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From Juno Beach to Kandahar : A Family's journey through war

Story by Sherry Bennett

The story of Oliver and Harrison Coster is one of two soldiers; a soldier who began his military experience in France more than six decades ago and a soldier who is making his military debut in Afghanistan.

Grandfather to 22-year-old Harrison, 84-year-old Oliver served through some of the Second World War's darkest moments at D-Day and in the trenches near Normandy as a reservist with the 3rd Battalion Canadian Scottish.

Deployed to an undisclosed location in the deserts of Kandahar Province on Oct. 20, grandson Harrison is making his contribution to Canada's war efforts in the 1st Battalion Princess Patricia's Canadian Light Infantry.

While speaking of the event that now headlines history books, Lance Corporal Coster is thrust back to Juno Beach on June 6, 1944. His voice quickens and his glance shifts to the floor of his small home in the Kamloops suburb of Dallas as a litany of graphic sights, smells and sounds seep into his consciousness.

"When we got to Juno Beach they dropped the gates down and we went into full marching order into the ocean.

"It was terrible. It was just unbelievable. You know how you read that it was a sea of blood? Well it was. It was everything. My job during my first week was stretcher-bearer, picking up the wounded.

"Our instructions were that if there was a German and two or three Canadians on the ground, you tended to the German first. Even though you had a red cross on your back, you didn't do anything with Canadians on the account of snipers. You didn't dare attend to a friend."

Oliver's grandson has queried him of his wartime experiences on many an occasion. Each time Oliver successfully skirted his most horrific wartime memories.

"It was just so really terrible that I don't want to bring a lot of it up to Harry [Harrison]," concedes Oliver. "I try to not even think of it myself. I don't like to tell him because the war is so totally different now. It's not the same. I don't think he would understand it."

"He doesn't discuss specific things he's done," says Harrison of his grandfather in a phone call from PPCLI headquarters at CFB in Edmonton two weeks before his departure overseas.

"The stories are more about the guys he knew and the certain things they did; funny experiences and the goofy stuff being pulled. I think that in that sense, it's the same now as it was then. I think those are the stories I'll be telling my family in the future; stories about the people rather than the specifics of fighting."

As Oliver reaches into his late mother's silk purse, a tattered handbag that houses a discoloured bread bag filled with a small collection of photographs that chronicle his youth, he's somewhat dismayed to discover just one small snapshot depicting him in his regimental attire.

"It's a lot different nowadays," says Oliver. "Soldiers nowadays have so many pictures of themselves. We couldn't afford photographs back then."

When Oliver rises slowly from his kitchen chair to make a trip around his home in search of some concrete documentation of his time spent at war, one cannot help but notice a limp, a limp he has had to carry around with him as a reminder of war for 65 years.

"I didn't actually get into real combat at all," says Oliver in an almost apologetic tone. "I was carrying a Bren gun in my platoon when my leg was blown up with a German 88 on July 5, 1944. There were nine of us. Five were blown up, four survived.

"The British hospital picked me up on the fifth of July. I was taken to an English posting place and then from there over to No. 1 Canadian General Hospital.

"During that time they had sent a wire to my mother [in Robbins Range] saying I was missing and presumed dead. A week or two later they sent her another wire saying I was found and was alright."

As different as the Second World and Afghanistan wars are, so too



Oliver Coster (above) doesn't like to talk specifics of his tour of duty during World War 2; his grandson Harrison Coster (below) began his tour of duty in Afghanistan just weeks ago. Photos by Sherry Bennett



are the soldier's motives for enrolling.

"I enlisted because the school closed down up at Robbins Range," says the veteran. "All the kids I went to school with were going to war. I didn't want to be left out. My mother and father didn't have any money to speak of. The only thing that looked promising was getting into the army. So that's what I did."

"I joined up for the first time when I was 17. Somebody reported me as being too young and I was booted out. When I turned 18 I got in again."

"I had no inclination to go to college," says Harrison, who just completed his second year with the Canadian Forces and signed up for an additional three. "I really wanted to do something else; something more of a challenge, something outside of the box and a little more exciting. I wanted that professionalism that I saw in books and movies and documentaries. I wanted the discipline and the camaraderie."

During his tour in southern Afghanistan, as the second in command of a rifle section with the 10 Platoon of the Delta Company, Master Corporal Coster will spend his days maintaining a presence, establishing a rapport with villagers and assisting in reconstruction efforts.

"I'm sure it will only last a couple of weeks, but I can't wait to get over there and do my job. I can't wait to see new things and experience the culture shock and utter foreignness of it.

"As the crew commander for my vehicle, a three-man vehicle crew with seven dismounts, I'm responsible for the entire section's safety. There's a lot riding on my back. I have to watch out for IEDs (improvised explosive devices) and ambushes.

"Getting my section from one point to another safely has led the most cause of concern for me. IEDs are extremely indiscriminate and there's very little you can do to fight against them. There's a sense of helplessness and trepidation because you never know what's going to happen. There are no warning signs or hints.

"I'm a little apprehensive."

In the days before his grandson's departure on Task Force 3-09, Oliver offered no words of military advice.

"There's nothing I can say really. It's totally different now; so different."

"Because he does understand and to such a high degree knows what does go on and what it's like, there's not much he can say," says Harrison. "It's a matter of personal experience and he [Oliver] would never be so presumptuous. He knows that I have to do it on my own."

"I just hope he comes home safe," says Oliver.

A Letter from the Front

Submitted by Sherry Bennett

The following is an unposted letter found in the coat pocket of Cpt. Reg Allen of Kamloops shortly after he was brought into a military hospital in Boulogne, France on April 23, 1915.

Allen took a bullet wound to the abdomen two days after he wrote the letter and succumbed to his injuries a week later. The letter, addressed to Mr. Joseph Richards of Salmon Arm, was submitted to the Inland Sentinel by Allen's wife and published in the paper on June 14, 1915.

Support Trenches, France, April 21st, 1915.
5th Canadian Battalion, 1st Canadian Contingent, British Expeditionary Force, France

Dear old Joe—Just a line from the trenches to thank you for your letter and the tobacco which I received safely. I am writing in a dug-out under the ruins of a farm; the shells have been coming over all day and part of the night. We have two men killed last night and four wounded, this hole and corner warfare is hell. Give me the open African Veldt and a good horse, in a country where a man can see a bit beyond a hundred yards; the country is all enclosed with fences, houses, trees, woods and orchards, and you can hardly get 100 yards field of fire anywhere; I am temporarily in command of a double company (about 200 men), as my major is on the sick-list.

One of our men was hit by a piece of shell yesterday; it went through his haversack and then the seat of his breeches and never broke the skin, but the blamed thing was nearly red-hot and burnt him badly. He ran all over the place yelling blue murder that he was hit.

If it wasn't that we had a sense of humour, I don't know how we'd exist, for there is a whole lot that is far from being humorous. Rex Lingford is still with us, also Lawrence Milton; they are both fit. I hear nothing of the other boys who joined Strathcona's. I have good news of my wife and family, who are all in Ireland still with my mother. We have travelled over quite a bit of France and Belgium, moving from one place to another—I cannot tell you where we are now, but you cannot imagine such a scene of ruin and desolation. Our men are fine, full of courage and healthy, and dying to get at the Germans. Most of the officers are good fellows and we manage to have good times occasionally. I can hear the trench mortars bursting about 700 yards away in the fire trenches; they are damnable things and do a lot of damage.

I guess if I come through this, I'll have done my share for my country, but it's long odds against coming through; there were 10 officers killed to every 50 men at Neuve Chapelle.

With kindest regards to Mrs. Richards and yourself,
Ever your old friend—REG ALLEN



With the outbreak of the Great War in 1914, the 5th Canadian Infantry Battalion was organized at Valcartier, Que. and was composed of recruits from British Columbia (30th and 31st British Columbia Horse), Alberta, Sask., and Manitoba. Photo Courtesy Kamloops Museum and Archives.



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Freda Hesketh: A Woman's Wartime Memories

By Andrea Dujardin-Flexhaug

Freda Hesketh was one of the first females in Saskatchewan to enlist in the army in 1941. Back then, she recalls, "there were no uniforms (for women) and there was no training then either. I was put in an office right away."

Though the hands of time have faded some wartime memories for Freda Hesketh of Osoyoos, her treasured scrapbook, full of old newspaper articles, WW2 letters from husband Harry, and black and white photos of the couple in uniform, serves as a reminder of the past. There, too, are the telegrams from officials reporting on Harry's status while on duty as an Air Force officer.

The one memory that hasn't faded at all is the day she was notified by phone and later by telegram about her husband Harry's MIA status. "It was near Christmas time," she recalls vividly, "and I was at a friend's for dinner when they phoned and said he was missing."

The young bride, who only had five days of married life before Harry shipped overseas, reacted to the news with plenty of tears. But Freda had always been a strong, independent woman and rather than take the leave time to which she was entitled, she took refuge in her work with the Royal Canadian Ordinance Core. She was the only woman in the staff of 20 employed by the Inspection Branch in Regina. Their job was to check everything from guns to cutlery. The job allowed Freda to travel throughout Saskatchewan, which she loved doing.

Then, on January 28, 1944, Freda received another Canadian National telegram with the news: "Pleased to advise International Red Cross quoting German information states your husband Flying Officer Harry Hope Hesketh is Prisoner of War. Signed: RCAF Casualties Officer."

Relieved that her husband was still alive, Freda continued to work days and kept busy at night by packing parcels for prisoners of war. She also trained in a non-commissioned officer course and became a sergeant.

Harry spent two years as a prisoner of war, and thankfully returned home safely at the end of the war. The couple settled in Osoyoos and worked at the local post office, later starting an orchard north of town and raising a family.

In 1946 Freda became the first woman member of the Royal Canadian Legion Branch #173, but not before overcoming a few obstacles first. "When I came here, the World War One veterans, it was their Legion," she explains. "And they weren't allowing women to join." But they still wanted Freda to serve as Legion secretary. But Freda was adamant, "I can't be your secretary if I can't be a member." Admittedly stubborn, once she became a member, Freda decided not to take the office at all. Instead, she went on to



Freda Hesketh looks through her scrap book filled with memories of World War 2.

Photo by Andrea Dujardin-Flexhaug

become the branch's first woman president and served every other office... but secretary.

World War Two vets were welcoming to women members "because we were working (during the war) with them." Today, the vet membership in the Legion has dwindled, "and those World War One veterans ... they're all gone," Freda wistfully notes. This is her 63rd year as a Legion member.

Freda was also the first woman Legion Zone Commander in the South Okanagan and Similkameen Zone. She's served on the Legion's Provincial Executive, and later on a sports committee of Dominion Sports. Her dedication led to her receiving the highest Legion award, a Meritorious Service Medal with Palm Leaf.

Freda's leadership skills led also to her involvement in not only Legion activities, but in the community at large. She helped found the Osoyoos/Oliver Mental Health Support Group, the local Legion Park and Golden Tulip Park, and worked with a myriad of other worthwhile projects. For her efforts, she received the "Women's Recognition Award" by the Osoyoos Soroptimists Club.

Freda is quick to note that she was never a one woman show. "I haven't just done all of these things by myself." She adds earnestly, "I just enjoyed everything I did."

