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NORTH *OF* 50

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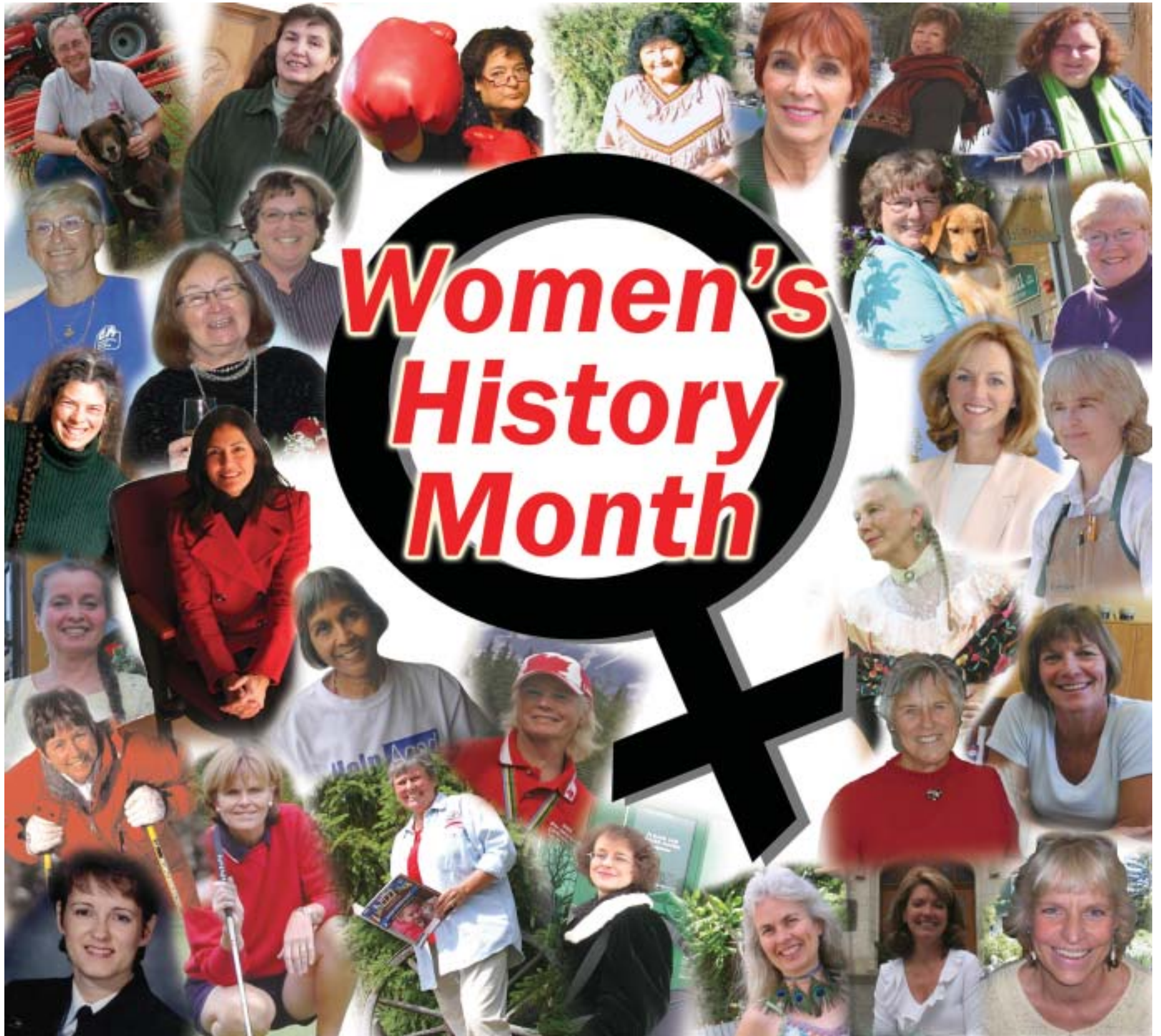
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The Cover Girls: Then and Now

by TJ Wallis and Sherry Bennett

October is Women's History Month so we thought it might be fun to catch up with some of the ladies who have been featured in North of 50. Since we started publishing in 2003, 33 women from all walks of life have had their picture on the cover.

They've been business women, musicians, volunteers, politicians, performers, artists, sports icons, educators, craftspeople and artisans. They've come from all over the Thompson Okanagan and the common thread that binds them together is their commitment to community.

June 2003

Karen Askew Angove was the very first woman featured on the cover of North of 50. At that time, Karen was dedicating plenty of time to community affairs like the Nature Bay Enhancement Society and the Downtown Improvement Association, as well as heading up Askews, her family's North Okanagan / Shuswap grocery business. Today, she is no longer involved in the business and that has allowed her to give even more time to follow her passions, one of which is the Shuswap Community Foundation, a volunteer-driven charitable organization that has several goals, not the least of which is to "strengthen communities by facilitating philanthropy."

August 2003

Lorraine McGrath was the Regional Vice President of Prospera Credit Union and had just received the YMCA-YWCA Woman of Distinction, Lifetime Achievement Award when we brought you her story. Not one to rest on her laurels, Lorraine has earned many more awards, like the City of Kelowna 2007 Woman of the Year. Okanagan College made her an Honorary Fellow for "career achievement, social responsibility to community and mentorship." She was named the Distinguished Alumni 2008 from Athabasca University. Professionally, in 2009 Lorraine led the powerful transformation and successful turnaround of TSXV company (Paragon Pharmacies Limited). But it's not all work for this MBA. She's enjoying some golf and travel and she is continuing her philanthropic work around mentorship, education and health.

October 2003

Kelowna's Lynda Palahniuk had recently won the Canadian Senior Women's Golf Champion. You'll still find Lynda on the green. This year she finished second at 8-over (75-76-73-224), at the Canadian Senior Women's Championship held at Osprey Ridge Golf Club in Bridgewater, N.S.

January 2004

Christine Kinakin has been staying closer to home since she traveled with a Medical Ministry International team to Myanmar to help people with eye health problems. Four years ago, Christine sold her award winning Vernon business, Downtowne Optical in order to care for her ailing Mom. Today she lives with a new friend - a rescue dog from Asia. Christine's daughter works in that region of the world and has, so far, sent four rescue dogs to homes in Canada, including her Mom's Asian Dingo. Christine operates a home based bookkeeping business (CK Bookkeeping Services) and offers small business coaching. You can reach Christine at ckvisual@shaw.ca.

