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Premier Issue
August, 2016



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Quest at the fest



Photo by Brenda Blatz

Start your engines... er... your peach bins! This nifty race was just one of the many exciting events enjoyed by the participants and spectators at this year's Peachfest. See page 19 for more photos and information.



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Mayor's Message



Colin Basran
City of Kelowna

On behalf of my Kelowna City Council colleagues and the citizens of Kelowna, congratulations on the launch of the Okanagan Press.

For your readers throughout the Okanagan who might not have visited the City of Kelowna lately, I'd like to point out some of the great new things going on in our area.

Kelowna has everything you need to enjoy life to the fullest – from great outdoor activities, to great arts, entertainment, food and wine.

We've invested wisely in recent years to expand public access to our beautiful parks and lakefront pathways that provide cyclists and pedestrians many opportunities to get active and enjoy the spectacular scenery.

Sound management of tax dollars to maintain or expand municipal services has contributed to a 95 per cent satisfaction rating among residents. In particular, investment in public safety measures has created a city where 94 per cent of residents say they feel safe here.

With shimmering Okanagan Lake surrounded by mountains speckled with ponderosa and sage, Kelowna's natural areas are walking distance from our urban

centres.

This proximity to nature, combined with sophisticated urban infrastructure, attracts talented high-performers who could choose to live anywhere else. But they choose Kelowna because it has everything they want in a fully urbanized city, with the bonus of convenient getaways to the great outdoors.

As one of the fastest growing cities in Canada, Kelowna attracts new residents from across Canada and around the world who bring with them diversified products, knowledge and services beyond those typically found in a city of 123,500 people.

Vision, strategic planning and investments in modern infrastructure built a right-sized city that efficiently connects with citizens – and with the wider world beyond the mountains that surround Kelowna.

I invite you to discover all that Kelowna has to offer, including entertainment options in our Cultural District, recreation facilities for every age at the H2O Adventure + Fitness Centre and Kelowna International Airport that serves more than 1.6 million passengers a year.

To learn more about our great city, visit kelowna.ca.

The butterfly effect



Photos by Arlana Tanner

By Arlana Tanner

The COHA (Central Okanagan Hospice Association) held its 4th Annual Butterfly Effect event on July 17, 2016 at the beautiful Vibrant Vine Vineyard in Kelowna.

The event started at 10:30 a.m. with a welcome from the COHA president, Marion Henselwood. The weather was perfect for the event: blue sky and a light cloud cover. The rain held off for the day, unlike the several days prior. The event was well organized and you could feel support and love that went into the entire occasion. The orchard was lined with white tents and many volunteers dressed in purple T-shirts that displayed the "Butterfly Effect" and COHA logos.

Attendees were treat-

ed to the harmonious voices of "8 Misbehavin," a group eight women who share friendship and a love of singing. These beautiful ladies have been making music together for over 16 years.

They now can be seen and heard at many local community events and they can be reached on their Facebook page or by phone. (Contact Sandra at 250-681-7988).

Anyone who wished to honour the passing of a loved one had the opportunity to purchase a butterfly for release at the event. While most joined the circle for the timed release, many chose to release their butterfly in a more secluded area and share a

private moment.

The butterflies were provided by a company called Flutterbuys. Learn more about this special



company by visiting <http://www.flutterbuys.ca/>.

Many butterflies took their time to emerge from the box out into the sunshine, pausing on the holder's hand. Once they took flight they

headed to the flowers to refresh and recharge after their journey. There were many photos taken and opportunities to see these beautiful insects up close. As they lingered, it gave attendees the opportunity to connect and enjoy their beauty.

The event is based on the butterfly as a symbol of life, hope, and freedom.

A poem taken from the schedule reads:

*A butterfly lights beside us like a sunbeam
And for a brief moment
its glory and beauty belongs to our world
But then it flies on again
And though we wish it could have stayed...
We feel so lucky to have seen it.
Unknown*

Altogether Tax: enthusiastic service with a smile

By Nerissa McNaughton

The Okanagan region is full of savvy entrepreneurs, including Cheryl Butler, founder of All Together Tax. Not only is she a successful businesswoman, she's helping other entrepreneurs as well as individuals keep their books in shape; and she and her

team do this very necessary service with a smile.

The company was originally founded as All Together Tax and Financial Enterprises in 1999. Butler incorporated the company in 2007 and then changed the name to Altogether Tax Inc. in 2013.

"It's a simple name and simple is good," laughs

Butler. "Originally I started taking on small business clients in order to work at home and be there for my children. It makes sense to work from the house to help reduce overhead costs. I started a long time ago, but have just recently moved out of my house and in to a commercial



Michelle Rabourne, Special Accounts, Rhea Carlson, Payroll, Cheryl Butler, President and Owner Lynn Smillie, Administrator.

About Associated Property Management

Old? Yes, and proud to be! Originally formed in 1902, Associated Property Management (APM) is a full-service, professional management company with a growing

portfolio encompassing BC's Central Okanagan region. This means that not only have our practices been tried and tested, it makes us the premier property man-

agement company in the Okanagan. Our staff members are senior and seasoned, offering their many years of wisdom and experience to ensure your investment is nurtured to maximize your economic return.

APM is fully licensed under the Real Estate Services Act of British Columbia, maintains audited trust accounts, and is insured in excess of the BC Real Estate Service Act requirements. All managers are licensed under their respective specialized portfolios: residential property management, vacation rentals, strata management, and commercial and industrial properties.

We are a team that continues to grow and presently consists of 23+ licensed property and strata managers supported by our in-house accounting and administration personnel.

We are passionate about our profession, and take pride in our superior accounting and legal knowledge that our clients rely on us for.

Our community friends and partners refer to us as APM and we like to, as well, except that our definition for the acronym is:

A = A-Team
P = Professional
M = Masters

Our motto: Do or do not; there is no try. ~ Yoda

office space at 1054 Ellis Street, Kelowna. Altogether Tax had grown busy enough to need an actual office."

Altogether Tax is very technology-progressive, allowing busy clients to scan and email their paperwork, use online software to sign documents, etc. "There are instances where we sign onto a client's computer by going through the Internet," Butler points out another way her company helps clients save time and money. "The client scans us the documents we need to see, we go on their computer and finish the bookkeeping, reconciliation and so on."

Most company owners fear paperwork, but for Altogether Tax, it's a labour of love.

"Paperwork is just a busy thing to do," admits Butler. "We take on the tasks with smiles and a lot of happy encouragement to the client. We work with checklists and break down step by step what the client needs to do, and explain why. Education is key."

The accountant is pleased at how her business has grown. "I have worked on my own for years. The tax season usually requires help, so off and on, I would hire part-time staff. This turned in to needing someone all the time. I no longer want to do the physical data entry and

sorting receipts. Over 30+ years in the industry gives me that option, I decided. Being that I don't want to go through the process of retraining staff all the time, I had to make sure there was enough work to keep someone working with me on a regular basis. I now have one part-time and two full-time employees.

"A recent milestone for us was how many personal tax returns we prepared; we broke the 400 count this year. That's the biggest year ever for me. Moving to an office is another milestone. It's a big and exciting step to take."

Butler welcomes all clients, new and established, with open arms.

"We are very approachable and easy to talk to. We've created an environment of comfort in our office. [To my clients I say] thank you, thank you, thank you. I am so grateful to all. I look forward to many more years together. I can also say the folks over at WFG Securities have been incredible. They bring me in to talk about being self-employed and what you need to do as far as your bookkeeping and taxes are concerned. We have been blessed with many new clients as a result."

Butler is not just an active entrepreneur, she, her team and her family

are active in the community as well, supporting organizations such as the BC Schizophrenia Society and the Okanagan Jazz and Blues Society.

Butler, and Altogether Tax, are very excited about the future.

"We are looking to find more great clients to continue the growth. I'd like to have my part-time staff be full-time. I'd like to give more talks about life as it relates to bookkeeping and taxes and finding the balance between work and home. I'd also like to bring in specific people to give talks to our clients, like You have an ailing parent, Now what do I do?"

"Keep your eyes open in the future for an endeavour that is happening with a group of likeminded folks, where we are creating a farm that will hire people that have disabilities or whom are disadvantaged. It is a vision that has been brewing in my head for 40 years, now it's coming to fruition. Stay tuned!"

She closes by thanking her friends, family, staff and, "also the folks from two women's networking groups: Connect Kelowna and Penticton Women in Business."

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How I see it

Don't you love new beginnings? I do! I love the start of something where the path ahead is a blank slate and so many good things can happen. This issue marks the beginning of a newspaper specifically designed to connect our communities.

My goal with this paper is to provide a local platform for opinions, news, sports, and more.

I have also dedicated a free page in each issue to help our local charities get the awareness and event advertising they need.

The Okanagan Press is proudly independent and here to serve the entire Okanagan region. The paper will be distributed in 13 communities to start with, and I am looking forward to growing into other communities in the region.

I appreciate any feedback and also welcome local opinion columns and article suggestions. If interested, please contact me.

If you were looking for a paper that is specifically designed around you and your community, your needs, your interests, your voice, and the things that matter to you, you have found it! This is just the beginning. Let's take this path together.

Valerie Winger
Owner/Publisher

Having a blast at Kelowna Block Party



Photos by Arlana Tanner



By Arlana Tanner

The Kelowna Downtown Block Party hosted by Downtown Kelowna and Interior Savings was well attended as usual this year. Bernard Avenue was closed to traffic from Richter St. to Abbott St. and lined with over 140 vendors offering great deals on

everything from fashion to henna tattoos, food trucks from the four corners of the world, dancing, and live music.

All of Bernard Avenue became a pedestrian-friendly, interactive community. The fun also extended to Kerry Park and down to the waterfront. It drew in visitors

from around the world. The weather was muggy but the sun shone the whole day through.

The Central Okanagan Dog Agility Club kicked off the whole event with dozens of furry participants and their owners running the course to the delight of onlookers as they cheered on each

team to the finish.

Attendees were able to listen to lively and diverse music in the park, and on sound stages set up at various places down the street. The stages hosted everything from hip hop dance, pop and folk music to comedy acts and a fashion show.

Food vendor Kelly

O'Bryan's was a huge favourite offering non-alcoholic strawberry margaritas and its famous patchos made fresh right at its street-side booth.

Wentworth Music had a great interactive booth where budding musicians could sit and try their hand at a variety of instruments. Chloe Mari-

scal got a brief lesson on the drums and then proceeded to showcase her amazing rhythm.

The kids' area was a big hit as always with a bouncy castle, pedal cars, sidewalk art, and much more. The rock climbing wall was a great addition for both the young and the young at heart.



An Independently owned newspaper serving Lake Country, Kelowna, West Kelowna, Peachland, Summerland, Naramata, Penticton, Kaleden, Okanagan Falls, Oliver, Osoyoos, Keremeos, and Cawston.

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Serving The Okanagan Valley



— Okanagan Tattoo Show —



By **Arlana Tanner**

The 4th Annual Okanagan Tattoo Show was held at the Kelowna Curling Club over the July 22 – 24 weekend. Artists from all over the world traveled here to participate in this three-day event. The activities filled the arena with dozens of artists and vendors, and about 20 vendors outdoors, as well.

Although set up like a trade show, this was a hands-on experience. Each row had several businesses represented with dozens of onsite tables and chairs just waiting for willing participants. Each artist with his or her work proudly on display and often with beautiful handmade art cards of their amazing work was also on hand for sale, their personalities and abilities as varied as the colors of ink they use.

Valerie Yseve came

this year specifically to get another tat from the talented Evelyn Arnason of Ink Addiction, the same artist whose design she had inked on her leg last year. Valerie has been waiting patiently to get another design that will complement the first one she loves so much, as Evelyn travels here only once a year, just for this event from Saskatoon, SK. She says the event has been wonderful for her business, and she intends to be back again next year.

You can see more of Evelyn Arnason's work by finding her on Pinterest. As all artists have their own personal style, this is a great way to get ideas and find just the right tattoo artist that resonates with the style of work you would like to add to your own personal body art collection.



Photos by **Arlana Tanner**

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From rags to dishes

By **Arlana Tanner**

Local West Kelowna resident Billie Morgan Rathwell is turning old clothing into Fabric Pottery. Her business is called Breagha's Artisan Baskets, and you can find her displaying her beautiful "pottery" in locations throughout the valley. I caught up with her at the Peachland Market which runs every Sunday till the end of September from 10 a.m. to 2 p.m. in the park on Main Street.

Her unique "fabric pottery" is made from either dyed rope or fabric wrapped rope, and

comes in several styles from shallow platters to lidded baskets and large market bags. She also does custom orders of "memory baskets." Using an old shirt or favourite dress, you can turn a loved one's favourite piece of clothing into a unique piece of decor for your home. Warning... she just may steal the shirt off your back if she thinks it would make a great basket!

You can see more of her work on her Facebook page Breagha's Artisan Baskets or you can reach Billie at billirose1@hotmail.com.



Photo by **Arlana Tanner**

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Dr. Brent Barlow

Dr. Brent Barlow is a Naturopathic Physician practicing at The Kelowna Wellness Clinic in downtown Kelowna, British Columbia. Dr. Barlow has been in practice in Kelowna since graduating from the Boucher Institute of Naturopathic Medicine in Vancouver in 2009.

Dr. Barlow believes strongly in identifying

and treating the causes of disease rather than focusing on the treatment of symptoms. He utilizes diet therapy, botanical medicine, nutritional supplementation, acupuncture, spinal manipulation and other physical medicine treatments to treat the causes of disease.

Dr. Barlow also trained in the specialized treat-

ments of prolotherapy, neural therapy, intravenous nutrient infusions, and chelation therapy.

Dr. Barlow recently published his first book, "To Feel Well: Improve Your Digestive System". The book was written to inspire people to pursue optimal health, starting with the digestive tract. The book explains how the digestive system

works, the signs of digestive system dysfunction, how an accurate diagnosis is made, and provides many natural treatment options.

To learn more about Dr. Barlow's treatments, to schedule a consultation, or order his book visit his website at www.drbrant-barlownd.com or call 250-448-5610.

Testosterone and sex



One of the most common questions I get from male patients is, "Do you think testosterone would help my sex drive?" I always answer with one of

my typical naturopathic responses, "It depends if your testosterone is low and if that low testosterone is indeed causing your sex drive to dimin-

ish". For the most part, men want simple answers to what we think are simple questions, but the question of testosterone and sex drive appears to be anything but simple.

In about 5 years of practice I have run hundreds of saliva hormone panels and interpreted hundreds of blood hormone panels for both male and female patients. Roughly 75-80% of the time testosterone is in a very good reference range for patients with a low libido. In my opinion, if you only look at testosterone for patients with low libido you are going to have no good answer for the majority of your patients. And, if you give testosterone to men with normal or optimal levels you are likely to cause unwanted side effects and possibly increase the risk of prostate disorders.

When I run a comprehensive saliva hormone profile that looks at cortisol levels, testosterone, androsteindione, progesterone, estradiol, estrone, and DHEA it becomes clear in many cases where the problem is manifesting. The majority of the male patients I have tested have had either very high or very low cortisol levels in conjunction with normal or optimal testosterone.

Low cortisol levels are an indication of adrenal fatigue. When the ad-

renal glands are in poor condition from years of chronic stress they are unable to provide you with the energy you need for sexual desire. Sex is considered an optional activity and when the adrenals are burnt out, the desire or energy for this activity diminishes.

High cortisol levels are an indication of high current stress load.

When the adrenals are cranking out cortisol they are typically doing it at the sacrifice of other hormones, especially the sex hormones. When you are stuck in the fight or flight mode your body is focused on survival, not reproduction.

If you or your loved one are experiencing a decreased sex drive I encourage you to speak

with your doctor about thorough testing to determine what exactly is happening. Simply taking testosterone often does not increase libido and if it does there may be some unwanted side effects. In my opinion, it's best to evaluate the other possible hormonal imbalances and then treat whatever has gone out of balance.

What's Happening KELOWNA

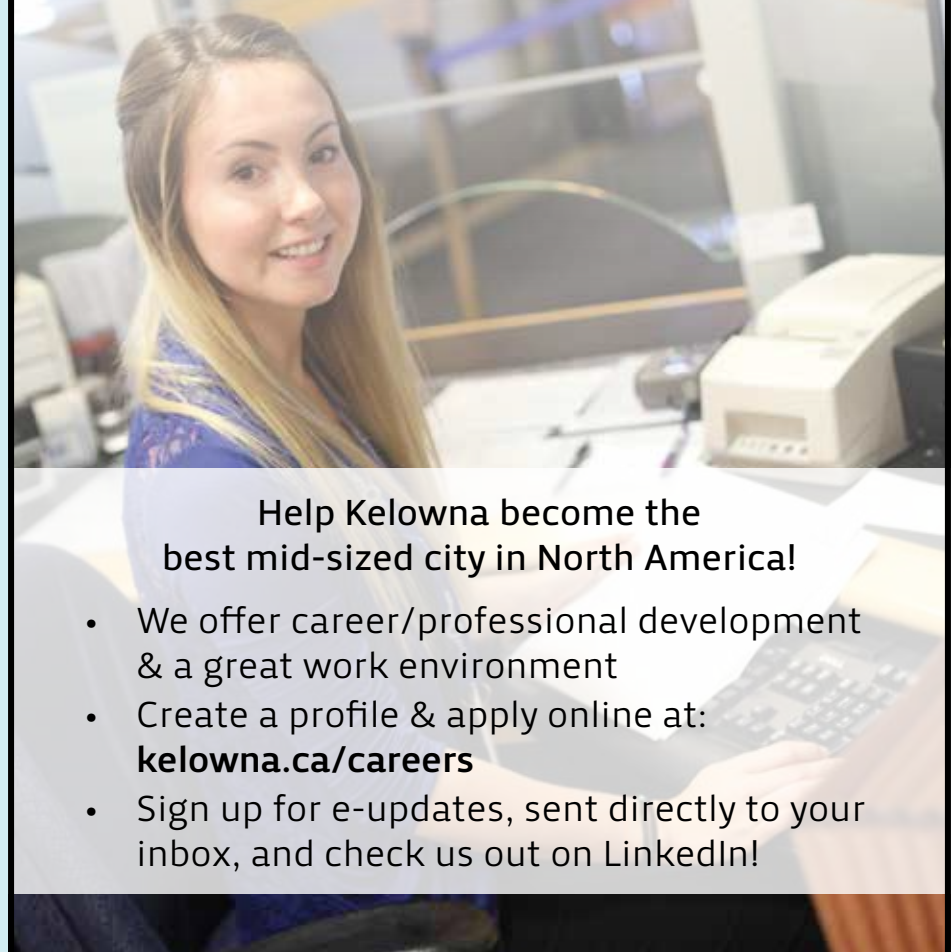
Every Saturday in September
Lake Country Farmers Market - Swallow Park 3 to 7 p.m.
Every Saturday in September
Kelowna Farmers' & Crafters' Market - Dilworth and Springfield 8 a.m. to 1 p.m.

