

# Similkameen News Leader

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



Steps to a deck of a home in South Princeton crawling with grasshoppers three weeks ago at the stage where treatment could have eliminated any further infestation. Ranchers have had it rough with them this year. \*

## Crash involves busload from church camp

On July 16th at 1:30 PM South Okanagan Traffic Services, Osoyoos RCMP and Keremeos RCMP responded to a motor vehicle collision on Highway 3 approximately 20-kilometres west of Osoyoos.

"A Dodge pick up pulling a travel trailer was west bound on Highway 3 when it attempted to pass a tractor trailer unit," explains Cpl. Shana MacLeod.

"A school bus travelling east on Highway 3 was carrying approximately 30 youths from youth

church camp in Princeton. The driver of the Dodge truck lost control while trying to swerve back in front of the tractor trailer. The driver of the Dodge truck was unable to regain control and slid sideways, driver's door first into the front of the bus."

Cpl. MacLeod says the main body of the travel trailer broke free from the trailer frame and went over an embankment bursting into flames and was destroyed by fire.

"Two of the occupants from the .....continued on Page 3

## Grasshoppers continue invasion

Some farmers and backyard gardeners have resorted to spraying. Others are just ignoring them.

Regardless of your tactics, not many can recall as bad a year for grasshoppers as this one.

Even BC Minister of Agriculture Jim Forbes of Kamloops has issued notices regarding the situation.

"Last year we had quite a number

of calls regarding grasshoppers. With the open fall we had and a relatively dry spring/summer so far, 2015 is shaping up to be even worse than last year for grasshoppers."

Forbes adds, "For those of you with long memories, the Grasshopper Control Act was repealed in 1998 so you have been

on your own with regards to controlling them for 17 years now."

The minister says the biggest key to successful treatment is to catch them early and at the right stage for the products to act before they have consumed much crop, and before you really have to saturate them with the product to kill them.

"Catching them at the early stages

means monitoring your field when the grasshoppers are usually small enough that they are hard to notice. By the time the grasshoppers are big enough that you can't miss them, then you have already lost significant crop, have fewer options and those options may be less effective."

Forbes offers this helpful list of guidelines to follow:

- 1) Identify - Identification of species, abundance, and stage of development are all important factors in successfully controlling grasshoppers. Of the approximately 60 species of grasshoppers in BC, only four cause appreciable damage and warrant control treatment, so it pays to know which ones you have.
- 2) Is Control worth it? - Usually the economic threshold for controlling grasshoppers is about 7-12 grasshoppers per square metre in the crop, 13 or over is considered severe and control is generally recommended. You will find that the numbers tend to be almost twice as high by the roadside so it is important to walk out in the crop and do the survey (walk a W pattern in the

field and count at a minimum of 4 points along each leg of the W).

### Option 1, Baits

Carbaryl bait can work well at the right stage (younger stages) for short-term killing of the hoppers.

Nolobait (a biological control that is a microsporidial pathogen) takes more time to kill (3 to 6 weeks so does not reduce the damage as quickly) but can infect more of the population and can decrease populations in subsequent years without affecting other species.

### Option 2, Spray

If you are going to spray, it is best when the majority are in the third or 4th stages (about 6-10 mm or less than inch long), before they can use their wings. Insecticides are generally require more care and attention to details than a lot of herbicides as .....continued on Page 2

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# Agriculture Minister issues statement

Minister of Agriculture Norm Letnick made the following statement last week en route to the federal-provincial-territorial agriculture ministers meetings that began on July 15 in Charlottetown, Prince Edward Island:

"Growing B.C.'s agrifoods sector takes teamwork and co-operation, something I've been proud to help develop with B.C. farmers and food producers, my provincial colleagues and the Government of Canada.

"My role at the federal-provincial-territorial agriculture ministers' meetings will be to ensure the voices of B.C. producers are heard in Ottawa and around Canada, and that the opinions of B.C.'s farmers are at the table too.

"I will continue the efforts of the B.C. government to break down

internal barriers to Canadian trade, and urge other provinces to follow the leadership of B.C., Manitoba, Nova Scotia and Saskatchewan in facilitating the inter-provincial trade of wine.

"I will be clear that the B.C. government appreciates the hard work of dairy, poultry and egg producers and the trusted, consistent supply of the safe and high-quality food provided to British Columbians, and reiterate our government's support of maintaining supply management.

"I will also bring the voice of B.C.'s seafood producers to the table to work with my colleagues to develop further opportunities for the sector to participate in future federal-provincial funded programs.

"We've seen B.C.'s agrifoods sec-

tor grow by over \$1 billion in a few years, reaching \$11.7 billion annually. My job is to make sure the sec-

tor continues to grow, and by continuing to work with B.C. agrifood producers, and partnering with the

Government of Canada, and provincial leaders, I'm going to get that job done."



Minister of Agriculture Norm Letnick met with Princeton ranchers to discuss issues of concern Monday, July 6.

# Valley-wide fishing ban now in effect

Responding to dry conditions, the Government of B.C. has announced a Level 3 drought rating for the South Thompson, Nicola, Similkameen, Okanagan-Kettle and Skagit regions, and taken the additional action of suspending angling in streams and rivers throughout the South Okanagan due to ongoing low stream flows and warming water temperatures.

Effective July 15 through September 15, 2015, all streams and rivers in the Similkameen drainage as well as the Kettle and West Kettle Rivers, and all tributary streams in these areas will be closed to angling. The angling closure covers all streams in Wildlife Management

Units 8-2 through 8-7 and 8-12 through 8-14. The closure has been put in place to protect fish stocks at a time when they are vulnerable due to low flows and high water temperatures. The geographic area covers most of the south Okanagan. Lake fishing is not affected by the order.

On July 3, a similar angling closure order was put in place for southern Vancouver Island and the Gulf Islands. B.C. government fisheries biologists are monitoring approximately 60 other key angling streams throughout the province, and if conditions warrant, additional closures are possible. Angling closures are enabled through the British Columbia Sport Fishing

Regulations of the federal Fisheries Act.

Separately, Level 3 drought conditions call for voluntary water use reductions of 20% or more from all municipal, agricultural and industrial users. Staff with the Ministry of Forests, Lands and Natural Resource Operations anticipate that these regions could experience significant water supply shortages in 2015.

Ministry staff are closely monitoring river levels and ecosystems and may upgrade the drought level if the weather continues to have a negative effect on stream flows and water supply. Currently, there are low streamflow advisories in effect for Vancouver Island, the South Nicola and Western Similkameen Regions.

Although residential, agricultural and industrial users within municipi-

alities and regional districts backed by reservoir storage are less vulnerable to water supply shortages than water users served by smaller water systems from streams, lakes and wells, all water users are encouraged to observe local water conservation bylaws to prolong water supplies.

Water users are also encouraged to ensure that water intakes are screened to prevent fish from being pulled into water systems as water levels drop. Low water levels can impede the passage of salmon to spawning grounds, increase susceptibility to disease, or cause stranding or death due to low oxygen and high water temperatures.

Level 4 drought conditions, the highest rating, are determined by factors including regional stream flows, water storage capacity, ecological concerns, weather forecasts

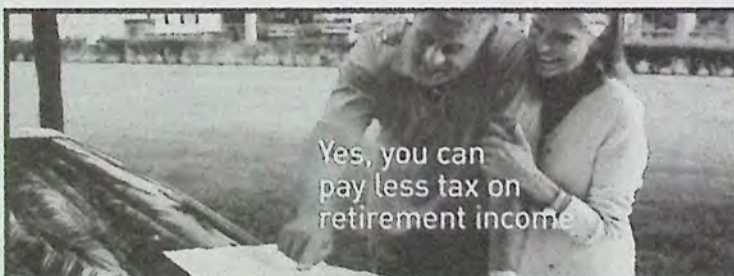
and impacts on water users. Should conditions reach Level 4, provincial water managers may exercise their authority to temporarily suspend short-term water permits or industrial water licences in affected watersheds.

Further reductions in stream, lake and aquifer levels could lead to water shortages and affect people, agriculture, industry and fish stocks. Ministry staff will continue to monitor conditions, work closely with local governments and key stakeholders, and provide updates as the need arises.

Water conservation is everyone's responsibility. Many communities in B.C. are prepared to deal with water supply shortages and low streamflow conditions by drought management plans and water conservation programs that are already in place.

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# Grasshoppers!

.....continued from Front Page they can have more acute toxicity issues for humans and livestock so it is advisable to hire a certified pesticide applicator. Use with Caution - there are also issues for non-target species to consider, particularly if there are beehives within a few miles. Get to know your local bee keepers and discuss your situation with them. Option 3, Ride it out and encourage natural predators

Depending on which species of grasshoppers you have you might not actually be experiencing damage; on the other hand, if you do have some of the four damaging species it is likely there will be some more around in years to come. Some producers have had some success with putting up bluebird houses in areas that see

chronic infestations - it doesn't kill them all but it can help prevent some of the large build ups that can occur when the grasshoppers go unchecked. Blue grouse, wild turkeys and chickens also tend to favour grasshoppers as a food source.

Homemade Grasshopper Bait Recipe

- 20lb Wheat Bran
- 2 Gallons Water
- 1 Quart Cottonseed or Other Vegetable Oil
- 1 Quart Molasses
- 1 Quart Flowable (Liquid) Sevin or Sevin XLR
- Large Rubber or Metal Tub (For mixing)

Mixing Instructions:

- 1 Mix Molasses, Water and

Vegetable Oil together in a suitable container (bucket, etc).

2 Add 1 tablespoon of liquid dish soap to emulsify the oil and water mixture together.

3 Mix the liquid Sevin into the oil/water mixture, stirring well.

4 Slowly add the water mixture to the wheat bran in a tub or other suitable container and mix together. Allow this mixture to sit for 24 hours to allow the wheat bran to absorb the liquids.

5 Stir the bait after the soak period. Apply the bait in small piles around fruit trees, garden areas and other places where grasshoppers are causing problems.

6 This bait works better on young grasshoppers, -but works on large ones as well.



Princeton Cemetery as it looked last week in one section. Sprinklers are being used but don't seem to be getting moved around much these days. Photo: Spencer Coyne

# Flip Of The Coyne

by Spencer Coyne

I have been pretty hard on Town Council over the years and some may say I have been especially hard on this council. What I intend to do is hold them accountable for the responsibilities they have. Being a part of the local media as one of the local opinion columnists it is my job to point out when elected officials do things right and when they miss the mark altogether. This is why it seems like I am always on the offensive. Unfortunately for this council no one ran against them so they were all appointed by acclamation. This is something I would not wish on any elected official. When this happens you have no real mandate because you didn't run on anything. We still don't know what the goals and plans were of each of those who were given the jobs they now hold. We hear very little from our elected officials. Both George and I have spoken at some length

on the need for better communication from Town Hall.

So what we have is an unelected council with no visible agenda and the lack of mandate that appears to not wish to engage with the electorate. This really is too bad. I know everyone on council and I think they are all really great people and I think that they could really have a chance to be a really great council too but for some reason they have decided to circle the wagons down at the old courthouse and wait out their four year term. I invite any of the council members to speak publicly if they feel this interpretation of their tenure is wrongfully represented. I would wager that many within the community would love to hear what you actually have to say.

One of the jobs of elected officials is to make sure things happen. This usually happens in two ways, one is financial through budgeting of funds for projects, maintenance and emergencies and the other is through leadership. When Council wants a new this or that they budget the money and tell staff to make it happen. Next thing you know the latest monument to

government spending is erected and we all go ooh and ahh. When a waterline breaks the public works goes and digs it up and repairs it because Council would have already budgeted the money to make sure it happens. It is just what councils do. They create budgets to maintain services and provide new services that the populace needs or wants.

This has me wondering. We have money in the coffers to keep things like the parks watered and mowed and the roads swept for the mayor and council to go to meetings and have luncheons or whatever it is that they need the money for. When Council sets something as a priority they always seem to find the money. This is why it is so hard for me to understand why then when I go up to the cemetery to visit my daughter's grave that there are a number of sprinklers running and they never seems to get moved.

