# Similkameen INCLUDES GST!

Volume 18 Issue 04 #870 ISSN 1712-090X

Tuesday, January 27, 2015

Town takes

contro of

recreation

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. \*

# 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

appears this event will be held on the June 27 weekend or on the July 4 weekend. The annual Fall Fairwill 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

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 Town of Princeton has

reached an agreement with the

Regional District of Okanagan

Similkameen regarding the delivery

of recreational services to area resi-

The details of the agreement were

Essentially the agreement formally gives control of "the facilities" (Riverside Community Centre,

Princeton Arena, Centennial Pool,

Princeton Exhibition Association

announced at the January 19th regular meeting of Town Council.

dents.

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.

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 fortythree 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."

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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 tpoh. 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.

### 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,
- Karla Kozakevich

C, D, E, F, G

- 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



# 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



Weekly.

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### 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.

# W. George Elliott - Owner/Publisher \* MEMBER - CANADIAN ASSOCIATION OF JOURNALISTS Brenda Engel - Office Manager Dawn Johnson - Reporter Lynette Boyd - Office Assistant Arlene Arlow - Lower Valley Reporter Spencer Coyne - Columnist

MEMBER - SIMILKAMEEN COUNTRY, KEREMEOS

MEMBER - TONASKET CHAMBER OF COMMERCE

EDITORIAL GUIDE

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





... 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 Sadegh 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 Mahdieh 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 Mahdieh'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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# **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 publicprivate 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.

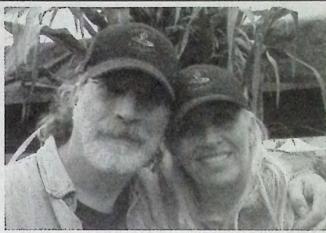
Time has shown the public service could do it better for less money. This explodes the myth that says private enterprise always does a better job than government.

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

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

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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 - Olalia

# 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 FundTM (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

Silent Auction - memorabilia made fine art for parlour or porch.

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

comfy. The old hall chairs are now at

The Cabin Fever Ball brings



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### 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

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 sec-

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, 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

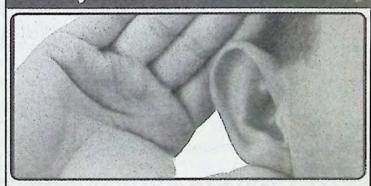
Princeton: 12:00 pm to 3:30 pm

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



# **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 acetamenophine. 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 acetamenophine.

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.

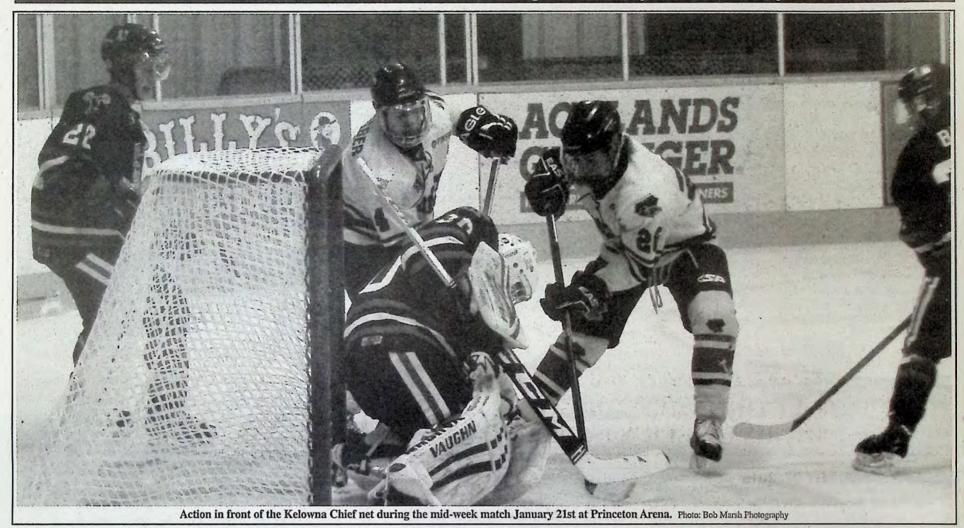
Turmeric is a spice that helps reduce joint pain. It is found in curry, but of be used on its own to flavour foods such as stir-fry, meat dishes, and casseroles. It is part of the ginger family of plants. It has been used traditionally to treat inflammation. Ginger can be quite helpful for those suffering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

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.



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



# 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.

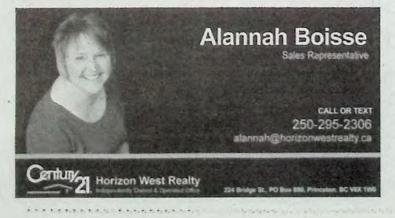
The third period saw the Chiefs collect all four penalties called plus another goal,

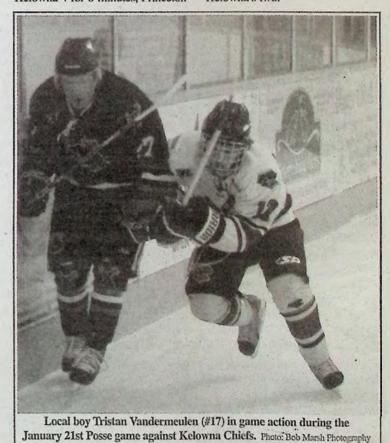
Dakota Kittle scored the fifth and final goal at 6:51 with assistance from Josh Kobelka and Luke Kalenuik.

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

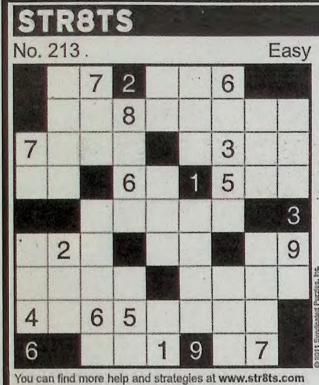
2 for 4-minutes. Both teams were unsuccessful on the power play with Princeton having four attempts to Kelowna's two.







# News Leader Str8ts



along with more puzzles, Apple apps and books.

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.

### THIS WEEK'S News Leader Str8ts

SOLUTION WILL APPEAR IN NEXT WEEK'S ISSUE

## Tuesday / Wednesday

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. nalist investigates the mystery behind a bizarre videotape that brings death after seven days to all who view it.

#### WEDNESDAY MORNING

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" Suspense) Denzel Washington. Left in Progress. An FBI agent, a Middle East specialist

9:30 am SPIKE ch.44 "Training

and a power-mad general try to thwart terrorists in New York. (In

#### **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 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. Washington. Left in Progress. Hired as a bodyguard for a young girl, a retired CIA agent takes revenge on her kidnappers in Mexico City. (In Stereo)
8:00 pm SPIKE ch.44 "Training Day" (2001, Crime Drama) Denzel Washington. Joined in Progress. A realing comments a correct Los

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 kidnappers in Mexico City. (In Stereo)

11:00 pm WTBS ch.3 "The Ring Two" (2005, Horror) Naomi Watts. A female journalist must prevent

A female journalist must prevent evil Samara from taking possession of her son's soul.

		WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6		Community	Morning News (N) 88	G. Shrinks Rob Robot	Clifford Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog Dog	Morning Northwest	Morning News (N) E0	(5:00) Morn- Ing News (N)	CBC News Now (N) O	Kld vs. Kat Almost	SportsCen- tre (60)	CTV Morn- Ing Live Vancouver	Mighty Ships &C	Justin ANT Farm	CityLine (N) &C	Bar Rescue	Gotta Eat World's
7	AM	Law & Or- der: SVU		Kate and Wild Kratts	Odd Squad Wild Kratts	Today Back- street Boys;	CBS This Morning (N)	Criminal Minds O	Good Morn- Ing America		(4)	You & Me	Squirrel	SportsCen- tre (C)	(N)	Mighty Planes @0	Jessie &c	Let's Make a Deal (N)	Bar Rescue	Moves
8		Law & Or- der: SVU		STEED WALL	Curious	Shawn Mendes performs.	O iii	Criminal Minds O	(N) ED		Morning	Moblees	T.U.F.F.	SportsCen-		Airshow 80 (DVS)	Dog	The Price Is Right (N)	Bar Rescue	Security
	:30			Curious	Curious	(N) O EEE					Huntley St.	Tiger	Wayside				Wizards		Bar Rescue	Security The Dead
9	100	Millionaire	Morning Huntley St.	Space Astroblast	Peg		The 700 Club O 80	CSI: Mlami	Livel Kelly and Michael	Morning Huntley St.	Rachael Ray () (60)	Super Why! Napkin	Sidekick	SportsCen- tre 30	Live! Kelly and Michael	Daily Planet BC (DVS)	Doc McSt. Henry	FamFeud FamFeud	n Hescue	Files O EC
	.00	Divorce	Rachael	G. Shrinks	Sesame		122420000 2900 F	CSI: Miami	The View	Rachael	Sugar O	Bookaboo	Spliced ()	SportsCen- tre 88	The View	Mayday 30	Never Land	The Chew	Bar Rescue	Expedition Unknown O
10	:30	Divorce	Ray O St	PAW Patrol	Street () (EI)		Right (N)			Ray O BO	Debt/Part	Bo On/Go	Kld vs. Kat				Sofla			
11	7	Judge Judge	Sugar O Debt/Part	Jelly Jamm Dinosaurs	Dinosaur Sit & Be Fit	Hot Bench Millionaire	Young & Restless	Criminal Minds O	Pald Prog.	Sugar O Debt/Part	Noon News Hour (N)	Heartland	Monster Rated A	Off Record Skiing	Marilyn Denls	Myth- Busters O &	ANT Farm	General Hospital (N) O	A Rescue	Mysteries- Museum
12		Hot Bench	Noon News Hour (N)	PAW Patrol Kate and	Charlie Rose O EE	NuWave Tree Fu	News	Criminal Minds O	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) O	Chucks	Sportscen- tre	CTV News Vancouver	Alaskan Bush	Win, Lose Wizards	-	Bar Rescue	Security
4	:30 PM	King	Days of our	Astroblast	Painting	Days of our Lives (N)	The Talk	The First 48	General Hospital	Days of our Lives (N)	The Talk	Recipes	Almost	Table Ten-	The Social	People Airshow &C (DVS)	Wizards		Bar Rescue	Section 19
1	:30	King	Lives (N)	Dragon	Quilting				(N) O			Stefano	Monster				Good Luck			
2	PM :30	The Middle	The Talk	Dinosaurs	Thomas Sesame St.	Jeopardyl Wheel	Let's Make a Deal (N)	The First 48	Queen Latifah	The Talk	Meredith Vielra	Steven and Chris (N) O	Wayside Kid vs. Kat	Off Record Interruption	Or. Phil	How/Made How/Made	Phineas ANT Farm	Name of the State	Bar Rescue	Ghost Adventures
	PM	Seinfeld O	Meredith	Dive, Olly	Curlous	Ellen	The Dr. Oz	Transport	Rachael	Meredith	Young &	Republic of	Sidekick	SportsCen-	Ellen	How/Made	ANT Farm	(2:59) CityNews at	Bar Rescue	-
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4	PM :30	Big Bang Big Bang	Young & Restless	Kate and Magic Bus	WordGirl Wild Kratts	Jdg Judy Jdg Judy	Dr. Phil	Storage Storage	The Doc- tors O 30	Young & Restless	Early News Global Nat.	Dragons' Den O	SpongeBob Chucks	2015 Australian Open Ten-	The Dr. Oz Show (#1)	Daily Planet (N)	Phineas  Jessie 30	Mod Fam Mod Fam	A Rescue	Moves
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5	:30	Payne		Wild Kratts	Business	NBC News	CBS News	Storage	ABC News	Global Nat.	Hour (N)		SpongeBob	finals. (N)	Vancouver	The Dirt ()	Llv-Mad.	Parks	n	Security
6	PM :30	Browns	Global Nat.	Hope for Wildlife 🖾	PBS News- Hour (N) 80	News Millionaire	KREM 2 News at 6 (N)	Storage Storage	News at 6	(5:59) News Hour (N)	ET Canada Ent	CBC News Murdoch	Sam & Cat Assembly	2015 Austrelian Open Ten-	CTV News Vancouver	Gold Rush "Gold Road"	Austin Jessie (N)	New Girl Mindy	Bar Rescue	Hotel Im- possible so
7	PM	Mod Fam	Ent	Blue Realm	Genealogy	Jeopardyl	Inside Ed.	Transport	Ent	Ent	Chicago Fire 80	Myster- ies ()	Max	nis: Quarter- finals. From	etalk (N)	Edge of Alaska (N)	Girl Meets	Broke Girl Two Men	Framework (N) O	Hotel Showdown
-	:30 PM		ET Canada NCIS: New	South Pa-	Edison:	Wheel Parks	Access H.	Transport Storage	The Insider Shark Tank	ET Canada NCIS: New	(DVS) NCIS: New	Coronation	Assembly	Melboume, Australia.	Big Bang The Flash	Buying Al.	Dog	CityNews-	Bar Rescue	(N) (A) Ghost
8	:30		Orleans A	cific O Mil	American Experience	Parks	Goes" O	Storage	0.00	Orleans 0	Orleans O	22 Minutes	Home Videos	(N) (Live) BC	(N) A 20	Buying Al.	Good Luck		n	Adventures
9	PM :30		NCIS "So It Goes" O	Movie: *** Taxi to the Dark	(N) O III	Marry Me About-Boy	NCIS: New Orleans 0	Storage Storage	Marvel's Agent Carter	NCIS "So It Goes" ()	NCIS "So It Goes" ()	Mr. D (N)	Open Heart Nine Lives		Marvel's Agent Carter	"Gold Rush "Gold Road"	Next Step Wingln' It	EP Daily Reviews on	Bar Rescue	Mysteries- Museum
10	PM	Jeffersons	Fire and	Side* (2007)	Into Wild Profiles	Chicago Fire III	CSI: Crime Scene	Storage Storage	Forever *6 A.M.* EE	Chicago Fire as (DVS)	News Hour Final (N)	The National (N) 50	Vampire		CSI: Crime Scene	Edge of Alaska	Good Luck Win, Losa	Extra (N) G. Martin	Bar Rescue	Hotel Im- possible 20
	PM	Movie: "The	Company Control	Blue Realm	Charlle	News	News	Transport	KXLY 4	News Hour	ET Canada	CBC News	Gaga	SportsCen-	News-Lisa	Buying Al.	Wizards	Amazing	Bar Rescue	Hotel Show
11	:30	Ring"	Final (N)	III (DVS)	Rose (N) 200	J. Fallon	Letterman	Transport	J. Kimmel	Final (N)	Doctors	Mercer	Gags	tre tet	CTV News	Buying Al.	Life Derek	Amazing		down ac



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 addi-

tion 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.

You Tube

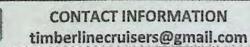
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Tulameen Fire Hall
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\$30 Non members



Timberline Cruisers

Snowmobile Club





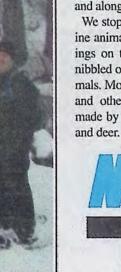
FOLLOW DENNIS WALKER ONLINE - NEWS, WEATHER, MUSIC, INTERVIEWS - www.socountry.ca

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

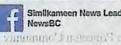
After a couple of hours of shoeing, we made our way down a lengthy incline to a spot beside the creek, where we enjoyed a short lunch break. A small fire and hot drinks kept us warm, and Peter's shared smoked salmon vanished quickly! We then crossed the flowing creek (sans snowshoes), which was too wide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