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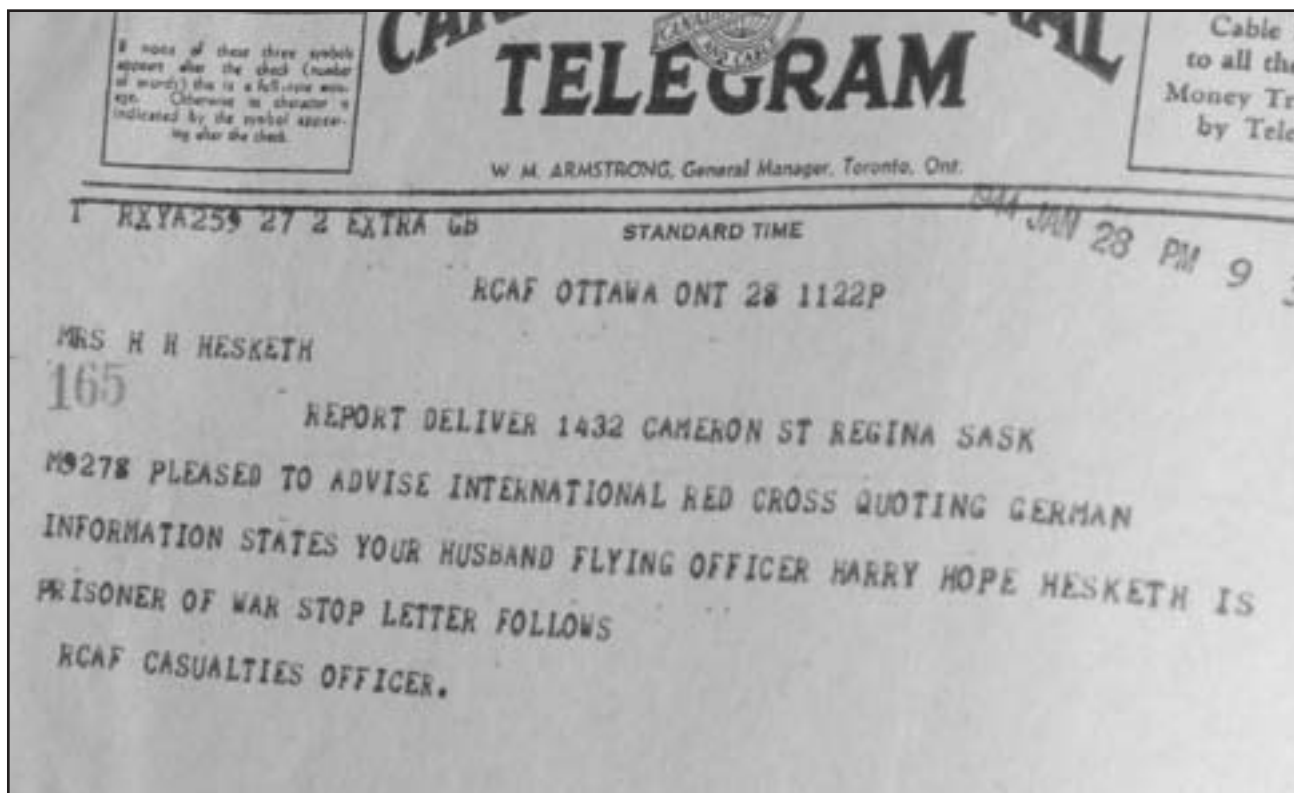
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GUEST EDITORIAL

Can we have an adult conversation about taxes?

by Hugh MacKenzie Canadian Centre for Policy Alternatives

At the risk of insulting a generation of 4-year-olds, it's time we had an adult conversation in Canada about taxes and public services.

Most 4-year-olds have figured out that when you go to the store to get something you want, you have to be prepared to pay for it. Yet Canada's political leaders and business interest lobbyists would rather spit nickels than admit this basic fact. It's a problem with all political leaders and parties - not just those I disagree with.

For Canada's political right-wingers, their insistence that we can have massive tax cuts without suffering any decline in public services is worse than childish; it's delusional. Any 4-year-old knows if you go to the store with less money, you're going to come away with less candy. Eliminate government waste, they say, and we can have lower taxes without cuts in services.

Sounds good, particularly when provincial and federal auditors provide an annual source book for examples of stupid things that have been done with public money. But, at heart, most Canadians know and appreciate the fact that our public money is spent on services Canadians value in their everyday lives: Public health care, education and transit systems. Paved roads, sidewalks, sewer systems, clean water. Public services we couldn't do without.

Then there's the right-wing's childish fantasy that if you lower tax rates, government revenue will actually increase. We can all pay less tax, and government will get more revenue.

Try that one on a 4-year-old. It defies logic. Here's the reality: Data from the OECD demonstrate that, since 1995, tax revenue in Canada has dropped from 36 per cent of GDP to 33 per cent of GDP. That may not sound like much, but it represents a loss of nearly \$50 billion a year in public revenue. And we wonder why Canada plunged into a \$50 billion deficit magically overnight.

Finally there's the self-serving right-wing argument that our public services aren't as good as they should be, so why not cut them? This from the very people whose successful campaigns to reduce public revenue have weakened those services in the first place.

Any 4-year-old can tell you that you don't get what you don't pay for. Lower public revenue and you can expect roads full of potholes and long waiting lists for elective surgeries.

Arguments from Canada's left flank are sometimes equally childish.

Too often, it campaigns for better public services as if they can be provided free. Better services won't cost us anything because the higher taxes needed to pay for those services can be paid by people we don't know. People who make a lot more money than we do. Big corporations but not small businesses.

It's the "anyone but me" solution, which is no more adult than a child who takes candy from a store and then claims his friend did it.

The "anyone but me" line would be amusing if it

wasn't such an obvious stall tactic for taking true responsibility for the provision of public services.

It used to be that people who made over \$100,000 a year qualified as rich and therefore for membership in the people we don't know who are going to pay for our public services club.

Then someone noticed that a construction worker or an autoworker who worked a lot of overtime could make over \$100,000 a year. So Canada's left flank shifted the income cut-off to \$150,000.

There are lots of problems with both the economics and the politics of the "anyone but me" proposition:

If you set the income cut-off high enough to be politically comfortable, there aren't enough people to pay for better public services;

If you raise taxes by a large enough amount on a small group of people, they'll try to find a way to avoid paying them;

Politically speaking, people aren't stupid. They simply don't believe you when you tell them they can have something for nothing. At best, then, the argument undermines the credibility of the case for greater investment in public services.

At worst, it reinforces the right-wing mantra that taxes are a burden to be avoided. That's particularly true when the left tries to have it both ways, opposing taxes on the grounds that they impose a burden on working families (or whatever the code phrase for "us" today).

Take, for instance, B.C.'s New Democrats who based a campaign - a losing one at that - around the idea that a carbon tax imposed a burden on everyday people. Similarly, Ontario's and B.C.'s New Democrats are fighting battles against a "tax grab" over the harmonization of Ontario's Retail Sales Tax with the GST.

In an earlier era, a broad coalition of the left went to war against the GST and in the process fed a populist anger that landed in the lap of Preston Manning and the Reform party.

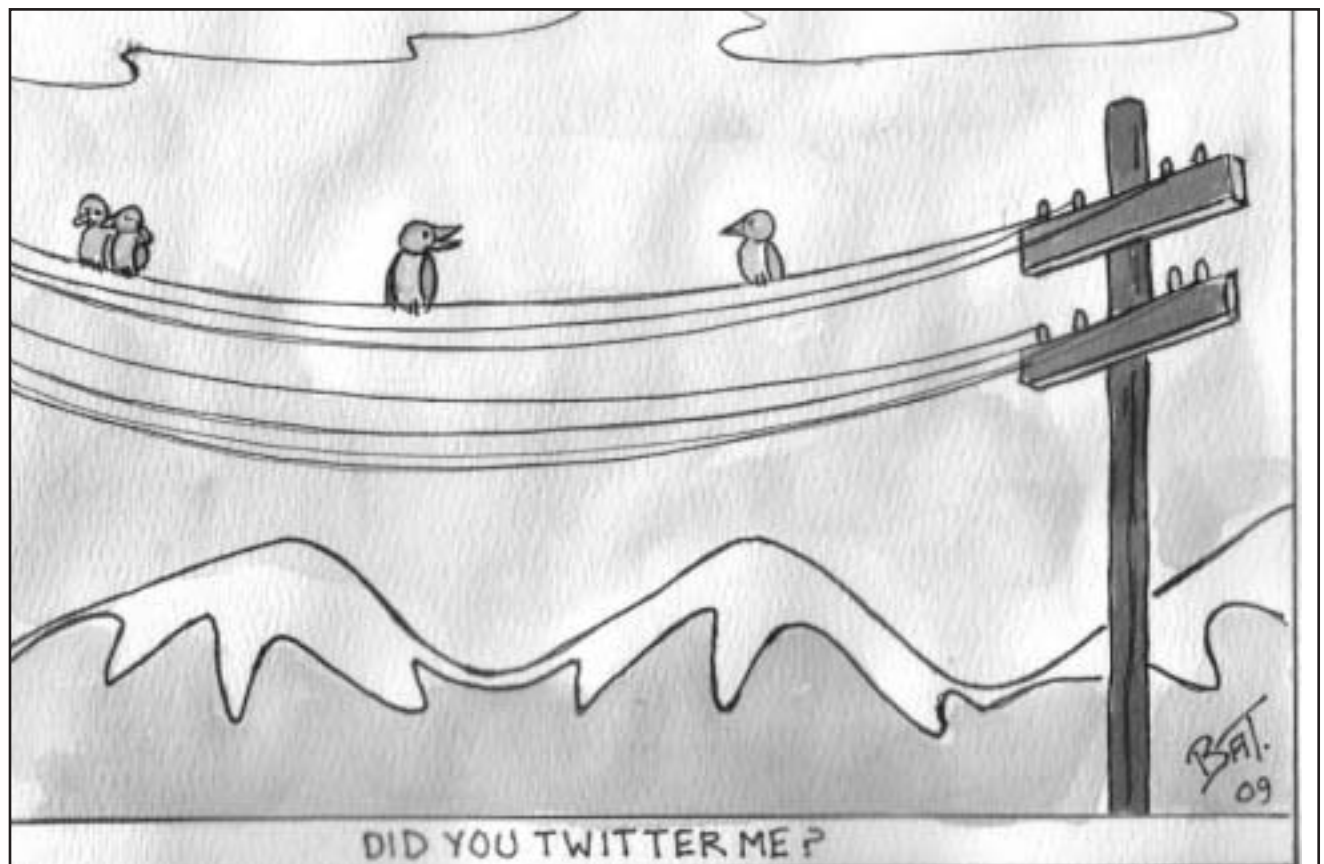
The tax trap is also why the carbon tax campaign sank Stéphane Dion's political career. Dion tried to sell carbon taxation as tax reform - as a way to cut taxes rather than as an investment in meaningful environmental change.

This strange debate that separates taxes from the services they pay for would be little more than a political oddity if it weren't for the fact that as Canadians confront the challenges of global warming, economic dislocation and an aging population, we're going to need to make significant new public investments.

We're going to have to be able to talk about how we pay for them.

Here's the adult reality: Nations that have the most highly developed systems of public services pay for them with all kinds of taxes, including sales taxes and payroll taxes that everyone contributes to because everyone knows there is no such thing as a free lunch.

You really do get what you pay for. Just ask any 4-year-old.





Don Sawyer

Won't be Fooled Again

The story of power and powerlessness is a central human narrative. Whether economic, religious, social or political (or, as has most often been the case, some combination), elites have forever sought to protect their privilege by using mechanisms as subtle as myth, lies and manipulation, and as blunt as a club. But the misuse of power has always been met by resistance and rebellion. This

struggle is at the very heart of our collective history.

Sometimes the battle is writ large: women's struggle for the vote, the civil rights movement in the US, the bloody fight waged by unions for safe working conditions and decent pay, the triumph of the poor and disenfranchised in liberation struggles in Africa and South America.

But more often they are smaller, personal struggles. Incidents in our workplace or family, or in our communities, where power is being unfairly used to exploit, abuse or diminish us. The everyday incidents that challenge our sense of ourselves as competent, capable people.

But whether on the grand scale or the in miniature, one truth remains: Passivity is the objective of tyrants.

During the women's suffrage movement in Britain, numerous arguments were made against the idea of giving women the vote. Even Gladstone, Britain's reforming prime minister, attacked the suffragettes as "frustrated spinsters venting their bitterness on men." But as one historian put it, the issue was really just about power: "[Males] feared suffrage and thus a female majority that might well push anti-male policies. There were also concerns that women would use their new political power to improve their position in the labour force or that they would neglect their domestic duties." Suffragettes met ridicule, violence, derision and imprisonment in their quest for what we now accept as a fundamental right.

