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COLLECTOR'S ISSUE 6 OF 8



2015 Youth Ambassadors - Last Public Appearance



1998 Miss Princeton Candidates - First Public Appearance

CONTINUED ON PAGE 2

Fall Fair celebrates manufacturing

The mother who bakes a batch of cookies for her children does not think of herself as a manufacturer, nor does the father who builds a swing set for the kids. In today's world, we think of manufacturers as big companies, but at one time, most manufacturing took place in the home or small workshop.

The word 'manufacture' comes

from the Latin words meaning to make with your hands. People who take raw materials and make something from them are manufacturers. This is the kind of manufacturing that is featured in the Fall Fair every year. The Fall Fair encourages people to show their skills as manufacturers.

Knitting a sweater or a pair of

socks, making a quilt, sewing a dress, baking a cake, preserving fruit by turning it into jelly, and making wine are some of the manufacturing categories you will find at the Fall Fair. Taking a piece of wood and carving it into a figure, or building toys, or creating a wallet from a piece of leather are called hobbies today, but in earlier times,

these were at-home manufacturing skills. The Fall Fair wants people to show these skills are not lost.

The Fall Fair offers prizes for the best examples of the home manufacturing skills, but showing your skills is more about seeing what can be done and finding out who could teach you.

These skills were honed long ago,

sometimes out of necessity, other

.....continued on Page 16

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Similkameen News Leader

January 6, 1998 - July 26, 2016

by W. George Elliott

My involvement with the Youth Ambassador program pre-dates my involvement with Racing Days. For many years, when I was working as the Assistant Manager to the local radio station (CKRP, then later CIOR) we sponsored a candidate.

I knew how important the Toastmasters program was and how each candidate could benefit from it so to me it made sense to give a grade 11 girl a chance at building her confidence through the Miss Princeton Program, as it was known then.

The coordinator, Lenore Elliott (no relation) and I hit it off and I was offering assistance where possible. Two summers in a row a

buddy of mine from Penticton and I organized a slo-pitch tournament in mid-June with the proceeds designated to the Miss Princeton Program. One year we hosted a Halloween Costume Dance on November 1st at the Arena Mezzanine which was a huge success and once again, in support of the Miss Princeton Program.

When my career shifted to print media in 2000 my involvement with the Youth Ambassador program had also changed. There were years where I was too busy covering their events to get any more involved but I still believed in what the program could, and still does for area youth.

I've been fortunate to know a number of candidates who have

gone through the program and when I met Tonasket (WA) Mayor Patrick Plumb three years ago my interest was once again piqued because of his desire to introduce a similar program in his community.

For me, the Youth Ambassador Program keeps me connected to other elements of the 'big' summer weekend celebration held in Princeton. I was Racing Days President for nine years and at the time it was up to me to select the theme for the annual Rotary Parade. An interesting twist on that came for me two years ago when the City of Tonasket used my suggestion of "Celebrate Tonasket" as the Parade theme for their Founder's Day Rodeo Weekend (I am a member of the Tonasket Chamber of Commerce).

I was also the Secretary of Princeton Rotary Club for five years and we sponsored a candidate in the Youth Ambassador Program at the time.

In recent years I have known Candidates from my coverage of other youth activities for this newspaper and through other social connections. It continues to show me over and over the value of the Youth Ambassador Program and thank the organizers for continuing to keep it alive as a confidence building option for area youth to participate in.

I would be hard pressed to pick favourite Candidates and/or Ambassadors as there have been so many. I have seen how they represent Princeton when they are out of town and they make me proud to

say I am a resident of this community.

The Rotary Club Parade is a whole different matter. As this is the last month we will be in business, I decided that we should enter it this time around to say goodbye to the community. Two years ago we were in the Tonasket Founder's Days Rodeo Parade (on the insistence of Tonasket Mayor Patrick Plumb). I walked the parade route handing out copies of the News Leader and was pleased to see so many Princeton residents in the crowd.

In the Princeton Rotary Parade this past July 2nd we did a similar thing, tossing copies of the Collector's Issues of our final papers to the crowd. It reminded me of our entry in Tonasket and was received as well.

I am forever interested in how our community is presented to others and one way to learn about this is to be around visitors at these kinds of public events.

I have always liked the 'small town' feel of the Rotary Parade and know very well how much work goes into it for organizers and participants. It is the only time we all can get together downtown, shut the streets completely, and celebrate what our town has to offer. We heard one person say (as we passed them in the July 2nd Rotary Parade) that the event was nothing more than advertising for various businesses. I've never seen a parade anywhere else where that is not the case and I grew up in Kelowna at the time when the

annual Regatta Parade was the event that attracted participants from near and far - to promote themselves or the group/organization/business they represented.

I think that the charm that comes from the local Parade is that it is not filled with giant floats or marching bands. I like that it is a string of locals sharing their love of Princeton with everyone lined up along the street.

I hope our parade never changes that focus. Even the Winners List reads like a series of promos and that's what keeps the local flavour in the event.

PARADE RESULTS:

- Business/Non-Profit**
 - 1st - Doug's Homestead
 - 2nd - Carrie Ware
- Children/Horses**
 - No Entries
- Public Service**
 - Princeton Ground Search & Rescue
- Floats/Decorated Cars**
 - 1st - Crimson Tine Players
 - 2nd - Princeton Garden Club
 - 3rd - Similkameen Red Hat Society
- Best Overall**
 - Princeton Museum (old stage coach).

I also love how the parade transitions into the annual Youth Ambassador Coronation. That is where the previous Youth Ambassadors 'retire' and new ones are crowned and I congratulate them all. The 2016/17 winners are: Youth Ambassador Gabe Oliver, Vice Ambassador Miranda Crucil and Friendship Ambassador Colton Heron. (see photo on Page 4).

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Volume 12 Issue 21 #580 ISSN 1712-090X Tuesday, May 26, 2009

BC Council lauds local couple

Rita Ruchman and Jon Bartlett are known locally as the couple who organizes the Traditional Music Festival. Residents of Princeton they bring to our community a 30 year history of researching British Columbia's music, songs and stories.

At the May 2 Assembly of BC Arts Councils conference, Ruchman and Bartlett received recognition from the Assembly as the hosts of a focused celebration of appreciation for their work as "outstanding champions of the arts".

An earlier of the recipients was able to attend due to performing elsewhere. Del Hill of Princeton and District Community Arts Council accepted the award in their behalf.

CFC, Town grants-in-aid announced

The Princeton and Tonasket Arts Councils have announced the 2009 grants-in-aid program. The program is open to artists and groups in the area. The program is open to artists and groups in the area. The program is open to artists and groups in the area.

Youth Ambassador Candidates usually get front page coverage with the News Leader and this photo was one that we 'staged' just prior to the Fashion Show in 2009. Once the candidates were in place, on the stairs leading to the stage, parents, friends and others got in line to snap the scene - which indicated to us we had done something right.

Flip Of The Coyne

by Spencer Coyne

I guess the worst kept secret in Princeton has been confirmed; there will be a pool in Princeton. It will be on the old Overwaitea lot and the town really does have its own agenda when it comes to the pool and your input is at best an afterthought. Don't worry though, we should have full confidence that Mayor and Council, with the professionals in the recreation department, have the community's best interest in mind, or so we would like to think. Council did have a survey where participants said they wanted a pool. The previously proposed pool, even though it didn't meet the needs of competitive swimmers, would have been an amazing leisure pool that would have seen our swim club going out

of town for its training and competitions. We have nothing to fear with the new plan since this time the town is doing a \$120,000 feasibility study.

According to an article in the Spotlight, Council was "guardedly optimistic" about an indoor pool, July 6, 2016 by Andrea DeMeer. The mayor is now on record saying that the "town has already received preliminary conceptual drawings of an indoor pool facility." If this is so, then the Town has already decided that the pool is feasible, so what do they really need the "feasibility study" money for? The town has the property, thanks to a generous donation. The town has already been in talks with the province for election funds. Provincial funding

would be used to match federal grants and what the town has squirreled away from the forest corporation. Combine all three funding sources, plus the land donation, there should be no need for a loan, which means no referendum. It's brilliant really when you think about it. What does the town need \$120,000 in taxpayer money for if building the pool is a forgone conclusion? They know that they can or should be able to afford to build it. A betting man may want to wager that some of that money will be used to sell the idea to the good people of Princeton. Sources have told me that the new pool will be a much scaled down version of what was previously envisioned. Does this mean we are going to get a competi-

itive pool without all the pizzazz of the dream leisure experience?

It's too bad this isn't a public process that was transparent. It's too bad there was no one in a position of authority coming forward saying that the pool will cater to swim club and lessons that will be the main income source for the new pool. The last proposal was such that if you were comparing it to an ice arena it would have only catered to public skate and excluded hockey and figure skating. What we do know is that it will look great, whatever they decide to do downtown. It may only be a glorified wading pool or lazy river with a jacuzzi, but it will match the rest of the Town image and that's important, because we don't care about leaking roofs or usability as long as

it gives you a fuzzy feeling on the outside.

Maybe once all these facelifts are done and the town has its studies done they can find some time to find some money or a grant to help the kids get to and from John Allison Elementary safely. So much tax dollars, municipal or grant dollars, goes into facades. You would think that there could be some effort put into public safety, especially in consideration of our youngest members of the community. Council seems to think it's too costly put in a sidewalk or too impractical to put in some speed bumps, but paint and studies for recreation facilities is pocket change. One of the very pillars of government responsibility is the safety of its citizens.



A fun front page photo of the 2011 Youth Ambassadors at the Princeton Posse 'Teddy Bear' game.

Legion Branch 56 News

Doreen Poulsen

What a busy and wonderful Canada Day weekend July 1 - 3. The weather was not the best but on the plus side it wasn't too hot!! The Legion would like to say thanks to the citizens of Princeton and all the out of town visitors who joined us for a great 3 days.

There were 2 breakfasts, 2 BBQ's (one was free), the Rotary parade, Legion sock hop with a live band (Turtle Valley), Ambassadors Coronation and the Duck Race.

The winners of the Duck Race were 1st place George Norrington, 2nd place Joe Compart and 3rd place Clay Martin. Thanks to everyone who purchased a duck. Unfortunately we did have a major escape of ducks because the net did not quite cross the river. The high water level was the reason and


approximately 50+ ducks made their way to freedom and were probably past Keremeos by days end. If you find any we would love to have them back so they can try again next year!

We have two other events open to everyone coming up. What about the Legions Annual Golf Tournament July 16? You must pre-register at the Legion. Then the Annual Fishing Derby at Chain Lake August 6 and 7. This is a family event and registration is at the lake so come on over.

None of these enjoyable events would happen if it were not for the wonderful group of Volunteers that keep turning up to give their time and energy over and over again. Thank you all so much! Wouldn't it be great if every person in

Princeton would give a little of their time each year to keep these activities going? We all know the old saying "MANY HANDS MAKE LIGHT WORK!"