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	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	ch.45
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6	:30	Community	News (N) 🖾	Rob Robot	Arthur	GAM (N)	Morning News	Hunter	Northwest	News (N) (SD	Ing News (N)	NOW (N) C	Almost	ue se	Ing Live Vancouver	Auction	ANT Farm	(N) (CD	Cops &c	World's
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9	:30	Millionaire	Huntley St.	Astroblast	Tiger		Club () ISS	0 80	and Michael	Huntley St.	Ray O Rt	Napkin	Almost	tre (32)	and Michael	30 (DVS)	Henry	FamFeud	Movie:	Files O to
	AM	Divorce	Rachael	G. Shrinks	Sesame		The Price Is	CSI: Miami	The View	Rachael	Sugar O	Bookaboo	Spliced 0	SportsCen-	The View	Mighty	Never Land	The Chew	"Training Day"	Museum
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	0.00	Judge	Sugar O	Jelly Jamm	Dinosaur	Hot Bench	Young &	Criminal	Pald Prog.	Sugar O	Noon News	Heartland	Monster	Off Record	Marilyn	Gold Rush -	Lalaloopsy	General	"The Siege" (1998)	Security
11		Judge	Debt/Part	Dinosaurs	Sit & Be Fit	Hot Bench	Restless	Minds 0	Paid Prog.	Debt/Part	Hour (N)	SE (DVS)	Rated A	SC Top 10	Denis	The Dirt O	ANT Farm	Hospital (N) O	(1330)	Security
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1	:30	King	Lives (N)	Dragon	Sewing	Lives (N)	0 000	0 (65)	Hospital	Lives (N)	0 80	Stefano	Monster	nis	0 88	Alaska	Good Luck		Day* Movie: **	Files O 3
-	PM	The Middle	The Telk	Dinosaurs	Thomas	TMZ (N) O	Let's Make	The First 48	(N) O	The Talk	Meredith	Steven and	Wayside	Off Record	Dr. Phil	Last Fron-	Phineas	CityNews at	"The Siege"	Ghost
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3	2001	Seinfeld () Mod Fam	Vieira	Dive, Olly		Ellen DeGeneres	Show ED	Donnle	Ray O KC	Vielra	Restless	Doyle O	Chucks	tre (N) 30	DeGeneres	How/Made	Good Luck	CityNews at	Repo	Eat St. O
_	:30	Park Cold Street		Jelly Jamm	Cat in the	Show	D- Dbll		The Doc-	V 0			1	011 0	Show	11111111111111111111111111111		6 (N) Mod Fam	Repo	Moves
4		Big Bang	Young & Restless	Kate and	WordGlrl	Jdg Judy	Or. Phil	Duck Dynasty	tors O EC	Young & Restless	Early News	Dragons'	SpongeBob	Off Record	The Dr. Oz Show (CC)	(N)		Mod Fam	-	Moves
		Blg Bang		Magic Bus	Wild Kratts	Jdg Judy		O (60)			Global Nat.		Penguins	Hockey			Jessie 30		Repo	
5	200	Browns	News (N) 🖾		News	News	News	Duck D.	News	Early News	(4:59) News Hour (N)	CBC News	Parents	Darkness and Hope	CTV News Vancouver	Last Fron- tier	Jessie 20	The Middle	Movie: *** Training	Security
-	:30	Payne		Wild Kratts	Business	NBC News	CBS News	Duck D.	ABC News	Global Nat.	The state of		SpongeBob				Liv-Mad.	Young	Day" (2001)	Security
6	1000,750	Browns	Global Nat.	Blue Realm	PBS News- Hour (N) ED	News	KREM 2 News at	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 O	Austin	Mod Fam	_	The Dead
0	:30	Payne	News	(5.6)		Millionalre	6 (N)	Duck D.	News		Ent	Murdoch Myster-	Assembly	2015 Australian			Austin	blackish		
7	PM	Mod Fam	Ent	Watchers of the North	Nature (N)	Jeopardyl	Inside Ed.	Wahlburgr	Ent	Ent	Stalker *My Hero* (N)	ies O	Henry	Open	Clara's Big Ride (N) O	Gold Rush "Gold Road"	Jessie 20	Broke Girl	"Man Fire"	Ghost
1	:30	Seinfeld 0	ET Canada	the Notal	13 (0.0)	Wheel	Access H.	Donnle	The Insider	ET Canada	neio (N)	Coronation	Max	Tennis: Women's			I Didn't	Two Men	Repo	ES
0	PM	Family Guy	Security	China's Ghost Army	NOVA (N)	The Myster- les of Laura	The Mental-	Donnle	The Middle	Security	Security	Dragons'	Funniest	Semfinals.	Arrow "Mid- night City"	Edga of Alaska	Dog	CityNews- Tonight (N)	Movie: *** Training	Ghost
8	:30	Family Guy	Security	O Chost Army	IIII (UVS)	les of Laura	ist (ix) ==	Wahlburgr	Goldbergs	Security	Security	Den (N) O	Home Videos	From Melbourne,	night City	Alaska	Good Luck	Tomgin (iv)	Day" (2001)	RE
0	PM	Amer, Dad	Chicago PD		Secrets of	Law & Or-	Criminal	Duck D.	Mod Fam	Chicago PD			Vampire	Australia.	Criminal Minds (N) O	Last Fron-	Next Step	EP Daily		Security
9	:30	Amer. Dad	INZ (DVS)	ebration of Leonard	the Dead O	der: SVU	Minds (N) n	Duck D.	blackish	EE (DVS)	ﷺ (DVS)	of Negroes	Vampire	(N) (Live) 80	minos (N)	uer	Wingin' It	Reviews on		Security
40	PM	Jeffersons		Bernstein	Rallway		Stalker *My	Duck D.	blackish	Stalker "My	News Hour	The	Haunting		Saving	Gold Rush -	Good Luck	Extra (N)	"Man Fire"	The Dead
10	:30	Break	Hero" (N)	Working	Journeys	EE (DVS)	Hero* (N)	Duck D.	Mod Fam	Hero* (N)	Final (N)	National (N) 50	Haunting		Hope (N) O	ine birt ()	Win, Lose	G. Martin	Repo	Files () 30
	PM	Movie: "The		People	Charlie	News	News	Wahlburgr	KXLY 4	News Hour	ET Canada	CBC News	Gags	SportsCen-	News-Lisa	Gold Rush	Wizards	Amazing	Repo	Ghost
11	:30	Dine Tue	Final (N)	Watchers	Rose (N) BE	J. Fallon	Letterman	Donnle	J. Kimmel	Final (N)	Doctors	Mercer	Gags	tre 00	CTV News	"Gold Road"	Life Derek	Amazing	Repo	Adventure

