

# Similkameen News Leader

INCLUDES GST! \$1

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Tuesday, January 27, 2015

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



Princeton Skating Club hosted their annual 'Skate-A-Thon' fundraiser January 21st at Princeton Arena. Skaters earned donations through pledges connected the the number of laps completed by each of them. \*

## Town takes control of recreation

The Town of Princeton has reached an agreement with the Regional District of Okanagan Similkameen regarding the delivery of recreational services to area residents.

The details of the agreement were announced at the January 19th regular meeting of Town Council.

Essentially the agreement formally gives control of "the facilities" (Riverside Community Centre, Princeton Arena, Centennial Pool, Princeton Exhibition Association

Fairgrounds and all other recreational programs offered to Princeton and Area H residents) to the Town of Princeton.

The Regional District will provide an annual financial contribution, which is described in the eight-page document as "not less than forty-three percent of the total operating and capital budget for the facilities."

The agreement states the financial contribution from the Regional District is for "capital improvements and for the operation and maintenance of the facilities."

When the agreement was signed, the Town of Princeton immediately received a Reserve Fund in the amount of \$59-thousand which had been collected by the RDOS for the benefit of Princeton Arena and the Town has agreed to use those funds for that purpose.

The term is for a three-year period starting January 1, 2015 with an automatic three-year renewal term schedule in place unless either party provides one year notice for renegotiation of the agreement.

In addition, the Town clearly states that they are not obligated to "incur any capital expense that may arise directly or indirectly from the facilities. The Town has sole and absolute unfettered discretion as to whether to proceed with a capital project related to the facilities."

mud racing and demolition derby area in a vacant area of the infield. Allinott said that was a good idea, but suggested it would be best not to build permanent facilities until the community sees whether or not a motor sports event is successful. This proposed event is a project of Vermilion Trails Society and Allinott invited the PXA Board to attend the Society's February 10 meeting to be held in the basement of the tourist information building.

The PXA has not voted to approve the event except in principal, and will not approve the event until a formal proposal is put forward and a contract for use has been negotiated. That contract will specify that the facilities used by motor sports have been restored to their pre-event condition. Allinott has expressed a willingness to abide by this standard.

The planning of events will be discussed further at the February 17 meeting of the PXA. Anyone interested is welcome to attend: PXA meetings are open to the public.

## PXA reserves event dates

Events to take place at the fairgrounds this year are being scheduled. At the January 20 meeting of Princeton Exhibition Association (PXA), the fairgrounds management board reserved June 13 and 14 for Princeton Rodeo. May 23 and 24 are reserved for Princeton Riding Club's special horse show event featuring both English and Western competitive riding. Little Britches dates have yet to be confirmed but it

appears this event will be held on the June 27 weekend or on the July 4 weekend. The annual Fall Fair will celebrate its Golden Anniversary (50 years) on September 12 and 13. The final event scheduled is the community Halloween Party on October 24.

Other dates remain open, but there is a tentative reservation for Labour Day weekend, September 5 and 6, for motor sports events, provided

organizer Bill Allinott can muster the support he needs. Allinott said he is working on insurance for the event. (It was in place later in the week). Bob Lind was present and spoke of the proposal by Allinott to hold the demolition derby in the rodeo arena. Lind spoke of past motor sports events and the work done to restore the infield after the previous group abandoned the sport. He suggested building a permanent

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# CMMC announces 2014 production results

Copper Mountain Mining Corporation (TSX: CUM) (the "Company" or "Copper Mountain") announced January 19th production results for the year ended December 2014 from the Copper Mountain mine located near Princeton.

In 2014 the mine produced 81 million pounds of copper, 22.6 thousand ounces of gold, and 443.7 thousand ounces of silver. The mill averaged 89.4% operating time for the year and a total of 11.1 million tonnes of ore was milled at an average grade of 0.40 % Copper. Copper production in the fourth quarter totaled 20.3 million pounds.

The new secondary crusher that was put into operation in August is now operating at its designed capacity of 3,000 tpd. Following several key adjustments to the secondary crusher circuit at the end of December, immediate improvements to mill throughput were seen. The mill has started the year on a positive note with an average throughput of 36,000 tpd in the first half of January with a 92.2 percent operating time.

During the 2014 year, mining activities continued from both the Pit 2 and Pit 3 areas and averaged approximately 176,300 tonnes per day. A total of 60.1 million tonnes of material was mined, including 18.8 million tonnes of ore and 41.3 million tonnes

of waste. The projected life of mine strip ratio is 2 to 1 but higher in the early years.

The Company's goal for 2015 is to continue to optimize performance of the Copper Mountain Mine and to maximize copper production in spite of the slightly lower projected head grade for 2015.

The new secondary crusher is working well and is providing a consistently finer feed to the SAG mill

which has resulted in a smoother operation with higher throughput. The majority of ore is scheduled from Pit 2 in 2015. The planned mining rate is 185,000 tpd for the year. The 2015 copper production forecast is 80 million pounds based on a mill throughput rate of 37,500 tpd and a mill feed grade of 0.33% Cu.

*About Copper Mountain Mining Corporation:*

Copper Mountain's flagship asset is

the 75% owned Copper Mountain mine located in southern British Columbia near the town of Princeton.

The Company has a strategic alliance with Mitsubishi Materials Corporation who owns the remaining 25%. The key development for 2014 was the installation of the secondary crusher as a permanent solution to maximize production and improve overall efficiencies for the company. Secondary crusher construction was

completed in August on budget and on schedule.

The 18,000 acre site has a large resource of copper that remains open laterally and at depth. The mine has significant exploration potential that will need to be explored over the next few years to fully appreciate the property's full development potential. Additional information is available on the Company's web page at [www.cumtn.com](http://www.cumtn.com). - submitted

# RDOS announces committee appointments

The RDOS Board of Directors released appointments to external agencies and standing committees.

#### External Agencies:

##### Municipal Finance Authority

- Mark Pendergraft (Board Chair)
- Andrew Jakubeit (Vice Chair), alt.

##### Municipal Insurance Association

- Mark Pendergraft (Board Chair)
- Andrew Jakubeit (Vice Chair), alternate

##### Okanagan Basin Water Board

- Participants are Electoral Areas A, C, D, E, F, part of G, City of Penticton, District of Summerland, Town of Osoyoos, Town of Oliver

- Sue McKortoff

- Andre Martin

- Peter Waterman

- Tom Siddon (alternate for A. Martin)

- Mark Pendergraft (alternate for S. McKortoff)

- Toni Boot (alternate for P. Waterman)

##### Okanagan Film Commission

- Participants are all jurisdictions

- Andrew Jakubeit

##### Okanagan Regional Library

- Participants are Electoral Areas A, B, C, D, E, F, G

- Karla Kozakevich

- Elef Christensen - Alternate

##### Okanagan Sterile Insect Release Board

- Participants are Electoral Areas A, B, C, D, E, F, & G, City of Penticton, District of Summerland, Town of Osoyoos, Town of Oliver, Village of Keremeos

- George Bush

- Terry Schafer (alternate)

##### Southern Interior Beetle Action

##### Coalition

- Participants are all jurisdictions

- Frank Armitage

- Helena Konanz (Alternate)

##### Southern Interior Municipal Employers Association

- Participants are all jurisdictions

- Karla Kozakevich

- Andre Martin (alternate)

##### Starling Control

- Participants are all jurisdictions

- George Bush

##### UBCO Water Research Chair Advisory Committee

- All Jurisdictions

- Manfred Bauer

##### Intergovernmental FN Joint Council

- Board Chair, Vice Chair and one other member

- Mark Pendergraft, Chair (South Okanagan)

- Andrew Jakubeit, (Large Municipality)

- Manfred Bauer, (Similkameen)

#### Committee Chairs:

##### Corporate Services:

- Mark Pendergraft, Chair (Board Chair)

- Andrew Jakubeit, Vice Chair (Board Vice Chair)

##### Community Services:

- Karla Kozakevich, Chair

- Ron Hovanes, Vice Chair

##### Environment and Infrastructure:

- Tom Siddon, Chair

- Karla Kozakevich, Vice Chair

##### Protective Services:

- Andrew Jakubeit, Chair

- Terry Schafer, Vice Chair

##### Planning and Development:

- Michael Brydon, Chair

- George Bush, Vice Chair

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# Flip Of The Coyne

by Spencer Coyne

Early in January we were witness to yet another terrorist attack by radicalized extremists. We could call them Muslims, but let's not. Let's call them what they really were: murderers. These people who

attacked the office of Charlie Hebdo represented Islam as much as the Ku Klux Klan represents Christianity. Like the October attack on Parliament Hill, the attack on the satirical French publication

Charlie Hebdo was an attempt to send a message to the West. The attack on Ottawa was an attack on our institutions of Democracy. The attack on Charlie Hebdo was an attack on the idea of Free Speech in

the Press, one of the pillars of a free democratic system.

I will admit I personally do not favour the satirization of the prophet Mohammed in Charlie Hebdo, but I don't read Mad Magazine or Cracked anymore either. What I will say is that I will fight for the magazine's right to publish its cartoons. Just because I don't like the work doesn't mean they don't have the right to create it and publish it. The fact that I don't like it is all the more reason to defend it.

The role of the independent free press in a democracy is essential to the health and well being of that democracy. The freedom of the press gives journalists the right to investigate and report on what is happening. Freedom of speech gives editorial content its right to exist. Combined they keep politicians in check, corporations accountable, and give voice to the voiceless. It is this that separates the democracy from all other systems of government.

When we look at the attacks by

these murderous extremists, we see that they take aim at the very institutions that make our democracies strong and free. They try to strike fear in us so we will bend and allow our politicians to take our freedoms from us, weakening our democratic values. They use anger to fuel the rhetoric against those who attacked us. It is in our nature to respond with anger and fear and we lash out at those who harmed us but we cannot allow this anger and fear to take over. If we do, politicians use it to strip our freedoms. After 9/11, the West was in shock and as a result new rules came into effect allowing governments and their agents to do what we would never have dreamed of only days before. When we are attacked we must not act rashly. We must collect our thoughts, be calculated, and strike swiftly and accurately. We must not allow our freedoms to be compromised. Allowing our freedom of movement to be hindered, our freedom of assembly to be denied, or our freedom to speak to be stamped

.....continued on Page 18



Senior skater Hanna Gould assists younger skaters during the group's Skate-A-Thon January 21st. \*

Weekly.

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 Sunday, February 1 11:00am - 4:00pm

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# Editorial Page News Leader

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

## My Turn...

### And...Another Anniversary

February 1st will mark an anniversary for me.

It will be my 11th anniversary as owner/publisher of this newspaper. It will also mean I have been part of this particular business for 14 1/2 years.

When I look over the landscape of downtown businesses I note that although many have been here for much longer than mine, not all of the current owners have been. There has also been a long list of businesses that have closed in the same time frame.

I know I keep preaching to you the importance of supporting your local economy and I do it simply because I know first hand what that does to a business.

It is not easy to own and operate any kind of business in a small town and I truly admire and respect all those who have taken the plunge to invest in this community. It is especially hard to operate a business in a location where traffic flow frequently sends potential customers to a nearby community.

If you were to ask me what lessons I have learned from being in business that I could pass on to a new business owner there would be a few. I think the most important one is to be honest and do the best you can to please your customers. There's always someone you will never be able to win over, but if you are honest and sincere, then you did your best.

Another tip I would offer is that you must spend some of your income in the community that supports you. That's just good business.

Try to support local charitable organizations and functions. They need your support more than you will ever understand and the spin off is that they will support your business.

I also think it's important to do a number of quiet, under-the-radar good deeds with your business without expectation of recognition or acknowledgement. While the majority of business owners in Princeton are far from rich, they do have the ways and means to use some of their income and influence to do positive things within the community.

One tip I would pass on to customers is this: remember, the majority of us are in business to serve you. We have put in a lot of effort to bring services to the community and as such we are not in business to be abused or otherwise mistreated.

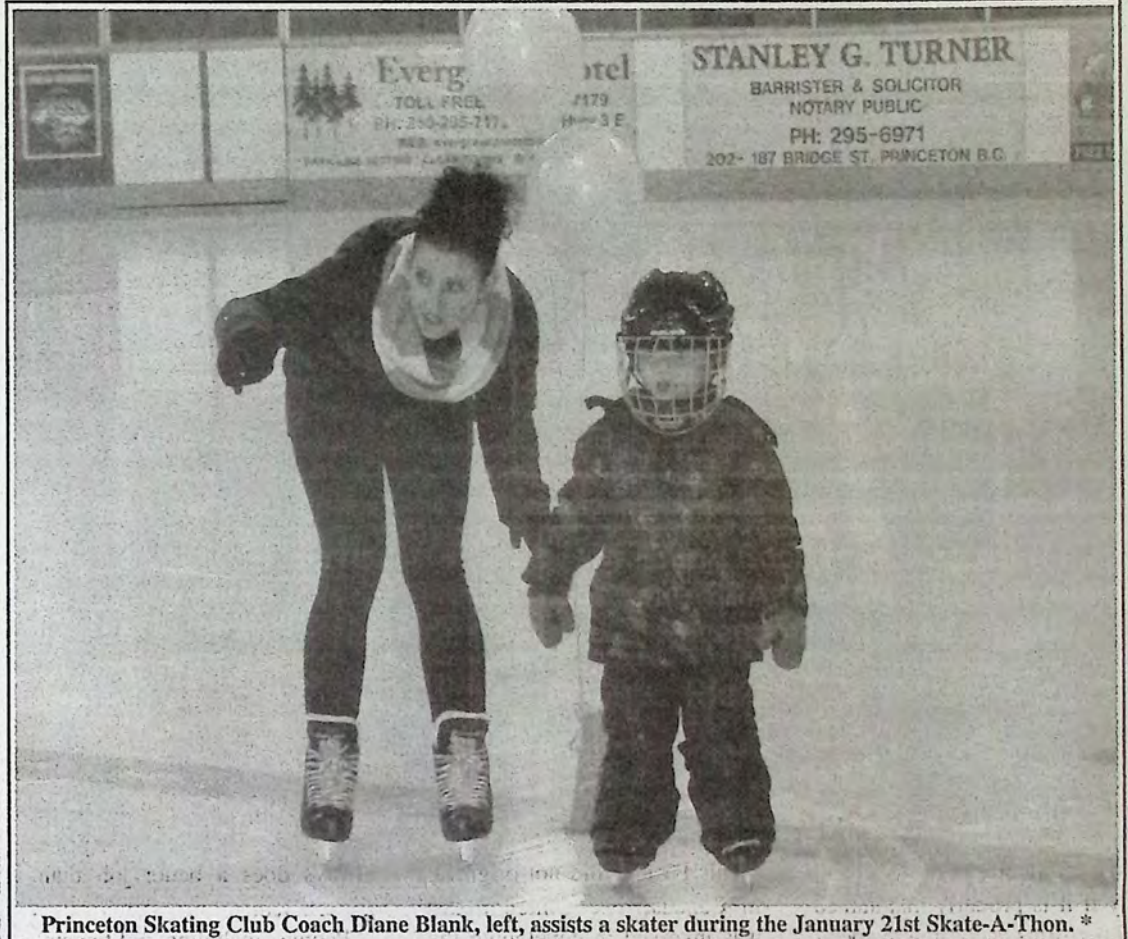
The most valuable lesson I have learned in business in Princeton is that just because you opened a new store people aren't going to automatically rush in to buy things. You need to always promote your business and you have to find creative ways to make your business stand out.