Similarly, workers' struggles for basic reforms such as the eight-hour day, contracts, the five-day week, bans on child labour, and the right to unionize met fierce resistance that included lynchings, attacks by private militias, executions (by state and company thugs), police attacks and harassment, imprisonment and crippling lockouts. None other than the oft-quoted (but rarely understood) economist Adam Smith had this to say: "We rarely hear...of [a union] of masters, though frequently of those of workmen. But whoever imagines...that masters rarely combine, is as ignorant of the world as of the subject. Masters are always and everywhere in a sort of tacit, but constant and uniform combination, not to raise the wages of labor above their actual rate. When workers combine, masters ... never cease to call aloud for the assistance of the civil

magistrate, and the rigorous execution of those laws which have been enacted with so much severity against the combination of servants, laborers, and journeymen."

In each case, the purpose of the ruling elite was the same: to so intimidate and frighten those rallying for reform that they would cease their agitation and accept the status quo. Fortunately for all of us, these brave folks did not succumb.

This tactic is as old as mankind, and as close as your neighbourhood. A few years ago a giant shopping centre developer purchased a huge chunk of land west of town on the Salmon River. Many of us were concerned about the many environmental, social and economic issues the proposal presented. So a group of us met with the developer's representative. After sharing our concerns, the developer ended the meeting. "Look," he said. "You're wasting your time opposing this. The entire council is behind it. You're just like any other town. 10% will oppose the development. 60% will support it, and the rest won't care." He shook his head. "You can't stop us."

We were initially dispirited. And that, of course, was the intent. Don't try. Accept the way things are. You can't fight City Hall. The world unfolds on its own, beyond your control. You can spin your wheels, but you won't get anywhere. So just sit back and accept the inevitable. Watch TV, play your computer games, smoke your dope or drink your scotch. We know what we're doing. Trust us. And if you don't, no matter. We're going to do it anyway.

But as I have mentioned before, we're a stubborn bunch up here, and we didn't slink away. We believed that the plan was bad for our town and bad for the local and global environment. Volunteers poured thousands of hours (and dollars) into making the community - and council - aware of the dangers the proposal presented and of the positive alternatives available to us. We fought for our community long and hard. And at the end of the day, we won.

Now, as expected, they're back. The new plan is relatively less environmentally devastating and gives at least a nod to connectivity with the downtown -- all victories in themselves since these concessions only occurred because of our robust opposition. But however the second round of this process plays itself out, the developers are facing a very different community than they tried to intimidate two years ago. Since then we have learned that we are not helpless. We learned that individually and collectively we can effect change. We learned that people do listen and respond to reasoned arguments. We learned that we can shape our future rather than simply inherit it. We learned to be creators rather than just consumers. We became empowered.

If passivity is the objective of tyrants, informed citizen engagement is their ruin. And as The Who eloquently put it, "We won't be fooled again."

Don Sawyer is a writer, educator and former director of Okanagan College's International Development Centre. He lives with his wife in Salmon Arm. You can contact Don Sawyer by email at donsawyer@telus.net or by mail at Don Sawyer c/o North of 50, Box 100, Armstrong, BC V0E 1B0. For more information on Don's writing and development work, visit his web site at www.northerned.com.



Calvin White

WHEN THE DALAI LAMA COMES TO TOWN

He stood hovering above them, looking earnestly down into their young faces, and exhorted, "The source of inner strength is compassion." This was surely an odd encounter for those first rows of teen and pre-teen Canadian students and for the rest of their 16,000 peers stacked into GM Place in Vancouver on September 29. An elderly monk swathed in wine coloured robes, talking to them at

length about their mothers, about opening their minds, and about loving each other!

Obviously they had heard about the Dalai Lama, their teachers having months before prepped them for this journey, but to be near him in the flesh was something they could not prepare for. They are the cell phone generation, children of the gadget, cultivated in the pace of now, speed, and brevity. Kids are all about style and this day. The Dalai Lama is from another dimension - one of contemplation, stillness, deep thinking. He has no style, no signals of hip, neither the language nor the presence of this day.

And yet there was this wonderful interface. He spoke at length. They listened. He laughed. They laughed.

This was the highlight of the Vancouver Me To We Day organized by Free The Children, the aid and development initiative of Craig and Marc Kielburger. It was a day in which throngs of school kids came from all over B.C. to hear and see such celebrated personages as Jane Goodall, Sarah McLaughlin, Mia Farrow, Governor General Michaëlle Jean, and others who one after the other peppered them with inspirational information. The idea was to stoke the nascent social activism within our young.

But the drawing card of this Vancouver event was the presence of the Dalai Lama, the spiritual head of Tibetan Buddhism and probably the planet's most known and respected world citizen.

He was in Vancouver to participate in a two day public peace conference featuring a series of discussions with other Nobel Laureates and such renowned personalities as Eckhart Tolle, Maria Shriver, and Stephen Covey. These events commanded ticket prices ranging from \$60 to \$300. It was an onerous schedule, but squeezed in was the quick visit to the Me To We celebration.

What a jarring contrast it must have been for the 74 year old Tibetan leader to in minutes move from a sedate, cultivated audience of spenders in the elegant Orpheum Theatre to enter a hockey arena filled with 16,000 screaming kids.

It was planned to be a quick engagement with a chosen group of kids on stage asking a smattering of questions of him while he sat on a comfortable chair amidst them. Craig Kielburger was to moderate. Instead the Dalai Lama sat down, realized the staid formality, and then jumped up and announced he wanted to say a few words first. He walked right to the front of the stage and then, peering down into the eyes in the front rows smiled at them. He spoke for almost a half hour and his whole visit lasted an hour,

backing up the Me To We schedule and totally throwing out of whack the schedule of the peace conference back at the Orpheum.

Clearly, it was a mutually satisfying encounter. The Dalai Lama soaked in the youthful energy, the representation for change and possibility that the kids embodied, and their unchecked joy. They, in turn, could feel his happiness to be with them, his appreciation of them, and perhaps, most important, his genuine respect for them. So, it was a match.

Thus occurred direct communication of the paradoxically simple but sophisticated ideas about compassion, mindfulness, and self-trust that our young seldom encounter on any sustained or poignant basis.

To end his time with them, the Dalai Lama held high a ceremonial silk scarf called a kata to all of the kids in the huge arena. He explained it's symbolism of gentleness and purity and that it was a token of blessing and hope. Then he placed it around the shoulders of Craig Kielburger as their representative. As he left the stage, he went to the rows of kids near him to shake hands and touch their faces.

Later, back at the Orpheum, I waited in line with media photographers to be taken in for our photo-op with Maria Shriver and the Dalai Lama. Three of them had also been over at GM Place. Veterans of their trade they grouched that the whole affair had simply been a television program, a hype job for the sponsoring network. They were disenchanted with the flip through of speakers, the cheering, the music, the loudness - Ben Mulroney's hosting, and the request for contributions for the Free The Children's projects. One of them, the more grizzled, particularly felt incensed that the Dalai Lama had given the kata to "that guy on the stage. Who was he anyway? It should have gone to the kids."

I explained to him that Craig Kielburger had begun Free The Children when he himself was only 12 years old and that he had started his activism then, the photographer didn't care. He didn't know about it and wasn't interested. We stood silently awaiting the photo-op. I suspect the kids were still back at GM Place cheering.

Calvin White is a retired high school counsellor who lives in the North Okanagan. He has had over 70 essays published in the various Canadian daily newspapers, including the Globe and Mail, the Ottawa Citizen, Toronto Star, Vancouver Sun and Province. If you have any comments on this column, you can write to Calvin White at calvinwhite@northof50.com or to Calvin White, c/o North of 50, Box 100, Armstrong, BC V0E 1B0



Coming Events

Barnhartvale Hall Coffee House volunteers will host their second musical nights this fall on Saturday November 21st. Feature Musicians will be **Alan Bates and Sue Kyle** from Seymour Arm. They are folk oriented, and are part of the band known as BirchBark. You may have seen them at the Roots and Blues festival. They will play some original tunes as well as faves, singing in harmony and playing a variety of instruments. Bring the family out for some great music and home baked goodies. Doors 7pm; Music 7:30pm; Admission still only \$4; children and "Open Mic" performing musicians are free. Info call Cheryl at 250-573-5719. The Coffee House is looking for new volunteers to help organize these music events.

Women for Women International Fundraiser, Saturday November 7th, 7 PM. **The Art We Are Artisans Market** (#201-322 Victoria Street). A celebration for Women for Women International and raising funds for women in war torn regions. Women for Women International provides women survivors of war, civil strife and other conflicts with the tools and resources to move from crisis and poverty to stability and self-sufficiency, thereby promoting viable civil societies. Join us at The Art We Are for an amazing evening of live entertainment by Perry Tucker & Friends, Kate Morgan & Shahrazad (belly dance)! Tickets will be available at the door. Cost of the tickets are on sliding scale: \$10 to \$20, whatever you can comfortably afford. Christina's amazing food and beverages will be available for purchase! The timing of this fundraising event is crucial as we only have until November 15th to raise funds that will be MATCHED by an anonymous donor! Every penny raised this evening will be donated to Women for Women International, and will be matched dollar-for-dollar.** If you are unable to attend the fundraiser but would like to make a contribution (any denomination!), please contact us at w2wkamloops@yahoo.ca Email Amber, Marianne or Jacque at w2wkamloops@yahoo.ca for info.

Far West Presents **Warren Miller's Dynasty** November 11 at the **Paramount Theatre** in Kamloops, 7:00pm. **Dynasty** reveals the past, present and future of winter sport. Tickets are \$20 and can be purchased at Dolson's Source for Sports, Spoke 'n Motion and Valhala Pure.

My Fair Lady comes to the **Sagebrush Theater**, :

November 26, 27, 28, at 8 p.m., **My Fair Lady**, written by Alan Jay Lerner and Frederick Loewe. Winner of the Tony and Oliver Awards. Eliza Doolittle and Henry Higgins star in the show that London's Daily Telegraph called "the greatest musical of all time". Special Pricing for this play only as a Family Christmas gift from Western Canada Theatre. Adults and Seniors \$25.00 each Students \$16.00 each and children 12 and under \$10.00 each. Call Kamloops Live! Box Office, 374-5483 or toll free: 1-866-374-5483

Kamloops Symphony presents **Effervescence** - Saturday, November 14, 7:30 pm, **Sagebrush Theatre**. A spirited overture, a light-hearted concerto and a tuneful, dramatic symphony – joyful and grand! Guest Artists include Miaomiao Yu, Piano and Chris Mitchell, Trumpet.

Rock and Roll Hall of Fame member, **ZZ Top** is heading to the **Interior Savings Centre** November 21; Billy Gibbons, Dusty Hill and Frank Beard bring their red-hot rock, boogie and blues. No one does it better or has done it longer than that 'that little ol' band from Texas!' Formed in 1969, ZZ Top holds the distinction of being among the few bands still comprised of its original members. Tickets at 250-374-9200 or via ticketmaster.ca

The Beauty of Melody, November 8. Natalla Alexandrova-Manolov, a Vancouver-based classical violinist and a member of the Kamloops Symphony joins forces with the Kamloops pianist Dimiter Terziev to perform a chamber recital featuring some of the most famous works for violin and piano by Mozart, Beethoven, Scriabin, Piazzolla and others. St. Andrews Presbyterian Church (corner of 6th Avenue and Douglas Street). General admission \$20, seniors and college students \$18, FREE for children and youth under 18.

Ricky, Bubbles & Julian, the **Trailer Park Boys** crew will be at the **Sagebrush Theatre** in Kamloops on November 15th, at 8:00pm. Tickets are available at Kamloops Live Box Office at 250-374-5483

The Kamloops Heritage Society is proud to present **Christmas at the Square**, a **Fine Arts and Craft Show** on November 20 and 21. Friday 11 - 7pm and Saturday 10 - 4 pm at St. Andrews on the Square 159 Seymour Street. Admission is by donation to the Kamloops Heritage Society. Contact Leigh-Anne Larsen at 250-377-4232 or email at heritage@ocis.net for more information.

RE/MAX Community Christmas Train, November 12 to December 12. For each new unwrapped toy brought in, RE/MAX will donate \$5 for food hampers. Toys may be dropped off at the RE/MAX offices in **100 Mile House** and at the **Interlakes Corner**. Call Karen Weightman at 250-395-3422 or 1-800-731-2344

Midnight Madness & Santa Clause Parade, 100 Mile House Downtown, November 27, 5:00pm, entertainment, late night shopping spree featuring "Shop til you drop" savings throughout town. Contact Chamber of Commerce 250-395-6124.

