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Sharon MacKenzie

THE OLD SCHOOL ISSUE



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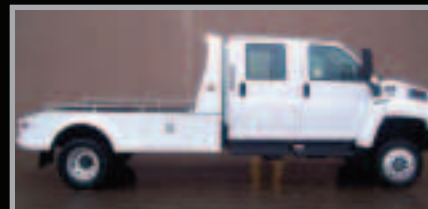
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Looking forward to school - through new lenses! by Christine Pilgrim

"What does it mean to become educated?" asks veteran teacher Sharon MacKenzie.

Even as a youngster, Sharon thought outside the box. She would scrutinize the stars through her Crackerjack telescope and picture her place in the Universe, aware that she must consciously make the most of each moment lived on our own planet. And she has maintained that maxim ever since.

As most teachers file back to their regular classrooms with their students, she takes her class from Kidston Elementary in Coldstream (near Vernon) to a makeshift classroom in a chapel at Coldstream Meadows Retirement Community. The children work with the seniors who live there, setting tables, joining in games and exercises, going for walks, running errands, massaging hands... "It's remarkable how a simple act like massaging hands can be such a helpful tool in breaking down barriers created by gated communities and our modern, often insular way of life in front of computers, television and video games," says Sharon.

Her inter-generational immersion project has been running successfully for the past six years. Previously, she'd found that during students' brief periodic visits to seniors' homes, both parties remained alienated. According to youth, old people were "slow and cranky" while elders considered children "noisy and rude". These prejudices are dissipated when students spend five weeks in the fall and another three in spring 'in residence' at Coldstream Meadows, with regular visits in between. All subject areas directly link to the elderly and one-on-one sessions provide opportunities for students and seniors to 'buddy up' voluntarily for one to two hours each day. While children learn to be respectful and take responsibility seriously, seniors become resources, acting as sages to their young protégés. Both are empowered by the feeling of making a difference.



Learning together, Photos supplied

Local film-maker Jim Elderton has made a documentary about the Coldstream Meadows Project, entitled *Whose Grandma Are You?* It will be screened at Vernon's Performing Arts Centre at 2pm on Sunday, September 23rd. Admission is by donation. Sharon, her students and some of the seniors involved will be present to answer questions. So will CBC host Shelagh Rogers. One of Shelagh's *Sounds Like Canada* programs was devoted to this project.

Toronto journalist and activist, the late June Callwood, also lent enormous support to Sharon MacKenzie and her work. In fact, her innovative approach to education has caught the attention of the Governor General of Canada Michaele Jean, and the Lt. Governor of B.C. Iona Campagnola, as well as the Ministry of Education.

Sharon explains the traditional educational framework by shaping a pyramid to illustrate the current hierarchy in education, with ministers and administrators at the peak, down to teachers, and finally students at the base. She pivots the triangle from a vertical to a horizontal position to illustrate the philosophy she follows: by working together and co-partnering at a grass roots level, children, educational

facilitators and the community share in the lived-experience of becoming educated.

The Meadows School Project is just one element in Sharon's overall approach. She believes that children learn to become responsible, intelligent, contributing citizens by going into the community. For instance, she takes her class to different places of spiritual practice in the area - from Jewish Synagogues to Roman Catholic and Protestant Churches, and then to Sikh and Buddhist Temples - so students can observe the many differences and root similarities. She is also looking for an Islamic group interested in a visit.

Then, her class spends several days in residence at UBC's Okanagan Campus where they get an opportunity to experience university life, including labs and lectures.

Field studies abound - to the Kingfisher and Allan Brooks Nature Centres, the Okanagan Science Centre, Vernon's Museum and Archives, the Art Gallery and local parks, historic sites and businesses. The resource list is the community.

Students also establish small businesses at school, having studied business 'in house' through job shadows around the community.

Young mothers bring their infants on a monthly basis so the class can learn how to nurture and monitor their development. This also gives the children insight into their own development and the aging issues that seniors face.

"What learning lasts a lifetime?" Sharon asks. Believing that we learn best through experiencing the world, she works to make the curriculum connect to living.



This interactive way of learning is, to her mind, the most authentic. All concerned emerge richer from the experience. She learns from her students, as they do from the citizens they encounter, as do those citizens, each from the other. And in the process, students are actually working, and understanding through doing so.

Another part of Sharon's mandate is to encourage her students to take responsibility for their actions concerning the environment. They learn about resourcefulness and reducing waste, using biodegradable products, eating healthily and locally, and being active every day. They write letters to manufacturers about unnecessary packaging. When someone waters the pavement instead of the plants or a vehicle idles when the engine could be switched off, they respectfully make their concerns known.

Sharon relates a favourite metaphor, "If Planet Earth was the size of an apple then the thin red skin would represent the thickness of the atmosphere. If we destroy that, we destroy the home for all human life, our life!"

In an attempt to further her reconceptualization of education, Sharon is writing a

Sharon MacKenzie, cont'd on page 18

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Highway

Home

99, Cache Creek to Lillooet

by TJ Wallis

Mercy sakes alive, looks like we got us a convoy ...

Some will argue that a half ton truck pulling a 22 foot travel trailer, and a SUV pulling a 16 foot TAB trailer do not a convoy make, but since we were equipped with two walkie talkies, it seemed an appropriate label. And I suspect the traffic we held up for miles on end cursed our convoy.

But we weren't on some sissy road that you can whip down at breakneck speed with no risk to life or limb. We were proceeding down Highway 99 - two couples - two rigs, at the start of a 12 day circle tour of Highway 99, Whistler, The Sunshine Coast and Vancouver Island.

We decided to take Hwy 99 for the first leg of our tour because everyone told us not to. There are several ways to drive to Whistler from the Thompson Okanagan, but we wanted to take the road less traveled. And none of us had traveled Highway 99. We wanted to see something different, to experience something new. We wanted an adventure.

No problem there.

As soon as we turned onto Highway 99, just past Cache Creek at Hat Creek Ranch**, the stark difference in landscape revealed itself, and we weren't in Kansas anymore. OK, maybe the sage brush and dusty road was reminiscent of Dorothy's farmhouse before the tornado, except Highway 99 is anything but flat. We're talking rugged. We're talking steep, and

windier than the Yellow brick road. There are some sections with 45 degree corners and 15 percent grades.

It was easy to see why semi trucks choose an alternate route. The road forces you to slow down and smell the sagebrush. It became apparent how slow we were traveling when a Smart car overtook our convoy near Pavillion.

Oh well, this wasn't a race. I was too caught up in the incredible landscape, snapping photos out the side window, to concern myself with minor details of driving and speed. That was my husband's job.

The geography on this route is completely different and utterly beautiful. The variations in geology are nothing short of amazing. The highway takes you past Marble Canyon Provincial Park, tucked in a limestone canyon in the rugged Pavilion Mountain Range. Marble Canyon Park is a popular spot for ice and rock climbers, as well as paddlers who can canoe or kayak in the park's three lakes, Turquoise Lake, Crown Lake and Pavilion Lake.

Chimney Rock, near Marble Canyon, is a geological spire that resembles ancient ruins and sits atop a series of weathered peaks.

On this highway, you travel from desert to high mountain plateaus. It's difficult to take in the beauty of the astonishing canyons below unless you pull out at one of the viewpoints. It's well worth the stop. You might want to check your brakes while you're at it.

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The descent into Lillooet is at a 15 percent grade. Nestled on the banks of the Fraser River, Lillooet is renowned for stunning mountain scenery and legendary history. The St'at'imc people were the area's first inhabitants, arriving thousands of years ago. Lillooet would later become Mile Zero of the original road to the Cariboo goldfields, leading prospectors during the Cariboo Gold Rush of the 1860s.

CONVOY cont'd on pg 25

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and Away

View from the Wato

story & photos by Don Sawyer

A brief overview of recent headlines about Africa says it all — Africa is a place of intractable poverty, eternal warfare and aid-squandering corruption: “Spotlight falls on corruption in Africa,” “Impoverished Africa needs allies,” “African child soldiers create lost generation,” “Africa struggles with crime, war, corruption and AIDS.” Even Africa uber-champion Stephen Lewis describes African nations as “spectral caricatures of their former selves” that have lost their “vitality, growth and boundless expectation.”

With some trepidation at disagreeing with Stephen Lewis on any issue related to Africa, I would like to suggest that, despite the ravages visited upon Africa, much of the continent retains the same energy, hope and indomitability he discovered there as a youth.

After working in West Africa for the past 15 years, despite all the horrors and heart-



Don at the Larabanga mosque in northern Ghana. The mosque is of mud construction and was built about 500 years ago, making it one of the oldest in West Africa

break I have seen, I retain a sense of irrational hope and optimism. Not, certainly, because of any belated Western debt-relief package or increased willingness to sincerely address the monstrous imbalance of global wealth distribution, but because of the resourcefulness and determination of Africans themselves.

To get a glimpse of Africa's astonishing resilience and energy, join me for a beer at the Wato Bar in the centre of Accra, Ghana. The Wato has undergone a facelift over the past couple of years, but the “wonderful seediness” the tour books refer to is still there, steeped into the cement railings that thrust out into Lutterodt Circle like the prow of a ship. A rather rusty, down-at-the-heels tramp steamer, but a ship nonetheless.

Tables are scattered along the railing of the second-storey bar for passengers of all sorts — solo backpackers, Ghanaian students, Canadian aid workers, Accra couples out for a cold Star beer on a hot night.

The bow of the Wato extends out into the roily sea of Africa. Lutterodt Circle, once a real circle where the ebb and flow of Accra life proceeded unimpeded, has now been made more orderly by some foreign traffic consultant with stoplights and one-way streets. But even these changes can't check the activity below. Between the upper green metal rail and the lower cement wall is framed all of Africa - - restless, vivid, moving with its own pace and flow.

It's all there. The women carrying impossibly heavy buckets of water on their heads, and somehow not spilling a drop as they hurry over curbs and between vehicles. The honking tro-tros, doors wide open, inviting passengers to jump in on the run. The dozens of yellow-panelled taxis waiting impatiently at the new stop lights. The children playing with ordinary drinking straws on the sidewalk. Older children coming home from school, looking sharp in their uniforms of beige shirts and tan shorts. Dignified women walking with pans of fish or piles of oranges on their heads. Street vendors selling beef kabobs, fried pig skin or sweet round cakes, at night in the smelly light of kerosene torches. And a madman in rags wandering through the heavy traffic, his illness somehow a charm against collision.



Street scene in downtown Accra near the WATO bar

Over here near the post office a man has spread out a board of socks for sale, hundreds of pairs of socks. At the intersection an ancient Bedford truck, piled high with brown burlap bags of charcoal from the north and several people perched precariously on top, belches black smoke. A young couple, him in a stunningly white shirt, walk hand in hand in front of the truck across the circle and disappear down Nettoy Road. A single man, about my age, with white chin whiskers leans against a sign post. We watch him for a moment, noticing a slight smile on his dark face.

Three young women (sisters?), all in long dresses of bright printed cloth, clasp hands gently and sway across the circle. Below us children run after each other, angrily shouting in Ga. Their bright smiles let us know the anger is part of the game. A young boy with a tiny home-made kite weaves through the traffic, somehow keeping one eye on the string and the other on the cars, trying to get his paper triangle aloft in the tricky breezes off the ocean not far away.

The Wato Club is on the edge of Jamestown, the oldest part of the city. On our left, rusted metal roofs form a jumbled patchwork. Louvered colonial window shutters hang lopsided and in disrepair. The grey unpainted wood of the buildings blend into a general sense of decay and dishevelment.