It isn't because there's not enough water. There are at least six sprinklers going. The problem is that they almost never move. This I know because I go up there often to .....continued on Page 7

# Accident

.....continued from Front Page bus were taken to South Okanagan General Hospital (SOGH) in Oliver with minor injuries."

The occupants of the Dodge were also transported to SOGH and Penticton Regional Hospital with minor injuries.

"Ministry of Forests (BC Fire Service) were on scene to extinguish the brush fire caused by the fully engulfed travel trailer."

Highway 3 was closed for approximately two hours. South Okanagan Traffic Services continues to investigate the incident. No further information is available.

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# Editorial Page News Leader

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

## My Turn...

### The Fifteen-Year Itch

I'm not sure why but the other day I came across something online that would have flown by me otherwise. It was a reminder to myself that it was fifteen years ago this month that I started working at this newspaper.

I actually found the notation on an online profile of mine that I was just checking for updates and when I searched my work history I discovered my anniversary.

That doesn't mean I don't normally forget these sorts of things but for some reason I have skipped over more than one significant date in my life during 2015.

I'd like to think it has to do with them no longer having the level of importance I used to attach to them but I'm pretty sure that's not it. It has been a slightly busier year for me and as a result the dates are slipping by.

So far I have not forgotten my wedding anniversary, which is in September, so my fingers are crossed I don't end up writing an editorial later that month lamenting my bad memory. But, if you know me even slightly, you'll know I'll find some way to slip a mention of it in this paper anyway.

That's probably one of the things I like most about this business. While we spend a lot of time and effort telling you about what's happening around your community, I also get space to inject a bit of humour.

Trust me, in a business where one day people stab you in the back and the next day the very same people ask you for a favour you really need to have a sense of humour. Even if it's just to filter the rumours, accusations and blame shifting we get to hear about almost daily...and that's just in Town Hall...hahahahaha!

Actually, I thought I'd give them a rest this week since they still haven't answered my e-mails of about three weeks ago. I figure they got lost at about the same time the town website started sending me to the Home Page each time I clicked on a topic on the FAQ Page. Of course, that could be their sense of humour and how they have chosen to deal with pesky media types like me, and those other pesky visitors to the FAQ Page like tourists and investors.

That being said, if I had any advice to share new business owners in Princeton that come from my fifteen years in the downtown core I would say this:

Stay true to your core values. Be honest. Don't be afraid to give a little if it means making an angry customer a bit happier. Talk to your customers. Get to know their names and those names of their pets or whomever they come into your store with. The customer is not always right, but they do deserve your respect even if they are wrong. Make eye contact. Say thank you.

And that brings me to my point.

Thank you for supporting my business.

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#### EDITORIAL GUIDE

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



## ...Your Turn

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

To The Editor;

If the screams for help are any indication it would seem a few town councils aren't settling in so well following last November's elections.

Couple of common themes: the life expectancy of what may be the most risky job in civic life and old-fashioned collegiality.

Since the last tally, a few more towns have said "au revoir" to their Chief Administrative Officer (CAO), including: the Regional District of Central Kootenay, Fraser Lake, Kitimat and Sicamous.

Lillooet terminated one CAO in September 2013, hired a new one three months later who quit last month. Penticton's CAO quit in January, an interim CAO was appointed in February who quit in June too.

There's also a bit of a musical chairs quality with the CAO file.

Mission said goodbye to its CAO in February who then emerged as a

financial consultant to Lillooet (desperately needed one) and Kitimat said goodbye this month to its CAO who is moving on to take up the position in Mission.

Sadly, the civic mayhem isn't limited to staffing, it's cross-contaminated a few council chambers, sometimes making the Hatfield and McCoy feud seem like an episode of the Brady Bunch.

Consider these headlines: Bitterness lingers as Lantzville's council implodes; Tensions flare in Pouce Coupe council dispute; White Rock councillor censured over online 'defamation'; Volunteer firefighters in Chase, B.C. being bullied by mayor.

And that's just in the last 90 days.

In Grand Forks - as if the city didn't have enough problems after firing their CAO last December paying him \$200,000 in severance and rehiring him two months later - council has circled the wagons with guns squarely aimed inwards.

They've picked a fight between

themselves by serving papers on one councillor to have her disqualified over an alleged conflict of interest.

The city claims councillor Julia Butler was in a conflict over a vote on the city's water meter work program while owning a seasonal gardening business. Butler is fighting the move.

And in a remarkable display of civic pride, Grand Forks's mayor Frank Konrad ended a recent CBC interview with: "Would you really think this is a great community to live in with what is going on with city government?"

Further north, in Pouce Coupe, they've already had one by-election since last November's elections and - as the Alaska Highway News has pointed out - tensions are flaring.

Rumours are rife in the village that efforts are afoot to bully one councillor off council. The bad blood has entangled the mayor, a  
.....continued on Page 20

To The Editor;

This wildfire season has been one of the most challenging in recent memory.

As of July 14, fire crews have responded to 1,083 fires throughout the province - compared to 523 at the same time a year ago. Of those fires, we know over one-third are human caused. That's 375 fires, leading to an estimated 43,718 hectares going up in flames.

We must send a clear message to those that carelessly start wildfires that their behaviour will not be tolerated. That's why the Minister of Forests, Lands and Natural Resource Operations has asked

me to take a look across government at the current structure of fines and penalties for people who cause wildfires, and consider new ways to crack down on those careless acts.

Should we double the fine for failing to extinguish a campfire? Should we ban those who break campfire bans from using our provincial parks?

Should we impound the vehicles of those who flick lit cigarette butts from their car windows? These are serious actions, but I think we need to at least consider them to send the message that enough is enough.

The vast majority of British

Columbians are respectful, careful people who help protect our forests from devastating wildfires. But there are still too many individuals who haven't heard the message and continue to make careless decisions that lead to wildfires.

As a former law enforcement officer, I'm fully aware of the challenges to enforce these laws and the need to raise awareness to end these destructive acts. It's often said that you can't legislate against stupidity, but if exploring the idea of harsher penalties for careless acts means more people get the message, we must do it.

Naturally occurring fires from sources like lightning are difficult enough for our dedicated firefighters to handle. If we're going to continue to ask them to put their lives on the line to keep people and property safe, we need to do everything we can to end behaviours that lead to needless wildfires.

- Mike Morris, Parliamentary Secretary to Minister of Forests, Lands and Natural Resource Operations, Victoria

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# Current Comment

## Will Sun Hibernation Cause Disaster?



**Dawn Johnson**  
editor@thenewsleader.ca

John Casey, a formerly well-respected scientist has risked his 35 year reputation as a top American scientific expert. He has written a book titled *Dark Winter, How the Sun is Causing a 30 Year Cold Spell*. He is now under attack from the many people who have a vested interest in maintaining the global warming 'threat' to planet Earth.

Researching scientific information has been Casey's life's work, and since his retirement, this research was his hobby. In 2007, Casey discovered the predicted global warming was not taking place. In fact, the opposite was occurring: we were becoming a colder climate. He delved into all the information he could find and became convinced people needed to know the climate change happening now was not global warming, it was global cooling. According to Casey, the sun is hibernating, giving off less energy, thereby cooling the planets.

He has been ridiculed for publishing his findings, but he states the world needs to prepare for the kind of winters experience in both the southern and northern hemispheres during the past two winters. He uses the mini-ice age as a basis for helping people prepare

for what is to come.

During the two previous little ice ages, the first from 1300 to 1500 and the second from approximately 1670 to 1870, the global temperature dropped by one degree Celsius. This does not sound like a big deal, but the consequences were devastating. The Baltic Sea froze. Rivers all over Europe were frozen. In Scotland, the Cairngorm Mountains were snow-covered year round. Summers were shorted by weeks.

Any farmer or gardener can tell you crops have to be changed when the climate changes. During the little ice ages, food became more scarce and the demand for heating fuel became much greater. People starved to death in Europe, and wood and coal for heating homes became much more expensive. In Switzerland, advancing glaciers wiped out villages. Due to greater amounts of snow in winter, spring flooding became a hazard for anyone living in flood plain areas. In maritime countries, sea ice built up on shorelines, making fishing difficult, if impossible. To make matters worse, fish migrated to warmer seas.

What happens if we are not prepared for longer winters and crop failures? The answer to that is soaring food prices, possible starvation, and probable civil unrest. Places in Canada where today wheat is grown, the season will not be long enough to ripen the wheat. Hardier strains of grain will have to be grown. In places where corn is grown today, the season may become too short. This will not be just a case of your daily bread becoming more expensive. Grain feeds most livestock, and meat meals may become either very expensive or very scarce.

In order for people to survive, agriculture will have to change. It is possible to grow enough food to

feed everyone, but the methods of production and the kinds of crops will have to change to meet the challenges of shorter growing seasons.

This is not impossible, but will require a lot of change. I lived on a farmer during the 1950s, when winters were longer and colder, and the threat of frost was present many times during the summer. We still manage to grow wheat, corn, squash and tomatoes, but we had to be smarter about it. The other thing we had to do was store and preserve more of our foods. We had big root cellars and canning cupboards. We stored more hay and grain. We grew sugar beets as cattle feed, and we stockpiled windfall apples as a supplement for the cattle. I could go on about some of the other things we did, but we managed quite nicely, even without electricity. We heated with wood.

Casey points out how vulnerable people will be in cities, being further from the resources they need, but rural people dependent on fossil fuels and electric utility companies will be vulnerable to power outages and roads closed due to slowness in snow removal.

Those still clinging to the global warming theory may point to our hot weather during the past month as proof our climate is not cooling. Yet Norway had massive snowstorms in June, the Cairngorm Mountains had a snowstorm on July 7 which reached a long way down the mountainsides. Shanghai had its lowest July temperature in decades. A city in Russia had a snowstorm in June. Just because our summer is hot does not mean the northern hemisphere is hot everywhere.

The implications of global cooling could be more serious than global warming. Of course, time will tell who is most believable.



Keremeos Village Councilor and News Leader contributor Arlene Arlow and InfoCentre Manager Colleen Christensen chat between bites at the BBQ King event hosted July 11th at Keremeos Grist Mill. Story on Page 18. Photo: Marty Menzies

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"It is like precious oil poured on the head, running down on the beard, running down on Aaron's beard, down upon the collar of his robes." - Psalm 133:2

# Princeton Highland Dancers

## Back-To-Back Competitions Lead to Summer Break

by Clara Coyne  
**Princeton Highland Dancers**  
 The Princeton Highland Dancers wrapped up this year's summer session with back-to-back week-ends of competition. On Saturday

July 4th, eight Princeton dancers headed to the Penticton Scottish Festival.  
 Miranda Frost placed First in her Lilt, Second in her Highland Fling, Sword and Seann Truibhas

and Sixth in her Special Fling.  
 Teagan Cranston placed Second in her Flora and Special Fling and Third in her Highland Fling and Lilt.  
 Abbey Coyne had a great first

competition placing Third in her Special Fling.

Natalie Yurkowski took home Firsts in her Lilt and Special Fling, Second in her Flora, Third in her Seann Truibhas and Fourth in her Highland Fling.

Saki Irie placed Second in her Lilt and Flora, Third in her Seann Truibhas, and Fourth in her Sword and Special Fling.

Payton Cranston placed Fourth in her Flora and Special Fling.

Taylor White placed Fourth in her Jig and Fifth in her Flora and Shelby Maynard placed Third in her Lilt and Fourth in her Village

Maid.

On Saturday July 11th, the girls geared up for the Kamloops Highland Games and another very successful day.

Kaylee MacMurphy placed First in her Highland Fling and Seann Truibhas, Second in her Sword, Lilt and Flora, and Third in her Special Fling.

Miranda Frost placed Second in her Special Fling and Third in her Highland Fling.