May 2004

Julia Armstrong was "A Builder Without Borders" when we featured her on the cover. She'd traveled with the first overseas mission of Builders Without Borders, to Turkey in 2000, after two major earthquakes had left 17000 dead and thousands more homeless. A skilled carpenter, she trained Turkish women in construction. Since then, Julia has traveled to Sri Lanka to teach construction to the survivors of the Tsunami. Her time there was cut short due to the dangers of the civil war. At home in the Shuswap, she is a member of the Artisans of the Shuswap; she continues to craft fine wood art, which can be seen at the Artisans of the Shuswap store at Centenoka Mall in Salmon Arm or on-line at www.juliaswoodworks.com

August 2004

Beryl Itani had just been named Woman of the Year at Kelowna's Civic and Community Awards and received the YMCA's Woman of Distinction Lifetime Achievement award for her tireless work during the 2003 Okanagan Mountain fire. Beryl and her team of volunteers were responsible for attending to the needs of the 30,000 evacuees forced from their homes. By comparison, the 2009 Glenrosa, Rose Valley and Terrace Mountain fires resulted in the evacuation of about 19,500 people. So Beryl knew exactly what to do, and went right to work to open reception centers and ensure the evacuees received the assistance they required. Still the Director of Emergency Social Services, Beryl remains active in her church, is on the board of the Living Positive Resource Centre and enjoys her roles as grandmother and housewife.

December 2004

Olympian Nancy Greene was a member of the 2010 Olympics Bid committee when she spoke with writer Ken Alexander for our Christmas 2004 issue. This winter, she'll realize that goal of bringing the world class sports event to BC with the 2010 Olympics at Whistler. In April 2005, Nancy became the first chancellor of Thompson Rivers University and in January 2009, she was appointed to the Canadian Senate. And Nancy is still Queen of the Mountain in her role as director of skiing at Sun Peaks Resort.

August 2005

Artist/quilter Gail Thomas displayed her incredible award winning quilt, entitled Bathing in Long Shadows on the August 2005 cover. Today, her quilts continue to win accolades and awards from around the world. In 2009, two of her quilts won at national and international quilt shows in Columbus, Ohio, Pennsylvania and Canberra, Australia. Family remains a focus and a source of pride. Granddaughter Olivia,* was a new arrival in August 2005 and is now turning 4. Gail is still studying Tae Kwon Do with her sweetheart, Harry, and is "happy, healthy and working on the wise stuff."

January 2006

Actress / model Dorianne Kohl continues her work as a facilitator for womens' health, through teaching yoga and self-healing practices. As a performing artist, she is currently preparing a show called "Woman Alive" for November 3 in Kamloops, as entertainment for the BC Nurses Union Banquet. Woman Alive is a performance piece she created in 1995 as an environmental musical. She sings in two choirs, takes piano lessons and paints as often as possible. She's the grandmother of two, Olivia* 4 and Savannah 1.

May 2006

In May 2006 Dorothea Birker was gearing up for the Kelowna Life & Arts Festival. Today, she's prepping for the 20th Anniversary of the Fat Cat Children's Festival which takes place June 11 & 12, 2010. It's her third year running the Festival. She is a Director with Ballet Kelowna; she runs her own business - Innovex Event & Project Management - which does contract work on festivals and community development initiatives, including a contract with the Economic Development Commission as the Arts Cultural Tourism Officer.

October 2006

Elisabeth Duckworth continues to enjoy her work at the Kamloops Museum and her daily commute on her bicycle, "Lucy". She frequently participates in natural history workshops to learn more about the geology, flora and fauna of her city, sings with the KSO Chorus, putters in her wildly overgrown garden, and entertains regularly at her Celista cottage.



cont'd on page 4



Cover Girls, cont'd from page 3

April 2007

Lorraine Billy was a favourite at the Native Site at Historic Hat Creek Ranch, just north of Cache Creek on Highway 97. She loved to share stories, traditions and legends related to the Shuswap Nation and the Bonaparte Reserve – her home since birth. Sadly, Lorraine passed away suddenly on June 1, 2008 at Royal Inland Hospital in Kamloops.

August 2007

Though Jeanne Sieg has never missed a fair, the 2006 Interior Provincial Exhibition proved to be a very memorable one. Not only was she voted the IPE's Volunteer of the Year, but she also met Tom Harter there; he was managing the Tolko display. Jeanne married Tom in 2008 and after twenty years of being Jeanne Sieg, she has enjoyed getting used to a new name: Jeanne Noble Harter. Jeanne continues to be in charge of grounds layout at the ever expanding fair; she still works at Noble Tractor as Parts Manager and next year you'll likely find her roaring around the IPE in her signature golf cart.

January 2008

When we spoke with Sharon Amos in January 2008, she and a team of volunteers had already been working for two years on preparing and promoting the Penticton Centennial celebrations. With the Centennial over, Sharon's redirected her energy into other endeavours, including the Pentastic JazzFestival, which she has MCed for the past two years. She's the vice chair for the OZONE region. She's also involved with the Penticton Chamber Theatre and Many Hats Theatre Co-op. Whether she is acting, directing or set designing, Sharon's philosophy remains: Stay busy, stay connected to people, that's the elixir, or the secret to aging well.

August 2008

Cherry Bolduc's passion for goats and volunteerism with the Interior Provincial Exhibition hasn't changed. Her enthusiasm was contagious enough that North of 50's editor, TJ Wallis, recently bought two Nubian goats from her. Cherry is still the chair of the goat division and though her passion for Pygmy goats is unwavering, she has added Nigerian Dwarf goats (the breed you see in the Telus commercials) to her Mostly Minis farm.

September 2008

Jeannie Haynes Stoll was inspired to help poverty stricken Anglo-Indian seniors in Kolkata, India after a long lost friend had fallen on hard times. In India, there is no pension plan, no health care and no government support of any kind. Jeannie's quest to find sponsors for the Adopt-A-Gran program in Kolkata continues. She tries to drum up support by meeting with various organizations that might be able to help. With Christmas coming, Jeannie hopes people who can afford it will consider sponsoring a Gran or donating \$10 or more so the Grans can purchase small gifts for their children and grandchildren. Anyone wanting information on the Kolkata Grans can contact Jeannie at calseniorsinneed@shaw.ca

October 2008

Thompson Nicola Cariboo United Way Executive Director Brenda Aynsley appeared on our cover in

October of 2008. Her duties with the United Way continue to be engaging, challenging and rewarding, though life and loss over the past 12 months have reminded Brenda of the richness of friendship and the importance of finding a balance between work and family life. With such, Brenda took advantage of a real Kamloops summer this year by spending more time in the garden and more wonderful weekends at the lake with family and friends.

November 2008

In addition to continuing to serve as Director of Music for Kelowna City Band, Heather Davis, who was our November 2008 cover, is becoming involved in other musical projects around the city, including a very special one called "To Our Canadian Troops" (please check out www.toourcanadiantroops.ca if you would like to offer your support. It is urgently needed). Heather has also started her own gem and jewellery appraisal/repair/consultation business called Stellar Gem Services (250-860-0084). As an independent appraiser and certified gemologist, she does not sell jewellery and welcomes clients who need unbiased guidance in making gem buying decisions.

March 2009

Much has changed in Lori Marchand's world since she was featured in North of 50 back in March of 2009. Lori is still working to bring the magic to the stage at Western Canada Theatre, but the title etched on her name badge has been changed from administrative director to general manager, a title WCT's board of director's felt better represented the extensive business leadership she provides for the company. Still as heavily involved in the community as she ever was, Lori was honoured to throw the first pitch in last month's Kamloops Society for Community Living David Ross Memorial Celebrity (Softball) Game. She's excited about WCT's great new season and encourages everyone in the community to take in at least one performance!