But the real Africa is in the circle in front of us, energetic, resourceful. Below, the stream of howling cars and crossing merchants and lovers continues unabated. The speakers from the cassette seller on the street below are belting out Highlife music. On the far edge of the circle, a building that lay uncompleted for six years is being finished. A young man grabs the back handles of a moving bus and pulls himself onto the bumper, grinning.

The view from the Wato is a microcosm of the continent, a place of committed, capable and imaginative people. Despite everything, its societies retain solid foundations of community, family and a long history of overcoming adversity.

Despite the very real “weight of oppression and despair” Mr. Lewis describes and the gloom and doom of daily headlines, don't count Africa out yet.

Don Sawyer is an educator and writer living with his wife, Jan, in Salmon Arm, BC. Don recently retired from Okanagan College, where he taught adult education, served as the college's ABE Department Chair and Director of the International Development Centre. Don coordinated and managed five CIDA-funded development projects in West Africa, including the West African Rural Development Centre (WARD) project. WARD was the focus of an award-winning Knowledge Network documentary, The Gambia: Communities in Action, and a 2005 Canadian Awards for International Co-operation finalist.

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Editor's Notes

Lifelong Learning

We've all heard it said that you can't teach an old dog new tricks ... but is it true?

The simple answer is No. Old dogs can learn new tricks, as evidenced by my remarkable dog, Swiffer, who was 4 when we got her from the SPCA. She'd spent her whole life in a cage at a puppy mill and was not house-trained. The SPCA staff warned us this dog might be too old to be housetrained, but we decided to take a chance. Within a couple of weeks, Swiffer was totally housebroken.

But does the idiom hold true in human terms? Is it difficult for someone who has been doing something one way for a long time to learn how to do it a new way?

There is certainly plenty of evidence to indicate that old dogs do learn new tricks all the time. Take for example, Phyllis Turner. She's a 94 year old Australian great-great grandmother who left primary school at 12 to help her mother look after her siblings when her father left the family. She returned to study almost 60 years later, enrolling at the prestigious Adelaide University to study anthropology at age 70, winning honors in 2002 before moving on to her masters, which she received in August 2007.

Mrs. Turner completed a research based paper into the anthropological history of Australia prior to European settlement. Wow, that's pretty heady stuff. And I was feeling overwhelmed just because I had to write an article on what I did for my summer holidays (See pg. 4)

Mrs. Turner is certainly not the only senior to seek out higher education in their golden years. Nola Ochs is the oldest person ever to receive a bachelor's degree. At age 95, with a 3.7 GPA, this grandmother of thirteen and great grandmother of fifteen chose to live in student housing while working toward her degree. Going to school is one thing; living with all those noisy, young people – that's just crazy.

Education for older adults is more essential than it has ever been. One of the reasons why lifelong education has become so important is the acceleration of scientific and technological progress. I still can't program the VCR, never mind the DVD player. I can't get my head around text messaging and downloading music to an iPod, but is it that I can't learn, or am I just not that interested.

Perhaps it is less about inability to learn new tricks and more about a lack of desire to learn about new and modern things.

But for those things I am interested in learning, there's plenty of opportunity to gain knowledge. Every community offers courses, formal and informal, specifically geared toward the 50 plus age group, though we certainly aren't limited to "age-related" classes.

Courses can be on virtually any topic, from gold panning to anthropology, flower arranging to photography and financial planning. Even if we are not receiving formal education by attending a higher learning institute, we are always learning. Life lessons certainly don't stop at age 50.

Contact your local college or university for information on what they have to offer. Keep your eyes peeled in North of 50 for upcoming classes. The Society for Learning in Retirement offers a great social and learning environment without pressure. Visit their website at www.slrelowna.ca

In Kamloops, contact the Kamloops Adult Learners Society (KALS), a non-profit organization whose mission is to increase the availability and access of educational opportunities in the Kamloops-Thompson region for retired adult learners who wish to enrich their lifestyle through life long learning. Their website is: www.kals.ca



Confronting our Aging 'Problem'

I promised last month to continue my series on the economics of food with a look at the health of our ocean harvest. However, since then Statistics Canada released the 2006 Census report on the aging of the Canadian population, and the media has been full of dire warnings of a coming age crisis. I thought, therefore, I should take a brief respite from the 'food-we-eat' series to take a

more in-depth look at the issue of the aging of our population.

The Globe and Mail headline (Wednesday, July 18) was "The economic challenge of age" which chose to feature the prospect of a declining labour force as post-war baby boomers begin to retire from the labour market. "Census-takers have given Canada less than a decade to kick its economic addiction to labour and find new ways to grow." The paper reports that by 2016 the number of workers retiring will exceed the number of young workers entering the labour market.

This has serious implications for the Canadian economy. The labour force will actually begin to shrink, cutting into economic growth. From here on in, growth will come only through productivity increase, more investment in both human and physical capital, and older workers returning to, or continuing past normal retirement age in, the labour force. Of course, it is more complex than that. In the past, young people, educated in the latest knowledge, went on to post-secondary education and training in trade schools, universities and colleges and brought that investment into the work place when they got their first jobs.

Throughout their work life, however, workers learn skills on-the-job and through practical experience that complement and enhance earlier academic education and training. Indeed, it is on-the-job training and experience that is the biggest single component of labour productivity growth in the economy. When the number of workers leaving the labour force exceeds the number entering, not only do we lose the human capital learned by retiring workers in their early days in schools, but we also lose their great wealth of experience and work-skills acquired in the workplace.

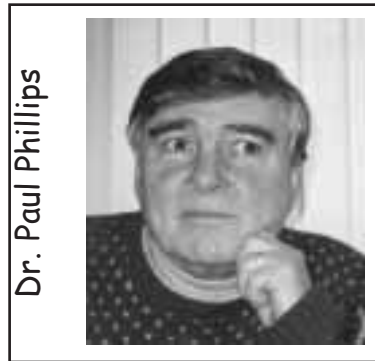
This problem is not unique to Canada. Indeed, Canada is way down the list of industrial countries when it comes to the percentage of the population over 65 years of age. Canada has 13.7 per cent of its population in the seniors category, marginally higher than the US at 12 per cent. In contrast, France and Great Britain have 16 per cent while Germany and Italy top the European countries at 19 per cent. Among the developed countries, Japan is highest at 20 per cent. Many economists and business spokesmen argue that the only solution to this problem is either the promotion of a higher birth rate or increased immigration. Many countries and jurisdictions are offering higher and higher incentives to families to have more children. Quebec has the highest incentives in Canada. In British Columbia and the Okanagan the call has been for more immigration and population. One can only look with dismay at the rapid gobbling up of arable land in the Okanagan for increasingly dysfunctional housing 'developments' (sic). Both these so-called solutions are simply unsustainable. The world population is currently above 6 billion and headed to level off at around 9 billion. Yet we know from scientific data that, without augmenting our food supply by the burning of fossil fuels, the total population the earth can sustain is around 2 to 3 billion. We are about to run out of supplies of oil and, even if we don't and continue to 'eat' fossil fuel subsidized food, the atmosphere will heat up to the point of a major-die off, perhaps even extinction, of the world population. In short, we should be glad that our population is about to fall, and the faster the better.

How then do we deal with the labour force problem. First, the economy and the labour force simply can not continue to grow. We ignore this scientific fact at our peril. The first solution, therefore, is to cap our expectations about consuming more and more and accumulating more and more 'stuff'. The second solution is to invest in more education and training of our older workers so that they can replace those that retire and also raise the productivity of workers remaining in the labour force.

The third solution is to redesign the workplace and make work practices more flexible so that older workers can voluntarily continue working, with regular wages and benefits, beyond the current normal retirement age of 65. A few years ago, I was involved in a strike by University of Manitoba faculty to stop the mandatory retirement policy imposed by the University and the Provincial Conservative Government. How stupid was that policy in retrospect?

Next Month: Back to the Food We Eat – The Fisheries

If you have thoughts or questions on this or any other economics issue, write me, care of: North of 50, Box 100, Armstrong, BC V0E 1B0; or email me at phillipsp@shaw.ca. A native of BC, Paul Phillips recently retired to Vernon after teaching economics at the University of Manitoba for 34 years, specializing in Canadian Economic policy and labour economics. He has recently been elected Professor Emeritus in Economics at the University of Manitoba and Professor of American Studies at the University of Ljubljana, Slovenia.



Dr. Paul Phillips

SAFETY IS A PRIORITY AS KIDS HEAD BACK TO SCHOOL

It won't be long before children will be back in school. As drivers, we need to focus on making the roads safer for our children and to re-familiarize ourselves with safe driving tips. Each year in Canada, more than 4,000 children are hit by motor vehicles while playing outdoors or walking to school. Young Drivers Of Canada offers the following advice to drivers of all ages.

SCHOOL ZONES and SCHOOL BUS SAFETY

- ➡ Look well ahead to spot school buses and school zone signs.
- ➡ Reduce speed in school zones (40 km/h in most of Canada and 30 km/h in Alberta), and wait for children to complete their crossing completely before proceeding.
- ➡ If you are driving your children or grandchildren to school, drop them off in a safe area away from traffic (most schools now have designated drop off zones).
- ➡ Stop at least 20 metres behind a school bus when the upper red lights begin to flash.
- ➡ Motorists traveling in both directions must stop for the school bus except if the road is divided by a median.
- ➡ Do not proceed until the school bus "stop sign" is closed and the red lights stop flashing.
- ➡ Use the Ground Viewing technique by scanning under parked vehicles for the feet of children approaching traffic.
- ➡ Lane change early to make room for kids on bicycles, skateboards or roller blades.

Avoid Driver Distractions such as using cell phones, eating or drinking, and personal grooming which impact on how effectively you drive. Give items such as books or toys to children to occupy their attention so that your focus is on the road.

We need to keep in mind that younger children often lack the skills to make safe judgments about traffic. The key to these driver safety tips is to put them to use each day in order to ensure child safety.

Grannies à Gogo Garage Sale September 23

Grannies à Gogo: the Vernon - South Africa Connection, is busy with preparations for a garage sale on Sunday, Sept. 23, 8:00 a.m. to 3:00 p.m., at Watkin Motors (4602 - 27th Street) The group, consisting of eighty Vernon women, has as its mandate the support of Gogos (Zulu for grandmothers) in Sabie, South Africa who struggle to raise their AIDS-orphaned grandchildren.

"What we do seems small in relation to the problems," says garage sale coordinator, Lorraine Thompson, "but we're happy to know that the \$1800 we've sent to Africa in the past four months has been used to buy tools and seeds for a community garden. It's also helping to pay for school uniforms, blankets and shoes for Gogos and children. In future, the funds we send will be used for bus tickets for Gogos to travel to a larger centre to pick up their pensions and buy groceries. At present this is a full day's walking journey - a real difficulty for elderly women."



Gogo, Nancy Mtethwa raises her five AIDS-orphaned grandchildren with support from Grannies à Gogo: the Vernon - South Africa Connection.

The Vernon group, one of more than a hundred African grandmother support groups across Canada, is proud of the fact that all the money they raise goes directly to the Gogos. "We are grateful for the support that the Vernon community has shown," says Thompson, "and we look forward to a successful garage sale on Sept. 23."

Did you know that Sept 9th is Grandparents Day. Stats Can reported that there were 5.67 million of us in 2001 and each grandparent had on average 4.7 grandchildren. Only 2% of women and 1% of men aged 45 and under were grandparents. In the 55 to 64 age group, nearly two-thirds of women and just over one-half of men were grandparents. However, about 80% of senior women aged 65 and older were grandmothers, while 74% of senior men were grandfathers.