September 3rd - The Phantom of the Villa 1pm.
September 4th - Kelowna Wine Country Half Marathon 9:30 am.
September 5th & 12th - The North Face Kelowna Trail Run Group 6 p.m.
September 23rd & 24th - Canada's Premium Whisky, Beer, and Spirit Festival Kelowna check out their website after Sept 1st for event times <http://www.hopscotchfestival.com>
September 27th - Classic Cuban Music Night - Soul De Cuba Café 7 to 9 p.m.

WEST KELOWNA

Every Wednesday in September
Dinner in the Vineyard Quails' Gate 6pm.
Every Saturday in September
Westbank Farmers' Market at the Westridge Shopping Centre at the corner of Main Street and Elliott Road in downtown historic Westbank 9am-2pm.

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Well-known community leader joins Interior Health Board

Well-known community leader John O'Fee of Kamloops has been appointed to Interior Health's Board of Directors.

"John has demonstrated over the years that he has the strategic vision and dedication to help support the work of the Board of Interior Health," said Health Minister Terry Lake. "We welcome him, and look forward to the input he provides to guide the Interior's health system into the future."

O'Fee is a lawyer and faculty member at Thompson Rivers University where he teaches in the School of Business and Economics and the

School of Law.

"For years, John O'Fee has served his community with extraordinary dedication and integrity," said Interior Health Board Chair Erwin Malzer. "We look forward to working with John to further strengthen the work of the Board and Interior Health."

A well-known community leader, O'Fee has served Kamloops and the region as a school trustee and Board chair, city councillor, Regional District director, and Chair of the Thompson Nicola Hospital District. Other service includes a term as a Director of the BC Municipal Finance Authority, president of the Kamloops

Airport Authority Society, as well as president of the TRU Foundation. He currently serves on the Health Professions Review Board, and recently left his role as a director of the Finance and Audit Committee of the Provincial Health Services Authority to join the Board of Interior Health.

O'Fee has earned recognition for his community and charitable work with a Distinguished Alumni Award from Thompson Rivers University, a BC Community Achievement Award and, most recently, an appointment to Queen's Counsel in 2015.

Based on his skills and expertise, O'Fee will be

joining the Board's Finance and Audit and Strategic Priorities Committees.

"I am excited about this opportunity to learn more about health care and influence a system that plays such a vital role in each of our lives," said O'Fee.

The Interior Health Board of Directors oversees operations, works with management to establish overall strategic direction for the organization, and ensures appropriate community consultation. The Board also regularly reviews the organization's long-term plans, significant issues affecting the organization, and evaluates results.



John O'Fee, pictured here with Board Chair Erwin Malzer (l) and CEO Chris Mzurkewich (r), has been appointed to Interior Health's board of directors.

Interior Health is committed to promoting healthy lifestyles and providing a wide range of quality healthcare services to more than 742,000 people living across BC's vast

interior. For more information, visit www.interiorhealth.ca, follow us on Twitter @Interior_Health, or like us on Facebook at www.facebook.com/interiorhealth.

—Local theatre production of Grease—



Photos by Arlana Tanner

By Arlana Tanner

The New Vintage Theatre has just opened with its summer rendition of the classic musical Grease. The cast is a well-seasoned mix of professionals from up and down the entire valley. I had the opportunity to sit in on the rehearsal night performance and witness the amazing talent has been brought together for this show.

Many of the performers have been performing all their lives and will be recognizable from other local ventures such as Actors Studio and Bumbershoot Theatre. The

youngest member of the cast is the 13-year-old, uber-talented musician and now memorable actor, Beamer Wigley, who plays Roger, one of the infamous T-birds. He creates a character who is quirky and loveable. His talent and understanding of this role seems way beyond his years, but he makes it seem like he was born into the era and the character. He is just one among a very talented cast. All the performances were so powerful that they drew me in completely for the entire show.

The people behind the scenes are a dedi-

cated, experienced crew as well. Angela Quinn is the director and choreographer and has worked in film, television, and the performing arts all her life. She was lured here about seven months ago by a project and has now decided to call Kelowna home. It was this initial project where she first met Bonnie Gratz who is New Vintage Theatre's Artistic Director, and is so thankful for the opportunity to be working on this new project with her. Gratz is also very hands on with this production as she is producer, costumer, and props

manager.

The New Vintage Theatre is not just another theatre group. It is a not-for-profit organization that supports over 60 artists. This is their 14th season providing theatre in the community. A lot is going on including an ongoing parody soap opera that can be watched live or past episodes can be seen Mondays on Shaw TV Classes and workshops are offered for those who wish to try their hand at the performing arts. Visit www.newvintagetheatre.com for more information.

Gratz said it is their mandate to support the

performers in such a way that they are paid enough to be able to work here in the community. Too many actors and performers end up having to travel to the larger centres to find work to make a living at what they do. While support from the community, local sponsors, and donors is very important, two key fund providers are Festivals Kelowna and Parks Alive.

It is exciting to learn that Kelowna is such a vibrant arts community. Supporting actors and production staff create professional quality

shows, and offer them to the community in a way that the general public can afford.

The performances on July 27 and 28 were held at the Mary Irwin Theatre in the Rotary Arts Center, but you can still catch the free outdoor performances being offered through Parks Alive on August 7 and 21.

In my opinion, this show is not to be missed. The amazing talent, the passion, the choreography, the music... it all adds up to an amazing rendition of a classic that we all remember and still love.

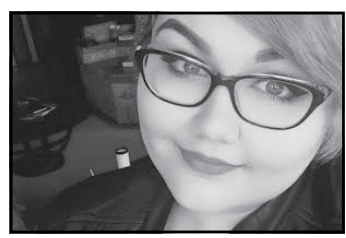
How many people do you think access the Kelowna Food Bank each month?



QUESTION OF THE MONTH



Belinda Rathwell
I would guess about 5,000 people a month?



Shelby Sandford
Coming from a social justice background, I know the local food bank provides assistance to roughly 3,000 to 4,000 people every month. It's a sad statistic that so many people need help these days. I am always grateful for the food bank and the efforts of our local volunteers.

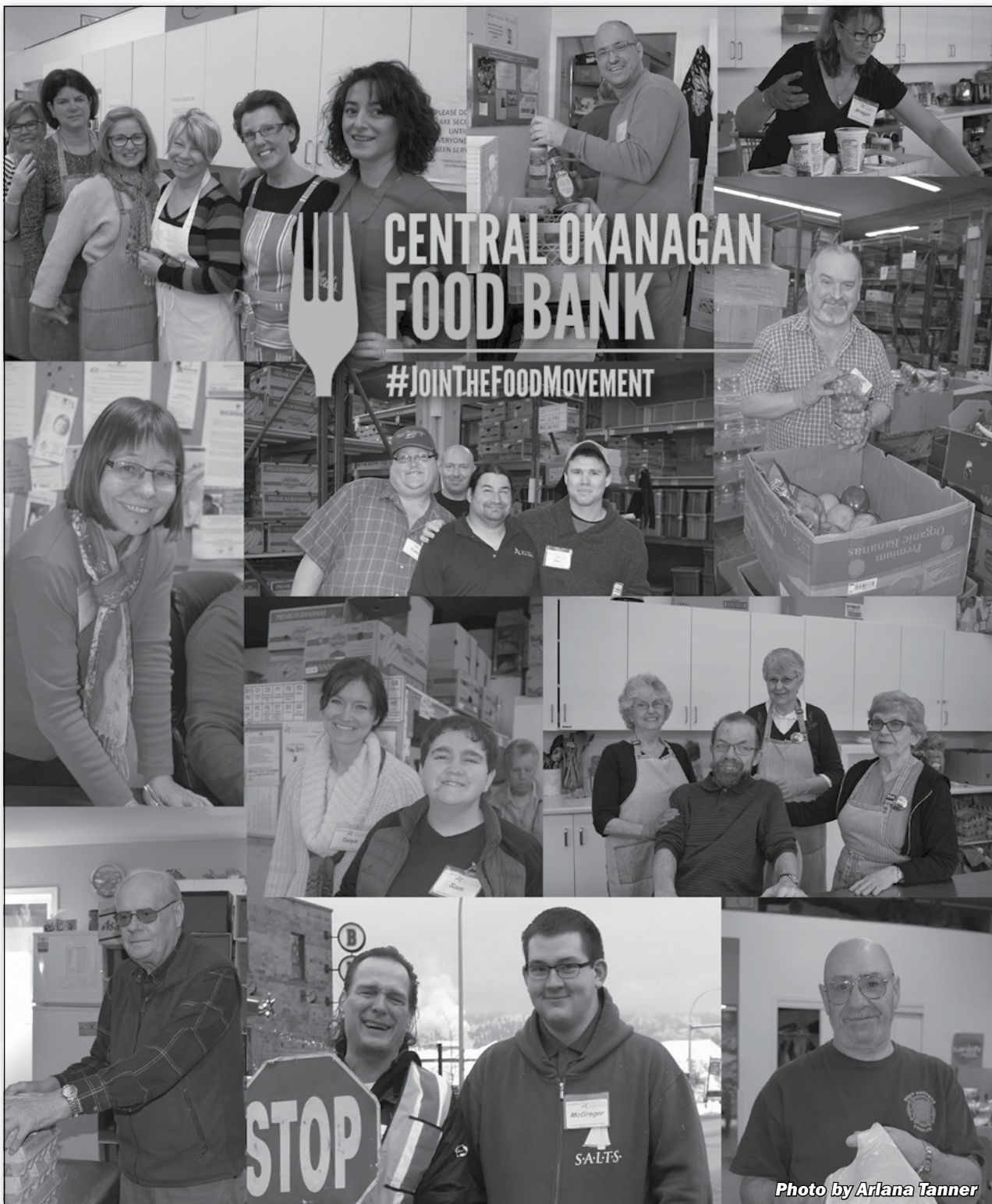


Cheryl Butler
I would guess about 2,000 month? I know there is a great need and that many people understand its importance. There are so many ways that people can help out by taking donations at events and even at their garage sales. I have been to many events where donations to the food bank are the focus of the evening.



Gail Rathwell
I would say Kelowna's Food Bank serves up to 3,500 people a month.

The Okanagan Food Bank serves between 3,000 and 4,000 individuals every month which equals over 100 households per day, and distributes \$3,500,000 in food each year.



Ordinary people get extraordinary support

By **Arlana Tanner**

At some point in our lives we all need a helping hand. Often, when we think of the food bank, it conjures up images of people who are destitute with nowhere else to turn. The reality is that the programs and support that our local food bank offers is actually designed to provide short-term food relief to those in temporary need. The support system is in place to help ordinary people weather life's storms. While most of the focus is on the nutritional aspects, support services are also provided. Where food banks fall short is in the amount of goods that are available to meet the demand.

Food banks were established in response to the severe recession of the early 1980s. Thirty years later they continue to meet the short-term needs for food while working towards long-term solutions to hunger. You can help by making a monetary or

food donation, or by volunteering at your local food bank. Any donations of time, food, or money are greatly appreciated!

Here are some stats you may not know...

- Our local food bank serves between 3 and 4,000 individuals per month and 100 households per day.
- Thirty-three per cent of our clients are children under the age of 15.
- Ten per cent of our clients are seniors.
- We distribute \$3,500,000 in food per year which is 1,800,000 lbs. of food.
- Approximately 150 individuals contribute a collective 30,000 volunteer hours per annum.

This is a critical time of year for the food bank, and resources are very low. Please visit www.cofoodbank.com to see the list of current needs, phone 250-763-7161 (Kelowna) or 250-768-1559 (West Kelowna), or email www.info@Foodbank.com.

Photo by **Arlana Tanner**

RCMP ROYAL CANADIAN MOUNTED POLICE



Kelowna RCMP and ICBC were at the Kelowna Yacht Club recently to raise awareness of the dangers of impaired boating and impaired driving as they continue with their summer CounterAttack campaign here in the Okanagan.

RCMP, ICBC, and volunteers were educating the public while giving out floating key chains at the docks of the Kelowna Yacht Club and boat launches in Kelowna's downtown.

Drinking and driving, whether on land or water, is illegal and punishable under the Criminal Code. It is well known that drinking and taking to the water can lead to dangerous situations.

Operators are responsible for the safety of the passengers on board their vessels and should consider other users of the waterway.

Police seek suspect in hit and run



Police are turning to the public as they search for a suspect vehicle and its driver following a hit and run collision which sent a man and a woman to hospital early Saturday evening in Kelowna.

On July 30, 2016 at 7:12 p.m., the Kelowna

RCMP Municipal Traffic Section responded to reports of a two-vehicle collision on Clifton Road at the intersection of High Road. Police have learned that a black 2000 Yamaha V-Star motorcycle was allegedly hit by a late model blue Chevrolet dually pickup truck. The suspect vehicle was believed to be occupied by at least three males.

Investigators have learned of a series of events which reportedly led to the crash. Witnesses have confirmed that the Yamaha was travelling southbound on Clifton Road, being closely followed by the suspect pickup truck which had reportedly been seen swerving be-

hind the motorbike. It is believed that at one point the pickup stayed behind the motorcycle as it pulled to the shoulder of the roadway. Another witness told police they overheard an occupant of the truck yelling at the operator of the motorcycle.

Preliminary findings at the scene suggests the suspect vehicle pulled ahead of the motorcycle and struck it on its right side. As a result of the collision the motorcycle skidded, the operator lost balance, and the bike landed and slid on its left side. Both the operator and the passenger of the motorcycle were ejected. The operator was found by emergency crews unconscious at

the scene.

Both occupants of the motorcycle were rushed to hospital in stable condition by emergency paramedics. Both are believed to have suffered what police describe as serious but non-life threatening injuries.

Police are searching for the suspect vehicle which fled from the scene and has been described as a blue, late model Chevrolet pickup truck with dual rear wheels, Chevy mud flaps, no canopy, and may have damage to its rear driver's side.

RCMP continue to investigate and are turning to the public for assistance, says Constable Jesse O'Donaghey. As part of the ongoing in-

vestigation, an RCMP Collision Reconstructionist was called out to conduct a detailed analysis of the scene.

If you witnessed this crash and have not yet spoken to police you can aid in identifying the suspect vehicle involved and are asked to contact Cst. Beth Paetz of the Kelowna RCMP Municipal Traffic Section at 250-980-5353 or remain anonymous by calling Crime Stoppers at 1-800-222-8477, leaving a tip online at www.crimestoppers.net, or by texting your tip to CRIMES (274637) ktown.

Kelowna's traffic situation for August

By Zachary Edwards

They say that Canada has two seasons: winter and construction. Right now, we're firmly in the construction season, and that's making for some potential traffic problems on some of Kelowna's busier streets. Here are some of the traffic issues you can expect in Kelowna this week.

Many of the traffic congestions to expect this month come as a result of the Ethel Street

Active Transportation Corridor Design. The project hopes to redesign downtown transportation by including widened sidewalks and protected bike lanes that are separate from the road. The multi-million project is expected to be in some form of construction until 2020. As a result, you can expect traffic issues along Ethel Street, especially during high traffic times.

City crews are repav-

ing a section of Dilworth Drive between August 2 and August 12. Repaving crews will be limiting the stretch of Dilworth Drive between Omineca Place and Summit Drive to a single, alternating lane. Expect long delays until the project finishes next Friday.

The road closure on Doyle Avenue between St. Paul and Ellis Street has been extended to this Friday, August 5, due to "sidewalk and curb con-

struction around the new Kelowna Community Health Services Centre building." It's best to plan a different route.

While construction-related traffic delays are frustrating, it's important to respect the workers on the site. Don't speed and stay alert when driving through construction zones. That way, everyone can enjoy the finished project when it's done including those who helped build it.



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Travelling from Kelowna just got easier

By Laura Bohnert

Planning a flight out of Kelowna? Headed to Winnipeg, Regina, Saskatoon, or even to Hamilton? Now, NewLeaf Travel Company offers scheduled flights to select locations out of Kelowna.

NewLeaf Travel Company made its way to the Kelowna International Airport on July 25 to announce its launch—and

the celebration came complete with a visit from the Big White Ski Resort moose. Individuals flying out of Kelowna can now opt to fly NewLeaf for more flight options, and it will give them access to lower fares.

NewLeaf offers basic ticket prices that include “the seat and the seat-belt,” NewLeaf CEO and President Jim Young ex-

plains. Tickets for flights begin as low as \$89, but “extras,” including carry-on bags (apart from small personal items like purses that can be stowed under the seat), luggage, seat selection, etc. will cost an additional fee.