Believe it or not, even though this is a newspaper business, I find that to be the most challenging part of what I do. It is also the most rewarding.

One more thing that has made the past eleven years in business fun for me is the feedback (good or bad) we receive from our readers and customers. I also have been lucky to have the support of a great bunch of co-workers including my awesome wife Brenda, Dawn, Lynette, Spencer and Arlene.

And as long as you keep buying this paper I'll keep printing it!

Thank you for helping me reach my 11th anniversary as owner/publisher of the Similkameen News Leader.



Princeton Skating Club Coach Diane Blank, left, assists a skater during the January 21st Skate-A-Thon. \*

## ...Your Turn

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

To The Editor :

I wonder if you would be interested in printing a letter that I wrote for Amnesty International with an appeal for more people to do the same.

We are very lucky in this country to be able to speak our minds without fear of reprisal. I joined Amnesty International's Urgent Action network several years ago as I feel that it's the least I can do to help those who are not so lucky. It's a simple matter to write these letters if you know how to cut and paste and make small changes that make it personal. There often is an email address or a fax number to send the letters to but sometimes it's an address where it has to be mailed.

The mailing cost is \$2.50. This is a sample of a letter I am sending out.

- Donna Stocker, Cawston

Ayatollah Sadeqh Larijani  
c/o Public Relations Office  
Number 4,  
2 Azizi Street intersection  
Tehran  
Islamic Republic of Iran

Your Excellency

I live in a small community in southern British Columbia, Canada. We live peacefully in our community with others of different race, sexual orientation, and religion.

I am appealing to you to release Mahdiah Golrou who has been

detained since her arrest at her home in Tehran on 26 October 2014. Jail time and solitary confinement is extremely harsh punishment for someone who was participating in a peaceful protest against one of the most heinous crimes against women. I understand that Iranian authorities have denounced these attacks but have yet to bring the perpetrators to justice.

Until Mahdiah's release please allow her to have regular visits from her family and lawyer, and give her any medical attention she requires.

The perpetrators of this extreme violence against women must be brought to justice. I'm urging you to repeal the Bill on Protection of Promoters of Virtue and Preventers of Vice, which I believe is inspiring these assaults on women.

Iran was one of the first to sign the Universal Declaration of Human Rights in 1945, which condemns this kind of behaviour. Please respect that.

Sincerely (your name, address)

Independent.

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**News Leader**

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#### EDITORIAL GUIDE

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



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# Current Comment

## The Truth About P3 Projects



**Dawn Johnson**  
editor@thenewsleader.ca

Public-Private Partnerships, known as P3, are part of Canada's Economic Action Plan. According to the federal government promotional material, a P3 is a plan where the private sector assumes the major share of the risks on a project in terms of financing and construction and ensures the performance of the infrastructure from design and planning to long-term maintenance. Governments do not pay for the asset until it is built. A substantial portion of the cost is paid over the life of the asset and only if it is properly maintained and performs according to specifications. This was an initiative in tune with a free market economy.

Why should you care? Penticton Regional Hospital is listed as a P3 project.

According to the federal government, P3 projects provide the private sector the opportunity to deliver a broad range of services over a long term (usually 20 to 30 years). P3s give the private sector stable partners (the government e.g. you and me) and long term revenues.

Nobel prize winning economist Joseph Stiglitz describes a P3 deal as a "new form of public-private partnership, one in which the public shoulders all of the risk, and the private sector gets all of the profit."

The Auditor General of Ontario complained recently that Ontario's P3 hospitals cost the province an additional \$8 billion. Both the Auditors General of Ontario and British Columbia have stated the cost of building a

P3 hospital is \$100 million more than a hospital built by the public sector.

The Canadian Centre for Policy Alternatives (CCPA) states clearly, "This is a form of privatization." They say it made the government look good on the accounting books by keeping the P3 accounts off the government books, at least until public auditors forced the government to include P3 obligations on the books.

Originally, P3 advocates said P3 projects would be less costly, more innovative, more accountable, and would complete projects more speedily than the public service system could do. The public sector traditionally put out tenders specifying the project and assumed control of costs, as well as overseeing the completion of the project and ensuring it met specifications. When the project was completed, the public sector became responsible for maintenance. Under P3, the private sector would do everything, including arranging financing.

This P3 idea did not originate in Canada, The United States was involved in developing the concept, urged on by free market economists who believe the private sector does a better job than government. This proved wrong, and we paid for it when the financial crisis of 2007-8 hit.

There were a series of failures of P3s, as well as delays and secretive deals. Independent experts said P3s played a role in creating the financial crisis because private financing costs more than public financing and is more risky.

They found the private sector was worse at managing risk than the public sector and the risk is not completely transferred through P3s. The additional and complicated P3 requirements caused a lengthened process resulting in costly delays. Ultimately, the taxpayers had to bail out the private sector in the financial crisis.

P3 financing now costs much more than public sector costs of borrowing.

Brampton entered a P3 hospital

project to provide 720 beds at a cost of \$357 million. The private sector delivered 479 beds at a cost of \$614 million. Royal Ottawa Mental Health facility was promised 284 beds at a cost of \$95 million. What they got was 188 beds at a \$46 million overrun. P3 financing now costs much more than public sector costs of borrowing.

The Canadian Centre for Policy Alternatives put it this way: "Public-Private Partnerships have fundamentally been about giving private investors and financiers high returns with low risks, at the longterm expense of taxpayers and the public."

The "free market" and "private enterprise" policies of governments, both federal and provincial, has caused the privatization of government services, the loss of government service jobs, and a financial crisis that resulted in losses of jobs and private pension funds.

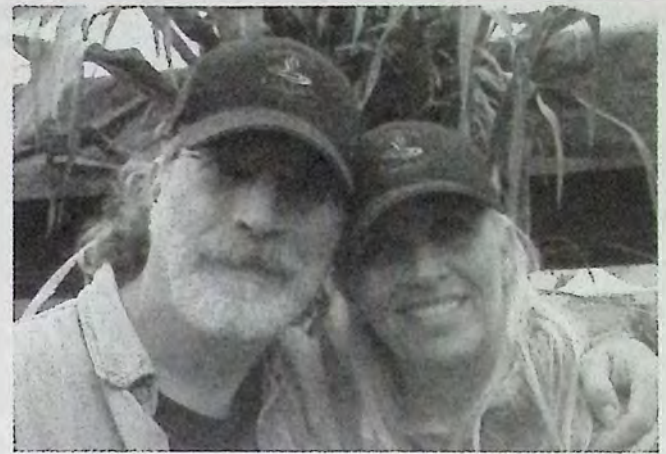
Time has shown the public service could do it better for less money. This explodes the myth that says private enterprise always does a better job than government.

People, including politicians, have a blind spot about the difference between government and private enterprise. In fact, there is no difference. Our democratic governments are corporations with taxpayers as the shareholders. A government can do anything any corporation can do, and its mandate is to protect the interests of its shareholders, just like any other corporation. This is why we citizens should keep an eye on the people we elect to ensure those politicians are protecting our interests. If our elected officials are not good at doing the business of government, then we should get rid of them.

Granted, our governments have much broader concerns than most corporations, and have the power to regulate other corporations, but we should never forget that the business of government is to do business on behalf of those who elected them, just as any corporate Board of Directors is required to do. In the case of P3s, we shareholders lost a lot of money, and those who made these bad deals should be voted out.

# News Leader

Weekly. Independent. Local. Newspaper.



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### AND NOW...A LITTLE GOOD NEWS!

"But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed." - Isaiah 53:5



# Lower Valley News

Keremeos - Cawston - Olalla

## Government and FCM support RDOS composting

Dan Albas, Member of Parliament for Okanagan-Coquihalla, and Brad Woodside, president of the Federation of Canadian Municipalities (FCM) and mayor of the City of Fredericton, New Brunswick, announced a Green Municipal Fund™ (GMF) grant for the Regional District of Okanagan-Similkameen (RDOS) on January 22nd. The Regional District will put the \$175,000 in funding toward a feasibility study of technical and financial options for new composting programs. Reducing organics going into local landfills will reduce leachate and greenhouse

gases (GHGs), create sustainable jobs and give farmers access to local compost.

"Our Government is helping regions across the country to achieve their goal of a cleaner and healthier environment for their citizens through the Green Municipal Fund," said M.P. Albas.

"The announcement is another example of how our government — in partnership with the FCM — is helping the south Okanagan and Similkameen build a greener future for our citizens."

"The Green Municipal Fund offers a range of resources and services that specifically address the

sustainable community development needs of municipal governments," said Woodside. "The financing and knowledge provided by the Fund support the development of communities — and encourage practices — that are more environmentally, socially and economically sustainable."

The RDOS will evaluate composting locations and determine the equipment, methodologies and site management practices required to divert organics from landfills. The study will focus on options that increase landfill lifespan, produce compost for agriculture and landfill cover, control odour and reduce transportation

costs and GHG emissions.

The study will include a review of government and private-sector options for composting services while consulting with First Nations and other stakeholders. The RDOS will share findings with other communities considering starting their own composting programs.

"The RDOS recognizes that compost sites can create odours if improperly sited or not run well," said RDOS board chair Mark Pendergraft.

"Our goal is to look at a variety of options so that we can make the best decision possible. This grant helps our communities as we start to turn food and other organics

from garbage into valuable compost."

The Government of Canada endowed the Federation of Canadian Municipalities (FCM) with \$550 million to establish the Green Municipal Fund. The Fund supports partnerships and leveraging of both public and private sector funding to reach higher standards of air, water and soil quality, and climate protection.

FCM has been the national voice of municipal governments since 1901. It fosters the development of sustainable communities to improve quality of life by promoting strong, effective, and accountable municipal government.

## Cawston hosts Chair Art auction

More exciting original Hall Chair Art will be auctioned at the Cabin Fever Ball at the Cawston Hall, Saturday February 7th.

At left, Cawston Community Hall members Dave Cursons and Elaine Stewart show some of this year's collection in progress.

The chairs are familiar from their decades long service at the hall

which was built in 1922. The brand new hall chairs are more comfy.

The old hall chairs are now at Silent Auction - memorabilia made fine art for parlour or porch.

The Cabin Fever Ball brings together three local dance bands. The dance and Silent Auction are a fundraiser for hall improvements.



Dave Cursons and Elaine Stewart add finishing touches to their Chair Art projects. - photo submitted

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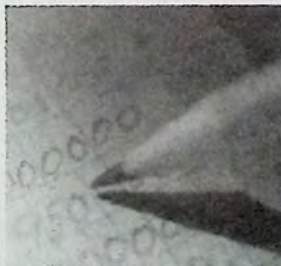
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# BN benefits resource sector

As part of Red Tape Awareness Week, changes to provincial regulations will make it easier for companies in the natural resource sector to set up and do business with government, effective June 1, 2015.

The Business Number is a unique identifier for businesses. Many companies already use this number with multiple levels of government including the federal, provincial and municipal partners.

The new regulations will streamline transactions with government, allowing businesses to provide one number to be used with the programs and services covered by 165 different acts in the natural resource sector.

B.C. is a national leader by integrating the national Business Number as a primary identifier for programs and services across the natural resource sector. Using one, already existing, business number will save time for companies and government alike, will make it easier to do business, and will improve compliance with the various acts and permits required within the sector.

A company receives a Business Number, which is owned by the Canada Revenue Agency, when they register their business federally or register for programs such as the Provincial Sales Tax Program, the Workers' Compensation

(WorkSafeBC) and Liquor Licensing.

Minister of Technology, Innovation and Citizens' Services Amrik Virk said, "By amalgamating the use of one business number across the natural resource sector, we are national leaders in making it easier for businesses to set up and navigate the various acts and permits required within the sector. This is a great opportunity to streamline how we do things, saving time for all involved."

According to Minister of State for Tourism and Small Business Naomi Yamamoto, "Streamlining regulations for businesses in the natural resources sector is another example of the Province's commitment to cutting red tape across government. We're working hard to reduce the time businesses spend complying with government requirements, so we've extended our commitment to a net zero increase in regulatory requirements through to 2019."