Merritt Country Christmas starts with a **community concert**, Thursday, November 26, 7 pm at the Civic Centre. Friday, November 27, **Light up Parade** on Quilchena Ave, 7pm. Also a Craft Fair in the Civic Centre, 2pm-10pm and **Santa Land** after the parade until 9:30. Saturday, November 28, the Craft Fair continues 9:30 a.m. to 4:30 p.m. and Santa Land 10 to noon and 1 to 3 p.m. **A Silent Auction** Wreath event, displayed at the Civic Centre from Thursday night until Saturday. Bids close at 3 p.m.

Clinton Seniors Craft Sale & Flea Market, November 7, Clinton Memorial Hall, 10 am-2pm. Beautiful Locally Crafted Items, Quality Flea Market Items Raffles, Fish Pond, Concession For more information and to book your table - contact Helene 459-2469

Remembrance Pow Wow, Kumsheen Secondary, **Lytton**, Paying tribute to the people who fought to keep our freedom ! Join in this most honoured tradition Dancers, Drummers, Singers, Native Crafts, Great Food. PowWow begins at 7:00pm on Friday, at 1:00pm and 7:00pm on Saturday and at 1:00pm on Sunday. Traditional meals served at the Memorial Hall on Saturday and Sunday. For info, 250-455-2181 or 250-455-2284

Wednesday, November 4 Dementia Education Workshop Getting To Know Dementia

Basic information about Alzheimer's and related dementia and the progression helps deal with the disease at all stages. 9am to noon at Alzheimer Society of BC, 543 Battle Street, Kamloops, BC
For information and to register call 250-377-8200 or e-mail ssmith@alzheimercbc.org
You must re-register for this free workshop. Donation appreciated.

Tuesday, November 17 Dementia Education Workshop Approaches to Communication and Behaviour Changes

Approaches and strategies to support the person with dementia that help you to cope as the disease progresses. 6 - 8 pm at Alzheimer Society of BC, 543 Battle Street, Kamloops
For information and to register call 250-377-8200 or e-mail ssmith@alzheimercbc.org
You must re-register for this free workshop. Donation appreciated

Wednesday, November 25 Dementia Education Workshop Transition and the Move to Residential Care

Preparing for transfer to residential care and changing family roles in caring can ease a difficult time for family and the person with dementia. 9am to noon at Alzheimer Society of BC, 543 Battle Street, Kamloops, BC
For information and to register call 250-377-8200 or e-mail ssmith@alzheimercbc.org
You must re-register for this free workshop. Donation appreciated.



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fmi on Women for Women International www.womenforwomen.org fmi on this event: w2wkamloops@yahoo.ca

Community Events

100 MILE HOUSE
100 MILE - Diabetes drop-in is held every Tuesday from 1-2 p.m. at the South Cariboo Community Health Centre. Speak with the nurse or dietitian. Everyone welcome. For information phone 395-7676.

100 Mile Legion All-Veterans get-togethers are held Saturdays at 2 p.m. at the legion. Meat draws at 3 p.m. For more information call 395-2511.

Creekside Seniors Centre offers activities for seniors such as pool, darts, bridge, whist, cribbage and carpet bowling. For more information call (250)395-3919.

108 Newcomers Group. First and third Thursday of every month at 10:30 am in the Community Centre upstairs room. Meet other newcomers over a cup of coffee in an informal setting. Drop-in fee: \$2. Caroline 791-9250.

BARRIERE
Barriere Survivors meet 2nd Monday of the Month 10:30 am to 12:30 @ Volunteer Centre. Anyone who has suffered a Brain Injury Ph. Kamloops Brain Injury Assoc (250) 372-1799 ask for John

Alzheimers/Dementia Support Group 1st Thursday of each month from 10:00a.m. to 11:30 a.m. at **Volunteer Centre on Barriere Town Rd.** Phone 250-377-8200 or 1-800-886-6946.

CHASE
Chase Village Friday Evening Market 4-7 pm. Local produce, baked goods, and arts & crafts.

KAMLOOPS
BIG Little Science Centre PUBLIC HOURS 2009 - 2010 Discover & Explore Fun Science. Enjoy TWO FULL Rooms with over 130 Hands-on Stations. **Thursdays and Fridays 3:00 PM to 5:00 PM. Saturdays 10:00 AM to 4:00 PM.** With a Special Activity or Show at 11:00 AM and 1:00 PM. Closed Sundays and Holidays. For more information contact: Gord Stewart at: 250-554-2572 or 250-319-0689 E-mail: gord@blscs.org

The newly formed **Kamloops Garden Railway Club** is looking for donations of large-scale track, buildings & rolling stock for a permanent "G" scale layout at The Kamloops Wildlife Park. **Tax receipts will be issued.** To donate or for more information on our organization ~ call Hans @

250-828-1418.

Breast cancer support group meet the second Saturday of the month at Lansdown Village, lower level, 111-450 Lansdowne St., from 10 a.m. to 12 p.m. Call 250-374-9188.

WonderCafe Soup Kitchen at Mt. Paul United Church, 140 Laburnum Ave. (Kamloops North Shore), serves hot lunch every Thursday from 11a.m. to 1p.m.

Kamloops Ostomy Support Group meets at 7 pm on first Thursday of month at Medichair, boardroom. 210-450 Lansdowne Street, contact for info: Ken at 250-819-0315 or Evelyn at 250-828-6647.

Pottery classes for the Fab 55+. Discover or rediscover the great feeling of creating in clay- Hand building, sculpture, coils or slabs. **Held every Tuesday from 1-3:30PM at Heritage House pottery studio in Riverside Park.** \$5 for non members \$3 for members. Free clay is available for small projects and fee covers firing, glazing and use of tools. For more information contact Diane Britt at 573-2604 or 377-8793.

The local chapter of **Green Drinks International**

(greendrinks.org) will meet on the first Monday of each month. November 2nd, 5:30 pm to 7:00 pm. Green Drinks is a non-profit social group. Topics discussed in the past include gardening, green home building, air pollution, home canning, straw bale houses! Mary Ellen Grant megloops@gmail.com or 250.371.7172

Kamloops Garden Club Meets every 4th Wed. of the month in Heritage House at 7:00 pm. Jeanette Moslin (250) 372-9669.

The **Wells Gray Country Seniors Society** meet the first Wednesday of each month at 10 a.m. at the Resource Centre; Third Sunday Seniors Social at 1p.m. in the Munroe Room at Wells Gray Inn; Seniors Book Club meet on the fourth Thursday of each month in the Clearwater library. Contact Lois Geiger, lgeiger@mercuryspeed.com.

The Kamloops Raging Grannies is a non-partisan group of women who use humor to actively raise the consciousness of citizens through peaceful means to promote positive change within our communities. More info 372-3105.

Tuesday afternoon cribage at the McArthur park lawn Bowling Clubhouse (beside NorBroc Stadium) at 1:30 p.m. Everyone welcome. No partners needed. Crib, coffee and good company. Call 250-579-0028.

Are you a breast cancer survivor looking for fun, fitness and friendship? The **Spirit Warrior dragon boat team** is a great group of women who meet **Tuesdays & Thursdays at 6pm at Pioneer Park** in Kamloops. We are looking for more members, no experience required! Call Liama at 377-8514 or Dell at 320-1765 or e-mail spiritwarriors@shaw.ca.

Bridge at **Desert Gardens Community Centre, every Tuesday, at 12:30 p.m.** 540 Seymour Street. For info call (250) 372-5110.

The **Kamloops Family History Society** meets every **fourth Thursday** throughout the year Sept -

May. We meet at the **Heritage House** from 7:00 - 9:00 pm.

To all bridge players: We welcome new players to our 12:30p.m. Tuesday gatherings at Desert Gardens Community Centre on Seymour Street. If you know the fundamentals of the game, you can learn as you go. Call Dave, 250-374-4963, or Peg, 250-376-0250

The Alzheimer Society of BC, Central Interior, 543 Battle St. Kamloops, offers programs and services for people whose lives are affected by Alzheimer's disease or a related dementia. Programs and services include education workshops and information and support groups for family caregivers and for people diagnosed with early dementia. Call 250-377-8200 or 1-800-866-6946.

Interior Authors Group, a group that brings people together who are interested in the art of writing, meets the second Wednesday of the month at the Kamloops Art Gallery, 465 Victoria St., at 7p.m. Call Ted Joslin, 250-374-8910.

Dance to the music of the Kamloops Old Time Fiddlers every 1st & 3rd Saturday of the month from 8:00 to 11:00 pm at Heritage House, 100 Lorne Street. Members \$ 6.00 ea., non-members \$ 7.00 Everyone is welcome. FMI 250-376-2330.

Join a fun men's and women's a cappella chorus, The Hub City Singers, in rehearsals every Tuesday, 7 to 9p.m., at the Old Yacht Club, 1140 River St. Members don't have to be able to read music. Call 250-578-7503.

Seniors Dance with the Golden Serenadors every second Friday of the month at the North Shore Community Centre, 730 Cottonwood Ave. Admission \$4 Call 250-376-4777

PATCHS, a grassroots community-based group working to achieve positive changes in the health care system, meets the first Monday of each month at Kamloops United Church, 421 St. Paul St., at 6:30p.m. Call Rick, 250-579-8541 or email riturner@shaw.ca.

Kamloops Ostomy Support Group meets at 7 pm on first Thursday of month. Contact: Ketina at 250-571-1456.

LILLOOET
Royal Canadian Legion Branch 66 737 Main Street Lillooet BC 250-256-7332 Meat draws every Friday 5 : 3 0 - 8 : 3 0 P M Members and Guests always welcome

Carpet Bowling for Seniors, Mondays & Thursdays from 10:30 - 11:30 am at the Gymnasium or Mezzanine at the **Lillooet & District REC Centre,** 930 Main Street. Drop In Fee.

50+ Fitness at the REC Centre. aerobic style fitness class, Nov. 10-3, 9-10 am, \$56 PPhone (250) 256-7527

Adult Drop-in Hockey, September through March noon to 1 pm, Mondays and Wednesdays at the REC Centre. Drop in Rates Appy

LOGAN LAKE
 Logan Lake Seniors holds **Bingo Fridays 1-3,** 80 - 150 Opal, **Village Centre Mall.** Call (250) 523-2759.


MERRITT
Bingo Tuesdays at 1 p.m. at the Merritt Senior Centre. Rummoli and Pool Fridays at 7 p.m. 2202 Jackson Avenue.

Join the **Toastmasters** to gain confidence! **They meet every Tuesday at 5:00 pm at the Merritt Library.**

SAVONA
Join us for exercise Wednesday and Friday mornings at 8:45 a.m. OAPO Branch 129, 6605 Buie Road/Savona Access Road. Call Jennier Coburn for more info at (250) 373-0081.

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65 Years Married And Still Counting

story by Elli Kohnert

It was bitterly cold on January 6th in Lacombe, Alberta when Blanche and Lewis Bloomfield said their marriage vows; this year they celebrated their 65th Wedding Anniversary with friends and family in Barriere, the place they have called home since 1956. The symbol for this exceptional anniversary is the sapphire; the blue gemstone that symbolizes loyalty and faithfulness, and these qualities express the essence of the couple's life together.

Since winter travelling is unpredictable, a celebration was held already at the Barriere Seniors Hall on August 29th so that friends and relatives would find it easier to make the trip. The hall was tastefully decorated with center pieces of wedding bells and photos of the couple. As guests walked in to the room, they passed under a beautiful arch created of ivy and covered with sparkling lights.

Many well wishers came to visit with Blanche and Lewis during the afternoon, and cheered them on when they cut their wedding cake, wishing them many more years together and to cherish each other as time goes by. The couple reminisced with guests about the 'olden days' the trials and triumphs of their decades together that started when Lewis "visited Blanches folks one time and so got to know their daughter" he remembered.

Asked about their courting time, Lewis mentioned that "well, I was 22 at the time and Blanche 19, I had a Model A car and we drove to some dances and took in some shows, but I did not have a lot of time to spare when I was working on my Dads farm." As Lewis talked about those days, Blanche smiles as she remembered the days of their courtship. It was not long before they decided to 'tie the knot' and begin their journey together.