Carry-on bags, those that fit in the overhead bins, will cost between \$31 and \$34 when booked online, or between \$84 and \$92 when

checked at the gate. The idea is to enable passengers to pay for only the services they use when they book their flights. Instead of paying all the extra fees for services they won't use, passengers can bundle their services through NewLeaf to pay for exactly the services they want on their flight.

NewLeaf is Canada's first low-cost carrier

(one Young compares to Allegiant, the US's low-cost airline that flies out of Bellingham), making Canada the last G20 country to provide access to a low-cost airline option.

Eleven Canadian cities are already involved in the launch of NewLeaf's airline including Abbotsford, Victoria, Kelowna, Kamloops, Edmonton, Regina, Saskatoon, Win-

nipeg, Hamilton, Halifax, and Moncton. But, NewLeaf isn't stopping there. As popularity increases, the company is hoping to expand to include more flight times and locations—and, they have their sights set on a few sunnier spots south of the border, too.

Check out www.GoNewLeaf.ca for more information about rates and availability.

—Kangaroo Creek Farm, a place to see—



Photos by Arlana Tanner

By Arlana Tanner

One Lake Country farm has become known for its unusual and unique farm animals. The Kangaroo Creek Farm is located in the heart of Lake Country just one road back from the highway and hosts a variety of animals you might not expect to see

here in the Okanagan. Along with ducks, geese, turkeys, and peacocks, you will also find kangaroos, emus, Sugar Gliders (flying possums), and capybaras... the largest rodents in the world!

The farm received its first kangaroos from New Zealand in 1989 after they had been determined

a nuisance and most were then eradicated and destroyed. Some were given a second chance by being sent to other countries. Thanks to Agriculture Canada, 10 kangaroos were allowed to be transported here to Canada to find a new home.

Currently, the farm even has several babies

that, if you are patient enough to wait in line for, you can have the opportunity to actually hold and snuggle one. There are many other opportunities to pet and experience the animals up close, as well. There are three areas you can wander through and pet the wildlife. Attendants will often be on

hand to tell you about the animals and possibly offer you the opportunity to handle the more unique ones up close.

The Sugar Gliders are like a flying squirrel and are as curious as a ferret, but are actually from the possum family and are nocturnal. Once they get going they can eas-

ily leap from person to person and slip into any open purses and backpacks. Their soft fur, big eyes, and long, fluffy tails makes them look like a live Beanie Baby.

The farm is supported by fees paid at the gate. Children under five are free, over five pay \$5, and adults pay \$10.

A new species of whale shows we need to learn more about our oceans

By Zachary Edwards

Even as moviegoers look to the vastness of space in this month's new Star Trek movie, the Earth's oceans continue to prove they have much that still needs to be discovered. Scientists in Alaska and Japan have possibly found a brand new species of whale, an event that only happens once every couple of decades.

The story of this possible new species starts in 2004 when a whale that looked very similar to a Baird's beaked whale washed ashore on Alaska's Aleutian Islands.

Since Baird's beaked whales notoriously live in the deep ocean waters, rarely seen and even rarely washed ashore, the single, adult male drew the attention of researchers who collected tissue samples but were unable to come to any conclusions.

Nine years later, similar whales were discovered in northern Japan. Also washed ashore, Japanese researchers collected tissue sample, but the evidence, again, was inconclusive. The species, it turns out, weren't exactly new to Japanese whalers who sometimes found them and assumed they

were a variant of Baird's beaked whale. Even with the anecdotal evidence, more study was needed.

The real break came the next year, in 2014, when three more whales were again discovered in Alaska. Armed with enough information and evidence, scientists are now confident they've discovered a brand new species of whale.

The ocean remains one of the greatest mysteries we have. Only five per cent of its depths have even been seen by human eyes and new species of animals are found in the ocean every year. This

new whale is an important potential milestone, one that proves humanity needs to be more careful with what lies below. Scientists believe the new species resides in areas currently being explored for oil and gas reserves. Such work often involves controlled explosions that can deafen them and destroy their ability to use echolocation for food. Humanity could potentially kill off this undiscovered whale before we know anything about it, its behaviours and habits, and its importance to the ocean's fragile ecosystem.

BC Wildfire Service crews are in for a busy season

By Laura Bohnert

July 27 proved an eventful day for BC Wildfire Service crews who responded to 18 new fires reported over the course of the day, most appearing in the Kamloops and Southeast fire centres. Of those 18 fires, two were highly visible: one near Enderby, and the other occurring along the Trans-Canada Highway, west of Kamloops.

Crews responded quickly to the reports and managed to get the fires under control without any threat to buildings or infrastructure.

Crews also responded to a wildfire near Homathko River-Tatlayoko Protected Area on July 27. The 14-hectare fire started near the junction of Homathko River and Mosley Creek, 220 km southwest of Williams Lake, and was

first discovered on July 22. The suspected cause of the fire is a lightning strike which is thought to have ignited fine forest fuels (small twigs and grass) in the particularly hot and dry weather that has been forecasted throughout the region.

While the fire is in a remote area and poses no threat to communities or structures, it does pose a threat to a protected area. Wildfire Service crews are enacting a full suppression wildfire response in consideration of area wildlife including moose, mountain goats, cougars, beavers, and numerous species of birds, in addition to mule deer winter range areas, and grizzly migration corridors.

BC Wildfire Services enlisted the efforts of 29 firefighters, two helicop-

ters, and air tankers in order to control the fire.

The 27th also saw crews increase containment on a fire eight km southwest of Pemberton. The lightning-caused fire was first responded to on the 26th with the use of an air tanker and helicopter support, and on the 27th crews increased containment efforts with the help of 19 firefighters and two excavators.

The hot and dry conditions have led to a number of more recent fires as well, many of which have been attributed to lightning strikes, and the majority of which seem to be occurring in the Southeast of BC including the Kamloops fire centre. These include a 1.3 hectare fire caused by a lightning strike at Woods Corner, discovered on July 30, and a 1.1 hectare fire

at Adventure Bay, discovered on July 30 that is suspected to have been caused by a person.

Residents are asked to be aware of the current fire bans and restrictions in your area, and to report any fires to 1-800-663-5555 toll-free or *5555 on your cell phone. For more information about the wildfires near you, or for information on the latest fire bans and restrictions, visit bcwildfire.ca.



AROUND THE WORLD

Forget winning cash! One man won an entire resort! Meanwhile, the ALS ice bucket challenge actually worked and man takes to the skies without using fuel. Also a warning: If you are sensitive to or triggered by stories of sexual misconduct, please skip the last segment.



► AUSTRALIA

Lucky Australian Wins Pacific Resort: What do you hope to win when you buy a lottery ticket? A few bucks at the very least, right? Well, one Australian man won a whole lot more than that and he only invested \$49 in the ticket. His prize? The Kosrae Nautilus Resort. This Pacific island resort is debt free, staffed, and profitable, but the owners didn't want to sell it to the highest bidder. To find someone passionate about the resort and its lifestyle, they set up a lottery and drew a winning number.

► USA

Massachusetts Happy about Ice Bucket Challenge: Remember all those viral videos of people dumping cold water over their heads in support of ALS? During the heyday of the challenge, \$115 million was raised in eight weeks, and \$1 million of that went to Project MinE, a University of Massachusetts medical school project. The project went on to identify a gene called NEK1, and this discovery is a very large step forward in finding a cure for ALS. The chief scientist of the ALS Association credits the ice bucket challenge for this and two other important gene discoveries.

► WORLD

Literally Around the World – Solar Impulse 2 Completes Naviga-

tion: The experimental airplane dubbed Solar Impulse 2 has successfully circumnavigated the world in 500 days. The amazing thing about this aircraft is that it did this feat without using a single drop of fuel. The plane looks a bit odd. It has a massive wingspan (longer than a Boeing 747) and has electric engines powered by 17,248 solar panels along with backup batteries. The plane weighs about the same as an SUV. To learn more about this amazing feat of engineering, visit www.solarimpulse.com.

► MALAWI

“Hyena” Arrested: In Malawi, men who are hired by parents of young ladies to initiate the girls from puberty to womanhood (yes, he has sex with the young girls) are called “hyenas.” One such hyena bragged about his prowess on social media which led right to his arrest. Malawian President Peter Mutharika, who ordered the arrest of this man and the investigation into the ritual practice said, “At a time when we as a country are making notable strides toward emancipation of the girl child, it is disheartening that within our borders are men, women, and whole communities who deliberately choose to abuse our girls in the name of culture.” The man arrested did not tell the parents or the young women that he is HIV positive.

Drivers who travel between the United States and Canada or plan on renting a car for an international business trip or vacation should understand that driving rules vary from country to country. Two noticeable differences are the side of the road vehicles travel on, and the measurement system used for calculating speed and distance. Although speedometers will often feature both mph (miles per hour) and km/h (kilometres per hour), it helps to have a rough idea of the conversion between the two speed measurements. Every mile per hour in speed translates to roughly 1.7 kilometres per hour. Therefore, if the posted speed limit is 55 mph in the United States, expect to travel at 88.5 km/h in Canada. Always heed speed limit postings and regularly check your vehicle's speedometer to ensure you are driving at or below the legal limit. Traffic offences that might be tolerated in one country may not be tolerated across the border so always obey the local laws when behind the wheel.



Distractions kill



Photo by Citabria Winger

By Citabria Winger

Summer is here and you are off on your weekend road trips! That's great but keep these sobering statistics in mind. Cell phones are the most common distractions

for drivers, and even a three-second distraction such as seeing who that text is from dramatically increases your chances of an accident. In fact, you are 23 times more likely to crash if you are

texting! As early as 2010, over 100 collision fatalities in BC were related to distracted drivers. Also, keep an eye out for cyclists and motorcyclists and, of course, don't speed or drink and drive.

New Nissan dealership signals a new era for Penticton and the Penticton Indian Band

By Zachary Edwards

The South Okanagan is about to get its very first Nissan auto dealership. In a press release, the Japanese car maker announced it "will open at the Penticton Indian Band's Satikw Crossing development." Chief Jonathan Kruger and John Kot, owner of Nissan Penticton, made the announcement together last week.

The dealership is expected to open in mid-2017 and supply the area with around 30 full-time positions plus the extra jobs created by the dealership's construction. Customers can expect a full range of Nissan products at the dealership including cars, trucks, SUVs, and more.

The project is the result of hard work put in by the Penticton Indian Band, the federal government, and local communities. The new Nissan dealership is the first commercial tenant in the Satikw Crossing development, also known as the Channel Lands. The Band financed the recently completed five-lane bridge over the Okanagan River Channel which now connects Penticton to 60 hectares of prime development land.

In the press release, Chief Jonathan Kruger expressed excitement and gratitude for the hard work of all the people involved in the project. "Signing our first commercial tenant at Satikw Crossing proves that when

you build it, they will come," he told press, "This is the culmination of a 22-year journey to resolve legal, environmental, and financial hurdles to build an \$8 million bridge to the future that links our economies with the broader region."

Both Penticton Mayor Andrew Jakubeit and Penticton MLA Dan Ashton offered their congratulations on the project. "It is great to see the Nissan brand come to Penticton and strengthen the product offerings here to keep people and dollars in our region," said the mayor. "This really shows the potential of the Satikw Crossing to bring new business opportunities and continued momentum to Penticton."

Penticton Model Aviation Club (PENMAC)



Photos by Citabria Winger

By Citabria Winger

Some people don't like to get out of bed early, but for those who have model planes to fly, morning can't come soon enough. Paul Nazaroff, the president of the Penticton Model Aviation Club (PENMAC), has been flying model planes at the local field for eight years, and has been president of the club for the last three. He says fellow pilots/model airplane

lovers are always welcome to bring their models to the field, as well as to enjoy the beautiful scenery and the impressive airplanes.

When I visited the action, I saw a number of children admiring the planes. Children are welcome – it may be the start of their love of aviation! However, everyone must stay behind the fence for their own safety.

The next time you are

up early and have time to spare, get some fresh air at the model flying field. It's a spectacular sight to see small planes buzzing by at over 150 km/h. And, if you have a plane you've been working on, come on down and give it a spin.

Learn more about PENMAC and get directions to the flying field which is located about 24 minutes from Penticton. Visit www.penmac.org.

What's Happening PENTICTON

Every Saturday in September
Penticton Farmers' Market - Main St. 8:30 a.m. to 1 p.m.

- September 3 - Meyer Family Vineyards Harvest Dinner with Joy Road 5-9 pm.
- September 10 - Papa Roach/Special Guests - South Okanagan Events Centre Doors open at 5:45 pm.
- September 16 - Canucks Young Star Classic - South Okanagan Events Centre 4 pm.

Fluxx and Dvora reunite to perform outstanding music together



Photos by Brenda Blatz

What a reunion! After not seeing each other for 23 years, two bands came together and collaborated for an outstanding show recently. It may have been good for these friends to reunite, but it was even better for the crowd that got to enjoy the sweet music they made together.

Have an event happening?

Send information to okpress@telus.net

POKANAGAN PRESS

Odds of a child becoming a top fashion designer: 1 in 7,000

Odds of a child being diagnosed with autism: 1 in 110

Some signs to look for:
No big smiles or other joyful expressions by 6 months. No babbling by 12 months. No words by 16 months.

To learn more of the signs of autism, visit autismspeaks.org

AUTISM SPEAKS
It's time to listen.

Money Matters

One Canadian Dollar = 0.76 US Dollar at an exchange rate of 0.7640 (using nominal rate).

Dollar Values as of August 2, 2016

POKANAGAN PRESS

Find the Press on Facebook and Twitter

RESULTS FOR WESTERN CANADA

BC/49
Saturday, July 30, 2016
05 11 17 37 40 44

BC/49 Extra:
July 30, 23 41 48 97

Poker Lotto
Thursday, August 2, 2016
Nightly Draw Winning Hand
K 10 G 7 J

Lotto 6/49
Saturday, July 30, 2016
04 05 09 19 22 23
Bonus: 16
Extra: 23 41 48 97

Lotto MAX
Friday, July 29, 2016
11 15 25 26 39 47 49
Bonus: 30
Extra: 05 06 09 93

Letter to the editor policy

Okanagan Press welcomes readers to write letters to the editor. A maximum of 300 words is preferred but not necessary. Letters must carry a first name or two initials with surname and include an address and daytime telephone number. All letters are subject to editing. Please send letters to Okanagan Press, Box 44, Keremeos BC. VOX 1N0, fax to 1-866-647-4105 or email to okpress@telus.net.

DEAR ABBY

by Abigail Van Buren

Woman must pick right time to reveal she can't have kids



DEAR ABBY: I'm an attractive 30-year-old woman just out of a five-year relationship. I am starting to date again, but I have a complication -- I cannot have children. I am wondering when the right time to bring this up with the men I meet would be. After a few dates seems too soon; however, the men usually reveal their desire for a family during this time. What is the rule of thumb here?

-- SINGLE

DEAR SINGLE: The rule of thumb is: Honesty is the best policy. If someone tells you he wants a family, it would be dishonest not to tell him then that you won't be able to have children. However, if nothing is mentioned before, when you are becoming intimate and the subject of birth control is raised would be a logical time to speak up.

**

DEAR ABBY: I live in a city. Many of my friends live in the suburbs within commuting distance. Several of them commute daily, and there are many mass

transit options running throughout the night. On a few occasions we have planned an outing in the city and, after the tickets are purchased, etc., one of them ("Carla") has casually stated, "I may need to spend the night at your house since it'll be late when we get back."

Abby, Carla knows the schedule of mass transit and knows what we've planned. How do I respond when she invites herself to spend the night? I have the room, but it's still a hassle having someone stay overnight. -- CITY GIRL WITH COUNTRY FRIENDS

DEAR CITY GIRL: Assuming this is becoming a pattern with Carla, the time to bring this up is before you buy the tickets. The words to use are: "I would prefer that you don't stay over because I'm really not comfortable having overnight guests." And if she continues to suggest she wants to stay with you, stop inviting her to nighttime events.

**

DEAR ABBY: I find that I get asked far too

often why I haven't bought a house yet. I'm 42, single and have a master's degree, but like lots of other people I had to go into debt to get it.

I'm not complaining about that. What bugs me is the invasive question I don't feel I should have to answer, usually asked by people whose parents helped them to buy a house. I don't come from a rich family, and it feels like people are flaunting their privilege when they ask me. Duh, I don't have \$20,000 for a down payment. But I shouldn't have to say that.

How can I respond to this question while not being rude or actually answering it? Better yet, how do I respond in such a way that people stop asking? -- IN DEBT

DEAR IN DEBT: This reply should do the trick: "There are many reasons why, and it's complicated. When and

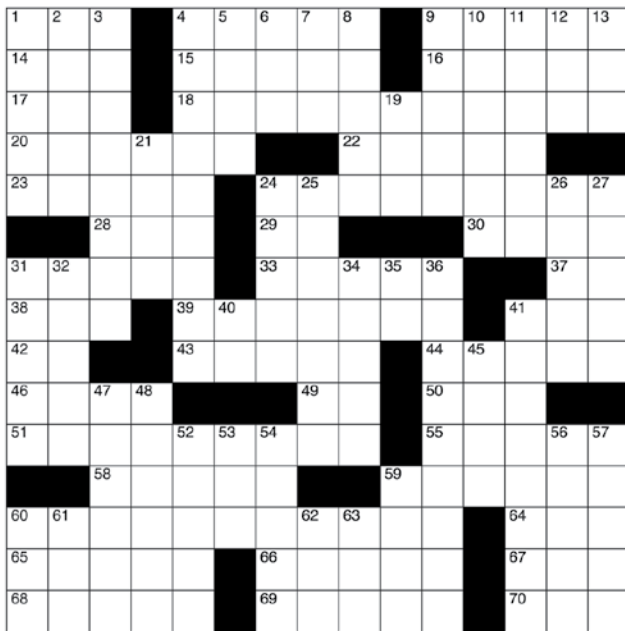
if I do decide to buy, I'll let you know."