President CEO, Coast Forest Products Association, Rick Jeffery added, "The coast forest industry applauds the government for taking this step that will increase the ease with which companies collaborate with government. Using one single number for the different programs and services we interact with will be easier and faster allowing us

more time to focus on increasing the competitiveness of our industry."

Executive vice-president, CFIB, Laura Jones commented, "CFIB is pleased the B.C. government continues to find innovative ideas to support reducing red tape. B.C. earned an 'A' grade during CFIB's 6th annual Red Tape Awareness Week for its continued efforts on red tape reduction."

\* The Business Number is a unique identifier for businesses that is generated and owned by the Canada Revenue Agency.

\* Each provincial jurisdiction determines whether they use the Business Number. British Columbia adopted the number in 2003, and since then, has worked to expand the use of the number when accessing programs and services across government and agencies.

\* The Ministry of Technology, Innovation and Citizens' Services is responsible for the Business Number Act and Regulations.

\* Signed January 19, 2015, the order-in-council adds 165 acts in the natural resource sector to the Business Number Act and regulations. This enables natural resource sector ministries to collect business information for the purpose of streamlining the sector's registration and transaction services.

## RDOS appoints Coyne to VFCFC

In 2008, the Upper Similkameen Indian Band, the Town of Princeton and the Regional District of Okanagan-Similkameen (Electoral Area "H") began working together to pursue community forest tenure. In order to hold a community forest license, the Ministry of Forests requires that a corporation, society or cooperative be established.

At their last meeting, the RDOS Board of Directors appointed Bob Coyne, Electoral Area "H" Director and Bill Newell, RDOS Chief Administrative Officer, and Sandy Croteau, RDOS Manager of Finance as alternate to the Vermillion Forks Community Forest Corporation.

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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, January 29th  
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

alex.atamanenko.c2@parl.gc.ca

## Have you heard?



Connect Hearing is pleased to be hosting a complimentary hearing health check event in your area:

Location:  
Princeton Community  
Services Agency  
47 Harold Avenue

Date & Time:  
Friday, January 30  
9:00 am - 3:30 pm

Call for appointment:  
**250.493.3277**

**Connect Hearing**

## Living Past 100

### Ease Joint Pain With Supplements

People suffer joint pain for a number of reasons: injury, overweight, osteoarthritis. A study done a few years ago tested loss of pain by using two different medications: glucosamine sulfate and acetaminophine. The test was done over a period of six months. All patients had moderate to severe pain when the study began.

Researchers used the Lesquene score as a measurement of pain. At the end of the study, 40 percent of the patients had a good response to glucosamine administered at 1500 mg. per day. Thirty-three percent had a good response to acetaminophine.

A test using glucosamine for pain of rheumatoid arthritis resulted in patients taking 1500 mg. per day reported less pain.

Glucosamine has become one of the favored treatments for joint pain. It not only relieves pain but improves mobility and appears to slow the progress of deterioration.

Chondroitin is another supplement which has proven beneficial to those suffering joint pain caused by osteoarthritis. Chondroitin is naturally present in the body to help form cartilage. It is the breakdown of cartilage that causes joint pain. Consult your physician for appropriate dosage.

Painkillers provide almost instant pain relief, but do nothing to prevent further damage. Both glucosamine and chondroitin appear to slow down damage while increasing mobility. The problem with supplements is they do not stop pain rapidly. The person taking the supplements must be prepared to wait a few weeks to feel the positive effects of taking the supplements.

Turmeric is a spice that helps reduce joint pain. It is found in curry, but can be used on its own to flavour foods such as stir-fry, meat dishes, and casseroles. It is part of the ginger family of plants. It has been used traditionally to treat inflammation. Ginger can be quite helpful for those suffering from pain caused by both osteoarthritis and rheumatoid arthritis.

Another safe anti-inflammatory is bromelain, an enzyme which also thins blood. Bromelain is found in pineapples. Raw pineapple is a good source of this enzyme.

These are all simple treatments for pain, but are not meant to replace medications prescribed by a physician. These simple treatments can accompany prescribed medications after consultation with a physician.

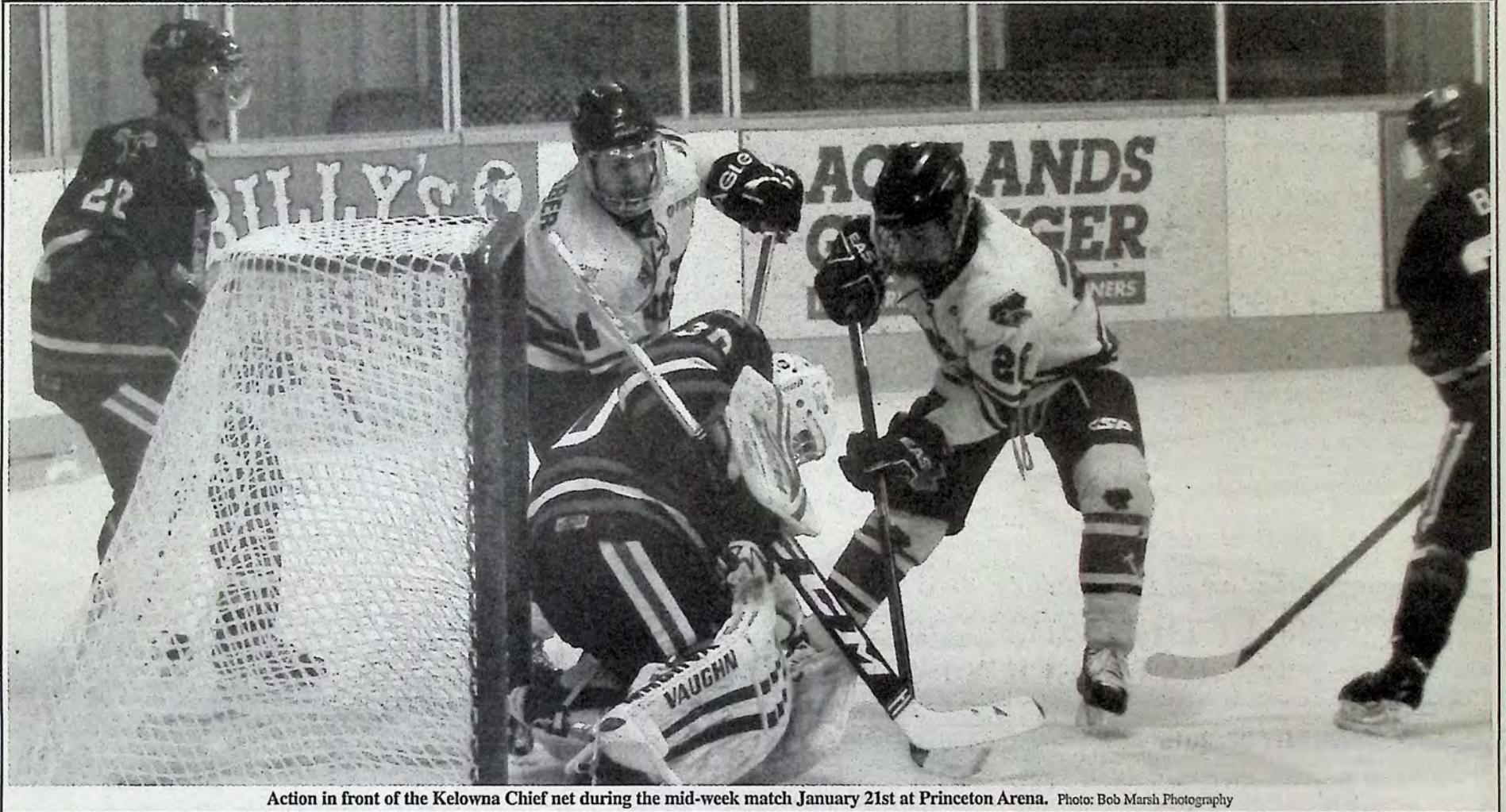




News Leader

# Entertainment

Similkameen News Leader TV Guide Listings - January 27 - February 2, 2015



Action in front of the Kelowna Chief net during the mid-week match January 21st at Princeton Arena. Photo: Bob Marsh Photography

## Division rivals blank Posse

In what had all the makings of an epic divisional battle for playoff positioning, the mid-week KIJHL game January 21st between the Kelowna Chiefs and Princeton Posse turned out to be another win for a visiting team on the road.

On paper the teams looked evenly matched. Princeton was sitting at third place with an 18-18-2 record worth 41-points. The Chiefs arrived in Princeton Arena with a 17-18-2 record giving them fourth place with

38-points. The Posse were hoping to break a three game losing skid while Kelowna was riding high on a two-game winning streak.

The first period was half over before any lights other than the time clock lit up on the scoreboard. Kelowna opened the scoring at 9:18 with a marker scored by Dakota Kittle. Ethan Rusnack was awarded an assist on the play.

The Chiefs added a second goal at 5:58 (Dylan Jamieson from Josh

Baird and Carter Melnyk).

In the second period Kelowna widened their lead to 3-0 with an unassisted goal scored by Josh Kobelka.

Princeton did hit the stat sheet but it was for the only two penalties in the frame with Eden Dubchak collecting the first one of the game with a minor at 16:03 for Unsportsmanlike Conduct and Brandon Workun added another at 12:25 for Slashing.

Kelowna could not capitalize on either power play but did score at 3:33 when both teams were back at even strength. Credit went to Braeden Cyra with help from Jonathan Lee and Carter Melnyk.

After two periods of play Kelowna had a 4-0 lead with a slight 23-20 lead on shots on goal.

The third period saw the Chiefs collect all four penalties called plus another goal.

Dakota Kittle scored the fifth and final goal at 6:51 with assistance from Josh Kobelka and Luke Kalenuik.

Princeton did fire more rounds at the net than Kelowna out shooting them with a commanding 13-4 total in the last 20-minutes of the game.

Final score: Kelowna 5, Princeton 0. Shots on Goal: Princeton 32, Kelowna 27. Penalties in Minutes: Kelowna 4 for 8-minutes, Princeton

2 for 4-minutes. Both teams were unsuccessful on the power play with Princeton having four attempts to Kelowna's two.



Local boy Tristan Vandermeulen (#17) in game action during the January 21st Posse game against Kelowna Chiefs. Photo: Bob Marsh Photography

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# News Leader Str8ts

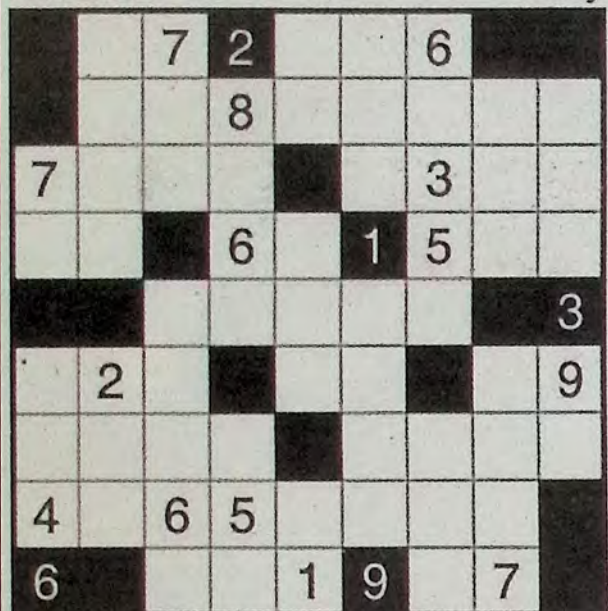
# Tuesday / Wednesday

## STR8TS

No. 213

Easy

Previous solution - Medium



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

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

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

### TUESDAY EVENING

9:00 pm KNOW ch.5 "Taxi to the Dark Side" (2007, Documentary) Filmmaker Alex Gibney examines the beating death of an Afghan cabdriver at an Air Force base. (CC)  
11:00 pm WTBS ch.3 "The Ring" (2002, Horror) Naomi Watts. A journalist investigates the mystery behind a bizarre videotape that brings death after seven days to all who view it.

thwart terrorists in New York. (In Stereo)

5:00 pm SPIKE ch.44 "Training Day" (2001, Crime Drama) Denzel Washington. Joined in Progress. A rookie cop meets a corrupt Los Angeles narcotics officer who wants to include him in his schemes. (In Stereo)

### EVENING

7:00 pm SPIKE ch.44 "Man on Fire" (2004, Crime Drama) Denzel Washington. Left in Progress. Hired as a bodyguard for a young girl, a retired CIA agent takes revenge on her kidnapers in Mexico City. (In Stereo)

8:00 pm SPIKE ch.44 "Training Day" (2001, Crime Drama) Denzel Washington. Joined in Progress. A rookie cop meets a corrupt Los Angeles narcotics officer who wants to include him in his schemes. (In Stereo)

10:00 pm SPIKE ch.44 "Man on Fire" (2004, Crime Drama) Denzel Washington. Left in Progress. Hired as a bodyguard for a young girl, a retired CIA agent takes revenge on her kidnapers in Mexico City. (In Stereo)

### WEDNESDAY MORNING

9:30 am SPIKE ch.44 "Training Day" (2001, Crime Drama) Denzel Washington. Joined in Progress. A rookie cop meets a corrupt Los Angeles narcotics officer who wants to include him in his schemes. (In Stereo)

10:30 am SPIKE ch.44 "The Siege" (1998, Suspense) Denzel Washington. Left in Progress. An FBI agent, a Middle East specialist and a power-mad general try to thwart terrorists in New York. (In Stereo)

### AFTERNOON

12:30 pm SPIKE ch.44 "Training Day" (2001, Crime Drama) Denzel Washington. Joined in Progress. A rookie cop meets a corrupt Los Angeles narcotics officer who wants to include him in his schemes. (In Stereo)

1:30 pm SPIKE ch.44 "The Siege" (1998, Suspense) Denzel Washington. Left in Progress. An FBI agent, a Middle East specialist and a power-mad general try to

11:00 pm WTBS ch.3 "The Ring Two" (2005, Horror) Naomi Watts. A female journalist must prevent evil Samara from taking possession of her son's soul.