12	-								A. W. Carlotte											
TH	UR	SDAY,							1											D=011
		wtbs ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	ch.8	A&E ch.9	ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	ch.45
6		Community	Morning News (N) RE	G. Shrinks	Clifford	KHQ News 6AM (N)	KREM 2 Morning	Dog the Bounty	Morning Northwest	Morning News (N) 80		CBC News Now (N) O	Kld vs. Kat Almost	SportsCen- tre 30	CTV Morn- Ing Live	Nerve Center 30	Justin ANT Farm	CityLine (N) III		Gotta Ea
_	:30 AM			Rob Robot Kate and	Arthur Odd Squad	Today Kevin		Hunter Criminal	Good Morn-		(N)	You & Me		SportsCen-	(N)	Don't Drive	Jessie 80	Let's Make		Moves
7	:30	der: SVU		Wild Kratts	Wild Kratts	Costner; Giada De	Morning (N)	Minds O	Ing America (N) 89			Arthur O	Chucks	tre MC		Here	Austin	a Deal (N)		Moves
8	AM :30	Law & Or- der: SVU		PAW Patrol Curlous	Curlous	(N) O 80		Criminal Minds O			Morning Huntley St.	Moblees	T.U.F.F. Wayside	SportsCen- tre 90		Dude, You're	Dog Wizards	The Price Is Right (N)		Security
	AM	Millionalre	Morning	Space	Peg Peg		The 700	CSI: Miami	Livel Kelly	Morning	Rachael	Super Why!	100.000	SportsCen-	Livel Kelly		Doc McSt.	FamFeud	Training	The Dea
9	:30	Millionalre	Huntley St.	Astroblast	Tiger		Club n 30	0 22	and Michael	Huntley St.	Ray O 80	Napkin	Almost	tro SG	and Michael		Henry	FamFeud	Denzel Washington.	Files O
10	:30	-	Rachael Ray O 20	G. Shrinks PAW Patrol	Sesame Street ()		The Price Is Right (N)	O EC	O 30	Rachael Ray O 80	Sugar III Debt/Part	Bookaboo Bo On/Go	Spliced O Kid vs. Kat	SportsCen- tre @@	O Es	Mayday 53	Never Land Sofia	O.80		Myster- les at th Castle
14	AM		Sugar Re	Jelly Jamm	(EI) Dinosaur	Hot Bench	Young &	Criminal	Paid Prog.	Sugar 20	Noon News	Heartland	Monster	Off Record	Marilyn	Edge of Alaska	Lalaloopsy	General	Jall 🗺	Security
1 1	:30		Debt/Part	Dinosaura	Sit & Be Fit	Hot Bench	Restless	Minds O	Anti-Aging	Debt/Part	Hour (N)	EQ (DVS)	Rated A Chucks	SC Top 10	Denis CTV News	Last Fron-	ANT Farm	(N) O	Movie: *** "Training	Security
12	PM :30		Noon News Hour (N)	PAW Patrol Kate and	Rose 6 30	Pald Prog. Poppy Cat	News Bold	Minds O	O EQ	Noon News Hour (N)	Days of our Lives (N)	Now (N) O	Squirrel	Hockey Lunch	Vancouver	tier	Win, Lose Wizards	Celebrity	Day" (2001) Denzel	Security
1	PM		Days of our	Astroblast	Painting	Days of our Lives (N)	The Talk	The First 48	General Hospital	Days of our Lives (N)	The Talk	Recipes	Almost	Table Ten-	The Social	Gold Rush - The Dirt O		CityLine 88	Washington.	The Dec
- 1	:30		Lives (N)	Dragon	Knit		Let's Make	The First 48	(N) O	The Talk	Meredith	Stefano Steven and	Monster Wayside	Hockey	Dr. Phil	Gold Rush	Good Luck Phineas	CityNews at	Contractor	Ghost
2	PM :30	The Middle	O BO	Dinosaurs	Thomas Sesame St.	TMZ (N) O ThisMinute	a Deal (N)	0 50	Latifah	O RC	Vielra	Chris (N) O	Kld vs. Kat	Hockey	O III	"Gold Road"	ANT Farm	5 (N) 100	Contractor	Advent
3	PM	Seinfeld	Meredith Vielra	Dive, Olly	Curious	Ellen DeGeneres	The Dr. Oz	Nightwatch	Rachael Ray O EG	Meredith Vielra	Young & Restless	Republic of Doyle O	Sidekick	SportsCen- tre (N) III	Ellen DeGeneres	How/Made	ANT Farm	(2:59) CityNews at	Contractor	Gotta E
3	:30	Mod Fam		Jelly Jamm	Cat in the WordGirl	Show	Dr. Phil	The First 48		Young &	Early News	Dragons'	Nerds SpongeBob		Show The Dr. Oz	How/Made Daily Plane	Good Luck	6 (N) Mod Fam	Contractor	Eat St.
4	PM :30	Big Bang Big Bang	Young & Restless	Kate and Magic Bus	Wild Kratts	Jdg Judy Jdg Judy	0 80	0 00	tors O 30	Restless	Global Nat.	Den O	Rabblds	Draft	Show III	(N)	Jessie III	Mod Fam	Contractor	Moves
5	PM	Browns	Nows (N) 80	Jack 80	News	News	News	The First 48	News	Early News	(4:59) News Hour (N)	CBC News	Parents	2015 Australian	CTV News Vancouver	Misfit Ga- rage (N)	Jessie RO	Sunnyside	Movie: *** Training	Securit
3	:30	Payne	Global Nat.	Wild Kratts Watchers	Business PBS News-	NBC News	CBS News	The First 48	ABC News	Global Nat.	ET Canada	CBC News	SpongeBob Sam & Cat	Open Ten- nls: Men's	CTV News	Billy Bob's	Liv-Mad.	(5:31) Mom Scandal (N)	Day" (2001) Denzel	Securit
6	PM :30	Payne	News	Park	Hour (N) SE	Basketball: Portland at	News at 6 (N)	(N) 0 EE	News	Hour (N)	Ent	Murdoch	Assembly	First Semi- final, From	Vancouver	Gags	K.C. Under.	O EE	Washington.	
7	PM	Mod Fam	Ent	Waterfront	NW Profi	Gonzaga.	Inside Ed.	Nightwatch (N) 6 80	Ent	Ent	Elementary (N) O BE	Myster- les O	Nicky	Melbourne, Australia. (N	Grey's Anatomy	Moonshin- ers (N) 80	I Didn't	Backstrom "Bella" (N)		Myster- les at ti
-	:30	Seinfeld ()	ET Canada		Friendship Poirot O 🖾	The Biggest	Access H.	(8:02) Night	The Insider Grey's	ET Canada Celebrity	Celebrity	Coronation The Nature	Henry Gags	Same-day Tape)	(N) O Big Bang	Street	l Didn't Dog	CityNews-	Repo Movie: ***	Castle
8	PM :30	Family Guy	Celebrity Apprentice	Lost King- doms of	Poirot () ac	Loser "Live Finale" O 00	(0:21) Mam	watch MD	Anatomy (N) O		Apprentice	of Things	Gags		Goldbergs	Outlaws	Good Luck	Tonight (N)		Advent
0	PM	Amer. Dad	Bad Judge	Movie:	Death in		Two Men	(9:01) The First 48 🕮	Scandal (N)	The second secon		Doc Zone (N) O	Vampire	SportsCen- tre (N) III	Two Men	Misfit Garage	Next Step	EP Daily	Denzel Washington	Securit
9			-	Size Me* (2004) E	-		McCarthys	1	Get Away	Behind the Elementary	C. L. St. of Book	The	Vampire Haunting	SportsCen-	McCarthys Get Away	Billy Bob's	Wingin' It Good Luck	Reviews on Extra (N)		Securit
	PM		Elementary (N) O SE	(2004) 12		Parenthood		(10:01) The First 48 O	With	(N) O ED	Final (N)	National	Haunting	tre (N) SS	With	Gags	Win, Lose	G. Martin	Jail @0	Unknov
10	:30	Break	1000					The second second	Murdar			(N) EST	Imaming		Murder					
10	:30 PM	The Last	CHBC News	PE 0.45, 1,3-4,711 School School	Charlle	News	News	(11:01)	Murder KXLY 4	News Hour		(N) EE CBC News	Gags	SportsCen-	Murder News-Lisa	Moonshin-	Wizards	Pald Prog.	Jall 🖾	Myster- les at th
10 11	-	"The Last Castle"	CHBC News Final (N)	Waterfront Citles	Charile Rose (N) 80	News J. Fallon	News Letterman	(11:01) Nightwatch		News Hour Final (N)	ET Canada Doctors			SportsCen- tre EB		Moonshin- ers () 20		Pald Prog.	Jail 🖾	Myster- les at th Castle
11	PM :30	"The Last Castle"	Final (N)	Cities	Rose (N) 30		12 Sept.		KXLY 4			CBC News	Gags		News-Lisa	The state of the s	Wizards			les at th
11	PM :30	The Last Castlo*  Y, JAN  WTBS	Final (N)  IUARY  CHBC	30, 20	Rose (N) 80	J. Fallon	Letterman	Nightwatch	J. Kimmel	Final (N)	Doctors	Mercer  CBC	Gags Gags	tre sa	News-Lisa CTV News	ors o an	Wizards Life Derek	Paid Prog.	Jail Mt	DTO!
11 FRI	PM :30	The Last Castle*  Y, JAN  WTBS ch.3	Final (N)	30, 20	Rose (N) 50 15 KSPS ch.6	J. Fallon	KREM ch.8	Nightwatch	J. Kimmel	Final (N)	Doctors	CBC News Mercer	Gags Gags	tre sa	VTV ch.22	ers O 20	Wizards Life Derek	Paid Prog.	Jail Sti	DTOI ch.4
11	PM :30	The Last Castle*  Y, JAN  WTBS ch.3	Final (N)  IUARY  CHBC ch.4	30, 20 KNOW ch.5 G. Shrinks	Rose (N) 50 15 KSPS ch.6	J. Fallon KHQ ch.7	KREM ch.8	A&E ch.9	J. Kimmel  KXLY ch.10	BCTV ch.11	CITV ch.12	CBC News Mercer  CBC ch.13	Gags Gags YTV ch.18	TSN ch.19	News-Lisa CTV News  VTV ch.22	DISC ch.24	Wizards Life Derek FAM ch.26	Paid Prog.  CITY ch.29	SPIKE ch.44	DTOI ch.4
11 FRI	PM :30 DA AM :30 AM	'The Last Castlo* VY, JAN WTBS ch.3 Community	IUARY CHBC ch.4 Morning	30, 20 KNOW ch.5 G. Shrinks Rob Robot Kate and	Rose (N) 80  15  KSPS ch.6  Clifford  Arthur  Odd Squad	KHQ ch.7	KREM ch.8 KREM 2 Morning News CBS This	A&E ch.9	KXLY 4 J. Kimmel  KXLY ch.10  Morning	BCTV ch.11 Morning News (N) 55	CITV ch.12 (5:00) Morning News	CBC News Mercer  CBC ch.13  CBC News Now (N) O	Gags Gags  YTV ch.18 Kid vs. Kat Almost Squirrei	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26  Justin ANT Farm Jessie RII	CITY ch.29	SPIKE ch.44 Tattoo Tattoo	DTOI ch.4 Security Lost-Se
11 FRI	PM :30 DA AM :30 AM :30	The Last Castle*  V, JAN  WTBS ch.3  Community  Community  Law & Order: SVU	IUARY CHBC ch.4 Morning	30, 20 KNOW ch.5 G. Shrinka Rob Robot Kate and Wild Kratts	Rose (N) 80  15  KSPS ch.6  Clifford  Arthur	KHQ ch.7 KHQ Nows 6AM (N) Today Octa-	KREM ch.8 KREM 2 Morning News CBS This	A&E ch.9 Dog the Bounty Hunter Criminal	KXLY 4 J. KImmel  KXLY ch.10  Morning Northwest  Good Morn-	BCTV ch.11 Morning News (N) 55	CITV ch.12 (5:00) Morning News	CBC News CBC Ch.13 CBC News Now (N) O	Gags Gags  YTV ch.18 KId vs. Kat Almost	TSN ch.19 SportsCentre Ett	VTV ch.22 CTV Morning Live Vancouver	DISC ch.24  Jackedt IIII (DVS)	Wizards Life Derek  FAM ch.26 Justin ANT Farm	CITY ch.29 CityLine (N) Ed	SPIKE ch.44 Tattoo	DTOI Ch.4 Security Security Lost-Se
11 FRI	PM :30 DA AM :30 AM :30	The Last Castle*  Y, JAN  WTBS ch.3  Community  Community  Law & Or-	IUARY CHBC ch.4 Morning	30, 20 KNOW ch.5 G. Shrinka Rob Robot Kate and Wild Kratts	Rose (N) 80 15 KSPS ch.6 Clifford Arthur Odd Squad Wild Kratts	KHQ ch.7 KHQ News 6AM (N) Today Octavia Spencer; football. (N)	KREM ch.8 KREM 2 Morning News CBS This Morning (N)	A&E ch.9 Dog the Bounty Hunter Criminal Minds O	KXLY 4 J. Kimmel  KXLY ch.10  Merning Northwest  Good Merning America	BCTV ch.11 Morning News (N) 55	CITV ch.12 (5:00) Morning News (N)	CBC News Mercer  CBC ch.13 CBC News Now (N) O  You & Me Arthur O	Gags Gags  YTV ch.18 Kid vs. Kat Almost Squirrel Chucks	TSN ch.19 SportsCentre ED SportsCentre ED	VTV ch.22 CTV Morning Live Vancouver	DISC ch.24  Jackedt III (DVS)  Greatest Know-it-Ali	FAM ch.26 Justin ANT Farm Jessie RB	CITY ch.29 CityLine (N) SEE	SPIKE ch.44 Tattoo Tattoo Tattoo	les at th
