Town of Princeton donated the stage to be used and the RDOS donated the flags, The Shoe Tree-O donated their entertainment and equipment, P&L Speedprint helped with the cost of printing and a

GIANT thank you to the Princeton Posse who showed up with smiles on their faces with just a few hours of sleep after coming off a road trip!

And last, but not least, the steady stream of Tulameenies who just showed up with their 'way to go guys' comments, big grins and their excitement barely contained. There wasn't a shortage of people coming on a regular basis to show their gratitude and enthusiasm for the project - for both the donations that were made, and the volunteers that made it happen... in the little town that could. Oh! Yes they certainly did...THEY RAISED THE ROOF!!

Tulameen wants to thank you everyone! It is such an honor to be lumped together with the most amazing group of people who can...!! When you come by and see it, you'll be able to feel the pride. It's amazing. So... moment to moment there are quite a few volunteers watching the weather and ready to flood the arena as soon as its cold enough!!!

- submitted



Part one of this Christmas wreath project is complete. Students 'dressed up' their projects after this step was complete. Vermilion Forks Elementary will host an Art Night December 5th where these crafts can be purchased. *

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 OR Coffee, Tea & Dessert - \$3.00

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IMPORTANT NOTICE

From Alex Atamanenko
 your Federal Member of Parliament

Do you need help with a passport?

Do you have a problem with
 a federal government service or issue?
Meet with M.P. Constituency Staff

Thursday, Nov. 28th, 2013

And the LAST Thursday of every month

Princeton: 12:00 pm to 3:30 pm

Community Skills Centre, 206 Vermilion

Keremeos: Call 250-498-5353 for appointment

Or 1-800-667-2393

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Brenda Crawford

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April Earle

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Sandra Simpson

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(250) 499-9414

CELEBRATE THE START OF CHRISTMAS WITH

Princeton Light-Up

3:00 PM November 30

**REALTY
EXECUTIVES**

PRINCETON

145 Thistle Road**EASTGATE!**

Welcome to the Four Season getaway of Eastgate. Located just a short drive from notable Manning Park, this little gem of a cabin will offer your family all season recreation at its finest. Enjoy year round living, log construction, 4 bedrooms and a loft room that is large enough to accommodate all your friends and family. MLS@137220 \$289,000

22-263 Highway 3

Great 3 bedroom mobile close to everything for recreation! Pool, tennis courts, and park are across the street, with the Similkameen River just a few steps away. Even within walking distance to town! Mobile is bright with open plan kitchen/living area complete with skylight. Tidy yard is fenced and has storage shed. MLS@145255 \$ 69,900

1790 Shinish Creek Road

Don't miss this dream come true! Imagine the tranquility of owning your own lakefront cabin at Chain Lake. No traffic, sirens or smog, just the call of the loons. This comfortable, cozy 2 bedroom cabin comes with some updates, rests of 1.76 acres with 195' of waterfront. For outdoor enthusiasts this offers with limitless recreation opportunities. MLS@143598 \$319,000

4282 Princeton/S'land Road

You can have it all! Private 7.22 acres just minutes from Osprey and Link Lake with immaculate, well designed home. Only 2 years old, this home has been built with care and attention to detail. Granite counter tops, custom cabinetry, easy care wood and porcelain tile floors, oversized dining table/island makes a great place for entertaining. MLS@144451 \$394,900

3927 Princeton/S'land Road

If a life style change is in your future, you won't want to miss this opportunity! Featured in the lakes district on the Princeton Summerland Road is a custom built home on 2 natural landscaped acres. Backing onto the KVR trail you can explore until your heart's content, a short walk to the lakes and trails make this location the perfect place to relax. MLS@145594 \$299,500

499 Similkameen Avenue

Solid 3 bedroom home just blocks away from the Similkameen River and walking distance to town! New flooring, bathroom, roof, windows, hot water tank, and furnace in last 5 years. Fully fenced yard, oversized lot with garage, and workshop area for hobbies or just storage. Basement is low, but useable with cement floor and woodstove. MLS@141294 \$175,300

REALTY EXECUTIVES PRINCETON

Gateway to the Okanagan

#8-136 Tipton Avenue (Princeton Plaza)

Office: (250) 295-1811 Fax: (250) 295-1851 www.bcland.net

EACH OFFICE INDEPENDENTLY OWNED AND OPERATED