The temperature hovered around minus 30 degrees when about fifty guests gathered in the local church for the ceremony. No, they said "we did not have a big wedding party, no big fuss; we went with most of our guests into town for a nice supper", they commented. Blanche has happy memories of their honeymoon trip, when they went to visit relatives but not before they had a stop over at Calgary "it was a big trip and for me it was the first time I saw the big city," she said smilingly.

In the beginning Blanche and Lewis lived in a small house on his Dad's farm. There were no modern conveniences, not for a long time. House work was a morning to night occupation that included preparing food on the wood stove, washing the family clothe with the most basic method and hanging them out to dry even in the cold of winter. Lewis eventually found work away from their Alberta home and they moved To BC.

The Bloomfields moved to Kelowna in 1950 for Lewis to work with his father in the logging industry. From then on he followed jobs in many different parts of BC and worked at road building, logging and even went gold mining at the Youkon River. Blanche followed him with their children, Marion, Ronnie, Gary and Kenny wherever the work took them. Did she want keep on moving with her husband? "Well he could not get along without me, I had to look after him", she said with bit of a grin.

Before the family settled in Barriere on their own place, Lewis and the men he worked with build 'Skid Shacks 'to live in. They were shiplap structures lines with tar paper. There was only room for basic furnishings, and for mattresses fir bows had to do. These shacks were towed from one work site to the next. Those were tight quarters for a family of six, and when they bought property with an old house still useable, it was a welcome change in their lives. When they were able to purchase more land they also bought some livestock and began farming. Blanche looked after the animals, with help of course, raised a garden, preserved

the harvest; being bored was a foreign concept to her.

In 1960, tragedy struck when their house burned to the ground while the men were at work. Their daughter Marion did not survive the injuries she had sustained in the fire and passed away in the Kamloops hospital. Blanche and Lewis had another child, their son Kenny, who was a "real joy to the family" Lewis remembered.

After having their own logging operation for 16 years and living on their farm for 36 years, the Bloomfields decided to retire, sell the place, and move to Barriere. They treasure happy memories of family gatherings on the old place, especially Christmas times when many family members came home to spend the holidays; they never shied away from hard work and enjoyed whatever life had to offer them. When asked what made their marriage work, Blanch and Lewis said "we really can't say , we just trusted each other and cared for each other – guess, we just got along". All who know them wish the couple happiness and joy in their life together for the years ahead among family and friends.



Blanche and Lewis Bloomfield in their home in Barriere. Photo Elli Kohnert

Contenders Contest Winners

Anneli Belanger of Kamlops won 2 tickets to see Valdy and Gary Fjellgaard Live at Sagebrush Theatre, November 7th.

There's still time to get tickets for this show. Call Kamloops Live! Box Office, 374-5483 or toll free: 1-866-374-5483



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Holiday Gifting Across the Globe

Perhaps no one is a more familiar with gifting trends across the globe than the jolly man who lives at the North Pole. While you might not be able to fire up the sleigh and sail through the clouds this Christmas Eve, there are ways to mimic the gifting trends of countries far and wide.

Netherlands

Sending postcards, via snail mail, for special occasions may not be common in this e-mail centric world. But it is still common in the Netherlands. If putting it in writing is not your style, you can always offer a floral bouquet. Flowers are the typical offering when you are invited to someone's home in the Netherlands, not surprising for a country famous for its tulips. The Dutch also exchange gifts on Sinterklaas, or Santa Claus Day, on December 5, which celebrates the actual feast day of Saint Nicholas for whom Santa Claus was named. On this day, people indulge in traditional Dutch cookies and candies, adults often make little presents or write poems for one another, and children receive a piece of chocolate in the shape of their first initial.

South Korea

During the fall harvest (which arrives in mid-August, depending on the lunar calendar), families gather to share a meal. At this celebration, adult children give money to their parents and, at day's end, parents pack up the harvested crops for their children. Pretty presentation is another lesson to be learned from South Koreans. Everything in Korea is gift-wrapped and the packaging is important, so get out the bows and streamers, even if you decide to give Mom and Dad cash this year.

China

Using red wrapping paper and envelopes will delight those in China, who think the color brings good fortune and wards off evil. Traditionally, on the Chinese New Year, people exchange red envelopes filled with money.

Israel

Every December, Jews around the world celebrate Chanukah, the festival of lights or celebration of the Macabees' victory over the Greeks, who wanted the Jews to give up their culture and faith in favor of a Hellenistic life in 166 B.C. After the Macabees won the war, they needed to rededicate their temple but only had enough oil for one day. Miraculously, the oil lasted eight days. As a result, Jews today light candles on the menorah for each of Hanukkah's eight nights

and often they exchange gifts. Originally, Jews gave monetary presents to teach children about sharing and in Israel that sentiment remains. Parents often give their children "gelt," which are coin-shaped chocolates wrapped in gold foil. Potato latkes and jelly doughnuts are the holiday's signature foods should you be invited to a Hanukkah celebration. The goal of the giver should be to provide a sweet thought as opposed to a fancy or expensive gift.

Portugal

In Portugal, and in other parts of Europe, handmade gifts are often seen as the most sincere. Although Christmas is the most popular time of year to exchange gifts, most people bring homemade baked goods or knitted tablecloths, shawls or blankets whenever visiting someone's home, says Portuguese American Helder Gil, 26, of Washington, D.C. Even celebrities have taken up Portuguese habits like knitting, proof that even old-fashioned hobbies can be chic.

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bcle

Know your limit, play within it.



Organization Tips for the Holiday Season

Staying organized during the hectic holiday season can be the ultimate testament to a person's ability to multi-task. Perhaps no time of year presents a bigger challenge than the holiday season, when the list of obligations increases but the amount of time in the day unfortunately remains the same. But staying organized can be a great way to save time and some of your sanity this holiday season. To do just that, consider the following tips.

1. Create a holiday calendar. This calendar will be solely devoted to the holidays. Fill it with all your parties, shopping lists and anything else pertaining to the holidays. That way you'll have it all in one place.
2. Create a meal plan. Map out what meals and goodies you'll be making this season. Write a list of ingredients you'll need to have ready in the pantry and bring the list with you to the market.
3. Write a list of chores. Organize your home by creating a list of what needs to be decorated, what rooms need cleaning, etc.



4. Rely on gift lists. Don't risk having to visit the toy store more than necessary just because you forgot one or two items. Make gift lists for every person on your list. On each list, write down what the recipient wants, gift ideas, clothing sizes, favorite colors, hobbies or anything else related to that person.

5. Make a holiday binder. Don't just stuff all those mile-long gift lists and other organizational items into a drawer. File them away in a holiday binder. Pack the binder away with the holiday decorations each year so you'll have it ready come next season.

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Story and photos submitted by Tim Jackson



How do you combine a dream African safari and a great fundraising opportunity?

You follow in the footsteps of Safari Guide, BC Teacher and Okanagan Symphony Orchestra member Timothy Jackson on a 'one of a kind' luxury Safari to Tanzania!

Jackson's enthusiasm for this Tanzanian Expedition is obvious as he tells stories of the great Serengeti Migration of Wildebeest and Zebra, the vast tracks of wilderness within the remote Selous Game Reserve, the largest herds of elephant in East Africa within the Ruaha National Park, the world's largest volcanic caldera; the Ngorongoro Crater and Lake Manyara National Park, where the rumors of tree climbing lions first originated.

Jackson designed this safari for 12 to 15 guests, and a portion of the profits will go directly to the Symphony. The target departure date for OSO members is February 5th - 20th, 2010. No one misses a symphony performance with these dates! Jackson is willing to organize a safari to the same or another destination if these dates do not work for some members. Anyone interested in the February Safari or another tour must contact Jackson by November 30th. Jackson has several options for tours he will be guiding over the coming months.



Jackson carefully planned this safari to spend 16 days in Tanzania with options to extend the tour to Zanzibar (The Spice Islands), and/or Mahale National Park.

Guests will fly into Mount Kilimanjaro International Airport and fly out from Dar es Salaam located on the coast. The safari is priced to include everything, except for your international flights, some optional walking safaris, and the evening meal(s) in Arusha where you have a choice of going to various restaurants. Jackson works with an agent who can help book international flights for the group; 15 guests allows for a group discount.

With over 10 years organizing and guiding tours for people, Jackson can put interested people in touch with past clients who are very willing to talk about their experiences with Vintage Destinations.

Your dream safari to Tanzania includes carefully selected accommodations in prime locations so you

can experience the best wildlife, the best views and the best service. You will be met by Jackson and his staff at the airport, and then transported to spend the first night at Olasiti Lodge, with time for relaxing and getting refreshed, after your international flights.

In Lake Manyara National Park you will experience a full day safari; Lake Manyara sits under the majestic ridge of the great Rift Valley escarpment, which stretches from Egypt to Mozambique.

Baboon troops lounge along the roadsides as we enter the park, blue monkeys chatter amongst themselves in the cathedral of mahogany trees. Bushbuck can be found to be lurking in the shadows and high above in the canopies, you can hear the drum of hornbills, sounding like the beat of the African drum.

To ensure guests receive the full benefit of a small group, each Land Cruiser will carry just 6 guests, meeting up with the rest of the party at appropriate times.

Home

Manyara hosts more than 400 species of birds throughout the seasons, 100 of these can often be seen in one day. The thousands of pink-hued flamingos are one of many treasures for which the Rift Valley of Tanzania is known. Pelicans, cormorants and storks are all easily viewed over the lake with your field glasses. After a perfect introductory day, guests will overnight at Kirurumu Tented Lodge.

To find out what more is in store, contact Tim Jackson for an upcoming presentation and/or free consultation.

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SNOWBIRDS WARM UP BELIZE'S ORIGINAL DIVE RESORT

Canadians Susan and John Spencer revitalize St. George's Caye Resort to attract new guests

The story of St. George's Caye Resort begins in the freezing oil fields of British Columbia. Entrepreneurs John and Susan Spencer had owned multiple businesses over the years in Fort Nelson, B.C., including auto body shops, gas stations and sign-making shops. One day, after working long hours in an oil field as a safety and compliance manager, Susan decided that she was tired of defrosting her eyelashes everyday and was ready for a change. In 2007, she and John decided to sell their businesses and retire in Belize.

Susan and John's quest for sunshine brought them to St. George's Caye, a quiet island just off the coast of Belize City, to buy land for a home. While staying at Belize's original dive resort, the couple sat on a swing overlooking the Caribbean Sea and began to fall in love with the island's unique charm. Wanting to share many more sunsets on that swing, the Spencers approached the staff about buying it for their future home. A labor of love was born when the staff suggested that they buy the entire resort.

St. George's Caye Resort quickly became the Spencers' passion, and they were inspired to expand the resort with six new cabanas, lush gardens and a new pool to cater to a variety of travelers. Susan and John brought their no-nonsense, "never say no" attitude from the oil fields to the hospitality field, and by making their employees understand the stake they have in the resort, have developed a strong staff focused on customer service. The St. George's Caye Resort team is encouraged to earn their SCUBA certification, go reef fishing and experience the island's adventures so that they can become more educated and have strong enthusiasm about the role they play.

The Spencers are avid divers, and it's often Susan leading the dive training programs held at the resort or taking guests on night dives to the best locations on the reef. A big game hunter in Canada, Susan's adventurous spirit inspires guests to get active and experience the destination's many thrills. Susan and John interact with all guests on a personal level, as they want to share the natural beauty of Belize with everyone who visits. When they are off-island back in B.C., a close business and personal friend handles the operational side of things in Belize, while staff provides guests with the resort's unparalleled level of personal service.

About St. George's Caye Resort

St. George's Caye Resort, located on a private residential island just off the coast of Belize, is known for its lush surroundings, unparalleled service and world-class diving and fishing adventures. Resort accommodations include 11 cozy private cabanas, eight lodge rooms and a 5,000 square-foot conference facility available for small corporate events.