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11 FRI 6 7	PM :30 DA AM :30 AM :30 AM :30 AM :30	The Last Castle*  V, JAN  WTBS ch.3  Community  Community  Law & Order: SVU  Millionalre  Millionalre  Divorce	Final (N)  IUARY  CHBC ch.4  Morning News (N) 80	30, 20 KNOW ch.5 G. Shrinka Rob Robot Kate and Wild Kratta PAW Patrol Curlous Space Astroblast	Rose (N) 80  15  KSPS ch.6  Clifford  Arthur  Odd Squad  Wild Kratts  Curlous  Curlous  Peg  Tiger	KHQ ch.7 KHQ News 6AM (N) Today Octavia Spencer; football. (N)	KREM ch.8 KREM 2 Morning News CBS This Morning (N) A RG	A&E Ch.9 Dog the Bounty Hunter Criminal Minds O Criminal Minds O Shipping Shipping	KXLY 4 J. Kimmel  KXLY ch.10  Morning Northwest  Good Morning America (N) 33	BCTV ch.11 Morning News (N) ES	CITV ch.12 (5:00) Morning News (N)  Morning Huntley St. Rachael Ray O ED	CBC News Mercer  CBC ch.13  CBC News Now (N) O  You & Mo Arthur O  Moblees Tiger  Super Whylin	Gags Gags  YTV ch.18 Kld vs. Kat Almost Squirrel Chucks T.U.F.F. Wayside Sidekick Almost	TSN ch.19 SportsCentre ED SportsCentre EE SportsCentre EE SportsCentre EE	VTV ch.22 CTV Morning Live Vancouver (N) Livel Kelly and Michael	DISC ch.24  Jackedt IIII (DVS)  Greatest Know-it-Ali  Myth-Busters O Bill Plane ESI (DVS)	FAM ch.26 Justin ANT Farm Jessie RM Austin Dog Wizards Doe MeSt. Henry	CITY ch.29 CityLine (N) Ma Let's Make a Deal (N) The Price Is Right (N) FamFeud	SPIKE ch.44 Tattoo	DTOUCH.4 Security Security Lost-Security Security The Dee
111 66 7 8	PM :30 DA AM :30 AM :30 AM :30 AM :30 AM	The Last Castle*  V, JAN  WTBS ch.3  Community  Community  Law & Order: SVU  Millionaire  Millionaire  Divorce  Divorce  Judge	Final (N)  JUARY  CHBC ch.4  Morning News (N) 80  Morning Huntley St. Rachael Ray O 80	Cities  30, 20  KNOW ch.5 G. Shrinks Rob Robot Kate and Wild Kretts PAW Patrol Curlous Space Astroblast G. Shrinks PAW Patrol Jelly Jamm	Rose (N) 80  KSPS ch.6  Clifford  Arthur  Odd Squad  Wild Kratts  Curlous  Peg  Tiger  Sesame  Street 0 (Ei)  Dinosaur	KHQ ch.7 KHQ News 6AM (N) Today Octavia Spencer; football. (N) O EG	KREM ch.8 KREM 2 Morning News CBS This Morning (N)  RE  The 700 Club O Ed  The Price is	A&E Ch.9 Dog the Bounty Hunter Criminal Minds O Criminal Minds O Shipping Shipping Shipping Shipping Shipping	KXLY 4 J. Kimmel  KXLY ch.10  Morning Northwest Good Morning America (N) 32  Livel Kelly and Michael  The View O 88	BCTV ch.11 Morning News (N) 55  Morning Huntley St. Rachael Ray O 85	CITV ch.12 (5:00) Morning News (N)  Morning Huntley St. Rachael Ray O ED	CBC News Mercer  CBC ch.13 CBC News Now (N) O  You & Me Arthur O  Moblees Tiger Super Whyl Napkin Bookaboo	Gags Gags  YTV ch.18 Kid vs. Kat Almost Squirrel Chucks T.U.F.F. Wayside Sidekick Almost Spliced O Kid vs. Kat Monster	TSN ch.19 SportsCentre ED SportsCentre ED SportsCentre EE SportsCentre EE SportsCentre EE Off Record	VTV ch.22 CTV Morning Live Vancouver (N)	DISC ch.24  Jackedt IIII (DVS)  Greatest Know-it-Ali  Myth-Busters O Bill Plane ESI (DVS)	FAM ch.26 Justin ANT Farm Jessie Rel Austin Dog Wizards Doe MeSt. Henry Never Land Sofia Lalaloopay	CITY ch.29 CityLine (N) IMI Let's Make a Deal (N) The Price Is Right (N) FamFeud The Chew O IMI General Hospital	SPIKE ch.44 Tattoo	DTOL ch.4 Security Security Lost-Se Security
11 FRI 6 7 8 9 10	PM :30  DA  AM :30  AM :30  AM :30  AM :30  AM :30  AM :30	The Last Castle*  Y, JAN  WTBS ch.3  Community  Community  Law & Order: SVU  Millionaire  Millionaire  Divorce  Divorce	Final (N)  IUARY  CHBC ch.4  Morning News (N) 20  Morning Huntley St. Rachael Ray O 20	XNOW ch.5 G. Shrinks Rob Robot Kate and Wild Kratts PAW Patrol Curlous Space Astroblast G. Shrinka PAW Patrol	Rose (N) 80  15  KSPS ch.6  Clifford  Arthur  Odd Squad  Wild Kratts  Curlous  Curlous  Peg  Tiger  Sesame  Street 0 (EI)	KHQ ch.7 KHQ News GAM (N) Today Octavia Spencer; (ootball. (N)	KREM ch.8 KREM 2 Morning News CBS This Morning (N) A 82 The 700 Club O 82 The Price is Right (N) Young &	A&E Ch.9 Dog the Bounty Hunter Criminal Minds O Criminal Minds O Shipping Shipping Shipping Shipping	KXLY 4 J. Kimmel  KXLY ch.10  Morning Northwest  Good Morning America (N) 20  Livel Kelly and Michael  The View O 20	BCTV ch.11 Morning News (N) 55  Morning Huntley St. Rachael Ray O 25	CITV ch.12 (5:00) Morning News (N)  Morning Huntley St. Rachael Ray O ES  Sugar O Debt/Part Neon News Hour (N)	CBC News Mercer  CBC ch.13  CBC News Now (N) O  You & Mo Arthur O  Moblees  Tiger  Super Whyl Napkin  Bookaboo  Bo On/Go  Heartland	Gags Gags  YTV ch.18 Kid vs. Kat Almost Squirrel Chucks T.U.F.F. Wayside Sidekick Almost Spliced O Kid vs. Kat	TSN ch.19 SportsCentre ED SportsCentre ED SportsCentre EE SportsCentre EE SportsCentre EE SportsCentre EE	VTV ch.22 CTV Morn- Ing Live Vancouver (N)  Livel Kelly and Michael The View O ES  Marilyn Denis CTV News	DISC ch.24 Jackedt Ell (DVS) Greatest Know-it-All Myth-Busters O Ell Daily Plane Ell (DVS) Mayday Ell Overhaulin Top 10 Ell Misfit	FAM ch.26 Justin ANT Farm Jessie 89 Austin Dog Wizards Doc McSt. Henry Never Land Sofia	CITY ch.29 CityLine (N) Mil Let's Make a Deal (N) The Price Is Right (N) FamFeud The Chew O Mil General	SPIKE ch.44 Tattoo	DTOUCH.4 Security Security Lost-Se Security Security The Dee Files O Security Security Security Security Security
111 6 7 8 9	PM :30  DA  AM :30  AM :30  AM :30  AM :30  AM :30  AM :30	The Last Castle*  Y, JAN  WTBS ch.3  Community  Law & Order: SVU  Law & Order: SVU  Millionaire  Divorce  Divorce  Judge  Judge  Hot Bench	Final (N)  JUARY  CHBC ch.4  Morning News (N) 80  Morning Huntley St. Rachael Ray O 20  Sugar O  Debt/Part	Cities  30, 20  KNOW ch.5 G. Shrinks Rob Robot Kate and Wild Kratts PAW Patrol Curlous Space Astroblast G. Shrinks PAW Patrol Jelly Jamm Dinosaurs	Rose (N) 80  KSPS ch.6  Clifford  Arthur  Odd Squad  Wild Kratts  Curlous  Peg  Tiger  Sesame  Street 0  (EI)  Dinosaur  Sit & Be Fit	KHQ ch.7 KHQ Nows 6AM (N) Today Octavia Spencer; football. (N)  • sc	KREM ch.8 KREM 2 Morning News CBS This Morning (N) O RE  The 700 Club O RE The Price Is Right (N) Young & Restless	A&E ch.9 Dog the Bounty Hunter Criminal Minds O  Criminal Minds O  Shipping Shipping Shipping Shipping Shipping Shipping	KXLY 4 J. Kimmel  KXLY ch.10  Morning Northwest  Good Morning America (N) 20  Livel Kelly and Michael  The View O 20  Paid Prog.	BCTV ch.11 Morning News (N) SS  Morning Huntley St. Rachael Ray O SS  Sugar O Debt/Part	CITV ch.12 (5:00) Morning News (N)  Morning Huntley St. Rachael Ray O EE  Sugar O Debt/Part Neon News Hour (N)	CBC News Mercer  CBC ch.13 CBC News Now (N) O  You & Me Arthur O  Moblees Tiger Super Whyl Napkin Bookaboo Bo On/Go Heartland	Gags Gags  YTV ch.18 Kid vs. Kat Almost Squirrel Chucks T.U.F.F. Wayside Sidekick Almost Spliced O Kid vs. Kat Monster Rated A	TSN ch.19 SportsCentre ED SportsCentre ED SportsCentre ED SportsCentre ED Off Record Top 10 SportsCentre ED	VTV ch.22 CTV Morning Live Vancouver (N) Livel Kelly and Michael The View O ES Marilyn Denis CTV News Vancouver	DISC ch.24  Jackedt IIII (DVS)  Greatest Know-it-All  Myth-Busters O BB Daily Plane EE (DVS)  Mayday BB Overhaulin' Top 10 BB Misfit Garage	FAM ch.26 Justin ANT Farm Jessie R Austin Dog Wizards Doc MeSt. Henry Never Land Sofia Lafaloopsy ANT Farm Win, Lose Wizards	CITY ch.29 CityLine (N) MI Let's Make a Deal (N) The Price Is Right (N) FamFeud The Chew O MI General Hospital (N) O Celebrity	SPIKE ch.44 Tattoo Cops Sc	DTOI Ch.4 Security Security Lost-S Security The Despendence of Security
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Shrinka PAW Patrol Jelly Jamm Dinosaurs PAW Patrol Kate and Astroblast Dragen Dinosaurs Curlous Dive, Oily Jelly Jamm Kate and Megle Bus Jack #0 Wild Kratta Waterfront Cities Coast 6 #6 Return to Cranford #6 The Inspector Lynley Mysteries EE	Rose (N) 80  Rose (N) 80  KSPS ch.6  Clifford  Arthur  Odd Squad  Wild Kratts  Curlous  Peg  Tiger  Sesame Street 0 (EI)  Dinesaur  Sit & Be Fit  Charile Rose 0 80  Antiques  Travel  Thomas  Sesame St.  Curlous  Cat in the  WordGirl  Wild Kratts  News  Business  PBS News- Hour (N) 80  Wesh  Charile  Doc Martin  Mowament*	KHQ ch.7 KHQ News 6AM (N) Today Octavia Spencer; football. (N)	KREM ch.8 KREM 2 Morning Nows CBS This Morning (N) A 88  The 700 Club O 88 The Price is Right (N) Young & Restless News Bold The Talk O 80 Let's Make a Deal (N) The Dr. Oz Show 80 Dr. Phill O 86  News CBS News KREM 2 News at 6 (N) Inside Ed. Access H. 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### 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 offi-cer 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 offi-cer 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 offi-cer who wants to include him in his