August 2009

When Jann Bailey was featured on the cover of the Thompson Nicola South Cariboo edition of North of 50, she had just returned, on a part-time basis, to her position as executive director of the Kamloops Art Gallery after an extensive leave fighting leukemia. Three months later, Jann's feeling both fabulous and very lucky! Recently told by her doctor how proud he is of her, Jann's fully realized the importance of living a balanced lifestyle and has adopted the new philosophy that nothing is 'life and death' when it comes to work—that's now reserved for the 'real thing.' In her 'newly created spare time' Jann's created a blog called Spa Girl (www.spagirl007.blogspot.com), a fun blog that features a delightful mix of pampering tips that covers the gamut from relaxation and rejuvenation techniques to fish pedicures. She continues her artistic therapy of crafting necklaces and donating them to several good causes including the not-for-profit organization, Inspire Health.

** Four year old Olivia is the only child to have two of her grandmothers featured in the magazine.*

Editor's Note: We have attempted to include as many women as possible, but were unable to contact all the women who has been featured in our magazine.

The Cover Girls

Karen Angove
Salmon Arm

Lorraine McGrath
Kelowna

Christine Kinakin
Vernon

Carole Mason
Peachland

Lynda Palahniuk
Kelowna

Beryl Itani
Kelowna

Nancy Greene
Kamloops

Shirley Field
Kamloops

Daphne Richard
Kelowna

Julia Armstrong
Enderby

Gail Thomas
Vernon

Doranne Kohl
Armstrong

Jeannette Armstrong
Penticton

Dorothea Birker
Kelowna

Elisabeth Duckworth
Kamloops

Lorna Gunn
Kelowna

Lorraine Brotsky
Vernon

Lorraine Billy
Cache Creek

Jeanne Sieg
Armstrong

Sharon McKenzie
Vernon

Sharon Amos
Penticton

Susan Schaffer
Armstrong

Janice Antoine
Merritt

Cherry Bolduc
Armstrong

Barbara Berger
Kamloops

Jeannie Haynes Stoll
Kelowna

Brenda Aynsley
Kamloops

Heather Davis
Kelowna

Eleanor Summer
Penticton

Lori Marchand
Kamloops

Rebecca Kneen
Sorrento

Shirley Fowler
Armstrong

Jann Bailey
Kamloops



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Guest Panel

Bruce Swanson - Gibraltar Law Group
 Heather Archer - Community Response Networks
 Jennifer Hayes - BMO
 Christine Dairon - BMO Financial Group
 Donna Sambolec - ABC's of Fraud Prevention
 Mary Widmer - Kamloops Funeral Home

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Opinion**The health tax grab**Submitted by *Maureen Bader, BC Director, Canadian Taxpayers Federation*

B.C.'s deficit is slated to total \$5.6 billion by 2011 and the government seems to be hoping that higher tax revenue from greater economic growth will eventually reduce it. However, the hike in the Medical Services Plan (MSP) tax, otherwise known as the health tax, shows how B.C.'s deficit will more likely be defeated -- by stealth tax hikes -- if the government doesn't rein in spending.

Paul Martin defeated the federal deficit in the 1990s primarily with stealth tax hikes. Tax increases helped reduce the federal deficit by about 75 per cent while spending cuts accounting for a mere 25 per cent. Almost 60 per cent of the new tax take came from an increase in personal income taxes through a stealth process known as de-indexation. By de-indexing, federal tax brackets stayed fixed while inflation slowly drove up incomes, moving them into higher and higher tax brackets. This stealth tax brought a \$10 billion increase in annual federal revenue between 1988 and 1997. This, in addition to new deficit reduction taxes and higher payroll taxes, raised personal tax rates on average by 20 per cent between 1989 and 1997. The result was stagnating after-tax income for families and skyrocketing revenues for government.

If history is any guide, B.C.'s stealth-health tax may be the first accelerating tax hike in the battle against the deficit, once again leaving people standing still while government revenues rise.

Many British Columbians believe the MSP, or health tax, is an insurance premium paid for health services, similar to the auto premium paid to ICBC. Nothing could be further from the truth. The MSP is a poll tax -- a per-person tax charging a fixed amount per individual. The health tax doesn't go to fund health care in the province anymore than it funds education, roads or anything else -- it goes directly into general revenue. Without a doubt, this tax would have been eliminated long ago had it been named the 'bureaucrat salary enhancement levy.' Moreover, B.C.'s MSP revenue represents a mere 10 per cent of the huge and growing health care budget.

The health tax is going up this year and has the potential to spiral completely out of control. On January 1, 2010, the health tax will increase by 6 per cent, to \$684 per year for individuals, \$1,224 per year for couples and \$1,368 per year for families. But the most worrying part about the health tax hike is that it will rise by the same proportion as the health care budget every year. If the health budget rises by 6 per cent per year, the health tax will double in about 10 years, hitting individuals with a health tax of \$1,368 and families with a health tax of \$2,736. Right now, about 14 per cent of B.C.'s population is 65 or older but by 2032, 25 per cent of our population will be over 65. Currently, people over 65 account for about 44 per cent of health care spending, so without reform of the health care system, health costs will continue to accelerate and so will the health tax.

The federal deficit was defeated in the 1990's mainly through tax hikes and we've now seen the first volley in that direction here in B.C. This health tax impacts a family's bottom line, has nothing to do with health care and everything to do with a tax grab. Instead of picking more hard-earned cash from taxpayers pockets to fund unsustainable spending, politicians must do what every family does when it hits rough times -- limit spending. To begin that process, the health tax must be eliminated.

BC government should repeal all secretive, haphazard cuts

(Vancouver) The Canadian Centre for Policy Alternatives is calling on the BC government to reverse all cuts to public programs and/or grants made since the February 2009 budget.

"The government has introduced a litany of cuts in areas ranging from the arts to community sports to autism programs for children in the name of reducing provincial spending," says CCPA economist Iglia Ivanova. "These cuts represent minimal savings on a \$40 billion provincial budget. Yet they have devastating consequences for communities, families and service agencies. It's a lose-lose situation."

Ivanova is the author of September 2009 BC Budget Reality Check: Facing the Full Force of the Recession, a report released in advance of the budget update that warned against cutting spending, arguing that cuts would further depress provincial GDP and increase unemployment.

The CCPA is also concerned about the secrecy with which the cuts have been implemented. In the absence of even minimal government transparency, policy analysts, service providers, the media and individual British Columbians have been scrambling to keep track of the government's decisions on program spending and grants.

"We want the government to live up to its promise of transparency and accountability," Ivanova says. "It boggles the mind that the province can proceed with no apparent plan, leaving the public guessing about what will be cut next or why."

"The government should repeal all the cuts announced since the February budget," Ivanova continues. "Now is not the time to be cutting spending. But if the province insists on reducing spending, it should at least do so in a way that allows for an honest public debate about priorities, and that allows community service agencies to plan ahead."

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There are some deposits within TFSA's that are not eligible for CDIC coverage -- for example, it will not protect mutual funds, stocks, bonds, GICs or term deposits that mature after five years held in a TFSA. Furthermore, the TFSA must be held within a CDIC member institution, which includes most Canadian chartered banks, trust companies, loan companies and cooperative credit associations that take deposits and display the CDIC decal.