Coming Events

The **6th Annual Scottie Hyde Memorial Golf Tournament** is on **Saturday September 8th 2007**. Continental breakfast for registered golfers begins at 8 a.m. and shot-gun scramble starts at 10 a.m. To register, call or e-mail Kim Hyde at 836-3248 hyde@sicamous.com. To donate a prize or become a tee sponsor call the Shuswap Hospice Society at 832-7099. All proceeds go to the Shuswap Hospice Society.

Music by the River, September 30, Dixie North Jazz Band helps Enderby to celebrate B.C. Rivers Day, at 3 p.m. in **Belvidere Park**. Free family concert. Bring a blanket or chairs. Donations appreciated.

Legacy of Quilts V1, Presented by the Silver Star Quilters Guild of Vernon, Friday, September 28, 12:00 to 8:00 p.m. Saturday, September 29, 2007 from 10:00 a.m. to 4:00 p.m. **Vernon Recreation Centre** 3310-37th Ave., Call Betty at 545-1869 or Donnalee at 545-1488 for more information.

The **11th annual Pentastic Hot Jazz Festival** returns to **Penticton, Sept 7 - 9**. The Peach City plays host for three days of scintillating sounds and rhythms to entertain and excite music lovers of all ages. For more information please contact the Pentastic Jazz Festival Society at (250) 770-3494, info@pentasticjazz.com or visit the website at www.pentasticjazz.com.

Lake Country Artwalk 2007. Art Walk is a highly successful annual arts festival which provides an excellent opportunity for over 250 Okanagan artists to exhibit & sell their work! September 8th & 9th - 10am-5pm at the **Lake Country Community Complex** 10241 Bottomwood Lake Rd, Lake Country, BC Admission is only a toonie (\$2) See pg. 12 for more info

SAGA Public Art Gallery in Salmon Arm presents **Lineage**, clay and steel sculpture by Eric Kutschker, and "Old Orchard Series," paintings by Ronee de Langen. The two artists present their unique views on farming in British Columbia. Ronee explores the disappearing apple orchards in her oil paintings. Eric combines clay sculpted faces and farm implement artifacts to create a story of the people who worked the land before him. Exhibition opens Friday, September 7 at 7pm (all are welcome to attend), and runs September 8 to 29. Gallery hours are Tuesday to Saturday, 10am to 4pm.

Theatre Kelowna Society presents: "**Old Time Music Hall**" Gay 90's Songs, Comedy, Melodrama. Sept. 6-9, 13-16, 20-23 Thurs. & Fri. 7:30 P.M. Matinees Sat. & Sun. 2 P.M. **Black Box Theatre** (behind Kelowna Community Theatre) Tickets \$20 adult \$18 Student/Senior (plus service charges)-Ticketmaster.ca or at the door

Kelowna Show & Shine September 7, 8, 9, 2007 - Open class. Bring your classic car, motorcycle, truck, tractor or boat. This year's event promises to be bigger and better. Friday - night cruise-in. Saturday - swap meet, car auction, poker run and dance. Sunday - show and shine, beer gardens, kiddy corral

BEREAVEMENT SUPPORT GROUP - Are you struggling with grief due to the loss of a loved one? Do you feel as though no one understands what you are going through? Would you like to meet with other going through the same thing? Shuswap Hospice Society has a Bereavement Support Group that meets weekly. This is a time for you to meet with, get support from and give support to others who are struggling with the same bereavement issues as you. Group meetings will be held at Shuswap Hospice Society office Thursday evenings beginning at 7 p.m. starting on September 27 and will run for six consecutive Thursdays. For more information contact Judy at 832-7099.

Live music all three days! 250-317-1276 for more info, or visit website: www.kelownacarshow.com

Swingin' Casino Gala, in support of the Vernon Jubilee Hospital Foundation, Saturday, September 29 at the **Vernon Lodge - Best Western Hotel**. Fine dining, live and silent auction, dancing to the Mark Rose Swing Band and fun casino. For information call Andrea at 558-1200 ext 1547 or email her at andrea.egan@interiorhealth.ca.

Paul Anka - 50th Anniversary Tour, on October 1st at the Interior Savings Centre @ 7:30 p.m. in Kamloops. The original Canadian Idol is touring to celebrate a remarkable 50 years in the entertainment business. He has sold over 40 million albums, CD's and singles worldwide. He has appeared in several films including The Longest Day for which he wrote the theme and received an Oscar nomination. Tickets at (250) 374-9200

The Family Resource Centre is hosting a fundraising concert featuring Susan Aglukark, the celebrated Inuk singer-songwriter and multi-platinum Canadian recording artist, on Monday, November 19 at the **Vernon Performing Arts Centre**. Tickets are \$32.50 through TicketSeller, 549-7469 or online at www.ticketseller.ca. Susan Aglukark is one of Canada's most unique artists and a leading voice in Canadian music. She blends the Inuktitut and English languages with contemporary pop music arrangements to tell the stories of her people, the Inuit of Arctic Canada.

An Evening with Lieutenant General Romeo Dallaire, Sept 17, 7 p.m. at **Kelowna Community Theatre**. A decorated Lieutenant General, Dallaire served 35 years with the Canadian Armed Forces. His best-selling book, Shake Hands with the Devil, is a stirring account of his experience as the Force Commander of the United Nations Assistance Mission to Rwanda, which exposes the failures of the international community to stop the worst genocide in the 20th century. Dallaire's story shares the most extreme results of being given responsibility without authority. He was limited by immovable parameters, overseen by an organization that didn't fully support the mission, and put into situations that forced him to question ethics every step of the way. Tickets \$39 through ticketmaster.ca

2007 Kokanee Salmon Festival! (Formally known as BC Rivers and Fisheries Awareness Festival) Kokanee Salmon Festival will be held September 23rd at **Mission Creek Regional Park** at 2363 Springfield Road from 11 a.m. to 3 p.m. In order to ensure long term health of fish populations and to assist in fisheries recovery, our streams must be protected and enhanced. Through Kokanee Salmon Festival We are hoping that this annual community event will foster a sense of stewardship for fish and watershed health.

Shuswap Film Society opens the season with Michael Moore's latest documentary, **Sicko**, which tackles the United States Health Care system, Wednesday, September 5. **Shuswap Film Society** presents **La Vie en Rose**, the dramatic story of Edith Piaf, France's greatest songstress, Saturday, September 8. On Saturday, September 15, the Shuswap Film Society presents **Waitress**, the story of a waitress whose modest claim to fame is the diverse array of delectable pies that she bakes daily and which reflect her feelings about her life, which also happens to be well on the way to spiraling out of control. All films, 8pm at the Salmar Classic Theatre.

Exquisite Brahms, presented by the Kamloops Symphony, Saturday September 15. at the **Sagebrush Theatre**, 8 p.m. Guest Artist, Winston Choi, Piano. It's been over a decade since we have performed a Brahms symphony and three decades have passed without a Brahms piano concerto. The power and expanse of this music must be heard. The time has come! (250) 372-5000 for more information.

Ladysmith Black Mambazo brings glorious voices and mesmerizing movement and dance to the stage of the **Kelowna Community Theatre** Sept. 16 at 7:30 p.m. Tickets are \$39.00 plus service charges at the Vernon Multiplex, 549-1480 and www.ticketmaster.ca.

Ralph Robinson Memorial Golf Tournament - Penticton September 22 at **Skaha Meadows Golf Course** Ralph Robinson was a prominent citizen of Penticton who passed away from Alzheimer's disease in 2003. He started CIGV-FM radio station in 1981 and was named Broadcaster of the Year in 1988. He was active in the community, serving as an alderman, president of the Kiwanis Club, library board, hospice society and Chamber of Commerce. He was community minded and always looked for ways to help others. Registration is \$ 90. Proceeds from this event will go to support the Alzheimer Society of B.C. To register or for more information call the Penticton Alzheimer Resource Centre at (250) 493-8182 or toll-free 1-888-318-1122.

Styx, Friday Sep 28, at Interior Savings Centre in Kamloops. Styx, one of the World's most successful bands from the '70s/80s/90s... with over 30 million records sold including 8 Billboard Top 10 Singles and 16 Billboard Top 40 tracks. Hit singles include: Babe, Mr. Roboto, The Best of Times, Lady, Come Sail Away, Too Much Time On My Hands, Grand Illusion, Miss America, and more. Tickets 374-9200

Davison Orchards, Vernon, September is **Apple Fest Month** - The Weekends of Sept 1,2; 8,9; 15,16; 22,23 Jump on the Johnny Popper Apple Train to go on an adventure and pick your own apples. Try your luck with apple contests, sample fresh - pressed apple juice and a dozen varieties of freshly harvested fall apples and indulge in our decadent Caramel and Fudge dipped Apples. Saturdays, start the day with Tom Davison's pancake breakfast and our wonderful Apple Cider Syrup. During breakfast Apple Annie the clown comes for a visit between 8:30 and 10:00. Call: 549-3266

Take a Hike: Fall 2007

Each season a series of outdoor adventures with Linda Jones-Evans, an experienced leader with Sport & Recreation Kelowna at the Parkinson Recreation Centre, has been organized for you to enjoy nature, fresh air and exercise while learning more about the Okanagan. The picturesque landscape will invite you to take many photographs. Participants should be prepared to drive their vehicles with the group to the trailhead. All registrants must read their hike information sheet and have their waiver form signed for each hike

Register by phone, 469-8800 or in person at Parkinson Recreation Centre, or online www.sportandreckelowna.ca

SCENIC CANYON - Sept. 9 Sunday 9 - 3
This area has it all - history, geological formations, cliffs, creeks, waterfalls, man made structures and view points. This is a moderate to difficult hike as you will hike through a variety of terrain including windfall, logs, boulders, roots, brush, narrow and uneven trails, loose gravel and rocks, wet ground and creek crossings. Sturdy hiking boots with good tread, gaiters and long pants are a must.

DOG DAY AFTERNOON - OSPREY TRAIL - Sept. 23, Sunday 9 - 1:30

Enjoy hiking along an easy to moderate interpretive trail discovering a variety of plants, trees, structures, and logging practices from the 1930's. You and your dog will hike 4 km which includes rest stops, a lunch break and picture taking opportunities. Your well-trained dog, on and off leash should be compatible with other dogs.

More hikes are scheduled for Oct., Nov., and December. Call 469-8800 for info

Community Events

ARMSTRONG
Armstrong Seniors Activity Centre 2520 Patterson Ave. Various activities, including dance, band, carpet bowling, friendship club, snooker.

Armstrong Knitting Circle - We invite you to join us Sept. 13 at 7 p.m. at the chamber of commerce in Armstrong for a relaxing evening of sharing, learning and meeting new friends. Bring a project - needles or yarn, or just yourself. Beginners always welcome. Judy at 546-9475 or Marlene at 546-6325 or www.knittingcircle.ca.

ENDERBY
Enderby and District Wheels to Meals Society Luncheon held every Wed. at the Seniors Complex. 1101 George St. in Enderby. Come for a home cooked meal and visit with friends. Meals cost \$6 and you must be 65 or older.

Enderby Cliff Quilters meet at the Enderby Evangelical Chapel the first and third Mondays of each month from 1 to 5 pm. We work on quilts and/or other craft projects. Call Sonia at 838-0685 or June at 903-1799.

KAMLOOPS
Fitness For Seniors Tuesdays at 10:30 am at St. Pauls Cathedral Hall 377-7526.

An Osteoporosis Support Group is held the second Tuesday of every month at Heritage House, 1:30 pm. Call 250-374-1159

Learn and perform **Ukrainian Dance with Pokotillo Ukrainian Dancers!** Everyone welcome! Wed: Beginners and Intermediates (Westmount Elementary School). Thur: Ages 12 and up (Lloyd George Elementary School). Contact **Jeanne 376-1188.**

KELOWNA
Kelowna Singles Dances, Every 2nd Sat. at Rutland Centennial Hall, 180 Rutland Road. Doors Open: 7:45pm. Band 8:30 - 12:30. Members \$8; Non-members \$11. Bands: July 28 New Vintage Aug.11 Sierra Aug.25 Valley Connection.