#### **EVENING**

8:00 pm SPIKE ch.44 "Training Day" (2001, Crime Drama) Denzel Washington. A rookie cop meets a corrupt Los Angeles narcotics offi-cer who wants to include him in his

9:00 pm KNOW ch.5 "Super Size Me" (2004, Documentary) (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 personal-ity kidnaps it. (In Stereo) (CC) 8:00 pm FAM ch.26 "Teen Beach Movie" (2013, Musical) Ross Lynch.

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 exlicts the help of two teenage wastes asnote after a violent storin 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 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

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

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 abil-

ities.
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

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 allpromising 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.

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e-mail: george@thenewsleader.ca brenda@thenewsleader.ca

#### SATURDAY, JANUARY 31, 2015

6 AM	On Snot	ch.4	ch.5	KSPS ch.6	Ch.7	Ch.8	A&E ch.9	Ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	ch.29	SPIKE ch.44	DTOUR ch.45
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AM	STORY SHAPE AND REAL PROPERTY.	Saturday	Kate and	MotorWeek	News Sat- urday 7AM	Lucky Dog	Criminal	Good	Saturday	news with	Animal	Squirrel	English		Ice Cold	Wizards	Eye/Asia	Bar Rescue	Security
:30		Morning News (N) III	PAW Patrol	Greener		Dr. Chris	Minds O	Morning America	Morning News (N) 30	Kent Mor- rison. (N)	Super Whyl	Nerds	Premier League		Gold 30	Gravity	Buy Low	0	Security
AM	Trust Dale		Curlous	Woodsmith		Innovation	Criminal	Hanna .			Artzooka	Chucks	Soccer	Canada AM	Mayday 🛚	ANT Farm	Polish	Bar Rescue	Border
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PM	1st Family	Simpsons	Waterfront	Globe Trek-	Joint Relief		The First 48	Love on Ice	Simpsons	"Concrete Canyons"	National	Primate" ()	Sports	Cash Cab	How/Made	Good Luck	CityNews	Cops ssi	Lost-Sold
2	Box Office	Movie: **	Cities	ker O	Buy Ladder	lywood (N)	0 30	(N) Est	Movie: **	(2009)	Hockey		Curling: M	Cash Cab	How/Made	Wizards	CityNews	Cops 160	Lost-Sold
	Community	"Concrete	Death	Steves	Pald Prog.	Pald Prog.	The First 48		"Concrete Canyons"		NHL	Movie:	& M Meat Shops	Marilyn	How/Made	ANT Farm	NHL	Cops 20	Security
/	Community	Canyons" (2009)	of a Sea Monster	NW Profi	Jdg Judy	Changers	0 36	World Champ.	(2009)	Global Nat.	Hockey: To-	*MXP: Most Xtreme	Cana-	Denis	How/Made	Dog	Hockey: Teams TBA.	Cops (SC)	Security
PM	The Middle		Lost King-	Last/Wine	News	News	The First 48	-		News Hour	Leafs at	Primate*	dian Juniors Women's	The Social	Gold Rush	Jessie 🕅	(N) (Live)	Cops (N)	Security
F0 1	The Middle	Global Nat.	doms of	Walt	NBC News	CBS News	OBB	ABC News	Global Nat.	(N)	Philadelphia Flyers. (N)	(2003) 0	Final. (N) EG	etalk 🗺	"Gold Road"	Austin		Cops It	Security
	Movie: *1	(5:59) News	Hope for	Lawrence	News	News	The First 48	News at 6	(5:59) News	16x9 *In	O (Live) 36	Cook'd (N)		CTV News	Street	K.C. Under.		Vegas	Ghost
6	"The Tux-	Hour (N)	Wildlife @	Welk	Blue	Pald Prog.	ORC	The Insider	Hour (N)	Harm's Way*		Cook'd ()	SportsCen-	Vancouver	Outlaws	Liv-Mad.		Cops &C	Adventures (N)
PM	edo" (2002) Jackie	16x9 *ln	Crocodile	Keep Up	Bloods	White Col-	(7:01) The	Entertain-	16x9 "In	Vikings ac	NHL	Assembly	tre (N) %C	W5 O BS	Misfit	Girl Meets	CityNews	Commer-	The Dead
7 :30	Chan.	Harm's	King se	As Time	Super Bowl	lar so	First 48 an	ment Tonight	Harm's Way*	(DVS)	Hockey: Edmonton	Max	SC Top 10	(DVS)	Garage	Austin	Weekend (N)	clais 2014	Files (N) 35
	Family Guy	Way*	Heartbeat	Movie:	SNL Sports	Hawall Five	(8:02) Night	-	Vikings 🕮	Vikings	Oilers at	Movie:	E:60 Ed	Blg Bang	Ice Lake	I Didn't	CityNews	Cops III	Ghost
22	Family Guy	(DVS)	O DEL	***		0 0 80	watch its	nounced	(DVS)	"Unforgiven"	Calgary Flames. (N)	*** Big* (1988) Tom		Anger	Rebels 30	ANT Farm	Weekend (N)	Cops Bill	Adventures
		Vikings	A Touch of	"Network" (1976) Peter	NFL Honors	Criminal	(9:01) The		Vikings	Parenthood	A / han 1 921	Hanks. O	SportsCen-	NFL Honors	Street	Next Step	The Beat	Vegas	Ghost
0	Seinfeld O	"Unforgiven"		Finch	(N) O	Minds "X"	First 48 BE		"Unforgiven"	an (DVS)	-		tre (N) Rd	(N) O	Outlaws	Wingln' It	G. Martin	Cops #0	Adventures
***************************************	King	Parenthood		Front and	1	48 Hours	(10:01) The		Parenthood	News Final	Post Show	Chucks	SportsCen-		Misfit	Movie:	CityLine (20)		The Dead
10	King	an (DVS)	Park	Center 80	111	(N) 0 20	First 48 O		BEI (DVS)	(10:35)	News	Open Heart	tre (N) #£		Garage	"Jump In!" (2007) 0 20		clais 2014	Files O M
	-	News Final		Austin City	News	News	(11:02) The	Scandal	News Final	Saturday Night Live	Republic of	ORE	SportsCen-	News	Gold Rush	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Pald Prog.	Cops IIC	The Dead
11 :30	Kinndom*	SNL	Cities	Limits (N)	SNL	The Closer	First 48 0	0 22	SNL	(N) as	Doyle O	Open Heart	tre RE	CTV News	"Gold Road"	Life Derek	Pald Prog.	Cops Mil	Files () GC

### 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 mis-

**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 miss-

ing. (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, Voices of Megan Comedy) 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, 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

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, Hephaestus and Poseidon's son to

rescue Zeus from the underworld, defeat the Titans mankind. (In Stereo) and save

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 Oueen Andromeda, Hephaestus 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" Comedy) Witherspoon. Fired from her firm, a young Boston lawyer heads to Washington, D.C., to fight for animal rights.