**

DEAR ABBY: My daughter and I disagree about whether it's all right to hold the door open when the air conditioning is running on high to keep the house cool. She'll hold the door open while standing in the doorway talking to her friends who drive up in a car. In the meantime, I am paying for the AC to run full blast. Please give us some guidance. -- ANONYMOUS MOM

DEAR MOM: I'll try. Rather than venture into the physics of how air conditioners work, may I suggest that because your daughter lives with you and you are paying the bills, she should have enough respect for you to do as you ask.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069. Abby shares more than 100 of her favorite recipes in two book-lets: "Abby's Favorite Recipes" and "More Favorite Recipes by Dear Abby." Send your name and mailing address, plus check or money order for \$14 (U.S. funds) to: Dear Abby, Cookbooklet Set, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)



CLUES ACROSS

- 1. Dried corn kernals (pl.)
- 6. A dog is one
- 9. Medieval feline
- 13. Appeal emotionally
- 14. Uncommon
- 15. Chinese currency
- 16. Gain as interest
- 17. Habitat
- 18. Ribosomal ribonucleic acid
- 19. 2015 NL batting champ
- 21. Makes wet
- 22. Discounts
- 23. Beavers build this
- 24. Between south and east
- 25. Promotional materials
- 28. Arbiter
- 29. Ancient Greek ruler
- 31. Ruse
- 33. Where coaches spend their time
- 36. LA landmark ___ House
- 38. Nothing
- 39. Chickpea plant
- 41. Revolutionary War militia member
- 44. Civil rights organization
- 45. Fathers
- 46. Carries things
- 48. Frequently
- 49. Location of White House
- 51. Small amount
- 52. A structure forming a covered entrance
- 54. Soothes
- 56. Shameless
- 60. Middle Eastern nation
- 61. Footsteps
- 62. Russian river
- 63. Once-influential student organization
- 64. Jags owner Khan
- 65. Bura-__: Nigerian language

- 66. Small boy
 - 67. Belonging to a thing
 - 68. Mosses
- CLUES DOWN**
- 1. Went too fast
 - 2. Protruding ridge on worms
 - 3. Insignificant
 - 4. Pains
 - 5. South Dakota
 - 6. Greek island
 - 7. Emerald Isle
 - 8. Golfers know this well
 - 9. Desire to set fire to things
 - 10. A glow
 - 11. Levels
 - 12. Enzyme
 - 14. Explains again
 - 17. City in South of France
 - 20. Paddle
 - 21. Salian
 - 23. Split pulses
 - 25. Consumed
 - 26. Small drink of spirits
 - 27. Indigenous people
 - 29. Elaborated
 - 30. Painting technique
 - 32. Repentance
 - 34. Not bright
 - 35. Kansas hoops coach
 - 37. Koran chapters
 - 40. Dead end
 - 42. Foul-mouthed bear
 - 43. Nostrils
 - 47. Game Cache File
 - 49. One who believes in a supreme being
 - 50. Carnival worker
 - 52. Gnawing animals
 - 53. German town
 - 55. Conquer
 - 56. Thai money
 - 57. Taxis
 - 58. ___ Clapton
 - 59. A form of Persian
 - 61. Pounds per square inch
 - 65. Nighttime

Crossword solution on page 31

WRITING WORD SEARCH

D B J K G A D V A N C E Y R E G A M I J
 P I M Y E L L A G G H M G N I L L E P S
 A V D V H R E T I R W T S O H G O W F G
 R S K O O B T U B A B S H T R R B O I U
 A C V W H O O K L I J E N I L D A E D V
 G N O I T C U D O R T N I K P H J F O T
 R N F R I J K G J A N A L O G Y T P K P
 A H M A T G R C V G T N E M N G I S S A
 P N O G R A J T C K Y J D O D R A F T C
 H D G T P C K E O C F T E N I L T U O P
 U T B H K O M G N O G C S A I L H P A R
 W E Y R C N S E C N N B E I M I Y M L E
 S N S O R C I N L N I P A N L R T C L M
 G O P H E E R R U O T C B C I T F T E I
 R I I P K P A E S T T Y V G K L N N G S
 O T L A C T I Y I A A W H F P L Y O O E
 H P C T I B G O O T M T V C E R I B R B
 T A U E K O A E N I R T W A S E I S Y F
 U C E M A K L G B O O T D A P Y U C T A
 A I E D I T P C L N F J O U R N A L B L

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

WORDS

- ACORN
- ANIMALS
- APPLES
- AUTUMNAL
- BAKING
- CASSEROLE
- CHESTNUTS
- CIDER
- CINNAMON
- COOL
- CORNUCOPIA
- CRAN-BERRIES
- CRISP
- DECIDUOUS
- EVERGREEN
- FALLING
- FIREPLACE
- GOURD
- HARVEST
- HAY
- LEAVES
- MAIZE
- NESTING
- PERSIMMON
- PIE
- PREPARATIONS
- PUMPKINS
- RAINBOW
- RAKING
- SCARECROW
- SCURRY
- SEASONAL
- SEPTEMBER
- SQUASH
- STEWES
- TREES

Word Search solution on page 31

The Penticton Potters' Guild



Photos by Brenda Blatz

By Brenda Blatz

The beautiful Leir House Cultural Centre has more than 80 years of history behind it which makes it a fit-

ting venue to house the Penticton Potters' Guild as the artists craft in the ancient and beautiful art form that has endured for centuries. The guild's

studio, located in the basement, contains everything the avid potter needs to create his or her masterpieces. Wheels, a slab roller, and kilns are

there alongside a library of instructional books and how-to videos.

A recent event displayed the outstanding workmanship of the

guild's members, and gave the artists an opportunity to challenge themselves with one of the most difficult forms to master – teapots. The event was greatly enjoyed by artists and visitors alike.

If you missed this show but are interested in a Christmas show and sale, let the guild

know as this may be arranged if there is enough interest. You can reach the guild on Facebook at www.facebook.com/PentictonPottersGuild.

While the guild is currently full and not accepting new members due to limited space, pottery lessons are available at the Shatford Centre in Penticton.

Penticton Farmers' Market



Photos by Citabria Winger



By Citabria Winger

When you've been in operation for nearly three decades and carry the title of 2015 (medium-sized) Market of the Year, you know you've been doing something right! Such is the fun and flavour of the Penticton Farmers' Market.

Running every Satur-

day from April 23 to October 29, and located in the 100 Block of Main Street, guests of the market enjoy shopping vendors such as Crazy Dog Farm, Food of the Sun, It's a Dog's World, Rattlesnake Rustic Furniture, Jellybean Junction, and so much more. Baked goods, produce, handmade crafts, and lots

of jewelry... it doesn't get much more local than this!

Magic shows, live music, and acrobats are just a few of the other things you may come across at the market. Every visit is a unique experience that will keep you coming back for more. Whether it be a photo from a local

photographer, a sculpture, or a tin of cookies, there is no lack of talent or products to be found here.

Although the market packs up for the summer, you can itch your Penticton Farmers' Market scratch again with four select winter markets starting in November

(hint: just in time to start your Christmas shopping).

For a full list of vendors along with hours and dates of operation, visit www.pentictonfarmersmarket.org.



The Rotary Wheels Car Show



By Citabria Winger

Car lovers united on the beach at Okanagan Lake in Penticton last Saturday to celebrate the 21st annual Rotary Wheels Car Show.

The lake made a perfect backdrop for these stunning cars along with providing a very relaxing atmosphere. The pride and love each car owner had for their cars shone through in the perfectly waxed paint, the impeccable interiors, the collector plates, and the pride of ownership.

The winners received framed scenes featuring the “early days” of the Okanagan. Best of Class is chosen by the car owners, and guests of the car show elect the winner of the People’s Choice Award. There is also a trophy awarded in the name of Ken Paton, a long-time advocate and supporter of the Rotary Wheels Car Show.

The show, as in past years, was a complete success, and Penticton looks forward to welcoming the car show back next year.

Photos by Citabria Winger

Do Just One Thing



By Danny Seo

Having an in-ground swimming pool involves a lot of maintenance and responsibility, and it also can be a death trap for wild animals that accidentally get into the water and have no means to escape. One way to help small critters like frogs get to safety is to install a buoyant water-exit device. It's sloped on the sides and lets them leap, hop or climb their way to freedom. If you do find a wild animal in the pool, the Humane Society of the United States recommends using a skimmer to help lift it out, then release it back into the wild.

Warmer months means creating backyard landscapes with larger plants like bushes and trees.

When picking new plants from the garden center, consider evergreen plants. Not only do they keep their beautiful green color all year round, they are favored by wildlife for myriad reasons: The evergreen branches provide cover for small animals in addition to giving shelter during the cold winter months. And many evergreens provide nourishment like berries, pinecones, seeds, needles and even sticky sap for wild birds and mammals.

Many of us will go out to sea or row our boats on lakes this summer for some outdoor fun. But even with the very best of intentions, trash and litter can fly from our boats and end up in the water. When you do hit the water, be sure to stow all your trash and fishing supplies securely on the boat. Designate one trash bag for refuse, and tie it to a secure fixture on the boat; make it the spot for all trash. When it's not in use, pull the drawstring to create a tight closure, and reopen it only to deposit trash. When you

dock, open the bag to sort recyclables, and dispose of the trash properly.

If you want to avoid using chemical sprays on your dog to ward off fleas, try this all-natural and stylish solution instead. Moisten a cotton bandana with cold water, then add a few drops of essential oils -- lavender or cedar work best -- and massage it into the wet bandana. Tie the bandana around your dog's neck -- the natural scent of the oil will keep fleas at bay. You can also massage a drop of the same essential oil at the base of your dog's tail to give your pooch an extra level

of natural protection.

Many people know that the color of the exterior paint of your home can impact indoor cooling costs in hot climates. A dark color absorbs heat, which makes the inside of your home warmer. Lighter colors reflect the sun's heat, so it's easier to keep it cooler inside. But did you know that the choice of paint can have an even bigger impact? New exterior paints use thermally reflective technology that blocks heat radiation over a broad spectrum. Using specialty paint and choosing a light color can reduce cooling costs by around 20 percent.

There are more than \$50 billion in loyalty points from airlines, hotel chains and retailers given to customers every year. Yet 30 percent of those points go unredeemed. PointWorthy.com connects people with points with nonprofit and charitable causes to donate unredeemed or unwanted loyalty points. Just search for your favorite charity, find out



what loyalty points it accepts, click and give! It's that easy.

Next time you fry up a batch of donuts or have some used cooking oil that can't be reused, don't toss it into the trash. Vegetable-based cooking oil is biodegradable and can be used in the backyard to help control pesky weeds. When the used oil is cooked down, pour it on top of especially tough weeds that are hard to pull. The oil will not only kill them, the oil also will keep new weeds from coming back, all while giving you a natural way to dispose of used vegetable-based cooking oil.

Strange BUT TRUE

By Samantha Weaver

It was notorious American self-described "gonzo journalist" Hunter S. Thompson who made the following sage observation: "Life should not be a journey to the grave with the intention of arriving safely in a pretty and well-preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out, and loudly proclaiming 'Wow! What a ride!'"

Spread out your fingers as far as you can, then measure the distance between the end of your thumb and the opposite side of your palm. That distance is known as your shaftment.

Roto-Rooter, the plumbing and drain service company, conducts an annual survey of its

technicians to find out what sorts of things are being found in customers' pipes. Among the more interesting items over the years have been Barbies, false teeth, TV remotes, alligators and six-packs of beer.

Over the past 100 years, the life expectancy of the average American has risen from 47 to 78.

Those who study such things say that, on a per-capita basis, Canadians consume more macaroni and cheese than citizens of any other country in the world.

Railroads in Japan have a persistent problem: turtles. It seems the reptiles have a habit of wandering onto the tracks, and many of them get stuck between

the switching rails. This prevents the switches from closing properly, causing train accidents. To address the problem, the West Japan Railway Company consulted with the Suma Aqualife Park in Kobe; together, they created tunnels under the tracks to allow the turtles to pass freely without endangering railway passengers -- or themselves.

POKANAGAN PRESS SUDOKU

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

Fun By the numbers
Like puzzles? Then you'll love sudoku. This mind bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works Sudoku puzzles are formatted as 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Sudoku solution on page 31



Hunter S. Thompson



Pistachio Honey Rolls

Ingredients

- 2 cups shelled pistachio nuts
- 1/2 cup sugar
- 1/2 teaspoon ground cinnamon
- 1 teaspoon finely grated orange zest
- 16 sheets phyllo dough, rolled out and kept covered with a damp towel
- 4 tablespoons butter, melted
- 1/2 cup honey, warmed

Method

Place the nuts, sugar, cinnamon and orange zest in a food processor and grind until nuts are finely chopped. Transfer

to a bowl.

Place a sheet of phyllo dough on a work surface. Keep the remaining sheets covered with a damp towel after each sheet is used. Brush the sheet of phyllo with butter, top with another sheet of phyllo and brush with more butter. Lightly spread the sheet of phyllo into four strips lengthwise. Roll up each strip, starting at the bottom, and place on a Silpat parchment-lined baking sheet, seam-side down. Continue with remaining 14 sheets of phyllo and nut filling. Bake on the middle rack of a pre-

heated 375 F oven for 15 minutes. While still warm, drizzle with honey. Allow to cool completely before serving.





The Ultra 520K® had athletes racing for the finish line

By Citabria Winger

The Ultra 520K® Canada provides athletes an opportunity to push beyond their personal and professional limitations and complete a course designed to challenge them both mentally and physically.

This year, the competitors (15 men and two women from six different countries) gathered on the beach at Skaha Lake in Penticton at 5:30 a.m. on Saturday, July 30. The anticipation was tangible as they prepared to start the first leg of the race, kicking off a three-day event stretching a daunting 520 kilometres.

The race took the competitors throughout the Okanagan and Similkameen Valley. Each competitor completed a 10 kilometre swim, a 425.6 kilometre cycle and an 84.4 kilometre run.

The participants each had a crew beside them throughout the race, ensuring they stayed safe and received the support they needed.

Congratulations to the athletes who competed. You are truly an inspiration to us all.



Photos by Citabria Winger

READING TOGETHER TIME



Not only is the newspaper informative for you, it's a great learning tool for kids. Here are some simple tips you can use to help improve your child's reading skills at any age:

- Read the newspaper to your child regularly.
- Explain what you're reading and encourage a discussion.
- Read the newspaper together as a family.
- Let children choose what they want to read.
- Encourage your children to read the newspaper on their own.

Give your family the knowledge they need. Pick up a copy today!

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Penticton Peach Festival a huge success



Photos by
Brenda Blatz



By Zachary Edwards

During the first week of August, the annual Penticton Peach Festival took place. This year's festival had plenty of activities, entertainment, and peachy goodness!

Closing out its 69th year, the Penticton Peach Festival, referred

by locals as Peachfest, is more than a celebration of the delicious fruit. It's a chance to enjoy many of the things that make Penticton and the Okanagan an amazing place.

This year proved to be the best of the annual tradition with a look

towards the future. All the familiar favourites were there including the annual chef's cook-off competition where local chefs faced off to make amazing dishes from a list of secret ingredients. This year, Tony's Meats and Deli and Corbishley Farms supplied the in-

redients, and it was a very close, and very delicious, competition.

But the festival is about more than just food. Music from local musicians and bands from around the world played all day, every day. Headliners included country music star

Chad Brownlee, and High Voltage, a tribute band to the hard Australian rockers, AC/DC.

Other events this year included the Pen-Town Throwdown, a skateboard and BMX competition, sandcastle building, and, of course, the Peter Bros.

Grand Parade.

Festival events were also held at numerous parks in Penticton including on the beautiful beaches at Okanagan Lake Park. For more information on past and future Peachfest events, be sure to visit peachfest.com.

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POKANAGAN PRESS



Mayor's Message



Peter F. Waterman
Town of Summerland

Greetings from the District of Summerland

Summerland is a welcoming community nestled between beautiful Okanagan Lake and bench lands graced with orchards and vineyards. Our small town blends its inviting urban core with many unique shops and restaurants with the wonderful aesthetics of a rural countryside. Our colourful street market scene offers farm products and a multitude of crafts balanced with a great Tuesday morning market and a vibrant main street Rotary Sunday Farmers' Market. RVers are welcome – we have plenty of parking available.

From early spring to late fall tourists and residents alike enjoy our fabulous golf courses, activities on our many beaches, and biking or hiking our scenic trails. We have courts for tennis, racquetball, pickleball, and badminton.

Summerland hosts some very popular events throughout the year from the Action Festival in June for our sports enthusiasts to baseball teams and triathletes to our hugely successful Festival of Lights at the end of November which kicks off the holiday season.

Our moderate winter offers skiing, snowshoeing, ice fishing, skating, snowmobiling, curling, and hockey. Summerland boasts a great arena, swimming pool/fitness centre – and the best whirlpool/hot tub in the Okanagan. There is a great abundance of recreation programs and exercise classes for all ages.

There are many activities to keep you busy, but one can always take it slow in Summerland and enjoy a glass of wine with spectacular views at one of our many wineries, find a quiet place to relax at our new library, or experience Summerland's culture – we have many gifted artists, writers, and musicians.

Our Museum captures Summerland's history. Ride the restored 1912 steam locomotive along the preserved section of the Kettle Valley Railway and enjoy the scenic views as you travel past orchards, forests, and vineyards. If your interest is vintage cars you won't want to miss the selection in Summerland.

As you can see, Summerland has something to offer to all ages: young people, families, and the young at heart.

What's Happening SUMMERLAND

Every Saturday in September
Farmers' Market. Memorial Park, Kelly Ave. & Wharton St, Downtown 9am-1pm.
September 1-4 - Marginal Arts Festival held at various venues in Summerland 7pm each day.