Teagan Cranston placed Third in her Flora, Fourth in her Highland Fling and Sword and Fifth in her .....continued on Page 7



Saki Irie with the trophy she won at the Kamloops Highland Games. - photo submitted

## Fraser wins Senior Ladies Golf Club Championship

The Eleanor Hicks Senior Ladies Club Championship was played July 9th at Princeton Golf Course.

A total of 18 golfers participated on a very hot day. The winners were: Overall Low Gross - Barb Fraser with 86. Overall Low Net went to Dot Geib with 64.

The other winners were: First Flight Low Gross, Pam Morphy with Elaine Harwood taking Low Net. Second Flight Low Gross winner was Gloria Gagnon with Kay Palmar taking Low Net.

First Flight Second Low Gross was won by Pat Schmunk with Second Low Net going to Judy

Cross.

Second Flight Second Low Gross winner was Mami Polley with Pat Quinn winning Second Low Net.

Long Drive Winners were Barb Fraser and Lois Funk. Accuracy Winner was Pat Taylor. Fewest Putts was won by Pat Schmunk and Dot Geib. Pam Morphy won the Chip In Deuce, Marg Masson won for a Chip In with other prizes for "Landing on the Green with your Drive."

Thank you to the kitchen staff for setting up a lovely seating arrangement, and thank you to everyone who made it a wonderful day!

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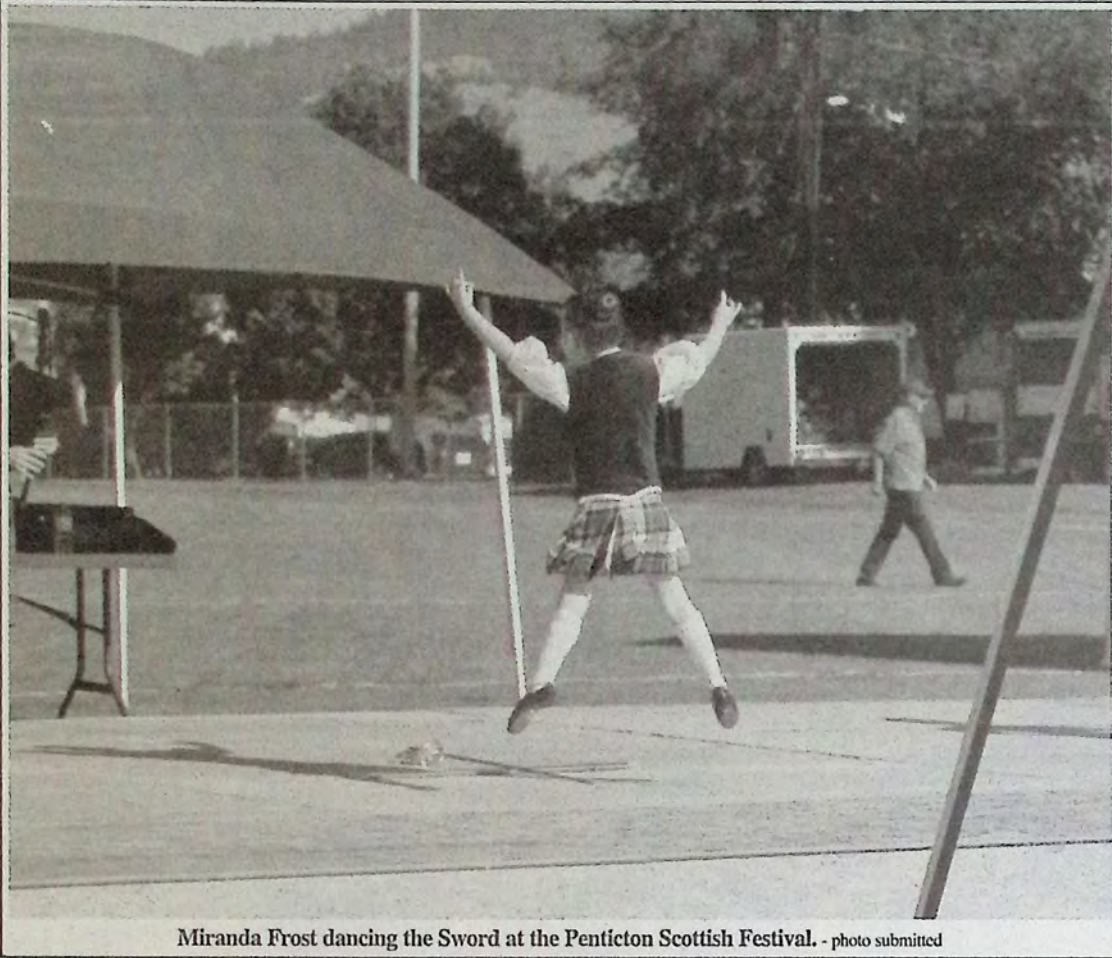
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Barb Fraser, left, receives the Eleanor Hicks Senior Ladies Club Championship trophy. - photo submitted



Miranda Frost dancing the Sword at the Penticton Scottish Festival. - photo submitted

# Highland Dancers

.....continued from Page 6  
Special Fling.

Abbey Coyne placed Third in her Lilt and Fourth in her Special Fling.

Natalie Yurkowski placed First in her Lilt, Second in her Sword, Seann Triubhas and flora, Fourth in her Special Fling and Sixth in her Highland Fling.

Shelby Maynard placed Fifth in her Flora and Seventh in her Lilt.

The big winner of the day was Saki Irie who placed First in her Highland Fling, Sword, Seann Triubhas, Lilt and Special Fling, Third in her Flora and took home the Overall Trophy in the Beginner over 11 years class.

The dancers and teachers couldn't be happier with the results, it was a great end to the 2014/2015 season and the perfect kickoff to summer break!

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## Flip Of The Coyne

by Spencer Coyne

.....continued from Page 3  
check on not only my daughter's plot but my grandfather, two sets of grandparents, great uncle, and numerous other members of my family. It is embarrassing to go up there and see the state that it is in. I would also like to point out that I understand that there are other

issues involved in keeping the grass green up at the cemetery. We had to deal with the same issues when I was on council, but back then we still had someone whose job it was to move the sprinklers and that is all it takes is every day or second day to move them because the spots that the water

has been on for the last few weeks are nice and green. Water is not the problem. Willpower is. Low flow systems work to ensure water gets to where it needs to go but again it needs to be a priority.

You have to wonder if this is how a municipality treats one of its most hallowed grounds how do they feel about the rest of their responsibilities? I for one am sickened by the lack of respect our cemetery receives. Priorities are not always about building monuments to yourselves, they must include showing respect to those who have come and gone before you.

## Living Past 100

### Good Food Means Mental Health

Dr. Sarris, of the University of Melbourne, is an advocate for increasing mental health through nutrition. He says what a pregnant woman eats is important to the long term mental health of her unborn child. He tells parents to make sure their children have a healthy diet in order to prevent mental health problems in the future.

This may sound like simple common sense, but one of the aspects of psychiatry is focusing on treatment of mental health through drugs and treatments through various other kinds of therapy. Dr. Sarris says ensuring the patient has a healthy diet should be part of the treatment. He says both physical and mental health depend on good nutrition.

Dr. Sarris recommends plenty of fruit, vegetables, beans and nuts in the daily diet of pregnant women and children, as well as for those people with mental health problems.

In another recent study, another aspect of who is healthier emerges. People who are well-educated are more likely to know more about eating a healthy diet. This does not mean those who do not have a university education are doomed to poor health. Anyone who can read is able to learn a great deal about eating what is good for health as opposed to just eating your favourite foods.

Good nutrition is not merely a way to be physically healthy, but it appears it is a good way to stay mentally healthy.

Good nutrition is especially important for children, not only ensuring they have good physical growth, but ensuring they have good mental health in the future. Making sure children have enough of the essential minerals and vitamins may be the key to keeping them mentally stable in the future. Junk foods, such as sugary cereals, soft drinks, candy, and things like potato chips, should be rare in the child's food experience. Fresh fruits, vegetables, dairy products, nuts (if they can tolerate them) and lean meats are the basis of a healthy diet for children as well, as adults.

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News Leader

# Entertainment

Similkameen News Leader TV Guide Listings - July 21 - 27, 2015

## Princeton Traditional Music Festival



The Irish Jam at the Traditional Music Festival. - photo submitted

# Irish Jam returns to music festival

by Rika Ruebsaat

### Traditional Music Festival

Almost every year the Traditional Music Festival has featured an Irish Jam session. A jam is when a bunch of musicians get together and play tunes. The session will be hosted by Irish flute player Chris Corrigan from Bowen Island who will coordinate the jamming and tell the audience about the tunes and the protocols of jamming. He

will be joined onstage by Blackthorn and the Irish Wakers, two Celtic quartets from Vancouver, Barbara and David Denz from Campbell River, Stewart Hendrickson, Valerie Cohen, and Brad Reynolds, all from Seattle, Just Tyme, a Celtic duo from Kelowna, John Walsh, an uilleann pipes player from Vancouver and the Psycho Acoustic Ceili Band who play for

the Friday evening street dance.

The reason all these people from all these different places (some of them have never met before) can spontaneously play music together is because they share the common language of Irish traditional music. If someone in the group plays the first few notes of a tune the others will immediately recognize it and begin playing along. The people listed above will be joined by many others: the stage for this workshop tends to get very crowded! The session is only 55 minutes long, much shorter than a typical jam, which can go on for hours.

The Irish jam at the Festival is actually a very artificial imitation of what happens at these kinds of sessions, particularly in Ireland. Sessions typically take place in pubs and a pub owner might have one or two musicians paid to come regularly in order for the session to have a base. Sessions can also be held in homes or at other public places. Often at a festival, sessions will be got together in the beer tent or other convenient corners. When a particularly large musical event

"takes over" an entire village, spontaneous sessions may erupt on the street corners.

In a session someone starts a tune, and those who know it join in. Good session etiquette requires not playing if one does not know the tune, and waiting until a tune one knows comes along. The objective in a session is not to provide music for an audience of passive listeners; although the 'punters' (non-playing attendees) often come for the express purpose of listening, the music is essentially for the musicians themselves. The session is thus not a performance but a musical 'conversation' shared by a community of musicians. Sessions are the heart of traditional music; they also enable less advanced musicians to practice in a group.

Socially, sessions have often been compared to an evening of playing card games, where the conversation and camaraderie are an essential component. In many rural communities in Ireland, sessions are an integral part of community life.

Tunes in a session are played in

'sets,' the first tune being followed by another two or three tunes. The art of putting together a set is hard to put into words, but the tunes must flow from one to another in terms of key and melodic structure, without being so similar as to all sound the same. When the set ends, someone will usually start another.

The Irish Jam is just one item on the rich menu of music available at the Princeton Traditional Music Festival. The Festival begins at 6:15 PM on Friday, August 14 with an opening ceremony and a participatory dance on Veterans' Boulevard. On Saturday and Sunday there is music from 10:00 AM until 6:00 PM right in downtown Princeton.

The Festival is all free and everyone is welcome. If you would like to find out more, visit the Festival's website at [www.princetontraditional.org](http://www.princetontraditional.org). If you'd like to help out at the Festival or billet a performer the committee would love to hear from you. You can send us an e-mail at [princetonfestival@telus.net](mailto:princetonfestival@telus.net) or give me a call at 250-295-6010.