Let's all do a little bit so everyone can enjoy the great times. Have a very enjoyable summer!


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Editorial Page News Leader

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My Turn...

Got Assets?

When Mayor Patrick Plumb of Princeton's Sister City of Tonasket, Washington spoke at the Youth Ambassador Coronation July 2nd, he mentioned the sadness he felt regarding the closure of this newspaper. He even went as far as to refer to Brenda and I as "assets in your community."

Last week, the end of the Similkameen News Leader became news outside of our community and has included coverage in various media outlets throughout the Southern Interior including an interview on CBC Radio.

None of this we have pursued.

I originally wanted to just close the doors and disappear. I didn't really think the loss of another business in the downtown core was worthy of celebration - although I suspect some members of the community may be rejoicing with this news. I most certainly did not consider us "assets in your community" on any level but in reality Patrick got me thinking.

I'm pretty sure he meant that people are the assets in the community and if that's the case, I think Princeton has been blessed with a rich bank account filled with hard working, dedicated volunteers who keep things alive in and around the community.

I've said it before, if the volunteers in the Similkameen Valley suddenly quit there would be a huge loss. There's the "assets in your community" and they are to be valued because they have value.

Sure, the Town of Princeton has taken control over the Canada Day celebration but it was still the volunteers of the Rotary Club, Legion and other smaller groups who really put life into the weekend. What if the Town of Princeton had to organize the parade, pancake breakfasts and duck race? I suspect a couple of those events would have been cancelled.

Volunteers add the character to this community.

Look at all the events at Princeton Fairgrounds as an example. Imagine if the Town of Princeton had to plan and organize everything from the Rodeo to Fall Fair? Again, some of those events would probably fail without the expert assistance of the volunteers who have built and taken care of their specific events.

So, with this in mind, all of us are assets in the community and if we all band together, we become a powerful force. So powerful that when push comes to shove, we can stand our ground and hold back against those who are trying to strip away the very fabric that makes our local structural assets valuable.

If, for example, the Town of Princeton takes control of another structural asset (for argument sake let's use the Museum) what does that say about the value they see in the human assets who built these structures, organizations and societies that form the social structure of our community?

Yes, Patrick was onto something when he called Brenda and I "assets in your community" because he sees the value in people as it is the people in your community who ultimately direct change. They are the most valuable part of the community.

Sometimes we need to be reminded of that fact.



Meet the 2016 Youth Ambassadors! From left, Friendship Ambassador Colton Heron, Princeton Ambassador Gabe Oliver and Vice Ambassador Miranda Crucil. They were crowned July 2nd following the Rotary Parade. *

Water disappears worldwide

During the past three months, the disappearance of water sources have proven to be so mysterious as to have caught the interest of a number of researchers. Beginning with the temporary loss of Atoyac River in Mexico as it drained into a crack in the earth for three days, disappearing water has hit headlines at a variety of places worldwide.

The first river to disappear in

Mexico came back after filling the crack, but two more rivers in Veracruz have been reduced to about 20 percent of normal because water is disappearing into sink holes.

In China, a lake drained into a sink hole along with around 25 tons of fish. In Chile, a lake the size of Shaha Lake disappeared overnight, leaving only a puddle, and nobody

has explained that one. Kalamba Lake in Kholapur, India, has lost 90 percent of its water.

Parts of the Ogun River in Nigeria have gone underground, and nobody can explain why. Lake Poopo in Bolivia has disappeared, perhaps due to a very dry spell, but Bolivia has had other dry spells and the lake did not disappear.

The Dead Sea is drying up and sink holes are involved to some extent. Hawaii's Lake Waiau is now just a puddle.

On the other side of the coin, two lakes, one in Dominican Republic and one in Haiti, continue to rise, flooding roads and villages, and nobody can explain why these lakes are rising.

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Current Comment

The Vaccine Wars: An Issue of Freedom



Dawn Johnson
editor@thenewsleader.ca

Ontario is trying to implement compulsory vaccinations. Australia has done so already, despite the fact that citizens opposed the law, and the Prime Minister refused to have his children vaccinated. California ordered compulsory vaccinations although citizens objected strongly.

The central issue opponents take is the right to informed consent. Increasingly, the right to informed consent is being eroded in industrialized countries, and those opposed to compulsory vaccinations are among those who also advocate GMO labelling on all products containing GMO foods. There is a law in the United States that says a health practitioner must give a parent or guardian a brochure warning of possible side effects from vaccination, but compulsory vaccination laws override the other law.

The next issue connected to the opposition to vaccinations is the issue of safety. Recently revealed information kept secret for decades is the connection between vaccinations and autism. Dr. William Thompson worked for the American Center for Disease

Control blew the whistle in 2014, saying he was told to shred the documents that connected vaccinations with autism. In the vaccination wars, those opposed to vaccinations talk about the dangers of the preservatives used in vaccine vials. One of the preservatives is thimerosal, a form of mercury. These preservatives are injected into the human body along with the weakened viruses that cause disease. The biggest objection is the number of vaccinations doctors give to infants these days. Opponents say there are too many given, and multiple viruses along with the preservatives are too much for infants and toddlers whose immune systems are not yet properly developed.

The issue of informed consent is part of the safety issue as well, because health practitioners do not read the warnings that come with vaccines to parents or adults receiving the vaccinations. Every vial of vaccine contains a warning about possible side effects of the vaccine.

The third issue is the involvement of the medical professionals being forced to recommend vaccinations when they are in doubt about giving vaccinations. There is the question of to what extent pharmaceutical industry propaganda and influence are behind the demands for compulsory vaccinations.

In the United States, there is a government department whose sole purpose is to compensate families for damage or death caused by vaccinations. For children, the most dangerous vaccine is listed as DPT vaccine, but that excludes the recent revelations about the MMR vaccine. For adults, it is the flu shot.

The measles, mumps and rubella

vaccine, called MMR, is at the crux of a lawsuit about autism, and that case has not been resolved. In addition, there is another lawsuit filed in 2010 by the United States government citing two whistleblowers formerly employed by Merck, the leading manufacturer of MMR. The whistleblowers worked for Merck and state in the lawsuit that Merck did not do proper testing for effectiveness of the vaccine, and the whistleblowers claim the mumps vaccine is ineffective. In other words, children could still catch the mumps even though they received the vaccine.

Recent efforts by pharmaceutical companies to vaccinate pregnant women has met with a great deal of opposition, as the majority of vaccines have not been tested for safety for pregnant women. This does not appear to concern those promoting it.

The war against vaccinations will continue until a much higher level of safety is reached. In the meantime, those whose children have been damaged, or who have been damaged themselves, will continue to suffer and wait for some kind of compensation.

I feel very lucky. My children were vaccinated, and survived. I was so trusting, I never asked my family physician what risks were involved. I might have had the experience of a friend's family, whose apparently normal, bright two year old suddenly began banging his head against the wall and screaming. He was later diagnosed as autistic.

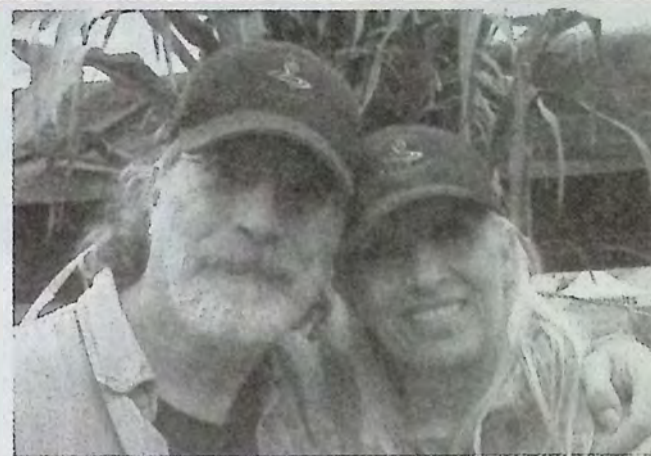
Now there is a pharmaceutical company promoting a vaccine that will alter your DNA so you are 'protected' from all sorts of diseases. Do I want my DNA altered? I think not.



Tonasket (WA) Mayor Patrick Plumb, right, and his wife, Emily, sample spicy salsa at the JamBusters! vending booth in Hedley Farmer's Market July 3 with George Elliott, centre. LIKE JamBusters! on Facebook. Photo: Brenda Engel

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Entertainment

Similkameen News Leader TV Guide Listings - July 12 - 18, 2016

Princeton Traditional Music Festival

A Unique Instrument

This August 19 to 21 the Princeton Traditional Music Festival will have its usual complement of fiddles, banjos, guitars and accordions. This year, however, there will be an instrument that the Festival organizers and likely no one in Princeton has ever heard before.

The story begins at a January party in Vancouver organized by Orkestar Salivovoca. At that party

Jon Bartlett and Rika Ruebsaat heard Jason Hall play the tarogato, a Hungarian instrument similar to the clarinet. It was spellbinding. Needless to say they immediately invited him to perform at the Festival and to their delight he accepted. Below is Jason's story of his love affair with the tarogato.

"When I was at university, the tarogato was included in discussions about ethnomusicology,

Lumped in with the santur, the shofar, and the African thumb piano, the tarogato constituted but a side jaunt from the Western instruments we needed to know. It caught my attention (I am a clarinetist) because it was a Hungarian cousin of the clarinet."

"The tarogato started its existence as a war machine designed to terrify the foes of wild Magyars as they moved into the Pannonian plains that would later become their native Hungary. The early tarogato was a double reed instrument not unlike the Persian zorna and its relatives were dispersed about the Mediterranean basin and beyond with names like the Catalan gralla and the bombarde of Brittany.

"In the early 19th century under the yoke of Austrian rule, a new-found Nationalism captured the

Hungarian people and among the essentially Hungarian artifacts to be resurrected in defence of all things Hungarian was the old tarogato. But to capture the popularity of the times, the Hungarian nationalists decided it was time the tarogato got an upgrade. Off came the impractical double reed (heck, no one uses those things any more), replaced by the simpler single reed; and on went enough metal key work to keep the foundries of Pannonia smoking hot for years (following the pattern in the mid 19th century of mechanizing all the woodwind instruments). What the tarogato lost in authenticity, it gained in popularity as local clarinet and saxophone players soon flocked to the instrument.

"That's where I come in. Neither Hungarian nor overly concerned

with ethnic instruments, my bridge was the clarinet. One day, my Hungarian cellist friend from Kelowna asked me to travel up to the Okanagan to perform a concert at their local Hungarian Society Centre. To facilitate this happening, he shipped me his prized Stowasser tarogato, a German-made instrument considered the king of tarogatos. What I received, however, was an instrument in desperate need of repairs. Even so, I was smitten and by the time I reached Kelowna, I presented him with a blank cheque saying, 'name your price' but he wouldn't consider selling it.

