

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.



Town of Princeton Mayor Frank Armitage shares kind words with Joann Gabriel during a short presentation at the September 8th regular meeting of Town Council. Gabriel received a Volunteer Service Award that evening. *

Council thanks Gabriel

The most recent recipient of a Town of Princeton Volunteer Service Award is Joann Gabriel. She was presented with her certificate, a bouquet of flowers and gift during the September 8th regular meeting of Town Council.

The certificate states, "The Town of Princeton would like to express our deepest appreciation for your dedication and commitment to serving our community."

In presenting the award, Mayor Frank Armitage listed off the many achievements of Gabriel's including:

Joann has served on the Princeton and District Community Services Society Board since 1979/80 (close to 40 years) and this includes 23 years as President and 10 years as Treasurer.

She is also a founding member of the Princeton Library. 48 years ago she, Joan Kelly and others went door to door collecting books which eventually led to our current Library.

Since 1960 Joann has been, and continues to be an active member of the United Church Womens Group (UCW) working on bazaars, fundraisers and other activities.

Joann is a Life Member of the UCW.

In addition, she has worked with and served on many service clubs such as:

- Kinsmen\Elks\Royal Purple Lodge - Honoured Royal Lady
- Past president of the Kokanee Summer Swim Club
- Served as member on two Town Planning Committees
- Vermilion Forks Field Naturalists since the 1990s

Joined ladies curling and helped cater to bonspiels, later was President of Ladies Curling Club.

Served as Pro D chair for Princeton teachers and was zone convenor for South Okanagan.

Joann came to Princeton in 1960 to do her teachers practicum; and she joined our School District that September. She married Bill Gabriel in 1962 and took time off to raise her children, daughter Carolyn and son Paul for a total of 7 years. Then resumed her teaching career retiring in 2000 - 33 years of great service!

Upon receiving her award, Gabriel stated, "It takes a community to make a community."

Similkameen News Leader
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RDOS releases meeting details

These highlights are from the August meeting of the RDOS (Regional District of Okanagan Similkameen)

The Board of Directors approved the purchase of a lane on the 100 block of First Street and Second Street in Tulameen. The RDOS presently owns 14 individual lots which are separated by an unnamed lane owned by the Ministry of Transportation and Infrastructure.

These lots are home to the community rink, fire hall, public open space with public restrooms, BMX track and volleyball court. The completion of the lot consolidation will also complete the final outstanding items of the Tulameen Rink building permit.

The Regional District of

Okanagan-Similkameen (RDOS) will be celebrating its 50th anniversary on March 4, 2016.

To celebrate this significant milestone, the RDOS will be planning community celebrations and other commemorative events to honour those elected officials who have assumed a role at the RDOS Board table over the past 50 years, as well as to showcase some of the larger projects, accomplishments and initiatives which have been achieved at the RDOS over the years.

History is an important building block to culture and community. The RDOS 50th anniversary is a collaborative effort to capture and record some of the history of the RDOS local government and to showcase the important historical

role the RDOS has played to its citizens.

Through the stories of past and current Directors and senior staff, visitors to the website will begin to see the impacts of how their hard work and commitment to local government has benefitted citizens in our communities.

In 2009 the Board of Directors approved the formation of the Vermilion Forks Community Forest Corporation (VFCFC) for the purpose of acquiring and managing a Community Forest Agreement.

The Upper Similkameen Indian Band, the Town of Princeton and the Regional District are 1/3 shareholders in the Corporation.

In 2014 the RDOS Board created the Electoral Area 'H' Community Facilities Capital Reserve fund for the purposes of expenditures for or in respect of capital projects within Electoral Area 'H.'

At the August 6 meeting of the Board of Directors adopted Bylaw 2708, Electoral Area 'H' Community Facilities Capital Reserve Fund Expenditure of \$6,996 for the Erris Fire Protection Society Building high efficiently propane furnace.



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**FALL FAIR
PHOTOS
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New faces/new roles at Princeton Secondary School were officially announced last week. Former Vice Principal Patrick Kaiser, right, is now Principal. He is joined by new Vice Principal Ian Tisdale. *

District announces appointments

The Board of Education of School District No. 58 (Nicola-Similkameen) announced last week a number of Administrative changes that took place over the summer.

Ian Tisdale has been appointed as the Vice-Principal of Princeton Secondary School and Patrick Kaiser has been appointed the Principal of Princeton Secondary School.

Tisdale comes to Princeton Secondary School from Eckville, Alberta where he recently taught at the senior high school level at both Penhold Crossing Secondary School and River Glen School. Tisdale was responsible for teach-

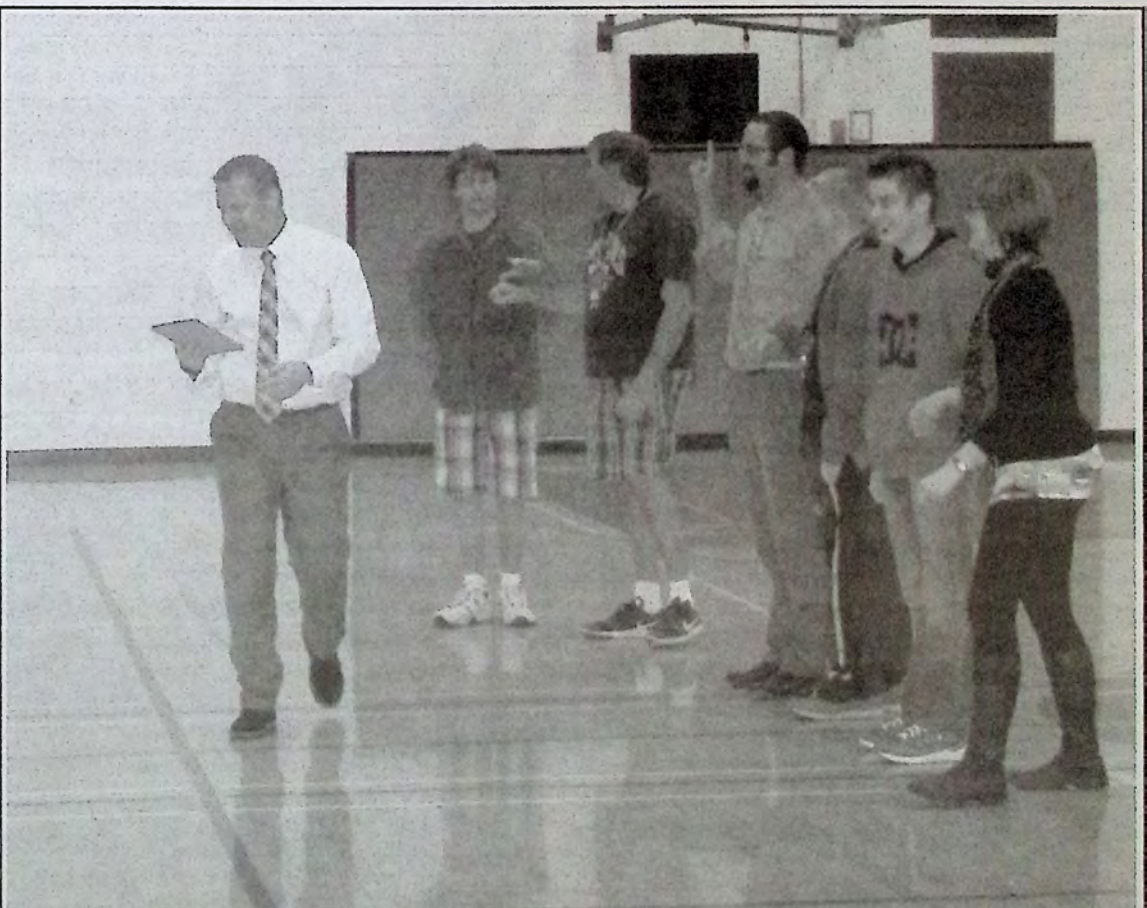
ing Social Studies, English and Career Counseling. He has taken on many leadership responsibilities in the area of Grad Advisory, Technology, Coaching and as a Europe and Grad Trip sponsor.

"We are very pleased to have Mr. Tisdale in the district as he brings with him a focus on fostering a healthy school culture, a caring for students and a collaborative approach to his work," says the School District.

Kaiser is not new to Princeton; however, he is new to his position of Principal of Princeton Secondary School.

"We are pleased to have Mr. Kaiser in the position as he brings with him

numerous years of successful teaching and administrative experience at the school as well as a solid understanding of the community of Princeton. Mr. Kaiser believes that developing strong relationships with students and parents is instrumental to the success of the school. Respecting others and a focus on consistent and mindful collaboration with both colleagues and students guide his work at the school and makes him a valuable member of the school and district team. The Board is pleased with the outstanding qualities and experience of all the new administrators and is looking forward to working with them in their new leadership roles."



What a great way to start the new school year - with a game show during an assembly September 9th. *

Flip Of The Coyne

by Spencer Coyne

We have a problem in Western Canada, especially in Alberta and B.C. We love to put all our fortunes into one or two segments of the economy and hope that history doesn't repeat itself. Unfortunately we never seem to learn from our own history. British Columbia is the story of boom to bust. The big rush to open the territory up in the 1800s happened because of the gold rush, and when it went bust people moved on to something else. Surprisingly from a province that exists because of boom to bust, we seem to forget how it goes when the bust comes. The residents of the Similkameen Valley shouldn't need reminding that we are surrounded by ghost towns and near ghost towns. The evidence of the good times and bad times are all around us.

The problems with our current national economy exist because our politicians put all our eggs into few baskets, mainly oil and gas and other raw resource extraction. Resource

extraction made sense. China needed our raw materials to make us the consumer goods we wanted. That is where the problem begins. What do we make anymore? At one time Canada made the cars we drove. We made the steel that built our industrial might. We extracted the materials and then we turned them into something. We don't do that anymore, or we do very little of it. A local economy is nearly one hundred percent dependent on the global economy because we don't make things that we use. We don't produce the food we eat. We truck all our commodities into our community from around the world and in return we ship our resources away.

Food is a good example of this. Last week there was a recall on cucumbers, not just in one supermarket but in supermarkets across North America because all our cucumbers come from some processing plant in a far off place. When did food become more of a world traveler

than most working people? At one time Princeton had dairies, farms and ranches that would have fed the community. Now we have a few days supply of food in the grocery store. If the supply line is disrupted we have no food. Canada should be able to supply itself with the basics and we should be able to take some of those raw natural resources we extract and turn them into products that we can use and then sell to the world. That is how trade used to work. We made things other people wanted and sold it to them.

The Chinese market is cooling for a few reasons and it is going to have a lasting impact on the Canadian market. The Chinese are turning from a manufacturing to a service based economy. That means they are becoming more like us. They have a rising middle class that wants a better quality of life and wants to consume more of the goods they usually sell to us. This means they are going to need less of those raw resources from Canada and someone else is going to have to turn those resources into widgets.

They are predicting a 20 dollar barrel of oil. If that happens you can pretty much say goodnight to the oil

sands as they can not turn a profit at that level. OPEC is trying to damage US production and China is using less oil so the over supply is going to ripple across Canada. It also means that other sectors will see slow downs as well.

It is a good time for Canada, B.C. and local governments to start looking at ways to diversify their economies. We need to stop relying on single resource industries to keep

our communities alive, and to be honest it isn't fair to them either. Why should a mill or mine be responsible for keeping the entire town alive? We need to find ways to turn more of those resources into widgets and we need to find other industries that don't fall into the traditional molds. If economies big and small can do this we can move away from the traditional boom to bust history we all know far too well.

Posse drop first regular season game

Princeton Posse hosted their 2015/16 KIJHL regular season home opener September 11th against Summerland Steam. The pre-season was tough on the team that went 0-2-2 in exhibition getting out scored 15-6 by opponents.

Fortunately pre-season stats have no bearing on the overall picture of any sports team.

Local boy Bradly Palumbo got onto the new season stat sheet early with a Contact to the Head call at 11:12 with an added 10-minute Misconduct.

Princeton scored their first goal of the new season early in the first frame. The unassisted marker was credited to Tanner Braid at 13:34.