Just 20 minutes away from the mainland, transportation to the island is included in the nightly rate along with freshly prepared meals and unlimited use of kayaks, Hobie Cats and windsurfers. The Island Spa, situated in the midst of lush gardens, offers an oasis of relaxation. Numerous diving, fishing and eco adventure excursions are available, and divers have access to a unique, personalized Valet Diving program customized to their experience level. For more information, visit www.GoodDiving.com.



St. George's Caye resort is owned and operated by Kelowna couple, Susan and John Spencer

Fall Perfect Time for Head Bangers Resident Rams Provide Thunderous Backdrop in Majestic Radium

by Margo Malcolm and Jamie Gripich



What better way to get out of your fall rut than watching Rocky Mountain Bighorn sheep banging their heads together in their own autumn rut session?

This rarely glimpsed mating ritual takes place in late October and November in the upper Columbia Valley near Radium Hot Springs, and the local Chamber of Commerce offers only 4 tours each year to observe this unique display of nature.

The eastern slopes of the Columbia Valley and the southern part of Kootenay National Park surrounding Radium Hot Springs are home to about 160 Bighorn Sheep. And while all summer long the rams and the ewes mildly graze the mountain grass separately, they come together for an all out, head banging bash where the rams batter each other with their great coiled horns for supremacy and the ewes.

Throughout the year the majestic creatures can be seen daily near the succinctly named Big Horn Meadows Resort located on a nine-acre site surrounded on three sides by the Springs at Radium Golf Resort.

Bighorn Sheep Head Banger Tours

For visitors and locals, the Radium Hot Springs Chamber of Commerce puts on just four Rocky Mountain Bighorn Sheep Head Banger Tours: October 31, November 1, 7 and 8, 2009.

For the second year trained staff will take small groups of 18-20 people to see the sheep in their natural habitat. The three hour tour leaves from Radium Hot Springs and reservations are necessary.

Defined by Nature

Whether it's the head bangers that bring you here or a desire to ride down a white-capped river, experience world class fishing, relax with a round of golf, ski a Rocky Mountain slope or simply dissolve in the warmth of an ancient hot spring, Radium Hot Springs is defined by nature.

It is a land of contrasts - where sheer rocky cliffs meet meandering river valleys; where deep powdery snow meets geothermal hot pools

The Columbia Valley is a natural playground you can enjoy year round, including autumn. It abounds with outdoor sport adventures such as hiking, skiing and white water rafting. In summer, peacefully float along the mighty Columbia River, enjoying the scenery; or bounce and bob your way down the whitewater rapids of the Kicking Horse or Kootenay Rivers.

Bighorn Meadows Resort provides a convenient and relaxing home and hub for activity in the Radium area. Its condos have expansive mountain views, gourmet kitchens and, especially important for autumn evenings, fireplaces. There is also an outdoor swimming pool, hot tub, and a playground for the kids.

And who knows, once you've witnessed the spectacle of the Bighorn rams you may be able to count yourself as an honorary headbanger!

IF YOU GO:

Bighorn Meadows Resort
1-877-344-2323
www.bighornmeadows.ca

Radium Hot Springs Chamber of Commerce
1-888-347-9331
www.radiumhotsprings.com

District of Clearwater wins UBCM Community Excellence Award

The District of Clearwater was successful in winning the Honorable Mention award for the UBCM (Union of BC Municipalities) Community Excellence Award in the category of Local Government Partnerships in Supporting Physical Activity and Healthy Living.

Mayor John Harwood, Councillor Ken Kjenstad, staff members Leslie Groulx, Corporate Administrator and Isabell Hadford, Chief Administrative Officers attended the UBCM Awards Breakfast in Vancouver on Thursday, October 1st to receive the Community Excellence Award.

The District has only been in existence for not quite two years, so this is a very prestigious award for a young community to obtain. The Living Well / Chronic Disease Coordinator Christine Parsons, and staff of the District are all thrilled with this recognition.

The District looks forward to celebrating the award with our partners, Bernie Easson, Interior Health Authority and Sylvia Arduini, Manager of Community Resource Centre of the North Thompson.

Blooming City

The City of Kamloops has won in the 55,001 to 150,000 population category of the 2009 National Edition of Communities in Bloom, receiving a 5 Bloom rating and a special mention for the McArthur Island Park and Sports Facilities.

Kamloops has proclaimed itself Canada's Tournament Capital, and it certainly lives up to these expectations. Not only are the facilities first class, their setting is spectacular. In particular, one sports complex is McArthur Island with its new baseball stadium, its Olympic ice surface and facility, numerous soccer pitches and ball diamonds. In the development of this park, significant environmental considerations were addressed through sound water management, energy efficiencies for its sports operations and LEEDS certification for its building construction.

Communities in Bloom is a national organization dedicated to the promotion of green spaces in urban settings.

Website becomes virtual resource for Canadians living with psoriasis

(NC)—With an online community of more than 2,500 people, Psoriasis Support Canada has become a vital resource for Canadians impacted by psoriasis. The website provides a national forum for individuals to share their thoughts and feelings on a disease that can significantly affect an individual's quality of life – both physically and emotionally.

An estimated 15 million Canadians are using the internet from home, and 56 per cent are choosing to go online to search specific disease information (Stats Canada, 2008). Psoriasis Support Canada (www.psoriasisupport.ca) was created for the more than one million Canadians with psoriasis. The online community has become the go-to site for people to share their experiences, strength and hope in dealing with psoriasis. The program, which has content in both English and French, provides a portal to the latest in news, research, and practical tips that can help psoriasis sufferers, their families and friends to better understand, manage and treat the disease. Information on psoriasis treatments, such as biologic and other drug therapies, is also updated regularly.

On the discussion board and testimonial section, hundreds of Canadians have posted motivating messages at www.psoriasisupport.ca. These messages remind readers that they are not alone, and offer support; for example, "I continue to play piano, even though psoriasis sometimes makes it painful. I continue to do all the things I like to do and indeed wear a short sleeve shirt even though I have noticeable psoriasis on my left elbow. Life is what we make it and it sure makes it easier if we strive to make it good - all the best my fellow psoriasis sufferers."

Psoriasis is a chronic (ongoing and often reoccurring) skin condition, characterized by patches of red and usually scaly skin. Psoriasis can range in severity and affect any part of the body. Psoriasis usually occurs on the scalp, elbows, knees, lower back and genitals, often in the same place on both sides of the body. It can also appear in the fingernails or toenails.

You can find more information or join this online community at www.psoriasisupport.ca.



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Artificial vs. Natural: Pros and Cons of Both Tree Types

As long as Christmas trees have been a part of the holiday season, so, too, has been the debate over real or man-made trees. Each side has its supporters and detractors, and both have real and man-made Christmas trees have their pros and cons.

When deciding whether or not to go to the nearby tree farm or the department store for your holiday tree this season, consider the following factors.

What Will a Natural Tree Cost?

Natural trees can vary in price depending on where you go. Prices can range from less than \$20 to more than \$50. When making the decision, it's important to keep in mind that a tree does not last very long, and therefore investing too much money might not be the best way to spend your money. However, there are options to purchase real trees with the root ball intact, which enables homeowners to plant the tree in their yard after the season.

What Will an Artificial Tree Cost?

Artificial trees will initially have a higher price tag than their natural counterparts. However, they are also more cost-effective because they can be used for several years after their initial purchases. There is also no need to purchase accessories such as tree stands and watering devices with an artificial tree, which are typically necessary with a natural tree.

How Easily Can a Natural Tree Be Moved?

The Christmas tree lot or farm does take steps to make it easier to lift and move the tree, but there's still the challenge of getting it home. Many, whether driving a car or SUV, choose to put the tree on the roof of their vehicle, but then worry about the tree blowing off on the highway. Then's there the issue of getting the tree through the doorway, an especially



difficult task for homeowners with older homes, where doorways are often much smaller compared to newer homes. Bring the tree into the home can also leave trails of pine needles from the car to house. That's a problem that can still be around throughout the year, as those pesky pine needles can be difficult to banish.

How Easily Can an Artificial Tree Be Moved?

Clearly, artificial trees are more advantageous when

it comes to moving them. Because they're often boxed, these trees are lightweight and easy to maneuver into the house. Whether a house is old or new really does not matter when it comes to an artificial tree thanks to the packaging.

What Does a Natural Tree Look Like?

Where natural tree supporters often stake their biggest claim is the tree's aesthetic appeal. Supporters feel a natural tree is much more aesthetically appealing. However, those buying late might be stuck with all that's left, long after the more desirable trees have found a living room in which to spend the season.

What Does an Artificial Tree Look Like?

While some like the real look of a natural tree, others like their holiday tree to be perfect, with none of the warts of a natural tree. Artificial trees, unless poorly produced, have no warts, as they're man made. Also, an artificial tree guarantees its owners the same look each and every holiday season.

What Is the Environmental Impact of a Natural Tree?

Natural trees are actually much more environmentally friendly than they initially appear. Christmas trees are planted for the express purpose of the holiday season, and large numbers of new trees are planted each year to replenish the stock in an environmentally friendly way. In addition, once the season has ended, many trees are recycled and used as sand and soil erosion barriers.

What Is the Environmental Impact of Artificial Trees?

Artificial trees often come with a host of safety warnings. That's because they are made from a variety of materials, including PVC (polyvinyl chloride) and metals, which can put toxins into the air during production. That is why there are lead warning labels on some artificial trees. Artificial tree buyers must be careful of erecting artificial trees in homes with small children or pets, as consumption can be toxic. Another thing to consider is that many artificial trees cannot be recycled, so there is no environmentally friendly way of disposing of them when homeowners decide it's time to replace them.

HORSE BLESSING ON FEAST OF ST. FRANCIS

Rev. Laura Hermakin gave Melosa a blessing and a gentle pat during the blessing of the animals at St. John's Anglican Church in Salmon Arm on Sunday, October 4. Sarah Figgess, who owns the five-year-old Irish x Andalusian, preferred to use the church's wheelchair entrance for a blessing rather than walk the horse down the aisle to the front like the other animals. Melosa is used to a wide open pasture. Sarah reports she walked comfortably along a paved road the few kilometres to the church. She was not bothered by cars that slowed when they came to her. They probably slowed because the rider wore a bright orange reflective jacket.

Sally Scales photo



Health Matters

H1N1 Clinics Kick Off in Interior Health:

Seasonal Flu Clinics Expand Eligibility Criteria

With the announcement of the approval of the H1N1 vaccine, plans for adding H1N1 clinics throughout Interior Health kicked into high gear today.

The first clinics get underway next week in three locations with the rest starting the week of November 2 as local facilities are booked and staff and volunteers are organized to help run the clinics.

"We will be receiving our H1N1 vaccine in smaller batches, more frequently," reports Dr. Andrew Larder, Senior Medical Health Officer for Interior Health. "That's why we are offering the vaccine to those that will benefit the most from its use first – those people at greater risk of serious health complications from H1N1."

The following is a list of the highest risk groups and we recommend that they receive their vaccinations first:

- Pregnant women in the second half of pregnancy in communities where H1N1 influenza is actively circulating. NOTE: once nonadjuvanted vaccine is available, it should be used preferentially in this group, and offered regardless of local circulation of H1N1 influenza

- Persons under age 65 with chronic conditions
- Persons residing in rural and remote communities, including First Nations

Starting the week of Nov. 2, the following groups will then be eligible to also get their shot:

- Children 6 months to less than 5 years (59 months)
- Healthcare workers, who are involved with the pandemic response of delivery of essential health services.
- Household contacts and care providers of infants < 6 months of age and of persons who are immunocompromised.

In mid-November, after the priority groups have had the opportunity to get immunized, the clinics will be open to anyone who needs or wants an H1N1 vaccine, free of charge.

The H1N1 clinics will be held jointly with the seasonal flu clinics currently underway. When it's recommended for people to get their H1N1 shot, they will now be able to get a seasonal flu shot at the same time, if they are eligible.

"We are also recommending that those eligible to receive both their H1N1 vaccine and their seasonal flu shot get them at the same time," adds Dr. Larder.