The more you know about what is and what is not protected, the safer your savings. Visit www.cdic.ca, call toll free at 1-800-461-CDIC (2342) or ask where you bank or invest to learn more about deposit insurance coverage.

NORTH of 50

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Editor's Notes

Who's that Girl?

Chances are you'd recognize most of the men who work here at North of 50. Publisher, Dean Wallis, spends a lot of time on the road, meeting folks face to face. Opinion writers, Don Sawyer and Calvin White, have their photos alongside their columns. Barry Thorbergson has admitted to being hounded by paparazzi since his new found celebrity as a cartoonist at North of 50.

But the women - we don't get out much. Most of our contact with the outside world is over the phone or via email or fax. In keeping with Women's History Month, we'd like to introduce ourselves.

That Girl Who Works Up Front

Depending on the last time you were in the office, That Girl Who Works Up Front is either Kristi or Emily. Kristi Boe was Kristi Carter when she started working here in 2006 as a Jill-of-All-Trades. Kristi has lent her creative flare to hundreds of ad designs and cover images. This past April, Kristi and husband Ryan, created their own design - new baby Austin.

Emily Duggan picked up the creative gauntlet when Kristi went on maternity leave. She's a young whippersnapper with an abundance of energy and enthusiasm. She is blessed with a little dab of "crazy," which is part of the job requirement. Emily is now getting her feet wet in the sales department.



That Girl Who Wrote That Story.

Many talented women have written articles for North of 50. But statistically That Girl Who Wrote That Story was probably Christine or Sherry.

Christine Pilgrim has been a regular contributor to North of 50 virtually since it began. One of her cover stories about women led her to purchase a coffin in advance of her demise. (Meanwhile she uses it as a sofa-cum-tickle-trunk at her Caetani House apartment in Vernon.) Another led her to "adopt-a-gran" in India and a third led her to work as a historic interpreter at Hat Creek Ranch near Kamloops. When she isn't writing, she works with youth in schools, community centres, museums and galleries as a storyteller/educator/facilitator. Her acting roles span TV's Benny Hill Show, movies like *The Fool* and theatre from London's West End to the local Tragically Comic Players' production, *ICHOBOD* (October 22 - 25 at the Schubert Centre). Christine's website is: www.christinepilgrim.com



Kamloopsian Sherry Bennett joined North of 50 as a regular contributor in June of 2008. A jack-of-all-trades by day, creative non-fiction writer by night, Sherry's fondness for the written word developed decades ago in high-school, though her need to conduct herself in a 'sensible' fashion led her down a conventional road that rarely intersected with the creative. But with kids all flown the coop, and a Volkswagen topped up with gas, she's recaptured her enthusiasm to head out on the road and track down people and stories that inspire the pen. Sherry's heard some intriguing and inspiring stories over the past year-and-a-half and eagerly anticipates those new stories down the road. Sherry's website is: www.exactlywrite.ca



That Girl Who Acts Like She Owns the Place

That would be TJ, the managing editor. Her job requires super human powers, thick skin and a somewhat bossy nature, all of which TJ is proud to possess. Because of her unisex name, people often assume TJ is a man, but she feels confident that if you saw her, you would recognize that she is, in fact, a girl. TJ is married to Dean, That Boy Who Acts Like He Owns the Place. But, enough about Dean. After all it's Women's History Month.





Don Sawyer

Dancing with Oma

My mother-in-law was born in 1922. My daughter, Farish, who was married last month in Philadelphia, was born in 1982. As I watched the celebrants at Farish's wedding, I reflected on the dramatic

changes that have occurred in social attitudes toward gender and race over that 60-year interval.

Farish's wedding took place at the first American home of the great ornithologist James Audubon (who, interestingly, was actually born in Haiti). The sturdy stone house had been built in 1743, and it still overlooks acres of rolling hills that tumble green to the river below. Miles of trails lace the hardwood slopes, and, appropriately, birds of all colours flit across the clearings and through the apple orchards in front of the house.

It was a glorious wedding. Friend Robin Higgins, from Nelson, had worked with Farish and Tre, Farish's husband, to craft a moving ceremony that drew on many cultural traditions, from an opening Turkish prayer to Tibetan meditation bells. Blue butterflies criss-crossed in front of the couple as they swore deeply personal vows not of obedience or dominance, but of love, support and equality. As the celebrants assembled by the river to sip champagne, the sky lit up in a sunset of orange, red and pink fireworks. As we made our way to the pavilion for dinner, a bright full moon rose in the darkening sky. (This was especially fitting since Farish and I danced our opening dance to Neil Young's "Harvest Moon.")

After Farish and I had finished, Tre had danced with his mother, and people poured onto floor, I asked Farish's 87-year-old grandmother for the next dance. As we glided to the music (Oma's still pretty spry), I glanced at the 100 or so people in the pavilion, and then studied the crowd more closely. As I did so, I realized I was looking at a scene that was not only impossible in my mother-in-law's youth, but nearly as unlikely in mine.

Nearly half of the attendees were African American (not that surprising in itself since my new son-in-law is black): educators, business people, medical researchers, doctors, secretaries. There were people from 10 US states and two Canadian provinces. There was even a paramount chief from Cameroon. Farish and Tre's young friends came from every ethnic background imaginable - Chinese, East Indian, European, African, Latino. I read an e-mail from a friend in West Africa, who Farish had met on a visit with me to The Gambia several years earlier, wishing the couple happiness. But whether they were Dutch or East Indian, male or female, Jewish or Sikh, an HIV-AIDS researcher or a college administrator, all of them danced, laughed, hugged and cried together.

As we danced, I thought about this scene from Oma's perspective. In 1922, the year she was born, there were six times as many men enrolled in Canadian universities as women (and just over 20,000 total, .2% of the population; the figure today is 3%). In the US, women had finally achieved suffrage two years before she was born. Vocations for women were largely limited to teaching and nursing, the profession she chose. The year she was born, 56 black men were lynched in the US with no prosecution of the murderers. (Indeed, while there were over 3,400 documented lynchings of blacks in the US, no one was ever convicted for these crimes.)

Interracial marriage (dubbed "miscegenation" or to "mix kind" in 1863) was almost unheard of. California banned Asian/white marriages until 1948. Bans on all interracial marriage continued in 16 states until declared unconstitutional in 1967. Still, though illegal, Alabama and South Carolina, enshrined bans on interracial marriage in their constitutions. (The last, Alabama, did not rescind the ban until 2000.) Progressive Institutions such as the Highlander Folk School (where "We Shall Overcome" was written), located in Tennessee, were routinely raided and shut for simply allowing interracial dancing

It wasn't until Oma was 45 that the US Voting Right Act outlawed all forms of voting exclusion on the basis of race. (Before we get too smug, Canadian aboriginal people were not extended the vote until 1960. In BC, citizens of Japanese, Chinese and "Hindu" extraction were specifically prohibited from voting, and it was not until 1948 that the last of these restrictions were removed. It is worth noting that by disenfranchising minorities, these groups were also excluded from many professions, including medicine and law.)