### TUESDAY, JANUARY 27, 2015

	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	Community	Morning News (N)	G. Shrinks	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat	SportsCentre	CTV Morning Live Vancouver	Mighty Ships	JustIn	CityLine (N)	Bar Rescue	Gotta Eat
6:30 AM	Community		Rob Robot	Arthur			Dog					Almost				ANT Farm			World's
7 AM	Law & Order: SVU		Kate and Wild Kratts	Odd Squad	Today Backstreet Boys; Shawn Mendes performs. (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)				Squirrel	SportsCentre		Mighty Planes	Jessie	Let's Make a Deal (N)	Bar Rescue	Moves
7:30 AM	Law & Order: SVU		PAW Patrol	Curious			Criminal Minds					Arthur	Chucks		Austin				Moves
8 AM	Law & Order: SVU		Curious	Curious					Morning Huntley St.		Mobles	T.U.F.F.	SportsCentre	Airshow (DVS)	Dog	The Price Is Right (N)	Bar Rescue	Security	
8:30 AM											Tiger	Wayside		Wizards				Security	
9 AM	Millionaire	Morning	Space	Peg		The 700 Club	CSI: Miami	Livel Kelly and Michael	Morning	Rachael Ray	Super Why!	Sidekick	SportsCentre	Livel Kelly and Michael	Daily Planet (DVS)	Doc McSt.	FamFeud	Bar Rescue	The Dead Files
9:30 AM	Millionaire	Huntley St.	Astroblast	Tiger					Huntley St.		Napkin	Almost			Henry	FamFeud			
10 AM	Divorce	Rachael Ray	G. Shrinks	Sesame Street (E)		The Price Is Right (N)	CSI: Miami	The View	Rachael Ray	Sugar	Bookaboo	Spliced	SportsCentre	The View	Mayday	Never Land	The Chew	Bar Rescue	Expedition Unknown
10:30 AM	Divorce		PAW Patrol						Debt/Part	Debt/Part	Bo On/Go	Kid vs. Kat			Sofia				
11 AM	Judge	Sugar	Jelly Jamm	Dinosaur	Hot Bench	Young & Restless	Criminal Minds	Paid Prog.	Sugar	Noon News Hour (N)	Heartland (DVS)	Monster	Off Record	Marilyn Denis	Myth-Busters	Lalaloopsy	General Hospital (N)	Bar Rescue	Mysteries-Museum
11:30 AM	Judge	Debt/Part	Dinosaurs	Sit & Be Fit	Millionaire			Paid Prog.	Debt/Part		Rated A	Skilling			ANT Farm	ANT Farm			
12 PM	Hot Bench	Noon News Hour (N)	PAW Patrol	Charlie Rose	NuWave	News	Criminal Minds	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Chucks	Sportscentre	CTV News Vancouver	Alaskan Bush People	Win, Lose	Celebrity	Bar Rescue	Security
12:30 PM	Hot Bench		Kate and		Tree Fu	Bold					Squirrel				Wizards	Celebrity			
1 PM	King	Days of our Lives (N)	Astroblast	Painting	Days of our Lives (N)	The Talk	The First 48	General Hospital (N)	Days of our Lives (N)	The Talk	Recipes	Almost	Table Tennis	The Social	Airshow (DVS)	Wizards	CityLine	Bar Rescue	The Dead Files
1:30 PM	King		Dragon	Quilting							Stefano	Monster			Good Luck				
2 PM	The Middle	The Talk	Dinosaurs	Thomas	Jeopardy!	Let's Make a Deal (N)	The First 48	Queen Latifah	The Talk	Meredith Vieira	Steven and Chris (N)	Wayside	Off Record	Dr. Phil	How/Made	Phineas	CityNews at 5 (N)	Bar Rescue	Ghost Adventures
2:30 PM	The Middle		Curious	Sesame St.	Wheel						Kid vs. Kat	Interruption			ANT Farm				
3 PM	Seinfeld	Meredith Vieira	Dive, Oily	Curious	Ellen DeGeneres Show	The Dr. Oz Show	Transport	Rachael Ray	Meredith Vieira	Young & Restless	Republic of Doyle	Sidekick	SportsCentre (N)	Ellen DeGeneres Show	How/Made	ANT Farm	(2:59) CityNews at 6 (N)	Bar Rescue	Gotta Eat
3:30 PM	Mod Fam		Jelly Jamm	Cat in the Hat							Nerds				Good Luck				
4 PM	Big Bang	Young & Restless	Kate and	WordGirl	Jdg Judy	Dr. Phil	Storage	The Doctors	Young & Restless	Early News Global Nat.	Dragons' Den	SpongeBob	2015 Australian Open Tennis: Quarterfinals (N)	The Dr. Oz Show	Daily Planet (N)	Phineas	Mod Fam	Bar Rescue	Moves
4:30 PM	Big Bang		Magie Bus	Wild Kratts	Jdg Judy		Storage				Chucks				Jessie	Mod Fam			
5 PM	Browns	News (N)	Jack	News	News	News	Storage	News	Early News (4:59) News Hour (N)	(4:59) News Hour (N)	CBC News	Parents	2015 Australian Open Tennis: Quarterfinals (N)	CTV News Vancouver	Gold Rush - The Dirt	Jessie	Parks	Bar Rescue	Security
5:30 PM	Payne		Wild Kratts	Business	NBC News	CBS News	Storage	ABC News	Global Nat.		SpongeBob				Liv-Mad.	Parks			
6 PM	Browns	Global Nat.	Hope for Wildlife	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Storage	News at 6	(5:59) News Hour (N)	ET Canada	CBC News	Sam & Cat	2015 Australian Open Tennis: Quarterfinals. From Melbourne, Australia. (N) (Live)	CTV News Vancouver	Gold Rush "Gold Road"	Austin	New Girl	Bar Rescue	Hotel Impossible
6:30 PM	Payne	News		Millionaire			Storage	News		Ent	Murdoch Mysteries	Assembly			Jessie (N)	Mindy			
7 PM	Mod Fam	Ent	Blue Realm (DVS)	Genealogy Roadshow	Jeopardy!	Inside Ed.	Transport	Ent	Ent	Chicago Fire (DVS)	Coronation	Max	etalk (N)	Edge of Alaska (N)	Girl Meets	Broke Girl	Framework (N)	Hotel Showdown (N)	
7:30 PM	Seinfeld	ET Canada			Wheel	Access H.	Transport	The Insider	ET Canada			Assembly	Big Bang	I Didn't	Two Men				
8 PM	Family Guy	NCIS: New Orleans	South Pacific	Edison: American Experience (N)	Parks	NCIS "So It Goes"	Storage	Shark Tank	NCIS: New Orleans	NCIS: New Orleans	Mercer	Funnest Home Videos	The Flash (N) (Live)	Buying AI.	Dog	CityNews-Tonight (N)	Bar Rescue	Ghost Adventures	
8:30 PM	Family Guy				Parks		Storage				22 Minutes			Buying AI.	Good Luck				
9 PM	Amer. Dad	NCIS "So It Goes"	Movie: "Taxi to the Dark Side" (2007)	Into Wild	Marry Me	NCIS: New Orleans	Storage	Marvel's Agent Carter	NCIS "So It Goes"	NCIS "So It Goes"	Creek	Open Heart		Marvel's Agent Carter	Gold Rush "Gold Road"	Next Step	EP Daily	Bar Rescue	Mysteries-Museum
9:30 PM	Amer. Dad				About-Boy		Storage				Mr. D (N)	Nine Lives			Wingin' It	Reviews on			
10 PM	Jeffersons	Chicago Fire (DVS)		Profiles	Chicago Fire (DVS)	CSI: Crime Scene	Storage	Forever "6 A.M."	Chicago Fire (DVS)	News Hour Final (N)	The National (N)	Vampire		CSI: Crime Scene	Edge of Alaska	Good Luck	Extra (N)	Bar Rescue	Hotel Impossible
10:30 PM	Break						Storage								Win, Lose	G. Martin			
11 PM	Movie: "The Ring"	News Hour Final (N)	Blue Realm (DVS)	Charlie Rose (N)	News	News	Transport	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Gags	SportsCentre	News-Lea	Buying AI.	Wizards	Amazing	Bar Rescue	Hotel Showdown
11:30 PM				J. Fallon	Letterman	Transport	Transport	J. Kimmel		Doctors	Mercer	Gags		CTV News	Buying AI.	Life Derek	Amazing		





The pleasures of being a parent include waiting. The Keremeos outdoor skating rink has had a lot of usage this winter. Parents and chauffeurs begin their vigil just prior to 9:00 PM on public skating nights. Some parents don't have to wait long (lucky them). Photo: Arlene Arlow

# IHA provides community update

From IHA a Princeton Community Update – Dated January 22, 2015

## COMPLETED AND ONGOING RENOVATIONS

• The Cascade Medical Centre (CMC) recently completed construction of a fifth exam room. The new room will help increase the centre's efficiency to ensure the delivery of quality health care to the region.

• Two new additional nursing spaces at the CMC have also recently been completed. One of the two spaces will be used as a designated "clean" holding area for equipment. The other area will be used to process instruments and equipment.

• A new tub room is undergoing construction at the Princeton General Hospital (PGH). The tub room will be used for patients in the medical unit and is a welcome addition to the facility.

• If you have any concerns regarding any renovations, please call Susan Brown, Community Integrated Health Services Administrator at 250-770-3559.

## NEW X-RAY EQUIPMENT

• The diagnostic imaging department is pleased to receive a new cassette reader and console upgrade in the X-ray department at PGH.

• The new equipment will be used for every X-ray taken in Princeton and is therefore essential for providing service to the community. The new equipment replaces outdated equipment that could no longer be serviced.

• PGH would like to thank the Princeton Hospital Auxiliary and the South Okanagan Similkameen Medical Foundation for providing funding for this valuable piece of equipment. The project would not

have been possible without their support.

## NEW LAB STAFF MEMBERS

• PGH and the CMC would like to welcome Ramzan Mohammad and Nicole Harris to the lab department of the hospital.

• Ramzan Mohammad joined Interior Health in December of 2014 as a Medical Laboratory Assistant. In his new role, Ramzan will be performing outpatient blood collections. Ramzan recently moved to Canada from Pakistan, where he spent many years working in the health-care field.

• Nicole Harris joined Interior Health in November of 2014 as a casual Medical Laboratory Assistant. In her new role, Nicole will also be performing outpatient blood collections as she covers for staff members that are away. Nicole previously worked at the Northern

Haida Gwaii Hospital in the remote community of Masset on the northern coast of the Queen Charlotte Islands.

## RAPID ACCESS CLINICS


• The Cascade Medical Centre has successfully piloted the Rapid Access Clinics program. This new program provides patients with quick access to their own physician for appointments that include: lab results, injections, prescription refills (no narcotics), X-ray results, or general illness (ear infections, throat swabs, urinary tract infections, etc.). The program is aimed at improving efficiency and allowing for faster access to their family practitioners.

• Please note: regular appointments are still available and can still be made by calling the centre's main line at 250-295-4482. The clinic is currently booking appointments two weeks in advance.

## LOCUM (TEMPORARY) PHYSICIANS


• The CMC continues working hard to recruit locum physicians and has been fortunate to have several locums over the past few months. Recruitment is ongoing under the Love a Locum campaign.


• If you do not have a family physician and would like to discuss setting up an appointment with one of the locum physicians, you can call the centre's main line at 250-295-4482.



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Tulameen Fire Hall  
\$20 BCSF Members  
\$30 Non members

**CONTACT INFORMATION**  
[timberlinecruisers@gmail.com](mailto:timberlinecruisers@gmail.com)



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## Naturalists snow shoe along China Creek

by Janis Wright, VFFN

Vermilion Forks Field Naturalists donned snowshoes on Saturday,

January 17, to circumnavigate China Creek, aka Asp Creek, through the considerable amount of

snow that now lies on the hillsides. Twelve members and guests (reduced to ten after awhile) were

led by John Henry and Mary Masiel on a 4-hour trek that began at the cattle guard, took us up steep slopes that afforded fantastic views, and along a crest south of the creek.

We stopped periodically to examine animal tracks, bear claw markings on tree trunks, and branches nibbled on by an assortment of animals. Moose tracks were prevalent, and other imprints of note were made by a bobcat, coyotes, rabbits and deer.