Speak better, listen and

lead with **Westside Toastmasters.** Wednesday eve, 7-9 pm, Holiday Inn, Westbank. Contact Jaret 7 0 7 - 1 4 3 8 j_rblidook@shaw.ca westsideca.freetoasthost.net

Come down to the **Kelowna Farmers' and Crafters' Market** every Wednesday and Saturday to end of October, 8 a.m. - 1 p.m. Located at the corner of Dilworth Drive and Springfield Road

The Kelowna Chapter of the Canadian Celiac Society is holding a potluck lunch and meeting, at the Winfield Senior's Activity centre at 9832, Bottom Lake Road, Winfield on Sunday Sept 9th. Doors open at Noon. Lunch at 12:30 P.M. Please bring a gluten free item, main dish, salad or desert. Recipes are welcome. Call Katrina @ 250 546 3298, or email enochkatrina@hotmail.com

PENTICTON
Penticton South Okanagan Seniors Wellness Society 696 Main St. Programs for the community - Volunteer Development, Friendly Visitor Program, Health Education, Elders Leading and Adopt-A-Grandparent. For more information call 487-7455.

The Franco 50+ group meets Wednesdays to interact in a French environment, from 1:30-3:30. Call Lind at 492-2549 for info

Duplicate Bridge every Thursday afternoon at 1 p.m. at the Penticton Public Library. Call Peter at 496-5394

SALMON ARM
Shuswap Hospice Society is presenting a new "Palliative Support Group": An opportunity for those coping with terminal illness to share with others in a similar position. Call us at 832-7099

Salmon Arm Horseshoe Club meets every **Tuesday and Thursday** beside the curling rink at **6:30 p.m.** for practices. Everyone welcome and new members encouraged. Call Clarence Juell at (250) 832-9873 or Ken Mount at (250) 832-1994.

Salmon Arm Duplicate Bridge club meets at 6:45

every Tuesday at the downtown Activity Centre. and every Sunday at 12:45 pm at Branch 109. 832-7454 or 832-7323.

Fletcher Park Seniors Resource Centre 320A 2nd Ave., N.E. Salmon Arm. We provide Meals on Wheels, Lunch With Friends, Monday Morning Market, Shop and Drop, Income Tax Service, Advocacy, Foot Care, Volunteer Drivers for medically related appointments, Day Away, Senior Advisor, Frozen Dinners at Home, Seniors Housing List, Home Services List, Good Food Box and Caregivers Group. 832-7000.

Salmon Arm Seniors' Activity Center Branch 109 170 5th Ave. 832-1065 Sept. 4 The kitchen re-opens for the fall and winter season 11:30 AM. Sept. 7 Birthday Lunch for July / August / September will be at 11:30 AM. This event is for all 109 members, family, and friends. Sept. 21 First Sing-A-Long of the fall season starts 10 AM. Sept. 21 The "GOLDIE OLDIE DANCE" STARTS AT 7:30 PM. Sept. 30 THE JAMMERS begin another season of fine music and entertainment. Bring your instruments, sheet music, dust off your vocal cords, tune up your hearing aids, and shine up those dancing shoes. It all happens here!! And there are chairs for those who like to just sit, listen and socialize.

SICAMOUS
Senior Citizen's Meals (Wheels to Meals) at the Eagle Valley Haven, in the Common Room. Phone ahead: 836-2437, 836-4718, 836-4302 or 836-2031.

Sicamous Family Market at the Seniors Activity Centre, Saturdays 8:30 am to 2 pm 836-2587

VERNON
Vernon Family Dance Fair, Sunday Sept 23, Star Country Squares is hosting an Open House, 10 am to 4 pm at the Vernon Rec Centre Auditorium. Each guest will be partnered by an experienced dancer as you're guided through easy square dance moves. Live caller, modern music. Singles, partners, families with children are all welcome. Come any time between 10 and 4. Admission is free - or

donate a toonie if you wish. For more info phone Jean at 250-549-6794 or email wordlady2@gmail.com. See you there because ... We Think You Can Dance!

Fun Time Seniors 50+ Thursdays at the Schubert Centre from 10 to 11:30 am. Free event including games, entertainment, talks & videos. 545-5984 or 549-4201.

Jazz Vespers last Friday of each month, 7:30 pm. Trinity United Church 3300 Alexis Park Drive. All are welcome. Call Margaret Alexis at 545-0797.

Scrabble every Wednesday at 10 a.m. at the Schubert Centre. Call 542-0892 for more info. **Pinochle** on Thursdays, noon to 3 p.m. at the Schubert Centre..e

Oil Painting - Drop-in **Fridays from 1 to 4 p.m.** at the **Vernon Community Arts Centre.** Fee is \$3.00 for members, \$4.00 for non-members.

Breakfast & Flea Market Indoors/outdoors every Sunday from 8 a.m. to 1 p.m. at the Fraternal Order of Eagles hall, 5101-25th Ave. Rent a table for \$10. Dan at 542-3003 or 503-9776 (pager) for more information.

The BC Lung Association's 23rd Annual Bicycle Trek for Life and Breath is coming up, September 8 - 9th, 2007


The Bicycle Trek for Life and Breath is an exhilarating 200 km, two-day ride through the Fraser Valley to help raise funds for vital lung health research and programs. No need to be a gold medal athlete, just prepare yourself for fun, fresh air, and four hundred new friends.

For more information visit www.bc.lung.ca or contact the BC Lung Association at trek@bc.lung.ca, or 1.800.665.LUNG (5864)

FREE COMMUNITY EVENTS LISTING:

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Seniors, Students and the Wisdom to Make a Difference

story by Arlena de Bruin

When Nancy Smith decided to forge a relationship between her elementary students and seniors at a local residence, she had no idea the tremendous impact it would have on the individuals involved and the community at large.

"There was a part of me that just wanted to give back," the teacher says passionately. "Not in my wildest dreams did I ever imagine it would have gotten so big and so important."

And big it was. Because of their very unique and special partnership, Kelowna's Mayor and Council presented the Grade Four students of Quigley Elementary and the seniors of Fernbrae Manor with the Anita Tozer Memorial Award; an auspicious distinction in recognition of outstanding community service. For both groups, it was a golden thread amidst all the special moments they'd woven together over the past year.

The story began in the Spring of 2006 when Fernbrae Manor was vandalized and had thirty windows broken over a three month period. It was a frightening and traumatic experience for many of the Manor's residents.

Suspecting the vandals were kids, Fernbrae Administrator Sharon Marteny sent letters to many of the local schools in hopes of appealing to the area's youth and coming up with some solutions. Quigley principal, Bruce Stewart, was the only one to respond and invited Fernbrae to make a presentation to his students.

After hearing the seniors' stories and angered by the senselessness of the vandalism, Nancy decided to take the issue one step further. "I wanted to do something special for Fernbrae," she says, "I wanted to show them that not all students are like that."

Since that day, Quigley and Fernbrae have developed a relationship they hope to continue long term. Once a month, Nancy's Fourth Grade students walk to the nearby residence to spend an afternoon with the seniors. They talk, read to them, play their recorders, dance, play bingo and do other group activities. Fernbrae residents also attend school functions such as the Christmas concert, Remembrance Day ceremony and other fun events.

"I think it's a fabulous idea to connect seniors with young kids," Sharon says enthusiastically, "the benefits are immeasurable." She looks around the room at all the students and seniors seated together for their year-end luncheon. "So many of the seniors don't have family here and they're missing their grandchildren. Having the kids around; having the energy, the activity, the smiles... that's all they need."

Nancy couldn't agree more. "The students are always excited to go. Many of them say it's the best field trip they've ever been on. The kids have made some



Grade Four students from Quigley Elementary are presented with the Anita Tozer Memorial Award for their outstanding community service. Photo: Nancy Smith

real connections, one-on-one, with the seniors."

Walk down the halls of Fernbrae Manor and that connection is tangible. Throughout the residence you'll find pictures and stories created by the children. The students also presented a journal to the residents on how much they appreciated their time at Fernbrae. The partnership has been so successful, both groups decided to "adopt" each other and make more of a long term commitment. They held an adoption ceremony and plan to continue the monthly visits with a new class partnering with Fernbrae each year.

"The seniors just light up; they look so forward to it," Sharon explains, "They would absolutely miss it if it was gone. That would be a real loss."

Besides the obvious benefits, both women agree that ultimately they hope the impact of this partnership will have far reaching, long lasting effects. "We're hoping these kids will have a really positive experience and tell other kids that these are wonderful people living here."

Nancy and Sharon also strongly encourage other schools to partner with one of the many other seniors residences in the Okanagan.

"I think it's highly successful," Sharon beams. "I'm very pleased. Very pleased! And winning the Anita Tozer Award is just icing on the cake."

The community of Rutland is truly blessed. When two differing circles of people are willing to open their hearts and knock down the barriers of indifference, there's no reason why incredibly good things can't be born from a bad experience. It just took the vision of two special women, wisdom and the willingness to make a difference.

"The SAFER program has always been a lifeline for me."

The Shelter Aid for Elderly Renters (SAFER) program provides seniors like John with cash assistance towards their monthly rent. SAFER has helped make rent more affordable for more than 15,000 low-income seniors across British Columbia.

If you're 60 or older, paying rent and you or your spouse has lived in British Columbia for the past 12 months, you may be eligible.

To apply or learn more about SAFER, contact BC Housing at 604-433-2218 in the Lower Mainland, 1-800-257-7756 in B.C., or visit www.bchousing.org.

To learn more about other seniors' programs and services, call 1-800-465-4911.



Canadian homeowners get paid to go green

(NC)-Canadian homeowners will be big winners now that the Federal Government has officially launched its ecoENERGY Retrofit initiative, offering financial incentives to Canadians who improve their home's energy efficiency.

Natural Resources of Canada (NRCan) has licensed AmeriSpec Inspection Services, Canada's leading home inspection company, to perform residential energy evaluations that identify how homes use energy and where it is being wasted. AmeriSpec evaluators will show homeowners how to reduce greenhouse gas emissions, reduce heating and cooling costs and improve comfort in their homes, while ensuring adequate ventilation for a healthy indoor environment.

To take advantage of the program, homeowners first must complete an assessment by a licensed energy evaluator who will determine the home's current energy rating. The service includes: a detailed energy evaluation of the home, a blower door test to find air leaks, a printed report that shows where energy dollars are being spent, recommendations on what

homeowners can do to improve their home's energy efficiency and an energy efficiency rating label that shows how efficient their home is compared to other homes in their region.

Using the report's recommendations, homeowners have 18 months to complete upgrades. Grants of up to \$5,000 are available based on individual retrofit initiatives. The average grant is expected to be close to \$1,100. Homeowners can expect to receive their cheque within 90 days of the follow-up evaluation.

"Many provinces, such as Saskatchewan and Ontario, have recently announced that they will cover a portion of the evaluation cost and/or offer additional grant monies" said Colin Smyth, a business leader for AmeriSpec of Canada.

According to NRCan, once homeowners complete their required energy evaluation and make some or all of the recommended improvements; they can expect federal grants such as:

- . Furnace upgrades - up to \$600
- . Install a heat recovery ventilator - up to \$300
- . Upgrade your central air conditioner to an Energy Star® unit- \$200
- . Retrofit doors and/or windows to Energy Star® - \$30 for each unit.

17 percent of all energy used in Canada goes towards running our homes. As many as 140,000 homeowners are expected to benefit from this national and provincial initiative.