The home team widened their lead at 8:25 with a goal scored by Drew Carter. Assists went to Thomas Cankovic and Chad Kimmie.

Summerland got on the scoreboard with exactly 3-minutes left in the period. Riley Pettit was assisted by Adam Jones and Jarrett Malchow on the goal.

The score after one did not really tell the full story of the action in the

first period where Summerland had out shot Princeton 20-5.

In fact, the Steam pummeled the Posse net throughout the entire game.

The second period saw the visiting team tie the game at 2-all at 15:28 (Paulsen Lautard from Matthew Monk) and take the lead at 5:35 (Jack Mills from Paulsen Lautard and Cole Williams).

With just 13-seconds left in the second frame the Steam added one more for good measure. Riley Pettit earned the point with help from Wyatt Gale and Jarrett Malchow.

After 40-minutes of play it was Summerland leading Princeton 4-2 in goals and 39-10 in shots on goal.

The third period saw both teams slow down in production with no further scoring and less shots on goal for Summerland but a slight increase for Princeton.

Final Score: Summerland 4, Princeton 2. Shots on Goal: Summerland 53, Princeton 17. Penalties in Minutes: Summerland 3 for 6-minutes, Princeton 4 for 16-minutes.

ROYAL CANADIAN LEGION PRINCETON - BRANCH 56

UPCOMING EVENTS

It's the start of a new season and all our activities will start up full swing in the next month:

Mondays : Partners Crib at 12:30 PM / Drop in Pool at 1:00 PM
 Tuesdays: Drop in Darts at 2:00 PM Starting on October 6 / Member appreciation day 10% off drinks.
 Wednesdays: Drop in Pool 1:00 PM / Free Bingo at 2:30 PM / Starting on September 23 Dinners at 6:00 PM / Starting on September 23 Texas Hold'em Poker at 7:00 PM
 Thursdays : Singles crib at 12:30 PM
 Fridays: Jam sessions at 7:00 - 10:00 PM most Fridays
 Saturdays: Meat Draw at 2:30 PM / Karaoke at 7:00 PM - 11:00 PM most Saturdays
 Sundays: NEW 2nd Meat Draw at 2:30 PM

The Legion Lounge is open every day starting at 12 Noon and closing hours will vary but during the week unless there is something like Poker on Wednesdays we will close at 6:00 PM and 11:00 PM on Fridays and Saturdays. For more info call the office at 250-295-6060.

SPECIAL EVENTS

Special Events in the next two months which will be open to the adult Community at large:



Friday, September 18th we will have Jason Scotts as NEIL DIAMOND. Tickets are \$20. and can be bought prior at our Lounge. The doors open at 5:30 PM and there will be a bar and food available. Show starts at 7:00 PM. Tickets are going fast so get over and buy soon!!

Saturday, September 26 there will be a community dinner (children welcome) of ham, roast potatoes, carrots and dessert for only \$10. A dance will follow in the Lounge with Ian Elko.

Saturday, October 17 also a community event 'THE PRICE IF RIGHT' modeled after the famous TV show. This will be in our Hall, full bar and light snacks available for sale. Tickets are \$15. and we will have some amazingly wonderful prizes available to be won. Come and enjoy a lot of great laughs with all your friends and family. Groups of 10 or more can reserve tables.

Saturday, October 31st there will be a Halloween party and Dance. Best costumes!! More details next time.

MEETING DATES

September 8 Ladies Auxiliary 7:00 PM, October 13 Ladies Auxiliary 7:00 PM,
 September 16 Executive 10:00 AM, October 14 Executive 10:00 AM,
 September 20 General 1:00 PM, October 18 General 1:00 PM,
 September 27 Zone Meeting, Princeton, 1:00 PM.

Remember you don't have to be a Veteran or a family member of a Veteran to join the Legion!!
 Hope to see you all at some time in the next few months!!

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Editorial Page News Leader

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My Turn...

This Time I Can't Butt Out

The Town of Princeton has officially passed the 'Smoke Free Outdoor Places Bylaw' that I'm just going to refer to as the 'Butt Out Bylaw.' The final reading and adoption took place September 8th with no fanfare or celebration. It's a bylaw meant to promote healthy lifestyles.

Here's the funny part, the list of officially recognized 'public places' in the community reads like a tourist brochure mentioning all the fun places one can visit and explore - but without a cigarette.

I'm a non-smoker, by the way and while I should be jumping for joy about this recent restriction imposed by the Town it makes me wonder. I certainly doubt the bylaw enforcement department has enough manpower to make this bylaw stick. Even if they could, who's going to listen?

After all, there's a Rainbow Crosswalk in the centre of town that symbolizes acceptance of everyone. Apparently that does not include smokers. However, there is a loophole.

You can't smoke at the Legion or Post Office (these guidelines have been in place for some time thanks to Provincial and Federal laws). Now you can't smoke in Veterans Square or at the Visitors Centre. The only option you have in that part of town is to smoke while on the Rainbow Crosswalk, which is supposed to be an outward welcoming message to all.

Another funny thing about the 'Butt Out Bylaw' is that the Princeton Fairgrounds are now officially a smoke-free zone. While I don't particularly object to that, most of the tobacco I've seen out there is of the chewing variety. Does the 'Butt Out Bylaw' cover that? I'm under the impression chewing is more harmful than smoking tobacco.

If that's the case, why are chewers being excluded from a bylaw designed to create a healthy community?

What about the Mayor and other well known Town Administrators or Employees who smoke? How will this impact on their ten minute puff breaks or as I've heard it referred to more than once as 'thinking time?' Does the 'Butt Out Bylaw' allow for the thinkers to keep on thinking but in airtight capsules well away from those of us who don't smoke?

Well, I can just about answer that one. The fine schedule should cover those costs with a \$125 fine for getting caught smoking in a posted 'smoke-free zone' and a \$125 fine for getting caught more than once smoking during an outdoor special event. Steal an official 'Butt Out Bylaw' sign and you'll pay \$100.

The trick here, of course, is to not get caught.

Or if you do get caught, make it at least a worthwhile fine like smoking during a public outdoor event after being caught once before WITH a "Butt Out Bylaw - No Smoking" sign stashed under the front seat.

That's got to be worth at least \$350 - \$500 and you can bet that'll make the average citizen think twice before lighting up.

That is unless you are a chewer.



On September 9th Mt. Kobau put on a show throwing a single huge plumb of smoke high into the sky. It looked like an eruption but in fact it was just one big back-burn that only lasted for a couple of hours. Photo: Marty Menzies

...Your Turn

Letters and E-Mails Received This Past Week

To The Editor;

The following is a letter that was sent to Princeton Museum regarding the KVR/Trans-Canada Trail

It was a pleasure to talk with you recently about the current state and the potential of the KVR Trail. You requested that I send you a written letter of my experiences on the KVR and my opinion of the potential of the trail becoming a world class, long distance, wilderness route.

Have only done a one day pedal from the old toll booth location to Hope and a multi day trip from Merritt to Summerland via Princeton a few years ago. The longer ride was by mature group of

friends who had met doing all kinds of outdoor trips in the Hosteling International Outdoor Group from Metro Vancouver. Everyone on the longer trip had a wonderful vacation.

We all enjoyed; the people we meet, the scenery, the history, the museums the restaurants, the motels and campgrounds, the rivers and the lakes. The only sour note were parts of the trail, where we saw convoys of ATVs and dirt bikes. The affect of such light motor traffic was to churn the trail to sand in many places. Forcing us to walk, pushing our gear laden mountain bicycles on the destroyed trail.

We all had abandoned the KVR 40 to 50 kilometres from our desti-

nation of Summerland.

Later, we were told by local cyclists that the best maintained part of the trail was close to Summerland.

Due to the poor conditions of the trail, no one from our group has ventured back onto the KVR.

Every year for the past 9 years, have cycle toured in Europe during May and June. To date have cycled along most of the rivers and most of the coasts of both the Baltic and North Sea. Have been asked many times about cycle touring in Canada. Share with them that, we have a potential world class wilderness path in the KVR. Governments in Europe now understand the economic potentialcontinued on Page 5

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Current Comment

Earth Is Changing



Dawn Johnson
editor@thenewsleader.ca

unusually cold winter with terrible storms.

Macquarie Island, located between Antarctica and Australia, was colder than usual. Australia has a station in Antarctica which may have to be abandoned due to increasing ice.

Despite this severe winter in the southern hemisphere, mainstream media did not report it. In fact, recent news stated Earth has reached a new high in global warming! That must surprise the swimmers who faced chunks of ice in Lake Superior this past June.

Wild animals and birds have behaved differently this past year. Birds native to northern Canada have been spotted in Britain. Tropical birds have been seen far north of their native habitat. A 150 acre bird sanctuary in Florida was suddenly abandoned this year. Park rangers reported thousands of birds left their nests and flew away. Nobody could explain it.

Florida had another surprising

exodus. Manatees swam up the coast to the Carolinas, going from fresh water to the Atlantic Ocean to relocate in Carolina rivers, not all of the Manatees left, but that makes the migration even more puzzling.

Britain's coastline had an invasion of jellyfish normally found in the Mediterranean Sea, while this was not usual, it could be explained by the thousands of earthquakes in the Mediterranean during the past year.

The most tragic wildlife story concerns the death of thousands of marine animals on the west coast of North America, young seals and sea lions died of starvation earlier this year. The most recent deaths were caused by a disease resembling leukemia. It is caused by radiation poisoning. It is four years since Fukushima nuclear power plant began pumping contaminated water into the Japan current. Pacific Ocean wildlife is reaping the poison we have sown. Earth is changing.

...Your Turn

Letters and E-Mails Received This Past Week

.....continued from Page 4 of cycle tourism and are improving or developing new long distance cycle paths.

It is my opinion that the KVR has the potential to be a 'gold mine' but the culture of illegally driving motor vehicles on the trail has destroyed the trail. ATVs and motorized dirt bikes are not heavy enough to pack the trail, but in many places have churned it into a long sand trap.

If the motor vehicles would stay off of the muscle propelled trail, the KVR could be repaired.

Only then, a campaign to attract cyclist from around the world, would increase vastly cycle tourism to BC. My guess, based on conversations in Europe that a ten fold increase is possible in a few short years.

In Europe have seen how the EU government works with the nation-

al, regional and local governments to better the long distance cycling path. Then small businesses respond to the increased demand. Noted both a better trail and more restaurants, hotels in a few short years along the Loire River in France. Have also noted, many more people are enjoying just a day ride from town to town.

Best regards,
Keith Lang, Richmond, BC



Flying candy, pockets of lint, coffee and an eating contest were all part of the fun that began the first full day of school at Princeton Secondary September 9th. *

Similkameen News Leader

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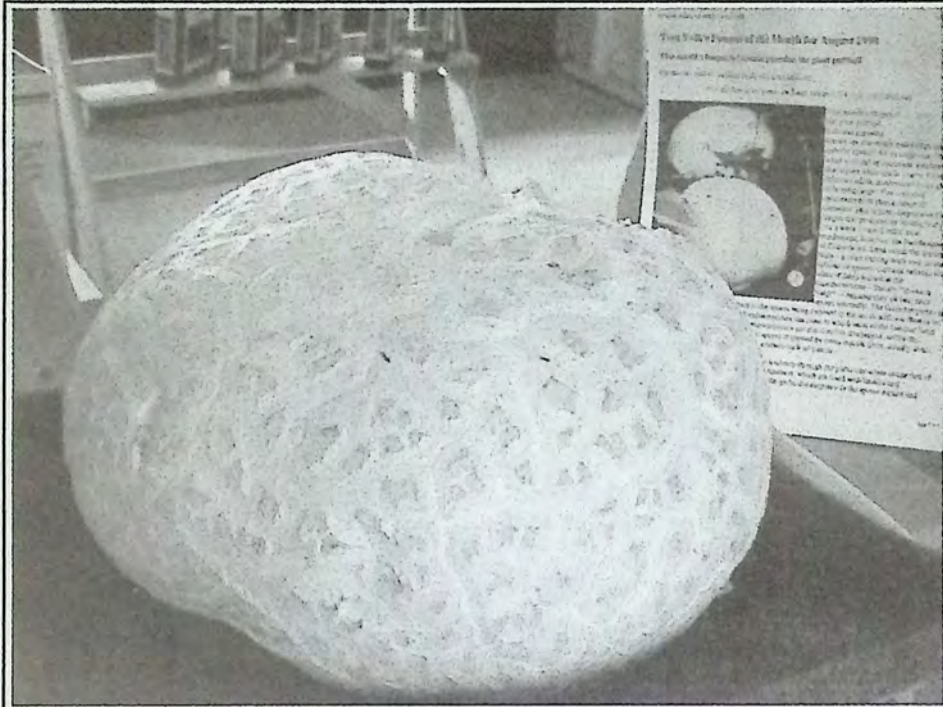
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AND NOW...A LITTLE GOOD NEWS!