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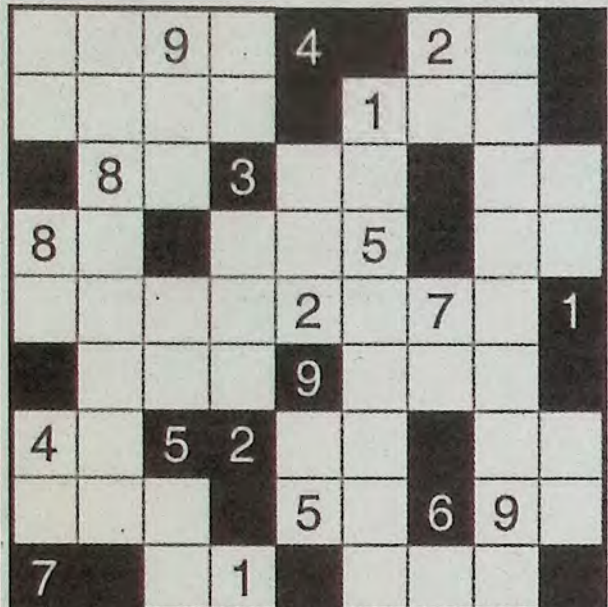
# News Leader Str8ts

## STR8TS

No. 238

Medium

Previous solution - Easy



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

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

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

# Tuesday - Wednesday

## TUESDAY EVENING

7:30 pm FAM ch.26 "Bad Hair Day" (2015, Comedy) Laura Marano. On the day of her senior prom, a teen winds up helping a down-on-her-luck policewoman pursue a jewel thief. (In Stereo) (CC)  
11:00 pm WTBS ch.3 "The Score" (2001, Crime Drama) Robert De Niro. A master thief agrees to work with a volatile partner for one last heist before he retires.

and downs of their ever-changing relationships. (In Stereo) (CC)  
8:00 pm KNOW ch.5 "The Mosuo Sisters" (2012, Documentary) Sisters Juma and Latso struggle to navigate the cultural and economic divides that define contemporary China. (In Stereo) (CC)  
11:00 pm WTBS ch.3 "Collateral" (2004, Suspense) Tom Cruise. A contract killer hijacks a cab and forces the driver to transport him to his assigned jobs in Los Angeles.

## WEDNESDAY EVENING

7:30 pm FAM ch.26 "Frenemies" (2012, Drama) Bella Thorne. Three sets of friends deal with the ups

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## TUESDAY, JULY 21, 2015

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	Community	Morning News (N) 88	Zerby	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Morning News (N) 88	(5:00) Morning News (N)	CBC News Now (N) 0	Kid vs. Kat	SportsCentre 88	CTV Morning Live Vancouver (N) 0 88	Fool's Gold	Justin	CityLine (N) 88	Bar Rescue 0	Gotta Eat
7 AM	Law & Order: SVU		Kate and Wild Kratts	Odd Squad	Today Tara Reid and Ian Ziering. (N) 0 88	CBS This Morning (N) 0 88	Dog	Good Morning America (N) 88			Save-Umsl	Squirrel	SportsCentre 88		Fool's Gold	Phineas	Let's Make a Deal 88	Bar Rescue 0	Moves
8 AM	Law & Order: SVU		PAW Patrol	Curious			CSI: Miami 0 88			Morning Huntley St.	Moblees	SpongeBob	SportsCentre 88		Alaskan Bush People	Win, Lose Wizards	The Price Is Right 88	Bar Rescue 0	Security
9 AM	Millionaire	Morning	Space	Peg			CSI: Miami 0 88	Livel Kelly and Michael	Morning Huntley St.	Pitchin' In	Super Why!	Sidekick	SportsCentre 88		Rise of the Machines	ANT Farm	FamFeud	Bar Rescue 0	The Dead Files 0 88
10 AM	Divorce	Pitchin' In	G. Shrinks	Sesame Street 0 (E)		The Price Is Right 88	CSI: Miami "Fallen" 0	The View 0 88	Pitchin' In Debt/Part	Rachael Ray 0 88	Bookaboo	Spliced 0	SportsCentre 88	The View 0 88	Mayday 88	Austin Dog	The Chew 0 88	Bar Rescue 0	Waterparks
11 AM	Judge	Rachael Ray 0 88	Jelly Jamm	Dinosaur	Hot Bench	Young & Restless	The First 48 0 88	21 DAY FIX	Rachael Ray 0 88	Noon News Hour (N)	Heartland 88 (DVS)	Rated A	Fish Flats	Marilyn Denis	How/Made	Gaming	General Hospital (N) 0	Bar Rescue 0	Big Crazy Family
12 PM	Hot Bench	Noon News Hour (N)	PAW Patrol	Charlie Rose 0 88	Cooker	News	The First 48 0 88	The Chew 0 88	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 0	Chucks	Hockey Lunch	CTV News Vancouver	Alaskan Bush People	Girl Meets Next Step	Celebrity	Bar Rescue 0	Security
1 PM	King	Days of our Lives (N)	Astroblast	Dowdle	Days of our Lives (N)	The Talk 0 88	Big Smo	General Hospital (N) 0	Days of our Lives (N)	The Talk 0 88	Our Vancouver 88	Almost	E:60 88	The Social (N) 0 88	Alaskan Bush People	Austin	CityLine 88	Bar Rescue 0	The Dead Files 0 88
2 PM	The Middle	The Talk 0 88	Maker	Thomas	TMZ (N) 0	Let's Make a Deal 88	Storage	Queen Latifah	The Talk 0 88	Meredith Vieira	Steven and Chris 88	Wayside	SportsNation (N) 88	Dr. Phil 0 88	How/Made	K.C. Under. Liv-Mad.	CityNews at 5 (N) 88	Tut Gaining control of his kingdom. 0	Ghost Adventures 88
3 PM	Seinfeld 0	Meredith Vieira	Astroblast	Curious	Ellen DeGeneres Show	The Dr. Oz Show (N) 0	Storage	Rachael Ray 0 88	Meredith Vieira	Young & Restless	2015 Pan American Games	Sidekick	SportsCentre (N) 88	Ellen DeGeneres Show	How/Made	Liv-Mad.	(2:59) CityNews at 6 (N)		Gotta Eat
4 PM	Big Bang	Young & Restless	Doid Ad	WordGirl	Jdg Judy	Dr. Phil 0 88	Storage	The Doctors 0 88	Young & Restless	Early News Global Nat.	From Toronto. 88	SpongeBob	Hockey	The Dr. Oz Show (N) 0	Jade Fever 88 (DVS)	Liv-Mad.	Mod Fam	Tut A deadly illness; betrayal. 0	Moves
5 PM	Browns	News (N) 88	Dino Dan	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	CBC News	Parents	Interruption	CTV News Vancouver	Catching Monsters 88	Liv-Mad.	America's Got Talent Guest judge		Security
6 PM	Browns	Global Nat.	Hope for Wildlife 88	PBS NewsHour (N) 88	News	KREM 2 News at 6 (N)	Storage	News at 6	(5:59) News Hour (N)	ET Canada	CBC News	Thunder	International Champions Cup Soccer	CTV News Vancouver	Deadliest Catch 88	Liv-Mad.	Michael Bublé.	Tut Tut sets out against the Mitanni. (N) 0	Waterparks
7 PM	Mod Fam	Ent	Mega Builders 88	Humanity From Space (N) 0 88	Jeopardy!	Insle Ed.	Big Smo	Ent	Ent	NCIS: New Orleans 0	Coronation	Game On	Sports	Big Bang	Deadliest Catch 88	Good Luck	Broke Girl		Big Crazy Family
8 PM	Family Guy	NCIS 0 88 (DVS)	The Story of Science		America's Got Talent Guest Judge	NCIS 0 88 (DVS)	Wahlburg	Fresh-Boat	NCIS 0 88 (DVS)	NCIS 0 88 (DVS)	2015 Pan American Games	Just Kid	International Champions Cup Soccer	Spun Out Cleveland	Cold Water Cowboys	Movie: "Bad Hair Day" (2015) 0	CityNews-Tonight (N)	Tut Tut sets out against the Mitanni. 0	Ghost Adventures 88
9 PM	Amer. Dad	NCIS: Los Angeles 0	Gloria & Me 0 88	Frontline (N) 0 88	Michael Bublé.	Zoo "Pack Mentality"	Storage	Extreme Weight Loss	NCIS: Los Angeles 0	NCIS: Los Angeles 0	From Toronto. 88	Gags	Cup Soccer	Zoo "Pack Mentality"	Deadliest Catch 88	Girl Meets	EP Daily		The Dead Files 0 88
10 PM	Jeffersons	NCIS: New Orleans 0	The Market		Hollywood Game Night	NCIS: New Orleans 0	Storage	"Pearls" (N) 0 88	NCIS: New Orleans 0	News Hour Final (N)	The National (N) 88	Haunting	SportsCentre (N) 88	Hollywood Game Night	Deadliest Catch 88	Good Luck	Extra (N)	Tut Tut sets out against the Mitanni. 0	Waterparks
11 PM	Movie: "The Score"	News Hour Final (N)	Mega Builders 88		News	News	Big Smo	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Gags	SportsCentre 88	News-Lisa	Cold Water Cowboys	Wizards	Paid Prog.		Big Crazy Family



Vermilion Forks Field Naturalists explore Tanglewood Hollow. - photo submitted

# Vermilion Forks Field Naturalists

## Naturalists Enjoy Tanglewood Hollow

by Janis Wright, VFFN

Vermilion Forks Field Naturalists experienced a change of pace from our recent hikes in the heat, as we embarked on a leisurely stroll in the cool morning air of Saturday, July 11th. Even more refreshing was the

sprinkle of raindrops enjoyed by nine of us as we ambled in search of wildflowers and grasses on the property of Tim and Del Hall.

Several of us carried our plant identification books with us, but we benefited greatly from the expertise

of Maggie Trehearne, local and venerable naturalist. She recognized a couple of dozen native plants, including Alfalfa, Prickly Lettuce, Eriogonum, a type of buckwheat plant, Narrow-leaved Collomia, from the phlox family, and Lamb's-

quarters, one of the goosefoot species. Grasses identified included Crested Wheatgrass, Fringed Brome, and Pinegrass, just to mention a few.

We spent more than two hours roaming and reveling in the views, and were rewarded with glasses of lemonade halfway through our ramble. Thanks to Tim and Del, with sincere appreciation to Maggie Trehearne for helping to educate us!

Our next field trip will be July 25th, when Peter Antonick will take us hiking and gold-panning along the Similkameen River in the Allenby area. This is traditionally a fishing field trip, but due to the current ban we will pan for gold instead! Call Peter at 250-295-3640 to confirm participation, and meet at Billy's Restaurant parking lot at 9:00 AM with food and water. Please join us!

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More Flames and Smoke in the Valley but not from a forest fire this time but at the BBQ King hosted July 11th at the Keremeos Grist Mill. Complete story and additional photos on Page 18. Photo: Marty Menzies

# SO COUNTRY INTERNET RADIO

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Oops! Another load of logs hits the ditch July 13th 31-kilometres out Princeton-Summerland Road. - photo submitted