After a couple of hours of shoeing, we made our way down a lengthy incline to a spot beside the creek, where we enjoyed a short lunch break. A small fire and hot drinks kept us warm, and Peter's shared smoked salmon vanished quickly! We then crossed the flowing creek (sans snowshoes), which was too wide to jump, but a few strategically placed rocks helped us maneuver to the other side. As we gradually

.....continued on Page 19



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### WEDNESDAY, JANUARY 28, 2015

	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	Community	Morning News (N)	G. Shrinks	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Dog the Bounty Hunter	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat	SportsCentre	CTV Morning Live Vancouver (N)	Auction	Justin	CityLine (N)	Cops	Gotta Eat
6:30	Community		Rob Robot	Arthur								Almost			Auction	ANT Farm		Cops	World's
7 AM	Law & Order: SVU		Kate and Wild Kratts	Odd Squad	Today Keri Russell; Kenny G performs. (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			You & Me	Squirrel	SportsCentre		Salvage Hunters	Jessie	Let's Make a Deal (N)	Cops	Moves
7:30											Arthur	Chucks				Austin		Contractor	Moves
8 AM	Law & Order: SVU		PAW Patrol	Curious			Criminal Minds			Morning	Moblees	T.U.F.F.	SportsCentre		Last Car Standing	Dog	The Price Is Right (N)	Contractor	Security
8:30			Curious	Curious					Huntley St.		Tiger	Wayside			Wizards			Contractor	Security
9 AM	Millionaire	Morning	Space	Peg		The 700 Club	CSI: Miami	Live! Kelly and Michael	Morning	Rachael Ray	Super Why!	Sidekick	SportsCentre	Live! Kelly and Michael	Daily Planet (DVS)	Doc McSt.	FamFeud	Contractor	The Dead Files
9:30	Millionaire	Huntley St.	Astroblast	Tiger					Huntley St.		Napkin	Almost			Henry	FamFeud			
10 AM	Divorce	Rachael Ray	G. Shrinks	Sesame Street (E)		The Price Is Right (N)	CSI: Miami	The View	Rachael Ray	Sugar	Bookaboo	Spliced	SportsCentre	The View	Mighty Planes	Never Land	The Chew	Museum	Secrets
10:30	Divorce		PAW Patrol							Debt/Part	Bo On/Go	Kid vs. Kat			Sofia				
11 AM	Judge	Sugar	Jelly Jamm	Dinosaur	Hot Bench	Young & Restless	Criminal Minds	Paid Prog.	Sugar	Noon News Hour (N)	Heartland (DVS)	Monster	Off Record	Marilyn Denis	Gold Rush - The Dirt	Lalaloopsy	General Hospital (N)		Security
11:30	Judge	Debt/Part	Dinosaurs	Sit & Be Fit	Hot Bench			Paid Prog.	Debt/Part			Rated A	SC Top 10		ANT Farm				Security
12 PM	Hot Bench	Noon News Hour (N)	PAW Patrol	Charlie Rose	Focus T25	News	Criminal Minds	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Nerds	Hockey Lunch	CTV News Vancouver	Gold Rush "Gold Road"	Win, Lose	Celebrity	Contractor	Security
12:30	Hot Bench		Kate and	LazyTown	Bold							Squirrel			Wizards	Celebrity			Security
1 PM	King	Days of our Lives (N)	Astroblast	Oil Painting	Days of our Lives (N)	The Talk	The First 48	General Hospital (N)	Days of our Lives (N)	The Talk	Recipes	Almost	Table Tennis	The Social	Edge of Alaska	Wizards	CityLine		The Dead Files
1:30	King		Dragon	Sewing							Stefano	Monster			Good Luck				
2 PM	The Middle	The Talk	Dinosaurs	Thomas	TMZ (N)	Let's Make a Deal (N)	The First 48	Queen Latifah	The Talk	Meredith Vieira	Steven and Chris (N)	Wayside	Off Record	Dr. Phil	Last Frontier	Phineas	CityNews at 5 (N)		Ghost Adventures
2:30	The Middle		Curious	Sesame St.	ThisMinute						Kid vs. Kat	Interruption			ANT Farm				
3 PM	Seinfeld	Meredith Vieira	Dive, Oily	Curious	Ellen DeGeneres Show	The Dr. Oz Show	Wahlburg	Rachael Ray	Meredith Vieira	Young & Restless	Republic of Doyle	Sidekick	SportsCentre (N)	Ellen DeGeneres Show	How/Made	ANT Farm	(2:59) CityNews at 6 (N)	Repo	Gotta Eat
3:30	Mod Fam		Jelly Jamm	Cat in the Hat	Jdg Judy	Dr. Phil	Duck Dynasty	The Doctors	Young & Restless	Early News Global Nat.	Dragons' Den	SpongeBob	Off Record	The Dr. Oz Show	Daily Planet (N)	Phineas	Mod Fam	Repo	Moves
4 PM	Big Bang	Young & Restless	Kate and	WordGirl	Jdg Judy	Dr. Phil	Duck Dynasty	The Doctors	Young & Restless	Early News Global Nat.	Dragons' Den	SpongeBob	Off Record	The Dr. Oz Show	Daily Planet (N)	Phineas	Mod Fam	Repo	Moves
4:30	Big Bang		Magie Bus	Wild Kratts	Jdg Judy							Penguins	Hockey		Jessie	Mod Fam	Repo	Moves	
5 PM	Browns	News (N)	Jack	News	News	News	Duck D.	News	Early News	(4:59) News Hour (N)	CBC News	Parents	Darkness and Hope	CTV News Vancouver	Last Frontier	Jessie	The Middle		Security
5:30	Payne		Wild Kratts	Business	NBC News	CBS News	Duck D.	ABC News	Global Nat.			SpongeBob				Liv-Mad.	Young		Security
6 PM	Browns	Global Nat.	Blue Realm (DVS)	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Duck D.	News at 6	(5:59) News Hour (N)	ET Canada	CBC News	Sam & Cat	Talk to Me	CTV News Vancouver	Gold Rush - The Dirt	Austin	Mod Fam		The Dead Files
6:30	Payne	News		Millionaire						Ent	Murdoch Mysteries	Assembly	2015 Australian Open			Austin	blackish		
7 PM	Mod Fam	Ent	Watchers of the North	Nature (N)	Jeopardy!	Inside Ed.	Wahlburg	Ent	Ent	Stalker "My Hero" (N)	Henry	Coronation	Max	Clara's Big Ride (N)	Gold Rush "Gold Road"	Jessie	Broke Girl	"Man Fire"	Ghost Adventures
7:30	Seinfeld	ET Canada		Wheel	Access H.	Donnie	The Insider	ET Canada							I Didn't		Two Men	Repo	
8 PM	Family Guy	Security	China's Ghost Army	NOVA (N)	The Myster-les of Laura	The Mental-ist (N)	Donnie	The Middle	Security	Security	Dragons' Den (N)	Funniest Home Videos	Women's Semifinals. From Melbourne, Australia.	Arrow "Mid-night City"	Edges of Alaska	Dog	CityNews-Tonight (N)		Ghost Adventures
8:30	Family Guy						Wahlburg	Goldbergs	Security	Security				Good Luck					
9 PM	Amer. Dad	Chicago PD (DVS)	A Celebration of Leonard Bernstein	Secrets of the Dead	Law & Order: SVU	Criminal Minds (N)	Duck D.	Mod Fam	Chicago PD (DVS)	Chicago PD (DVS)	The Book of Negroes	Vampire	(N) (Live)	Criminal Minds (N)	Last Frontier	Next Step	EP Daily		Security
9:30	Amer. Dad						Duck D.	blackish				Vampire			Wingin' It	Reviews on			Security
10 PM	Jeffersons	Stalker "My Hero" (N)	Working People	Railway Journeys	Chicago PD (DVS)	Stalker "My Hero" (N)	Duck D.	blackish	Stalker "My Hero" (N)	News Hour Final (N)	The National (N)	Haunting		Saving Hope (N)	Gold Rush - The Dirt	Good Luck	Extra (N)	"Man Fire"	The Dead Files
10:30	Break						Duck D.	Mod Fam				Haunting			Win, Lose	G. Martin	Repo		
11 PM	Movie: "The Ring Two"	News Hour Final (N)	Watchers	Charlie Rose (N)	News	News	Wahlburg	IXLY 4	News Hour Final (N)	ET Canada	CBC News	Gags	SportsCentre	News-Lisa	Gold Rush "Gold Road"	Wizards	Amazing	Repo	Ghost Adventures
11:30					J. Fallon	Letterman	Donnie	J. Kimmel		Doctors	Mercer	Gags		CTV News		Life Derek	Amazing	Repo	



THURSDAY, JANUARY 29, 2015

Table with 18 columns (WTBS ch.3 to DTOUR ch.45) and 24 rows (6 AM to 11:30 PM) listing TV programs and channels.

FRIDAY, JANUARY 30, 2015

Table with 18 columns (WTBS ch.3 to DTOUR ch.45) and 24 rows (6 AM to 11:30 PM) listing TV programs and channels.



# News Leader Movies - Thursday / Friday / Saturday

## THURSDAY MORNING

7:30 am SPIKE ch.44 "Crank" (2006, Action) Jason Statham. Left in Progress. A hit man awakes to the news that he has been poisoned and will die in an hour unless he keeps adrenaline coursing through his body. (In Stereo)  
 8:30 am SPIKE ch.44 "Training Day" (2001, Crime Drama) Denzel Washington. A rookie cop meets a corrupt Los Angeles narcotics officer who wants to include him in his schemes.  
 11:30 am SPIKE ch.44 "Training Day" (2001, Crime Drama) Denzel Washington. A rookie cop meets a corrupt Los Angeles narcotics officer who wants to include him in his schemes.

## AFTERNOON

5:00 pm SPIKE ch.44 "Training Day" (2001, Crime Drama) Denzel Washington. A rookie cop meets a corrupt Los Angeles narcotics officer who wants to include him in his schemes.

## EVENING

8:00 pm SPIKE ch.44 "Training Day" (2001, Crime Drama) Denzel Washington. A rookie cop meets a corrupt Los Angeles narcotics officer who wants to include him in his schemes.  
 9:00 pm KNOW ch.5 "Super Size Me" (2004, Documentary) Filmmaker Morgan Spurlock conducts an experiment in which he only eats food from McDonald's for 30 days. (CC)

11:00 pm WTBS ch.3 "The Last Castle" (2001, Suspense) Robert Redford. A court-martialed general leads a revolt against a corrupt warden in a military prison.

## FRIDAY EVENING

7:30 pm YTV ch.18 "Garfield: The Movie" (2004, Comedy) Breckin Meyer. Live action/animated. An orange cat tries to save his owner's new dog after a television personality kidnaps it. (In Stereo) (CC)  
 8:00 pm FAM ch.26 "Teen Beach Movie" (2013, Musical) Ross Lynch. Two young surfers find romance when they magically become part of a movie musical. (In Stereo) (CC)  
 10:06 pm FAM ch.26 "Aquamarine" (2006, Comedy-Drama) Sara Paxton. A mermaid washes ashore after a violent storm and enlists the help of two teenage girls in winning the heart of a handsome lifeguard. (In Stereo) (CC)  
 11:00 pm WTBS ch.3 "Law Abiding Citizen" (2009, Suspense) Jamie Foxx. Ten years after his wife and child die in a home invasion, a man carries out an elaborate plot against the prosecutor who cut a deal with one of the killers.

## SATURDAY MORNING

9:00 am WTBS ch.3 "The Island" (2005, Action) Ewan McGregor. In 2019 a mercenary pursues two clones who escaped from a research facility after learning their true fate.  
 11:30 am WTBS ch.3 "The Dark Knight" (2008, Action) Christian Bale. Batman has to keep a balance between heroism and vigilantism

to fight a vile criminal known as the Joker, who would plunge Gotham City into anarchy.

## AFTERNOON

12:00 pm YTV ch.18 "Garfield's Fun Fest" (2008, Comedy) Voices of Frank Welker. Animated. The fat cat faces a serious threat at an annual competition for funniest comic strip. (In Stereo) (CC)  
 FAM ch.26 "Aquamarine" (2006, Comedy-Drama) Sara Paxton. A mermaid washes ashore after a violent storm and enlists the help of two teenage girls in winning the heart of a handsome lifeguard. (In Stereo) (CC)  
 2:00 pm YTV ch.18 "MVP2: Most Vertical Primate" (2002, Comedy) Richard Karn. After being banned from hockey, a chimp befriends a runaway orphan who teaches him how to skateboard. (In Stereo) (CC)  
 2:30 pm CITV ch.12 "Concrete Canyons" (2009, Crime Drama) Scott Patterson. A sheriff searches for his son, accused of murder and on the run. (CC) (DVS)  
 3:30 pm CHBC ch.4 BCTV ch.11 "Concrete Canyons" (2009, Crime Drama) Scott Patterson. A sheriff searches for his son, accused of murder and on the run. (CC) (DVS)  
 4:00 pm YTV ch.18 "MXP: Most Xtreme Primate" (2003, Comedy) Devin Drewitz. Two brothers must rescue a snowboarding chimp from kidnappers and return him to his rightful owner. (In Stereo) (CC)

## EVENING

6:00 pm WTBS ch.3 "The Tuxedo"

(2002, Comedy) Jackie Chan. A chauffeur embarks on a covert mission after a tuxedo from a secret agent gives him extraordinary abilities.  
 8:00 pm KSPS ch.6 "Network" (1976, Comedy-Drama) Faye Dunaway. A TV executive boosts her ratings with a mad anchorman who thinks he speaks for God.  
 YTV ch.18 "Big" (1988, Comedy) Tom Hanks. A wishing machine turns a boy into a 35-year-old man with a fun job and a girlfriend. (In Stereo) (CC)

10:00 pm FAM ch.26 "Jump In!" (2007, Drama) Corbin Bleu. A promising young boxer joins an all-girl team to compete in double Dutch jump-rope. (In Stereo) (CC)  
 11:00 pm WTBS ch.3 "The Kingdom" (2007, Action) Jamie Foxx. A sympathetic Saudi police captain helps a team of federal agents flush out a terrorist cell in Riyadh.