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us." - Hebrews 12:1



We've all seen 'puff balls' in yards and fields but this one - on display during the 50th Princeton Fall Fair September 12 and 13 - must have been a record for the Similkameen Valley. *



2015 Princeton Fall Fair President Dawn Johnson was also the Top Exhibitor at this year's event. She was presented with a plaque by Mayor Frank Armitage during the opening ceremonies. *

...Your Turn

Letters and E-Mails Received This Past Week

To The Editor;

The man in a truck who just dropped off a big yellow cat on River Road, out of Tulameen, is cruel, thoughtless, and irresponsible. Not only is this inhumane to the cat, but wild birds especially have a difficult enough life.

This cat has to kill at least one

bird a day to survive. I can't begin to convey my disgust and anger with such actions as his.

There are estimated to be as many as 90 million free roaming cats in the world, with roughly 53 million in the US and 100,000 in the city of Vancouver alone.

A troubling finding is the impact

on wildlife. A Smithsonian study designed to look at the impact of cat population on the environment quoted between 1.4 and 3.2 billion birds and 6.9 to 20.7 billion mammals killed annually by feral cats. In fact, cats are considered one of the world's most invasive species; natural predators

who kill whether they are hungry or not.

Additionally, feral cats are an important source of animal-transmitted, serious diseases such as rabies, toxoplasmosis, and plague. Cats become vectors in the spread of disease when they contract a disease while hunting

infected small mammals or birds, and then bring the disease in proximity of dwellings. There have been 3,243 known rabies-positive animals in Canada since 2000 (and likely many more unknown cases). 1,500 plus Canadians are treated annually for potential exposure to rabies. Free roaming cats account for the most cases of human rabies exposure among domestic animals. Another significant disease threat is toxoplasmosis, a parasite frequently found in water or soil contaminated by cat feces. Consequences of the parasite can be severe to fatal in immunosuppressed people (HIV, cancer), and can cause fetal deformity or abortion in pregnant women.

Man has created this problem, and only people with responsible behaviour can rectify it.

- Irene Logan, Tulameen

To The Editor,

RE: "Hospital lab undergoes study"

This heading alarmed me.

A sustainability study launched by Interior Health is apparently looking into consolidating lab testing at Kelowna General Hospital.

I believe this is another example of the "slippery slope" phenomenon.

That is, a further erosion of services at our local Princeton Hospital.

We need our lab services and our X-ray department.

The population of Princeton is "older than the national average" and "less economically viable" than most. To travel to Kelowna for lab testing or X-ray exams will be onerous.

The expense of travel, and parking as well as the arduous, energy draining and time consuming experience will be very demand-

ing on the citizens who can least afford it. Our community must object to this idea.

The strategy to consolidate and centralize services may be financially expedient, but is short sighted when considering people. The government and medical services are meant to serve the people not provide money for the government.

This centralization approach is inhospitable (no pun intended), unhelpful, and in my view, selfish and dangerous to our citizens.

Instead of reducing services we should be increasing them. For example, my wife's doctor has ordered ultra sound exams on two occasions, which required travel to Penticton.

These tests are being requested more and more frequently and should be available in Princeton.

NOW is the time to register our concerns.

NOW is the time to see that this short sighted consolidation of services plan is aborted.

- L. Anderson, Princeton

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Fifty years of Fall Fair history was on display at the 50th annual event September 12 and 13. *



Chainsaw carving takes skill, patience, artistic talent, working tools, oil...the demonstrations at this year's Fall Fair were well attended with a lot of finished pieces available for purchase. *



Princeton Youth Ambassadors (Thyme Callihoo, Victoria Gibb and Hanna Gould) squeeze into a photo booth picture at the Valley First vendor tent during the 50th annual Princeton Fall Fair. *



Produce donated by Similkameen Valley growers made for a great display at the Fall Fair. *

Fox run marks 35th year

The annual Terry Fox Run marks its 35th year this month with the annual event set to take place September 20th.

In 2014 the Town of Princeton raised a total of \$2,300.00 with 109 participants.

Local run organizer Holly Fenrick says, "Our goal is to increase this amount to \$3,500 and a wish for increased participants to 150."

Town Council pledged to support that goal with a motion dur-

ing their September 8th regular public meeting.

This year's Terry Fox Run will start at 11:00 AM September 20th at Veterans Square downtown with runners/walkers moving down Vermilion Avenue and across Highway 3 to the Trans-Canada Trail. Participants will take that route to the Tunnel, across to River Road and returning back to Veterans Square.

Town Council granted organizers access to the portable sound

system, barricades and rope to mark the route. They also agreed to donate \$78.00 to cover the cost of t-shirts for a dozen event volunteers.

If you would like to make a donation to the 35th annual Terry Fox Run, contact Fenrick at 250-293-6474 or send her an e-mail at terryfoxprinceton@gmail.com.

In the words of Terry Fox, "Even if I don't finish we need others to continue - It's got to keep going without me."

Credit unions connect parents with grant

The world is changing and parents want to make sure their children are ready to succeed. Education and training after graduation can help unlock that success.

Parents in Princeton and area can go to Valley First, a division of First West Credit Union, to kick-start their savings for their children's

future.

To be eligible for the \$1,200 children must be born in 2007 or later. Families have three years, or until the day before the child's ninth birthday, to submit an application for the grant.

No matching or additional contributions are required to access the

\$1,200. Even a small amount of savings in a RESP increases the likelihood that a child will continue their studies after high school.

"Most of tomorrow's jobs will require some form of post-secondary education and training," Fraser-Nicola MLA Jackie Tegart said.

"I can't think of an easier way to give your children a head start in achieving a satisfying and rewarding career."

With the \$1,200 grant and an investment of \$50 a month, savings could grow to \$12,000 (based on a 3.5 per cent annual growth rate). Growth of funds will depend on the amount invested and actual returns.

One in three British Columbians are members of a credit union. Central 1 Credit Union is the host organization of the grant for their 42 member credit unions, consisting of 365 branches and more than 550 ATMs across B.C.

The one-time grant of \$1,200 per eligible child will be deposited into a Registered Education Savings Plan (RESP) upon approval of the application.

For more information visit your financial institution or go to www.canlearn.ca. For more information on the B.C. Training and Education Savings Grant, go to www.gov.bc.ca/BCTESG or call 1-888-276-3624.

- submitted



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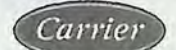
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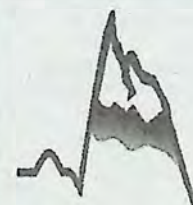
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Living Past 100

Gravity Is Your Friend

You could sit yourself to death. Research done by NASA on the effects of weightlessness has shown astronauts spending extended periods of time in a weightless environment suffer from aging. Astronauts have to undergo exercise programs to restore their strength and reverse the aging that took place even after a couple of weeks in space.

Further studies revealed our own daily weightlessness causes aging. It is only when we are overcoming gravity that we keep our bodies healthy. When we sit for hours in front of a computer or lie on the sofa watching television, we are killing ourselves slowly. Nobody should sit for more than 50 minutes without getting off the chair and walking around for five minutes.

Sitting is a form of weightlessness because when we sit, we are not fighting gravity. When we are on our feet, we fight gravity with every step we take.

Our circulation improves, our lymphatic system cleanses itself. Our digestive system works more efficiently.

When we are not fighting gravity, our muscle tissue is replaced by fat. We grow weaker, less flexible. Our bones begin to deteriorate. Just by walking, we prevent aging. We do not have to take up strenuous sports or spend hours in a gym, we just have to walk. All we need to do is keep moving our bodies in ways that overcome gravity.



News Leader

Entertainment

Similkameen News Leader TV Guide Listings - September 15 - 21, 2015



Hikers take a well deserved break during an outing planned by Vermilion Forks Field Naturalists. - photo submitted

Vermilion Forks Field Naturalists

Naturalists Enjoy Annual Hike on Jim Kelly Mountain

Saturday September 5th dawned clear and bright as six hardy Vermilion Forks Field Naturalists headed out on what is becoming an annual trek up to Jim Kelly Mountain. We always plan this trip

for the first week in September because the huckleberries and blueberries are at their peak. Last year, for example, we picked enough for several pies. Our early summer, however, confused the berries so

that this year, not only were the berries absent but some bushes were trying for a second crop. No matter, the weather was fine and the views were spectacular.

On the way up we saw a big black bear on the blueberry bush-infested ridge opposite us. We hoped there were berries there so he could fatten up for the winter. As we climbed out of the forest and into the alpine we saw fresh snow covering Jim Kelly peak and nestling in shady spots along the trail. We had lunch on a warm heather meadow in the

sun, but as soon as we began climbing onto the ridge a cold wind sucked the warmth out of us. We climbed to a sheltered bowl just below Kelly Peak in which nestled the first of several lakes in the area. After some photo ops we headed up along the ridge with spectacular views to the southwest of Cascade peaks with Coast Mountain peaks shimmering in the distance. The views were stunning, the sun was bright but the wind was cold. We met a group of rock climbers who had been scaling one of the faces of

Jim Kelly. How they managed to hold onto the rocks in that biting wind is a mystery.

We hiked to the farthest and biggest of the lakes that shimmered turquoise in the sun and stopped for a snack. Unlike previous years, no one went in for a dip. Rather than retracing our footsteps we decided to loop back over the meadows, scree and among the lakes to the downward trail. This proved more difficult than in previous years because the snow patches that usually cover the steepest scree slopes had melted. Instead of having fun slipping and sliding downhill we were obliged to pick our way carefully over steep slopes and loose rocks.

The date of our next hike is September 19, when Charlotte Sellers will lead us on a moderate strenuous 4-kilometre hike along the Bonnevier Trail in Manning Park.

Please confirm attendance with Charlotte at 250-295-6079 and meet at Billy's Restaurant parking lot at 9:00 AM. Details about this hike and all club information can be viewed on our website at www.vffn.ca.



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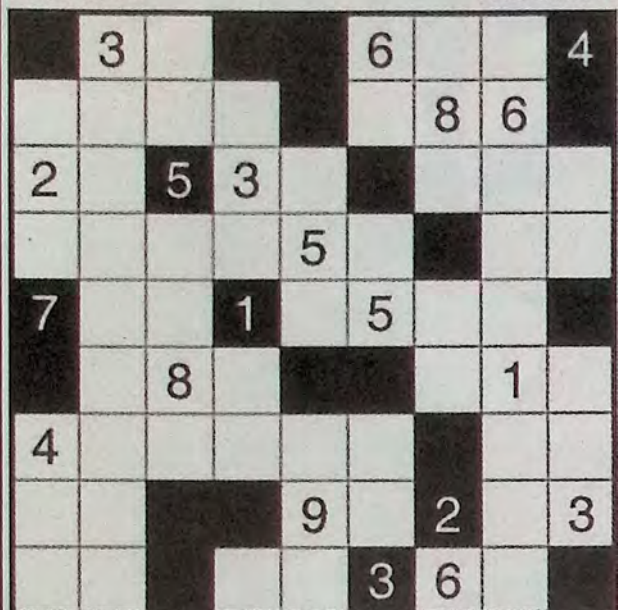
News Leader Str8ts

STR8TS

No. 246

Medium

Previous solution - Easy



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

You can find more help and strategies at www.str8ts.com along with more puzzles, Apple apps and books.