"What followed was a round-the-world search for a tarogato to call my own. I wrote my favourite clarinet maker in Chile, Luis Rossi, who said he didn't make tarogatos and suggested I try a maker (and former repairman of mine) in Toronto, Steve Fox. Steve said it would be too costly for me and too much retooling for him to make it worth it, but he in turn suggested I contact Toth Tarsa of Budapest. Of course, Budapest, why didn't I think of that first? Toth offered me a rich shopping cart of options: What type of wood? What fingering system (French or German)? What type of mouthpiece (to take a clarinet or saxophone reed)? And so forth.

"I'd never ordered an instrument by email, but Toth sent me regular photos showing its construction in various stages. Finally, the day arrived when I received my eagerly anticipated package from old Budapest 'my own custom-made tarogato.'

"The tarogato remains a niche instrument, especially here in Vancouver where I share the stage with but one other player - the talented Mr. Milosevic. It was inevitable that we should meet and when we did, it resulted in joining him for his doctoral recital at UBC. I've absorbed some of his techniques while also surveying a course less academic for myself. The tarogato's lonely beauty is a force in itself which leads me to places like Mountain View Cemetery each summer where I offer up haunting serenades to the full moon."

- submitted

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Jason Hall will be playing the tarogato at this year's Princeton Traditional Music Festival. - photo submitted

News Leader Str8ts

STR8TS

No. 289

Easy

Previous solution - Medium

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

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

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 Movies

TUESDAY MORNING

9:30 am SPIKE ch.44 "The Marine" (2006, Action) John Cena. A discharged soldier returns home from Iraq and finds that his wife has been kidnapped by the gang of a murderous thug. (In Stereo)
11:30 am SPIKE ch.44 "Machete" (2010, Action) Danny Trejo. Framed for a covert assassination, a blade-wielding former Fedale carves a path of blood, bullets and broken hearts as he carries out a mission of revenge. (In Stereo)

about the murder of their adoptive mother. (In Stereo)
5:00 pm WTBS ch.3 "Due Date" (2010, Comedy) Robert Downey Jr. Desperate to reach his pregnant wife, a high-strung architect takes a road trip home with an annoying stranger.

EVENING

9:00 pm KNOW ch.5 "The Boxing Girls of Kabul" (2011, Documentary) Premiere. Afghan women undertake a journey of personal and political transformation as they work to make their Olympic dreams come true. (In Stereo)
SPIKE ch.44 "I Am Legend" (2007, Science Fiction) Will Smith. After a man-made plague transforms Earth's population into blood-thirsty vampires, a lone survivor desperately searches for a cure. (In Stereo)

AFTERNOON

4:00 pm FAM ch.26 "Mrs. Doubtfire" (1993, Comedy) Robin Williams. Estranged from his wife, an out-of-work actor masquerades as a nanny to be with his children. (In Stereo) (CC)
4:30 pm SPIKE ch.44 "Four Brothers" (2005, Crime Drama) Mark Wahlberg. Diverse siblings reunite for revenge after learning

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TUESDAY, JULY 12, 2016

	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	Crazy Talk	Global News Morning (N)	HI Opie! (N)	Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Global News Morning (N)	(5:00) Global News Morning (N)	The Early Edition (N)	Kid vs. Kat	SportsCentre	CTV Morning Live Vancouver (N)	Mayday (DVS)	Life Derek Roscoe	CityLine (N)	Wildest Police Videos	Canadian Pickers
7 AM	Law Order: CI		Dinosaur	Wild Kratts	Today Melissa McCarthy; Kristen Wiig. (N)	CBS This Morning (N)	Wahlburg	Good Morning America (N)			Cat in the Hat	Squirrel	SportsCentre	How/Made	Kingdom	Let's Make a Deal		Cops	Weird or What?
8 AM	Law Order: CI		PAW Patrol	Nature Cat			Wahlburg			Morning	Napkin	Chucks	SportsCentre	Destruction	Turbo	The Price Is Right		Tattoo	Security
9 AM	Hot Bench	Morning	Astroblast!	Tiger	Today (N)	The 700 Club (N)	Wahlburg	LIVE with Kelly (N)	Morning	Fresh	Arthur (N)	Sidkick	SportsCentre	How/Made	The X Factor UK	FamFeud		Tattoo	Expedition Unknown
10 AM	Judge	Fresh	Boj (N)	Sesame St.	Today (N)	The Price Is Right	Wahlburg	The View (N)	Fresh	Rachael Ray (N)	Bookaboo	Spliced (N)	SportsCentre	Alrshow (DVS)	Next Step	The Chew (N)		Movie: "The Marine" (2006) John Cena.	Expedition Unknown
11 AM	Divorce	Rachael Ray (N)	Monkey	Dinosaur	Hot Bench	Young & Restless	Wahlburg	Paid Prog.	Rachael Ray (N)	Global News at Noon	Recipes	Rated A	Motoring	How/Made	Kingdom	General Hospital (N)		Movie: "Machete" (2010, Action) Danny Trejo.	Expedition Unknown
12 PM	Millionaire	Global News at Noon	PAW Patrol	Charlie Rose (N)	Tal Chill	News	Flipping Vegas (N)	The Chew (N)	Global News at Noon	CBC News Network	Chucks	Hockey Lunch	CTV News Vancouver	Alaskan Bush: Off Grid	Backstage	Celebrity			Expedition Unknown
1 PM	Crime Watch Daily	Days of our Lives (N)	Ruff-Ruff, Tumble	Painting	Days of our Lives (N)	The Talk (N)	Flipping Vegas (N)	General Hospital (N)	Days of our Lives (N)	The Talk (N)	Heartland (DVS)	Almost	NASCAR Racing	The Social (N)	Alaskan Bush People	Backstage	CityLine		Expedition Unknown
2 PM	King	The Talk (N)	Rob Robot	Thomas	TMZ (N)	Let's Make a Deal	Flipping Vegas (N)	The Doctors (N)	The Talk (N)	Meredith Vieira	Murdoch Mysteries (N)	Wayside	Sports	Dr. Phil (N)	How/Made	Awesome	CityNews at 5 (N)	Tattoo	Security
3 PM	Mod Fam	Meredith Vieira	Kate and PAW Patrol	Arthur	Ellen DeGeneres Show	The Dr. Oz Show (N)	Flipping Vegas (N)	Rachael Ray (N)	Meredith Vieira	Young & Restless	Grand Designs (N)	Sidkick	SportsCentre (N)	How/Made	Next Step	(2:59) CityNews at 6 (N)	Tattoo		Yukon Gold (DVS)
4 PM	Elg Bang	Young & Restless	Maker	Ready Jet	Jdg Judy	Dr. Phil (N)	Zombie House Flipping	FABLife (N)	Young & Restless	Global	Bond Vet (N)	SpongeBob	Hockey	The Dr. Oz Show (N)	Highway Thru Hell	Movie: "Mrs. Doubtfire" (1993)	Mod Fam	Movie: "Four Brothers" (2005) Mark Wahlberg.	Canadian Pickers
5 PM	Movie: "Due Date" (2010, Comedy)	News (N)	Astroblast!	News	News	News	Zombie House Flipping	ABC News	Global Nat.	Global News Hour at 6	Dragons' Den (N)	SpongeBob	2016 UEFA European Championship	CTV News Vancouver	Deadliest Catch	America's Got Talent "The Judge"			Security
6 PM		Global Nat. News	Hope for Wildlife	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Zombie House Flipping	News at 6	Global News Hour at 6	ET Canada	CBC Vancouver News	Assembly	Assembly	CTV News Vancouver	Deadliest Catch (N)	Next Step	Cuts 1" (N)		Mysteries at the Castle
7 PM	Seinfeld (N)	ET	Canada: Over the Edge	The White House: Inside Story (N)	Jeopardy!	Broke Girl	Zombie House Flipping	ET	ET	Maya & Marty (N)	Gags	Thunder	EURO Tournament	etalk (N)	The Last Alaskans (N)	Next Step	To Tell the Truth	Tattoo	Mysteries-Museum
8 PM	Family Guy	NCIS "Saviors" (N)	To Boldly Go "Up" (N)	America's Got Talent "The Judge"	NCIS "Saviors" (N)	Zombie House Flipping	The Middle	Fresh-Boat	NCIS "Saviors" (N)	NCIS "Saviors" (N)	Mercer	Just Kid	SC	Amazing Race	How/Made	Prince	CityNews-Tonight (N)	Tattoo	Expedition Unknown
9 PM	Family Guy	Vldngs (DVS)	"Boxing Girls"	Frontline (N)	Cuts 1" (N)	Zoo (N)	Zombie House Flipping	Fresh-Boat	Vikings (DVS)	Vikings	Standing	Gags	SportsCentre (N)	Zoo (N)	Deadliest Catch	Gilmore	Crime Watch Daily	Movie: "I Am Legend" (2007) Will Smith.	Mysteries-Museum
10 PM	The Middle	Maya & Marty (N)	Kismet	Railway Journeys	Maya & Marty (N)	NCIS: New Orleans (N)	Zombie House Flipping	To Tell the Truth	Maya & Marty (N)	Global News at 11 (N)	The National (N)	Haunting	SportsCentre (N)	Motive (N) (DVS)	The Last Alaskans	LA Story	Extra (N)		
11 PM	Browns	News Final	Canada: Over the Edge	Charlie Rose (N)	News	News	Zombie House Flipping	KXLY 4	News	Late Show-Colbert	CBC News	Just Kid	SportsCentre	News-Lisa	How/Made	Malcolm	Mr. D (N)		Expedition Unknown



The beauty of Swan Lake (just visible in the centre of the frame) is always inviting. Photos: Janis Wright

Vermilion Forks Field Naturalists

Naturalists Explore Swan Lake

by Janis Wright, VFFN

Vermilion Forks Field Naturalists' latest field trip took place at Swan Lake Sanctuary, the little jewel situated just north of Princeton that consists of a kettle lake, riparian zone and rolling grasslands.

Twelve members and guests spent two hours on the trails circling the lake, searching this culturally significant site and observing the wildlife.

We were rewarded with sightings of twenty species of birds, includ-

ing a Common Nighthawk, Mountain Bluebird, Turkey Vulture, Red-tailed Hawk, Eastern Kingbird, many young American Coots, a family of Ruddy Ducks with six babies, and Yellow-headed Blackbirds. We spotted a few Mule Deer, some of which appeared to be standing guard over fawns, so we gave them wide berth. The morning was cloudy and mild, thus butterflies were not plentiful, but we did manage to capture the image of a Blue Copper.

This was yet another rewarding outing hosted by VFFN, where we were able to enjoy the beauties of nature as well as the company of like-minded people. Come join us

on future field trips for a similar experience!

Our next trek, rated easy, is the annual fishing, hiking, relaxing expedition led by Peter Antonick to Hole in the Wall on July 23. It is always a fun and social occasion. Please confirm participation with

Peter at 250-295-7154, bring water and lunch, a fishing rod and bathing suit, if you wish, and meet at Billy's Restaurant parking lot at 9:00 AM sharp!