WEDNESDAY, JULY 22, 2015

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	Community	Morning News (N)	Zerby	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat	SportsCentre	CTV Morning Live Vancouver (N)	Auction	Justin	CityLine (N)	Jail	Gotta Eat
6:30 AM	Community		Doozers	Arthur			Dog				Almost			Auction	Phineas		Jail	World's	
7 AM	Law & Order: SVU		Kate and Wild Kratts	Odd Squad	Today John Green and Nat Wolff; X Ambassadors. (N)	CBS This Morning (N)	Dog	Good Morning America (N)			Save-Ums! Arthur	Squirrel	SportsCentre	Salvage Hunters	Phineas	Let's Make a Deal	Jail	Moves	
7:30 AM	Law & Order: SVU		PAW Patrol	Curious			Dog				Arthur	Chucks			Gravity		Jail	Moves	
8 AM	Law & Order: SVU		Curious	Curious			CSI: Miami			Morning Huntley St.	Mobles	SpongeBob	SportsCentre	Dude, You're Screwed	Win, Lose Wizards	The Price Is Right	Jail	Security	
8:30 AM	Millionaire	Morning	Space	Peg			CSI: Miami	Live! Kelly and Michael			Tiger	Wayside					Jail	Security	
9 AM	Millionaire	Huntley St.	Arthur	Tiger		The 700 Club	CSI: Miami		Morning Huntley St.	Pitchin' In	Super Why!	Sidckck	SportsCentre	Jade Fever	ANT Farm	FamFeud	Jail	The Dead Files	
9:30 AM	Millionaire													Jade Fever	Good Luck	FamFeud	Cops		
10 AM	Divorce	Pitchin' In	G. Shrinks	Sesame Street		The Price Is Right	CSI: Miami	The View	Pitchin' In	Rachael Ray (N)	Bookaboo	Spliced	SportsCentre	Mayday	Austin	The Chew	Cops	Ghost Adventures	
10:30 AM	Divorce	Debt/Part	PAW Patrol	(E!)					Debt/Part		Bo On/Go	Kid vs. Kat			Dog		Cops		
11 AM	Judge	Rachael Ray (N)	Jelly Jamm	Dinosaur	Hot Bench	Young & Restless	The First 48	PAID Prog.	Rachael Ray (N)	Noon News Hour (N)	Heartland	Rated A	This is Golf	Marilyn Denis	Catching Monsters	Gaming	General Hospital (N)	Wildest Police Videos	Border
11:30 AM	Judge		Dinosaurs	Sit & Be Fit	Hot Bench			FREE Wen!				Rated A			Jessie			Border	
12 PM	Hot Bench	Noon News Hour (N)	PAW Patrol	Charlie Rose	PAID Prog.	News	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Nerds	Hockey Lunch	CTV News Vancouver	Deadliest Catch	Girl Meets	Celebrity	Wildest Police Videos	Security
12:30 PM	Hot Bench		Kate and	Lunal	Bold							Squirrel			Next Step	Celebrity		Security	
1 PM	King	Days of our Lives (N)	Astroblast	Oil Painting	Days of our Lives (N)	The Talk	Wahlburgr	General Hospital (N)	Days of our Lives (N)	The Talk	Recipes	Almost	E:60 (N)	The Social (N)	Deadliest Catch	Austin	CityLine	Cops	The Dead Files
1:30 PM	King		Poppy Cat	Sewing			Wahlburgr				Stefano	Sidckck			Austin		Cops		
2 PM	The Middle	The Talk	Maker	Thomas	TMZ (N)	Let's Make a Deal	Donnie	Queen Latifah	The Talk	Meredith Vieira	Steven and Chris	Wayside	Off Record	Dr. Phil	Ice Cold Gold	K.C. Under.	CityNews at 5 (N)	Cops	Ghost Adventures
2:30 PM	The Middle		Curious	Sesame SL	ThisMinute		Lachey's					Kid vs. Kat	Interruption			K.C. Under.	Jail		
3 PM	Seinfeld	Meredith Vieira	Astroblast	Curious	Ellen DeGeneres Show	The Dr. Oz Show (N)	Duck D.	Rachael Ray (N)	Meredith Vieira	Young & Restless	2015 Pan American Games	Sidckck	SportsCentre (N)	Ellen DeGeneres Show	How/Made	K.C. Under.	(2:59) CityNews at 6 (N)	Cops	Gotta Eat
3:30 PM	Mod Fam		PAW Patrol	Cat in the Hat			Duck D.					Chucks		How/Made	K.C. Under.		Jail	Eat St.	
4 PM	Big Bang	Young & Restless	Doki	WordGirl	Jdg Judy	Dr. Phil	Duck D.	The Doctors	Young & Restless	Early News	From Toronto.	SpongeBob	MLB Baseball: Teams TBA.	The Dr. Oz Show (N)	Mighty Ships	K.C. Under.	Mod Fam	Cops	Moves
4:30 PM	Big Bang		Dinosaur	Wild Kratts	Jdg Judy		Duck D.			Global Nat.		Penguins	(N Subject to Blackout) (Live)		K.C. Under.	Mod Fam	Cops	Moves	
5 PM	Browns	News (N)	Dino Dan	News	News	News	Duck D.	News	Early News	(4:59) News Hour (N)	CBC News	Parents	CTV News Vancouver	Mighty Ships	K.C. Under.	America's Got Talent	Cops	Security	
5:30 PM	Payne		Wild Kratts	Business	NBC News	CBS News	Duck D.	ABC News	Global Nat.			SpongeBob			K.C. Under.		Cops	Security	
6 PM	Browns	Global Nat.	Mega Builders	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Duck D.	News at 6	(5:59) News Hour (N)	ET Canada	CBC News	Thunder		CTV News Vancouver	Deadliest Catch	HZipzer	Mod Fam	Cops	The Dead Files
6:30 PM	Payne	News		Millionaire			Wahlburgr	News		Ent	Murdoch Mysteries	Assembly			Next Step	blackish	Cops		
7 PM	Mod Fam	Ent	Rescue	Life on the Reef	Jeopardy!	Inside Ed.	Donnie	Ent	Ent	Extant (N)	Bella	SportsCentre (N)	etalk (N)	Catching Monsters	Good Luck	Broke Girl	Cops	Ghost Adventures	
7:30 PM	Seinfeld	ET Canada	Park	Wheel	Hollywood	Lachey's	The Insider	ET Canada		Coronation	Henry		Big Bang		Movie: "Frenemies" (2012)	Two Men	Cops		
8 PM	Family Guy	Big Brother (N)	"The Mocio Sisters"	NOVA (DVS)	America's Got Talent	Big Brother (N)	Duck D.	blackish	Big Brother (N)	Big Brother (N)	2015 Pan American Games	Just Kid	Cabble	MasterChef (N)	How/Made	CityNews-Tonight (N)	Cops	Ghost Adventures	
8:30 PM	Family Guy						Duck D.	blackish				Just Kid	CFL 30 (N)	How/Made			Cops		
9 PM	Amer. Dad	Rookie Blue (N)	Europa Konzert 2011 from Madrid	NOVA (DVS)	Last Comic Standing "The Premiere"	Criminal Minds	Duck D.	blackish	Rookie Blue (N)	Rookie Blue (N)	From Toronto.	Gags	SportsCentre (N)	Amazing Race	Mighty Ships	Girl Meets	EP Daily	Jail	Border
9:30 PM	Amer. Dad						Duck D.	blackish				Gags			Wingin' It	Reviews on	Jail	Border	
10 PM	Jeffersons	Extant (N)	Pioneers In Aviation		Extant (N)	Extant (N)	Duck D.	Mod Fam	Extant (N)	News Hour Final (N)	The National (N)	Haunting	SportsCentre (N)	19-2 (DVS)	Alaskan Bush People	Good Luck	Extra (N)	Jail	The Dead Files
10:30 PM	Gimme						Wahlburgr	Mod Fam				Haunting			Win, Lose	G. Martin	Jail		
11 PM	Movie: "Collateral"	News Hour Final (N)	Park	Charlie Rose (N)	News	News	Donnie	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Just Kid	SportsCentre	News-Lisa	Catching Monsters	Wizards	PAID Prog.	Wildest Police Videos	Ghost Adventures
11:30 PM			Rescue		J. Fallon	NCIS	Lachey's	J. Kimmel		Doctors	Pan Am	Just Kid		CTV News	Life Derek	PAID Prog.			

THURSDAY, JULY 23, 2015

Table with 19 columns (WTBS ch.3 to DTOUR ch.45) and 24 rows (6 AM to 11 PM). Each cell contains program names and channel information for Thursday, July 23, 2015.

FRIDAY, JULY 24, 2015

Table with 19 columns (WTBS ch.3 to DTOUR ch.45) and 24 rows (6 AM to 11 PM). Each cell contains program names and channel information for Friday, July 24, 2015.



# News Leader Movies - Sunday to Monday

### SUNDAY MORNING

9:00 am WTBS ch.3 "The International" (2009, Suspense) Clive Owen. An Interpol agent and a New York prosecutor join forces to shut down a powerful bank's funding of terrorism.

### AFTERNOON

12:00 pm FAM ch.26 "Sharpay's Fabulous Adventure" (2011, Comedy-Drama) Ashley Tisdale. Sharpay and her dog, Boi, go to New York City and overcome the odds to find success in the dog-eat-dog world of theater. (In Stereo) (CC)

1:30 pm WTBS ch.3 "Red Eye" (2005, Suspense) Rachel McAdams. A plane passenger forcibly involves his seatmate in a plot to assassinate a government official.

2:00 pm CBC ch.13 "Babe" (1995, Comedy-Drama) James Cromwell. An Australian farmer adopts a piglet that becomes a champion sheepherder. Live action/animations. (In Stereo) (CC)

VTVch.22 "Mickey Blue Eyes" (1999, Romance-Comedy) Hugh Grant. After his girlfriend accidentally kills a mafioso's son, a man helps her mobster father try to pin the blame on a rival crime family.

(In Stereo) (CC) 2:20 pm YTV ch.18 "Open Season" (2006, Comedy) Voices of Martin Lawrence. Animated. Stranded in the wilderness, a mule deer and a domesticated bear try to make their way back to the safety of a town preserve before a hunter catches them. (In Stereo) (CC)

4:15 pm YTV ch.18 "Open Season 2" (2008, Comedy) Voices of Mike Epps. Animated. Animals band together to rescue a kidnapped dachshund from a group of domesticated pets. (In Stereo) (CC)

### EVENING

6:00 pm WTBS ch.3 "War of the Worlds" (2005, Science Fiction) Tom Cruise. A New Jersey man and his two children face an epic battle for survival when hostile aliens invade Earth.

YTV ch.18 "Charlotte's Web" (2006, Drama) Voices of Julia Roberts. After learning that a young pig's days are numbered, a literate spider weaves an elaborate plan to save her friend from the butcher's block. (In Stereo) (CC)

10:30 pm WTBS ch.3 "Sinbad: Legend of the Seven Seas" (2003, Adventure) Voices of Brad Pitt. Animated. The adventurous sailor and a beautiful stowaway have 10

days to save a prince from execution.

### MONDAY EVENING

8:00 pm FAM ch.26 "Cinderella II: Dreams Come True" (2002,

Fantasy) Voices of Jennifer Hale. Premiere. Animated. Cinderella prepares for her first royal ball and tries to help her stepsister find love. (In Stereo) (CC)

11:00 pm WTBS ch.3 "The Tuxedo" (2002, Comedy) Jackie

Chan. A chauffeur embarks on a covert mission after a tuxedo from a secret agent gives him extraordinary abilities.



We never thought we'd see so many of these critters around our yards, homes and businesses this year, did we? \*