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

Tuesday - Wednesday

TUESDAY AFTERNOON

5:00 pm WTBS ch.3 "Shark Tale" (2004, Comedy) Voices of Will Smith. Animated. A bottom feeder pretends to be a fearsome shark slayer after the son of a finned hoodlum meets an accidental death.

EVENING

9:00 pm KNOW ch.5 "Ping Pong" (2012, Documentary) Living legends compete in the Over 80s Table Tennis Championships and show the world that age is just a number. (CC)

WEDNESDAY MORNING

6:00 am SPIKE ch.44 "Man on Fire" (2004, Crime Drama) Denzel Washington. Hired as a bodyguard for a young girl, a retired CIA agent takes revenge on her kidnappers in Mexico City. (In Stereo)
11:35 am SPIKE ch.44 "Four

Brothers" (2005, Crime Drama) Mark Wahlberg. Diverse siblings reunite for revenge after learning about the murder of their adoptive mother. (In Stereo)

AFTERNOON

5:00 pm WTBS ch.3 "Shall We Dance?" (2004, Romance-Comedy) Richard Gere. A married Chicago attorney takes dancing lessons with a beautiful woman he saw through a window.

EVENING

7:33 pm SPIKE ch.44 "Four Brothers" (2005, Crime Drama) Mark Wahlberg. Diverse siblings reunite for revenge after learning about the murder of their adoptive mother. (In Stereo)

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TUESDAY, SEPTEMBER 15, 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	DTOUR ch.45
6 AM	Law & Order: SVU	Morning News (N)	G. Shrinks Rob Robot	Clifford Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	The Early Edition (N)	Kid vs. Kat Almost	SportsCentre	CTV Morning Live Vancouver (N)	Dangerous Flights	Justin Phineas	CityLine (N)	Bar Rescue	Live Here
7 AM	Law & Order: SVU		Dinosaur Wild Kratts	Odd Squad Wild Kratts	Today Josh Brodin; Carol Burnett; Mel B. (N)	CBS This Morning (N)	Dog	Good Morning America (N)			Super Why! Arthur	Squirrel Chucks	SportsCentre		Yukon Men	Phineas Wizards	Let's Make a Deal	Bar Rescue	Yukon Gold
8 AM	Crime Watch Daily (N)		PAW Patrol Curious	Curious Curious			CSI: Miami		Morning Huntley St.	Moblees Tiger	SpongeBob Wayside	SportsCentre		Daily Planet (DVS)	Warthogs! ANT Farm	The Price Is Right	Ink Master	Security	
9 AM	Hot Bench	Morning Huntley St.	Astroblast Kate and	Peg Tiger		The 700 Club	CSI: Miami	Livel Kelly and Michael	Morning Huntley St.	Sugar	Super Why! Napkin	Sidekick Almost	SportsCentre	Livel Kelly and Michael	How/Made	ANT Farm Good Luck	FamFeud	Ink Master	The Dead Files
10 AM	Divorce	Sugar	Boj (N)	Sesame Street		The Price Is Right	CSI: Miami	The View	Sugar Debt/Part	Rachael Ray (N)	Bookaboo Monster	Spliced Kid vs. Kat	SportsCentre	The View	Mayday	I Didn't Dog	The Chew	Ink Master	Ghost Adventures
11 AM	Judge	Rachael Ray (N)	Monkey Dinosaurs	Dinosaur Sit & Be Fit	Hot Bench	Young & Restless	The First 48	Paid Prog. Skin Care	Rachael Ray (N)	Noon News Hour (N)	Heartland (DVS)	Rated A	UEFA Champions League Soccer	Marilyn Denis	How/Made	Gaming Wizards	General Hospital (N)	Ink Master	Security
12 PM	Millionaire	Noon News Hour (N)	PAW Patrol Kate and	Charlie Rose	21 Day Fix LazyTown	News Bold	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Chucks Squirrel		CTV News Vancouver	River Monsters Good Luck	Wizards Celebrity	Celebrity	Ink Master	Security
1 PM	Crazy Talk	Days of our Lives (N)	Ruf-Tweet Tumble	Painting Quitting	Days of our Lives (N)	The Talk	The First 48	General Hospital (N)	Days of our Lives (N)	The Talk	Recipes	Almost Sidekick		The Social (N)	Treasure Quest: Snake	Good Luck Jessie	CityLine	Ink Master	Border
2 PM	Payne	The Talk	Maya Curious	Thomas Sesame St.	TMZ (N)	Let's Make a Deal	The First 48	The Doctors	The Talk	Meredith Vieira	Stefano	Wayside Kid vs. Kat	Off Record Fish Flats	Dr. Phil	How/Made	Jessie Phineas	CityNews at 5 (N)	Ink Master	Ghost Adventures
3 PM	Mod Fam	Meredith Vieira	Doozers PAW Patrol	Curious Cat in the	Ellen DeGeneres Show	The Dr. Oz Show (N)	Storage	Rachael Ray (N)	Meredith Vieira	Young & Restless	Republic of Doyle	Sidekick Nerds	SportsCentre (N)	Ellen DeGeneres Show	How/Made	Phineas Good Luck	(2-59) CityNews at 6 (N)	Ink Master	Eat St.
4 PM	Big Bang	Young & Restless	Maker Creative	WordGirl Wild Kratts	Jdg Judy	Dr. Phil	Storage	FABLife (N)	Young & Restless	Early News Global Nat.	Dragons' Den	SpongeBob Chucks	Hockey UEFA	The Dr. Oz Show (N)	Daily Planet (N)	Dog I Didn't	Mod Fam	Ink Master	Yukon Gold
5 PM	Movie: "Shark Tale" (2004, Comedy)	News (N)	Dino Dan Wild Kratts	News Business	News NBC News	News CBS News	Storage	News at 6	(5:59) News Hour (N)	ET Canada	CBC News	Parents SpongeBob	CFL 30 (N) SC (N)	CTV News Vancouver	Fool's Gold Fool's Gold	Jessie Jessie	America's Got Talent "Finale Performance" (N)	Ink Master	Security
6 PM		News Hour	Hope for Wildlife	PBS News-Hour (N)	Millionaire	KREM 2 News at 6 (N)	Storage	News		Ent	Murdoch Mysteries	Talla	World/Poker	CTV News Vancouver	Edge of Alaska (N)	Dog Awesome	Ink Master	Beautiful	
7 PM	Seinfeld	Ent ET Canada	Cliff Hangers	In Their Own Words	Jeopardy! Wheel	Inside Ed. Hollywood	Storage	Ent	Ent	NCIS: New Orleans	Coronation	Henry	World/Poker	etalk (N) Big Bang	Highway Thru Hell (N)	Make Me Next Step	Broke Girl Two Men	Ink Master	Running Wild
8 PM	King	Big Brother (N)	Archaeology	Pioneers of Television	America's Got Talent "Finale Performance"	Big Brother (N)	Storage	Fresh-Boat	Big Brother (N)	Big Brother (N)	Mercer Fool	Funnist Home Videos	Grey Cup Journey	CTV's Big Fall Preview	Rockies Rockies	Next Step Jessie	CityNews-Tonight (N)	Ink Master	Mysteries-Museum
9 PM	The Middle	Running Wild	Movie: "Ping Pong" (2012)	American Experience "Walt Disney" (N)	Best Time Ever	NCIS: New Orleans	Storage	Dancing With the Stars "First Dances"	NCIS: New Orleans	News Hour Final (N)	The National (N)	Haunting	SportsCentre (N)	Best Time Ever	Highway Thru Hell	Life Derek Warthogs!	Extra (N) Liquidator	Ink Master	Beautiful
10 PM	Family Guy	NCIS: New Orleans	Cliff Hangers	Charlie Rose (N)	News J. Fallon	News Colbert	Storage	KXLY 4	News	Late Show-Colbert	CBC News	Gags	SportsCentre	News-Lisa	Rockies	Wizards Connor	Crime Watch Daily (N)	Ink Master	Ghost Adventures
11 PM	Amer. Dad	CHBC News Final (N)	Cliff Hangers	Charlie Rose (N)	News J. Fallon	News Colbert	Storage	KXLY 4	News	Late Show-Colbert	CBC News	Gags	SportsCentre	News-Lisa	Rockies	Wizards Connor	Crime Watch Daily (N)	Ink Master	Ghost Adventures

SIMILKAMEEN

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September 19th



Elks Pancake Breakfast
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Chili Cook-Off 11:00am
Hot Sauce & Pepper Jelly
Judging

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12:00pm

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The Grand Entry is always a spectacular display at a Powwow. The Lower Similkameen Indian Band hosted their annual powwow September 6th. Photo: Dawn Johnson