September 10 - Endless Summer Show & Shine/ Summerland Feast of Farms. Dickinson's Family Farm, 17208 Bentley Road 7:30am-3:30 pm.
September 18 - Test of Humanity Mountain Bike Race.



Photos by Citabria Winger

The bee's knees of Summerland

By Citabria Winger

The Summerland Ornamental Gardens is looking really good for being 100 years old. That's right! Like fine wine or good cheese, age has only improved this jewel of Summerland.

If you have yet to experience the beauty of

the gardens or if it has been a while since you have enjoyed the ever-evolving floral beds and feature displays, head to its location at the Agriculture Canada Research Centre off Hwy 97. You can explore nature's beauty from 8 a.m. to 8 p.m. during the summer. You will

enjoy a variety of feature walks through the welcome garden, cactus garden, iris beds, butterfly garden, meadow, xeriscape demonstration garden, and the shade garden. Your enjoyment of these gardens is heightened views of Giant's Head Mountain, Okanagan Lake, and the

Trout Creek Trestle railroad bridge.

Considering that you can get all this relaxation, walking exercise, and natural beauty for just a \$5, you have every reason to have your next walk, date, or family portrait session take place at the Summerland Ornamental Gardens.

Back Door Winery



Photos by Arlana Tanner

By Arlana Tanner

Sunday, July 24 was a beautiful day for the Back Door Winery Wine Release Party. Two spectacular new wines, Calling of the Crow, and The Way Home were showcased. They are great additions to their already diverse and impressive offerings. The winery is located right off the

highway just north of Summerland.

The festivities included other great wine pairing tastings as well as tasty grape seed oils and products by Salabrious Seeds, locally-made Kamut crackers by Farm Gate Organic Bakery, and a taste of France with fresh crepes by Ooolala Creperie.

Will Enns was on hand with his stylized paintings of life in the Okanagan. His work highlights the wineries, the spectacular views, and the people who live here. Each one is unique and inspired by his vision of the valley. His stories of how each painting came into being brings each one to life even more.

We were also privileged to hear the amazing sound stylings of Impulse Response, a harmonious R and B band with a guest performer on sax. While the wine tasting went on inside, guests were invited to enjoy the music, food, and drink on the beautiful outdoor patio.

Attendees were also

encouraged to get their photo taken in the portable photo booth provided by Felts Photo Services. Their tickle trunk of props and green screen allowed participants to dress up and get a souvenir photo with the Back Door logo and setting to take home as a reminder of a wonderful day.

The event was in sup-

port of the Red Cross with funds going to the BC Disaster Preparedness Fund. Back Door Winery recognizes that wildfires are a consistent issue throughout the Okanagan, and the winery owners are proud to bring awareness and raise money in support of an organization that helps during times of crisis.

—Wentworth Music's 50th anniversary—



Photos by Arlana Tanner

By Arlana Tanner

Wentworth Music hosted its 50th Anniversary celebration on Saturday, July 30 in all three of its locations: Kelowna, Vernon, and Penticton. At the Kelowna store there were activities for the entire family including face painting, balloon animals, a Spin to Win wheel, and demo lessons in the studios. There were also lots of giveaways. Twelve product representatives were on hand to answer

questions.

It seems there was much to celebrate. The owners pride themselves as being a one-stop music resource offering rentals, lessons, repairs, and a wide selection of instruments. They have earned the recognition of their peers being voted one of the top 10 music stores in the world by the National Association of Music Merchants for four years in a row.

They have become

known for their music-related events that not only support music in the community but raise money to support many worthwhile charities such as the Kelowna General Hospital Children's Ward, The Okanagan Boys and Girls Club, and the Vernon Jubilee Hospital and Hospice.

Over the years they have raised over \$156,000 through their Community Initiatives Programs such as

School of Rock, a musical petting zoo, and countless concerts.

Their charity of choice for this event was the food bank. They offered "Food for Strings," where you could bring a non-perishable food item and get a free set of guitar strings put on at no charge.

Details on all the events that have been hosted and the ones to come can be found at www.wentworthmusic.com.



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Wednesdays on the Water



Summerland Concert Series Good Enough for Dad

By Arlana Tanner

If you have ever wondered what it would sound like to combine folk music with a dash of blue grass, a shaker of gospel, and a pinch of old jazz, then you need to hear the musical stylings of Good Enough for Dad comprised of the singers/songwriters Ted and Katie Shumak-

er. Their fun mix of old classics and original works strikes a playful balance and will take you on a musical journey that spans the decades and shares in the joys and trials of everyday life.

Ted and Katie were the main act at the "Wednesdays on the Water" event held at Peach Orchard

Beach in Summerland. An ongoing summer concert series put on by the Summerland Community Arts Council. This Penticton couple have been making music together for over 16 years both on and off the stage. This couple's banter and musical connection makes for an enjoyable evening that the

whole family will enjoy.

One of the first original songs they played was called Number 11. A song that Ted introduced as a cheery little song about depression included the line, "Riding this crazy train to another state of mind." It was defiantly an upbeat reminder that we all have been on that

train at one time or another.

Check out their website www.goodenoughfordad.com to see where their next great adventure might lead them so you can experience this duo for yourself.

This concert series will be ongoing over the summer with a different line up each week.

Still to come...

- August 10 - Malarkeys – Celtic style
- August 17 - Sax among Friends – Jazz quintet
- August 24 - Zig Zag-Blues Band
- August 31 - Lucy Blu and the Blu Boys – Rock/Blues/Funk and Rockabilly



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SPORTING NEWS

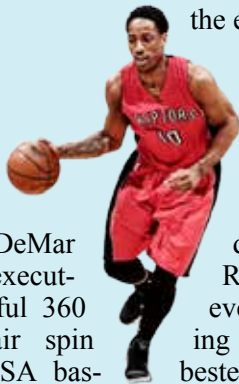
The Argos win on their own terms... er... turf, and a beautiful move misses the mark. Meanwhile, MMA fighters can't say no to drugs, and a Canadian turns heads in the Rogers Cup.



► **CFL Argos Win at BMO Field:** The Toronto Argonauts have a shiny new field to play on, but it took them three tries to actually win a game on their own (new) turf. The win came by defeating the Montreal Alouettes 30-17. "We've waited so long to be in this stadium," said the Argonauts' head coach, Scott Milenovich. "To have a place we love and want to play in [and] people want to see us play in."

ing, Chad Mendes landed himself a nice two-year suspension for the same offense. Brock Lesnar, who showed up late on the UFC 200 card and went on to win his bout, is also embroiled in a doping scandal (but that one is obvious. Really, just look at that behemoth). For a sport that is supposed to be based on skill, a whole lot of athletes are desperate for that winning edge – but losing the gamble between their career and the enhancing drugs.

► **NBA Missed Opportunity:** Toronto Raptors player DeMar DeRozan executed a beautiful 360-degree in-air spin during a USA basketball exhibition game against China last week. While the grace and elegance of his manoeuver cannot be understated, the end result was a missed dunk. All that twirling was for naught, besides making a good social media video clip. LeBron James later commented on Twitter that had DeRozan landed that dunk, it would have been in the top five dunks of all time.

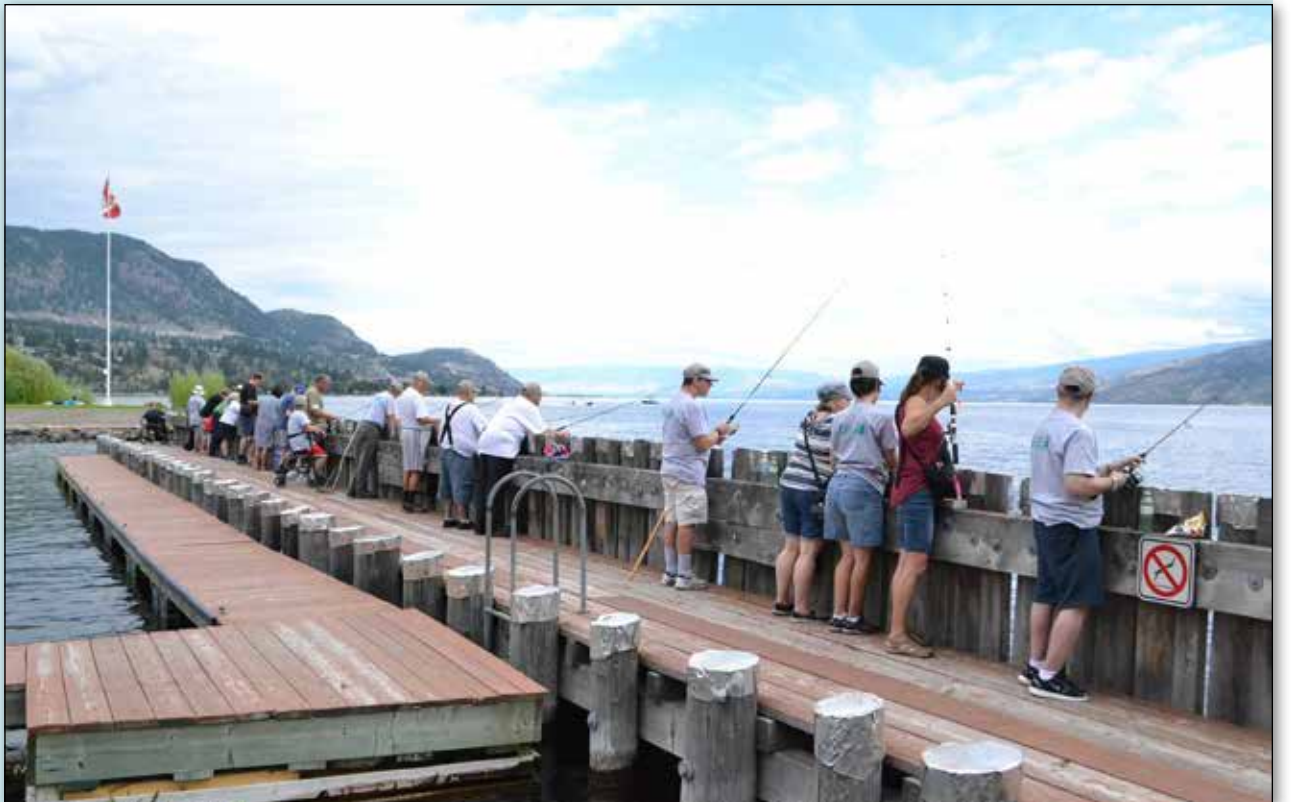


► **TENNIS Shapovalov's Big Win:** Denis Shapovalov, the 17-year-old Canadian playing in the Rogers Cup, shocked everyone – including himself – when he bested Australia's Nick Kyrgios. "On the on-court interview (after the match) this girl was interviewing me and she was asking me: 'Do you want me to pinch you?'" and I said: "Yes, please," Shapovalov said, noting that he went into the match not expecting to win. "Frankly, I actually didn't feel the pinch so I might be dreaming still."



► **UFC Jones and Mendes...** What a Pair of Dopes: Apparently MMA fighters just aren't getting the memo. Following the suspension of Jon "Bones" Jones for dop-

Fishing Forever: Enjoying the outdoors no matter what your ability



Photos by Citabria Winger

By Citabria Winger

In 1989, broadcast journalist Walt Liimatainen had an idea. He saw how people who were born with, or developed, disabilities were not seen out fishing and reaping the benefits of being outdoors. He became the man behind the Fishing Forever initiative, a day where disabled people in the community could spend a day fishing and realize

that a wheelchair, loss of sight, or other disability didn't have to hold anyone back from enjoying the relaxing pastimes to be had out in nature. The BC Wildlife Federation and its affiliated clubs host Fishing Forever events across the province and encourages everyone to come out for the day and give fishing a try. There is no need to feel embarrassed or think you would have trou-

ble fishing. The truth is, whether or not you hook a fish is up to the fish! Everyone can enjoy the sport regardless of ability. So what if you need a little help with the line or getting around the dock? That is what friends, family, and communities are there for. The recent Fishing Forever event was a huge success, but participants day and volunteers (cor-

porate and individual) to help promote/support the program and people with disabilities are always needed. To get involved in any capacity, please contact one of BC's strongest and most tireless promoters of this program: Al Springer. Al can be reached at 250-767-2287 or aspring7@telus.net, or visit <http://bcwf.net/index.php/programs/fishing-forever>.

Suicide and bullycide in Canada: why we need to start paying more attention

By Laura Bohnert

Canada has been taking a much more serious look at suicide lately, but studies are showing that we should be looking a lot more closely at bullying, too. Now termed bullycide, bullying is being recognized as one of the leading causes of suicide, and today's youth are at the highest risk of being exposed to its devastating effects.

Canadian statistics show that suicide claims an average of 3,500 deaths each year in Canada—that breaks down to 10 suicide deaths per day, and studies show that for every suicide that occurs among young people, there are at least 100 more attempts. Suicide is the seventh-highest cause of death in males, and the tenth-highest cause of death in males and females combined in Canada. The statistics for youth are a lot higher.



Suicide is the third-leading cause of death for youth between the ages of 15 and 24, and studies show that more than 16 per cent of students seriously consider suicide. In addition, 13 per cent go as far as creating a plan, and eight per cent make serious attempts each year.

Suicide rates amongst youth have been rising. Over the past three decades, suicide rates among 10- to 14-year-olds has risen by nearly 50 per cent according to the American Association of Suicidology. Bullying and cyberbullying are being looked to as the leading causes.

Forms of peer victimization, including bullying and cyberbullying, have been linked to increases in suicide rates among youth. In fact, a study by Yale University reports that bullied victims are between seven and nine per cent more likely to consider suicide and, in Britain, nearly half of all incidences of youth suicides have been linked to bullying.

Bullying can take a number of forms including physical bullying (statistically more common among males), emotional or psychological bullying (statistically more common among females), and cyberbullying which may include sexting, or circulating nude or suggestive images of a person. Many students report name-calling and teasing to be a primary form of bullying; however, other forms include spreading rumors, threatening bodily harm, pushing and shoving, stealing or vandalizing belongings, excluding individuals from groups, or even spitting.

A report presented by the Centre for Disease Control (CDC) reveals that students who experience any form of bullying are twice as likely to suffer negative effects which may include depression, sleep difficulties, anxiety, low self-esteem, and a mentality of helplessness. Further, bullied youths may have trouble adjusting to school, may miss school due to the fear of

being bullied, and they are statistically shown to be twice as likely to suffer physical afflictions like stomach aches and headaches.

In Canada, 64 per cent of kids report being bullied at school—and 64 per cent believe bullying is a normal part of school life that can give students popularity and status. On average, bullying is estimated to occur once every seven minutes on the playground, and once every 25 minutes in the classroom and, with more and more youth owning computers and cell phones, instances of cyberbullying are increasing in prevalence. Close to 42 per cent of youth (who have access to technology) report being cyberbullied; however, one in 10 kids who are cyberbullied do not tell their parents, and only one in five cyberbullying incidents are reported to authorities—and 20 per cent of the students who are cyberbullied think about suicide as a result.

Suicide is being considered a growing health

crisis in Canada, but we need to start looking to bullying as the epidemic cause—especially since technology continues to become both more read-

ily available and more popularly used among today's youth. We need to become more aware and proactive regarding the challenges our young people face. Forget preparing them for tomorrow; right now we need to shift our focus to getting them through today!

Bullycide Children who committed suicide due to bullying



Taylor
Age - 18

Roughly one in five youth are bullied. Over half of adolescents have been the target of cyber bullying. Youths who are bullied are five times more likely to suffer from depression than youths who are not bullied. Boys who are bullied are four times more likely to be suicidal. Girls who are bullied are eight times more likely to be suicidal. Suicide is the third leading cause of death for youth. These are the faces of our sons, daughters, sisters, brothers, nieces, nephews, grandsons and granddaughters.

These are the faces of our youth, our loved ones, who were bullied; who were bullied to the point where their pain felt unbearable and they ended their lives. Being bullied leaves young people with overwhelming feelings of despair, humiliation, and hopelessness. If even one child ends their life due to the pain of being bullied, that is one child too many.

Welcome to the twisted world of clickbait

By Laura Bohnert

Clickbait. It's the bane of everyone's existence when it comes to the internet. We've all been there: lured in by an irresistible headline and photo, it takes one click to become bombarded by ads and popups—and the worst part is when you end up clicking “next” 25 times, never even to see the photo that had tempted you in the first place. Yet, even before we click that bait, we all know exactly what to expect, and still we keep falling for it (before leaving a disgruntled comment in the feed about how “yet another page has sold out to clickbait,” of course). But, why exactly does clickbait keep plaguing our social media feeds—and why do we keep falling for it?

The simple answer is that no-one can actually resist seeing how cute or silly that cat is, but the science behind clickbait is actually a lot more complex—and it has a much bigger history than we probably thought possible.

In fact, the idea of clickbait predates the term for clickbait by, well, a lot. In fact, media historian W. Joseph Campbell described The New York Journal and The New York World, circa 1897, as: “Headlines that scream excitement, often about comparatively unimportant news... lavish use of pictures, many of them without significance... faked interviews and stories...” Sound familiar?

The principles behind clickbait have been driv-

ing the media for as long as the media has been around. And, its modern link to popup ads should come as no surprise; media headlines are and always have been hooks, designed to peak interest in order to sell copies. They simply have a new form now, replete with tempting images in a forum where the bait is merely clickable, but the principle hasn't shifted very far from the “Extra, Extra, Read all about it” of the olden days—and it's certainly no different from the average news headline: “This just in: these four toothpaste ingredients could actually kill you. Find out more tonight at 11 on CTV News.”

Now, instead of selling copies, media sources are simply trying to gener-

ate interest, counting the clicks they earn so they can come up on the top of search engines and news feeds, all so they can earn more per click from the advertisers who want to be noticed first, too. If it seems more prevalent now, it is only because it has become more visible—or, perhaps, because the volume of information and links available to us on the internet means that, through sheer volume of exposure, we are finally recognizing the tactics they are using to lure us in.