**Weekly.**

**Independent.**

**Local.**

**Newspaper.**

Similkameen  
**News Leader**

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## SATURDAY, JANUARY 31, 2015

	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	On Spot	Ancestors	G. Shrinks	Heartland	Today (N)	CBS This Morning	Dog the Bounty Hunter	Paid Prog.	Ancestors	Saturday Morning News The news with Kent Morrison. (N)	Monster	Sidekick	Premier League Soccer	Juicebox (N) (CC)	Airshow (DVS)	Wingin' It	Quon	Bar Rescue (N)	Moves
6:30	Coolest	Fishful	Rob Robot	Fly Tying	KHQ Local News Saturday 7AM (N) (CC)	Lucky Dog	Criminal Minds (N)	Good Morning America	Saturday Morning News (N) (CC)	Animal	Squirrel	English Premier League Soccer	Canada AM Weekend	Ice Cold Gold (CC)	Wizards	Eye/Asia	Bar Rescue (N)	Security	
7 AM	P. Affairs	Saturday Morning News (N) (CC)	Kate and PAW Patrol	Greener		Dr. Chris	Criminal Minds (N)	Hanna		Super Why!	Nerds	Soccer			Gravily	Buy Low		Security	
7:30	All. Eats		Curious	Woodsmith		Innovation	Criminal Minds (N)	Ocean		Artzooka	Chucks				ANT Farm	Polish Studio (N)	Bar Rescue (N)	Border	
8 AM	Trust Dale		Arthur (N)	Rough Cut		Recipe				Cross	SpongeBob			Mayday (CC)	Dog			Border	
8:30	Paid Prog.																		
9 AM	Movie: **½ "The Island" (2005, Action) Ewan McGregor.		Magie Bus	Hometime	Premier	All In	The First 48 (N) (CC)	Rescue		Fish'n	Our Vancouver (CC)	SpongeBob	Curling: M & M Meat Shops	Overhaul'n (N) (CC)	Austin	World Vision (CC)	Cops (CC)	Security	
9:30			Dold Ad	Old House	English Premier League Soccer	Men		Wildlife		Real Fish.		Parents		I Didn't	I Didn't			Cops (CC)	Security
10 AM																			
10:30																			
11 AM																			
11:30																			
12 PM	Movie: **** "The Dark Knight" (2008, Action)	Neon News Hour (N)	Dogs/Jobs	Cook		PGA Tour Golf: Waste Management Phoenix Open, Third Round. (N) (CC)	Nightwatch (N) (CC)		Noon News Hour (N)	Collectors	Skilling	Movie: ** "Garfield's Fun Fest" (2008) (N)	PGA Tour Golf: Waste Management Phoenix Open, Third Round. (N) (CC)	SportsCentre (N) (CC)	Edge of Alaska	Movie: *** "Aquamarine" (2006) (N) (CC)	Shopping Channel (CC)	Cops (CC)	Border
12:30			Dogs	Garden					Simpsons					Corner Gas	River Monsters (CC)		Bollywood	Jail (CC)	Security
1 PM	Christian Bale, Health Ledger.	Collectors	Hope for Wildlife (CC)	Antiques Roadshow	Road to the Super Bowl		Nightwatch (N) (CC)		Simpsons	Simpsons				Corner Gas			Paid Prog.	Cops (CC)	Security
1:30		Simpsons							Simpsons	Simpsons				Corner Gas					
2 PM		Simpsons	Blue Realm (DVS)	American Experience	NFL Special		The First 48 (N) (CC)	Unforgettable	Simpsons	Simpsons	FIS Ski Jumping	Movie: **½ "MVP2: Most Vertical Primate" (N)	Sports	Canada's Worst Driver	Airshow (DVS)	Gravity	Pckge Deal	Cops (CC)	Security
2:30									Simpsons	Simpsons	National			Rebels	Mod Fam	Jail (CC)			
3 PM	1st Family	Simpsons	Waterfront Cities	Globe Trekker (N)	Joint Relief	Access Hollywood (N)	The First 48 (N) (CC)	Love on Ice (N) (CC)	Simpsons	Simpsons	Hockey			Cash Cab	How/Made	Good Luck	CityNews	Cops (CC)	Lost-Sold
3:30	Box Office	Movie: **½ "Concrete Canyons" (2009)	Death of a Sea Monster	Steves	Paid Prog.	Paid Prog.	The First 48 (N) (CC)	XTERRA World Champ.	Simpsons	Simpsons	NHL Hockey: Toronto Maple Leafs at Philadelphia Flyers. (N) (Live) (CC)	Movie: **½ "MXP: Most Xtreme Primate" (2003) (N)	Sports	Cash Cab	How/Made	Wizards	CityNews	Cops (CC)	Lost-Sold
4 PM	Community								Simpsons	Simpsons	Global Nat.			Cash Cab	How/Made	ANT Farm	NHL Hockey: Teams TBA. (N) (Live)	Cops (CC)	Security
4:30	Community								Simpsons	Simpsons	News Hour (N)			Cash Cab	How/Made	Dog		Cops (CC)	Security
5 PM	The Middle		Lost Kingdoms of	Last/Wine	News	News	The First 48 (N) (CC)	News	Simpsons	Simpsons	News Hour (N)			Cash Cab	How/Made	Jessie (CC)		Cops (N)	Security
5:30	The Middle	Global Net.		Wait...	NBC News	CBS News		ABC News	Simpsons	Simpsons	Global Nat.			Cash Cab	How/Made	Austin		Cops (CC)	Security
6 PM	Movie: **½ "The Tuxedo" (2002)	(5:59) News Hour (N)	Hope for Wildlife (CC)	Lawrence Walk	News	News	The First 48 (N) (CC)	News at 6	Simpsons	Simpsons	Global Nat.			CTV News Vancouver	Street Outlaws	K.C. Under.		Vegas	Ghost Adventures (N)
6:30									Simpsons	Simpsons	Global Nat.			W5 (N) (DVS)	Misfit Garage	Liv-Mad.		Cops (CC)	
7 PM	Jackie Chan.	16x9 "In Harm's Way"	Crocodile King (CC)	Keep Up As Time...	Super Bowl		(7:01) The First 48 (N) (CC)	Entertainment Tonight	Simpsons	Simpsons	Global Nat.			W5 (N) (DVS)	Misfit Garage	Girl Meets Austin	CityNews Weekend (N)	Commercials 2014	The Dead Files (N) (CC)
7:30									Simpsons	Simpsons	Global Nat.			W5 (N) (DVS)	Misfit Garage	Austin	CityNews Weekend (N)	Commercials 2014	The Dead Files (N) (CC)
8 PM	Family Guy	Vikings (DVS)	Heartbeat (N) (CC)	Movie: **** "Network" (1976) Peter Finch	NFL Honors (N) (N)	Criminal Minds "X" (N) (CC)	(8:02) Nightwatch (N) (CC)	To Be Announced	Simpsons	Simpsons	Global Nat.			W5 (N) (DVS)	Misfit Garage	Ice Lake Rebels (CC)	I Didn't	CityNews Weekend (N)	Ghost Adventures (CC)
8:30	Family Guy								Simpsons	Simpsons	Global Nat.			W5 (N) (DVS)	Misfit Garage	Anger	ANT Farm	CityNews Weekend (N)	Ghost Adventures (CC)
9 PM	Seinfeld (N)	Vikings "Unforgiven"	A Touch of Frost (CC)				(9:01) The First 48 (N) (CC)		Simpsons	Simpsons	Global Nat.			W5 (N) (DVS)	Misfit Garage	Street Outlaws	Next Step	The Boat	Ghost Adventures (CC)
9:30	Seinfeld (N)								Simpsons	Simpsons	Global Nat.			W5 (N) (DVS)	Misfit Garage	Street Outlaws	Wingin' It	G. Martin	Ghost Adventures (CC)
10 PM	King	Parenthood (DVS)	Park	Front and Center (CC)			(10:01) The First 48 (N) (CC)		Simpsons	Simpsons	Global Nat.			W5 (N) (DVS)	Misfit Garage	Movie: "Jump In!" (2007) (N) (CC)	CityLine (CC)	Commercials 2014	The Dead Files (N) (CC)
10:30	King								Simpsons	Simpsons	Global Nat.			W5 (N) (DVS)	Misfit Garage	Movie: "Jump In!" (2007) (N) (CC)	CityLine (CC)	Commercials 2014	The Dead Files (N) (CC)
11 PM	Movie: "The Kingdom"	News Final	Waterfront Cities	Austin City Limits (N)	News	News	(11:02) The First 48 (N) (CC)	Scandal (N) (CC)	Simpsons	Simpsons	Global Nat.			W5 (N) (DVS)	Misfit Garage	Life Derek	Paid Prog.	Cops (CC)	The Dead Files (N) (CC)
11:30		SNL							Simpsons	Simpsons	Global Nat.			W5 (N) (DVS)	Misfit Garage				



# News Leader Movies - Sunday / Monday

**SUNDAY MORNING**

9:00 am WTBS ch.3 "Duplex" (2003, Comedy) Ben Stiller. After moving into a New York brownstone, an author and his wife try to get rid of an annoying neighbor.  
 10:00 am KXLY ch.10 "The Game Plan" (2007, Comedy) Dwayne "The Rock" Johnson. A star football player tries to juggle his carefree lifestyle, his team's bid for the championship and the needs of his newly discovered young daughter.  
 11:00 am WTBS ch.3 "The Expendables" (2010, Action) Sylvester Stallone. A mercenary and his men learn that their assignment to overthrow a South American dictator is a suicide mission.

**AFTERNOON**

12:00 pm FAM ch.26 "Cow Belles" (2006, Comedy) Alyson Michalka. Forced to work for their wealthy father, two teenagers try to save his business when money goes missing. (In Stereo) (CC)  
 1:00 pm WTBS ch.3 "Shrek" (2001, Comedy) Voices of Mike Myers. Animated. In order to save his home, a monster with a donkey makes a deal with a mean lord to rescue a beautiful princess.  
 2:00 pm YTV ch.18 "Curious George" (2006, Comedy) Voices of Will Ferrell. Animated. The Man in the Yellow Hat is on hand to help an inquisitive monkey out of trouble on a series of misadventures. (In Stereo) (CC) (DVS)  
 2:30 pm CITV ch.12 "You Lucky Dog" (2010, Drama) Natasha Henstridge. After training a dog to herd sheep, a woman uses the animal to search for a group of missing

children. (CC) (DVS)  
 3:30 pm CHBC ch.4 BCTV ch.11 "You Lucky Dog" (2010, Drama) Natasha Henstridge. After training a dog to herd sheep, a woman uses the animal to search for a group of missing children. (CC) (DVS)  
 4:00 pm YTV ch.18 "Jimmy Neutron: Boy Genius" (2001, Comedy) Voices of Megan Cavanagh. Animated. A smart child and his mechanical dog blast into outer space after aliens kidnap adults from his hometown. (In Stereo) (CC)  
 5:00 pm CBC ch.13 "101 Dalmatians" (1996, Adventure) Glenn Close. London fashion maven Cruella DeVil steals pups for her newest creation, a Dalmatian coat. (In Stereo) (CC)

**EVENING**

6:00 pm WTBS ch.3 "The Family Man" (2000, Romance-Comedy) Nicolas Cage. A Wall Street playboy wakes to find himself married to the college sweetheart he left in order to pursue a career 13 years earlier.  
 YTV ch.18 "The Iron Giant" (1999, Fantasy) Voices of Jennifer Aniston. Animated. A malevolent government agent threatens to destroy the friendship between a boy and a huge alien robot. (In Stereo) (CC)  
 10:30 pm WTBS ch.3 "The Time Machine" (2002, Science Fiction) Guy Pearce. A scientist travels into the future and meets a race of people who fear hideous monsters living under the ground.

**MONDAY MORNING**

6:30 am SPIKE ch.44 "Troy" (2004, Adventure) Brad Pitt. The fierce warrior Achilles leads Greek forces in the Trojan War, ignited when Paris abducts Helen of Troy. (In Stereo)

**AFTERNOON**

1:30 pm SPIKE ch.44 "Wrath of the Titans" (2012, Fantasy) Sam Worthington. Perseus enlists the aid of Queen Andromeda, Hephæstus and Poseidon's son to

rescue Zeus from the underworld, defeat the Titans and save mankind. (In Stereo)  
 4:00 pm SPIKE ch.44 "Troy" (2004, Adventure) Brad Pitt. The fierce warrior Achilles leads Greek forces in the Trojan War, ignited when Paris abducts Helen of Troy. (In Stereo)

**EVENING**

8:00 pm SPIKE ch.44 "Wrath of the Titans" (2012, Fantasy) Sam Worthington. Perseus enlists the aid of Queen Andromeda, Hephæstus and Poseidon's son to rescue Zeus from the underworld, defeat the Titans and save mankind. (In Stereo)  
 11:00 pm WTBS ch.3 "Legally Blonde 2: Red, White & Blonde" (2003, Comedy) Reese Witherspoon. Fired from her firm, a young Boston lawyer heads to Washington, D.C., to fight for animal rights.