"By completing all of the retrofits recommended by an AmeriSpec evaluator, homeowners should be in a position to decrease their average annual greenhouse gas emissions by about 4.6 tonnes per year, per house and they should also be able to also reduce their energy bills by 38 percent - a huge win for everyone," Mr. Smyth added.

You can book an appointment or get additional information by calling toll-free 1-866-284-6010 or online at www.amerispec.ca/ecoenergy.

Interior Health Recommends Residents Test for Radon in Homes

Interior Health, together with Radiation Protection Services of the BC Centre for Disease Control, recently completed a voluntary radon gas survey of indoor spaces in the North Thompson Valley, to determine whether radon levels exceeded 200 Becquerels per cubic metre (Bq/m3). This is the new level at which Health Canada recommends that remediation take place inside homes and other dwellings. Radon is a radioactive gas caused by the decay of uranium which is found everywhere in the earth's crust at different concentrations.


"Prolonged exposure to elevated levels of radon can lead to lung cancer," comments Ken Christian, Director of Health Protection with Interior Health. "The lifetime risk of lung cancer for a person who is a non-smoker without exposure to indoor radon is about 1%. If you are a non-smoker exposed to indoor radon levels of 200 Bq/m3 over your lifetime, the risk goes up to 2%. These numbers are 12% and 17% respectively for smokers. To put that into perspective, just over 40% of Canadians will develop some form of cancer over their lifetime."

Findings indicate that 11 of 19 homes tested in the Barriere area and 9 of 31 homes tested in the Clearwater area exceed Health Canada guidelines. All areas east of the Coast Mountains are at potential risk. Levels may vary significantly, even amongst neighbouring homes depending on soil characteristics, construction details, age and ventilation.

Interior Health does not regularly conduct radon testing in private homes. Homeowners can purchase radon testing monitors for their homes that can be returned to the supplier at the completion of testing; the supplier then provides the results to the customer. A current list of suppliers, devices and their approximate cost is available on the BCCDC website. <http://www.bccdc.org>

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The Contenders - Still In The Running

Ken Smedley & the George Ryga Centre are pleased to announce that early-bird tickets are AVAILABLE IMMEDIATELY for "THE CONTENDERS - Valdy & Gary Fjellgaard - Still in the Runnin' Tour" throughout the Okanagan-Interior in "celebration" of "George Ryga Week in B.C. - Oct. 27 - Nov. 4" as proclaimed by the Provincial Government and The Office of the Lieutenant Governor .

THE CONTENDERS will perform in the following communities:

Sat. Oct. 27 - Zion United Church Hall, Armstrong - 8 p.m. Tickets @ The Brown Derby, Armstrong - Ph. 546-8221

Sun. Oct. 28 - Martini's On Martin, Penticton - Dinner 6:00 p.m. Show 8:00 p.m. - Tickets at The Dragon's Den, Ph. 492-3011 or at Martini's, Ph. 490-0304

Tues., Oct. 30 - Charles Bloom Theatre, Lumby - 8 p.m. Tickets at Charlie's Market, Ph. 547-6169 & Monashee U-Brew, Ph. 547-2504

Wed., Oct. 31 - Lorenzo's Cafe, Ashton Creek - Dinner 6:00 p.m. Show 8:00 p.m. Reservations call Lorenzo's at 838-6700

Thursday, Nov. 1 - Sunnybrae Hall, Salmon Arm - 8 p.m. (Special Guests: Blu & Kelly Hopkins) Tickets @ Acorn Music, Salmon Arm - ph. 832-8669

Friday Nov. 2 - Vernon Kal Lake Campus Theatre - 8 p.m. Tickets @ the BookNook, Vernon, ph. 558-0668

Saturday, Nov. 3 - Sagebrush Theatre, Kamloops @ 8 p.m. Tickets @ Kamloops Live Box Office - Ph. 374-5483 or Toll Free: 1-866-374-5483

Sunday, Nov. 4 - Centre Stage Theatre, Summerland - 8 p.m. Tickets@Summerland Bookstore - ph. 494-9110

Full Ticket Information call Toll Free: 1-866-374-5483



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Name, address, phone # & preferred venue to www.northof50.com

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(you may check more than one)

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Lumby	<input type="checkbox"/>	Kamloops	<input type="checkbox"/>
Salmon Arm	<input type="checkbox"/>	Summerland	<input type="checkbox"/>

LAKE COUNTRY ARTWALK

What's Michelangelo's 'David' Doing at ArtWalk?

The image of David, captured in marble as he is about to sling a rock at Goliath, has been elevated to the position of poster boy for Lake Country ArtWalk's 14th annual art show and sale, the biggest outside of the lower mainland - happening this year on Saturday and Sunday, September 8th and 9th, 10:00 a.m. to 5:00 p.m. both days - go to the District of Lake Country and follow the signs to ArtWalk's colourful signature gates.

This year's theme 'Imagine the Masters' promises to be a celebration of classics with an array of visual and performing arts including a theme gallery titled 'The Masters Re-Imagined' where artists are invited to put a current spin on a classic work of art, a Mona Gallery with 200 takes on that famous face, living statues, 'Pageant of the Masters' living gallery, children's art activities, live entertainers performing continuously on four sound stages set up throughout the venue, even bonsai and orchid displays. ArtWalk's organizing committee has been working overtime on props this year, creating and painting Greek and Roman 'marble' sculptures, columns, oversize urns and much more.

Featuring the work of over 250 Okanagan artists, ArtWalk showcases sculptors, painters, photographers, artists working in ceramics, clay, stone, fabric, glass, jewellery, collage, metal, scrimshaw, wood and

just about any other medium imaginable. Visitors can expect to browse through well over a thousand pieces of new and original works of art presented by independent artists, galleries and artist groups.

With art, entertainment, free workshops, food vendors on site, children's activities, an opportunity to paint with a master painter (serious painters should bring their own supplies) or complete a small canvas in the collaborative art project, art demonstrations (print-making, sidewalk chalk artist, artists working on site), Lake Country ArtWalk provides a great opportunity to spend a fun and relaxing day enjoying art. A great place to browse to your heart's content in a welcoming atmosphere where people can visit, schmooze with the artists, listen to lots of live music and just generally enjoy themselves.

Admission is still only a toonie for a full day of entertainment.

On Saturday evening, Felix Possak and the Ritz Melodia Hotel Orchestra present 'Artists' Ball' in Creekside Theatre, a selection of listenable and danceable classics accompanied by dancers from Warren Eaton and Company. Showtime is 7:00 p.m., tickets to the evening performance are \$18, available at 766-9309. Prior to the show, a no-host wine and cheese reception will be held in the foyer of the theatre.

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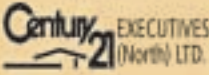
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The Golf Page - Play a Golf Driving Range Round



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At the practice range with a scorecard of your favorite course in hand, imagine you are standing on the course's first tee. You are going to play the 18 holes one by one right on the practice tee.

Ready, now hit your drive on the first hole. Are you in the rough or the fairway? What club will you hit now? Be honest with yourself. If you are in the bunker, get your sand wedge out for your next shot.

When you get to the imaginary green you have an automatic two putt. Add two strokes to your score thus far on the hole and record it on the scorecard. Now tee up for the second hole. Good luck!

Purpose

1. To make your practice range session more fun and more effective. A range round puts some variety into your practice session. It makes it competitive (against yourself) because you are keeping score. You can get the scorecard for any local course you play on.
2. To increase your concentration. Concentration is one of golf's most important skills. Unfortunately, many golfers practice poor concentration at the range by banging balls and not effectively evaluating their shots. Make sure you go through your regular pre-shot routine each time. You are forced into concentrating on each shot because you have to calculate where the ball landed. This helps you evaluate your shots and identify your errors.
3. To help you practice on the practice range. This drill will help you break a common rapid fire pattern of hitting shots. This drill makes you change clubs and plan each shot. Keeping score on a scorecard will help keep you focused.

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Chipping Stroke



The chipping motion is similar to the putting stroke. Keep weight left, wrists firm and in front of clubhead. The goal is to get the ball on the green as soon as possible, rolling toward the hole.

With the ball back in your stance take a short backswing with no wrist movement. Make a descending blow and brush the ball from the turf. Maintain flex in your knees at all times.

The follow through should always be longer than the backswing. The stroke is dominated by the left arm. The right hand/forearm does not cross or roll over the left.

Purpose

1. To understand the mechanics of the chip shot. Chipping requires a slow tempo and a crisp swing. Stand close to the ball for a more direct swing path. Keep your weight left, body leaning slightly left, with hands ahead of the ball. Chipping is mostly an arm movement. You are trying to brush or sweep the grass, hitting through the ball. Your left arm will dominate the shot. Your arms and wrists work as one unit. Keep your lower body action to a minimum. Grip down slightly for the short chips will give you more feel (control) because your hands are closer to the ball.
2. To understand the limited role of the lower body in executing chip shots. Lower body movement is extremely limited in the chip shot. However, there is movement. Chipping is all upper body, right up to the point of impact, then the right knee leans in, bending and moving forward down the target line. Do not force this movement. It is natural and barely noticeable. Your hands are still ahead of the ball at impact and the left arm leads the way.

Do's and Don'ts

Always chip to a target (landing spot). It is your intermediate target where the ball flight ends and the roll begins.

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GRASSLANDS AT RISK

By Shari Shabits, Allan Brooks Nature Centre Staff



Land in the North Okanagan is a hot commodity. Prime real estate is being snapped up at an unprecedented rate as increasing numbers of people move into the region to take advantage of our wonderful climate, scenery and recreational opportunities. And where is most of this development going? Onto one of Canada's most endangered ecosystems – BC's dry interior grasslands.

The grasslands are special. They are very limited, making up only about 1% of BC's land base. They are also unique; many plant and animal species are found nowhere else in Canada or even in the province; many others are only rarely seen outside of the region.

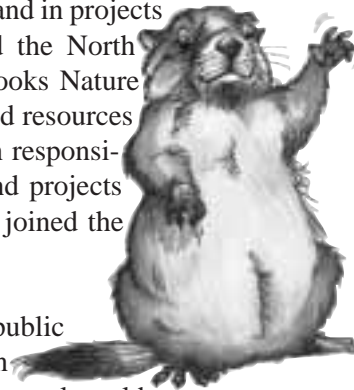
British Columbia's dry interior grasslands are particularly sensitive to human influences like urban development, agriculture use, increased recreational use and fire management practices. The grassland plants are easily damaged or destroyed. They grow very slowly due to the lack of water, so it takes them many years to become re-established. Less than 10% of the grasslands in BC are still in their natural state. This also translates to significant habitat loss for wildlife. The grasslands are home to an amazing variety of animal species, many of which are rare. These include all orders of life: insects and invertebrates, reptiles and amphibians, and birds and mammals.

Fifty-five of BC's endangered or threatened species are closely associated with grasslands. This is more than 25% of at-risk species! When you consider how many different ecosystems are found in BC, those proportions are astounding. Maintaining a healthy grassland ecosystem is vital to maintaining biodiversity, yet the grasslands are themselves in grave danger of being lost. In order to balance our needs, and the lifestyle we love, with sustaining a health grassland ecosystem, we need to understand our own impact.

The Allan Brooks Nature Centre is committed to grassland conservation and public education. They are involved in many conservation projects, including, restoring and maintaining their own grounds, through efforts such as removal and control of invasive weeds, maintenance of an interpretive Grassland Trail and establishment of a vernal pond. One key purpose in establishing the pond was to provide a habitat for the Great Basin Spadefoot Toad, one of BC's species at risk. This effort has already been rewarded as Spadefoot tadpoles appeared in the pond this spring.