But what is this tactic all about?

In a word: curiosity. Clickbait utilizes a psychological tactic that targets what has been termed the “curiosity gap,” the compulsion to uncover the unknown,

to solve the mystery and unlock the secret that has been left unsaid by the headline.

And this stratagem isn't just used in the news. If it seems familiar, perhaps it's because it is the exact compulsion that fuels basically all TV programming and films. Think about murder mysteries, whodunnits, House, or Game of Thrones. We watch to the end to see the resolution (even if it's following the same predictable formula over and over again), and the suspense that is created in the wake just makes the journey of getting to that final resolution more thrilling and, thus, the resolution becomes more pleasurable.

Have you ever wondered why you actually watch horror movies?

The more you suffer—the more frightened you are—in the process of uncovering the conclusion, the more you need to see that ending, to uncover the mystery, and find that resolution. That is why we keep peeking through our fingers at even the most horrifying moments of a horror movie. It's the exact same compulsion that drives us to click that bait (or keep watching those next five episodes on Netflix), and it is the exact same compulsion that drives us to distraction when the clickbait doesn't fulfil our curiosity, when the villain in the horror film gets away, or when we face the dreaded cliff-hanger ending. We haven't merely entered the world of clickbait; we've built it. What a horrifying world, indeed.

OASIS Extended



By Citabria Winger

The Federation of Canadian Artists – Central Okanagan Chapter (FCA-COC) has extended the OASIS Okanagan Art Show to the end of August.

Now in its third year, the OASIS show is being held at the Peachland Art Gallery. This juried show features 80 art pieces from 48 different artists in the Okanagan Valley.

Laurie Koss won the gold prize for her piece Carnation 8, Karen Rempel won silver for Star Gazing III, and Justin Maas took home bronze for his piece Sister Golden Hair. These pieces and many others are still available for viewing and purchase in the Peachland Art Gallery, and would make a lovely addition to any home, cottage, or office.

The show will run seven days a week from 9 a.m. to 5 p.m. until August 30.



Photos by Citabria Winger

What's Happening PEACHLAND

September 10th & 11th

- 97th Annual Peachland Fall Fair Community Centre, Peachland Community and Recreation Centre Saturday 1pm-6pm, Sunday 10-6pm.

September 11th - Peachland Triathlon 7am.

September 11th - Triathlon Pancake Breakfast. 50+ Centre.

September 11th & 12th - Peachland Chamber of Commerce Golf Tourney Summerland Golf and Country Club.

September 16th & 17th - Peachland Ambassadors Pageant Community Centre.

Check out Peachland Chamber of Commerce website for more information

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New local reporter's career starts with a bang



Photos by Citabria Winger

By Citabria Winger

“Trading the snow for the desert wasn’t something I was planning on doing anytime soon but when opportunity knocks, it’s best to open the door.” – Citabria Winger

This past Saturday, July 16, marks the day I left my cozy mountain home in Whistler and, with my kitten in tow, moved to the Okanagan to start my new career with the Okanagan Press.

I had plenty of help with this life-changing move. My mother purchased new tires for her car so she could help me make the trip safely, but when my neighbour offered his Ford Ranger for the large volumes of heavy boxes we had to transport (that were not fitting gracefully into Mom’s small car) we were happy to accept his kindness.

I was to be in Kelowna for 9 a.m. and, after loading up the truck and leaving before the sun had peaked over the mountains, I was ready for my new adventure. Everything was going as it should. I was admiring the beautiful landscape as we made the long drive. However, about 10 km out of Princeton, disaster struck.

One of our rear tires didn’t pop, didn’t go flat, but completely exploded. It was hard to ignore the irony of the situation considering those new tires my mom had purchased for her car!

Never one to waste an opportunity, I used our unexpected downtime

to snap a few photos of the landscape, and a few of my mom and me being frustrated travellers. There was no jack in the truck and calls to BCAA went unanswered, but our adventure soon took a positive turn.

At this point enters the hero on his magnificent steed... okay, to be honest, our hero arrived in a VW bug but it sure looked like a magnificent steed to us at the time! Hero Lloyd quickly accessed the situation and said he had a power jack at this shop. He’d run and get it and help us take the tire off.

Lloyd’s shop, Princeton Glass, was just a few minutes away. He was back soon as promised (and as benefits a hero whose company’s name has “prince” in it). Not only did he help remove the tire, he drove us to town so we could purchase a new one.

Lloyd chauffeured us for two hours around town so we could find the right tire size.

Plot twist...

We never did find the right-sized tire. Our hero came to the rescue again and offered us, free of charge, a tire he had in his own shed at his house. He then ferried us over to Kal Tire in Princeton where the tire was mounted free of charge. We were sent on our way with a cheery, “Hope your day gets better.”

Thanks to Lloyd from Princeton Glass, and Kal Tire, our incident didn’t make a huge dent in our day or in our chequebook. If I need a glass service or a tire service, there is nowhere else I would rather go. It is hard to beat that kind of customer service and I highly recommend these gentleman. Thanks again for all your help, Lloyd and Kal Tire! I’m still in awe of your generosity. Without you guys we would have had a very different day.

I finally made it here to the beautiful Okanagan and I’m excited to start my career as a local reporter for the Okanagan Press. Telling your stories and interacting with the friendliest people on Earth is a huge honour, and one I don’t take lightly. I look forward to meeting you at your events and places of businesses, and spreading the word about the many wonderful things – and people – that make up the Okanagan region.




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HOROSCOPE

ARIES (March 21 - April 20)  Aries, you may feel a bit disconnected from your feelings this week. It's alright to pull back for a time and get things straight in your head. Things will soon return to the status quo.

TAURUS (April 21 - May 21)  Taurus, take constructive criticism in stride this week. Criticism can sometimes sting, but this critique is meant to assist you in the long run.

GEMINI (May 22 - June 21)  Gemini, this week you are acutely aware of a strong emotional bond between yourself and someone who is off-limits. You may need to rein in your feelings and keep things friendly.

CANCER (June 22 - July 22)  Holding on to a bunch of material belongings simply because they bring you comfort may bog you down with unnecessary stuff, Cancer. Start cleaning up.


LEO (July 23 - August 23)  Leo, things that you say or do this week may seem like they are scripted out of a movie. Rather than putting on an act, let others know how you truly feel.

VIRGO (August 24 - September 22)  Virgo, if you open yourself up to change, you may find that there are plenty of additional opportunities coming your way. Be receptive to new ideas this week.

LIBRA (September 23 - October 23)  Libra, your natural ability to interact gracefully with others will serve you well in many different applications. This is especially helpful in a managerial capacity.

SCORPIO (October 24 - November 22)  Scorpio, this week your loved ones will chip in and take the burden off of you in some way. Make sure they know how much you appreciate them.

SAGITARIUS (Nov. 23 - Dec. 21)  Sagittarius, let your emotions guide you in the week ahead. While it's important to apply critical thinking to big decisions, this week you will benefit from an emotional approach.

CAPRICORN (Dec. 22 - Jan. 20)  It can be difficult to separate work life from home life, Capricorn. But that's just what you have to do in the days ahead. Otherwise, neither will get your full attention.

AQUARIUS (Jan. 21 - Feb. 18)  You may be eager to learn more about someone this week, even if this person is not in your immediate circle of friends, Aquarius. Explore the possibilities that lie ahead.

PISCES (Feb. 19 - March 20)  Pisces, sticking to a firm schedule might be nearly impossible in the next few days. Make things a bit more fluid so you have some wiggle room.



LOVESCOPE
by Eugenia Last

ARIES (March 21 - April 20)  You'll make an interesting connection at work-related events or while attending a conference or lecture. The more interest you show in someone you are drawn to, the more attention you will get in return. Don't be shy; share your dreams, hopes and wishes, and see what transpires.

TAURUS (April 21 - May 21)  Put intimacy on hold. Concentrate on developing a good repertoire with someone, and see where that leads. It's best not to offer anyone you meet too much until you are certain that you want to make a commitment. Get to know your love interests, friends and family before moving forward.

GEMINI (May 22 - June 21)  Say little and do a lot when it comes to affairs of the heart. It's important to be upfront about your intentions by taking action and fulfilling any promises you make as you go along. Inconsistency will be detrimental to reeling in the object of your desires.

CANCER (June 22 - July 22)  Visit unfamiliar places, travel to destinations that offer insight into foreign cultures and sign up for events that challenge your current belief and philosophy, and you will meet someone who sparks your interest. Put energy into the relationship you develop, and you'll get something special in return.

LEO (July 23 - August 23)  You need more love, adventure and challenges in your life. Participate in events and activities that test your skills and bring you in contact with people just as driven and in need of excitement as you. Look for the partner who will stand beside you, not behind you.

VIRGO (August 24 - September 22)  Don't let insecurity or a reluctance to show off what you have to offer stand between you and the love of your life. Stand tall and approach the person who grabs your attention with confidence. Project an image that portrays how special you really are. Believe in you.

LIBRA (September 23 - October 23)  Your peaceful quality and desire to help the underdog will capture the attention of someone who wants to take care of you. Wear your heart on your sleeve and let your vulnerability show, and you will attract a special, caring and protective partner who appreciates your honesty and compassion.

SCORPIO (October 24 - November 22)  Don't be too quick to share your feelings. Someone is looking to take advantage of you. Stick to the people you know and trust, not someone showing interest but harboring ulterior motives. Protect against users and abusers. A false impression will be offered.

SAGITARIUS (Nov. 23 - Dec. 21)  Your proactive approach to love and romance will bring you more than you bargained for. Not everyone will reciprocate as openly and honestly as you. Step back and reconsider someone making promises that are unrealistic. A secret affair won't bring you the happiness you are looking for.

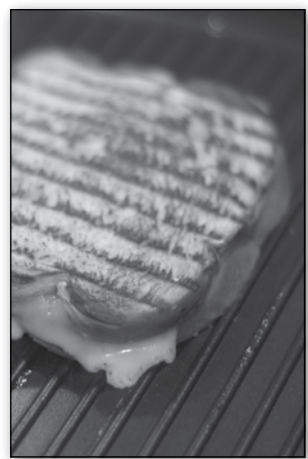
CAPRICORN (Dec. 22 - Jan. 20)  You'll be 10 steps ahead of the person you are interested in. Take a breather, and let the person who makes your heart beat fast catch up. Patience is a quality that will be appreciated when it comes to intimacy. Make the most of the moment and the courtship.

AQUARIUS (Jan. 21 - Feb. 18)  Stop repeating the same pattern when it comes to love and romance. You need a change, not someone to fit in a slot that hasn't worked for you in the past. Look for someone offering stability instead of someone willing to treat your relationship like an experiment.

PISCES (Feb. 19 - March 20)  Possessiveness and jealousy won't win hearts. If you can't trust the person you are attracted to, you are probably with the wrong partner. Don't live in a fairytale world when reality needs to be addressed and maturity implemented to build a strong and lasting relationship.



• "When making a grilled cheese sandwich, use room-temperature cheese. Because it's not cold, it will melt evenly and more quickly, so you won't burn the bread. For an extra little something,



try sprinkling the grilled outsides with a tiny dash of sugar. Yum!" -- A.J.

• When cooking quinoa, brown rice or other grains, use broth -- not water. It

makes a world of difference in the flavor.

• "Serving warm foods that cool quickly? Try warming your dishes in the oven at 200 F for five minutes or so before serving. We do this at our house when we make pancakes, but you can do it anytime the meal warrants it, or to be fancy if you have company. If your dishes are microwavable, they should be fine." -- L.C.

• The ranger at the campsite we just stayed at told us that adding a sage bundle to the campfire will help keep bugs away. -- T.W.

• Look for outdoor hanging planters -- particularly the wall-mounted ones -- for use inside the house. They can be used to store stuffed animals in a child's bedroom up off the floor.

• Toothpaste makes an excellent cleaning abrasive. It's gentle enough for some delicate materials; just rub a little on the stained area and wipe away. Repeat if necessary.



Satisfy your taste buds with these simple ingredients

Stressing about what to make for a family barbecue or how to spruce up the kids' after school snacks? Award-winning chef Cory Vitiello explains that simple ingredients are the key to delicious recipes that are easy to make at home.

To help bring this to life Vitiello partnered with the Triscuit Maker Fund, which donated \$250,000 to over 50 independent food makers' campaigns on the crowd funding site Indiegogo.

"I believe that inspired creativity has a simple idea at heart, so I'm working to show support for food makers and cel-

ebate simple ingredients that make delicious creations," says Vitiello.

Put simple ingredients to work with one of his mouthwatering recipes featuring sweet potato, crumbled chorizo and cracked pepper and olive oil crackers.

Sweet Potato and Crumbled Chorizo Appetizer Makes: 16
Prep time: 15 min

Ingredients:

- 16 Cracked Pepper and Olive Oil Triscuit crackers
- 1 chorizo sausage, casing removed
- 1/2 sweet potato, skinned and grated

- 1/4 cup hazelnuts, toasted
- 1 tbsp olive oil
- 1 sprig fresh rosemary

Instructions:

1 Heat olive oil in a skillet on medium heat and sauté sweet potato and crumbled chorizo sausage for 5 minutes or until sausage is fully cooked.

2 Mix all ingredients into a bowl. Top each cracker with mixture and garnish with hazelnuts and a pinch of fresh rosemary.

Find more simple snack ideas at www.snackworks.ca/en/products/triscuit.aspx.



Mayor's Message



Ron Hovan
Town of Oliver

Oliver is known as the Wine Capital of Canada being the centre of the wine industry in the Okanagan with the largest concentration of both vineyards and commercial wineries in British Columbia. On behalf of council and residents, I encourage you to visit Oliver and discover why the town hosts more than 10,000 tourists each year. They come to share what the residents treasure: the exceptional beauty, the astounding views, the terraced vineyards, the fruit orchards, the sunshine, and the warm, friendly community. Oliver's parks and

recreational amenities are professionally designed and meticulously maintained. The South Okanagan area offers a number of developed hiking and biking trails that allow one to explore unique habitats, visit historic sites, photograph and watch wildlife and a variety of birds, take in breath-taking scenery, and enjoy the outdoors. The bicycling and hiking trails stretch 20 kilometres with paved sections making the trails accessible.

The Town of Oliver congratulates the Okanagan Press on its inaugural launch.

Oliver BC's criminal population is about to increase—and it may actually be good for the local economy

By Laura Bohnert

Okanagan's new Correctional Centre (OCC) in Oliver, BC will be opening later this year, and prisoners will begin to occupy the cells starting in 2017. Despite the increase in criminal population that is being introduced by this new venture, OCC is considered to be a one-of-a-kind venture for the Okanagan, but what sort of opportunities will its grand opening create?

Jobs, for starters.

The 29,000 square meter high-security facility has already clocked more than 100,000 work hours for the 120 to 150 construction workers on site, not to mention the additional 100 tradespeople who will contribute to the last phase of construction—and approximately 45 per cent of the workers involved in the construction of the project are from the Okanagan area.

It's a \$200 million project opportunity that doesn't come around very often in Oliver, and once construction of the Centre is completed, it will employ more than 240 full-time correction-

al officer positions, both for new recruits and experienced officers, along with 60 support staff positions.

The Okanagan Correctional Centre will feature 378 cells, each of which will house two prisoners, along with 11 living units. It will be located on a 14.5-hectare (36 acre) site, seven kilometres north of Oliver on Highway 97 in the Osoyoos Indian Band's Senkulmen Business Park.

The centrepiece of phase two of BC Corrections' capital expansion plan, the new Okanagan Correctional Centre is designed to provide a significant increase to the corrections capacity in the interior of BC, relieving the congestion and overcrowding that is currently being faced by other facilities in and around the province.

While some are concerned about the risk of bringing the prison into the area, its intention is to enhance public safety for individuals and correctional staff within the community as well as throughout the rest of the province. The high-

risk facility will feature advanced technology in order "to make sure that the people who are housed here will remain here until the end of their sentence is done," quotes MLA Laurie Throness, Parliamentary Secretary to the Minister of Justice and Attorney General for Corrections.

Of course, the fact that the new OCC has the potential to become a powerful stimulant for the local economy is a pretty persuasive motivating factor, too.

The public-private partnership agreement states that Plenary Justice will design, build, finance, maintain, and operate the OCC over a 30-year operating term which means not only is the Correctional Centre creating an economic



boost for the economy now, but it also promises to provide a long-term source of job creation and economic stimulus for the area. With Canada's current economy being in the state it's in, that may be just what the doctor ordered—even if that prescription does come handcuffed in an orange jumpsuit.

Okanagan Softball Camp



July in the Oliver meant softball camp where eager young players went to hone their skills.

The camp's instructors and counselors consisted of present and former collegiate and national team players and coaches; and, this year, included Pan American gold medalists and Team Canada athletes Jocelyn Cater and Jenn Salling, NAIA National Champion Carolyn Bell, and All Americans' Kaitlyn Cameron

and Peyton Fisher.

The Okanagan Softball Camp focuses on growing player development, bunting, running, hitting, throwing, and fielding. The teams compete throughout the week and are rewarded for good sportsmanship at a ceremony that is held at the end of the camp.

To learn more about this program and what to expect for next year, visit www.okanagan-softballcamp.com.

What's Happening OLIVER

Every Friday in September
Hester Creek Barbecue Lunch - 12:30 p.m.

Every Saturday in September
Music on the Patio at Hester Creek 1pm-4pm.

September 10th - Covert Farms - Farm Field Dinners - Fall Harvest 6 p.m.

September 10th - Tintahorn Creek Concert Series - 6:30 p.m.

September 24th - Covert Farms - Freak'n Farmer Race - 7:30 p.m.