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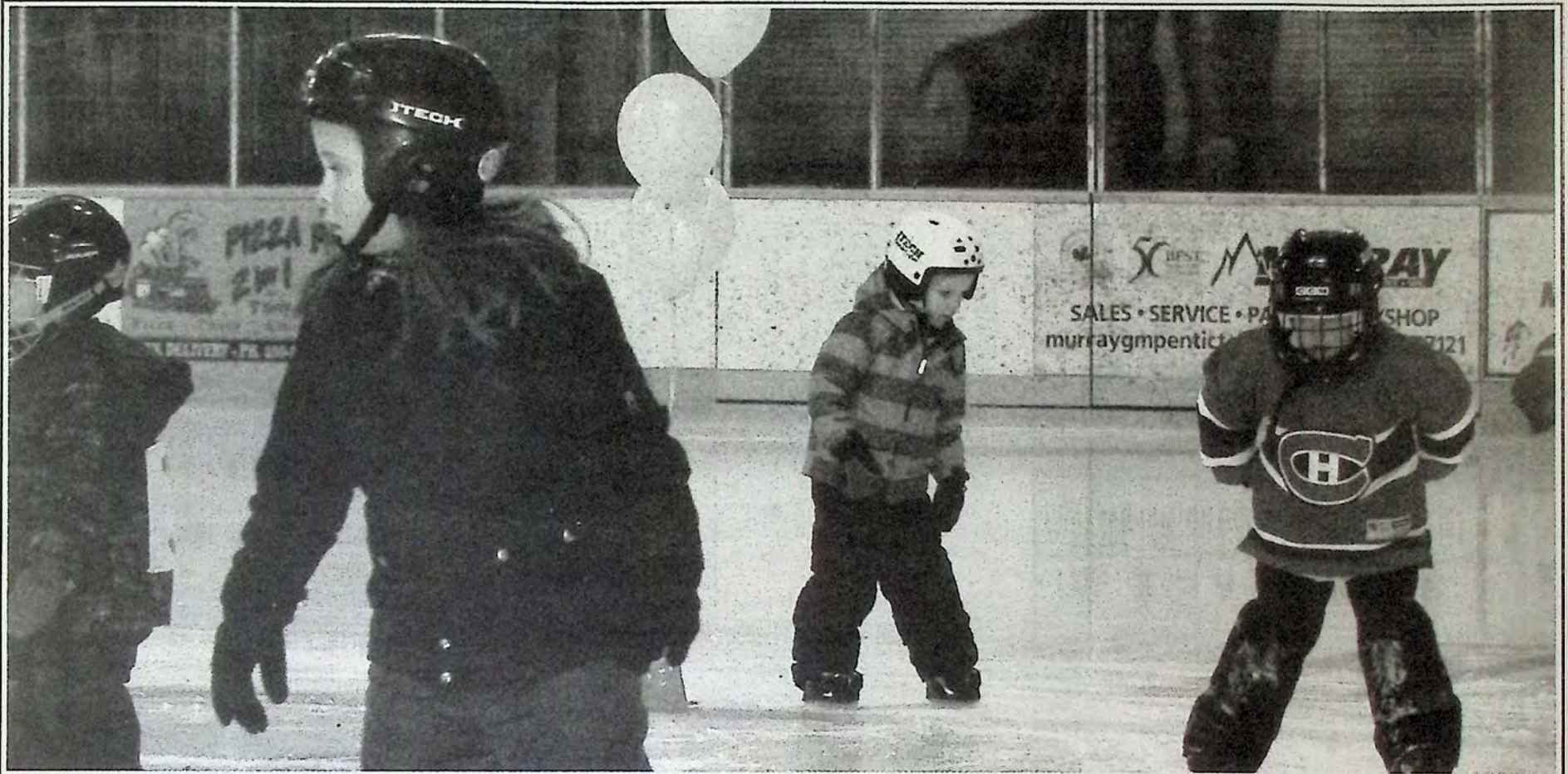
**SUNDAY, FEBRUARY 1, 2015**

	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	Paid Prog.	In a Name	G. Shrinks	Mr. Rogers	Today (N) 0 55	Paid Prog.	Dog the Bounty Hunter	Paid Prog.	In a Name	Sunday Morning News (N)	Super Why!	Sidekick	English Premier League Soccer	World Vision	Mighty Ships 00	Wingin' It	Paid Prog.	Off Road	Fishful
6:30 AM	Paid Prog.	Operation	Rob Robot	WordWorld		Paid Prog.	McCarver	Operation			Poko 00	Charmers				Slug Terra	Church	Engne	Paid Prog.
7 AM	The Office	Sunday Morning News (N) 00	Kate and PAW Patrol	Super Why!	KHQ News	CBS News Sunday Morning (N) 00	Nightwatch 0 55	Good Morning America	Sunday Morning News (N) 00		News	Charmers	Soccer	Marilyn Denis	Highway Thru Hell	Wizards	Eye/Asia	Truck Tech	Expedition
7:30 AM	Att. Eats		Curious Upside	Curious	Meet the Press (N) 00		Nightwatch 0 55	This Week			Artzooka	Pet Shop	Reporters			Gravity	Operation Smile 00	Muscle	Unknown 0
8 AM	The Office		Dino Dan	SciGirls 0	Make Football	To Be Announced	Criminal Minds 0 55	Outback			Coronation	Pet Shop	SportsCenter 00	Question Period (N) 0	Cold Water Cowboys	ANT Farm	Festival di Lombardi	Cops 00	Mysterium
8:30 AM	Paid Prog.		Arthur 0	The Impact		The Nation		Explore			Coronation	Nicky				Dog		Cops 00	
9 AM	Movie: ** "Duplex" (2003) Ben Stiller.									Block	Coronation	Sam & Cat	Curling: M & M Meat Shops Canadian Juniors: Men's Semifinal. (N) 00	World Vision	Highway Thru	Austin	Pre-Game	Cops 00	Ghost Adventures
9:30 AM										Context	Coronation	Henry				I Didn't		Cops 00	
10 AM		Block	Wild Kratts	Inside Olympia 0 55	Super Bowl XLIX Pre-game (N) 0	College Basketball: Michigan at Michigan State.	Criminal Minds 0 55	Movie: ** "The Game Plan" (2007, Comedy)	Block	J. Osteen	Coronation	Max		Super Bowl XLIX Pre-game (N) 0 (Live) 00	Highway Thru Hell	K.C. Under-Jessie 00	NHL Hockey: Arizona Coyotes at Montreal Canadiens. (N) (Live)	Cops 00	Ghost Adventures
10:30 AM		Context	Little	America					Context	Paid Prog.	M'ketplace	Assembly				Liv-Mad.		Cops 00	Ghost Adventures
11 AM	Movie: ** "The Expendables" (2010, Action)	J. Osteen	Little	America					J. Osteen	16x9 "In Harm's Way"	Our Vancouver 00	Hathaways				Gold Rush "Gold Road"		Cops 00	Ghost Adventures
11:30 AM		Paid Prog.	Annedroids	Focus					Paid Prog.			Thunder				Girl Meets		Cops 00	Ghost Adventures
12 PM	Movie: *** "Shrek" (2001) Eddie Murphy	Noon News Hour (N)	Animals	African Americans		PGA Tour Golf: Waste Management Phoenix Open, Final Round. (N) 00	Criminal Minds 0 55	Designing	Noon News Hour (N)	Ice Pilots "Big Boost"	Land/Sea	Thunder	PGA Tour Golf: Waste Management Phoenix Open, Final Round. (N) 00	Overhaul'n' Top 10 00	Movie: *** "Cow Belles" (2006)	Mod Fam		Cops 00	Expedition Unknown 0
12:30 PM											One/One	Undercover				Storage		Cops 00	
1 PM	Movie: *** "Shrek" (2001) Eddie Murphy	Simpsons	Watchers	African Americans			Criminal Minds 0 55	Paid Prog.	Ice Pilots NWT 0	Simpsons	Steven and Chris 0	Cook'd 0		Misfit Garage	Phineas	Liquidator	Cops 00	Myster-ies at the Castle	
1:30 PM		Simpsons	Park							Simpsons	The Nature of Things	Movie: ** "You Lucky Dog" (2010, Drama)	Sports	Myth-Busters 0 55	The 7D (N)	Liquidator	Cops 00		
2 PM	Big Bang	Simpsons	Hope for Wildlife 00	African Americans	Super Bowl XLIX: New England Patriots vs. Seattle Seahawks. (N) 0 (Live) 00	Paid Prog.	Criminal Minds 0 55	Streets of S.F.	Simpsons	Movie: *** "You Lucky Dog" (2010, Drama)	Skilling			Cash Cab	Good Luck	CityNews	Cops 00	Security	
2:30 PM	Big Bang	Movie: ** "You Lucky Dog" (2010, Drama)	South Pacific 0 55	African Americans		Backroads	Criminal Minds 0 55	Streets of S.F.	Simpsons	Movie: *** "Jimmy Neutron: Boy Genius"				Cash Cab	Good Luck	CityNews	Cops 00	Security	
3 PM	Big Bang		Tudor Monastery Farm	African Americans		News	Criminal Minds 0 55	News	(4:59) News Hour (N)	Movie: ** "101 Dalmatians" (1996) 0 55				How/Made	ANT Farm	Storage	Cops 00	Museum Secrets 0	
3:30 PM	Mod Fam	News				CBS News		ABC News	Global Nat.					How/Made	Dog	Liquidator	Cops 00		
4 PM	Mod Fam	Global Nat. News	Architects of Change	British Baking		KREM 2 News at 5 (N)	Criminal Minds 0 55	News at 6 Estate	(5:59) News Hour (N)	Parker	Simpsons			To Be Announced	K.C. Under-Liv-Mad.	Family	Cops 00	Mysterium	
4:30 PM	Movie: *** "The Family Man" (2000)																	Cops 00	Mysterium
5 PM	Nicolas Cage.	(7:15) The Blacklist Red is arrested.	Kingdom of the Cobra	Masterpiece Classic 0	(7:15) The Blacklist (N)	60 Minutes (N) 0 55	(7:01) Criminal Minds	Funnlest Home Videos	(7:15) The Blacklist Red is arrested.	(7:15) The Blacklist Red is arrested.	Heartland (N) 0	Life Story "Power" (N)	SportsCenter (N) (Live) 00	TBA	Last Frontier	Girl Meets Austin	(7:01) Revenge 0 55	Cops 00	Myster-ies at the Castle
5:30 PM	The Closer 00	Parker	Polrot "Sad Cypress" 00	Masterpiece Classic (N)	KHQ News 11	(8:01) NCIS 00 (DVS)	(8:02) Criminal Minds	Funnlest Home Videos	Parker	Simpsons				Once Upon a Time 00	Myth-Busters 0 55	I Didn't	CityNews	Cops 00	Museum Secrets 0
6 PM	The Closer 00	Family Guy	Window	Masterpiece Mystery!	Mark Few Jeopardy!	CSI: Crime Scene	(8:01) Criminal Minds	Shark Tank 0 55	Family Guy	Family Guy	Winnipeg Comedy	Open Heart		Resurrection 0 55	To Be Announced	Next Step	The Beat	Cops 00	Mysterium
6:30 PM		Burgers							Burgers	Burgers		Open Heart				Wingin' It	G. Martin	Cops 00	
7 PM		Simpsons	Single Handed 00	Midsomer Murders 00	Tonight Show-J. Fallon	Criminal Minds "Eum"	(10:01) Criminal Minds	Shark Tank 0 55	Simpsons	News Final	The National (N) 00	Haunting	SportsCenter (N) 00	CSI: Crime Scene	To Be Announced	Jessie 00	CityLine 00	Cops 00	Myster-ies at the Castle
7:30 PM	Movie: "The Time Machine" (2002)	News Final	Crocodile King 00	Shake-spears	News	News	(11:02) Criminal Minds	KXLY 4	News Final	Paid Prog.	CBC News	Haunting	SportsCenter 00	News	Last Frontier	Wizards	Paid Prog.	Jail 00	Expedition Unknown 0
8 AM		Block			J. Fallon	Family Guy		Van Impe	Block	Paid Prog.	fifth estate	Haunting		CTV News		Life Derek	Paid Prog.	Jail 00	









Princeton Skating Club skaters during their Skate-A-Thon last week. A recently announced agreement will see the Town take over the delivery of recreational activities at the Arena. \*

# Saving Downtown Princeton...

...An Ongoing Series by George Elliott

It was a year ago January 15th when the Town of Princeton invited all downtown business owners and operators to a meeting at Riverside Centre.

The headline in the Similkameen News Leader the following week was "Council wants to help local business" and the story went on to say a total of twenty-five people were at the meeting.

Town Council and Staff said that concerns over the economic state of downtown Princeton prompted the meeting.

Mayor Frank Armitage announced at that meeting that Town Council wanted to help the local business community with suggestions of how to work together to formulate some kind of solution to the situation.

At the time there were a total of seventeen empty storefronts out of seventy-five commercial buildings. That figure has seen little change since then.

The meeting a year ago, which I attended along with a series of subsequent 'committee' and 'planning'

meetings over the following months revealed that the business community needed some serious help from our elected officials.

Discussion at that meeting provided insight into what the business community wanted to see happen in order to keep the downtown core vibrant and attracting new business.

- The suggestions at the time were:**
- 1) *improve signage along Highway 3 and in town*
  - 2) *modifications to bylaws to make Princeton more business-friendly (this would include changes to existing business, zoning, parking and lighting bylaws)*
  - 3) *incentives to attract new businesses to the industrial park*
  - 4) *changes to business licensing procedures*

To date, some ground has been covered in regard to these requests with probably the most noticeable being the signage in and around the community.

During the months that followed

the original meeting a year ago there has been an actual 'business committee' formed which logically became a part of the Chamber of Commerce as a sub-committee.

Last I heard that committee was still alive but had been waiting for the Municipal Elections to take place and for the newly elected members of Town Council to get accustomed to their new roles before launching further into their plans.

I know the wheels of progress move slowly. I will say that although I would have expected a lot more accomplished from the series of meetings I attended in the first three months of the process, I must admit I was not really all that sure what would be accomplished.

We have some great assets in our community.

I feel that we have a well-designed and easy to access downtown core. With Veterans Square as the jewel in the centre, it is an attractive spot

to stop and relax. The fact that there are still a number of empty storefronts visible from Veterans Square is bothersome, but those will eventually fill.

The Town of Princeton's recent agreement with the Regional District for the delivery of recreational activities for all area residents is the start of something big. It will become one of the many parts of the jigsaw puzzle that will assist in attracting business and investment to the community.

When I ask people why they are moving away from Princeton or why they frequently shop or spend money out of town the response is usually along the line of "there's nothing in Princeton for me." This translates to mean that many who are not interested in the existing offerings provided by the local cultural, recreational and commercial ventures servicing the community, are obviously looking for something .....continued on Page 18



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Obituary

Help Wanted

Help Wanted

Notices

In Loving Memory of  
Delbert "Wayne" Waddell



Born in Saskatoon, SK November 28, 1943  
Passed away peacefully  
January 16, 2015 in Kelowna, BC

Wayne will be happy to be reunited with those who passed before him: his wife of 46 years, Jeraldine June Waddell, his father, Delbert Lorne Waddell, his mother Doris Etta May Carinduff, and his sister, Wendy May King. He is survived and will be greatly missed by his daughter, Renee (Paul) Spence; sons, David (Leanne) Waddell and Wade (Tina) Waddell; grandchildren, Amanda (Ryan) Hall, Jenna Hansen (Jaret Stittle), Riley Hansen (Colby Tedford), Jesse (Brent) Dancy, Ross Waddell, Monet Waddell van Vliet (Dustin Giborski), Steven Waddell (Felecia Hoey) and great-grandchildren, Darren and Isabella Waddell and Landen and Britlyn Hall. Bringing light and love back into the last chapter of his life, Karen Turner will cherish every moment they spent together. Finally, many wonderful aunts, uncles, cousins, nieces, nephews and more friends than you could shake a stick at!