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	AM	Pald Prog.	In a Name	G. Shrinks	Mr. Rogers	Today (N)	Pald Prog.	Dog the	Pald Prog.	In a Name	Sunday	Super Whyl	Sidekick	English	World Vi-	Mighty.	Wingin' It	Pald Prog.	Off Road	Fishful
6	:30	Pald Prog.	Operation	Rob Robot	WordWorld	O GG	Pald Prog.	Bounty Hunter	McCarver	Operation	Morning News (N)	Poko 🖾	Charmers	Premier League	sion	Ships Mil	Slug Terra	Church	Englne	Paid Prog.
2009	AM	The Office	(1-1400) T. A. A. A. A	Kate and	Super Whyl	KHQ News	CBS News	Nightwatch	Good	Sunday	3.7	News	Charmers	Soccer	Marilyn	Highway	Wizards	Eye/Asia	Truck Tech	Expedition
1	:30	Atl. Eats	Morning News (N) 88	PAW Patrol	Space	Invest	Sunday Morning	0 (60	Morning America	Morning News (N) 80		Artzooka	Pet Shop	Reporters	Denis	Thru Hell	Gravity	Operation	Muscle	Unknown O
0	AM	The Office		Curlous	Curlous	Meet the	(N) IKE	Nightwatch	This Week			Coronation	Pet Shop	SportsCen-	Question	Cold Water	ANT Farm	Smile (%)	Cops (S)	Mysteries-
0	:30	Pald Prog.		Upsido	Cat in the	Press (N) 30	The Nation	O REC				Coronation	Nicky	tre @0	Period . (N) O	Cowboys	Dog	Festival di	Cops III	Museum
0	AM	Movie: **	- 5	Dino Dan	SciGirls 0	Make	To Be An-	Criminal	Outback		Block	Coronation	Sam & Cat	Curling: M	World VI-	Highway	Austin	Lombardi	Cops IIII	Ghost
9	:30	"Duplex" (2003) Ben		Arthur O	The Impact	Football	nounced	Minds () 30	Explore		Context	Coronation	Henry	& M Meat Shops Ca-	sion (R)	Thru	I Didn't	Pre-Game	Cops 🕅	Adventures
10	AM	Stiller.	Block	Wild Kratts	Inside	Super Bowl	Collega	Criminal	Movie: **	Block	J. Osteen	Coronation	Max	nadian Ju- niors: Men's	Super Bowl	Highway	K.C. Under.	NHL Hock-	Cops IIII	Ghost
10	:30		Context	Little	Olympia O RG	game (N) O	Basketball: Michigan at	Minds O &d	"The Game Plan" (2007,	Context	Pald Prog.	M'ketplace	Assembly	Semifinal.	XLIX Pre- game (N) O	Thru Hell	Jessie 📟	ey: Arlzona Coyotes at	Cops IIII	Adventures
44	AM	Movie: **	J. Osteen	Little	America	(Live) IN	Michigan	Criminal	Comedy)	J. Osteen	16x9 *In	Our Van-	Hathaways	(N) (EE)	(Live) 🖾	Gold Rush	Liv-Mad.	Montreal Canadiens.	Cops 👊	Ghost
11	:30	"The Ex- pendables"	Pald Prog.	Annedrolds	Focus		State.	Minds O 89		Pald Prog.	Harm's Way*	couver titl	Thunder			"Gold Road"	Girl Meets	(N) (Live)	Cops IIII	Adventures
10	PM	(2010,	Noon News	Animals	African		PGA Tour	Criminal	Designing	Noon News	Ice Pilots	Land/ Sea	Thunder	PGA Tour		Overhaulin'	Movie: ***		Cops 🖽	Ghost
12	:30	Action)	Hour (N)	Animais	Americans		Golf: Waste Manage-	Minds O	Pald Prog.	Hour (N)	"Big Boost"	One/One	Undercover	Golf: Waste Manage-		Top 10 III	"Cow Belles" (2006)		Cops 🖾	Adventures
-4	PM	Movle:	Ico Pilots	Waterfront	African		ment Phoe- nix Open,	Criminal	Pald Prog.	Ice Pilots	SImpsons	Steven and	Cook'd O	ment Phoe- nix Open,		Misfit		Mod Fam	Cops	Expedition
1	:30	***% "Shrek"	NWT O	Cities	Americans		Final Round.	Minds O	Pald Prog.	NWTO	Simpsons	Chris O	Assembly	Final Round.		Garage	Gravity	Storage	Cops 🚳	Unknown O
2	PM	(2001) Eddie Murphy	Simpsons	Watchers	African Americans		(N) 100	Criminal Minds O #0	To Be An-	Simpsons	SImpsons	The Nature	Movie: **	(N) Ed		Myth-	Phineas	Liquidator	Cops 🖾	Myster-
2	:30	widipity	Simpsons	Park	Americans			Minds () so	nounced	Simpsons	Movie: **	of Things	"Curious George"			O Sil	The 7D (N)	Liquidator	Cops 🕮	Castle
0	PM	Blg Bang	Simpsons	Hope for	African		Pald Prog.	Criminal		Simpsona	"You Lucky Dog" (2010,	Skling	(2006) 0	Sports	Super Bowl	Cash Cab	Good Luck	CityNews	Cops 🕅	Security
3	:30	Blg Bang	Movie: **%	Wildlife RG	Americans	XLIX: New England	Pald Prog.	Minds O III		Movie: **%	Drama)			Curling: M	XLIX: New England	Cash Cab	Good Luck	CityNews	Cops Rd	Security
A	PM	Blg Bang	"You Lucky Dog" (2010,	South Pa-	African	Patriots vs. Seattle Se-	Backroads	Criminal	Streets of	"You Lucky Dog" (2010,			Movie: **	& M Meat Shops	Patriots va. Seattle Se-	How/Made	ANT Farm	Storage	Cops Mi	Museum
4	:30	Blg Bang	Drama)	cific O M4	Americans	ahawks. (N)	Inside Edit.	Minds O 30	S.F.	Drama)	Global Nat.		"Jimmy Neu- tron: Boy	Cana- dian Juniors:	ahawks. (N)	How/Made	Dog	Liquidator	Cops 🕅	Secrets 0
E	PM	Mod Fam		Tudor	African	n (Live) sc	News	Criminal	News		(4:59) News		Genius*	Men's Final.	n (Live) RO	To Be An-	Jessie IIII	Brooklyn	Cops RG	Museum
5	:30	Mod Fam	News	Monastery Farm	Americans		CBS News	Minds O 30	ABC News	Global Nat.	Hour (N)	"101 Dalma- tlans" (1996)		(N) (Live) 80		nounced	Austin	Brooklyn	Cops 20	Secrets [2]
C	PM	Movie: ***	Global Nat.	Architects	British		KREM 2	Criminal ,	News at 6	(5:59) News	Parker	U RO	Movie:			To Be An-	K.C. Under.	Family	Cops IIII	Mysteries-
0	:30	"The Family Man" (2000)	News	of Change	Baking		News at 6 (N)	Minds O BD	Estate	Hour (N)	Simpsons		**** The	Hockey		nounced	Liv-Mad.	Family	Cops IIII	Museum
7	PM	Nicolas Cage.	(7:15) The	Kingdom of	Masterplece		60 Minutes	(7:01)	Funnlest	(7:15) The	(7:15) The	Heartland	(1999) 0	SportsCen-	TBA	Last Fron-	Girl Meets	(7:01)	Cops IIII	Myster-
1	:30	Cage.	Blacklist Red is ar-	the Cobra	Classic O	Blacklist (N)	(N) O IIII	Criminal Minds	Homa Videos	Blacklist Red is ar-	Blacklist Red is ar-	(N) O		tre (N) (Live)	TBA	tier	Austin	Revenge O III	Cops 🕅	Castle
0	PM		rested.	Poirot Sad	Masterplece	And the state of t	(8:01) NCIS	(8:02)	Funnlest	rested.	rested.	Life Story	Chucks		Once Upon	Myth-	l Didn't	CityNews	Cops IIII	Museum
8	:30	The Closer	Parker	Cypress* III	Classic (N)	11	ma (DVS)	Criminal Minds	Home Videos	Parker	Simpsons	*Power" (N)	Vampire	NFL Prime-	a Time (0)	O SID	ANT Farm	CityNews	Cops IIII	Secrets 0
0	PM		Family Guy		Masterplece	Mark Few	CSI: Crime	(9:01)		Family Guy	Family Guy	Winnipeg	Open Heart	Time (N) Rd	Resurrec-	To Be An-	Next Step	The Beat	Cops 🖾	Mysteries-
9	:30	The Closer	Burgers	Window	Mysteryl	Jeopardyl	Scene	Criminal Minds	0 88	Burgers	Burgers	Comedy	Open Heart	Sports	tion O Bu	nounced	Wingin' It	G. Martin	Cops 🖾	Museum
40	PM	pad .	Simpsons	Single	Midsomer	Tonight	Criminal	(10:01)	Shark Tank	Simpsons	News Final	The	Haunting	SportsCen-	CSI: Crime	To Be An-	Jessie IIII	CityLine III	Cops 🖾	Myster-
10	:30	Movle:	Simpsons	Handed 80	Murders Do	Show-I. Fallon	Minds "Burn"	Oriminal Minds	OM	Simpsons	Block	National (N) III	Haunting	tre (N) III	Scene	nounced	Good Luck		Cops 🕅	les at the Castle
44	PM	"The Time Machine"	News Final	Crocodile	Shake-	News	News	(11:02)	KXLY 4	News Final	Pald Prog.	CBC News	Haunting	SportsCen-	News	Last Fron-	Wizards	Paid Prog.	Jail W	Expedition
11	:30	(2002)	Block	King m	speare	J. Fallon	Family Guy	Criminal Minds	Van Impe	Block	Pald Prog.	fifth estate	Haunting	tre III	CTV News	tler	Life Derek	Paid Prog.	Jail 100	Unknown ()