September 30th - Miradoro - Hops, Grapes, and Grub - 6:30 p.m.

September 30th - Wishes in Wine Country 5:30pm.

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Monkey Metal Arts



Photo by Citabria Winger

By Citabria Winger

For some, chronic illness and physical injuries mean a stop to active living. For others, and in particular, for Doug Morton, what holds him back physically is simply rechannelled into boundless creativity. Forced into early medical retirement, Morton

combined the skills he learned during his previous careers and launched Monkey Metal Arts. Morton's wife photographs his work and helps to market the pieces.

These home, garden, and motorsport/hot rod-themed artworks are made from reclaimed materials and each piece

is completely unique. How inspiring to take old metal that would otherwise just be discarded, and turn it into something beautiful to be gifted, loved, and admired.

You can take a look at these amazing pieces on the company's Facebook page @MonkeyMetalArts as well as on Etsy.



Music in the Park: Feed your soul with good music while feeding someone in need

By Citabria Winger

Every Thursday from 6:30 to 8:30 p.m. until August 25, the Oliver Community Arts Council presents Music in the Park at the Oliver Visitor Centre, Riverside Patio.

This year, the council welcomes a new sponsor: Valley First (a division of First West Credit Union). Proceeds and donations from each event go to support its

Feed the Valley Program which the sponsor says is, "designed to raise food, funds, and awareness for local food banks. Feed the Valley was developed as a community investment program by Valley First. Feed the Valley has raised \$1,160,000 and 67,526 lbs. of food has been collected since its launch in March 2010."

For every dollar you

donate, three meals are provided. About 100,000 people use food banks in the Okanagan each month and one third of those in need are children.

Talk about donating to a good cause! If you missed this week's event, don't panic. You can attend Gospel Night on August 6 as well as shows every Thursday thereafter for the remainder of August.



Photo by Citabria Winger

By Citabria Winger

A Store on a Mountain is a family-run business based out of the breathtaking mountains in Oliver, BC, and specializes in handmade, natural bath and body products. The ingredients are so natural that many of them are grown right in the store's own private garden.

While foaming hand soap, lip balms, and

scented oils are just some of the many available products, you would be remiss not to try the store's speciality – Mountain Essential Soaps.

Depending on the batch and the ingredients, Mountain Essential Soaps are made using either the hot-process or the cold-process method. Oils such as olive, palm,

coconut, and avocado add a layer of moisturizing richness. Dried herbs, clays, micas, and milks are added to heal and cleanse the skin. Each bar is hand-cut and cured for up to six weeks.

To reward your body with the affordable, luxurious, all-natural products it deserves, visit www.AStoreOnAMountain.com.



Photos by Citabria Winger

Is divorce merely enacting the anti-male bias?

By Laura Bohnert

The Divorce Act has recently been brought into question following the death of a B.C. man who was ordered to pay his ex-wife twice his monthly income.

Darrin White, a 34-year-old father of four from Prince George, B.C., committed suicide after being ordered by the Supreme Court to pay \$2,071 a month in family support to his ex-wife Madeleine (\$1,071 in child support and \$1,000 in alimony), after she left the family home on January 18 with their three children (White's eldest child lives with his first wife). White was charged with wife assault by police on the same day.

White was on stress leave from work at the time of the Supreme Court's order and, as a result, was netting less than \$1,000 a month—less than half of his expected monthly payments.

Critics are now request-

ing a reform to challenge what they are referring to as the anti-male bias of the decades-old federal Divorce Act.

White's case in particular prompts a few challenges when posing as the poster example of this apparent injustice, though. While expecting a father to pay more than double his monthly earnings seems absurd, White was a qualified and certified railroad locomotive engineer and, while it is unclear whether or not the ordered family support payments would have been realistic given his usual monthly earnings, we can probably assume that his ordinary income when not on stress leave would have made the ordered amount seem much more reasonable—especially given the fact that the payments are intended to support three children. In addition, the judge made a point of stating that it was unrealistic to expect Mrs. White to return to work right away,

an assessment that could potentially be connected to the assault charges she claimed against her husband, if not solely for the necessity of her attending to the emotional well-being of their three children, ages five, nine, and 10, who were present at the time of conflict.

What White's case may be indicating towards is a flaw in a system that needs to use more than averages, statistics, and equations to determine acceptable payments, visitation/custody allowances, etc. A ruling extending the time allotted to White to make his first payment based on his circumstances may have made a difference when it came to his emotional well-being, but there hasn't been quite enough information released on the subject to make more than a speculative assertion.

The true conflict in this situation, however, is the fact that women seem to be gaining privileges over men in the Supreme

Court. That is the problem that is being pointed to as archaic, the fact that women still seem privy to a vulnerability bonus, even though the individuals who would point to that and declare inequality are most likely the same ones who fail to see the problem with the fact that women still don't earn as much as men in the workplace, and the fact that women are still expected to divert and sacrifice their career potential when the role of mothering comes into play. In many cases, the rulings that seem to privilege the wives over the husbands are there for a reason, but that doesn't prevent society from pointing the ever-accusing finger towards the women, the femme fatales and black widows, who are showing their bruises to manipulate the system and drive their husbands to suicide.

Of course, it's the way of the world to accuse and interrogate the victim—

unless the victim is a white male who has committed suicide; then there must be someone else we can blame.

As Jeffrey Asher, a specialist in suicide at Dawson College in Montreal, argues, "The increase in [male] suicide corresponds with social change, including the rise of feminism and easier access to divorce." Of course, feminism is the problem. Women keep getting more and more rights; they are becoming much more difficult to oppress, and it is stressing men out. Why can't we just lock these wild women away for their obvious hysteria-related defiance anymore?

Of course, that statement compares male suicide with the rise in feminism and divorce rates, but it seems to ignore other economic factors like the depression of the economy or the rise in unemployment, and it certainly doesn't offer to

compare male suicides with the number of women and children who still end up in women's shelters as a result of separation and divorce.

There is a definite problem with the system—and both men and women are forced to face the consequences—but the problem isn't how much more tiresome it is becoming to oppress women. Perhaps the problem lies in the fact that we need lawyers to battle for our rights for us in the courts which means our rights are entirely dependent upon who can afford the best lawyer—that and whose testimony is actually taken seriously in court. And, as we already know from rape testimonies and the struggle for rights to abortion, the only chance women have when it comes to receiving privileges is when there are children involved—it certainly doesn't happen when the female body itself is brought into question.

Parental kidnapping: why it happens, how it happens, and why it's always tragic

By Laura Bohnert

Child abduction is a very serious issue. In Canada, it has been estimated that one child goes missing every nine minutes. That's a pretty scary statistic, but what is perhaps more surprising is that the majority of the children who go missing do so at the hands of one of their parents.

In 2009, 237 incidents of parental abduction occurred, in contrast to 50 reported incidents of stranger abduction. Why is this statistic so high?

Parental abduction is officially described by the RCMP as "the wilful taking of a child with the intent of depriving the other parent, guardian, or any other person having lawful care and charge of that child, of the possession of that child." Even though it may not seem as serious a situation for the child, parental abduction is a criminal offence

and can have severe implications—like up to 10 years in prison or punishment on summary conviction.

The consequences for the child are worse.

Even though the child may experience some form of security as a result of the presence of the abducting parent or guardian, abduction is still a traumatic experience. The child faces the sudden loss of friends and relatives, and suddenly has to the instability of life on the run from authorities. The effects aren't just short-term. Even the child who is returned safely after a parental abduction case may experience trust issues and a fear of abandonment alongside feelings of depression, loneliness, excessive fearfulness, helplessness, and anger. In addition, he or she may develop a number of commonly

associated mental disorders including separation anxiety disorder, ADHD, PTSD, eating disorders, learning disabilities, and conduct disorder.

Of course, the remaining parent—along with all other family members, including, in particular, any left-behind siblings—will experience trauma as well, and these consequences are only taking the best case scenario into account. Things can quickly get a lot worse if the abducted child is in danger of the violent tendencies of the abducting parent.

Why do parents abduct their own children in the first place?

In most instances, the motive for abduction involves the custody battle. If one parent feels he or she has been unfairly treated or misrepresented in court, he or she may be led to a play for power through an act of

revenge.

Alternatively, a parent may abduct his or her child if he or she fears for the safety of that child. This is common in cases of spousal abuse.

In most cases, it is young children between the ages of three and seven years who become victims of parental abduction. The child is usually abducted from the home, most often during the weekend or over holidays. Mothers and fathers are both equally likely to abduct their child, although mothers tend to abduct after the court order is issued and fathers tend to abduct before. In approximately 50 per cent of cases, an accomplice (a current partner or other family member) is involved.

Most parental abduction cases are resolved within a week.

While not all parental abduction cases can

be prevented, there are a few preventative steps that can be taken. First, try to maintain an amicable relationship with your partner once the relationship fails. When you had your child, your first priority became that child's wellbeing, and whether you and your partner have stayed amicable or not, that needs to remain your prerogative as parents. It isn't uncommon for ex-couples to seek counseling after a break-up to ensure this remains possible.

It is also important that you never ignore threats of abduction, threats of harm, or stalking behaviour. If you experience this, consult with the police and a lawyer as soon as possible. Also, seek professional help or advice if your ex-partner is controlling, hostile, or violent.

In Canada, you don't have to wait to report a

missing child. Report your child missing to law enforcement immediately or, if the situation is urgent, call 911. Have your custody order or written custody agreement on hand, if possible, when you call, and make sure you have your child's identification numbers as well as a description of both your child and the abducting parent ready. Notify police of any of your child's medical conditions, and make sure you write down the incident number, the name of the officer you talk to, and a phone number you can call to follow-up.

Make sure you also try to contact the other parent every way you know how, and document any conversations or messages along with when a complete lack of communication began.

Child abduction cases should never be taken lightly—even when it's the child's loved one who is doing the abducting. No matter what the situation, the child will always be the one to suffer most.

Turn the page on human rights violations

(NC) Whether you're looking for a great read for your summer holiday or the perfect novel to curl up with for the cooler months, joining a book club is a fun way to discover new material for your must-read list. And if you're looking for one that not only offers insights on best-sellers and classics but also lets you do some good, look no further than the Amnesty International virtual book club.

Launched in 2014, Amnesty's book club features award-winning

books by Canadian authors. Recent books include relatively new novels like Station 11 by Emily St. John Mandel and old favourites like Lives of Girls and Women by Alice Munro. Detailed, high-quality discussion guides are available for each book online and offline.

What sets this book club apart is that each discussion guide includes an action you can take to help someone who is experiencing human rights violations.

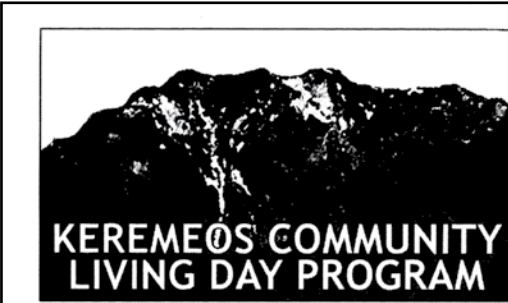
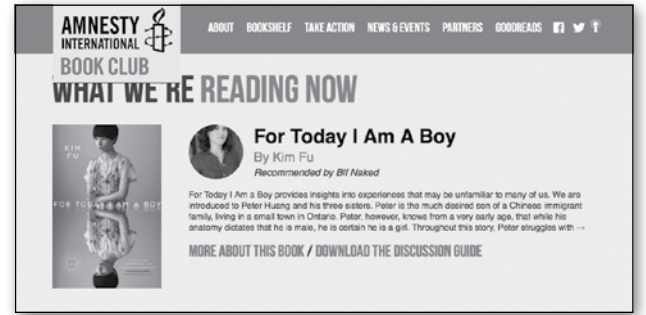
"We know reading

books like our selections builds empathy," explains Renee Saviour, Amnesty book club volunteer. "But what's really great is that you're able to do something to help someone, which I really appreciate."

The Amnesty book

club is free for anyone to join and has over 3,500 members in Canada — become one of them and start reading for more than just amusement.

Find more information at www.amnesty-bookclub.ca.



Keremeos Community Living Day Program
For Employment, Life Skills and Fun!

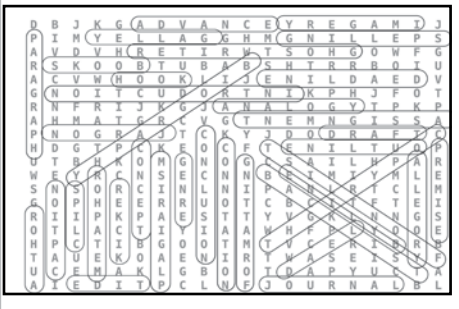
427 - 7th Street, Keremeos, B.C.
ph: 250.499.2388

Open Monday - Friday, 10 a.m. - 3 p.m.

Puzzle Solutions, did you solve the puzzle?



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



NEED AD SPACE?

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OKANAGAN SMALL DOG RESCUE

3rd Annual Wine & Cheese & Silent Auction

Saturday, September 17th
2:00 to 5:00pm

Ancient Hill Winery 4918 Anderson Road

Join us at Ancient Hill Winery for an afternoon of fun entertainment and a silent auction in support of all our small friends in need of a home.

***\$25.00 Tickets available through:**

Board members, Panorama Vet, 10051 Hwy 97, Winfield
Rosie's Grape Stop, 325A Gray Rd. Rutland
Rose Valley Veterinary Hospital, 112 - 2476 West Lake Road (West side)
and Ancient Hill Winery, 4918 Anderson Road.

* (Includes a glass of wine & entertainment.
Back by popular request the band "One Night Only"

Silent Auction items include:

🐫 Llama Duvet 🎨 Stained Glass Art
🏌️ Golf packages 🍷 And much much more!

Contact osdr12@yahoo.ca or call **250-808-1107**



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Salvation Army

- Two locations at - 318 Ellis St. 250-492-3946, 2399 South Main St. 250-492-4788
- Both stores are open Monday - Saturday from 9:00 - 5:00. Closed Sundays and statutory holidays.
- We gladly accept donations in good usable conditions, with the furniture going to

- our Ellis St location - sorry, no mattresses or large appliances.
- We offer a pick up and delivery service (Summerland to Osoyoos), call 250-490-2769 to arrange a time.
- Money raised from thrift store sales go directly back into the community, funding programs such as the local food bank, community kitchen and garden, as well as sending children to camp every year.



Mayor's Message



Sue McKortoff
Town of Osoyoos

I am honoured to be the Mayor of this wonderful town, strategically located in the South Okanagan Valley. We offer year round resort facilities and activities, while many of us are fortunate enough to live here full time.

Recognized as Canada's only pocket desert, we enjoy hot dry summers beside the warmest lake in Canada. Many generations of families have spent summers camping, picking sweet ripe fruit and boating and swimming in our lake. In 2016 Osoyoos we celebrate Canada Day with our 68th annual Cherry Fiesta parade, music and fireworks. Our Farmers' Market is held weekly from May to September, with fresh produce, artisans' crafts, wine tasting

from local award-winning wineries, and music featuring multi-talented Osoyoos musicians. We recommend a variety of activities- from biking and hiking on numerous trails, playing on championship golf courses, fishing for salmon, trout or bass, to learning about our unique ecology at our Osoyoos Desert Center or the NK'Mip Desert Cultural Centre.

Whether you are an annual summer visitor, a winter Snowbird residing at one of the many motels or resorts, or attending a conference, you will soon love our small town.

On behalf of Osoyoos Town Council and staff, I sincerely welcome you to Osoyoos. We offer "Canada's warmest welcome" to everyone.



Photos by Citabria Winger

The night market: Delights for all your senses

By Citabria Winger

Work, make dinner, pack lunches, rush the kids to sports practice, clean the house, fall asleep, wake up, and repeat, right? Take a mid-week break from the daily grind by engaging your senses at the Market on Main.

Every Wednesday from 5:30 to 8:30 p.m., the Town Square on Main Street in Osoyoos transforms into a night market. Live music wafts through the air as you peek through tempered glassware (you know

your wine will taste extra-special in a hand-crafted glass, right?), craveable sweet jam and baked goods fresh from the kitchen, jewellery in-

fused with beauty from Osoyoos' local mineral claim, artwork and crafts made by local artisans, sensuous bath and body products – your senses of

touch, smell, taste, and hearing will carry you away during this mid-week escape.

They say you can't buy happiness but you can buy local – and what can make you happier than that? You can also buy yourself a break from the everyday and get some stress and routine relief by attending the Market on Main. Like all good things, the market comes to an end with the close of summer, so don't delay. Plan to attend before the market goes away for the winter.



What's Happening

OSOYOOS

Every Saturday in September
Market on Main Street 8am-1pm.

September 10th - Rotary Lobster on the Beach.

Watermark Beach Resort 6pm-9pm.

September 25th - Wine Country Drag Racing.

Osoyoos Airport 9am-4pm times are approximate.

3 local activities you need to try this summer

(NC) Late summer weather and changing seasonal colours create the perfect atmosphere for exploring your city or town. But pleasant local outings can be daunting for women with sensitive bladders. From finding the nearest bathroom to worrying about sudden leaks, bladder leaks can hamper even the best plans – even if you’re only a few neighbourhoods away from home.

“Urinary incontinence affects one in three women between ages 18 and 75, but it doesn’t have to hold you back from the activities you enjoy,” says Barbara Hannah

Grufferman, positive aging expert and best-selling author of *The Best of Everything After 50*. “Keep doing the things you love, and with a few tips to help manage your sensitive bladder, those little leaks can feel like no big deal!”

This fall, don’t let bladder leaks stop you from enjoying life. Have fun with these local activities and keep in mind that although managing urinary incontinence on the go can be frustrating, the right products and tips will let you tackle anything and everything.