A Celebration of life will be held on February 7, 2015, 1:00 - 3:00 pm at the Okanagan Mission Community Hall, 4409 Lakeshore Road, Kelowna, BC. Condolences may be sent to the family by visiting [www.springfieldfuneralhome.com](http://www.springfieldfuneralhome.com), 250-860-7077.



## PLOW TRUCK OPERATORS

Argo is accepting Resumes for drivers experienced in the operation of tandem axle trucks for the Princeton Area. Experience operating snow removal equipment would be an asset. Must hold a valid BCDL, minimum Class 3 with air. Submit your Resume with a current National driver abstract by e-mail to [argosok@argoroads.ca](mailto:argosok@argoroads.ca) or by fax to 250-295-7983.

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Dr. Barry Cook  
PO Box 129  
Princeton, BC VOX 1W0

## Wanted

Canning jars of all sizes and ages. Will pick up. Call Brenda at 250-295-4149 and please leave a message with George or a call back number if I'm not there.

Notices

Notices

## Annie Ewing is turning 70!

Friends and Family please join us in celebrating Mom's 70th Birthday. As many of you know Mom has cancer and is palliative. This will be her last birthday. Her request is to have her friends and family join her for lunch at the Royal Canadian Legion Hall on January 31st from 11:30 AM to 4:00 PM. Lunch at 12 Noon and cake to follow. Please bring your stories in lieu of gifts as she can't take em' with her!



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## JamBusters

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Notices

## Have you heard?



Connect Hearing is pleased to be hosting a complimentary hearing health check event in your area:

Location: Princeton Community Services Agency  
47 Harold Avenue  
Date & Time: Friday, January 30  
9:00 am - 3:30 pm

Call for appointment: 250.493.3277 **Connect Hearing!**

Notices

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# Will Victoria save the Grist Mill?

The popular Grist Mill and Gardens at Keremeos are in serious trouble and, sadly, the core of the matter seems to be political indifference.

The Grist Mill, a provincially designated heritage site, has been operating under a series of short-term contracts with no long-term commitment from the Province. Bidding for future contract operation of this site closed last September. Four months later the

Minister has announced no decision. (Steve Thompson is the Minister of Forests, Lands and Natural Resource Operations, including Heritage Sites.)

"If someone else has proposed a better idea we ought to know about it by now. The bidding process ended last September," says Grist Mill Foundation Chairman, Dave Cursons.

The Keremeos Grist Mill and Gardens is a community asset and a

significant economic driver for the area. However, no business commitments, bookings, event plans, grant applications or staffing decisions can be made for the site for the coming season.

The incumbent operator, Chris Mathieson has brought new energy to the site. In 2013 and 2014 there has been phenomenal growth in visitation driven by special events, more fre-

quent interpretive tours, evening concerts, and talks by special guests on everything from bee keeping to bird watching. The Mill's gardens have become a favorite site for artists and photographers whose work is for sale in the Visitor's Centre Gift Shop.

"Designated historic sites like Barkerville and Fort Steele have found some independence but still rely upon very considerable government support," says Cursons.

A win-win solution in the case of the Keremeos Grist Mill and Gardens would have the Province gradually reduce its financial contribution while

enabling the site to flourish through energetic and capable management.

Government should live up to its stewardship responsibility for the Grist Mill and Gardens at Keremeos and support the preservation of this historic site as a heritage treasure for all British Columbians.

"We urge Minister Thompson to accept the government's responsibility and to immediately award a long-term contract necessary to 'keep the wheel of the Grist Mill turning.'"

For information contact Foundation Chairman, Dave Cursons, at 250-499-5417. -submitted

## Flip Of The Coyne

by Spencer Coyne

.....continued from Page 3  
out we have allowed ourselves to give into those fears. We have allowed the attack to change us and we have lost to those who would see us brought down.

A nation where the press is not free and speech is stifled is not a nation that believes in democracy. It is also a place where I would not want to live. In Saudi Arabia a blogger named Raif Badawi was sentenced to 1,000 lashes (yes, you read that

right, 1,000). Don't worry, it wasn't all at once. It was over a span of 20 weeks. On January 9th of this year, his first 50 lashes started. They have now had to postpone his next set of lashes for the second time because he is not medically fit to take anymore lashes. What was his crime? Well that's the thing. Officially, it is apostasy, but he has never officially renounced his faith, so really it is a political crime of speaking out. Unlike Canada, our

good friend and ally Saudi Arabia is not a democracy and does not recognize freedom of speech. Raif Badawi will most likely die if he is lashed again. His story is one we should all take note of. Freedom of speech is something we take for granted. We often roll our eyes at things we disagree with, but we should celebrate and defend those things we disagree with because they are what make our democracy strong and free.



"Ello, ello! What have we here?!" Frosty looks a bit tattered and is missing his right eye, but the spirit is clear. A.M. Orchards just north of Keremeos has a temporary meter-greeter at their front gate. Based on the fact that Frosty is perched on a wooden pallet, one can presume Frosty was born elsewhere and transported via forklift to the end of the driveway. Whether A.M. Orchards has other snowmen on pallets in their expansive coolers is unknown. Photo: Arlene Artow

## Local.

### Saving Downtown

George Elliott

.....continued from Page 16  
else and in most cases, a larger selection of things to choose from.

The size of the 'menu' of things available to see and do here is going to have an overall affect on what kinds of people are attracted to the region. As much as I agree that tourism is a market worth tapping, we also need to have a 'menu' that attracts more than just casual visitors. We need to be able to attract new residents.

Based on the progress that has happened over the past year since the Town of Princeton started taking a serious look at what has been happening to the downtown core, it's safe to say this is going to take some time.

How does this save downtown

Princeton?

It's a complicated process to build up infrastructure to attract investment to the community. With the Town of Princeton taking on all the recreational services provided to area residents is one step closer to building a stronger community. With all recreational services under one umbrella it allows for additional expansion and development of facilities that are all part of the local infrastructure.

These elements will play a role in bringing people to the community and that means a demand for more services. Some of those services will be locally based and may either fit into the business park or downtown filling empty spaces and enhancing the community and its offerings.

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Legion Zone Commander Lundeen swears in Legion Ladies Auxiliary President Karen Wittich as Chuck Whitlock looks on. The swearing in officially marks the start of work for the new Branch Executive. Photo: Dawn Johnson

# Legion installs 2015 officers

Members of the Royal Canadian Legion Branch 56 and Ladies Auxiliary welcomed their new officers following a potluck supper on January 23.

There was a good turnout for the event, and following an excellent supper, there were a number of honours and awards presented to members who had made significant contributions to the Legion as volunteers.

Wayne Terepocki and Jean Bowles received Branch Service Medals. Recruitment awards went to Karen Wittich and Cliff Glover. (see more

below).

Legion Zone Commander Lundeen and Auxiliary Zone Commander Wicker took over after awards presentations to swear into office the 2015 officers. Several of the Ladies Auxiliary members were unable to attend, but President Karen Wittich, Vice-President Crystal Alstead and Executive Committee member Dawn Johnson were installed.

Legion Branch President Cliff Glover was installed, along with First and Second Vice-Presidents Ron McKay and Jean Bowles. Les

Kinsey is the new Sgt at Arms and Doreen Poulsen is the Service Officer. The Executive Committee for 2015 consists of Bernadette Kelleher, Jim Martindale, Doreen Poulsen, Mandy Daily and Les Kinsey. Sandra Lawler is the Chaplain.

### Honours and Awards:

Jim Turner - Past President medal and bar

Sharon Paterson - Past President bar

Cliff Glover and Bob Paterson - Finance bar

Sandra Lawler - Chaplain bar

Karen Wittich - Secretary bar

### Long service medals:

Bob Paterson - 30 years

Bernice Cromarty - 35 years

Maria Sadegur - 40 years

### Ordinary members:

Robert Huckell - 50 years

### Associate members:

20 years: Laurie Marshall, Bill Weller, Ena Weller

30 years: Les Jenner, Patricia Krastel, Ed Sapruff

40 years: Graham Gould, Bill Lott

Numerous service pins were awarded for shorter terms of 5, 10 and 15 years.

# Snowshoeing China Creek

.....continued from Page 11 climbed afresh to a higher elevation, we came across a largely intact cow skeleton and a coyote den. Our trek ended when we reached Airport Road, invigorated by outdoor exercise and good company once again!

Our next field trip will be held January 31, when Greg and Terry Tellier will lead us on a moderate snowshoe outing from the Osprey Lake forest service campground,

across the lake and along historic Kettle Valley Railroad to artisans Bettina & Mark Wong's 53 acre property. We'll enjoy the views of Osprey Lake and the KVR trestle that can only be seen from there. Please join us to learn about the 100th anniversary of the KVR (1915-2015) and the accident of October 7, 1955! Please confirm attendance with Greg or Terry at 250-295-7354, and meet at Billy's Restaurant parking lot by 9:15 AM.

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# "...Racing in Princeton is done."

The final attempt at forming a new executive for Princeton Racing Days Association on January 23rd ended with the decision to dissolve the group.

A total of fourteen people attended the Friday night meeting at the Library Conference Room with four of those the existing Executive

members.

Retiring President Karrie Crucil outlined a list of tasks requiring completion this race season prior to even starting to look at the horse situation. The total cost of operations for 2015 would be in the \$80,000 range and that's just to cover licensing and potential pay-

outs.

With \$27,000 in the bank, no guaranteed grant monies from the provincial lotteries corporation (which has been reduced severely over recent years) and not a single race horse to access in the interior of British Columbia, it was not a big surprise that no one in the room

jumped at the chance to save the event.

Even horse numbers at the big tracks on the Lower Mainland have been hit dropping from 900 a few years ago to 400 last year.

"The logistics doesn't work anymore," Crucil said.

Without horses or trainers active in the interior, the future of horse racing in the region was summed up in one statement.

"I think horse racing in Princeton is done," Crucil said as President of Princeton Racing Days.

She added, "As President of the BC Interior Horse Racing Association I think horse racing in the interior is done."

With no volunteers stepping forward to run the horse race event Crucil declared the meeting "...a failed AGM."

Discussion shifted to beginning the process of dissolving the association, which would include closing the bank account once the balance, is gifted away. Typically a 'like-minded' group would be considered a suitable choice and would satisfy requirements set out by the Society's Act.

A suggestion from the floor to turn the remaining monies into a bursary or scholarship fund was met favourably by the retiring board and will be explored as a possible option.



Legion Zone Commander Lundeen installs Legion Branch President Cliff Glover and Sgt. At Arms Les Kinsey as part of the annual Installation Dinner and Awards Night held January 23rd. Photo: Dawn Johnson

## Newspaper.

### Plans underway to grow B.C. organic sector

The Ministry of Agriculture is consulting with the organic sector about developing a three pillar approach to strengthen the awareness and reputation of B.C.'s organic foods, locally, across Canada, and around the world.

The consultations involve regulating the use of the term "organic", developing transitional strategies that support farmers to become certified, creating business strategy and market development programs, and creating a brand to market B.C. organic foods.

The proposed change announced January 23 will require all products marketed as "organic" in B.C. to be certified under either a provincial or national certification program. Operators producing and selling their organic products strictly within B.C. will require provincial certification. B.C. companies with customers in other provinces or countries will require certification by a federally accredited certification body, just as they do today.

The provincial certification program follows the same standard as the national program, but with streamlined record keeping and documentation practices. Provincial certification offers growers access to the local organic market with less paperwork, while still ensuring B.C. consumers have certainty when purchasing organic foods.

Under the model being discussed: \* Following the development of an effective and efficient administration and enforcement system

and a suitable period of transition, producers and processors that are not certified under either the provincial or federal certification program would not be able to use the term "organic" to describe or market their products.

\* Producers, processors and handlers of organic products including farm gate sales, farmers' markets and retail stores, would be required to have documentation verifying their accredited certification.

\* Reports by citizens concerned that an uncertified product produced and sold exclusively within B.C. was being marketed as organic would be investigated by the B.C. government.

In addition to conversations with Certified Organic Associations of BC (COABC) and individual farmers, the ministry will be distributing an e-survey seeking input from organic farmers about the proposed model. The responses will be compiled and used to determine how the model being developed should proceed.

Requiring organic certification would assure consumers the products they purchase are grown using recognized organic practices, and promote the highest standards of organic production in B.C. Currently, companies with organic products produced, handled, and sold exclusively within B.C., may choose to participate in the BC Certified Organic Program, which is administered by the Certified Organic Association of BC.

- submitted

## JAM THAT BITES BACK!



It's JAMuary which happens to be our all-time favourite time of year! That's because we get to spend time in the JamBusters! kitchen creating new and exciting items to celebrate the arrival of JAMuary.

One of the most exciting parts of JAMuary for us is that we have developed a brand new line of products using some very unusual ingredients. One of them is our Pepper Pepper Strawberry Jam. If you're already scratching your head about what Strawberry Jam would taste like with pepper let us tell you we aren't just talking any kind of pepper, either. There's TWO kinds of peppers in this recipe including smokin' hot chilies combined with Whiskey Jack peppercorns from the Smoking Gun Pepper Company in Princeton. Trust us, this jam will make you smack your lips. You will feel a slight tingle with this tasty strawberry jam that will make an ordinary slice of toast nothing short of extraordinary. This jam is one you will want to try today!

**MarketSafe**  
Fresh local food, handled with care

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PEPPER PEPPER STRAWBERRY JAM - \$4

# JamBusters

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