As I danced with Oma, I smiled as I watched this new generation who seemed able to truly see people for who they were, for their character and personality, and not for what they looked like. (A Gallup Poll on interracial dating in June 2006 found that 95% of 18- to 29-year-olds approve of blacks and whites dating.) They had not only left Oma's generation far behind on this issue, but mine as well. And good riddance.

Maybe, I thought, this whole global village thing might actually work out.

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

Teenagers? What's their problem?

Who gets called a lazy piece of shit? Who gets fondled by their uncle? Who lies under the covers while a man with a gun walks into the bedroom? The children in our schools, of course. I'm not talking about the fringe kids or the inner city, I'm talking middle class Canadiana. These are the memories and experiences our teenagers carry while moving from class to class in the high schools of our country.

For thirty years I've listened to the truths of our kids. Within the security of my office walls, they released their stories, usually with hesitation and fear, sometimes with tears. Then they walked back out into the hallways, their public face on, to the world they felt more control over, the reality that was predictable and orderly.

In their classes, they are simply those faces, nothing more. They are instructed, given assignments, and graded on their performance. Teachers think of them as A, B, or C students. Or as failures. Teachers react at any bad behaviour and expect disciplinary consequences from the administration. Absenteeism is condemned. Phone calls are made to homes, enquiring why so and so has been missing school. Parent meetings are arranged in which teachers and/or administrators relay the negative information to the parents and discuss how to get a better performance from the kid. Everything would appear as though it's straightforward. Everything would appear as though the kid's best interests are in the minds of all.

Meanwhile, the father is an alcoholic or workaholic, the mom is secretly seeing someone else, the step-dad calls his step-daughter a fat bitch, and the kid herself is clinically depressed. No one talks about that. The teenager will not publicly betray the parents.

Being a teenager has never been so difficult. Yet, I don't know how many times I've heard adults claim they know all about it because they were teenagers once and they did lots of things. Well, in actual fact, they don't know. Their reality was different. There was no computer, no cell phone, no text messaging, no super potent marijuana, no crystal meth, no pornography downloaded on cell phones, no video games, no overflow of money and leisure.

They weren't so inundated with information so much so that it's all but impossible to discern which is relevant or even true. They didn't graduate with so many options that it is basically a fluke that any kid can know which direction to go. They didn't grow up with the same level or nature of stress..

The teenage stage has been dismissed as being filled with angst, as though the angst is somehow not legitimate, not founded in reality. This angst is more accurately understood as worry, as being in the time of firsts. The first time to feel awareness of one's parents' shortcomings. The first time to know existential loneliness and vulnerability. The first time to feel a full spectrum of love and intimacy for a peer. The first time of being aware of feeling uncertain, of feeling rejectable, of feeling the intense need to belong, to be good enough. The first time of feeling the full brunt of losing a boyfriend or girlfriend, of being cheated on, of having to deal with a roving eye of one's own. The first time of being bludgeoned with the notion they must be responsible and mature. The first time of truly understanding that they are supposed to become somebody worthy.

It has always been a terrible stage to be in. But now it has all speeded up. Teenagers, and now those far younger, are all fair game for all who want to make a buck. Drug dealer, porn purveyor, clothes manufacturer, toy maker - they all go after teens with a vengeance. The adult world has subsumed everything. Anything goes and our kids have to make it through the minefield without enough meaningful or knowledgeable support. Nike's old slogan was "Just Do It!" That's become the dictum, as shallow and stupid as it is, which is applied to our kids. Get out there and perform. Don't do anything wrong, and don't succumb to any of the baser temptations.

Every graduation exercise in the country trots out the same flat and phoney creed. "This is your time. Go make your way in the world and create your success." The creed is really for all the adults. The ruse is necessary to protect us from our own shame and our own sense of failure and helplessness, our own willful blindness.

When a teen comes into my office and opens up, it feels like I'm breathing oxygen. Their honesty is breathtaking. Their insight, their authenticity, their courage inspires. I leave some sessions believing the planet is in better shape than I had thought because given the chance to show it, our kids are so beautiful, so wise, and so filled with integrity. So many of them live in nuttiness that is beyond their control, yet they are intact, they are doing the best they can to survive.

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

Kamloops Symphony, Sun Rivers trio, October 23, Sally Arai, Clarinet, Cvetoza Vutev, Violin/Viola & Naomi Cloutier, Piano. Programme: Milhaud - Suite Mozart - Kegelstatt Trio Schumann - Fairy Tales Khachaturian - Trio Glick - The Klezmer's Wedding Commences at 7:30 p.m. at the **Calvary Community Church**. Call 250-374-5483 for tickets and more information.

Communities in Bloom **Christmas Craft Fair**, Clinton Start your Christmas shopping early! The Clinton Communities in Bloom Committee will hold a Christmas Craft Fair on Saturday, **October 24th** from 10:00 am to 4:00 pm in the **Clinton Memorial Hall** at 306 Lebourdais Avenue. If you wish to purchase a table, please call 250-459-2224 or 250-459-2325.

Pottery and Fine Crafts Sale, Playing with Fire. Local artisans will be at the Kamloops Convention Centre Saturday **October 31st**, from 10am - 4pm. For more information visit www.playingwithfire.info

October 1 - 24 Kamloops Arts Council Main Gallery presents **Panoramas of the Thompson Valley** digital photographs by Victor Hamm Opening: October 2nd, 6pm to 8pm (statement attached) fmi_vhamm7@shaw.ca

October 29 - November 21 Kamloops Arts Council Main Gallery presents **F.U.E.L.:** Earth carvings by Donovan King Pettigrew Opening: October 9th, 7pm to 9pm fmi_dpette@hotmail.com

November 26 - December 19 Kamloops Arts Council Main Gallery presents In **Celebration of Line and Light** acrylics & watercolours by Cathie Peters Opening: Friday November 27th, 7pm to 9pm (statement attached) fmi_jb.peters@shaw.ca

October 6 - 28 Kamloops Arts Council Wilson House Gallery presents **Circle of Inspiration:** Portraits of BC's Prominent First Nations Artists: 1994-1996 drawings by Mairi Boudreau Opening: October 15th, 6pm to 8pm (statement attached) fmi_mairib@telus.net

November 3 - 25 Kamloops Arts Council Wilson House Gallery presents **Inspired Beauty** graphics, collages and oils by Marianna Abutalipova fmi_mabutalipova@googlegmail.com

Kamloops Heritage Railway, **Spirit of Kamloops Ghost Train** runs October 16 - 17. On a dark Halloween night in 1915, a train carrying 44 passengers and crew left Kamloops Junction destined for the town of Blue River. As we travel into the darkness, a bride-to-be cries out, the ghouls cringe and a mysterious widow hides as a strange rider on horseback appears in the distance. Join us at the graveyard station for this fantastic event. For more information phone 250-374-2141 or visit www.kamrail.com

Juno-nominated Jazz Pianist **Chris Donnelly** along with his wife, soprano Natalie Donnelly are performing **October 19** in a mixed jazz and classical music concert at St Pauls Cathedral on Nicola. Tickets at Kamloops Live Box Office and online. Call 250-374-5483.