# News Leader Sudoku

#### SUDOKU No. 213 Tough 9 6 5 8 6 2 9 8 7 9 2 6 1 4 7 8 9 4 4 3 9 1 4 3 6 5

Previous solution - Medium

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

To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

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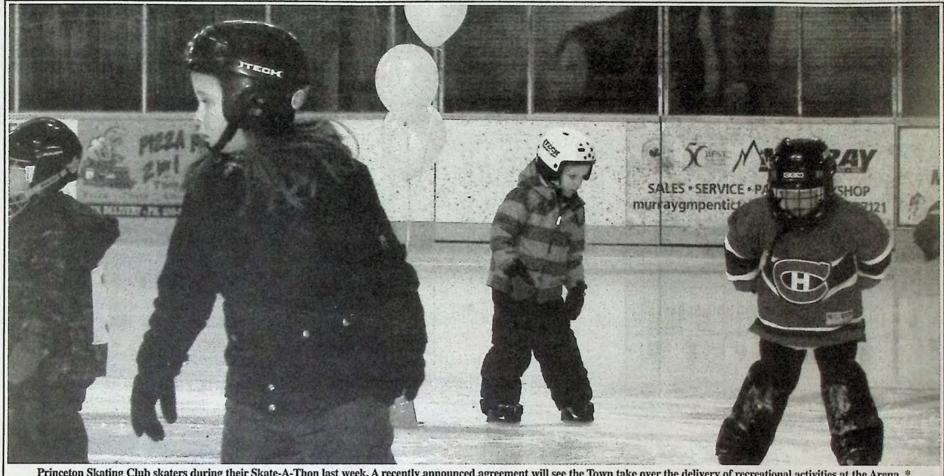
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	AM	- 500.0	Morning	G. Shrinks	Clifford	KHQ News	KREM 2	Dog the	Morning	Morning	(5:00) Morn-	TERRORISE DAVIS DE L'ARCHITE	Kld vs. Kat	SportsCen-	CTV Morn-	Manufact.	Justin	CityLine	Tattoo	Gotta Eat
6		Community	News (N) 🖾	Rob Robot	Arthur			Bounty Hunter	Northwest	News (N) RC	ing News (N)	Now (N) O	Almost	tre 80	Ing Live Vancouver	How/Made	ANT Farm	(N) BG	Movle:	World's
-	AM	Law & Or-		Kate and	Odd Squad	Today (N)	CBS This	Criminal	Good Morn-			You & Me	Squirrel	SportsCen-	(N)	How/Made	Jessie O 🐯	Let's Make a Deal (N)	*** "Troy" (2004) Brad	Moves
1	:30	der: SVU		Wild Kratts	Wild Kratts		Morning (N) 企题	Minds O	Ing America (N) 🖾			Arthur O	Chucks	tre &C		How/Made	- 3	a Dear (IV)	Pitt, Eric Bana, Achil-	Moves
0		Law & Or-		PAW Patrol	Curlous			Criminal			Morning	Moblees	T.U.F.F.	SportsCen- tre @		Deadliest Catch &C	Dog	The Price Is Right (N)	les leads	Security
8	:30	der: SVU		Curlous	Curlous			Minds O			Huntley St.	Tiger	Wayside	ue se		Caterial	Wizards	mgm (iv)	Greek forces in the Trojan	Security
0	AM	Millionaire '	Morning	Space	Peg	- 7	The 700	CSI: Mlami	Live! Kelly and Michael	Morning	Rachael	Super Why!	Sidekick	SportsCen- tre &C	Live! Kelly and Michael	Free and the second of the	Doc McSt.	FamFeud	War. O	The Dead Files 0 35
9	:30	Millionaire	Huntley St.	Astroblast	Tiger	1	Club O IN	"Crowned"	and Michael	Huntley St.	Ray O 35	Napkin	Almost	ue ac	and michael	SS (DV3)	Henry	FamFeud		
10		Divorce Divorce	Rachael Ray O Ell	G. Shrinks PAW Patrol	Sesame Street () (EI)		The Price Is Right (N)	CSI: Miami	The View	Rachael Ray O Kil	Sugar O  Debt/Part	10.0 pp. 1.5.1.	Spliced O Kid vs. Kat	SportsCen- tre &	The View	Mayday 30	Never Land Sofia	The Chew	. Contractor	Mysteries- Museum
			Sugar O	Jelly Jamm	Dinosaur	Hot Bench	Young &	Criminal	Pald Prog.	Sugar O	Noon News	CAR COLLEGE TO SECOND	Monster	Motoring	Marilyn	Buying Al.	Lalaloopsy	General	Contractor	Border
11	1		Debt/Part	Dinosaurs	Sit & Be Fit	Hot Bench	Restless	Minds O RC	Pald Prog.	Debt/Part	Hour (N)	REI (DVS)	Rated A	Best/NFL	Denis	Buying Al.	ANT Farm	(N) O	Contractor	Border
			Noon News	PAW Patrol	Chartle	Paid Prog.	News	Criminal	The Chew	Noon News	Days of our	2006.00.00.00.00.00.00.00.00.00.00.00.00.	Nerds	Hockey	CTV News	Mighty	Win, Lose	Celebrity	Contractor	Security
12	:30	Hot Bench	Hour (N)	Kate and	Rose O M	Pald Prog.	Bold	Minds O Rd	0 88	Hour (N)	Lives (N)	Now (N) O	Squirrel	Lunch	Vancouver	Planes 30	Wizards	Celebrity	Contractor	Security
-		King	Days of our	Astroblast	Paint This	LO-GAZ-MERIERIZADAM	The Talk	The First 48		Days of our	The Talk	NAMES AND ADDRESS OF THE PARTY	Almost	SportsNa-	The Social	To Be An-	Wizards	CityLine (88)	Contractor	The Dead
1	:30	King	Lives (N)	Dragon	Flt 2 Stitch	Lives (N)	O SEC	0 80	Hospital (N) O	Lives (N)	ORC	couver 80	Monster	tion (N) Re	O rec	nounced	Good Luck		Movie: *%	riles () M
-	PM	The Middle	The Talk	Dinosaurs	Thomas	TMZ (N) O	Let's Make	The First 48	Queen	The Talk	Meredith		Wayside	Off Record	Dr. Phil	How/Made	Phineas	CityNews at	"Wrath of the Titans"	Ghost
2	:30	The Middle	0 86	Curlous	Sesame St.	ThisMinute	a Deal (N)	0.36	Latifah	O EG	Vieira	Chris (N) O	Kid vs. Kat	Interruption	O BE	How/Made	ANT Farm	5 (N) ISC	(2012) Sam Worthington.	Adventures 20
-	PM	Seinfeld 0	Meredith	Dive, Olly	Curious	Ellen	The Dr. Oz	The First 48	TORSON SANCTON OF THE PARTY OF	Meredith	Young &	APPROXIMATION OF THE PARTY OF T	Sidekick	SportsCen-	Ellen	How/Made	ANT Farm	(2:59)		Gotta Eat
3	:30	Mod Fam	Vielra	Jelly Jamm	Cat In the	DeGeneres Show	Show ##	OBC	Ray o se	Vicira	Restless	Doyle O	Chucks	tre (N) ac	DeGeneres Show	How/Made	Good Luck	CityNews at 6 (N)		Gotta Eat
41	PM	Blg Bang	Young &	Kate and	WordGirl	Jdg Judy	Dr. Phil	The First 48	(5000) 02PHO-54, VI III	Young &	Early News	Dragons'	Chucks	Hockey	The Dr. Oz	Daily Planet (N)	Phineas	Mod Fam	Movie: *** "Troy"	Moves
4	:30	Blg Bang	Restless	Magic Bus	Wild Kratts	Jdg Judy	O RE	O EC	tors O Kd	Restless	Global Nat.	Den ()	Chucks	NBA	Snow	(14)	Jessie 30	Mod Fam	(2004) Brad	Moves
-	PM	Browns	News (N) BC	Jack III	News	News	News	The First 48	News	Early News	(4:59) News	CBC News	Chucks	Basketball: Milwaukee	CTV News	Myth-	Jessie III	Broke Girl	Pitt, Eric Bana. Achil-	Security
5	:30	Payne		Wild Kratts	Business	NBC News	CBS News	ORE	ABC News	Global Nat.	Hour (N)		Chucks	Bucks at Toronto	Vancouver	Busters (N) 🕸	Liv-Mad.	Mike	les leads	Security
-	PM	Browns	Global Nat.	Architects	PBS News-	News	KREM 2	Nightwatch	News at 6	(5:59) News	ET Canada	CBC News	Chucks	Raptors. (N)	CTV News Vancouver	Alaskan Bush	Austin	Scorpion	Greek forces in the Trojan	Security
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	PM	"Legally	CHBC New	Hope for	7 254	News	News	(11:02)	KXLY 4	News Hour	ET Canada	CBC News	Gags	SportsCen-	News-Lisa	Myth-	Wizerds	Paid Prog.	Repo	Myster-
11	:30	Bionde 2" .	Final (N)	Wildlife 20	Profiles	J. Fallon	Letterman	Nightwatch	J. Kimmel	Final (N)	Doctors	Honourable	Gags	tro 80	CTV News	O SE	Life Derek	Pald Prog.	Repo	les at the Castle



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

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

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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# News Leader SHIGHT!

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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 Brittyn 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 family by visiting www.springfieldfuneralhome.com, 250-860-7077.

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Dr. Barry Cook is looking for a casual, part-time CDA (Certified Dental Assistant). Reception would be an asset.

> Please mail resumes to: Dr. Barry Cook PO Box 129 Princeton, BC VOX 1W0

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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# Vill 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

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 frequent 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 longterm contract necessary to 'keep the wheel of the Grist Mill turning."

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

# 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 good friend and ally Saudi Arabia is strong and free.

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

speaking out. Unlike Canada, our FRESH FRUIT

"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 Arlow

### 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.

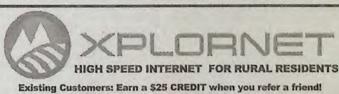
Based on the progress that has happened over the past year since the Town of Princeton started taking a serious look at what has been happening to the downtown core, it's safe to say this is going to take some

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

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

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

#### 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.

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

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 Saprunoff

40 years: Graham Gould, Bill Lott Numerous service pins were awarded for shorter terms of 5, 10

and 15 years.

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By A.R. Gurney



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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 'likeminded' 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.

# 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!

Les Kinsey as part of the annual Installation Dinner and Awards Night held January 23rd. Photo: Dawn Johnson



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 with make you smack your lips. You will feel a slight tingle with this tasty strawberry jam that will make an ordi-

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