PrincetonBCNews

## SUNDAY, JULY 26, 2015

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
<b>6 AM</b>	Paid Prog.	In a Name	Rob Robot	Mr. Rogers	Today (N) 0 30	Paid Prog.	Dog the Bounty Hunter	Paid Prog.	In a Name	Sunday Morning News (N)	dirtrgl	Sidekick	Formula	Canada AM Weekend	Alaskan Bush People	Wingin' It	Paid Prog.	Off Road	Fishful
<b>7 AM</b>	The Office	Sunday Morning News (N) 30	Kate and Curious	Super Why!	KHQ	CBS News Sunday Morning (N) 30	Dog the Bounty Hunter	Good Morning America	Sunday Morning News (N) 30		News	Charmers	Reporters	Marilyn Denis	Yukon Men 0 30	The 7D 0	Eye/Asia	Truck Tech	Time Trav.
<b>8 AM</b>	The Office		PAW Patrol	Curious	Meet the Press (N) 30		Duck D.	This Week			Coronation	Charmers	Sports Centre 30	Question Period 30	Don't Drive Here	Gaming	Sohnl Pakistan	Bar Rescue 0	Booze Traveler 0 30
<b>9 AM</b>	Movie: *** "The International" (2009) Clive Owen.		Dino Dan	SciGirls 0	Top Blower	Paid Prog.	Duck D.	Hiring		Ancestors	Coronation	Nicky	Golf: Senior Open Championship, Final Round.	World Vison 30	Dangerous Flights	Austin	Italiano di Lombardi (N)	Bar Rescue 0	Big Crazy Family
<b>10 AM</b>		Ancestors	Wild Kratts	Queen Victoria's Empire 0	Volleyball: 2015 FIVB World Grand Prix, Final. (N)	Whacked	Wahlburg	21 Day Fix	Ancestors	J. Osteen	2015 Pan American Games From Toronto. (N) 0 (Live) 30	Thunder		The Social	Jade Fever	K.C. Under.		Bar Rescue 0	Big Crazy Family
<b>11 AM</b>		PGA Pre-Game Show	Little	Little		Paid Prog.	Donnie	Turbo Lift	PGA Pre-Game Show	PGA Pre-Game Show	Henry	SC 30	Canada's Worst Driver	Deadliest Catch	Liv-Mad.	Capture the Moments	Bar Rescue 0	Big Crazy Family	
<b>12 PM</b>	Browns	PGA Tour Golf: RBC Canadian	Animals	Life on the Reef 30	2015 Tour de France: Stage 21. 30	PGA Tour Golf: RBC Canadian	Lachey's	Brady	PGA Tour Golf: RBC Canadian	PGA Tour Golf: RBC Canadian	Game On	Prerace	Sports Centre 30	Deadliest Catch 30	"Sharpay's Fabulous Adventure" 0	Mantracker 30 (DVS)	Bar Rescue 0	Big Crazy Family	
<b>1 PM</b>	Payne	Open, Final Round. (N) (Live) 30	Waterfront Cities	History Detectives 30	Auto Racing	The First 48 0 30	World of X Games (N)	Pursuit of	Open, Final Round. (N) (Live) 30	Open, Final Round. (N) (Live) 30	Stanley	Racing: Sprint Cup Series: Brickyard 400. (N) (Live) 30	W5 0 30 (DVS)	Overhaulin' 0 30	Gravily	Wild Things	Bar Rescue 0	Time Trav.	
<b>2 PM</b>	Movie: *** "Red Eye" (2005)		Rescue Park	Railway Journeys		The First 48 0 30					Movie: *** "Babe" (1995) 0 30	Weird (2:20) Movie: "Open Season" (2005)	Bering Sea Gold: Under	Phineas	Storage	Pckge Deal	Bar Rescue 0	Booze Traveler 0 30	
<b>3 PM</b>	Big Bang	Haven 30 (DVS)	Hops for Wildlife 30	Lewis and Clark	Best Cook!	21 Day Fix	Intervention "Dallas"	21 Day Fix	Haven 30 (DVS)	Collectors	Movie: *** "Babe" (1995) 0 30				Cash Cab	I Didn't	CityNews	Bar Rescue 0	Security
<b>4 PM</b>	Big Bang	Collectors	The Story of Science	Daniel O'Donnell-Heartland	Paid Prog.	Backroads	Intervention "Daniel"	Streets of S.F.	Collectors	Simpsons	2015 Pan American Games From Toronto. (N) 0 (Live) 30	(4:15) Movie: *** "Open Season 2" (2008) 0	CFL Football: Hamilton Tiger-Cats at Saskatchewan Roughriders. (N) 30	The Social	Mighty Ships (N)	Liv-Mad.	Get Stuffed	Bar Rescue 0	Museum Secrets 0
<b>5 PM</b>	Mod Fam	Simpsons	Victorian Pharmacy	Give It	News	News	Intervention "Wesley"	News	Simpsons	(4:59) News Hour (N)	From Toronto. (N) 0 (Live) 30		Amazing Race	To Be Announced	Jessie 30	Celebrity Family Feud	Bar Rescue 0	Museum Secrets 0	
<b>6 PM</b>	Movie: *** "War of the Worlds" (2005) Tom Cruise.	Global Nat.	Architects of Change	Last Tango in Halifax	News	KREM 2 News at 6 (N) 30	Intervention "Candace"	News at 6	(5:59) News Hour (N)	Security	Security		Roughriders. (N) 30	CTV News Vancouver	Naked and Afraid (N)	K.C. Under. Next Step	(6:01) Scorpion 0 30	Bar Rescue (N) 0	Big Crazy Family
<b>7 PM</b>		Security	Darwin's Lost Voyage	Last Tango in Halifax	Hollywood Game Night	60 Minutes (N) 0 30	Intervention 0 30	Funniest Home Videos	Security	Family Guy	Heartland 30	Drama 0 30	Sports Centre (N) 30	Big Bang	Naked and Afraid (N)	Girl Meets Liv-Mad.	Shameless (N) 0 30	Catch a Contractor (N)	Waterparks
<b>8 PM</b>		(8:01) Big Brother (N)	New Tricks 0 30	Poldark on Masterpiece	Welcome	(8:01) Big Brother (N)	(8:01) The First 48 30	Celebrity Family Feud	(8:01) Big Brother (N)	(8:01) Big Brother (N)	The Nature of Things	Gags	Cabble	Criminal Minds 0	Dual Survivor 30	HZipper	CityNews	Bar Rescue 0	Museum Secrets 0
<b>9 PM</b>		Madam Secretary	Waking the Dead 30	The Crimson Field 30	American Ninja Warrior "Kansas City Finals" 0	Madam Secretary	(9:01) Intervention 30	(9:01) BattleBots 30	Madam Secretary	Madam Secretary	Kristin Chenoweth	Gags	Sports Centre (N) 30	The Following 0	To Be Announced	Next Step	2015 Tour de France (Taped) 30	Bar Rescue 0	Big Crazy Family
<b>10 PM</b>		Family Guy	Waking the Dead 30	New Tricks 0 30	City Finals" 0	CSI: Crime Scene	(10:01) Intervention 30	(10:01) Castle 30	Family Guy	News Final	The National (N) 30	Haunting	Sports Centre (N) 30	CSI: Crime Scene	Naked and Afraid	Girl Meets Liv-Mad.		Catch a Contractor 0	Waterparks
<b>11 PM</b>		News Final	Great Bamboo	The Jewel in the Crown	News	News	(11:01) Intervention 30	KXLY 4	News Final	Mackenzie	CBC News	Haunting	Sports Centre 30	News	Naked and Afraid	Wizards		Bar Rescue 0	Time Trav.
		Ancestors			Paid Prog.	Family Guy		Van Impa	Ancestors	In a Name	Pan Am	Haunting		CTV News		Life Derek			Time Trav.

# News Leader Sudoku

## SUDOKU

No. 238

Very Hard

Previous solution - Tough

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

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

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

For many strategies, hints and tips, visit [www.sudokuwiki.org](http://www.sudokuwiki.org)

If you like Sudoku you'll really like 'Str8ts' and our other puzzles, Apps and books. Visit [www.str8ts.com](http://www.str8ts.com)

The solutions will be published here in the next issue.

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

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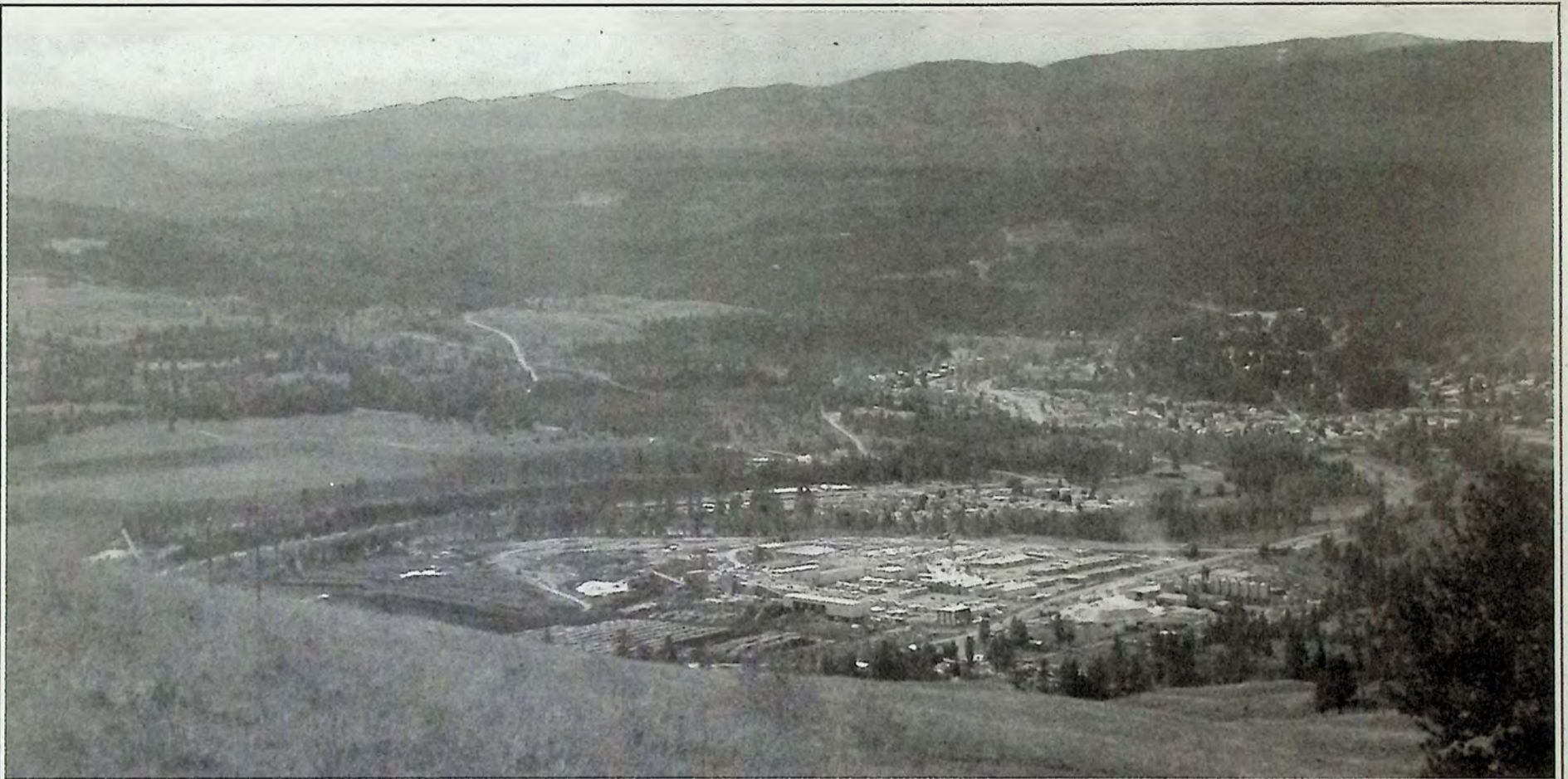
## Similkameen News Leader