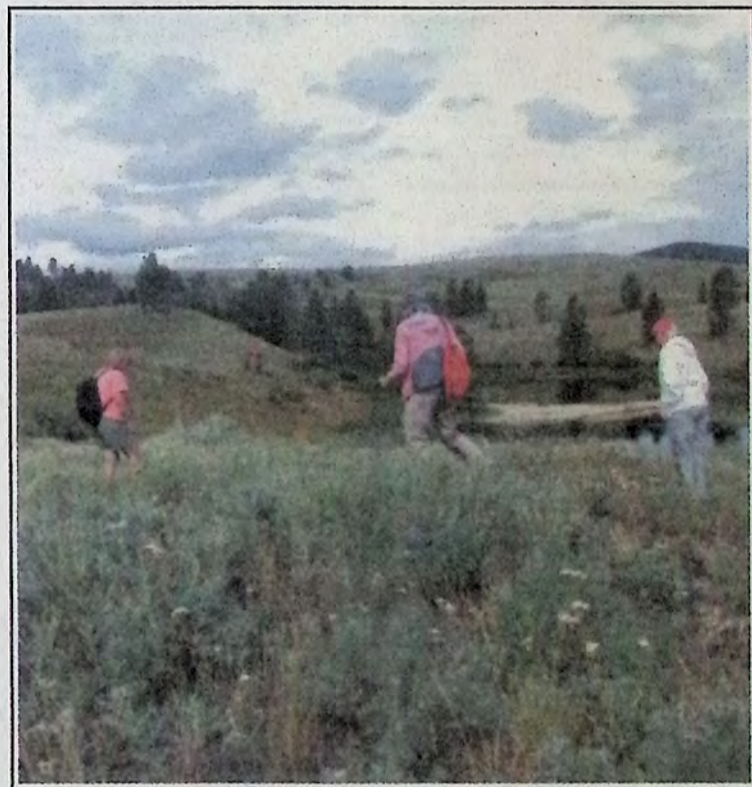
Please check our website at www.vffn.ca for all information regarding our club.

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Princeton Rotary Parade

July 2, 2016



The winner of the Best Overall Entry in this year's Rotary Parade was Princeton Museum with the historic Welby Stage Coach, left, and on the right is Brenda Engel driving the News Leader entry where we chose to use the parade as an opportunity to say 'thank you' to the community for almost 20 years of support. The theme of the parade was Local History. *

WEDNESDAY, JULY 13, 2016

	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	Crazy Talk	Global News Morning (N) ☺	Hi Opie! ☺ Monkey	Arthur Odd Squad	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Global News Morning (N) ☺	(5:00) Global News Morning (N) ☺	The Early Edition (N)	Kid vs. Kat Almost	SportsCentre ☺	CTV Morning Live Vancouver (N) ☺	Mighty Ships	Lifo Derek Roscoe	CityLine (N) ☺	Auction	Canadian Pickers ☺
7 AM	Law Order: CI		Dinosaur Wild Kratts	Wild Kratts Ready Jet	Today Christian Slater and Rami Malek. (N) ☺	CBS This Morning (N) ☺	Duck Dynasty ☺	Good Morning America (N) ☺			Cat in the Hat Arthur ☺	Squirrel Chucks	SportsCentre ☺		How/Made	We Are	Let's Make a Deal ☺	Hungry Investors	Weird or What?
8 AM	Law Order: CI		PAW Patrol Curious	Nature Cat Curious			Duck Dynasty ☺			Morning Huntley St.	Napkin Tiger	Chucks Wayside	SportsCentre ☺		Mighty Ships ☺	Lost Backstage	The Price Is Right ☺	Hungry Investors	Security
9 AM	Hot Bench	Morning Huntley St.	Astroblast! Floogals	Tiger	Today (N) ☺	The 700 Club ☺	Duck D. Duck D.	LIVE with Kelly (N) ☺	Morning Huntley St.	Fresh	Arthur ☺	Sidekick	SportsCentre ☺	LIVE with Kelly (N) ☺	How/Made	The X Factor UK ☺	FamFeud	Hungry Investors	My.- Monument
10 AM	Judge	Fresh	Boj ☺	Sesame St.	Today (N) ☺	The Price Is Right ☺	Duck D.	The View ☺	Fresh	Rachael Ray ☺	Bookaboo	Spliced ☺		The View ☺	Jade Fever	Next Step	The Chew ☺	Hungry Investors	My.- Monument
11 AM	Divorce	Rachael Ray ☺	Monkey Dinosaurs	Dinosaur Sit & Be Fit	Hot Bench Hot Bench	Young & Restless	Duck D. Duck D.	Paid Prog.	Rachael Ray ☺	Global News at Noon	Recipes Stefano	Rated A	Score Golf SC (N) ☺	Marilyn Denis	Deadliest Catch	Kingdom H2O Just	General Hospital (N) ☺	Hungry Investors	My.- Monument
12 PM	Millionaire	Global News at Noon	PAW Patrol Kate and	Charlie Rose ☺	Paid Prog. TBA	News Bold	After the First 48 ☺	The Chew ☺	Global News at Noon	Days of our Lives (N)	CBC News Network	Nerds Squirrel	Hockey Lunch	Deadliest Catch ☺	Raising	Celebrity	Hungry Investors	Mysteries at the Castle	
1 PM	Crime Watch Daily ☺	Days of our Lives (N)	Ruff-Ruff, Tumble	Painting Sewing	Days of our Lives (N)	The Talk ☺	The First 48 ☺	General Hospital (N) ☺	Days of our Lives (N)	The Talk ☺	Heartland ☺ (DVS)	Almost Sidekick	Board	The Social (N) ☺	The Last Alaskans ☺	Raising	CityLine ☺	Hungry Investors	Mysteries at the Castle
2 PM	King	The Talk ☺	Rob Robot Curious	Thomas Curious	TMZ (N) ☺ Inside Ed.	Let's Make a Deal ☺	The First 48 ☺	The Doctors ☺	The Talk ☺	Meredith Vieira	Murdoch Mysteries ☺	Wayside Kid vs. Kat	Sports Interruption	Dr. Phil ☺	How/Made	Awesome Kingdom	CityNews at 5 (N) ☺	Hungry Investors	Security
3 PM	Mod Fam	Meredith Vieira	Kate and PAW Patrol	Arthur Nature Cat	Ellen DeGeneres Show	The Dr. Oz Show (N) ☺	The First 48 ☺	Rachael Ray ☺	Meredith Vieira	Young & Restless	Grand Designs ☺	Sidekick Chucks	SportsCentre (N) ☺	Ellen DeGeneres Show	How/Made	Next Step Backstage	(2:59) CityNews at 6 (N)	Movie: *** "Four Brothers" (2005) Mark Wahlberg. ☺	Canadian Pickers ☺
4 PM	Big Bang	Young & Restless	Maker Creative	Ready Jet Wild Kratts	Jdg Judy	Dr. Phil ☺	Duck D. Duck D.	FABLife (N) ☺	Young & Restless	Global Global Nat.	Bond! Vet ☺	SpongeBob	CFL Pre.	The Dr. Oz Show (N) ☺	Jade Fever	Movie: "Barbie: Spy Squad" (2016)	Mod Fam	Movie: *** "The Marine" (2006) John Cena.	Waterparks
5 PM	Movie: ** "Bad Boys II" (2003, Action) Martin Lawrence.	News (N) ☺	Astroblast! Wild Kratts	News Business	News NBC News	News CBS News	Duck D.	News ABC News	News Global Nat.	Global News Hour at 5	Dragons' Den ☺	SpongeBob	CFL Football: Ottawa Redblacks at Toronto Argonauts. (N) (Live) ☺	CTV News Vancouver	The Last Alaskans ☺	Awesome	America's Got Talent "The Judge"	Security	
6 PM		Global Nat. News	Canada: Over the Edge	PBS News-Hour (N) ☺	News Millionaire	KREM 2 News at 6 (N)	Duck D.	News at 6	Global News Hour at 6	ET Canada	CBC Vancouver News	Assembly		CTV News Vancouver	Dark Woods Justice (N)	Next Step H2O Just	Cuts 2" (N) ☺	Movie: *** "I Am Legend" (2007) Will Smith. ☺	Waterparks
7 PM	Sinfeld ☺	ET Canada	SpaceSuite	Supernature Wheel	Jeopardy! Broke Girl	Broke Girl	Wahlburg	ET	ET	American Gothic (N) ☺	Interrupt	Henry		etalk (N)	Alaskan Bush People	Mako Srvivi Sty	Wayward Pines (N) ☺	Bert the Conqueror ☺	
8 PM	Family Guy	Big Brother (N) ☺	"When Har"	NOVA ☺ (DVS)	America's Got Talent "The Judge"	Big Brother (N) ☺	Wahlbrgs	The 2016 ESPYs (N Same-day Tape) ☺	Big Brother (N) ☺	Big Brother (N) ☺	Dragons' Den ☺	Just Kid		MasterChef (N) ☺	How/Made	Prince	CityNews-Tonight (N)	Movie: **	My.- Monument
9 PM	Family Guy	You, Me and	England's Early Queens	9 Months-Made	Cuis 2" (N) ☺	Criminal Minds ☺	Duck D.		You, Me and	You, Me and	The Romeo Section ☺	Gags	Sports	Criminal Minds ☺	The Last Alaskans ☺	Gilmore Lost	Crime Watch Daily ☺	Waterparks	
10 PM	The Middle	American Gothic (N) ☺	Bankers ☺	Railway Journeys	The Night Shift "All In"	American Gothic (N) ☺	Duck D.		American Gothic (N) ☺	Global News at 11 (N)	The National (N) ☺	Haunting	SportsCentre (N) ☺	Saving Hope ☺	Dark Woods Justice	Let's Be Cheer	Extra (N)	Bert the Conqueror ☺	
11 PM	Browns	News Final	SpaceSuite	Charlie Rose (N) ☺	News	News	Wahlburg	KXLY 4	News	Late Show-Colbert	CBC News	Just Kid	SportsCentre ☺	News-Lisa	Alaskan Bush People	Srvivi Sty Prince	Mr. D ☺	Movie: *** "Machete" (2010)	Mysteries at the Castle