Seasonal Flu Clinics Expand to Include Those at Risk

In addition, to the new H1N1 clinics, the seasonal flu clinics are also expanding to offer the free vaccine to anyone who has been eligible in past years, not just those over 65 years. This list includes:

- People 65 years and older and their caregivers/household contacts
- Children and adults with chronic health conditions and their household contacts
- Children and adolescents (6 months to 18 years) with conditions treated for long periods of time with Acetylsalicylic acid and their household contacts
- Healthy children age 6-23 months
- Household contacts and caregivers of infants age 0-23 months
- Pregnant women who will be in their third trimester during influenza season and their household contacts
- Residents of nursing homes and other chronic care facilities
- Health care and other care providers in facilities and community settings who are capable of transmitting influenza to those at high risk of influenza complications
- People who work with live poultry and/or swine.

"H1N1 is by far the most predominant flu circulating this fall," says Dr. Larder. "Getting your flu shot will help protect you and those around you. In addition, we also continue to encourage everyone to practice safe hygiene: cover your nose and mouth when you cough or sneeze, wash your hands frequently and stay home if you are sick."

The first clinics start in three communities that have the supplies and the staff ready to go. These start October 29th in Vernon, Creston and 100 Mile House on October 29th and 30th. The majority of clinics in the rest of IH will get underway the week of November 2nd.

Details about times, dates and locations of the clinic nearest you, when available, will be posted on the website and at www.interiorhealth.ca

BC Pharmacists authorized to give injections

BC pharmacists realized a major milestone today with the coming into force of regulations changes giving them the legal authority to administer drugs by injection.

"Pharmacy practice is changing and enabling BC pharmacists to administer injections will improve patient care for British Columbians," said BC Pharmacy Association (BCPhA) CEO Marnie Mitchell. "Pharmacists are the most accessible of all health care workers, and are ideally positioned to support BC health care in a pandemic situation and to fulfill some other injection-administration needs."

Since the summer, BCPhA has been working with the College of Pharmacists of BC (CPBC), Ministry of Health Services and BC Centre for Disease Control (BCCDC) on the development, accreditation and implementation of the training program. The training program consists of two components: an online pre-study course and a full-day, live workshop where pharmacists receive practical training in administering subcutaneous, intradermal, and intramuscular injections. BCPhA has already trained the first wave of pharmacists for this important new role.

"To date, the response from pharmacists has been enthusiastic. Those who have successfully completed the training program and are granted authority by the College of Pharmacists of BC (CPBC) to administer injections will be able to administer the H1N1 vaccine after it's distributed to pharmacies in early November," added Mitchell. "British Columbians are encouraged to contact their pharmacies to find out if a pharmacist certified to administer injections is available at their location."

The role of administering injections is consistent with pharmacists' level of expertise as pharmacists already have a basic education that includes anatomy, physiology, pathophysiology, pharmacokinetics, and pharmacology.

Earlier this year, BC pharmacists were granted the ability to authorize routine prescription renewals.

In other jurisdictions, injection training programs have proven very successful and well-utilized. Since 2007, Alberta pharmacists have had the right to prescribe some medications and administer drugs by injection. The right to administer injections has also been granted in Manitoba and New Brunswick, and is under consideration in Nova Scotia and Ontario. In the United States, all 50 states have been granted authority to administer injections with more than 60,000 American pharmacists trained in this procedure.



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When Life Hits You over the Head with an Airplane

"What year is it, Rebecca? Do you know where you are? What is your address? What is your phone number?" These were the first words I heard as the paramedics with matching blue shirts loaded me on to the helicopter to take me to the hospital. Slowly, one by one, I answered all of the questions correctly except for the year. The paramedics kindly joked with me because as hard as I tried, I could not remember that it was the year 2002. Details were slowly starting to come back to me; before this helicopter ride, I had been in an airplane. I had jumped out of that plane, doing a skydive...and then...hmmmm. That's the last thing I could remember. The next thing I knew I was taking a helicopter ride with these nice, blue-shirted paramedics who were asking me a lot of seemingly simple questions.

I learned later that after I jumped out of the airplane, the plane stalled and had actually hit me. I was hit by an airplane 13,000 feet in the air! I had lost consciousness, but had regained it in time to open my parachute, although I don't remember doing so. My back was broken, and discs in my neck were herniated. I had been skydiving for many years, with over 700 skydives, but this jump turned out to be a different experience than all the others. I thought skydiving was an adventure. Now the real adventure was about to begin.



Rebecca Carsewell (right) with her younger sister doing her first skydive with a tandem instructor, over Sebastian, Florida. Photo: John de Wijs.

I had months of recovery time ahead of me. This gave me lots of time to think about how terrible this all was. Then the pity came. Lots of pity. Why me? I don't deserve this. This shouldn't have happened to me! I was filled with dread and worry about the future - what was my life going to be like when I recovered? What about when I was older? I'd have pain, a weak back...I wouldn't be able to do all the things I used to do.

I felt angry, fearful, frustrated and sad. I also felt like a victim.

Somehow, after a few weeks, I slowly became conscious of what was happening in my own mind - it was something that I had never been aware of before. My mind was causing the problem here. It was not the pilot who flew the plane that day, not the fact that I had a broken back, not the doctors telling me I would never be the same, that I couldn't do this or that, not the pain I was having...no. It was my own mind that was making this situation into a problem.

William Shakespeare said, "An event is neither good nor bad, but thinking makes it so." It was my thoughts about the event, and how I was interpreting it that was causing my suffering. It seemed, on the surface, that the situation itself was causing my anger, fear and frustration, but it was, in fact, my own thoughts.

Memories flooded my mind. Memories of all the times I thought someone "made" me feel a certain way. All the times I blamed others for hurting me, or making me angry. This powerful realization filled my mind: No one can "make" me feel anything. It is my own thoughts that make me feel an emotion. It is how I interpret the events in my life that dictate how I will feel about those events. Could this be true?

Day by day, I made myself (it wasn't easy at first!) think new thoughts about my situation. It started simply. It began with, 'This is just an event. It is what it is. It's all up to me where I go from here.' Slowly, my thoughts became more and more empowering. I started thinking how much better I was going to be from this experience. I decided I was going to be stronger - yeah, physically and mentally stronger. Perhaps I would be wiser. Good things were going to come from this experience. Great things...amazing things. Maybe I would help others some day because of this situation. I began to interpret this event as a gift, a blessing in disguise, because of all I was going to learn. I was going to be better in every way!

There was less and less room for the anger and the fear. They were replaced by joy, hope, strength and liberation. Do you think this helped with my healing? You bet it did. Now, I am stronger, wiser, and better in every way than before that injury. And happier.

Marcus Aurelius, the philosopher and Roman emperor who lived 2,000 years ago, said "You have power over your mind - not outside events. Realize this, and you will find strength." We all have this power to have what we want in our minds. I call it the 'Power of Interpretation' - our ability to interpret, or think about, situations in our life in any way we choose. The events in our lives mean whatever we want them to mean, whatever we interpret them to mean. How are you going to interpret what happens in your life? The choice is yours. Always, and in every situation. Like Marcus Aurelius said, you will find strength with this realization. There is something else you will find by recognizing and practicing this wisdom. You will find peace.

Rebecca Carswell speaks to organizations and businesses on the Power of Interpretation and on improving listening skills. She is the author of *Hey, Are You Listening To Me? Listening Your Way to Professional and Personal Success* (Booksurge, \$12.95) and *The GROUP: An Amazing Way to Achieve Success, Happiness & Extraordinary Relationships* (DC Press, \$16.95). She lives on the east coast of Florida, and can be reached at www.RebeccaCarswell.com.

PERSONAL EXPERIENCE

Do you have a personal experience story you would like to share with North of 50 readers?

We would like to invite you to submit your story for publication. A personal experience story can be about anything. It might be inspiring, funny, scary or wierd. It might be about a wonderful holiday or a travel nightmare. It might be about pursuing a lifelong passion, how you coped with a health crisis or a personal loss. It could be a love story, a ghost story, a travel story. It's YOUR story, whatever that is.

Guidelines:

Stories should be between 600 and 800 words and can be on any topic, but must be your personal experience.

You must include your telephone number and address. These will not be published and are for verification purposes only.

Submit your story by Mail to:

Personal Experience, Editor, North of 50.
Box 100 Armstrong, BC V0E 1B0
or email to: editor@northof50.com
or fax to: (250) 546-8914.

Facts about Colitis and Crohn's - what you didn't know

(NC)—Even though Canada has among the highest reported prevalence rates of Crohn's disease (CD) and ulcerative colitis (UC) in the world, with over 200,000 Canadians living with these diseases, not many people are familiar with the signs and symptoms of either disease, which may go undetected for years before a proper diagnosis is made.

Both UC and CD are inflammatory bowel diseases (IBD), which literally means 'inflammation of the bowel'. For someone with IBD, inflammation of the gut becomes a chronic or lifelong state. However, there are treatment options available, as well as support and information from various patient associations such as the Crohn's and Colitis Foundation of Canada, the Canadian Digestive Health Foundation, the Canadian Society of Intestinal Research and the Gastrointestinal Society and March IBD Care Foundation, which can help patients manage their disease.

"Finding the right treatment option for patients with IBD can significantly improve their quality of life, as their intestinal tissue tends to become inflamed, form sores and bleed easily, which can result in severe pain, and diarrhea. Biologics are the latest generation of medications that are a safe and effective treatment option to help block or reduce inflammation relieving symptoms associated with IBD, avoiding life-altering effects of surgery, and in most instances allowing patients to enjoy life without limitations" explains Dr. Brian Bressler, Division of Gastroenterology, University of British Columbia.

To better understand the differences between these two diseases, the following chart provides some fast facts on CD and UC.

For more information on Crohn's disease or ulcerative colitis, speak with your family doctor or visit www.ihaveoptions.ca.

THE BOOK SHELF from the publishers

Wild Beauty: *A Visual Exploration of BC*

Author: Al Harvey

In this visually stunning, richly informative portrait of British Columbia, renowned photographer Al Harvey takes readers beyond the iconic landmarks of Canada's westernmost province to its equally majestic, yet rarely seen corners. With his discerning eye, adventurer's spirit and conservationist's respect for the natural world, Harvey captures British Columbia's unique, wild beauty. From the misty peaks of Haida Gwaii's Queen Charlotte Mountains to the remote alpine tundra of the northern Rockies, from the source of the mighty Fraser River to its final Pacific destination, *Wild Beauty* beautifully expresses the geographic diversity of this land, all the while affirming the intimate connection between the physical terrain and the people who inhabit it. Part travel guide, part geography lesson, this breathtaking visual journey will inspire long-time residents and adventurous tourists alike to get out and discover British Columbia for themselves.

Al Harvey was born and raised in Vancouver. For over 30 years he has travelled the province, the country and the world as a photographer. He now has almost half a million images in his stock library (www.slidefarm.com). Al is an active backpacker and kayaker, and his ocean-kayaking expeditions have taken him along many hundreds of kilometres of wilderness shoreline.

Published by Heritage House, 9781894974936
Retail for \$29.95

The Chilcotin War: *A Tale of Death and Reprisal* Amazing Stories Author: Rich Mole

This colourful account of the Chilcotin War is an insightful and absorbing examination of an event that helped to shape the course of British Columbia history. In the spring of 1864, 14 men building a road along the Homathko River in British Columbia were killed by a Tsilhqot'in (Chilcotin) war party. Other violent deaths followed in the conflict that became known as the Chilcotin War. In this true tale of clashing cultures, greed, revenge and betrayal, Rich Mole explores the causes and deadly consequences of a troubling episode in British Columbia history that is still subject to debate almost 150 years later. Using contemporary sources, Mole brings to life the principal players in this tragic drama: Alfred Waddington, the Victoria businessman who decided to build the ill-fated toll road across the territory of the independent Tsilhqot'in, attempting to connect Bute Inlet to the Cariboo goldfields of the interior, and Klatsassin, the fierce Tsilhqot'in war chief whose people had already endured the devastation of smallpox.

Author and freelance journalist Rich Mole has been a broadcaster, communications consultant and the president of a successful Vancouver Island advertising agency. A lifelong fascination with history has fuelled his desire to write about the times and people of Canada's past.

Rich is the author of numerous Klondike books, including *Rebel Women of the Gold Rush*, *Murder and Mystery in the Yukon* and *Gold Fever: The Adventures and Escapades of the Klondike Gold Rush*. Other non-fiction titles include *Christmas in British Columbia*, *Christmas in the Prairies* and the hockey histories *Great Stanley Cup Victories* and *Against All Odds*, the story of the Edmonton Oilers. Rich now lives in Calgary, where he is currently at work on a second novel.