WEDNESDAY, SEPTEMBER 16, 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	DTOUR ch.45
6 AM	Law & Order: SVU	Morning News (N)	G. Shrinks Rob Robot	Clifford Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog Dog	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	The Early Edition (N)	Kid vs. Kat Almost	SportsCentre	CTV Morning Live Vancouver (N)	Airshow "On the Edge"	Justin Phineas	CityLine (N)	Movie: *** "Man on Fire" (2004)	Live Here Live Here
7 AM	Law & Order: SVU		Dinosaur Wild Kratts	Odd Squad Wild Kratts	Today Emily Blunt; Lionel Richie performs. (N)	CBS This Morning (N)	Dog Dog	Good Morning America (N)			Super Why! Arthur	Squirrel Chucks	SportsCentre		Jade Fever Jade Fever	Phineas Wizards	Let's Make a Deal	Denzel Washington.	Yukon Gold
8 AM	Crime Watch Daily (N)		PAW Patrol Curious	Curious Curious			CSI: Miami			Morning Huntley St.	Mobles Tiger	SpongeBob Wayside	SportsCentre		Daily Planet (DVS)	Warthogs! ANT Farm	The Price Is Right		Security Security
9 AM	Hot Bench Hot Bench	Morning Huntley St.	Astroblast Kate and	Peg Tiger		The 700 Club	CSI: Miami	Livel Kelly and Michael	Morning Huntley St.	Sugar	Super Why! Napkin	Sidekick Almost	SportsCentre	Livel Kelly and Michael	How/Made How/Made	ANT Farm Good Luck	FamFeud FamFeud	Contractor Contractor	The Dead Files
10 AM	Divorce Divorce	Sugar Debt/Part	Boj (N) PAW Patrol	Sesame Street (E)		The Price Is Right	CSI: Miami	The View	Sugar Debt/Part	Rachael Ray (N)	Bookaboo Monster	Spliced Kid vs. Kat	SportsCentre	The View	Mayday	I Didn't Dog	The Chew	Contractor Contractor	Ghost Adventures
11 AM	Judge Judge	Rachael Ray (N)	Monkey Dinosaurs	Sit & Be Fit	Hot Bench Hot Bench	Young & Restless	The First 48 "Blackout"	Paid Prog.	Rachael Ray (N)	Noon News Hour (N)	Heartland (DVS)	Rated A Rated A	UEFA UEFA	Marilyn Denis	Fool's Gold Fool's Gold	Gaming Wizards	General Hospital (N)	Contractor (11:35) Movie: *** "Four Brothers" (2005) Mark Wahlberg.	Security Beautiful
12 PM	Millionaire Millionaire	Noon News Hour (N)	PAW Patrol Kate and	Charlie Rose	Paid Prog. Lunal	News Bold	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Nerds Squirrel	Champions League Soccer: Dinamo Zagreb vs Arsenal	CTV News Vancouver	Edgo of Alaska	Wizards Good Luck	Celebrity Celebrity	Movie: *** "Four Brothers" (2005) Mark Wahlberg.	Beautiful Beautiful
1 PM	Crazy Talk Crazy Talk	Days of our Lives (N)	Ruf-Tweet Tumble	Oil Painting Sewing	Days of our Lives (N)	The Talk	The First 48	General Hospital (N)	Days of our Lives (N)	The Talk	Recipes Recipes	Almost Sidekick		The Social (N)	Highway Thru Hell	Good Luck Jessie	CityLine		Running Wild
2 PM	Payne Browns	The Talk	Maya Curious	Thomas Sesame St.	TMZ (N) Inside Ed.	Let's Make a Deal	The First 48	The Doctors	The Talk	Meredith Vieira	Stefano Stefano	Wayside Kid vs. Kat	Off Record Interruption	Dr. Phil	Rockles Rockles	Jessie Phineas	CityNews at 5 (N)	Contractor Contractor	Ghost Adventures
3 PM	Mod Fam Mod Fam	Meredith Vieira	Doozers PAW Patrol	Curious Cat in the Hat	Ellen DeGeneres Show	The Dr. Oz Show (N)	Duck D. Duck D.	Rachael Ray (N)	Meredith Vieira	Young & Restless	Fool Gags	Sidekick Chucks	SportsCentre (N)	Ellen DeGeneres Show	How/Made How/Made	Phineas Good Luck	(2:59) CityNews at 6 (N)	Contractor	Eat St.
4 PM	Big Bang Big Bang	Young & Restless	Maker Creative	WordGirl Wild Kratts	Jdg Judy Jdg Judy	Dr. Phil	Duck D. Duck D.	FABLife (N)	Young & Restless	Early News Global Nat.	Dragons' Den	SpongeBob Penguins	Hockey MLS Soccer: Toronto FC at New York City FC.	The Dr. Oz Show (N)	Daily Planet (N)	Dog I Didn't	Mod Fam Mod Fam	Contractor	Yukon Gold
5 PM	Movie: *** "Shall We Dance?" (2004)	News (N)	Dino Dan Wild Kratts	News Business	News NBC News	News CBS News	Duck D. Duck D.	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News SpongeBob	Parents SpongeBob		CTV News Vancouver	River Monsters Jessie	Jessie	America's Got Talent	Tattoo Tattoo	Security Security
6 PM		News Hour News	Cliff Hangers	PBS News-Hour (N)	Millionaire	KREM 2 News at 6 (N)	Duck D. Duck D.	News at 6	(5:59) News Hour (N)	ET Canada Ent	CBC News Murdoch Mysteries	Thunder Make, Pop		CTV News Vancouver	Fool's Gold Fool's Gold	I Didn't HZipzer	America's Got Talent "Finale"	Tattoo Tattoo	Ghost Adventures
7 PM	Seinfeld Seinfeld	Ent ET Canada	Watchers Park	Nature	Jeopardy! Wheel	Inside Ed. Hollywood	Duck D. Duck D.	Ent The Insider	Ent ET Canada	Carmichael Carmichael	Coronation Coronation	Bella Bella	Champions UEFA Champions League Soccer	etalk (N) Big Bang	Airplane Repo (N)	The X Factor The first elimination.	Results*	Tattoo (7:33) Movie: *** "Four Brothers" (2005) Mark Wahlberg.	Ghost Adventures
8 PM	King King	Big Brother (N)	Slit Rt	NOVA Ancient fossil human ancestors. (N)	America's Got Talent	Big Brother (N)	Duck D. Duck D.	The Middle Goldbergs	Big Brother (N)	Big Brother (N)	Dragons' Den	Funniest Home Videos		MasterChef "Team Gordon Ramsay: The Finale"	Highway Thru Hell		CityNews-Tonight (N)		Mysteries-Museum
9 PM	The Middle The Middle	Fall Preview	Darcey's Ballerina	America's Got Talent "Finale Results"	Criminal Minds	Duck D. Duck D.	Mod Fam blackish	Fall Preview	ET Canada Behind the	X Company	Wipeout		SportsCentre (N)	Criminal Minds	Good Luck Wingin' It	EP Daily	Reviews on		Ghost Adventures
10 PM	Family Guy Amer. Dad	Carmichael Carmichael	The Bolshoi	The Northern Railway	NFL: Undrafted (N)	Duck D. Duck D.	Nashville	Carmichael Carmichael	News Hour Final (N)	The National (N)	Haunting Haunting	SportsCentre (N)		Criminal Minds	Fool's Gold Fool's Gold	Life Derek Warthogs!	Extra (N) Liquidator	Contractor	Ghost Adventures
11 PM	Amer. Dad Family Guy	CHBC News Final (N)	Watchers Park	Charlie Rose (N)	News J. Fallon	News Colbert	Duck D. Duck D.	KXLY 4 J. Kimmel	News Colbert	Late Show-Colbert	CBC News Coronation	Just Kid Just Kid	SportsCentre	News-Lisa CTV News	Airplane Repo	Wizards Connor	Crime Watch Daily (N)	Contractor	Ghost Adventures

THURSDAY, SEPTEMBER 17, 2015

Table with 20 columns (WTBS ch.3 to DTOUR ch.45) and 24 rows (6 AM to 11:30 PM) listing TV programs and their corresponding channels.

FRIDAY, SEPTEMBER 18, 2015

Table with 20 columns (WTBS ch.3 to DTOUR ch.45) and 24 rows (6 AM to 11:30 PM) listing TV programs and their corresponding channels.

News Leader Movies - Thursday to Saturday

THURSDAY AFTERNOON

5:00 pm WTBS ch.3 "Mamma Mia!" (2008, Musical Comedy) Meryl Streep. Hoping to meet her real father and have him walk her down the aisle, a bride secretly invites three men from her mother's past to come to the wedding.

EVENING

7:00 pm CITY ch.12 "Skyfall" (2012, Action) Daniel Craig. When M's past comes back to haunt her, James Bond must track down and destroy the threat to her and MI6, no matter how personal the cost. (CC)

8:00 pm CHBC ch.4 BCTV ch.11 "Skyfall" (2012, Action) Daniel Craig. When M's past comes back to haunt her, James Bond must track down and destroy the threat to her and MI6, no matter how personal the cost. (CC)

9:00 pm KNOW ch.5 "Lightning in a Bottle" (2004, Documentary) B.B. King, Natalie Cole, Bonnie Raitt and other music luminaries perform at Radio City Music Hall's "Tribute to the Blues" in 2003. (CC)

FRIDAY AFTERNOON

5:00 pm WTBS ch.3 "Match Point" (2005, Drama) Scarlett Johansson. A one-time tennis professional becomes obsessed with his brother-in-law's seductive fiancée.

EVENING

7:30 pm YTV ch.18 "Puss in Boots" (2011, Adventure) Voices of

Antonio Banderas. Animated. The notorious cat has the adventure of nine lifetimes when he joins forces with Humpty Dumpty and Kitty Softpaws to steal the goose that lays the golden eggs. (In Stereo) (CC)

FAM ch.26 "Vacation With Derek" (2010, Comedy-Drama) Michael Seater. With help from her stepbrother, a girl must save her grandmother's resort from a land developer. (In Stereo) (CC)

SATURDAY MORNING

6:00 am SPIKE ch.44 "The Shawshank Redemption" (1994, Drama) Tim Robbins. Two life sentences for a 1947 double murder land an innocent man in a corrupt Maine penitentiary. (In Stereo) (CC) 10:30 am FAM ch.26 "Teen Beach Movie" (2013, Musical Comedy) Ross Lynch. Two young surfers find romance when they magically become part of a movie musical. (In Stereo) (CC)

11:00 am WTBS ch.3 "The Love Guru" (2008, Comedy) Mike Myers. An American-born swami must get a hockey player's marriage back on track so the man can help his team win the Stanley Cup.

AFTERNOON

12:00 pm WTBS ch.3 "The Fast and the Furious" (2001, Action) Vin Diesel. An undercover police officer investigates a gang leader suspected of stealing electronic equipment.

YTV ch.18 "Puss in Boots" (2011, Adventure) Voices of Antonio

Banderas. Animated. The notorious cat has the adventure of nine lifetimes when he joins forces with Humpty Dumpty and Kitty Softpaws to steal the goose that lays the golden eggs. (In Stereo) (CC) 12:07 pm FAM ch.26 "Vacation With Derek" (2010, Comedy-Drama) Michael Seater. With help from her stepbrother, a girl must save her grandmother's resort from a land developer. (In Stereo) (CC) 3:00 pm VTV ch.22 "Terry" (2005, Docudrama) Shawn Ashmore. Supported by his friend and brother, amputee Terry Fox strives to run across Canada to raise money for cancer research.

EVENING

6:00 pm WTBS ch.3 "One for the Money" (2012, Action) Katherine Heigl. A rookie bounty hunter goes after a bail jumper and murder suspect who just happens to be the guy who seduced and dumped her back in high school.

7:00 pm CITY ch.12 "The Building" (2009, Drama) Adrian Holmes. A reporter eavesdrops on her New York neighbors while healing in her apartment. (CC) (DVS)

8:00 pm CHBC ch.4 BCTV ch.11 "The Building" (2009, Drama) Adrian Holmes. A reporter eavesdrops on her New York neighbors while healing in her apartment. (CC) (DVS)

KSPS ch.6 "Gandhi" (1982, Biography) Ben Kingsley. Richard Attenborough's Oscar-winning portrait of the man whose policy of nonviolence won India's indepen-

dence. (In Stereo) (CC) YTV ch.18 "Super 8" (2011, Science Fiction) Kyle Chandler. A series of unexplained events follows a horrifying train derailment, leading some young filmmakers to suspect that the catastrophe was not an accident. (In Stereo) (CC)

10:00 pm FAM ch.26 "Teen Beach Movie" (2013, Musical Comedy) Ross Lynch. Two young surfers find romance when they magically become part of a movie musical. (In Stereo) (CC)

11:00 pm WTBS ch.3 "Memoirs of a Geisha" (2005, Drama) Ziyi Zhang. A girl works as a servant in a geisha house and grows up to become one of Japan's most celebrated paid companions.

11:30 pm CBC ch.13 "The Bourne Identity" (2002, Suspense) Matt Damon. A woman helps an amnesiac, who has a dangerous past, to dodge assassins as he tries to learn about himself. (In Stereo) (CC)

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SATURDAY, SEPTEMBER 19, 2015