The Centre participates in community education and cleanup projects, such as the

Creek Cleanup, which is coming up in September, and in projects such as the Sensitive Ecosystems Inventory and the North Okanagan Resource/Habitat Atlas. The Allan Brooks Nature Centre is committed to sharing their knowledge and resources with government and developers, to assist them in responsible planning, as well as supporting individuals and projects that research and support wildlife. They've also joined the Okanagan Collaborative Conservation Program.



The Centre's most important project though, is public education. The more you know about conservation issues, and the impact of human activities on the natural world, the better able you will be to make informed responsible choices. The grasslands have played an important social and economic role in Canada throughout history. It is in our own interest to protect them.

How can you help? Tread lightly. Enjoy the outdoors, but be aware of your impact. Stay on established roads and trails. Avoid making ruts and damaging native plants. Keeping out of wetlands and hillside areas, and avoiding use of off-road vehicles and mountain bikes during spring thaw or after rain, can make a big difference to maintaining the health of sensitive ecosystems. Maintain mufflers and baffles on vehicles to reduce noise. For more information, contact the Allan Brooks Nature Centre at 260-4227 or by email at info@abnc.ca.

LEARN MORE

Visit the Nature Centre – we're open every day except Mondays until mid-October. Bring your friends and relatives!

Join us at the Schubert Centre on September 17 at 7 pm, for a presentation by Lindsay Coulter, Conservation Policy Analyst with the David Suzuki. Lindsay will tell us about some of BC's endangered and at-risk wildlife, and will highlight local species. Watch the Morning Star for details.

Become a member of the Allan Brooks Nature Centre Society. As a non-profit society, we depend on revenues from memberships, donations, admissions, and grants to operate our programs. We need new members for that reason, and to bring in new energy and ideas. A Nature Centre membership gives you a voice in the Society, free admission to our displays and trail, and regular newsletters.

HELP OUT!

The Allan Brooks Nature Centre is always looking for volunteers! Here are some ways you can get involved:

Become one of our regular volunteers and help keep our weeds in check – or volunteer for a weeding party.

Participate in the Creek Cleanup, September 15-21. You can find a link to sign up for this event on the Nature Centre's website: www.abnc.ca.

Help educate others! We have regular school tours in the spring and fall, and are always in need of volunteers to help educate the new generation. Former educators may particularly enjoy this. Sharon Mackenzie, who is featured on the cover of this issue, is a long-standing volunteer with Allan Brooks, and is on our Board as Director of Education. We also have retired teachers on our Board and in our volunteer force. You don't have to be a teacher to enjoy educating children though; whatever their background, our School Program volunteers find their experience both rewarding and enjoyable.

Come see us at the Volunteer Fall Fair, September 8 at the Village Green Mall.

Did you know North of 50 Lifestyle Newsmagazine has a website. You can find this entire issue - and over a year's worth of past issues online at www.northof50.com

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SHARON MACKENZIE

cont d from page 3

book in association with her former Masters Degree professor and mentor Dr Ted Aoki.

As if all this isn't consciously making each moment count, Sharon has successfully reared three sons who are her best fly-fishing buddies. She is on the board of countless local interest groups and works nationally developing Environmental Education Curriculum. She is presently working to establish an annual City-Wide Creek Clean-up in the Vernon area and was recently project manager for the Space exhibit at the Okanagan Science Centre.

Sharon credits flexible administrators, interested parents, trusting children and an exceptional community for the opportunity to explore an evolving approach to becoming educated. She has drawn knowledge from extensive global travel, and inspiration from faithful friends, family and wise mentors.

She photographs and hikes, loves music and puppets, and of course continues to study the stars - although these days she's progressed from a Crackerjack telescope to a 10" Dobsonian Reflector!

As she says, "The sky's the limit when it comes to education!"

AIDS WALK KELOWNA AND KAMLOOPS

The AIDS Walk has been held in the Okanagan since 1997 and has raised thousands of dollars that stay right here in our community to support those individuals whose lives have been affected by HIV/AIDS. Walks throughout Canada and internationally have raised millions of dollars worldwide to prevent the spread of this disease and to try to find a cure.

This year, the walk takes place Sunday, September 23rd. Registrations start Registration at noon at Kelowna Waterfront Park. The walk begins 1 p.m. The 3 km route is from Waterfront Park to City Park and back again. There will be awards and entertainment from 2 - 3 p.m.

Teams or individual walkers from all parts of the Okanagan Valley (i.e. Kelowna, Vernon & Penticton) raise funds which go directly back into those communities. In the past year, funds raised were used to subsidize emergency housing, medical fees, medications, transportation, purified water, utilities, hospital incidentals, personal needs, medical transportation, annual client functions such as Christmas dinners and hampers, and educational programs. In 2007/2008, portions of funds raised will also go towards "Holding Hands for Hospice" a project to build a free-standing hospice facility in Kelowna.

AIDS Walk monies are not used for ongoing operational funds.

In the Okanagan, contact, The Living Positive Resource Centre at 862-2437 for more information.

In Kamloops, the AIDS Walk will be held Saturday, September 22, at 10 a.m. at Riverside Park. Contact the ASK Wellness Centre for more information: (250) 376-7558 ext. 0

Maintaining Your Independence

Financial Fraud Prevention Workshops for Seniors and Others presented by the BC Coalition to Eliminate Abuse of Seniors (BCCEAS)

Seniors and others across Canada and in your community lose millions of dollars every year to financial fraud, which is one of the most common forms of abuse of seniors along with physical and emotional abuse.

BCCEAS is a non-profit, province - wide advocacy and referral agency which for the past fifteen years has been working to eliminate every aspect of abuse to seniors - involving seniors at all levels of the agency - as board and committee members; advocates for seniors health issues (including the prevention of abuse and neglect); and as trained senior volunteer speakers delivering presentations on financial fraud prevention - an issue directly related to the financial abuse of seniors. BCCEAS also provides legal advocacy and information for seniors.

On September 21 and 22, 2007 Senior Volunteer Speakers from the BC Coalition to Eliminate Abuse of Seniors (BCCEAS), hosted by the Kelowna Society for Learning in Retirement (SLR) will present, free of charge, three 2 hour financial fraud prevention workshops.

Kelowna seniors and other interested members of the community will have the opportunity to find out how to protect themselves from being victimized by con artists and how to become 'tough targets' for fraud.

The workshops which are innovative, humorous and interactive will provide the audience with current information on the following topics:-

1. BCCEAS ABCs of Fraud® - A Fraud Awareness Program (SLR) - What you don't know about fraud could hurt you. This 2 - hour workshop will help seniors (and others) recognize fraud and become 'tough targets' **Friday, September 21, 9:00 am - 11:00 am**

2. BCCEAS 'Money Matters for Seniors' (SLR) This 2 - hour video workshop shows seniors (and others) how to protect their money, property and independence by knowing their financial choices and staying in control even if their assets are small. **Friday, September 21, 12:30 - 2:30 pm**

3. BCCEAS 'Protect Your Money' (SLR) This 2 - hour workshop shows seniors (and others) whether they are novices or seasoned investors how to invest their hard - earned money wisely by following the most important rule of investing - 'Investigate before you invest' **Saturday, September 22 12:30 - 2:30 pm**

All workshops will be held at the Martin Centre, 1434 Graham St., Kelowna

Registration is required as classroom space is limited. Membership in SLR is not required for these free workshops. To register or for more information please contact: SLR: website www.slrkelowna.ca or 762-3989 Ex125 or Marie MacRae 250-767- 0110

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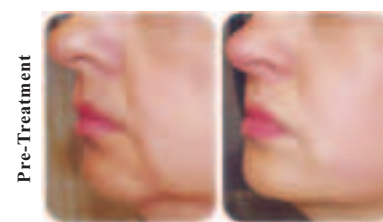
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Wayne Kyle

Movies & Books



Top ten 'school' movies of all time

As the theme of this month's newsmagazine seems to be education, I thought it might be fun to look back on some of the best 'educational' movies of all time. School is a dramatic place when you're a student, but if time heals all wounds, many of us recall our school days fondly, or with humour.

Filmmakers have long known that movies set in schools provide the perfect backdrop for gut wrenching drama, heart breaking romance, and side splitting comedy.

What were the best 'education' movies of all time? There are hundreds to choose from and I don't pretend to have seen them all, however, based on those I have seen, here's my TOP TEN LIST. These are movies that make you cheer for the underdog and cry for the dedicated teachers who turn underdogs into top dogs. The ratings are based purely on my emotion and have absolutely no basis in scientific fact.

1. *To Sir With Love*. My all time favourite "school" movie is this 1967 classic, starring Sidney Portier. The movie centers on an idealistic engineer-trainee and his experiences in teaching a group of rambunctious white high school students from the slums of London's East End. *To Sir With Love* was shown in my high school gymnasium and it is the first film to bring me to tears.

2. *Lean on Me*. Remember this one from 1989? Morgan Freeman stars as an arrogant and unorthodox teacher who becomes principal at a school that is rampant with drug abuse and violence. His unorthodox methods, though successful, result in a clash with city officials and threatens to undo all his efforts.

3. *Dead Poet's Society*. The 1989 Academy Award winning film ranks number 3. Starring Robin Williams as English professor John Keating, this film is set in 1959 at a super conservative boy's school. Keating inspires in his students a love poetry and a carpe diem philosophy.

4. *Good Will Hunting*. Another academy award winning movie starring Robin Williams and relative newcomers Matt Damon and Ben Affleck is number four

on my list. *Good Will Hunting* (1998) tells the story of a janitor at MIT, who is gifted in mathematics, but the emotional baggage of an abusive upbringing make his dream seem impossible.

5. *School of Rock*. How is it, you may wonder that this movie even makes my list? Because its funny. Really really funny. *School of Rock* (2003) stars Jack Black, as down and out rock star Dewey Finn who has been fired from his band and managed to dig himself deep into debt and depression. He takes a job as a 4th grade substitute teacher at an uptight private school where his attitude and shenanigans have a powerful effect on his students. He also meets Zack, a 10-year-old guitar prodigy, who could help Dewey win a "battle of the bands" competition, which would solve his financial problems and put him back in the spotlight.

6. *The Breakfast Club* came out in 1985 and is considered a brat pack classic. No, not that brat pack – the new brat pack (Molly Ringwald, Judd Nelson, Emilio Estevez, Ally Sheedy, Anthony Michael Hall). Five high school students, all different stereotypes, meet in detention, where they pour their hearts out to each other, and discover that they are more alike than they thought.

7. *Mr. Holland's Opus*. *Mr. Holland's Opus* is a 1995 drama film in which Richard Dreyfuss plays Glenn Holland, a musician and composer who takes a teaching job to pay the rent while trying to compose one memorable piece of music to make him famous. The movie inspired a foundation (THE MR. HOLLAND'S OPUS FOUNDATION) that supports music education and its many benefits through the donation and repair of musical instruments to under-served schools, community music programs and individual students nationwide.

8. *Blackboard Jungle*. Glen Ford stars in this 1955 classic about a respectable middle aged school teacher who goes to teach in an unruly high school filled with unruly students and a disinterested administration in one of the first mainstream movies to take a frank look at racial tensions in America. The film is also credited with helping to jump-start the rock and roll craze,

introducing the song "Rock Around the Clock" to a wide audience. Anne Francis Sidney Portier and Vic Morrow also star.

9. *Stand and Deliver* is the 1988 film based on the true story of math teacher Jaime Escalante, who helped 18 struggling students pass the Advanced Placement Calculus exam in just one year. Edward James Olmos was nominated for an Academy Award for his portrayal of Escalante.