226A Bridge Street, Princeton

Phone: 250.295.4149 - Fax: 250.295.4103

### MONDAY, JULY 27, 2015

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTour ch.45
6 AM	Community	Morning News (N) [22]	Zerby	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Morning News (N) [22]	(5:00) Morning News (N)	CBC News Now (N) [1]	Kid vs. Kat	SportsCentre [22]	CTV Morning Live Vancouver (N) [1] [22]	Alrshow	Justin Phineas	CityLine (N) [22]	Cops [22]	Gotta Eat
7 AM	Law & Order: SVU		Kate and Wild Kratts	Odd Squad	Today (N) [1] [22]	CBS This Morning (N) [1] [22]	Dog	Good Morning America (N) [22]			Save-Ums! Arthur [1]	Squirrel	SportsCentre [22]		Cash Cab	Phineas	Let's Make a Deal [22]	Jail [22]	Moves
8 AM	Law & Order: SVU		PAW Patrol	Curious			CSI: Miami "L.A." [22]		Morning Huntley St.	Mobles	SpongeBob	SportsCentre [22]		Ice Lake Rebels	Win, Lose Wizards	The Price is Right [22]	Cops [22]	Security	
9 AM	Millionaire	Morning Millionaire	Space	Peg		The 700 Club [1] [22]	CSI: Miami	Livel Kelly and Michael	Morning Huntley St.	Pitchin' In	Super Why! Napkin	Sidekick	SportsCentre [22]	Livel Kelly and Michael	Mighty Planes	ANT Farm	FamFeud	Jail [22]	The Dead Files [1] [22]
10 AM	Divorce	Pitchin' In	G. Shrinks	Sesame Street (EI)		The Price is Right [22]	CSI: Miami "G.O." [22]	The View [1] [22]	Pitchin' In	Rachael Ray (N) [22]	Bookaboo Bo On/Go	Spliced [1]	SportsCentre [22]	The View [1] [22]	Mayday [22]	Austin Dog	The Chew [1] [22]	Cops [22]	Secrets-Lega.
11 AM	Judge	Rachael Ray (N) [22]	Jelly Jamm	Dinosaur	Hot Bench	Young & Restless	The First 48 "Blackout"	Paid Prog.	Rachael Ray (N) [22]	Noon News Hour (N)	Heartland [1] [22]	Rated A	Motorcycle	Marilyn Denis	Last Frontier	Gaming	General Hospital (N) [1]	Wildest Police Videos	Security
12 PM	Hot Bench	Noon News Hour (N)	PAW Patrol	Charlie Rose [1] [22]	Ruf-Tweet Astroblast	News Bold	The First 48 [1] [22]	The Chew [1] [22]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [1]	Nerds Squirrel	Hockey Lunch	CTV News Vancouver	Highway Thru Hell	Girl Meets Next Step	Celebrity	Wildest Police Videos	Security
1 PM	King	Days of our Lives (N)	Astroblast	Paint This	Days of our Lives (N)	The Talk [1] [22]	The First 48 [1] [22]	General Hospital (N) [1]	Days of our Lives (N)	The Talk [1] [22]	Our Vancouver [22]	Almost Sidekick	Amazing Race	The Social (N) [1] [22]	Canada's Worst Driver	Austin	CityLine [22]	Cops [22]	The Dead Files [1] [22]
2 PM	The Middle	The Talk [1] [22]	Maker	Thomas	TMZ (N) [1]	Let's Make a Deal [22]	The First 48 [1] [22]	Queen Latifah	The Talk [1] [22]	Meredith Vieira	Steven and Chris [22]	Wayside	Best of Off the Record	Dr. Phil [1] [22]	Mighty Ships [22]	K.C. Under. Jessie [22]	CityNews at 5 (N) [22]	Cops [22]	Ghost Adventures [22]
3 PM	Seinfeld [1]	Meredith Vieira	Astroblast	Curious	Ellen DeGeneres Show	The Dr. Oz Show (N) [1]	The First 48 [1] [22]	Rachael Ray (N) [22]	Meredith Vieira	Young & Restless	Republic of Doyle [1]	Sidekick	SportsCentre (N) [22]	Ellen DeGeneres Show	How/Made	Jessie [22]	(2:59) CityNews at 6 (N)	Cops [22]	Gotta Eat
4 PM	Big Bang	Young & Restless	Doid [22]	WordGirl	Jdg Judy	Dr. Phil [1] [22]	The First 48 [1] [22]	The Doc-tors [1] [22]	Young & Restless	Early News Global Nat.	Dragons' Den [1]	SpongeBob	Baseball Tonight (N)	The Dr. Oz Show (N) [1]	Rise of the Machines	Jessie [22]	Mod Fam	Cops [22]	Moves
5 PM	Browns	News (N) [22]	Dino Dan	News	News	News	The First 48 [1] [22]	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News	Parents	MLB Baseball: Teams TBA. (N Subject to Blackout) (Live)	CTV News Vancouver	How/Made	Jessie [22]	The Bachelorette (Season Finale) (N) [1] [22]	Cops [22]	Security
6 PM	Browns	Global Nat.	Architects of Change	PBS News-Hour (N) [22]	News Millionaire	KREM 2 News at 6 (N)	(6:01) The First 48 [22]	News at 6	(5:59) News Hour (N)	ET Canada	CBC News	Assembly	Murdoch Mysteries [1]	Assembly	Alaskan Bush: Off Grid	Playlist	Next Step	Cops [22]	Security
7 PM	Mod Fam	Ent	Hope for Wildlife [22]	WA, Grown	Jeopardy!	Inside Ed.	(7:01) The First 48 [22]	Ent	Ent	Running Wild	Coronation Max	Assembly	etalak (N)	Alaskan Bush People	Good Luck	(7:01) The Bachelor-ette	Cops [22]	Security	
8 PM	Family Guy	Continuum "Seconds"	Edwardian Farm [22]	Antiques Roadshow (N)	American Ninja Warrior "Houston Finals" (N) [1]	Broke Girl	(8:02) The First 48 [22]	The Bachelorette (Season Finale) (N) [1] [22]	Remedy [22]	Remedy [22]	Banished [1] [22]	Gags	SportsCentre (N) [22]	So You Think You Can Dance (N) [1] (Live) [22]	Alaskan Bush: Off Grid	Wingin' It	Reviews on	Jail [22]	Security
9 PM	Amer. Dad	Remedy [22]	The Impressionists [22]	Antiques Roadshow [1]		Scorpion [1] [22]	(9:01) The First 48 [22]					Gags		Alaskan Bush: Off Grid	Wingin' It	Reviews on	Jail [22]	Security	
10 PM	Jeffersons	Running Wild	Striking Back [1] [22]	POV "Tea Time" (N) [1]	Running Wild	NCIS: Los Angeles [1]	(10:02) The First 48 [1]	The Bachelorette (N) [1]	Running Wild	News Hour Final (N)	The National (N) [22]	Haunting	SportsCentre (N) [22]	Castle "Reckoning"	Alaskan Bush People	Good Luck	Extra (N)	Jail [22]	Security
11 PM	Movie: "The Tuxedo"	CHBC News Final (N)	Hope for Wildlife [22]	Charlie Rose (N) [22]	News J. Fallon	News Hawaii	(11:02) The First 48 [1]	KXLY 4 J. Kimmel	News Hour Final (N)	ET Canada	CBC News	Gags	SportsCentre [22]	News-Lisa	How/Made	Wizards	Paid Prog.	Jail [22]	Secrets-Lega.



A view of Princeton you probably haven't seen yourself - from on top of Miner Mountain. \*

# Saving Downtown Princeton...

...An Ongoing Series by George Elliott

Have you heard of the Community Foundation of the South Okanagan Similkameen? It was incorporated in December 1991 and the Princeton branch of it was formed in November 2013.

The Local group was formed to "help build a fund for our community that would support the programs and projects that make our community a great place to be," and is working towards the goal of becoming a sustainable source of

support to Princeton. For example, over \$15,000 has been granted to local organizations in the form of grants and scholarships over the past 23 years.

In 2014 the Princeton committee received over \$54,000 in grant applications from the surrounding area and was only able to provide \$8,500 due to the amount of funding available.

The local group is known as the Princeton & District Legacy Fund

Committee and its five members are Judy Short, Frank Turner, Lynn Johnson, Robin Lowe-Irwin and John Akerley.

This group would be a viable source of funding for a variety of improvement projects to assist with sprucing up the downtown core. I'm thinking they could be an active part of the Chamber of Commerce (and supported by Town Council) three-year storefront beautification project.

The funny part here being that the Community Foundation of the South Okanagan Similkameen has approached Princeton Town Council twice for funding through the annual grant-in-aid program. Twice Town Council has turned

down the request (2014 and 2015 Grant-In-Aid years).

But wait, it gets funnier.

Princeton Rotary Club fundraised and built the kitchen in Riverside Centre. It was a project in the \$80,000 range. When it came time to stock it with utensils like plates, cutlery and such, the Town turned down a request to assist with that.

The CFSOS came to the rescue and bucked up for the stocking of the Riverside kitchen and now the facility is set up for renting out for various dinner-themed events ranging from weddings to theatre performances.

Oh, but the funniest part is yet to come.

The Riverside kitchen rental funds

go to the Town of Princeton as a source of revenue. The point I'm making here is that the CFSOS is a reliable source of funding that can help if the Town can not.

So, in other words, had the Chamber of Commerce or another local non-profit organization approached Town Hall local for help with costs associated with supplies used to re-stain the gazebo in Veterans Square (as an example), and for some reason they got turned down, CFSOS could very likely fill that need with funding that has come from within the community from donations, bequests and what have you.

In their defense, Town Hall gets a ton of requests and it must be a difficult task weeding through all of them at budget time and picking the ones with the biggest bang for the buck.

I bring up the CFSOS to basically .....continued on Page 20

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Obituary

## Lorna Helen Anheliger (1929 - 2015)



On June 24, 2015 we sadly said goodbye to our mother, grandmother (gramma) and friend, Lorna Helen Anheliger.

Lorna was born on May 20, 1929, in Ottawa, Ontario. After leaving Ottawa as a young lady; Lorna spent most of her life in the BC area including Merritt, Peachland and finally making Princeton her home for over the past 30 years.

Lorna loved camping, fishing (especially at Chain Lake), gardening, puttering in her yard, wine-making, frog-collecting (not the real ones mind you) crocheting, knitting and laughing. She was a loyal, hard-working,

independent woman who treated people with respect and made almost everyone she knew laugh.

Lorna was pre-deceased by her husband Donald Richard Anheliger in 2012. She is survived, and will be sadly missed, by: her daughter Judy Auclair; her son Rick (Donna) Anheliger; her grand-children Monica (Shane) Milner; Derek (Jenn) Auclair; Paul (Tanya) Auclair; Darienne (Brian) Drinkwalter; James (Jen) Auclair; Jessica (Michael) Blackbourn; her 23 great-grandchildren and four great-great grand-children!

Lorna's family greatly appreciated and would like to thank Dr. Black, the nurses of Princeton General Hospital and Lorna's good friend Larry Wilson for their loving, compassionate and attentive care!

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# Lower Valley News

Keremeos - Cawston - Olalla



And the winner is...Natasha Schooten, left, with Keremeos Grist Mill and Gardens Manager Chris Mathieson and a Corcelettes Estate Winery representative. Photo: Marty Menzies

## BBQ Queen captures BBQ King

by Marty Menzies

The sixth annual BBQ King was held at the Keremeos Grist Mill July 11th and it was an interesting affair. There was very interesting food, interesting wine, interesting weather and the most interesting fact that the BBQ King is now the BBQ Queen.

Natasha Schooten of the Grist Mill took the top spot winning the Judges Choice award as well as the most Creative Dish Award pairing her food with Corcelettes Estate Winery.

There were eight competing chefs in the main competition and a new class called 'Small Bites' which had three Keremeos based restaurants competing, Tree To Me, The Branding Iron and Benja Thai. Karl Schorb of the Branding Iron was paired with Eau Vivre Winery and took the Judges Small Bites award.

Chris Mathieson, manager of the Grist Mill and Gardens said, "There were over 450 tickets sold and this is a good event for the valley."

It has become more than just the

valley, as tour bus after tour bus pulled in from places like Kelowna, Summerland and Penticton. After six years it's no longer a Valley event, it's now an Okanagan event even if it's not billed as one.

The evening started out with an hour or so of wine tasting from all the members of the Similkameen Wineries Association. The lineups were long but the choice was well rounded so no one even noticed.

While the wine tasting was in full swing the competing chefs feverishly worked in a cordoned off area of the garden to make sure they were all ready.