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45	
6 AM	On Spot	Ancestors	Dragon	Heartland	Today (N) ♀ ♂	CBS This Morning	Flipping Vegas ♀ ♂	Paid Prog.	Ancestors	Saturday Morning News (N)	Monster	Sidekick	2015 IRB Rugby World Cup: Ireland vs. Canada. (N) ♂	Juicebox ♀ ♂	Highway Thru Hell	Wingin' It	Paid Prog.	Movie: **** "The Shawshank Redemption" (1994, Drama) Tim Robbins. ♂ ♂	Paid Prog.	
6:30	Coolest	Fishful	PAW Patrol	Fly Fisher				Paid Prog.	Fishful		News	Sidekick				Slug Terra	Panorama			
7 AM	P. Affairs	Saturday Morning News (N) ♂	Curious	MotorWeek	KHQ Saturday Wake Up Show	Lucky Dog	Flipping Vegas ♀ ♂	Good Morning America	Saturday Morning News (N) ♂		Animal	Squirrel				Gaming	Eye/Asla		Security	
7:30	Paid Prog.		Curious	Greener		Dr. Chris		Hanna			Super Why!	Nerds				Phineas	VemComlg		Security	
8 AM	Trust Dale		PAW Patrol	Woodsmilh		Innovation	Flipping Vegas ♀ ♂	Ocean			Artzooka	Chucks		Canada AM Weekend	Mayday ♂	Phineas	Polish Studio (N)		Border	
8:30	Paid Prog.		Doozers	Rough Cut		Recipe					Cross	SpongeBob				Life Derek			Border	
9 AM	Atlanta Eats Special		Magic Bus	Hometime	PGA Tour Golf: BMW Championship, Third Round. (N) ♂ (Live) ♂	All In	Flipping Vegas ♀ ♂	College Football: Teams TBA. (N) (Live)		PGA Tour Golf: BMW Championship, Third Round. (N) ♂ (Live) ♂	Our Vancouver ♂	SpongeBob		2015 IRB Rugby World Cup: South Africa vs. Japan. (N) ♂	Land Rush ♂	Dog	World Vision ♂		Border	
9:30			Kate and	Old House		Changers					Parents			The Social	I Didn't			(9:33) Cops	Border	
10 AM	Break	PGA Tour Golf: BMW Championship, Third Round. (N) ♂	Wild Kratts	Old House		Paid Prog.	Duck Dynasty ♂ ♂				Absolutely Canadian ♂	Parents		Marilyn Denis	Airplane Repo ♀ ♂	Jessie ♂	Fail Army	Cops ♂	Border	
10:30	Seinfeld ♂		Wild Kratts	Kitchen		Top Blower					Kung Fu					Movie: ** "Teen Beach Movie" ♂	Family	Cops ♂	Border	
11 AM	"The Love Guru" (2008)		Maker	Chefs Life		Sports Spectacular (N)	Duck D.				Doc Zone ♂ (DVS)	Turtles		La Written	Mayday ♂	Survivorman	Jail ♂		Security	
11:30			Creative	Cooking		Football	Duck D.					Turtles		etalk ♂					Security	
12 PM	Movie: *** "The Fast and the Furious" (2001, Action) Vin Diesel. ♂		Dogs	Cook		Football	Duck D.				Triathlon	Movie: *** "Puss in Boots" (2011) ♂ ♂		Sports Centre ♂ ♂	Railroad Alaska ♂	(12:07) Movie: *** "Vacation With Derek" ♂	Illusions	Cops ♂	Border	
12:30			News	Victory	College Football: Georgia Tech at Notre Dame. (N) ♂ (Live) ♂	College Football: Auburn at LSU. (N) (Live)	Duck D.		College Football: Teams TBA. (N) (Live)		Museum Secrets ♂	Trashopolis "Paris" ♂			Corner Gas	Edge of Alaska	Close-Up Kings	Cops ♂	Border	
1 PM		Museum Secrets ♂	Hope for Wildlife ♂	Antiques Roadshow ♂		From Tiger Stadium in Baton Rouge, La. (N) ♂	Duck D.				To Be Announced	In a Name		Corner Gas	Highway Thru Hell	HZipzer	Mod Fam	Cops ♂	Border	
2 PM		To Be Announced	Ultimate Engineering	American Experience		The First 48 ♂ ♂					Storm Planets ♂	SpongeBob		Amazing Race	How/Made	I Didn't	CityNews	Cops ♂	Security	
2:30			Waterfront Cities	The life and legacy of Walt Disney.		The First 48 ♂ ♂					Planet	SpongeBob			How/Made	Dog	CityNews	Cops ♂	Security	
3 PM	The Middle		N. Geographic Specials	Field Guide	21 Day Fix	Access Hollywood (N)	The First 48 ♂ ♂	McCarver			Battle Castle ♂	SpongeBob		Movie: "Terry" (2005) ♂	How/Made		CityNews	Cops ♂	Security	
3:30	The Middle										Battle Castle ♂	SpongeBob		Shawn Ashmore.	Fool's Gold	Jessie ♂	Out There	Cops ♂	Security	
4 PM	Seinfeld ♂		The Spice Trail ♂ ♂	Last/Wine	News	News	The First 48 ♂ ♂	College Football: Stanford at USC. (N) (Live) ♂		(5:59) News Hour (N)	Global Nat.	News Hour (N)		Whitecaps FC	Rockies	Life Derek	Survivorman: Bigfoot	Cops (N)	Border	
4:30	Atl. Eats	Battle Castle ♂	News	Profiles	NBC News	CBS News	The First 48 ♂ ♂	College Football: Stanford at USC. (N) (Live) ♂			Global Nat.	News Hour (N)		CTV's Big Fall Preview	Rockies	Gaming		Cops ♂	Border	
5 PM	King		News	News	News	News	The First 48 ♂ ♂				News Hour (N)	News Hour (N)			Rockies	Life Derek	Survivorman: Bigfoot	Cops (N)	Border	
5:30	King		News	News	News	News	The First 48 ♂ ♂				News Hour (N)	News Hour (N)			Rockies	Gaming		Cops ♂	Border	
6 PM	Movie: * "One for the Money" (2012)		News Hour	Hope for Wildlife ♂	News	News	The First 48 ♂ ♂				News Hour (N)	News Hour (N)			Treasure Quest: Snake	Awesome	Movie	Bollator MMA Live (N) ♂ (Live)	Ghost Adventures ♂	
6:30			News Hour	Hope for Wildlife ♂	News	News	The First 48 ♂ ♂				News Hour (N)	News Hour (N)			Treasure Quest: Snake	Awesome	Movie	Bollator MMA Live (N) ♂ (Live)	Ghost Adventures ♂	
7 PM			The West Block (N)	Python Wars ♂ ♂	Blue Bloods ♂ ♂	Elementary "Pilot" ♂	To Be Announced				The West Block (N)	Movie: "The Building" (2009)		Amazing Race	Fast N' Loud ♂ ♂	The X Factor The first elimination.			The Dead Files ♂ ♂	
7:30				As Time...							Movie: "The Building" (2009)			Big Ba...y	Cuban Chrome		CityNews Weekend (N)		Expedition Unknown ♂	
8 PM	Family Guy	Movie: "The Building" (2009)	Heartbeat ♂ ♂	Movie: **** "Gandhi" (1992, Biography) Ben Kingsley, Candice Bergen. ♂ ♂	American Ninja Warrior "Vegas Finals" ♂	NCIS: New Orleans ♂	(8:02) The First 48 ♂ ♂				Movie: "The Building" (2009)			Anger						
8:30	Family Guy										ABC Fall									
9 PM	Jeffersons	Adrian Holmes.	Foyle's War "The White Feather" (PA) ♂		Criminal Minds ♂	Criminal Minds ♂	(9:01) The First 48 ♂ ♂				Hollywood The Insider			Sports Centre (N) ♂	Criminal Minds ♂	Treasure Quest: Snake	HZipzer	Liquidator	(9:15) Bellator MMA Live ♂	Ghost Adventures ♂
9:30	1st Family																			
10 PM	Community	Continuum ♂ (DVS)			48 Hours ♂ ♂		(10:01) The First 48 ♂ ♂				Continuum ♂ (DVS)			Sports Centre (N) ♂	Motive ♂ ♂	Fast N' Loud ♂ ♂	Movie: ** "Teen Beach Movie" ♂	CityLine ♂		The Dead Files ♂ ♂
10:30	Community																			
11 PM	"Memoirs of a Geisha"	News Final ♂	Waterfront Cities		News	News	To Be Announced				Scandal ♂ ♂			Sports Centre ♂	News	Rockies		Paid Prog.		Expedition Unknown ♂
11:30		SNL			News	News	To Be Announced				SNL				CTV News	Rockies	Connor		Paid Prog.	

News Leader Sudoku

SUDOKU

No. 246

Very Hard

Previous solution - Tough

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

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

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

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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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MONDAY, SEPTEMBER 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 :30	Law Order: CI	Morning News (N) ☺	G. Shrinks Rob Robot	Clifford Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog Dog	Morning Northwest	Morning News (N) ☺	(5:00) Morning News (N)	The Early Edition (N)	Kid vs. Kat Almost	SportsCentre ☺	CTV Morning Live Vancouver (N) ☺	Highway Thru Hell	Justin ANT Farm	CityLine (N) ☺	Cops ☺ Cops ☺	Live Here Live Here
7 AM :30	Law Order: CI		Dinosaur Wild Kratts	Odd Squad Wild Kratts	Today (N) ☺	CBS This Morning (N) ☺	Dog Dog	Good Morning America (N) ☺			Super Why! Arthur ☺	Squirrel Chucks	SportsCentre ☺		Fool's Gold Fool's Gold	Jessie ☺ Dog	Let's Make a Deal ☺	Cops ☺ Cops ☺	Yukon Gold ☺
8 AM :30	Crime Watch Daily (N)		PAW Patrol Curious	Curious Curious			CSI: Miami ☺			Morning Huntley St.	Mobles Tiger	SpongeBob Wayside	SportsCentre ☺		Daily Planet ☺ (DVS)	I Didn't Phineas	The Price Is Right ☺	Cops ☺ Jail ☺	Security Security
9 AM :30	Hot Bench Hot Bench	Morning Huntley St.	Astroblast Kate and	Peg Tiger		The 700 Club ☺	CSI: Miami ☺	Live! Kelly and Michael	Morning Huntley St.	Sugar ☺	Super Why! Napkin	Slidekick Almost	SportsCentre ☺	Live! Kelly and Michael	How/Made How/Made	Save-Ums! Justin	FamFeud	Jail ☺	The Dead Files ☺
10 AM :30	Divorce Divorce	Sugar ☺ Debt/Part	Boj (N) ☺ PAW Patrol	Sesame Street ☺ (E)		The Price Is Right ☺	CSI: Miami ☺	The View ☺	Sugar ☺ Debt/Part	Rachael Ray ☺	Bookaboo Monster	Spliced ☺ Kid vs. Kat	SportsCentre ☺	The View ☺	Mayday ☺	Thomas Julius Jr.	The Chew ☺	Cops ☺ Cops ☺	Ghost Adventures ☺
11 AM :30	Judge Judge	Rachael Ray ☺	Monkey Dinosaurs	Dinosaur Sit & Be Fit	Hot Bench Hot Bench	Young & Restless	The First 48 ☺	Paid Prog. Paid Prog.	Rachael Ray ☺	Noon News Hour (N)	Our Vancouver ☺	Rated A Rated A	Motoring Motorcycle	Marilyn Denis	Cold Water Cowboys	Lalaloopsy Wizards	General Hospital (N) ☺	Busted on the Job! ☺	Security
12 PM :30	Millionaire Millionaire	Noon News Hour (N)	PAW Patrol Kate and	Charlie Rose ☺	Ruf-Tweet Astroblast	News Bold	The First 48 ☺	The Chew ☺	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) ☺	Nerds Squirrel	Hockey Lunch	CTV News Vancouver	Jade Fever Jade Fever	Wizards Good Luck	Celebrity	Busted on the Job IV	Delicious Delicious
1 PM :30	Crazy Talk Crazy Talk	Days of our Lives (N)	Ruf-Tweet Tumble	Paint This Fit 2 Stitch	Days of our Lives (N)	The Talk ☺	The First 48 ☺	General Hospital (N) ☺	Days of our Lives (N)	The Talk ☺	Heartland "Quarantine"	Almost Slidekick	Amazing Race	The Social (N) ☺	Alrshow ☺ (DVS)	Good Luck Jessie ☺	CityLine ☺	Cops ☺ Cops ☺	Booze Traveler ☺
2 PM :30	Payne Browns	The Talk ☺	Maya Curious	Thomas Sesame St.	TMZ (N) ☺ Inside Ed.	Let's Make a Deal ☺	The First 48 ☺	The Doctors ☺	The Talk ☺	Meredith Vieira	Murdoch Mysteries ☺	Wayside Kid vs. Kat	Off Record Interruption	Dr. Phil ☺	Myth-Busters ☺	Jessie ☺ Phineas	CityNews at 5 (N) ☺	Cops ☺ Jail ☺	Ghost Adventures ☺
3 PM :30	Mod Fam Mod Fam	Meredith Vieira	Doozers PAW Patrol	Curious Cat In the Hat	Ellen DeGeneres Show	The Dr. Oz Show ☺	The First 48 ☺	Rachael Ray ☺	Meredith Vieira	Young & Restless	Grand Designs ☺	Slidekick Chucks	Monday Night Countdown (N) (Live) ☺	Ellen DeGeneres Show	Canada's Worst Driver	Phineas Good Luck	(2:59) CityNews at 6 (N)	Cops ☺ Cops ☺	Eat St. ☺ Eat St. ☺
4 PM :30	Big Bang Big Bang	Young & Restless	Maker Creative	WordGirl Wild Kratts	Jdg Judy Jdg Judy	Dr. Phil ☺	The First 48 ☺	FABLife (N) ☺	Young & Restless	Early News Global Nat.	Bond! Vet Bond! Vet	SpongeBob Kung Fu		The Dr. Oz Show ☺	Daily Planet (N)	Dog I Didn't	Mod Fam Mod Fam	Cops ☺ Cops ☺	Yukon Gold ☺
5 PM :30	"Anchorman: The Legend of Ron Burgundy"	News (N) ☺	Dino Dan Wild Kratts	News Business	News NBC News	News CBS News	The First 48 ☺	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News	Parents SpongeBob	(5:15) NFL Football: New York Jets at Indianapolis Colts. (N) Subject to Blackout! (Live)	CTV News Vancouver	How/Made How/Made	Jessie ☺ Jessie ☺	Muppets Life In	Cops ☺ Cops ☺	Security Security
6 PM :30		News Hour	Ultimate Engineering	PBS News-Hour (N) ☺	News Millionaire	KREM 2 News at 6 (N)	The First 48 ☺	News at 6 News	(5:59) News Hour (N)	ET Canada	CBC News	Thunder	Jets at Indianapolis Colts. (N) Subject to Blackout! (Live)	CTV News Vancouver	River Monsters (N)	Gaming "Wizards of Waverly Place"	Scorpion ☺	Cops ☺ Cops ☺	Security Security
7 PM :30	Seinfeld ☺ Seinfeld ☺	Ent ET Canada	Hope for Wildlife ☺ Steves	Field Guide Wheel	Jeopardy! Wheel	Broke Girl Broke Girl	(7:01) The First 48 ☺	Ent The Insider	Ent ET Canada	NCIS: Los Angeles ☺	Coronation	Game On	etalk (N) Big Bang	Treasure Quest: Snake Big Bang	Broke Girl Two Men	Cops ☺ Cops ☺	Border Border		
8 PM :30	King King	Elementary ☺	Edwardian Farm ☺	Antiques Roadshow	The Voice Blind auditions begin.	Big Bang Life In	(8:02) The First 48 ☺	Dancing With the Stars (N) Same-day Tape) ☺	Elementary ☺	Elementary ☺	Murdoch Mysteries ☺	Funnest Home Videos	SportsCentre (N) (Live) ☺	Gotham ☺ (DVS) How/Made	Next Step Jessie ☺	CityNews-Tonight (N)	Cops ☺ Cops ☺	Mysterium-Museum	
9 PM :30	The Middle The Middle	Minority Report "Pilot"	Rubens: An Extra Large	After Charleston	Scorpion ☺	Scorpion ☺	(9:01) The First 48 ☺	Minority Report "Pilot"	Minority Report "Pilot"	Minority Report "Pilot"	Just for Laughs ☺	Wipeout ☺	Blindspot "Pilot" ☺	River Monsters Wingin' It	Good Luck Wingin' It	EP Daily	Cops ☺ Jail ☺	Security Security	
10 PM :30	Family Guy Amer. Dad	NCIS: Los Angeles ☺	The Great War Tour	POV Advice columnist Any Rivera.	Blindspot "Pilot" ☺	NCIS: Los Angeles ☺	(10:01) The First 48 ☺	(10:01) Castle "XY"	News Hour Final (N)	The National (N) ☺	Haunting Haunting	SportsCentre (N) ☺	(10:01) Castle "XY"	Treasure Quest: Snake	"Wizards of Waverly Place"	Extra (N) Liquidator	Jail ☺ Jail ☺	Border Border	
11 PM :30	Amer. Dad Family Guy	CHBC News Final (N)	Hope for Wildlife ☺	Emery	News J. Fallon	News Colbert	(11:02) The First 48 ☺	KXLY 4 J. Kimmel	News Colbert	Late Show- Colbert	CBC News Coronation	Gags Gags	SportsCentre ☺ CTV News	How/Made Connor	Crime Watch Daily (N)	Jail ☺ Jail ☺	Ghost Adventures ☺		