Western Canada Theatre Presents **No Exit** by Jean-Paul Sartre at **Sagebrush Theatre** October 22 - 31 A breathtaking play. A psychological thriller. A mysterious man enters - clutching the wrist of a stylish woman. He drags her through a shadowy hallway, and then... it's an existentialist journey through the eyes of Alfred Hitchcock. Monday & Tuesday - 7:30pm Wednesday to Saturday - 8:00pm No Show Sunday Tickets at Kamloops LIVE! Box Office, ph. 250-374-5483 or 1025 Lorne Street

The BC Wildlife Park is having it's first **BOO at the ZOO!** From October 30th - November 1st come check out the haunted house, spook train and even a creepy maze!

North Shore Community Centre's **5th Annual Antiques & Collectibles Sale** on October 3 & 4, 2009. Come and see what quality and craftsmanship used to look like, and how things of the past really DO have value. Check out the toys, china, coins, books and accessories that actually hold their worth once they leave the store. There will even be furniture! For more info call 250-376-4777.

Barnhartvale Coffee House Hall volunteers will host the first Coffee House of the new season on Saturday night, October 17th. Feature Act is **Jim Karr and Dan Fremlin** who will perform a mix of country, bluegrass, folk & southern rock. Dan Fremlin is a superb mandolin player and accompanied Joanna Chapman-Smith at last March Coffee House. Jim Karr is well known for his vocal and guitar styles. 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. We need new volunteers

SAGA Public Art Gallery in Salmon Arm is pleased to present the juried exhibition of the North Okanagan Chapter of the Federation of Canadian Artists, **"Driven to Abstraction: Reading Between the Lines."** Gallery hours are Tuesday to Saturday, 10am to 4pm. The exhibition runs October 3 to 24.

Alan Jackson With Special Guest **George Canyon**, November 15 at **Interior Savings Centre**. "Good Time" is a honky-tonk jam that kicks off Alan Jackson's new Arista Nashville album for a tremendously easygoing yet edgy five minutes-plus. It's a Friday night country tune sung by a dog-tired guy who has worked straight through the week yet doesn't want to sleep -- not now; not when "all the conditions are right," as Jackson sings, for something sweeter. The guy has cashed his check, cleaned his

truck, picked up his girl across town, and as the sun goes down, he's heading out for some fun -- some beer, some Bocephus, some relief. Tickets available at Ticketmaster, Charge by Phone 250-374-9200

Collective Soul, Octobee 22, at **Interior Savings Centre**. Collective Soul gained a special place in the hearts of music lovers when they burst onto the scene in 1993. ISC Box-Office, 250-374-9200 or via Ticketmaster \$45 GA Floor, \$37.50 Reserved Stands (plus C/C & FF)

Darwin Wiggitt (photographer) at the **TRU Alumni Theatre**, October 10 - Oct 11. In partnership with the **Kamloops Photo Arts Club** internationally celebrated nature photographer Darwin Wiggitt, focussing on the Kamloops Sunrise and Sunset. Tickets \$15. Call 250-374-5483 for more information. October 11th - Photo Workshop available for \$50 per person. Call 250-571-5151 to register as space is limited.

Cariboo OctoberFest Dance, October 3, Clinton Memorial Hall, 8 to midnight. Dance the night away to Music by Vern Cave & The Fender Benders. Supper served at 11 pm Tickets \$12. Available at The Village of Clinton Office or by calling 250-459-2146 and 250-459-2772.

Lillooet Movie Nights, Fridays & Saturdays at the Rec Centre. October 9/10 - **Transformers: The Fallen**, rated 14. October 16/17 - **Ice Age: Dawn of the Dinosaurs**, rated G

Coming Events listings are free for non-profit and charitable organizations. Call North of 50 at 1-877-667-8450 to list your event. Or email details to editor@northof50.com

Are you interested in COMMUNITY THEATRE?

The **Kamloops Players** invite everyone interested in acting, directing, stage managing, costumes, lighting, sets and props, or any other aspect of theatrics, to participate in a dinner theatre production in November. The play will be Office Hours by the Canadian playwright Norm Foster. For more information call Sharon Huuha at 250-554-2388 or E-mail: huhu@shaw.ca Also watch for our upcoming announcement regarding auditions.

Alzheimer Support Group and Workshops for October

Thursday, October 8 from 10am to 12 noon
Alzheimer Caregiver Support Group Alzheimer Society of BC, Central Interior Resource Centre
543 Battle Street, Kamloops Call 250 - 377-8200 or e-mail ssmith@alzheimerbc.org for information and to register

Wednesday, October 21, 2009 from 9am to 12 noon
Alzheimer Society of B.C presents a Dementia Education Workshop: Staying Well While Caring
The workshop is about sustaining oneself as the demands of caring grow. It is open to individuals and families affected by a dementia. The workshop is free but you must pre-register. Donations gratefully accepted. Call 250-377-8200 or e-mail ssmith@alzheimerbc.org for information and to register

Thursday October 22 from 7 to 9pm Alzheimer Caregiver Support Group Alzheimer Society of BC, Central Interior Resource Centre 543 Battle Street, Kamloops Call 250 - 377-8200 or e-mail ssmith@alzheimerbc.org for information and to register

Tuesday October 27 from 6 to 8:30 pm Alzheimer Society of B.C presents a Dementia Education Workshop: Planning and Navigating the System of Care. Critical planning early can avoid more costly and challenging options later. Knowing the system of care helps access resources more readily when care needs are greater. The workshop is open to individuals and families affected by a dementia. It is free but you must pre-register. Donations gratefully accepted. Call 250-377-8200 or e-mail ssmith@alzheimerbc.org for information and to register

Call for Entries

Thompson Valley Potters Guild

Fall Show & Sale

Saturday, November 7

10 am to 4 pm

Desert Gardens 540 Seymour Street

Booth space is available for clay artists and for fiber artists. To apply, please contact **Jeanne Hungar** jhungar@telus.net as soon as possible!

For more information regarding the show and sale, please go to www3.telus.net/tvpg



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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 for

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.

KAMLOOPS DivorceCare and DivorceCare for Kids
A 13 week recovery and seminar support group for adults and children 5-12 who are experiencing or have experienced separation or divorce. **Tuesday nights 7-9 pm** at Bible Truth Church, 1099 Fraser St. Registration is \$20 per participant which includes a workbook. Participants may join at any time during the 13 weeks. For more information call 250 434-3333.

Kamloops Family History Society meets the fourth Thursday of each month, 7P.M. at **Heritage House in Riverside Park** (September to May). Guests and new members welcome. For more info phone 250-579-2078

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 Landsdowne 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.

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.

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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Thomas A. Edison slept here *by Sherry Bennet*

Celebrity obsession is nothing new. For centuries we've been fascinated with celebrities' every move.

Kamloops has attracted more than its share of celebs over the past century-performers, politicians, royals.

In the days before CFJC brought personalities into the family living room, superstars rolled into the city on the train on a regular basis to lecture, perform, advocate their causes or simply rest their weary bones.