1 Farmers’ markets. Farmers’ markets are

a great place to pick up fresh fruit and vegetables for the coming week. Look online or ask around to find one in your area. A healthy diet can help reduce the risk of bladder leaks, making your afternoon outings even more enjoyable.

2 Sporting events. Grab tickets to check out a local game — baseball, soccer, and football all guarantee an entertaining and action-filled day. And don’t worry about long lines for the ladies’ room, with Always Discreet pads’ dual LeakGuards that offer the protection you need to stop leaks where they

happen most often.

3 Get active outdoors. A sensitive bladder can make you hesitant to participate in healthy physical activities, especially if you’ll be outdoors where bathrooms can be few and far between. Whether you want to play a round of golf, go for a hike or hit the batting cages, get in on the action by using products designed to support women with light bladder leaks that’ll let you enjoy your favourite activities without worry.

Find more tips and advice at www.alwaysdiscreet.ca.



Sunburn and skin cancer

Sunburn can be a painful, unsightly consequence of too much unprotected time spent in the sun. But sunburn is more than just a temporary nuisance. According to the Skin Cancer Foundation, sunburn can cause long-lasting damage to the skin and increase a person’s risk of developing skin cancer.

Sunburn tends to be so common, particularly during the warmer months of the year, that many people may con-

sider it a relatively harmless byproduct of spending time outside under the sun. But the United Kingdom-based charitable organization Cancer Research UK notes that getting painful sunburn just once every two years can triple a person’s risk of developing melanoma, the most dangerous form of skin cancer. A better understanding of sunburn and its relationship with skin cancer may encourage more people to prioritize protecting their skin

when spending time in the sun.

Am I always vulnerable to sunburn?

Though many people may only get sunburns on hot days, that’s not because the skin is not



susceptible to sunburn year-round. In fact, sunburn can occur any time of year because it’s caused by ultraviolet radiation, which has nothing to do with the temperature. Many people only spend

time outdoors on hot days; hence, the reason they may only suffer sunburn in late spring and summer. Since sunburn can occur at any time of year, it’s imperative that skin is covered up and sunscreen is applied regardless of what time of year a person is enjoying the great outdoors.

Am I out of the woods once my skin peels?

People who have experienced sunburn may have noticed their skin

peeling in the days after they were burned, though not every sunburn victim’s skin peels. Peeling is how the body rids itself of the damaged cells that can lead to cancer. But just because a sunburn victim’s skin peels post-sunburn does not mean that person has necessarily dodged the skin cancer bullet. Some damage may remain after skin peels, and that remaining damage can still make sunburn sufferers vulnerable to skin cancer.

Healthy seniors show their hearts some love

(NC) Living the life you want as you get older is possible with new advancements in medications and treatments. These innovations help aging Canadians lead happy and healthy lives and create new memories with loved ones, but can also come with concerns.

This is especially true for those taking oral anticoagulants (blood thinners) for atrial

fibrillation (AFib). Approximately 350,000 Canadians have this irregular heartbeat disorder which can lead to severe and debilitating strokes. AFib is responsible for up to 15 per cent of all strokes and is more prevalent with age as the incidence doubles with each decade of life after 55.

Treating AFib with oral anticoagulants has been shown to reduce

the risk of stroke, however this comes with a rare but increased risk of bleeding in an emergency.

Fortunately one of the newer treatment options is now the first and only novel oral anticoagulant to have a specific antidote for use in emergency situations. The reversal agent stops the blood-thinning effects of this particular an-

ticoagulant if there is an urgent need, such as emergency surgery.

Thinking about your health as you age becomes even more important, but you need to make the effort to stay informed about any medical conditions and new treatment options. If you or a loved one has AFib ask your doctor about treatment options because life is unpredictable and you never know when an emergency might occur.

Make safety your number one priority, and ask your doctor for more information.

Despite the ongoing efforts to study cancer and cancer treatments, in many ways the disease remains a mystery to researchers and medical professionals alike. According to data published by the research-based healthcare company Roche, for reasons that are not entirely understood, breast cancer is more common in the left breast than the right. The left breast is 5 to 10 percent more likely to develop cancer than the right breast. The left side of the body is also 10 percent more vulnerable to the skin cancer melanoma than the right side of the body.



Have an investment? Here are 3 things you need to know

(NC) A new series of investment reforms are being phased in by Canadian investment regulators to improve transparency and disclosure. Called the Client Relationship Model — Phase 2 or CRM2, the reforms sound like a character out of the latest Star Wars, but the new information it brings will make you a smarter investor.

Phased in over three years, the most important CRM2 requirements come into effect this summer. Silvio Stroescu, vice president of depos-

its and investments at Tangerine outlines three things you should know about the changes:

1 You'll know the exact dollar amounts you're paying to your investment dealer. Once a year, your investment dealer will send you a report summarizing compensation earned such as trailing commission(s), in actual dollars, as well other earnings such as deferred sales charges or referral fees. This report will also provide a summary of other account

charges like annual administration and transaction fees.

2 You'll get a more complete picture of your return on investment. Annually, you'll receive a report that provides your personal portfolio performance for the previous year and since opening your account. Previously, firms only had to disclose the rate of return for the fund overall. This additional information will tell you if you're making money so you can ensure your investments are aligned

with your long-term goals.

3 You may not see this information right away. It's important to remember that although the new requirements described above come into effect July 15, 2016, most firms provide information on a calendar year basis. This means most investors will start getting their reports in early 2017.

Learn more about how CRM2 affects Canadian investors at www.tangerine.ca/forwardthinking/investing/what-is-crm-2.



How new tax benefit notices are making life easier



(NC) With newly designed tax benefits correspondence from the Canada Revenue Agency, it's now easier than ever to find what you're looking for. Now, all the information you need is all on the first page.

As part of an initiative to improve the way it serves and communicates with Canadians, the CRA made changes to the readability, design and accessibility of its correspondence in both paper and electronic

formats. The new correspondence was also tested with real Canadians to make sure that the design was functional and that the message was clear.

In July 2016, the CRA started sending its simplified notices for the Canada child benefit and the goods and sales tax/harmonized sales tax credit. Each piece of benefit correspondence provides specific information on your tax situation, including your tax

obligations and personalized benefit information. The most important information is clearly set out with the account summary displayed on the first page. The simplified text makes it easier to understand why you received the correspondence, and what action, if any, is required.

The CRA's online services are also simplifying things, with a self-service portal that includes direct deposit options and assistance

for people with hearing or visual impairments. There is even a MyBenefits CRA App.

Whether you apply for, receive, or owe money related to your benefits notices, the important information is now easier to find and understand. Keep an eye out for more changes to your notices in the next few months.

Learn more about changes to CRA correspondence at www.cra.gc.ca/noticesandletters.

How to become a smarter investor

(NC) If you're like many investors, you may not know exactly what you're paying for your financial investments or how your investment dealers are compensated for their services. Fortunately, there are new regulations being rolled out over a three-year period designed to bring more transparency to the industry.

Called the Client Relationship Model — Phase

2 or CRM2, the disclosure and information it brings will make you a smarter investor.

"The final set of CRM2 changes (effective as of July 15, 2016) will result in investors seeing two new annual reports," explains Joe Snyder, product management analyst at Tangerine. "The first report will show investors the charges and investment dealer compensation for their invest-

ments in dollars, not just percentages. The second will be an annual report summarizing account performance activity during the year and since opening your account."

It's important to remember that most firms provide information on a calendar year basis, so most investors will start getting their reports in early 2017.

"These new changes are a step in the right

direction as they will allow investors to be more informed about what they're paying for the services they're receiving," says Snyder. "At Tangerine we've always advocated for simplicity and transparency and this is why our Funds charge a management expense ratio of 1.07%, which is about half the industry average, and we don't charge commissions like deferred sales charges."



Kid Scoop.com

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE

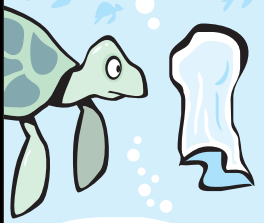


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WATCH YOUR WASTE!

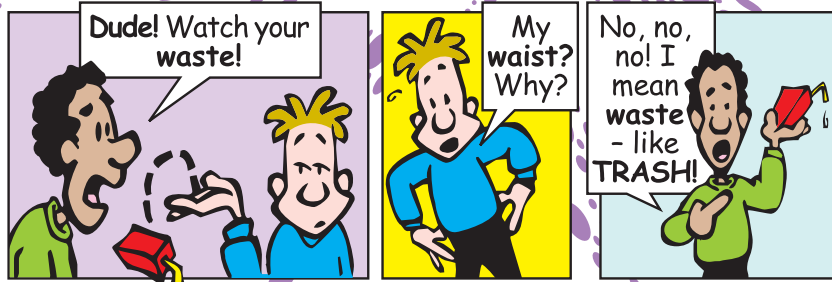
Litter Can Kill

Not only does litter look ugly, it can cause serious harm to wild animals – even to animals that live far away from where the litter was first dropped. Some litter looks like food. Other litter can tangle animals, leaving them trapped so that they can't find food or escape predators.



Litter can wash into rivers and streams and be carried to oceans and bays. There, birds, sea turtles and even whales can become entangled. Sea turtles mistake plastic bags for jellyfish and try to eat them. Eating plastic bags is very dangerous for any animal.

Standards Link: Life Science: Living things cause changes in the environment and some of these changes are detrimental to other organisms.



Problem Poppers

Do you like helium-filled balloons? They are fun to _____ and bat around.

When these balloons are let loose, they float up into the air and seem to _____. But they don't.

Ultimately these balloons lose their _____ and fall back to earth as litter. Some end up in the _____ where marine animals, especially sea turtles, eat them. The swallowed balloons can block air _____ or get caught in the animal's _____. Either way, balloons can be dangerous.

Standards Link: Reading Comprehension: Use context clues to understand the meaning of words and sentences.

Litter Hunt

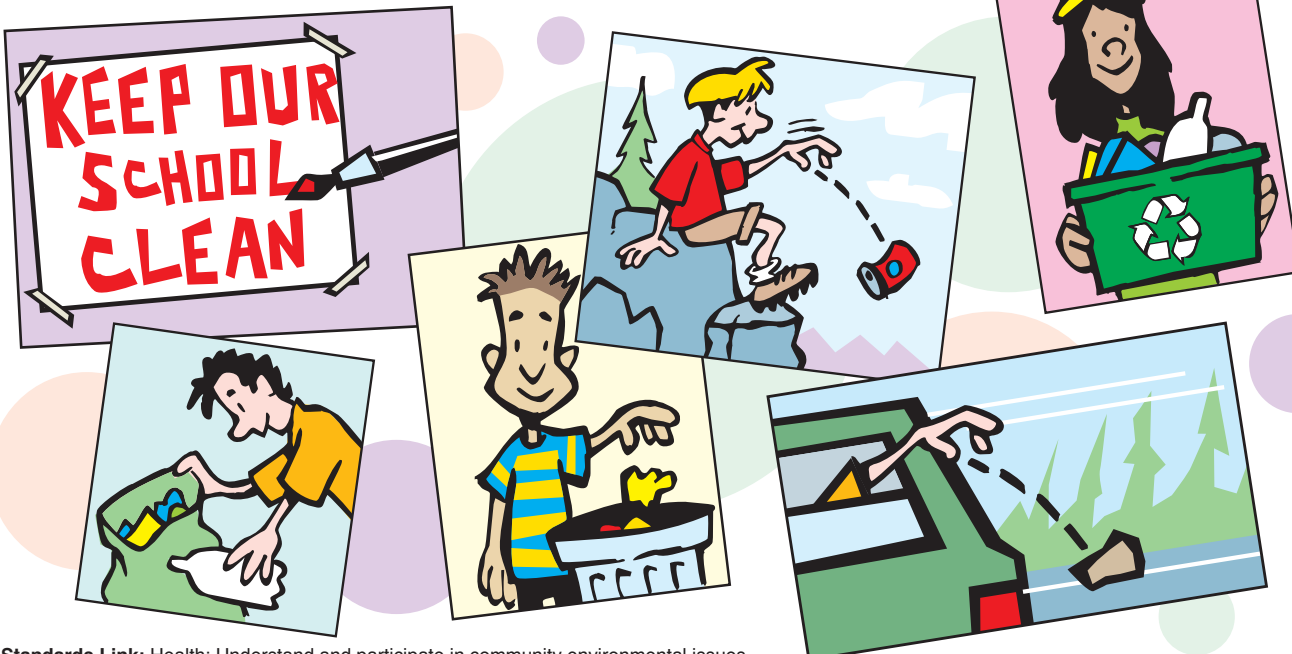
Circle all of the litter hidden in the park. Draw a line from the litter to where it should go.



Standards Link: Reading Comprehension: Follow simple written directions. Health: Understand and participate in community environmental issues.

YOU Can Help Stop Litter!

Circle the things you can do to keep your community clean and beautiful.



Standards Link: Health: Understand and participate in community environmental issues.

BALLOON SAFETY TIPS

Replace the missing words.



Keep Mylar balloons _____.

Outside, a Mylar balloon needs to be _____ down or attached to a weight.

When getting rid of Mylar balloons, make sure to poke _____ in them to be sure left over helium doesn't cause them to _____ and blow around if the garbage container is overturned.

If a Mylar balloon, kite or any object becomes _____ in an overhead power line, call 9-1-1 or 1-800-743-5000. Do not try to _____ it yourself.



Write On!

If I Were a Teacher

How would you set up your classroom? What rules would you have? What subject would you teach?

Standards Link: Number Sense: Calculate sums using money amounts to \$500.

Mayor's Message



Manfred Bauer
Village of Keremeos

“We have so much to offer in Keremeos located in the beautiful sunny Similkameen Valley. Whether you like to swim in the fresh, clean waters of the Similkameen River, or take a leisurely rafting trip through stunning scenery, Keremeos is the place to do it. Hiking, horseback riding or just a pleasant walk along the river banks – we have it all. Golfers are only half an hour away drive away

from the greens and for those who are looking for wildlife or rare flora the area offers plenty of both. The area is a blossoming paradise in the spring when all the orchards and vineyards are in bloom and the many fruit stands and wineries are testimony to the fine quality of products offered here. Perhaps you can find the time to come to one of our many community events”.

Kars under the K: This Show and Shine is all about family fun



By Citabria Winger

For 15 years the annual Show and Shine has been bringing families and vehicles together for a day of fun, and this year's Kars under the K show was no exception.

Free swimming for the kids and a pancake breakfast went nicely with the outstanding turnout of vintage cars, trucks, tractors, sporty muscle cars, street rods and, of course, the classic cars. Vehicle-themed events kept the day busy, but also fun and relaxing. All this was set against the stunning backdrop of the mountain-surrounded town of Keremeos.

As a non-profit organization, Kars under the K supports and raises attention and funds for local causes. The organization is also a supporter of the Keremeos Legion and Keremeos Elks.

If you missed out on the Show and Shine this year, be sure to join the fun next year. Save the date!

Photos by Citabria Winger

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Eat a great lunch and support a great program



Photo by Citabria Winger

By Citabria Winger

The Keremeos Community Living Day Program supports disabled residents, and you can help by simply eating lunch. This summer you'll find the program's hot dog cart on Main Street every Wednesday and Friday from 11:30 a.m. to 1:30 p.m. In addition to hot dogs, you can get chips, pop, hamburgers, and even a vegetarian hamburger! Every time you make a purchase from the cart, you are helping to fund the needs of the program.

The program also needs volunteers for events throughout the year. To learn more, please visit the Keremeos Community Living Day Program's Facebook page.

Keremeos Recreation Centre has a lot to offer



Photos by Citabria Winger

The Similkameen Recreation Centre on 9th Street in Keremeos houses a number of things such as bowling, racquetball courts, a skating rink, as well as a fully-equipped gym. An excellent place to keep healthy and active in the summer and winter with many options available, there is something here for everyone! The gym features two floors including cardio equipment, free weights, mats, benches, machines, mirrors, and everything else you need to smash a workout and your goals. Upstairs you will find a complete weight room including a heavy dumbbell rack with weights over 20 lbs., a free-range squat rack, leg press, and a number of other machines. The recreation centre is a place for adults, youth, and children where each will find like-minded people focused on living a healthy and happy life. It is open from 5:30 a.m. to 9 p.m. giving you plenty of time to get there no matter how busy your day.

Okanagan Falls has it all Keeping cool in Kaleden



The Okanagan Falls region provides more than beautiful scenery. In the area you'll find accommodations, hiking and biking

trails, outdoor sports, wine tasting, festivals, and rock climbing – to name just a few of the many things to do, see, and experience.

Make it your vacation spot for the summer or plan a weekend getaway. The Okanagan Falls region never disappoints.



Good things come in small packages and the small town of Kaleden is no exception. Here you'll find some of the best views of Skaha

Lake along with vineyards, orchards, golf, beaches, and water-sports. With a wine festival, an ale festival, a hot jazz festival, and a

bounty of outdoor activities to enjoy, it's no wonder the tourists and locals alike love to spend time in the beautiful town of Kaleden.



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Photo of the month



Looking for treasure? Visit the Sunday Yard Sale in Hedley!



By Citabria Winger

Why spend another Sunday just sitting in front of the television or catching up on yard work? It's time for something new and exciting so this Sunday, head down to the Sunday Yard Sale in Hedley.

Here you'll chat with like-minded treasure seekers as you snap up homemade baked goods, one-of-a-kind jewelry, vintage comics, art, home décor, and so much more. These are all from local vendors; anyone looking for those unique, boutique items that don't come from big box retail stores is going to be richly rewarded.

The Sunday Yard Sale in Hedley runs every Sunday from 9 a.m. to 4 p.m.

Remember, a Sunday well spent brings a week of content, so start your week off right with a visit to this exciting local venue.

Photo by Citabria Winger

KEEPING OUR COMMUNITIES CONNECTED



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