Here's an event that didn't leave taxpayers in the hole - in fact, it was so successful this first time that it will be back again next year! *

Saving Downtown Princeton...

...An Ongoing Series by George Elliott

Any idea what drag racing in the mud has to do with downtown Princeton?

I'll answer that a little bit later. As much as I whine about my dislike for this time of year, it is also one of the busiest months in the Similkameen Valley. Activities in the Similkameen included the Princeton Motorsports Weekend, Fall Fair, the start of the Princeton Posse KIJHL season, Princeton Arts Council and Crimson Tine events and the upcoming peppercorn festival known

as Similkameen Sizzle in Keremeos.

All of these activities have an impact on the community they serve.

I'll use my experience with 'Sizzle' to back up the point I am about to make.

I was drawn to the Keremeos peppercorn festival the first year it was held. The idea at the time was to create a festival during a time of year when there was nothing planned in that end of the valley. The overall goal

was to develop a 'tourist attraction' event to bring visitors to the community.

The argument back then was that by introducing out-of-towners to an unusual event it would expose people to Keremeos and the Similkameen Valley. This weekend 'Sizzle' will celebrate their fourteenth year. It is now pretty much a fixture of that community and with the development of wineries and formation of the Similkameen Wineries Association in the years following the start of 'Sizzle' tourism development in the Lower Similkameen is alive and well.

I do remember my curiosity in the first year of 'Sizzle' and how such an "outside of the box" idea would work. Clearly it has and I continue to sit on the organizing committee because of my belief in the product.

It's that kind of "outside of the box" thinking that I believe can turn mud drags and a demolition derby into a

huge draw for our end of the valley. Let's face it, would you have ever imagined such an event having a snowball's chance in a town notorious for not always supporting something new?

Yes, there have been attempts in years gone by at a demolition derby and assorted other motorsports races. Maybe they were slightly ahead of their time.

The overwhelming response to Princeton Motorsports Weekend - ranging from participants and volunteers to spectators - shows that there is something really amazing about driving through mud or smashing cars. I'm told that organizers were hoping for 40 cars entered in the weekend and ended up with 78. I'm sure that number was higher by the time Sunday rolled around.

I doubt there have been many events that managed to double their projected entries in their first year.

That fact alone should tell you something about the level of interest.

I've been saying all along that if the Motorsports Weekend was a success, it should move to the weekend traditionally held by Princeton Racing Days. In my mind it would fill the void left by the horse race event but also take on the top billing of a weekend of activities that still take place without horseracing.

My point is that although the community has a very obvious 'cowboy' connection and history, things change. Everything has a cycle and maybe it is time to change it up a bit and start using the PXA grounds for a different kind of horsepower event. The crowd at Princeton Motorsports Weekend was easily one of the biggest held at that location in recent memory. I do remember when Racing Days was still a two-day weekend racing event (Icontinued on Page 20

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Notices

PRINCETON & DISTRICT COMMUNITY SERVICES SOCIETY - NOTICE OF ANNUAL MEETING
On Wednesday, September 30, 2015 in the Vermilion Court Lounge, 72 Fenchurch Avenue, Princeton, BC. Meeting will commence at 1:00 PM. Registration opens at 12:30 PM. Election of Officers will take place at this meeting. New Members WELCOME!
By Order of the Board
Princeton & District Community Services Society to Sep 22

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Lower Valley News

Keremeos - Cawston - Olalla



Adrian Whiteman of Keremeos (left) took a few minutes to educate Cat Hennigar on the bird she found in downtown Keremeos recently. Cat and her acquaintance Sydney Lupton came upon this hapless bird being harassed by dogs September 7th. The bird kept trying to get away from the dogs, only to stumble and fall. Cat was able to walk up to the bird and wrap a hoodie jacket around it. Originally the young ladies believed the bird was injured. Sydney came into the Keremeos InfoCentre asking for help. Our volunteer reporter Arlene Arlow happened to be helping at the InfoCentre, and immediately phoned the raptor centre near Oliver. They said the bird was not one that they would take in. Our reporter then drove to Adrian's hobby farm on a whim, only to learn he had helped rehabilitate birds in the past. And so, a few minutes later, the bird and Adrian made each other's acquaintance. Adrian gave the bird a full inspection, telling the young ladies all about the bird, including the fact that they are very tame around humans. Finding no broken feathers and no wing damage, he said that the bird was simply out of its element. Adrian identified the bird as a Grebe. The placement of their feet far back on their bodies makes it difficult for them to walk on land. The obvious advantage of the feet being far back on their bodies is their ability to dive: their water skills have earned them the nickname of water-witch or helldiver. The Grebe can only take flight from a body of water: a pond, river or lake. And so, it behooved Adrian, Sydney and our reporter to drive to the Similkameen River so the bird could return to its element. The Grebe was last seen happily swimming away across a slow-moving part of the Similkameen River, thanks to the big hearts of two young ladies who were simply going to the park to read a book. Photo: Arlene Arlow

Early fruit season threatens Grist Mill Apple Day

This year has been an exceptional year for growers in the Similkameen Valley, with many crops coming in three (or more) weeks early. That isn't a bad thing, but it does create a difficulty for one of the Grist Mill's most popular annual events, Apple Day.

"Traditionally, our Apple Day is on Thanksgiving Monday in the middle of October, but with such an early season there will likely not be many heritage varieties still in their prime that late," says Chris Mathieson, General Manager of the heritage site.

"As such, we've had to make the difficult decision to move up our Apple Day festivities and include them, instead, in our Heritage Fall Fair on September 20th."

With such a short window to organize, the Grist Mill is going to need some help. The most urgent need is to find people still growing heritage apple varieties.

"Every year, more and more of those old varieties are being torn out in favour of more marketable apples," says Mathieson.

"Just two years ago, we saw one local orchard that provided our

event with almost twenty rare varieties turned under."

The site also needs additional volunteers to help run a variety of apple-related activities and set up

displays during the weekend of September 19-20.

Those interested in lending a hand or who have a lead on someone with heritage apple varieties in

their orchard (or backyard) in the Similkameen or South Okanagan, please drop Chris a line at chris@oldgristmill.ca or at 250-499-2888 as soon as possible.



This shiny male dragonfly - with a wingspan of close to 4 inches - was sunning himself recently in Keremeos. The UBC online guide called "E-Fauna BC: Electronic Atlas of the Wildlife of British Columbia" explains him thus: "Found almost everywhere dragonflies live, though mostly absent from boreal habitats; distribution in North America is decidedly southern. B.C. has four species, but only the two most widespread - the Pacific Forktail and the Western Forktail - are encountered often. None are found in the Yukon. Male forktails in B.C. are mostly black, blue and green. The abdomen is black above and has a blue tip; the last segment bears a distinct forked projection on top, which gives the group its English name. Females may be the same colour as males or may have a tan, pink or orange thorax when immature; they may darken with extensive pruinescence as they age. Larvae are similar to those of bluets, but the gills usually have long, tapered tips." Photo: Arlene Arlow

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Lower Valley News

Keremeos - Cawston - Olalla



The Keremeos Library held its Summer Reading Program Windup and Awards Ceremony on Friday September 4. The kids were all rewarded for their reading and hard work over the summer and everyone walked away with a medal, a book and a rather large cookie. Next on the agenda for these kids this fall is Lego Craft. Photo: Marty Menzies

No National Park - The 2% Myth

Featured Commentary

By Arlene Nora Arlow, Volunteer Reporter for the Similkameen News Leader

- Part 3 -

Armed with misleading statistical data, CPAWS-Canadian Parks and Wilderness Society took their sideshow on the road. In their 2012 roadshow, CPAWS twisted facts and presented misinformation. Their 2012 roadshow featured community powerpoint presentations in Osoyoos, Cawston, Okanagan Falls, and Princeton. In Osoyoos they stated the National Park would bring more tourists. In Cawston the National Park would bring more tourists to local wineries and to the Historic Grist Mill And Gardens. In Okanagan Falls the National Park would bring more users to the Penticton airport. In Princeton it would bring doctors and tourists because Princeton will be the "Gateway To The National Park." (Wait a minute, in 2003 Senator Ross Fitzpatrick didn't say Princeton would be a "Gateway," he said that Hedley, Keremeos, Osoyoos and Oliver would be the "gateway communities" to the National Park. What gives?! Have we been duped with a double-double, whopper, "Super Size Me" sales pitch?!!!)

In each of the powerpoint presentations that CPAWS gave, the

National Park was going to be the pill, the remedy. Osoyoos was trying to figure out how to keep their residential condos from emptying out by October of each year; TOTA-Thompson Okanagan Tourism Association was launching a pilot project, partnering with the Chamber of Commerce in the South Similkameen; the Province was considering mothballing the Historic Grist Mill And Gardens; there was an active campaign to bring Westjet to Penticton; and Princeton was struggling to bring even one doctor to their community.