THURSDAY, JULY 14, 2016

	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	Crazy Talk	Global News Morning (N) 30	Hi Opie! 0	Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Global News Morning (N) 30	(5:00) Global News Morning (N) 30	The Early Edition (N)	Kid vs. Kat	SportsCentre 30	CTV Morning Live Vancouver (N) 0 30	Highway Thru Hell	Life Derek Roscoe	CityLine (N) 30	Wildest Police Videos	Canadian Pickers 30	
7 AM	Law Order: CI		Dinosaur	Wild Kratts	Today Kate McKinnon; Diane Kruger. (N) 0 30	CBS This Morning (N) 0 30	Storage	Good Morning America (N) 30			Cat in the Hat	Squirrel	SportsCentre 30		How/Made	Mako	Let's Make a Deal 30	Wildest Police Videos	Weird or What? 30	
8 AM	Law Order: CI		PAW Patrol	Nature Cat			Storage			Morning	Napkin	Chucks	SportsCentre 30		How/Made	Mako	The Price Is Right 30	Wildest Police Videos	Security 30	
9 AM	Hot Bench	Morning	Astroblast!	Tiger	Today (N) 0 30	The 700 Club 0 30	Storage	LIVE with Kelly (N) 30	Morning	Fresh	Arthur 0	Sidekick	SportsCentre 30	LIVE with Kelly (N) 30	How/Made	The X Factor UK 30	FamFeud	Cops 30	Mysteries-Museum	
10 AM	Judge	Fresh	Boj 0	Sesame St.	Today (N) 0 30	The Price Is Right 30	Storage	The View 0 30	Fresh	Rachael Ray 0 30	Bookaboo	Spliced 0	SportsCentre 30	The View 0 30	Yukon Men 0 30	Next Step	The Chew 0 30	Cops 30	Mysteries-Museum	
11 AM	Divorce	Rachael Ray 0 30	Monkey	Dinosaur	Hot Bench	Young & Restless	Storage	Paid Prog.	Rachael Ray 0 30	Global News at Noon	Recipes	Rated A	Open Gym (N) 30	Marilyn Denis	How/Made	Kingdom	General Hospital (N) 0	Cops 30	Mysteries-Museum	
12 PM	Millionaire	Global News at Noon	PAW Patrol	Charlie Rose 0 30	Paid Prog.	News	The First 48 0 30	The Chew 0 30	Global News at Noon	Days of our Lives (N)	CBC News Network	Chucks	Hockey Lunch	CTV News Vancouver	The Last Alaskans 30	Next Step	Celebrity	Cops 30	Mysteries-Museum	
1 PM	Crime Watch Daily 30	Days of our Lives (N)	Ruff-Ruff, Tumble	Painting			The Talk 0 30	The First 48 0 30	General Hospital (N) 0	Days of our Lives (N)	Heartland 30 (DVS)	Almost	The Majors	The Social (N) 0 30	Jade Fever	Next Step	CityLine 30	Cops 30	Mysteries-Museum	
2 PM	King	The Talk 0 30	Rob Robot	Thomas			Let's Make a Deal 30	The First 48 0 30	The Doctors 0 30	The Talk 0 30	Meredith Vieira	Murdoch Mysteries 0	Wayside	Sports	Dr. Phil 0 30	Alaskan Bush People	Awesome	CityNews at 5 (N) 30	Cops 30	Security
3 PM	Mod Fam	Meredith Vieira	Kate and Arthur	Ellen DeGeneres Show	The Dr. Oz Show (N) 0 30	The First 48 0 30	Rachael Ray 0 30	Meredith Vieira	Young & Restless	Grand Designs 0 30	Sidekick	SportsCentre (N) 30	Ellen DeGeneres Show	How/Made	Next Step	(2:59) CityNews at 6 (N)	Cops 30	Yukon Gold 30 (DVS)		
4 PM	Big Bang	Young & Restless	Maker	Ready Jet	Jdg Judy	Dr. Phil 0 30	The First 48 0 30	FABLife 0 30	Young & Restless	Global	Bond Vet 0 30	SpongeBob	Amazing Race	The Dr. Oz Show (N) 0	How-Made	"Barbie"	Mod Fam	Lip Sync	Canadian Pickers 30	
5 PM	Movie: "Art of War II: Betrayal"	News (N) 30	Shaun	News	News	News	First 48	News	News	Global News Hour at 6	Dragons' Den 0	SpongeBob	CFL Pre.	CTV News Vancouver	Vegas Rat Rods	Awesome	Between "Hope" (N)	Lip Sync	Security	
6 PM	(2008) Paul Bae	Global Nat. News	SpaceSuite	PBS News-Hour (N) 30	News	KREM 2 News at 6 (N)	The First 48 (N) 0 30	News at 6	Global News Hour at 6	ET Canada	CBC Vancouver News	Assembly	Football: Edmonton Eskimos at Winnipeg Blue Bombers. (N) 30	CTV News Vancouver	Bitchin' Rides "Fore!"	Next Step	Life In	Lip Sync	Food Paradise	
7 PM	Seinfeld 0	ET	Waterfront Cities	When I'm 65 0 30	Jeopardy!	Broke Girl	(7:01) 60 Days In (N) 0	ET	ET	Bones (N) 30 (DVS)	22 Minutes	School	etalk (N)	Street Outlaws Chief rappers Brian Chucky Davis.	Backstage	Rush Hour 0 30	Lip Sync	Delicious		
8 PM	Family Guy	Bones (N) 30 (DVS)	Slow Train	Murder Myster.	Spartan-Team	Big Bang	Black	BattleBots (N) 0 30	Bones (N) 30 (DVS)	Big Brother (N) 30	The Nature of Things	Just Kid	Big Bang	Big Bang	Prince	CityNews-Tonight (N)	Lip Sync	Mysteries-Museum		
9 PM	Family Guy	Big Brother 0 30	Movie: *** "Winged Migration"	Death in Paradise 30	Spartan-Team	Big Brother 0 30	First 48	Greatest Hits (N) 30	Big Brother 0 30	Private Eyes (N)	Keeping Canada Alive	Gags	Big Bang	Big Bang	Vegas Rat Rods	Gilmore	Crime Watch Daily 30	Lip Sync	Food Paradise	
10 PM	The Middle	Private Eyes (N)	Railway Journeys	Aquarius "Piggies" (N)	(9:59) Code Black 30	(10:03) The First 48 0	Match Game 0 30	Private Eyes (N)	Global News at 11 (N)	The National (N) 30	Haunting	SportsCentre (N) 30	The Catch 0 30	Bitchin' Rides "Fore!"	Backstage	Extra (N)	Lip Sync	Delicious		
11 PM	Browns	News Final	Waterfront Cities	Charlie Rose (N) 30	News	News	(11:04) 60 Days In 30	KXLY 4	News	Late Show-Colbert	CBC News	Just Kid	SportsCentre 30	News-Lisa	Street Outlaws 30	Malcolm	Mr. D 0	Bar Rescue 0	Mysteries-Museum	

FRIDAY, JULY 15, 2016

	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	Crazy Talk	Global News Morning (N) 30	Hi Opie! 0	Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Global News Morning (N) 30	(5:00) Global News Morning (N) 30	The Early Edition (N)	Kid vs. Kat	SportsCentre 30	CTV Morning Live Vancouver (N) 0 30	Cold Water Cowboys	Life Derek Roscoe	CityLine (N) 30	Gangland 0 30	Canadian Pickers 30
7 AM	Law Order: CI		Dinosaur	Wild Kratts	Today Gwen Stefani performs. (N) 0 30	CBS This Morning (N) 0 30	Storage	Good Morning America (N) 30			Cat in the Hat	Squirrel	SportsCentre 30		How/Made	Next Step	Let's Make a Deal 30	Gangland "Maniacal" 30	Weird or What? 30
8 AM	Law Order: CI		PAW Patrol	Nature Cat			Storage			Morning	Napkin	Chucks	SportsCentre 30		How-Made	Backstage	The Price Is Right 30	Gangland 0 30	Security 30
9 AM	Hot Bench	Morning	Astroblast!	Tiger	Today (N) 0 30	The 700 Club 0 30	Storage	LIVE with Kelly (N) 30	Morning	Fresh	Arthur 0	Sidekick	SportsCentre 30	LIVE with Kelly (N) 30	How/Made	The X Factor UK 30	FamFeud	Gangland 0 30	The Dead Files 0 30
10 AM	Judge	Fresh	Boj 0	Sesame St.	Today (N) 0 30	The Price Is Right 30	Storage	The View 0 30	Fresh	Rachael Ray (N) 30	Bookaboo	Spliced 0	SportsCentre 30	The View 0 30	Mighty Cruise Ships	Next Step	The Chew 0 30	Gangland 0 30	The Dead Files 0 30
11 AM	Divorce	Rachael Ray (N) 30	Monkey	Dinosaur	Hot Bench	Young & Restless	Storage	CIZE!	Rachael Ray (N) 30	Global News at Noon	Recipes	Rated A	SC 30	Marilyn Denis	Vegas Rat Rods	Kingdom	General Hospital (N) 0	Gangsters: Most Evil 30	The Dead Files 0 30
12 PM	Millionaire	Global News at Noon	PAW Patrol	Charlie Rose 0 30	Paid Prog.	News	The First 48 0 30	The Chew 0 30	Global News at Noon	Days of our Lives (N)	CBC News Network	Nerds	Hockey Lunch	CTV News Vancouver	Vegas Rat Rods	Nowhere	Celebrity	Gangsters: Most Evil 30	The Dead Files 0 30
1 PM	Crime Watch Daily 30	Days of our Lives (N)	Ruff-Ruff, Tumble	Travel	Days of our Lives (N)	The Talk 0 30	The First 48 0 30	General Hospital (N) 0	Days of our Lives (N)	The Talk 0 30	Heartland 30 (DVS)	Almost	SC Top 10	The Social (N) 0 30	Bitchin' Rides "Fore!"	Nowhere	CityLine 30	Cops 30	The Dead Files 0 30
2 PM	King	The Talk 0 30	Rob Robot	Thomas	TMZ (N) 0	Let's Make a Deal 30	The First 48 0 30	The Doctors 0 30	The Talk 0 30	Meredith Vieira	Murdoch Mysteries 0	Wayside	Sports	Dr. Phil 0 30	Fantom-Works 30	Awesome	CityNews at 5 (N) 30	Cops 30	Security
3 PM	Mod Fam	Meredith Vieira	Kate and Arthur	Ellen DeGeneres Show	The Dr. Oz Show 30	The First 48 0 30	Rachael Ray (N) 30	Meredith Vieira	Young & Restless	Grand Designs 0 30	Sidekick	SportsCentre (N) 30	Ellen DeGeneres Show	How/Made	Next Step	(2:59) CityNews at 6 (N)	Cops 30	Yukon Gold 30 (DVS)	
4 PM	Big Bang	Young & Restless	Maker	Ready Jet	Jdg Judy	Dr. Phil 0 30	Duck D.	FABLife 0 30	Young & Restless	Global	Bond Vet 0 30	SpongeBob	CFL Pre.	The Dr. Oz Show 30	Mighty Ships	Fangbone	Mod Fam	Cops 30	Canadian Pickers 30
5 PM	Movie: *** "We Own the Night"	News (N) 30	Astroblast!	News	News	News	Duck D.	News	News	Global News Hour at 6	Dragons' Den 0	SpongeBob	Football: Hamilton Tiger-Cats at Montreal Alouettes. (N) (Live) 30	CTV News Vancouver	Bering Sea Gold 30	Mako	Cyberwar	Cops 30	Security
6 PM	(2007) Joaquin Phoenix	Global Nat. News	Waterfront Cities	PBS News-Hour (N) 30	News	KREM 2 News at 6 (N)	Duck D.	News at 6	Global News Hour at 6	ET Canada	CBC Vancouver News	SpongeBob	CTV News Vancouver	Alaskan Bush People	Next Step	Survivorman "Kalahari"	Cops 30	Border	
7 PM	Seinfeld 0	ET	Coast (N) 0	Wash	Jeopardy!	Broke Girl	Duck D.	ET	ET	Rookie Blue "Stung"	Coronation	Movie: "Cloudy With a Chance of Meatballs" 0	SportsCentre (N) (Live) 30	etalk (N)	Mayday: Air Disaster	Cheerlead	Broke Girl	Cops 30	Security
8 PM	Family Guy	NCIS: Los Angeles 0 30	Doc Martin 0 30	British Baking	America's Got Talent (Same-day Tape) 0 30	NCIS: Los Angeles 0	Black	Secrets of the	NCIS: Los Angeles 0	NCIS: Los Angeles 0	Creek	22 Minutes	Shark Tank 30 (DVS)	Mayday: Air Disaster	Movie: *** "Fog of War" (2007)	CityNews-Tonight (N)	Cops 30	Border	
9 PM	Family Guy	Hawaii Five-0 0 30	Silent Witness "Gone Tomorrow"	British Baking	Tape) 0 30	Hawaii Five-0 0 30	Duck D.	What Would You Do?	Hawaii Five-0 0 30	Hawaii Five-0 0 30	Mr. D 0	Assembly	SportsCentre (N) 30	Motive 0 30 (DVS)	Alaskan Bush People	Third	Crime Watch Daily 30	Cops 30	Border
10 PM	The Middle	Rookie Blue "Stung"	Dancing on the Edge	Dateline NBC (N) 30	Blue Bloods 30 (DVS)	Duck D.	20/20 (N) 0 30	Rookie Blue "Stung"	Global News at 11 (N)	The National (N) 30	Assembly	SportsCentre (N) 30	Blue Bloods 30 (DVS)	Bering Sea Gold 30	Movie: "The Wedding Singer" 30	Extra (N)	Jail 30	Security	
11 PM	Browns	News Final	(11:05) Written in Stone	Charlie Rose (N) 30	News	News	Duck D.	KXLY 4	News	Late Show-Colbert	CBC News	Gags	SportsCentre 30	News-Lisa	Mayday: Air Disaster	Mr. D 0	Jail 30	Border	