10. *Animal House*. OK, this movie wouldn't have made it on my top ten list, but when surveyed, seven out of ten people I know ranked this movie among the best. National Lampoon's *Animal House* starring John Belushi is considered the beginning of the gross out movies. And while, it doesn't suit my personal tastes, it has grossed over \$200 million, and grossed out millions more.

Book Shelf

Remember the *Old Farmer's Almanac*. You can still get one every year ... and now there's one out for kids. It's got all kinds of fun facts and projects on astronomy, pets, health, nature, sports, and weather that will entertain the grandkids for awhile.

And just for fun, rattle the grandkids by serving a "dirt" cake for dessert and serve it up with plastic flowers and some garden tools. The *Old Farmer's Almanac for Kids, Volume 2*, gives step-by-step instructions on how to prepare and present this delicious, fun treat.

Dirt Cake:

1 package (1 pound 2 ounces) Oreo cookies
1/4 cup (1/2 stick) margarine
8 ounces cream cheese, softened
1 cup confectioner's sugar
3-1/2 cups milk
2 packages (3.4 ounces each) instant vanilla pudding mix
12 ounces Cool Whip or similar dessert topping (but not whipped cream)

Presentation:

A clean, new, 8-inch, plastic flowerpot
Wax paper
Gummy worms, to mix in and for decoration
Aluminum foil
Plastic flowers and a clean, new, gardening tool

Crush the Oreo cookies by hand or in a food processor or blender. Set the crumbs aside. Put the margarine, cream cheese, and sugar into a large bowl. With a spoon or electric beater, mix these ingredients until they are blended and creamy. In a separate bowl, add the milk, pudding, and dessert topping. Mix these ingredients until they are blended. Add this mixture to the large bowl. Stir or beat everything together. Mix in gummy worms if you wish. Line the bottom of the flowerpot with the dessert topping lid or wax paper. Add enough crushed cookies to make a 1-inch layer. Add a 1-inch layer of pudding mixture. Continue making layers, ending with crushed cookies. Decorate the pot with plastic flowers (wrap the stems in aluminum foil before planting), gummy worms, and a gardening tool. Refrigerate for at least 4 hours. When it's time to eat, remove the flowers and serve with the tool. Put the pot back into the refrigerator after serving, if there is any "dirt" left over.

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Historian, Randy Manuel brings North of 50 readers some fascinating Thompson Okanagan stories of likeable rogues and notorious lawbreakers who left their marks in our region in days gone by.

Randy Manuel's family arrived in Penticton in 1906 to operate the Penticton Hotel. Randy, born in Penticton worked with Woodward's Display Department before becoming Museum Director, a position he held for 19 years. He worked with CHBC's Mike Roberts on the popular Pioneers and Places Television Series. In 2005, Manuel was elected to Penticton City Council.

School Daze

As you might imagine, schools and schooling have changed dramatically since the 1920s. Forget two storey, ultra modern architecturally designed buildings with gymnasiums, computer rooms and soccer fields.

It wasn't unusual for schools in the pre 1920 era to consist of one room, shared by students of all grade levels. Picture it! Inkwells, slate boards, wood stoves and outside loos.

Though schools have certainly changed, perhaps students - and their parents - are not so different. Some things, it seems, simply never change ...

Take for example, the story of Bert and Red, a couple of 14 year old grade nine students who attended the eight room, Ellis School in Penticton. In 1919, Bert and Red were not very interested in math, science and English. They disliked anything scholastic, and they weren't too crazy about having a female teacher, either.

Miss Yuil was good at what she taught, but was fighting a system that generally discouraged females from teaching "male" subjects - like Math.

Bert and Red did not excel in Math, and when Miss Yuil handed out the tests one fateful day, the boys failed -- miserably.

This was in the days of outdoor plumbing. The type of outhouse employed by Miss Yuil was typical of those in small Okanagan towns. It was located at the back of the yard next to the alley. This loo was far more sophisticated more than just a crude hole in the ground. It had a catchment tray below the "throne". At night, the "honeywagon" man went up and down the lane-way with his horse drawn septic wagon. His job was to remove the tray via a door located at the back of the little building, place it into the wagon, and then replace the vacant space with a clean tray.

Enter Bert and Red.

They saw the opportunity to even the score on Miss Yuil for failing them on the math test. With evil intent on their 14 year old minds the dynamic duo waited in the evening darkness for Miss Yuil to visit the "council chambers" at the back of the garden. When she was enclosed in the little house, the boys ran at the structure



flipping it on its door!

After some desperate hours, Mrs. Yuil's cries for help were heeded, and the math teacher was extruded from her upturned potty. It didn't take the local town constable long to nail the culprits.

Both boys were terminated from school.

Bert worked with his dad, driving a team of horses for roadwork. Red's father was the well known Kettle Valley Engineer, Andrew McCulloch, who had the money to send young Red to private school.

In another story on school scoundrels, this headline turned up in 1916 in the Penticton Herald. Here it is word for word and blow by blow.

SMALL BOY'S ELASTIC BRINGS GREAT GRIEF

School Pupil, Parent and School Teacher All in Lively Mix Up. The ceaseless controversy which apparently exists between school teachers and parents of school children found its way into the local police court last week when H.S. Thomas was fined \$5.00 and costs for creating a disturbance at Ellis School.

Prosecution for the case was conducted by the school board.

The fuss all arose through the use of a rubber elastic. All small boys have used them, and probably all said boys have taken infinite pleasure in snapping them against the fair cheek of some small maiden. At least the young son of Mr. Thomas had an elastic, and according to the story had flipped a little girl in the ear with it, or if he did not do it, he intended to do it; so the evidence ran.

Miss Uriel B. Rogers, a teacher at Ellis school saw the young man in the act. She took the elastic from him and snapped it against his cheek, with the suggestion that he could appreciate how it felt. Then the younger Thomas howled somewhat lustily, and it being noon-time set out in search of his father. Mr. Thomas proceeded with him to meet Principal Calder, and Mr. Calder suggested that he talk the matter over with Miss Rogers. So the Thomases, father and son, went to Miss Roger's room, and according to all reports high words followed. Evidence was given to show that Mr. Thomas, Sr., told the boy to hit the teacher with the rubber elastic, so she could also see what it felt like. The boy did so and Miss Rogers was able to show other teachers the mark that the elastic made on her face. She said in court that Mr. Thomas told her she would have to take her own medicine. This was before the young boy got busy with the elastic on the teacher. Mr. Thomas denied using any such expression.

He said Miss Rogers had no right in the first place hitting his son with the rubber on the face, as the boy had the measles.

Anyhow, a fine of five dollars and costs was imposed [on Mr. Thomas]. Some of the teachers who gave evidence were principal Calder, Miss Pitblado and Mrs. Shaw. Mr. J.F. Parkins, janitor of the school also testified.

Oh those golden rule days! The curriculum may have changed; schools may be bigger; but the relationships between students, teachers and parents have remained the same.



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1	2	3	4		5	6	7	8
9				10		11		
12						13		
14				15	16		17	
			18			19		
	20	21						
22				23		24	25	26
27			28		29	30		
31					32			
33						34		

ACROSS

- 1 Pull down
- 5 Animal stomach
- 9 1997 Madonna movie
- 11 Cafe
- 12 Showy part of a flower
- 13 work the soil
- 14 ___ Lanka
- 15 Daddy
- 17 Understand
- 18 Godlike
- 20 Edible part of a nut
- 22 Plant Fluid
- 23 Emergency room
- 24 Brew
- 27 Off-Broadway award
- 29 Small drum
- 31 I love ___
- 32 Method of pruning
- 33 Otherwise
- 34 Charity

DOWN

- 1 Representatives
- 2 Declare positively
- 3 Type of pasta
- 4 Airport abbr.
- 5 Central daylight time
- 6 Exercise authority over
- 7 Formal design of planting trees
- 8 Plant disease
- 10 High mountain region
- 16 Sheers
- 18 Doctor (abbr.)
- 19 Illinois (abbr.)
- 20 Capital of Afghanistan
- 21 Folklore tales
- 22 Single
- 24 Cain's brother
- 25 Good quality soil
- 26 Goofs
- 28 Centre of a flower
- 30 Expression of Surprise

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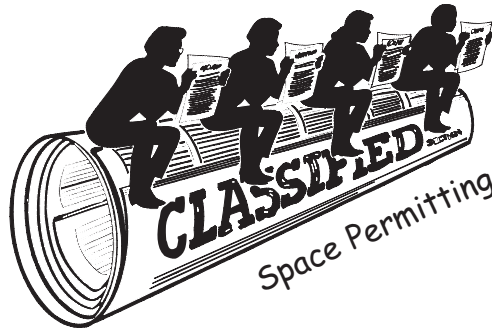
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For more information on the "Kelowna Firefighters' Cruise for Cancer", please contact: Ed Millman, Canadian Cancer Society, (250) 762-6381 ext 103.

Health Matters

Enjoy Eating While Getting Healthier

(MS) - Many adults are aware that high cholesterol is one of the primary risk factors for coronary heart disease (CHD). For some people, the thought of lowering cholesterol is seen as the end of the line for enjoying good food. However, the American Heart Association (AHA) notes that you can still enjoy the best your favorite restaurants have to offer while simultaneously lowering your cholesterol.

♦ **Steakhouses:** Among the most popular style of restaurants throughout the country, steakhouses don't need to be avoided by those looking for healthier food options. A few simple changes in what you order can do the job. For example, instead of ordering thick cuts such as porterhouse or T-bone, order leaner cuts such as london broil, filet mignon or tenderloin. As for side orders, substitute fried or scalloped potatoes with a baked potato or even rice and ask for your vegetables to be steamed and not fried and you have a delicious and much healthier meal in front of you.

♦ **Mexican:** Few menus offer more delicious foods than those at Mexican restaurants. Fortunately, those menus typically offer healthy choices you might not be aware of. Initially, before sitting down, request that no fried tortilla chips be brought to the table. Most Mexican restaurants offer large entrees to begin with, so you won't be going hungry anyway. For your main course, ask to replace flour tortillas with corn tortillas, and choose grilled chicken or fish over carnitas or chorizo. Another popular but unhealthy ingredient in many Mexican dishes is sour cream. Replace sour cream with healthier choices such as salsa, cilantro or pico de gallo.

♦ **Italian:** Italian cuisine is among the most delicious in the world, making Italian restaurants some of the most popular. While it's tempting to let loose and eat whatever you'd like, you can still enjoy a great Italian meal without risking a rise in your cholesterol levels. Rather than cheese- or meat-filled dishes, choose pasta primavera with fresh vegetables or pasta with white or red clam sauce. Exchange a favorite parmigiana (floured, fried and baked with cheese) dish with a marsala (sauce made with wine) dish.

♦ **Chinese:** A big part of making Chinese dishes healthier is asking for main courses to be broiled, boiled or steamed instead of fried. Also, egg rolls are popular appetizers at many Chinese restaurants. Unfortunately, egg rolls are not very healthy. Replace egg rolls or fried wontons with steamed dumplings.

To learn more about developing healthy eating habits, visit the AHA Web site at www.americanheart.org.

Rheumatoid arthritis: what you need to know

(NC)-September is arthritis month in Canada - a time to raise awareness about a condition that affects more than four million Canadians. One of the most destructive types of arthritis is rheumatoid arthritis (RA) - a chronic, progressive and disabling disease, affecting approximately one out of every hundred Canadians. The disease commonly develops in early adulthood and affects nearly twice as many Canadian women as men.

RA is a very visible disease, but what many Canadians do not realize is that RA is much more than just painful joints. It can have a serious impact on a person's life and well-being, especially if it is not recognized, diagnosed and treated early enough.

What are the warning signs of RA?