While most celebrities stayed on for only a night or two, they remained long enough to make indelible impressions on the city's citizens.

With the exception of Mr. Edison.

En route for the Coast, the great inventor honoured Kamloops with a brief visit on September 19, 1917. Why this inventor of the light bulb commanded just three lines of column space in the Inland Sentinel we can only speculate. Local paparazzi were preoccupied with the Kamloops Big Fair? Tired from working 18-hour days, the 70-year-old inventor opted to spend his hours in the city holed up in the tranquility of his private rail car?

"Vigorous, energetic and endowed with the knack of telling humorous stories in dialect," gushed a Sentinel reporter of William Knapp Buckley, inventor of the lousy tasting Buckley's Mixture, when he dropped into Kamloops for the weekend of July 28/29, 1935. "Buckley is a mental stimulant for all who meet him."

"Although very fit, Lord Baden-Powell is now well-advanced in years and the effort of his long trip is a severe tax on his strength," warned Sentinel staff on April 16, 1935. "It is therefore requested that he be saved the many little annoyances forced on a visiting celebrity by an enthusiastic, but often thoughtless crowd of well-wishers."

Sentinel warning heeded, the thousands of scouts and spectators who flooded Kamloops to catch glimpse of the famous 78-year-old Chief Scout were most cooperative during his visit, a visit marked with civic holiday status.

With the mishap of a young lad calling out for 'Lord Baking Powder' at his inaugural visit to the city in the late 1800s, pronunciation of the Lord's name was quoted as the number one concern.

Situated on the CPR through line, Kamloops has always been a ceremonial stop



Lord Aberdeen, Governor General of Canada, pulling into Kamloops with his wife Lady Aberdeen and their children in November of 1894. Lord Aberdeen was one of many high-profile individuals to stop over in the city over the past 125 years. Photo courtesy Kamloops Museum and Archives.

for many a lord and politician since its incorporation in 1893-Lord Aberdeen, Lord Dufferin, Sir John A. McDonald, Sir Wilfred Laurier to name just a few.

But for Queen Elizabeth and Prince Philip, Kamloops represented more than just a ribbon-cutting whistle-stop.

Exhausted by the rigours of their 44-day Canadian tour in July of 1959, the royal couple choose Pennask Lake as the ideal locale to recharge their batteries.

On July 11, after extending the royal wave to 30,000 "well-behaved" spectators, the couple boarded a chartered airplane for an 80 km ride to Pennask.

Details of the royal couple's 56 hours at the 'Millionaire's Paradise' were dispatched via the Sentinel to those inquiring minds that wanted to know: how the lunch menu included fresh-baked blueberry pie; how the four-month-old baby of a cook gurgled at an informal church service; how the Prince caught several small rainbow trout while the queen sat basking in the sun; how the RCMP just about sent out a search party for the royal anglers when out alone on the lake in a motorboat, they failed to return after 4.5 hours.

CONTEST THERE'S STILL TIME TO ENTER!

VALDY & GARY FJELLGAARD BACK IN KAMLOOPS

The George Ryga Centre kicks off its 15th year with the Contenders, Valdy & Gary Fjellgaard in concert. This annual Fall Tour with "The Boys of Rhythm" will coincide with "George Ryga Week In B.C." **THE CONTENDERS** will perform on the following dates at the following venues:

Sat. Nov. 7 – The Sagebrush Theatre, Kamloops – 8 p.m.
 Tickets at Kamloops LIVE – Ph. 250-374-LIVE
 Toll Free- 1-866-374-5483

Enter to Win two Tickets to see the Contenders Live!

Name: _____
 Address: _____
 Phone Number: _____

Three ways to enter:

Mail in your entry form to: Contender Contest, Box 100 Armstrong, BC V0E 1B0. Or **fax your entry to** (250) 546-8914. Or **email your name, address and phone #** to contest@northof50.com

***Draw date is October 21st 2009. Winners will be contacted by telephone. Winners will be announced in the November issue of North of 50.**



Valdy



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Kamloops Symphony General Manager Receives National Award

Orchestras Canada Executive Director Katherine Carlton will be in Kamloops to present a Betty Webster Award to Kathy Humphreys, General Manager of the Kamloops Symphony

Created in 2002, the Awards honour OC executive director emeritus Elizabeth Webster by recognizing people and organizations that have made an outstanding contribution to the Canadian orchestral community, specifically through leadership, education and volunteerism. Award recipients are selected by a panel of peers from across Canada.

The three 2009 awards went to Jeff Alexander, President and CEO of the Vancouver Symphony, Toronto's Tafelmusik Baroque Orchestra and Kathy Humphreys of the Kamloops Symphony.

Kathy Humphreys has been General Manager of the KSO for twenty years. During her tenure, the organization's service to its community has grown substantially, the main series programmes have doubled, the budget has quadrupled and the orchestra has never experienced a deficit or carried a debt. In 2008-2009 Ms. Humphreys successfully implemented expansion plans to include a series of performances in the neighbouring city of Salmon Arm.

Tirelessly working to advance not only the Kamloops Symphony, but also the state of music-making in the community, Ms Humphreys has been a major force in the development of the Kamloops Symphony Music School, which now boasts 17 professional music teachers and 200 students.

In addition to her work with the Kamloops Symphony, Ms Humphreys is actively involved with her colleagues regionally and nationally, and is a trusted advisor to peer orchestra managers.

Kathy Humphreys was nominated by Kamloops Symphony Music Director, Bruce Dunn. The award will be presented at the Kamloops Symphony's performance on Saturday night, October 3, 2009 at 7:30 pm in Sagebrush Theatre.



THE NORTH SHORE COMMUNITY CENTRE'S
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Home

Don't let the cold weather and depressing economy get you down. Take a quick trip to the Turks & Caicos and warm your soul...and toes. The average temperature ranges between 29-32 degrees celsius from June to October and 27-29 degrees Celsius from November to May. In an average year the Turks and Caicos has 350 days of sunshine, but a constant trade wind keeps the climate at a very comfortable level. It is a rare occasion to need a light sweater at night.

The islands are located 550 miles southeast of Miami, Florida, just below the Bahamas chain and just to the east of Cuba and the island of Hispaniola (Dominican Republic and Haiti.) Technically, the Turks and Caicos are located in the Atlantic Ocean, not the Caribbean Sea.

The islands are home to roughly 30,000 full time residents, and welcome more than 200,000 tourist annually.

Air Canada has direct flights from Toronto on Wednesdays, Saturdays and Sundays, and from Montreal on Thursdays.

Visitors from Canada may enter without a passport, if they have an original birth certificate (or, a notarized copy) and a photo id (e.g.. Driver's License). Visitors from other countries do require passports, but no visas are necessary except from countries of the former Eastern Bloc.

All visitors must hold a round trip ticket and are allowed to stay for 30 days; this is renewable one time only.

Pack light! Cool, casual, comfortable resort and leisure wear is acceptable everywhere. Swimwear worn other than poolside or at the beach is frowned upon.