News Leader Movies - Sunday to Monday

SUNDAY MORNING

9:00 am WTBS ch.3 "50 First Dates" (2004, Romance-Comedy) Adam Sandler. A veterinarian tries to make a woman who has short-term memory loss fall in love with him.

10:30 am FAM ch.26 "The Adventures of Sharkboy and Lavagirl" (2005, Adventure) Taylor Lautner. A 10-year-old and his imaginary friends try to save a distant planet from the forces of darkness. (In Stereo) (CC)

AFTERNOON

12:00 pm CITV ch.12 "Sand Serpents" (2009, Science Fiction) Jason Gedrick. U.S. soldiers encounter giant, man-eating serpents while fighting the Taliban in Afghanistan. (CC) (DVS)

12:05 pm FAM ch.26 "Ice Girls" (2016, Drama) Michaela du Toit. A 15-year-old figure skating champion leaves the sport after her mother loses her job and the family moves to a small town. She struggles to fit in until the owner of a local skating arena helps her fulfill her true potential. (In Stereo) (CC)

1:00 pm WTBS ch.3 "The Pacifier" (2005, Comedy) Vin Diesel. A Navy SEAL faces the ultimate test when he must care for five children and protect them from their father's enemies.

2:00 pm YTV ch.18 "Ice Age: The Meltdown" (2006, Comedy) Voices of Ray Romano. Animated. Manny, Sid and Diego reunite to warn their friends about the danger to their homes posed by swiftly melting

ice. (In Stereo) (CC) (DVS) VTVch.22 "Forever Young" (1992, Romance) Mel Gibson. Two 1990s boys thaw out a 1930s test pilot, cryonically frozen, and bring him home to one's single mother. (CC) FAM ch.26 "The Next Step Live: The Movie" (2015, Documentary) The cast of the TV show embarks on a coast-to-coast tour of Canada. (In Stereo) (CC)

4:00 pm YTV ch.18 "Ice Age: Dawn of the Dinosaurs" (2009, Comedy) Voices of Ray Romano. Animated. Manny, Diego and the rest of the gang must rescue Sid from an underground world after Sid steals some dinosaur eggs. (In Stereo) (CC)

5:50 pm FAM ch.26 "The Princess Bride" (1987, Adventure) Cary Elwes. A storybook stableboy turns pirate and rescues his beloved, who is about to marry a dreadful prince. (In Stereo) (CC)

EVENING

6:00 pm WTBS ch.3 "What Lies Beneath" (2000, Suspense) Harrison Ford. Supernatural events plague a college professor and his wife as they investigate a murder she believes occurred next door.

YTV ch.18 "Ice Age: Continental Drift" (2012, Comedy) Voices of Ray Romano. Animated. Scrat's pursuit of an infernal acorn has world-changing consequences for Manny, Diego and Sid. (In Stereo) (CC)

MONDAY AFTERNOON

4:00 pm FAM ch.26 "The Princess

Bride" (1987, Adventure) Cary Elwes. A storybook stableboy turns pirate and rescues his beloved, who is about to marry a dreadful prince.

(In Stereo) (CC) 5:00 pm WTBS ch.3 "Lottery Ticket" (2010, Comedy) Bow Wow. After winning \$370 million, a

young man must survive a holiday weekend with greedy neighbors before he can claim the prize.



Recently, Carol Mack facilitated an in service for her pool staff of lifeguards and Water Safety Instructors and invited the coaching staff of the Princeton Kokanee Summer Swim Club to share in the experience. Mack started the evening with a review of pool safety procedures and policies that are required to meet the BC Health Authority. The evening ended in the pool as coaches and WSI reviewed and participated in practice situations of how to assist a spinal conscious swimmer and a drowning non swimmer. Fourteen coaches and WSI lifeguards participated in this in service. - submitted