- . Morning stiffness that lasts for longer than 30 minutes
- . Pain and/or swelling in three or more joints at the same time
- . Fatigue
- . Pain in the same joints on both sides of your body, also known as symmetrical pattern
- . Possible fever and weight loss

Early diagnosis key. To date, there is no known cure for RA; however, a number of treatment options are available to patients who have RA. Treatment for RA

should begin as early as possible to improve the chances of minimizing progressive joint damage caused by the disease.

Treatment options

Treatment with a newer class of medications called anti-TNFs, such as Enbrel, Humira and Remicade, can actually slow or stop the disease progression.

If you think you or a loved one may have rheumatoid arthritis, talk to your doctor about treatments available; your healthcare professional can work with you to determine the best treatment plan.

Overview of Gynecologic Cancers

(MS) - Every six minutes, an American woman is diagnosed with gynecologic cancer, reports the University of California, San Francisco (UCSF). Gynecologic cancer is an umbrella term used to describe cancers of the female reproductive system. They include ovarian, cervical, vulvar, vaginal, endometrial, and tubular cancers. Here is a look at the most prevalent.

Endometrial: Endometrial is the most common of the gynecologic cancers. It is sometimes referred to as uterine cancer. It affects the endometrium, or the inner layer of the uterus. This is the lining that thickens to form a place for a fertilized egg to develop.

The most common type of endometrial cancer is called endometrioid adenocarcinoma; it comes from cells that form glands in the endometrium and it has a characteristic appearance under the microscope. Endometrioid endometrial cancer compromises about 75 to 80 percent of all endometrial cancers. Endometrial cancer should not be confused with benign tumors called fibroids, which can cause pain and increased bleeding, but are not cancerous.

The causes of endometrial cancer are largely unknown, but older women with declining estrogen levels are at a higher risk.

Ovarian: Behind breast cancer, the fifth deadliest cancer affecting women is ovarian cancer. Incidences of ovarian cancer increase as a woman ages, with most cases occurring in older women who have already experienced menopause. Ovarian cancer begins with tumors that are malignant. The ovaries may produce other tumors that are benign and do not contribute to cancer. Also, sometimes women (especially young women) can get ovarian cysts that can occasionally grow large or become painful. However, ovarian cysts are not cancerous and should not be confused with ovarian cancer.

Epithelial ovarian cancer compromises about 90 percent of all ovarian cancers and usually occurs in older women. This type of cancer comes from cells that lie on the surface of the ovary known as epithelial cells.

Right now there aren't very good screening methods for ovarian cancer, so preventing it is a particularly important challenge. If you are a woman without an ovarian cancer family history/genetic syndrome, then the best way to prevent ovarian cancer is to alter whatever risk factors you have control over.

Cervical: Cervical cancer, the type diagnosed through pap tests, which has also been in the news due to the link of cervical cancer to the human papilloma virus (HPV), is perhaps the best known of the gynecologic cancers. Cervical cancer happens when cells in the cervix begin to grow out of control and can then invade nearby tissues or spread throughout the body. Large collections of this out of control tissue are called tumors. Generally, cervical cancer is slow-growing and can be detected early on and treated. Routine screenings are vital in catching cervical cancer and identifying risk factors.

Routine visits with a gynecologist and detailed knowledge of family history of cancer are your best defenses against these diseases. Your doctor can also go over risk factors that may put you at a higher chance for certain cancers. Discuss any symptoms or abnormalities you experience with your doctor as soon as possible. As with any cancer, the earlier the diagnosis the better the chances for living a productive life.



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HEALTH AND WELLNESS

Health Canada reminds consumers about the risks of buying drugs online

Health Canada is reminding Canadians about the potential dangers of buying prescription drugs online, following the July 4th release of the British Columbia Coroner's report on the death of a woman which was attributed to prescription drugs purchased online.

While legitimate online Canadian businesses are an option to consider, the online purchase of any drug poses the potential for serious health risks, especially when drugs are shipped directly to Canadian consumers from sources outside of Canada. Consumers should be aware that some Internet sites may falsely claim to be Canadian, and consumers can identify if a drug has been shipped to them from a foreign country by checking the shipping information on the exterior of the package.

Buying drugs from an Internet-based business that does not provide a street address and telephone number may pose serious health risks because consumers have no way of knowing where these companies are located, where they get their drugs, what is in their drugs, or how to reach them if there is a problem. Buying drugs on the Internet may also pose financial risks: the product may not be shipped at all, or if it is coming from another country, it could be stopped and refused entry at the border by Canadian authorities.

If you order from these sites, you may get counterfeit drugs that may contain the incorrect dose, the wrong ingredients, dangerous additives, or no active ingredients at all, which could result in potentially serious health risks. Even if these drugs do not harm you directly or immediately, your condition may get worse without effective treatment.

In order to minimize the risk of purchasing counterfeit drugs, consumers who choose to purchase their medication via the Internet should not do business with any Web site or company that:

- ◆ refuses to give a street address, telephone number or way of contacting a pharmacist;
- ◆ offers prescription drugs without a prescription;
- ◆ offers to issue a prescription based on answers to an online questionnaire;
- ◆ claims to have a "miracle cure" for any serious condition; or
- ◆ sells products that are not approved for sale in Canada.
- ◆ sells products that are being provided directly to consumers from foreign sources.

If you order prescription drugs without being examined and monitored by a health care practitioner, you may be misdiagnosed, and miss the opportunity to get appropriate treatment that would help you. You may also put yourself at risk for drug interactions, or harmful side effects that a qualified health professional could better foresee.

In order to minimize risk, Canadians should only take medication that has been prescribed to them by their doctor. Patients should be aware of the name of the drugs they are taking and be familiar with their usual colour, size, shape and any imprints or markings on the drug. Patients who are concerned that they may have received counterfeit drugs should consult their physician immediately.

Counterfeit products may have one or more of the following characteristics:

- ◆ labels with spelling mistakes;
- ◆ labels with no Drug Identification Number (DIN) or Natural Product Number (NPN); or
- ◆ product having different taste or flavour than the product normally used.

Consumers who may have encountered suspected counterfeit health products are encouraged to contact Health Canada by calling 1-800-267-9675. In Canada, pharmacies are regulated by the provinces. If you have questions about whether an Internet pharmacy is legitimate, please contact the licensing body in your province or territory.



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CONVOY - cont d from page 4

Situated at Mile Zero on the original road to the Cariboo goldfields, Lillooet became a bustling boomtown during the Cariboo Gold Rush of the 1860s. Today, you can still travel parts of this historic road to riches.

Gold Rush history is kept alive at the Lillooet Museum with its many gold-rush-era relics. The museum, housed in a former Anglican church, also has an impressive collection of Aboriginal artifacts on display.

Lillooet has more than 200 km (124 mi) of unmarked hiking and biking trails to explore. There's camping, swimming, horseback riding and fishing for salmon and the pre-historic White Sturgeon nearby.

One of the largest pictograph sites in Canada is located near Lillooet at Stein Valley Nlaka'pamux Heritage Provincial Park, a spectacular wilderness park.

Just past Lillooet are two single lane wooden bridges and the downgrades are quite steep. Did I mention you should check your brakes?

As we began to descend on the road to Pemberton, the smell of brake dust wafted into the cab. It didn't occur to me that it was our brake dust until our travel companions at the rear of our two rig convoy, radioed with the curt message, "You stink."

It was quickly apparent that our trailer brakes had failed and the truck was bearing the full weight of the 7,000 pound trailer as we descended the steep grade. "This can't be good," I thought.

Fortunately, the narrow road gave way to a viewpoint and we were able to pull over. Smoke poured from the wheel wells and my husband ran for the fire extinguisher, while I ran for cover.

In the end, neither was necessary. A connection had simply come loose, and making for a quick easy fix. And soon we were off to Whistler.

Next month: The Circle Tour Continues: Whistler and the Sunshine Coast

***see North of 50, April 07 issue on-line at www.northof50.com for more on Hat Creek Ranch*

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B.H. Bates

Violence against women has been with us dating back to Mr. Neil Anderthal, the first cave-man who bonked his betrothed up-side the head and dragged her back to his cave. Ahhh - what a way to show your

love!

Whenever I see men trying to control women through intimidation or just plain old brute force, it makes me wonder - just how far have we come as human beings? Take, for instance, some male dominated cultures, led by religious fanatics, who smother half of their intellectual potential under a bed sheet - and some, if not most, would say: the smarter half, too.

Females, in general, are the caregivers, the nurturers. They are the binding force that holds the family unit together. Yet, as gentle as a mother can be, she can be equally ferocious when provoked. If you require proof of this, just ask any male grizzly bear with claw marks across his face. When a female 'growls' - it's a warning!

So, unless you want your friends to be asking: 'Hey, where did you get those claw marks?,' I have a suggestion for men everywhere. Stop what you're doing immediately. Be very still and quiet! Whatever you do - in the name of the Great Spirit - don't raise your hand or voice! Set an example to the next generation. Prove that you're a civilized Injun and not a savage Neanderthal.

The Great Spirit made every snowflake different, so it stands to reason, not all women are alike. Some ladies are as kind and gentle as the elegant deer, while others are Grizzlies, who demand respect!

But, keep in mind, not to judge the Grizzlies you meet, until you first look at the bear she has to live with.

It also stands true that not all men are the same. Some are as timid as a house mouse; others are as tricky as the coyote; still others be dangerous and as unpredictable as a menopausal woman. Scary, eh?

Native culture has been tied to nature for millennia. We've looked to Mother Nature for our lessons on how to live. Natives took examples from our animal friends and incorporated those examples into our lives. Unfortunately, some of us have strayed from our ancestral teachings and it's evident by their behavior.

Observe closely. When was the last time you saw a young cougar spend his last beaver pelt on drugs? Did you ever hear of an adult bird sleeping in and losing his job? Can you ever recall seeing some rutting Buck, getting drunk and slapping the brown pellets out of his deer wife?

BEE IN THE BONNET: HOW TO BEAT A WOMAN!



As a young boy, I recall my own Father smacking my sweet Mom on the face - and to this very day it breaks my heart to hear a women sob. Violence against women should not be tolerated in native society or any other, for that matter. There are other ways to express yourself without raising your hand, or as we Natives call it: 'Stands With Fist!'

If I may, I'd like to ask a favour: of all of you lovely, kind and understanding women, who reading this column, to stop reading at this point, thank you.

This part of the column is addressing all of the: MALE READERS ONLY! I'd like to share some ancient Native secretes with you: HOW TO BEAT A WOMAN!

Hello, mighty Braves. Here are a few tricks that will help you outsmart the opposite sex ... and still get some! One sure way to dupe a gal into doing what you want is to ask her 'not' to do something (Hello, ladies!)

Another 'trick' I've used with continued success is killing with kindness. If you want to go out with the boys, be under foot for a few days. Every time she turns around - be there, calling her Pooky Wooky, kissing her, hugging her, pawing at her. Before you know it she'll be saying to you: "I need some alone time. Why don't you go out, before I kill you?"

Once again, Hello, to the curvaceous and curious readers.

Curiosity, my male friends, is another tool at our disposal. Let's say you want your better half to pay more attention to you. Try pretending you have a secret, pretend you did something wrong, act aloof ... and you can take my word for it ... she'll be on you, like stink sticks to toilet paper!

And I've saved the best for last - my most devious deception to get peace and quiet in your life! Something they'll never expect, from us males: Honesty! Now here's the funny part - these few suggestions that I've made. They work equally as well on both sexes. We're more alike than we care to admit, we all need to be cared for, listened to and, of course, loved. The short of it? "We need one another!"

If you're wise enough, to be the first one to initiate a smile and make the other person feel at ease - you've beaten 'violence' to the punch!

Dear reader: Please feel free to contact, B. H. Bates at: beeinthebonnet@shaw.ca

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