With a plate and a glass in hand everyone was off to dinner. You don't have to eat much at a time if you are eating twelve separate items and maybe that's the best way to eat, slowly. It was a cordial atmosphere, new friends were made and old acquaintances renewed. The

lineups were still present but no one cared. The longest one was at Burger 55, who won the People's Choice Award. Even after it started to rain they still had a lineup. The

rain didn't last long and it was actually refreshing everyone huddled under the tents and just talked to each other or dashed off for some .....continued on Page 19

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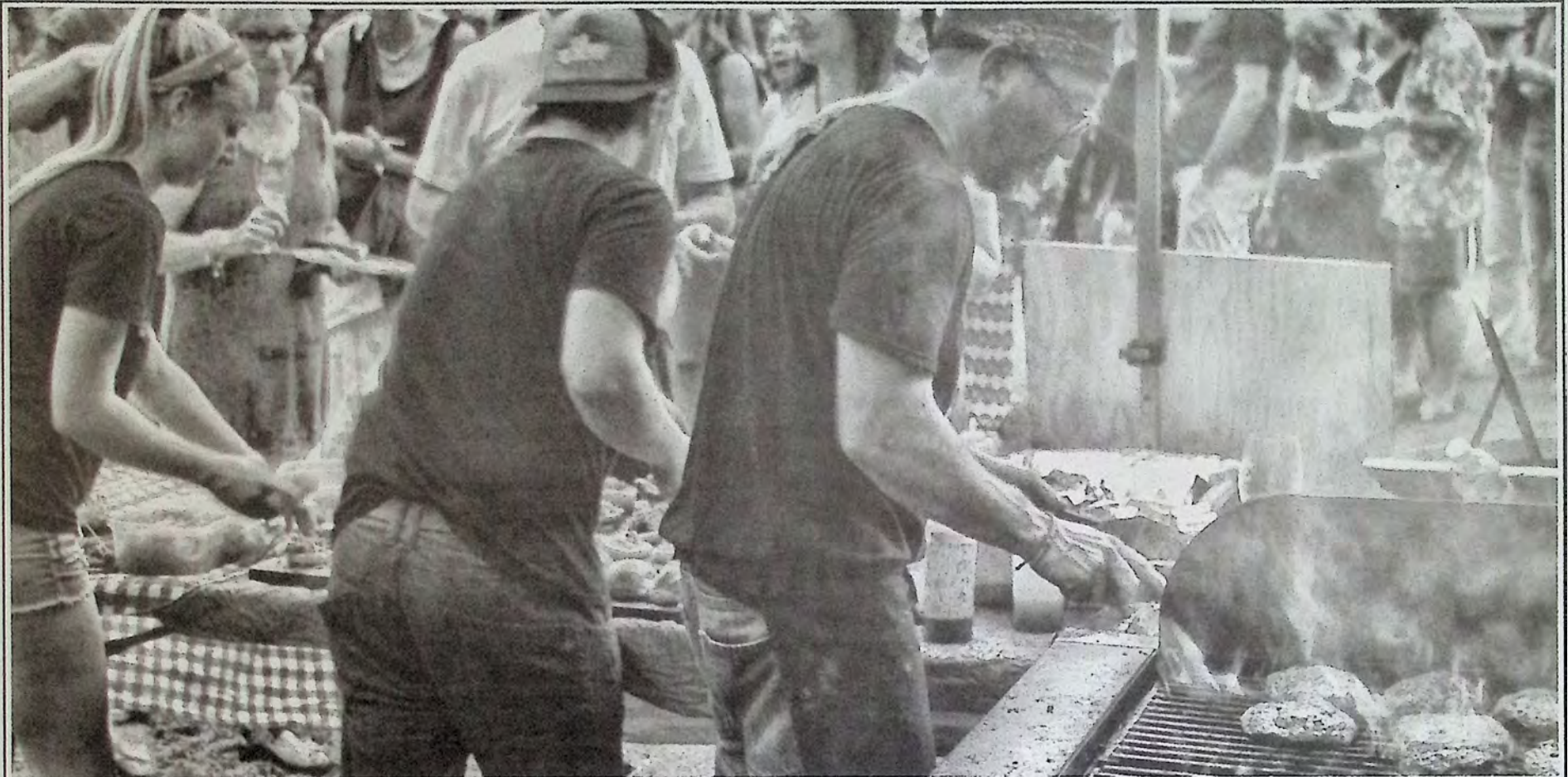
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Carolyn Jager was just one of the artists presenting their works during the sixth annual BBQ King event at Keremeos Grist Mill. Photo: Marty Menzies

# Lower Valley News

Keremeos - Cawston - Olalla



Chris Boehm and Burger 55 of Penticton paired with Orofino Winery had the longest line even in the rain and won the "People's Choice Award." Photo: Marty Menzies

## Similkameen BBQ King event details

Even the rain could not dampen the fun and festivities for Saturday's (July 11) annual Similkameen BBQ King event, hosted by the Similkameen Wineries Association at the historic Grist Mill & Gardens in Keremeos.

Caroline Cottrill, President of the Similkameen Wineries Association explained the event.

"This truly unique Similkameen wine and food experience featured nine chefs that competed for the coveted title of Similkameen BBQ

King or Queen and three local chefs that competed for the title of Best Small Bites Chef. The chefs from each competition received an identical black box containing the same local, organic ingredients. They used the ingredients to create their own incredible culinary creations. Each chef was paired with one of our member wineries or cideries. We had a panel of fourteen wine and food experts at the event to judge the competitions, lead by the Similkameen's own wine judge,

from atop a chair. Caroline Cottrill thanked everyone, the numbers were tallied and the Awards presented.

If you like dining out then this may be the place to sample a number of very creative Chef's visions and sample some wonderful wines from the valley. If you missed it there is always next year.

educator and writer, Rhys Pender. These judges chose the winners for four categories of awards, plus all of the guests in attendance had the opportunity to cast their vote for the People's Choice Award."

Chef Natasha Schooten from The Grist Mill in Keremeos was crowned the 2015 Similkameen BBQ Queen after winning the Judges' Choice Award for the 'Best Wine and Food Pairing' of the night. It was the first time in the six year history of the event that the title went to a female chef, making Chef Natasha the first ever Similkameen BBQ Queen!

Schooten's winning dish was slow-smoked short ribs with smoky-sweet apricot BBQ sauce, on zucchini nann bread with a zucchini, yellow tomato blueberry basil pico and crispy shallot. Natasha was assisted by Carole and the pas-

sionate team at the Grist Mill. The winning dish was perfectly paired with the 2014 Oracle Rose from Corcelettes Estate Winery.

Chef Chris Boehm of Penticton's Burger 55 won the People's Choice Award for 'Best Wine and Food

Pairing of the night.' He created a braised short rib and Qualicum blue stuffed AAA beef burger with blueberry basil apricot jam, shallot root beer BBQ sauce, lettuce, heirloom tomato, and crispy onion straws on .....continued on Page 20

.....continued from Page 18 more food and a refill.

The award ceremony was quickly moved into the Tea room, as it was still raining, and although a bit crowded it actually worked. Kim Lavton, who was pretty soggy but just kept smiling gave a short speech about the BBQ King and the Wine Association

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OTHER UPCOMING EVENTS at the Grist Mill:

Concert: July 24 @ 7:00PM - Lester Quitzau | Concert: Aug 1 @ 7:00PM - The Sweet Lowdown | Social Event: Aug 3 - BC Day

.....continued from Page 19 a buttery Woudas bun. It was topped with a truffle parmesan zucchini wedge. He was assisted by Thomas Bridson. The wine was paired beautifully with the 2012 Scout Vineyard Syrah from Orofino Winery.

The other awards included:  
- Chef Jeff Van Geest from Miradoro Restaurant at Tinhorn Creek took home the Judges' Choice Award for Best Plating Presentation. Chef Jeff's dish was paired with Forbidden Fruit Winery's 2013 Plum Noir.

- Chef Karl Schorb from the Branding Iron Bar & Grill took home the Judges' Choice Award for Best Small Bites. Chef Karl's dish was paired with Eau Vivre Winery's 2014 Cinq Blanc.

And finally Chef Natasha Schooten from The Grist Mill took

home the Judges' Choice Award for Most Creative Dish. Chef Natasha's dish was paired with the 2014 Oracle Rose from Corcelettes Estate Winery.

Cottrill continued, "More than 450 people had the opportunity to taste the amazing dishes from each chef, to enjoy the fantastic wines and ciders from the wineries and cideries of the Similkameen Wineries Association and to explore the gorgeous Grist Mill and Gardens. Guests were treated to live entertainment by John Rousseau and The River Line, They Them Theirs, Chance and Friends, and the Wild Organic Humans.

"Guests also had the opportunity to enjoy an Art Walk featuring the art from members of the South Similkameen Arts Society and to get their photo taken at a photo booth by Something Blue Photography. Finally, guests were also able to shop for amazing items at the silent auction, which was a partial fundraiser for the Grist Mill."

Similkameen BBQ King competing chefs were:

- Chris Boehm, Burger 55 with Orofino Winery
- Aden Clarke, Private Chef with Cereia Estate Winery
- Kevin Cooper, The Patio at NK'Mip Cellars with Rustic Roots Winery
- Rob Erickson, Private Chef with

- Sage Bush Winery
  - Jacob Gunn, Wrong Turn Tavern with Robin Ridge Winery
  - Shayna Merritt, Shayna & Shulman Culinary Adventures with Hugging Tree Winery
  - Natasha Schooten, The Grist Mill with Corcelettes Estate Winery
  - Adair Scott, Watermark Beach Resort with Seven Stones Winery
  - Jeff Van Geest, Miradoro Restaurant at Tinhorn Creek with Forbidden Fruit Winery
- Small bites competing chefs were:
- Rick from Benja Thai with Twisted Hills Craft Cider
  - Karl from the Branding Iron with Eau Vivre Winery
  - Andrew from Tree to Me with Clos du Soleil Winery

Cottrill concluded, "We have so many to thank for such an incredible event. We couldn't have done this event without all of the judges, our sponsors, the chefs and wineries, the farmers and all of the volunteers and the staff at the Grist Mill.

"Thanks to all of our amazing guests that attended the event. Despite the rain, everyone had a wonderful time. Somehow it seems, knowing how much we needed this rain, it became a celebration that brought everyone together, huddled up under tents and squished into the Tea Room at the Grist Mill for the awards presentation. It was definitely a night to remember."



Consider yourself warned. Photo: Arlene Arlow

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## ...Your Turn

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

.....continued from Page 4 Facebook page, a citizen's watchdog group and the RCMP.

Note to Grand Forks and Pouce Coupe: councils aren't tree forts where you get to vote to keep the girls out?

In Lantzville, four of seven councillors just cut to the chase and quit, as did two senior staff.

Next door in Nanaimo, council is bringing new meaning to damn the torpedoes when it comes to debating the future of Colliery Dam Park. According to the Nanaimo Daily News, "passions seethed" at a council meeting this month. One resident stormed out of the meeting yelling, "he's the mayor, not the king."

In Lillooet, residents woke up in April to learn that the district had spent \$204,817 in legal and auditing costs in about 15 months, a little shy of \$90 for every man, woman and child in the community. It includes \$30,437 in legal fees so that a former CAO could sue a handful of residents for defamation.

This month residents got to wake up to the news that the consultant the district hired to review its finances doesn't "have confidence in the numbers used as the basis for the District's 2015 budget."

Warm fuzzy feelings all round no doubt, but not much of a surprise for

a town that's had three mayors and is now looking for its third CAO since 2012.

It's time for someone in Minister of Community, Sport and Cultural Development Coralee Oakes's office to answer the phone before things go really south.

Otherwise former Alberta Municipal Affairs minister Doug Griffiths - who once wrote a book entitled "13 ways to kill your community" - will have a few more chapters to add in the next edition.  
- Dermod Travis, executive director of IntegrityBC

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## Saving Downtown

.....continued from Page 16 give them some much-needed exposure and to let you know that there are other funding sources available - especially if Town Hall turned down your Grant-In-Aid request. Bear in mind the local Legacy Fund Committee does have specific criteria that has to be met in order to receive funding, but from what I understand, not quite as strict as the Town's program.

That being said, controls and guidelines need to be in place for any grant program. I just see the CFSOS as a unique alternative to funding local projects and taking some pressure off of the usual places hit up for financial assistance in our community.

If you'd like to know more about the Princeton Legacy Fund Committee contact Judy Short at

250-295-0217. If you think you'd like to become a member of this group, let Judy know. Most importantly, if you wish to contribute to the fund or have a request you'd like to make, by all means, make contact.

How does this save downtown Princeton?

There are all kinds of projects and programs that could be put in place to help our downtown and community but they all cost money. Funding sources within the community try to spread out their annual budget but some years it gets pretty thin. With a group in place that can pool a number of other funding sources together it stretches grant money further and helps more in the process.

When those projects are used in the community it benefits us all, including the downtown business core.