SUNDAY, JULY 17, 2016

	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	Paid Prog.	In a Name	Dragon	Mr. Rogers	(4:00) 2016 Open Championship: Final Round. From Royal Troon Golf Club in South Ayrshire, Scotland. (N) (Live)	Paid Prog.	Criminal Minds (N) (CC)	Paid Prog.	In a Name	Global News Morning (N) (CC)	Tiger	Squirrel	SportsCentre (N) (CC)	(4:00) 2016 Open Championship: Final Round. From Royal Troon Golf Club in South Ayrshire, Scotland. (N) (Live)	Tanked (N) (CC)	Warthogs!	(3:30) 2016 Tour de France: Stage 15. From Bourgen-Bresse to Culoz.	Xtreme Off	Moves		
6:30 AM	Paid Prog.	Treasure	Monkey	Peep		Paid Prog.	Criminal Minds (N) (CC)	Paid Prog.	Treasure		Super Why!	Squirrel				Life Derek	Engine	Paid Prog.			
7 AM	Paid Prog.	Global News Morning (N) (CC)	PAW Patrol	Super Why!		CBS News Sunday Morning (N) (CC)	Criminal Minds (N) (CC)	Good Morning America	Global News Morning (N) (CC)		Cat in the Hat	Squirrel	SportsCentre (N) (CC)	Insane Pools	Thunder	Turbo	Detroit	Truck Tech	Embassy		
7:30 AM	Atl. Eats		Curious	Bulldozer							Poko (N)	Kung Fu									
8 AM	Paid Prog.		PAW Patrol	Curious			Criminal Minds "Lo-Fi"	This Week			Coronation	Pet Shop	SportsCentre (N) (CC)	Highway Thru Hell	HZipzer	Srvlvy Sty		Bar Rescue (N) (CC)	Mysteries-Museum		
8:30 AM	Paid Prog.		Floogala	Cat in the Hat		The Nation					Coronation	Stanley									
9 AM	Movie: ** "50 First Dates" (2004)	Urban	Wild Kratts	Eisenhower-Wr		Paid Prog.	Criminal Minds (N) (CC)	Matter		Urban	Coronation	Game	NASCAR Sprint Cup Prerace (N) (CC)	Dangerous Flights	Backstage	Festival Italiano di Johnny Lombardi	Bar Rescue (N) (CC)	Delicious			
9:30 AM			Dino Dan	Whole		Paid Prog.	Criminal Minds (N) (CC)	Hiring		Paid Prog.	Coronation	School		Highway Thru Hell	Next Step	Mako	Bar Rescue (N) (CC)	Delicious			
10 AM						Whacked	Criminal Minds (N) (CC)	Best Pan Ever!	Urban	J. Osteen	Coronation	Thunder				"Adventures of Sharkboy"	Liquidator	Bar Rescue (N) (CC)	Delicious		
10:30 AM		Paid Prog.	The Little Prince (N) (CC)	Focus	Meet the Press (N) (CC)	Access Hollywood (N) (CC)	Escaping Polygamy	Paid Prog.	J. Osteen	16x9 Bank investigation.	Our Vancouver (N) (CC)	Bella	NASCAR Racing: Sprint Cup Series: New Hampshire 301. (N) (Live)	Canada's Worst Driver	Deadliest Catch	IndyCar Racing: Honda Indy Toronto. From Toronto, Canada.	Bar Rescue (N) (CC)	Delicious			
11 AM	Paid Prog.	J. Osteen	Annedroids	Asla				Designing	Paid Prog.		Henry										
11:30 AM	1st Family	Paid Prog.																			
12 PM	Paid Prog.	Global News at Noon	Canada: Over the Edge	The White House: Inside Story (N) (CC)	Beach Volleyball	Going the Distance (N) (CC)	The First 48 (N) (CC)	Hollywood	Global News at Noon	Movie: ** "Sand Serpents" (2009) (DVS)	Land/Sea	Max		SportsCentre (N) (CC)	Deadliest Catch	(12:05) Movie: "Ice Girls" (2016) (N) (CC)	IndyCar Racing: Honda Indy Toronto. From Toronto, Canada.	Bar Rescue (N) (CC)	Delicious		
12:30 PM	Box Office							Hollywood			Calgary Stampede on CBC (N) (Live)	Game On		WS (N) (DVS)	Bitchin' Rides "Ford"	Backstage		Bar Rescue (N) (CC)	Delicious		
1 PM	Movie: ** "The Pacifier" (2005)	Movie	Hope for Wildlife	To Be Announced	2016 Open Championship Highlights (N) (CC)	LPGA Tour Golf: Marathon Classic. Final Round.	The First 48 (N) (CC)	Hawaiian Marlin	Movie		Carn Eats	Assembly	MLS Soccer: New York City at Impact	Movie: ** "Forever Young" (1992) Mel Gibson. (N) (CC)	Railroad Alaska	"The Next Step Live: The Movie"	Two Men	Bar Rescue (N) (CC)	Delicious		
1:30 PM	Vin Diesel.		Architects of Change				The First 48 (N) (CC)	Pacific BI		Carn Eats		Movie: ** "Ice Age: The Meltdown" (2006) (N) (CC)		How/Made	Next Step	CityNews	Bar Rescue (N) (CC)	Miracles Decoded (N) (CC)			
2 PM								XTERRA													
2:30 PM																					
3 PM	Big Bang	Carn Eats	In Search of Haydn	To Be Announced	Paid Prog.	Paid Prog.	Intervention (N) (CC)	Happy Day	Carn Eats	Gotta Eat	q (N) (CC)		Baseball Tonight	Movie: ** "Ice Age: Dawn of the Dinosaurs"	How/Made	Next Step	CityNews	Bar Rescue (N) (CC)	Miracles Decoded (N) (CC)		
3:30 PM	Big Bang	Carn Eats						Laverne	Carn Eats	Rich Bride, Poor Bride											
4 PM	Big Bang	Gotta Eat	In Search of Haydn	To Be Announced	Paid Prog.	Whacked	Intervention "Alicia D"	Love Lucy	Gotta Eat		Heartland (N) (CC)		Baseball Tonight	Movie: ** "Ice Age: Dawn of the Dinosaurs"	How/Made	Next Step	CityNews	Bar Rescue (N) (CC)	Treasures Decoded (N) (CC)		
4:30 PM	Big Bang	16x9 Bank investigation.						Love Lucy	16x9 Bank investigation.	Global Nat.											
5 PM	Mod Fam	investigation.	Secrets of the Castle		KHQ News	News	Intervention	News	investigation.	Global News Hour at 6	Rodeo: Calgary Stampede on CBC (N) (Live)		MLB Baseball: Boston Red Sox at Yankees. (N) (Live)	Amazing Race	To Be Announced	Kingdom H2O Just	Celebrity Family Feud	Bar Rescue (N) (CC)	Mysteries-Museum		
5:30 PM	Mod Fam	News			NBC News	CBS News		ABC News	Global Nat.												
6 PM	Movie: ** "What Lies Beneath" (2000) Harrison Ford.	Global Nat.	What's That About?	9 Months-Made	KHQ News Wheel	KREM 2 News at 6 (N) (CC)	Intervention "Brian N."	News at 6	Global News Hour at 6	Security	Championship. (N) (CC)		New York Yankees. (N) (Live)	CTV News Vancouver	Naked and Afraid XL	(5:50) Movie: "The Princess Bride"	Family Guy Last Man	Bar Rescue (N) (CC)	The Dead Files (N) (CC)		
6:30 PM		News						Funniest Home Videos	Simpsons	Elementary (N) (CC)				Big Bang	Bering Sea Gold (N) (CC)	Raising VICE	Cyberwar	Bar Rescue (N) (CC)	Mysteries at the Castle		
7 PM		Simpsons	Two Million	Dancing on the Edge	Dateline NBC (N) (CC)	60 Minutes (N) (CC)	Escaping Polygamy (N) (CC)		Security		Calgary Stampede on CBC (N) (Live)			Big Bang							
7:30 PM		Security																			
8 PM		(8:01) Big Brother (N) (CC)	Inspector Morse "The Remorseful Day" (N) (CC)	Masterpiece Mystery! (N) (CC)	To Be Announced	(8:01) Big Brother (N) (CC)	Black First 48	Celebrity Family Feud	(8:01) Big Brother (N) (CC)	(8:01) Big Brother (N) (CC)				Game On	SportsCentre (N) (CC)	Killjoys (N) (CC)	Myth-Busters (N) (CC)	Dr. Ken (N) (CC)	CityNews	Bar Rescue (N) (CC)	Mysteries-Museum
8:30 PM	The Closer													Assembly							
9 PM		Madam Secretary		American Ninja Warrior "Los Angeles Finals" (N) (CC)	Madam Secretary	Intervention (10:03)		The \$100,000 Pyramid	Madam Secretary	Winnipeg Comedy	Max	SportsCentre (N) (CC)	The \$100,000 Pyramid	To Be Announced	Raising	Murdoch Mysteries (N) (CC)	Bar Rescue (N) (CC)	The Dead Files (N) (CC)			
9:30 PM	The Closer																				
10 PM		Elementary (N) (CC)	Forever (N) (CC)	The Tunnel (N) (CC)	Elementary (N) (CC)			Match Game (N) (CC)	Elementary (N) (CC)	Global	The National (N) (CC)	Haunting	SportsCentre (N) (CC)	Match Game (N) (CC)	Naked and Afraid XL	Degrassi	Murdoch Mysteries (N) (CC)	Bar Rescue (N) (CC)	Mysteries at the Castle		
10:30 PM	There Yet?			One Day						TV-Torrens		Haunting									
11 PM	Paid Prog.	News	Waterfront Cities	The Forsythe Saga (N) (CC)	News	News	Escaping Polygamy (N) (CC)	KXLY 4	News	Mackenzie	CBC News	Gags	SportsCentre (N) (CC)	News	Bering Sea Gold (N) (CC)	Degrassi	Paid Prog.	Bar Rescue (N) (CC)	Delicious		
11:30 PM	Paid Prog.	TV-Torrens			Paid Prog.	Family Guy		Van Impe	TV-Torrens	Paid Prog.	fifth estate	Gags		CTV News							

News Leader Sudoku

SUDOKU

No. 289

Tough

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

Previous solution - Medium

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

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

If you like Sudoku you'll really like 'Str8ts' and our other puzzles, Apps and books. Visit 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

Living Past 100

Don't Let Fear Make You Old

People who live 100 years or more have a good attitude about life. If you spend time with them, you soon learn they have spent their lives working hard, caring about others, and not complaining. They are unselfish and uncritical of others. They tend to see the good in others rather than finding fault. They take pleasure in life. Most of them are content with the simple pleasures of life.

Those who live long lives are inclined to live sensibly, not doing anything to excess. Some smoke, drink alcohol, enjoy good food, and enjoy work, but do everything in moderation, but the quality that distinguishes them is mental, not physical. They are very positive people, even when times are tough, and for most elderly people, there are tough times, losses of old friends and family members as well as lack of money and health problems.

People who develop negative ways of thinking are likely to suffer more ill health, and will die younger. People who worry a great deal create stress for themselves, and stress kills. People who fear a lot of things add stress to their lives, leading to more health problems. Many people, as they grow older, become stressed by change. Those who live long accept change and may even enjoy change.

Rich people live longer because they are able to afford the best food, the best medical care, and the best environment. However, the people who live past 100 can be poor. In fact, most people who live past 100 are not rich and most are poor. One woman in Africa lived to be 114 years old but lived in a hut, ate what her village produced, and enjoyed her life to the end. The elderly of Tashkent in southern Russia tend to live past 100 but none of them are what we would call 'rich.' They enjoy working outdoors, eat healthy food which they grow, and enjoy village life.

Researchers who study longevity have found it is the mental attitude and social environment that determine whether a person will live a long life. Those who are positive thinkers, the optimists, live longer than the chronic complainers, the worriers, the fearful people. Those who like other people and develop strong friendships are likely to live long lives. Those who enjoy an active daily life are likely to live longer. Living past 100 is a mental achievement, and perhaps a spiritual achievement.

MONDAY, JULY 18, 2016

	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	Crazy Talk	Global News Morning (N)	Hi Opiel	Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Global News Morning (N)	(5:00) Global News Morning (N)	The Early Edition (N)	Kid vs. Kat	SportsCentre	CTV Morning Live Vancouver (N)	Canada's Worst Driver	Life Derek Roscoe	CityLine (N)	Wildest Police Videos	Canadian Pickers
7 AM	Law Order: CI		Dinosaur	Wild Kratts	Today (N)	CBS This Morning (N)	Killer Kids	Good Morning America (N)		Cat in the Hat	Squirrel	SportsCentre	How/Made	How/Made	HZipzer	Let's Make a Deal	Wildest Police Videos	Weird or What?	
8 AM	Law Order: CI		PAW Patrol	Nature Cat			Killer Kids		Morning Huntley St.	Napkin	Chucks	SportsCentre	Mighty Ships	Next Step We Are	The Price Is Right	Cops	Security		
9 AM	Hot Bench	Morning Huntley St.	Astroblast!	Tiger	Today (N)	The 700 Club	Killer Kids	LIVE with Kelly (N)	Morning Huntley St.	Fresh	Arthur	Sidekick	SportsCentre	LIVE with Kelly (N)	How/Made	The X Factor UK	FamFeud	Jail	The Dead Files
10 AM	Judge	Fresh	Boj	Sesame St.	Today (N)	The Price Is Right	Killer Kids	The View	Fresh	Rachael Ray (N)	Bookaboo	Spliced	SportsCentre	The View	Mayday	Next Step	The Chew	Cops	The Dead Files
11 AM	Divorce	Rachael Ray (N)	Monkey	Dinosaur	Hot Bench	Young & Restless	Killer Kids	Paid Prog.	Rachael Ray (N)	Global News at Noon	Our Vancouver	Rated A	SC	Marilyn Denis	To Be Announced	Kingdom H2O Just	General Hospital (N)	Cops	The Dead Files
12 PM	Millionaire	Global News at Noon	PAW Patrol	Charlie Rose	Trucks	News Bold	The First 48	The Chew	Global News at Noon	Days of our Lives (N)	CBC News Network	Nerds	Hockey Lunch	CTV News Vancouver	Naked and Afraid XL	Lost	Celebrity	Cops	The Dead Files
1 PM	Crime Watch Daily	Days of our Lives (N)	Ruff-Ruff, Tumble	Paint This	Days of our Lives (N)	The Talk	The First 48	General Hospital (N)	Days of our Lives (N)	The Talk	Heartland (DVS)	Almost	SC	The Social (N)	Bering Sea Gold	Lost	CityLine	Cops	The Dead Files
2 PM	King	The Talk	Rob Robot	Thomas	TMZ (N)	Let's Make a Deal	The First 48	The Doctors	The Talk	Meredith Vieira	Murdoch Mysteries	Wayside	Sports	Dr. Phil	Hello	Awesome	CityNews at 5 (N)	Cops	Security
3 PM	Mod Fam	Meredith Vieira	Kate and PAW Patrol	Arthur	Ellen DeGeneres Show	The Dr. Oz Show (N)	The First 48	Rachael Ray (N)	Meredith Vieira	Young & Restless	Grand Designs	Sidekick	SportsCentre (N)	Ellen DeGeneres Show	How/Made	Next Step	(2:59) CityNews at 6 (N)	Cops	Yukon Gold (DVS)
4 PM	Big Bang	Young & Restless	Maker	Ready Jet	Jdg Judy	Dr. Phil	The First 48	FABLife	Young & Restless	Global	Bond Vet	SpongeBob	That's Hockey	The Dr. Oz Show (N)	Destruction	Movie: *** "The Princess Bride"	Mod Fam	Cops	Canadian Pickers
5 PM	Movie: *** "Lottery Ticket"	News (N)	Astroblast!	Republican National Convention	News	News	The First 48	ABC News	Global Nat.	Global News Hour at 6	Dragons' Den	SpongeBob	MLB Baseball: New York Mets at Chicago Cubs. (N) (Live)	CTV News Vancouver	How/Made	Awesome	The Bachelorette (N)	Cops	Security
6 PM	(2010, Comedy)	Global Nat.	What's That About?	The 2016 Republican National Convention.	News	KREM 2 News at 6 (N)	The First 48	News at 6	Global News Hour at 6	ET Canada	CBC Vancouver News	Assembly	Assembly	CTV News Vancouver	Alaskan Bush: Off Grid	Next Step	H2O Just	Lip Sync	Security
7 PM	Seinfeld	ET	Hope for Wildlife	Republican Convention	Republican Convention	Broke Girl	The First 48	Republican Convention	ET	(6:59) BrainDead (N)	Hello	Bella		etalk (N)	Alaskan Bush People	Raising Malcolm	(7:01) Scorpion	Lip Sync	Security
8 PM	Family Guy	Containment	Secrets of the Castle	Antiques Roadshow	American Ninja Warrior "Atlanta Finals" (N)	Mom	(8:03) The First 48	The Bachelorette (N)	Containment	Containment	Murdoch Mysteries	Just Kid	SportsCentre (N)	American Ninja Warrior "Atlanta Finals" (N)	How/Made	Prince	CityNews-Tonight (N)	Lip Sync	Security
9 PM	Family Guy	The Night Shift (N)	Simon Schem's	The White House: Inside Story (N)	Scorpion	Scorpion	(9:03) The First 48		The Night Shift (N)	The Night Shift (N)	The Book of Negroes	Gags	SportsCentre (N)		Alaskan Bush: Off Grid	Gilmore Degrassi	Crime Watch Daily	Lip Sync	Security
10 PM	The Middle	(9:59) BrainDead (N)	Cliff Hangers	Deteline	(9:59) BrainDead (N)	(10:03) The First 48		ET	(9:59) BrainDead (N)	Global News at 11 (N)	The National (N)	The Haunt	SportsCentre (N)	Castle	Alaskan Bush People	Degrassi	Extra (N)	Jail	Security
11 PM	Browns	News Final	Hope for Wildlife	Charlie Rose (N)	News	News	(11:03) The First 48	KXLY 4	News	Late Show: Colbert	CBC News	Just Kid	SportsCentre	News-Lisa	How/Made	Degrassi	Mr. D	Jail	The Dead Files
	Payne	Colbert			J. Fallon	Colbert		J. Kimmel	Colbert		Coronation	Just Kid		CTV News	How/Made	Degrassi	Pckge Deal	Jail	