What of now? Osoyoos still hasn't figured out how to keep its affluent tourist condos from emptying out after the dog days of summer; the TOTA regional tourism strategy is expanding and is touted as a darling child to other tourism boards throughout the Province; wineries in the Similkameen, Oliver and Osoyoos area continue to win international prizes for their wine; businesses in Osoyoos still complain about the dwindling tourists; there are still empty businesses in downtown Oliver; the OIB secured an agreement for construction of a provincial prison on their lands; in early 2015 the Province announced they would provide seed money for 10 years to help the Historic Grist Mill And Gardens stand on its own two feet; the LSIB-Lower Similkameen Indian Band has built

a state-of-the-art community building; Westjet decided not to come to Penticton; and Princeton has succeeded in attracting doctors. CPAWS, the Okanagan Similkameen Parks Society, the South Okanagan-Similkameen National Park Network, and Western Canada Wilderness Committee did not assist with any of these efforts. Huh!

I don't disagree that protecting our environment is important; I have no doubt that all "No National Park" signs were made by someone who cares about the environment; and I laud the progress in protecting the environment:

- Sagebrush Slopes (protected 2012)
- Sparrow Grasslands (protected 2012)
- South Block (protected 2014)
- Kit Carr (protected 2015)

Mankind and Mother Nature both impact nature positively and negatively. As of today, August 20th, wildfires rage near Oliver, Osoyoos, Midway, Rock Creek and Greenwood. Homes, businesses, livestock, RV's, parkland and undoubtedly wildlife have succumbed to the flames. First Nations believe that wildfires happen "when the land is sick." Humankind has a responsibility to protect the planet so there is something left for future generations.

The truth needs to be considered.

Currently, much of the proposed national park area is already pro-

TECTED in one way or another. Years before the 2012 CPAWS roadshow, local ranchers, farmers, politicians, business people, concerned citizens and provincial ministries drafted regulations to protect the wilderness that might otherwise comprise the national park. They did it because they care, and they did it because ranching and wilderness go hand in hand. Google "Biodiversity Ranching."

Almost a dozen laws and regulations - many of which are 10 and 20 pages long - have been referenced in this document for your reading pleasure. The strength and number of regulations that ranchers must follow when they put their cattle out on crown land for grazing is no small feat.

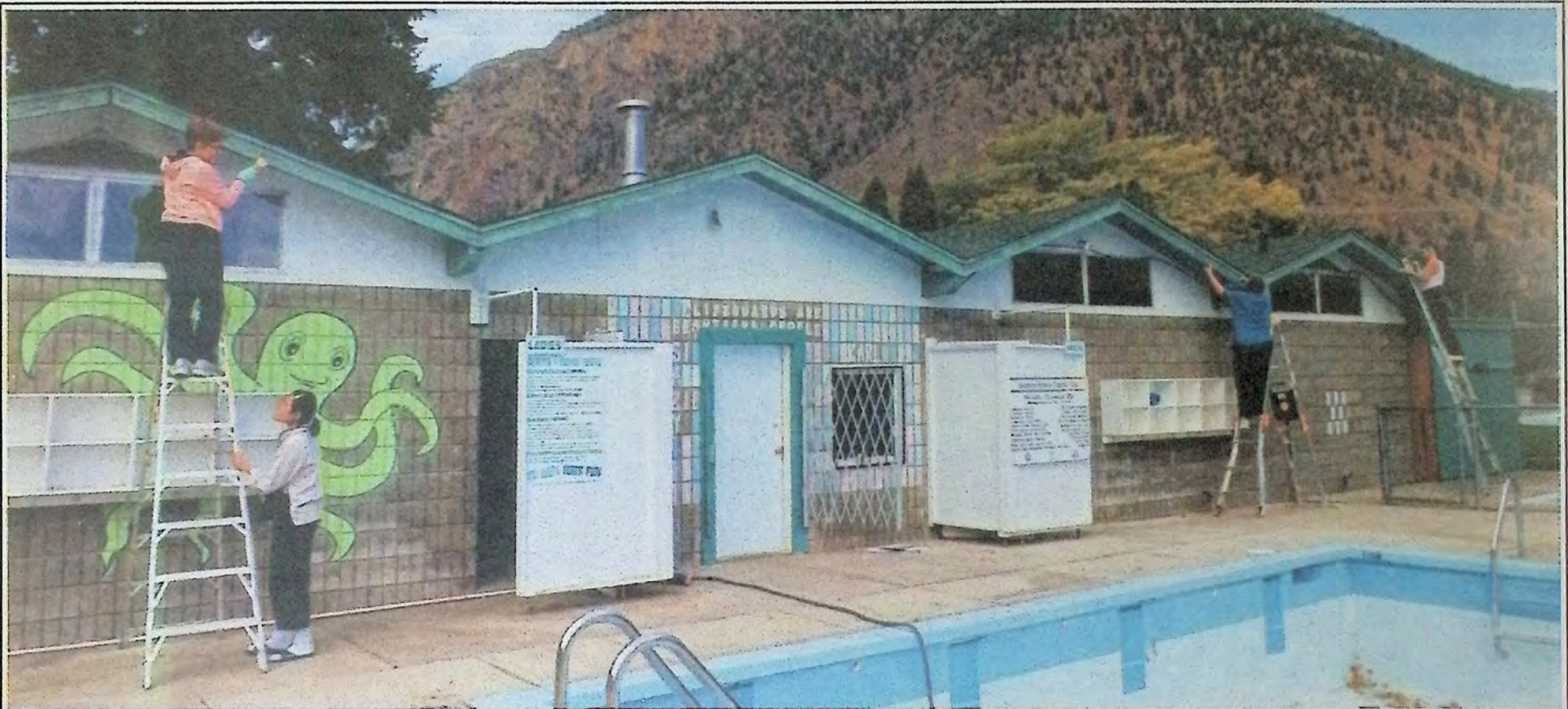
The provincial crown land in the proposed national park area is critical grazing land for the region's beef industry. Thousands of cattle range in the timber, grasslands, streams, logging roads and back country of the BC Southern Interior. The handful of ranches in the South Similkameen and South Okanagan would simply not survive if a national park was imposed. Those same ranchers already truck some of their cattle more than 300 km to get them to and from summer pastures because there is more demand than available grazing land. The rich valley floors are used to grow hay for those same cattle to eat during winter: BC Southern

Interior enjoys three, sometimes four cuts of hay each year.

I have done the research, and according to Statistics Canada, each beef cow in Canada contributed \$1,768 to the Canadian economy in 2006. Logic suggests that same impact has likely increased another 20 or 30% since. To take that piece out of the local economy will have a huge detrimental spinoff effect: the local bank, restaurant, grocery store, mechanic and countless other businesses would feel the hit. The beef cattle industry in the South Okanagan and South Similkameen contributes money to the local economy 365 days a year and has done so since the mid 1800's. If you want more info on the history of ranching in the South Similkameen and South Okanagan Google "Richard Lowe Cawston"; "Tom and Elizabeth Daly"; "William H. Lowe"; "Francis Xavier Richter"; "Barrington Price"; or "Emanuel Barcelo." Those names are but an introduction.

CPAWS essentially says, "Build A Park And They Will Come." There is even a fancy word for it: "Amenity Migration." CPAWS says that people would rather live close to a national park than anywhere else if they had the chance. If that were true, Canada's largest urban centres would have evolved "because of" proximity to a national park. If that were true, both

.....continued on Page 20



Not quite a pool party as the Keremeos pool sits empty. It was a volunteer work crew of locals scraping and painting the trim on September 9th so the pool looks fresh next spring. Charlene Cowling, past Councillor came by to check out the action and present Councillor Sherry Philpott-Adhikary arrived with a big box of home baking and Iced Tea which was much appreciated. Brian Fryatt owner of Sun Zone Sunglasses arrived with a big box of sunglasses for all the volunteers. Karl Donoghue and the Rec Commission supplied all the materials and was pleased that local volunteers wanted to help the pool be a better place for the community. Photo: Marty Menzies

No National Park - The 2% Myth

.....continued from Page 19
Edmonton, Alberta and Calgary, Alberta would have evolved just outside the boundaries of Jasper and Banff National Parks. It just isn't so. With rare exceptions, people migrate to where they can get a job and raise their families. In 1851, 87% of Canada's population was rural: 2,118,218 of Canada's 2,436,297 people DID NOT live in a town or city. In 2011, a mere 19% of Canada's population was rural: 6,329,414 of Canada's 33,476,688 people DID NOT live in a town or city
<http://www.statcan.gc.ca/tables->

t a b l e a u x / s u m - s o m / 1 0 1 / c s t 0 1 / d e m o 6 2 a - e n g . h t m
If you care to do any research on Grasslands National Park in Saskatchewan, and if you care to Google the communities near to that park, there are few amenities close to Grasslands National Park. The park itself has gravel roads. And a campground. There are no amenities inside the park, no hotels, no restaurants, no towns. Within a few miles of the park boundary are a couple of towns with a couple of paved streets, possibly an older motel, maybe an older cafe. That's it. There is no "Amenity Migration"

near Grasslands National Park, nor to practically all of Canada's 44 National Parks
http://www.pc.gc.ca/listing/np-pn/recherche-search_e.asp?p=1
The park proponents also try to tell us that domestic animals such as cattle are allowed in at least one of Canada's National Parks.
The truth needs to be considered. Regulation 16. (1) (u) of the Canada National Parks Act states: "(u) the control of domestic animals, including the impounding or destruction of such animals found at large;" Domestic animals - including dogs - are not permitted to roam in a Canadian National Park. According to the National Parks Act, parks staff can simply destroy them

<http://laws-lois.justice.gc.ca/eng/acts/N-14.01/FullText.html>
<http://www.google.ca/url?sa=t&rc=j&q=&esrc=s&frm=1&source=web&cd=5&ved=0CDQOQfjAEahUKEwiszXdjBHHAhWGOIgKHS9ARM&url=http%3A%2F%2Fwww.pc.gc.ca%2Feng%2Fpn-np%2Fab%2Fjasper%2Fvisit%2F~%2Fmedia%2Fpn-np%2Fab%2Fjasper%2Fpdfs%2Fvisit%2FBrochures%2Fregulation-s-brochure-ENG-FINAL-lowres-Accessible.ashx&ei=SljSVayBGYbxoASo-oWYAO&usq=AFQjCNFLpZ3fhuI mtKPe-BIpOiIhyWSRyA>
The only park in Canada that has permitted cattle to graze is Grasslands National Park in

Saskatchewan. The cattle are part of a temporary experiment to study the environmental impact that reintroducing bison to the park might have. Both cattle and bison are hooved creatures, and cattle are a lot easier to transport and herd than bison. The average weight of a beef cow and a bison cow are similar, around 1,100 lbs. What sets the bison apart is their bigger-than-life attitude: in Yellowstone Park, Bison are considered to be the most aggressive animal.
<http://www.pc.gc.ca/eng/nature/leep-sar/itm11/itm11k.aspx>
<http://www.pc.gc.ca/eng/pn-np/sk/grasslands/visit/visit7.aspx>
- Continued in next week's Similkameen News Leader -

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Saving Downtown...

...An Ongoing Series by George Elliott

.....continued from Page 16 was Princeton Racing Days President at the time) when the crowd was larger than the recent Motorsports Weekend but I'm talking about in the 1990s.
It has been some time since I've seen line-ups at the front gate extending far into the parking lot and heard that the concession stand was running steady well into the evening.
Those facts tell me that we have a real winner on our hands with the Motorsports Weekend and we all need to get on board to support the continued success of the event if we want to develop tourism in our end of the Similkameen a little more. This also means telling your elected officials that you want this event to continue on Town-owned property.
So how does mud drag racing and demo derbies save downtown Princeton?
As is the case with any event that attracts visitors to our area there is spin off to many local retailers. We sold a few more copies of our paper and I know other business owners I've talked to saw a spike in business. Sure, Motorsports Weekend was also on the last long weekend of summer so it may not be easy to truly gauge the economic impact unless it is held on a different weekend.
Regardless, the event brought people to our area that could easily have gone elsewhere in the province for Labour Day Weekend. They chose to come to Princeton and that is what we need to build on in order to feed new energy into the local economy.

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