Published by Heritage House, 9781894974967
Retail for 9.95



NEW IN THEATRES - from the producers

Here's a couple of new films scheduled to be released in November.

Pirate Radio, aka *The Boat that Rocked*

Tagline: Rock and roll will live forever - but can it float?

Pirate Radio is the newest ensemble comedy from filmmaker Richard Curtis (screenwriter of *Four Weddings and a Funeral* and *Notting Hill*, and writer/director of *Love Actually*), spinning the irreverent yet fact-based tale of a seafaring band of rogue rock and roll deejays whose "pirate radio" captivated and inspired 1960s Britain. Playing the music that rocked a nation and a decade, the group boldly and hilariously defies the government that tries to shut them down.

Broadcasting live 24/7 from an old tanker anchored in the middle of the North Sea (just beyond British jurisdiction), *Radio Rock* sends out a vibrant and unifying signal to millions across the nation, ranging in age from wide-eyed pre-teens secretly tuning in long past their bedtimes to everyday people in need of a musical pick-me-up. The *Radio Rock* roster, overseen by unflappable station owner (and ship's captain) Quentin (Bill Nighy), includes a risk-prone American known only as The Count (Philip Seymour Hoffman); mystic deejay royalty Gavin (Rhys Ifans); slyly amorous Dave (Nick Frost); idiosyncratic New Zealander Angus (Rhys Darby); the rarely seen Bob (Ralph Brown); the aptly named Thick Kevin (Tom Brooke); lovelorn Simon (Chris O'Dowd); ladies' magnet Mark (Tom Wisdom); shy Harold (Ike Hamilton); reporter News John (Will Adamsdale); and lesbian ship's cook Felicity (Katherine Parkinson). One night in 1966, Quentin's teenaged godson Carl (Tom Sturridge) comes aboard. While Carl harbors romantic aspirations that he hopes will be fulfilled during one of the biweekly visits by *Radio Rock*'s prettiest fans, he also hopes to find out more about his long-absent father...

As the ship sails on and rocks out, what Carl and the freewheeling, free-loving *Radio Rock* gang don't know is that back in London, landlocked government minister Dormandy (Kenneth Branagh) has embarked on a vehement crusade to silence their signal - permanently. To stay afloat and keep their devoted audience plugged in, the crew will have to band together and trust in the power of music like never before.

Planet 51

Planet 51, the CGI animated feature film is a galactic sized alien adventure comedy that tells the story of an inverse alien invasion. Sixteen year old LEM lives on Planet 51, a white picket-fenced world reminiscent of a cheerfully innocent 1950's America. He is happy in his safe, predictable world and spends his time daydreaming about running the local planetarium and dating the girl next door, NEERA.

One day out of the blue and millions of miles from his own planet, astronaut CAPTAIN CHARLES 'CHUCK' BAKER lands his spaceship in Neera's backyard, right in the middle of a family barbecue! Unaware of his surroundings, he disembarks the ship reveling in his Big Moment. He plants his flag triumphantly and turns...only to find Planet 51's green-skinned inhabitants staring back at him bemused! He panics and flees, finding refuge quite by chance in the planetarium where Lem works.

When Lem and Chuck meet, they gradually overcome their mutual fear and strike up a friendship. Lem agrees to hide Chuck from the paranoid Planet 51 Army who are determined to capture the alien within their midst, convinced he is out to destroy them. But all Chuck wants to do is reach his spacecraft before it returns to Earth without him! So with the help of Lem and his friends, a pair of not-so-bright Planet 51 soldiers, and an excitable but trusty explorer robot, ROVER, Chuck and the gang race to reach his spaceship before it is too late...

Presented by Sony Pictures, Ilion Animation Studios and Handmade Films International, *Planet 51* is directed by Jorge Blanco (leading creator of best-selling videogame saga *Commandos*), co-directed by Javier Abad and Marcos Martinez (*Commandos* creative team) and stars Dwayne Johnson (*The Game Plan*, *The Scorpion King*), Jessica Biel (*I Now Pronounce you Chuck & Larry*, *The Ilusionist*), Justin Long (*Live Free or Die Hard*, *Jeepers Creepers*), Seann William Scott (*Ice Age 1&2*, *American Pie 1&2*), Gary Oldman (*Harry Potter* saga, *Batman* saga) and John Cleese (*Shrek 2&3*, *A Fish called Wanda*). With a screenplay by the Academy Award® Nominee Joe Stillman (*Shrek*, *Shrek 2*).



LEM (voiced by Justin Long) stars in PLANET 51, an Alliance films release

Word Search & Crosswords



NOVEMBER

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

- acorn
- air
- arms
- autumn
- bounty
- chill
- cold
- concerts
- crisp
- cross
- dday
- dreary
- equinox
- fall
- festival
- field
- fireplace
- foliage
- front
- gloves
- gold
- gun
- harvest
- hibernate
- holiday
- leaves
- melancholy
- NATO
- november
- officer
- orange
- pellet
- poet
- poppy
- pumpkin
- radio
- rain
- red
- season
- snow
- squash
- stat
- stove
- sword
- tears
- tin
- vet
- vimy
- war
- winter
- world

Find the words in the grid. When you are done, the unused letters spell out a hidden message. Words can go left or right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions. Answers to puzzle is on page 22.

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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		
		35	36					37			
38	39					40			41	42	43
44					45				46		
47					48				49		
50					51				52		

- Across**
- 1 Chafe
 - 4 Gobs
 - 8 Compass point
 - 11 Compass point
 - 12 Fencing sword
 - 13 Carol
 - 14 Put together
 - 15 Green Gables dweller
 - 16 Writers Bombeck
 - 17 Master key
 - 19 Girl

- 34 Cowboy John
- 35 Acting (abbr.)
- 37 Telegraph signal
- 38 Ancient Indian
- 40 Water lilies
- 44 Gyrate
- 45 Perceives with eye
- 46 Map legend
- 47 Opp. of short
- 48 Brand of coffee alternative
- 49 Sticky

- 50 Cunning
- 51 Association (abbr.)
- 52 Pounds per square inch

- Down**
- 1 Glean
 - 2 U.S. Dept. of Agriculture
 - 3 Sleeping places
 - 4 Feebler
 - 5 Sleep disorder

- 6 Refuse to believe
- 7 Behold
- 8 The location of D-Day
- 9 Torah table
- 10 Zeal
- 13 Element
- 18 Plant trunk
- 19 Be victorious
- 21 North northeast
- 22 Cubic centimeter
- 23 That (possessive)
- 24 Seriously
- 25 Note of debt
- 27 Charged particle
- 28 Before (prefix)
- 30 Madagascar franc (abbr.)
- 31 Tropical island
- 33 And so forth
- 34 Sherlock Holme's assistant
- 36 Jail room
- 37 People who get things done
- 38 Branch of learning
- 39 Ardor
- 40 Dregs
- 41 Omit
- 42 Snacky fish
- 43 Monetary unit
- 45 Hotel

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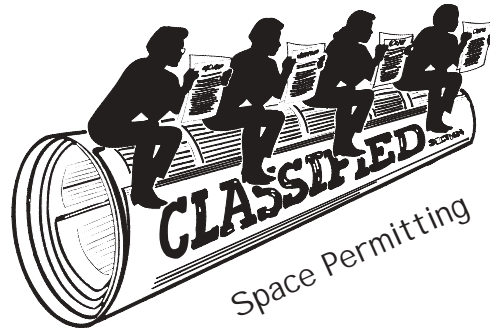
SUDOKU

Each Sudoku puzzle is a 9 by 9 grid of horizontal and vertical rows evenly separated into 9 squares with 9 spaces each. Each puzzles solution is determined by the pattern of the numbers already filled in. You solve the puzzle by filling in the missing digits so that, when completed, each row and each square will have all numbers from 1 to 9: each number will appear in exactly nine spaces within each puzzle.

Sudoku solution on page 22

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

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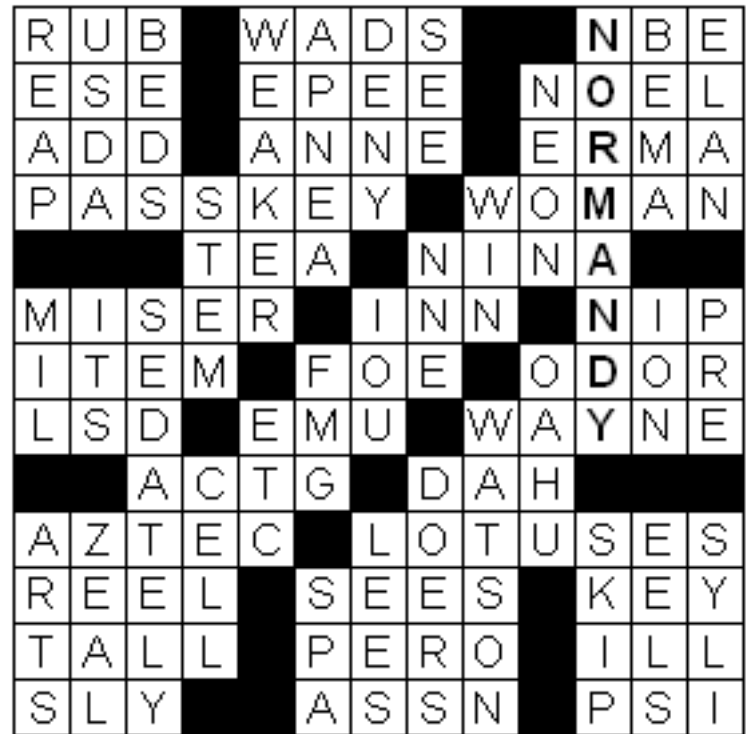
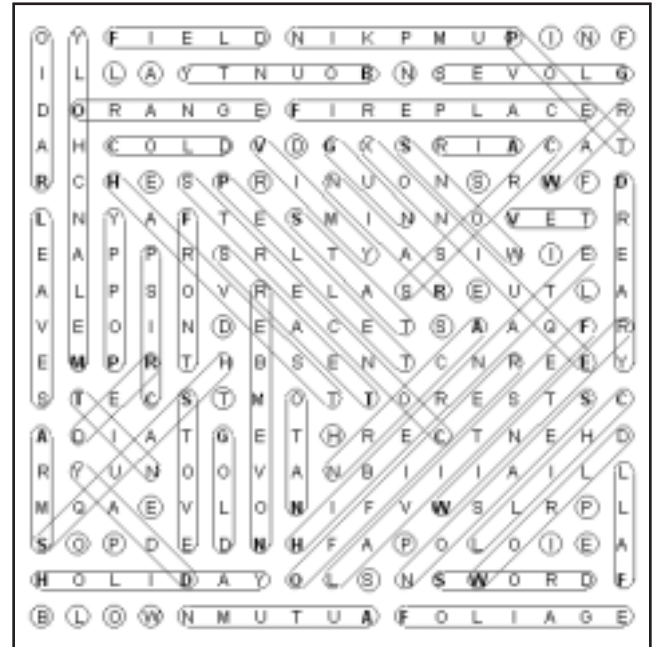
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Word Search Solution:
In Flanders Field the poppies blow



Sudoku puzzle solution

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

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A FEW CHRISTMAS GIGGLES

What did the reindeer say before launching into his comedy routine?

This will sleigh you.

What do lions sing at Christmas?

Jungle bells!

When is a boat like a pile of snow?

When it's adrift.

What do you call the fear of getting stuck in a chimney?

Santaclaustrophobia

How do snowmen get around?

On their icicles.

What does Santa call reindeer that don't work?

Dinner.

Christmas: The time when everyone gets Santamental

What A Boy Wants For Christmas

Darren remembers accompanying his father out shopping in the toy department of Hamleys one Christmas Eve.

Dad said, 'What a marvellous train set. I'll buy it.'

The girl behind the counter looked pleased and murmured, 'Great, I'm sure your son will really love it.'

Dad replied with a glint in his eye, 'Maybe you're right. In that case I'll take two.'




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