Similkameen News Leader Owner/Publisher George Elliott, right, records a video interview with 2015 Youth Ambassadors Thyme Callihoo, Hanna Gould and Victoria Gibb in their final Rotary Parade July 2nd. The News Leader YouTube Channel (PrincetonBCNews) has over 250 videos posted from the past five years on things related to the Similkameen Valley. Photo: Ernie Lawrence

Saving Downtown Princeton...

...An Ongoing Series by George Elliott

I think Spencer nailed it on the head last week with his 'Flip of the Coyne' discussing appearance and image. I've discussed it here frequently and am usually conscious of it when I am conducting business.

One tool I have used to my advantage is YouTube. Once I figured out how it could be used to further promote Princeton and the Similkameen Valley I jumped on to the platform with both feet. The YouTube Channel I use for the

Similkameen News Leader (PrincetonBCNews) I launched in August 2011 with a series of short videos I recorded at Copper Mountain Mine during a tour of the site.

An online mining/investment site shared one of them and that sort of got the ball rolling. Typically I have stayed focused on recording stories and mini interviews on things that don't appear in the pages of this newspaper in an effort to project something fresh and different from

our usual news content. It has served us well and I'm sure it has served the region well in that the image I have tried to project through my YouTube Channel of Princeton and the area is positive, upbeat and often about things you don't normally read or hear about.

In a way, I have created a different image about the way of life in the Similkameen Valley through my YouTube Channel.

I am fully aware of how this 'image' can travel throughout the internet so that is why I have been relatively careful about what videos I have posted. There were two others recorded in the past month I won't post simply because of the content. It won't be very complimentary to the cause it was about so I don't want to damage the credibility that currently exists with that particular group.

That being said, I have also used YouTube to self promote my ventures and the JamBusters! products

produced by my wife Brenda. The ease with which one can use YouTube to create a comprehensive library of videos is something I don't understand why the Town of Princeton has not jumped on top of. It takes little time, actually and is a very effective tool to advertise and promote.

As Spencer noted, it's all about image with our elected (acclaimed) officials and what better way to control the image of Princeton than to produce your own YouTube videos where you have complete control.

Speaking of image, the same goes for websites and website domains. A website domain name is the 'address' you type into your computer search window to find a website. That's the 'www dot' name. It is also your brand and brands require protection.

When the SVPS launched the new Similkameen Valley website they registered [ley.com. They neglected to also register the .ca and .net versions of that domain to protect their brand.](http://www.similkameenval-</p>
</div>
<div data-bbox=)

So I did.

Just for fun, check out where www.princetonbctourist.info takes you in the internet and you'll get the idea. Protecting your brand image is crucial in today's digital age.

How does this save downtown Princeton?

If the downtown core had a brand and an image to promote, it would be easier to get the word out regarding what exists in the community. There are great websites and social networking opportunities that individual businesses have used on their own to promote themselves but there needs to be a Town of Princeton created brand that is adopted by all local business. The existing brand (logo) is fine, but in order to control the message, everyone needs to buy in and be consistent but that's not happening.



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Obituary

Obituary

Card of Thanks

Card of Thanks

For Rent

Betty Frances Olsen

August 3, 1923 - July 3, 2016



Betty Frances Olsen of Princeton, BC passed away at the Ridgewood Lodge on Sunday, July 3, 2016 at the age of 92 years. She was the loving mother of daughter, Lynne Jolene Adams. Betty will be dearly missed by her three grandchildren: Chris (Karen), Brad, Russell; two great grandchildren: Jonathan and Brad as well as by her extended family and numerous friends who knew and loved her. Betty was predeceased by husband George (1998) and son-in-law William 'Curly' Adams (2005).

Betty was born in Alert Bay, BC and was raised in Holberg, BC until age 15 years then went to help her older sister in Bella Coola BC. She met her future husband, George while working at the fish cannery across from Bella Coola. They married and resided in Vancouver, BC. She enjoyed her many visits to Osprey Lake over the years. Betty moved to Ridgewood Lodge in August 2014 at age 91 years.

She will be remembered by her laugh, her smile, her voice, her style, her words, her grace, her eyes, her face and her strength. Rest in peace Betty, Mom, Friend. Many thanks to the smiling and caring staff at Ridgewood Lodge. Betty enjoyed all the attention she received from you!

Memorial donations in Betty's memory may be made directly to the Ridgewood Lodge (c/o RR#1, Site 11, Comp 22, Princeton, BC, V0X 1W0) or to a charity of choice. A Celebration of Betty's life will be held at a later date. To share condolences, please visit www.grahamfuneralhome.ca. Arrangements entrusted to Graham Funeral Home, Oliver, BC. 250-498-3833.

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

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

We would like to extend our deepest gratitude for condolences for the recent loss of Christopher Nice.

A special thank you to Dr Tim Van Der Heide, Dr Munro and the staff of Princeton General Hospital for all your care and concern during his long illness.

Celebration of Life will be held at the Royal Canadian Legion Branch #56 170 Bridge Street, Princeton, BC July 23 at 2:00 PM. Refreshments to follow.

Sincerely Patricia Nice and Family

Real Estate

Real Estate

#63 PMHP has been a cozy home for the past 15 years. Time and we must change. This 1,214 square foot home features 2 bedrooms each with full 4-piece bathrooms. Large family size kitchen has ample cupboard and pantry space. Featured skylight lighting and large entry is part of the 10' x 29' addition - ideal for family or games room. 2 independent storage sheds flank the property. Located on corner lot in sought after Pines Mobile Home Park. Make this your next home \$79,000.

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Princeton Rotary Club recently presented the South Okanagan-Similkameen Medical Foundation with a big cheque...literally! Princeton Rotary supports many projects on behalf of local residents. Photo: Susan Jacobec

The Magic of Rotary continues

The Princeton Rotary Club fundraises in the community. A project now underway with the continuing and appreciated support of the community is to equip and furnish a hospital room in the new part of Penticton Hospital.

A commitment of \$30,000.00 has been made to this end prior to the Rotary Club's installation of officers ceremony, Walter Despot of Keremeos, accepted a \$15,000.00 cheque on behalf of the South

Okanagan-Similkameen Medical Foundation. A further gift of \$15,000.00 will be presented within the next three years.

Astonishingly, in 2015 Princeton residents made 1,500 recorded visits to Penticton Regional Hospital, recognizing it has become an essential part of our community.

Following this gift Mike Talarico was inducted as President by Past President April Earle.

Other Executive Members elected were: Treasurer - Judy Short, Secretary - April Earle, Sergeant-At-Arms - Larry Stevens.

The Rotary Regional District Award to Princeton "Unsung Hero" was to Scott Gilbert.

New members recognized were Jeff Jacobec, Thomasina Murdock and Jerome Tjerkstra.

A delicious buffet supper was provided by Anna at the Heartland Restaurant. - submitted

The Office Company

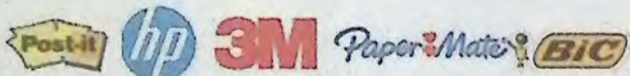
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How awesome is this looking rig? Nothing beats the look of a shiny new truck. The Erris Fire Department, with some help from Sparky, showed off their new truck July 2nd during the Rotary Parade. *

JamBusters.ca

Fall Fair!

SHOP LOCAL...

Hedley Country Market

...Downtown Hedley

Keep Your Community Unique

.....continued from Front Page times as art. The person who spins yarn and knits a sweater did so out of necessity. The person who whittled a spoon from a piece of wood did so out of necessity. The person who embroidered an altar cloth did so as an art form. Today, many of these skills are seen as art because

machines do most of the world's manufacturing.

Despite the domination of machine manufacturing, people still make quilts, weave baskets, make vases from clay, and whittle interesting articles. The Fall Fair encourages everyone to show their skills at the fair.