While there are some 40 plus cays that make up the Turks & Caicos Islands, only eight of them are inhabited by people. The Turks & Caicos natives are called "Belongers" or "Turks Islanders" and are either descendants from African slaves who were originally brought over to grow cotton on the island of Providenciales or have immigrated here from the Bahamas back in the salt raking days. The local population mixes harmoniously with a large expatriate community of British, American, French, Canadian, Haitians, Dominicans and Scandinavians, giving the islands an international influence and unique culture.

The people here – both Expats and Belongers –are relaxed and friendly and generally operate on "island" time, resulting in a low-key, slow-paced environment.

History

Long before Christopher Columbus first set foot on the capital island of Grand Turk during his discovery voyage of the new world in 1492, the islands of the Turks & Caicos were inhabited by Taino and Lucayan Indians. These original settlers left a rich heritage of seafaring, salt raking and farming, which still lingers on today. Words such as "canoe", Caribbean and "caicos" are derived from the Arawak language. Even the name of the country comes from these earliest inhabitants. Turks is a reference to the indigenous Turk's head cactus and Caicos is from the Lucayan term "caya hico" meaning string of islands.

It was not until the early 1980's when Club Med Turkoise Resort opened that Providenciales – and Turks & Caicos in general - started to become a viable tourist destination. Since then, increasingly more development has taken shape, and the small, salt raking island country of Turks & Caicos has grown into what is quickly becoming recognized as one of the world's premier beach destinations.

Though the days when the Lucayans fished and sailed the turquoise waters of Turks & Caicos have given way to live-aboard dive boat operators, commercial fishing and off-shore financial services, their gentle temperament and love of nature can still be felt today, after almost 1200 years. Turks & Caicos is quickly becoming a leading international investment center for the offshore investor. The islands are a "zero tax" jurisdiction and therefore have no taxes on income, capitol gains, corporate profits, inheritance or estates.

Today, Turks & Caicos stands on the threshold of an exciting future boasting the fastest growing economy in the Caribbean coupled with strictly controlled development to protect the islands heritage as a pristine sanctuary for both local residents and tourists to enjoy for the next thousand years.

Grand Turk

Grand Turk is the capital island of the Turks and Caicos, its historical heartbeat, and home to a state of the art luxury cruise ship center. It is here that Christopher Columbus first made landfall on his initial voyage to the New World in 1492. Almost 500 years later, US astronaut John Glenn "discovered" Grand Turk himself, after he became the first American man to orbit the earth.

Cockburn Town is the center piece of the island with a wonderful selection of historical buildings and a rustic charm that is unforgettable. It has the second largest population of around 3,720 people. Grand Turk is one of the main historical points of Turks and Caicos. You will find many Colonial style buildings and ruins, along with The Turks and Caicos National Museum.

One of Grand Turk's main attractions is diving. With its many dive operators it can cater to novice snorkelers to experienced divers. There is an

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and Away

St. Augustine Lighthouse. Photo courtesy VisitFlorida.com



Florida's Fall Festivals

A record breaking 2.9 million Canadians visited Florida in 2008, a 15.6 percent increase over 2007 when 2.5 million Canadians visited Florida, the SunShine State.

Of the 2.9 million Canadians, 61.9% Canadian visitors traveled by air, 61.1% Canadian visitors, originated in Ontario, pleasure/recreation/holidays is the main purpose for travel to Florida for 78.4% of Canadians.

Those heading to the SunShine state this fall can enjoy a number of festivals. At Pine Island (near Fort Meyers), tourists can step back into old Florida by attending Florida's Creative Coast Weekend in Pine Island Nov. 13-15. Pine Island is home to artists, musicians and writers, giving residents and visitors to this quaint town plenty of artistic avenues to explore the second weekend of each month. Call (239) 283-0888 or visit www.floridascreativecoast.com.

The first annual Naples International Film Festival, slated for Nov. 5-8, helps kick off this year's annual Celebrate the Arts month-long series of arts-related celebrations in Nov. The film festival gets underway with an opening Gala Nov. 5 at the Naples Philharmonic Center for the Arts. The black tie celebration will include a film screening, music and entertainment. www.paradisecoast.com

The Annual Fort Lauderdale International Film Festival (FLIFF) reels out over 200 entertaining new independent and international films from Oct. 23 – Nov. 9. The 18-day fest includes film premieres, screenings and parties at some of Fort Lauderdale's trendiest venues and aboard yachts. FLIFF also offers free film seminars and family events such as films for kids and outdoor movies. Most of the films are presented at FLIFF's year-round art-house theatre, Cinema Paradiso, conveniently located in downtown Fort Lauderdale within walking distance of Las Olas Blvd. Visit www.FLIFF.com or call (954) 525-3456.

If festivals aren't your thing and you just want to get away for a weekend or maybe a family reunion, Yogi Bear's Jellystone Park Camp-Resort located in rural Madison County, Florida, has added a new area to its campground called Acorn Village. The new area consists of four large cabins and a commons building for gatherings and meals. This space is available for family reunions, camps and other large groups. In addition to being surrounded by lots of nature, Jellystone Park also features a waterslide, lake, pool, miniature golf, game room, karaoke, paddle boats and kayaks. Visit www.jellystoneflorida.com and www.yogicampingflorida.com.

Naples Botanical Garden's 170-acre tropical garden will open to the public in November 2009. Designed by what the Miami Herald dubbed a "dream team" of internationally renowned landscape architects, Naples Botanical Garden will also include a unique 90-acre nature sanctuary with seven different ecosystems that is home to a wide variety of wildlife. Visit www.naplesgarden.org for more details.

And let's not forget that Florida has some of the most impressive and unique lighthouses in the world. You haven't fully experienced Florida until you've visited a lighthouse. The Ponce de Leon Inlet Lighthouse, near Daytona Beach, is Florida's tallest. Visitors who climb the 175-foot-tall lighthouse tower are treated to a magnificent view of the Atlantic coastline.

The beautiful Cape St. George Lighthouse on St. George Island represents the dedication and hard work of the people who love it the most. In 2005, after more than a hundred years of being battered by storms and falling under the receding shoreline, the lighthouse fell into the Gulf of Mexico. Volunteers, eager to bring back their beloved lighthouse, cleaned thousands of original fragments to be used in rebuilding. Now, the restored lighthouse is finished and better than ever.

Get a view of "America's Oldest City" atop the 165-foot St. Augustine Lighthouse. After climbing down from the memorable spiral-banded lighthouse, be sure to visit the museum and the restored keeper's house, which has rumors of being haunted.

At Cape Florida State Park, The Civil War-era lighthouse on this tropical island also features a museum in the form of the keeper's dwelling. A detached kitchen and privy act as a mini-theatre where visitors can learn the history behind the lighthouse. A climb to the top is rewarded with a lush panorama of the island and a magnificent view of the ocean.

For information on travel to Florida, The Sunshine State and to order a copy of VISIT FLORIDA's free Vacation Guide, Visit www.VISITFLORIDA.com, or call VISIT FLORIDA's toll-free consumer number in Canada: 1-877-817-8789.

TURKS AND CAICOS

cont'd from page 14

outstanding protected coral reef, which drops to 8,000 feet and is close enough to shore for beach dives. There are several accommodations as well as casual restaurants which feature local entertainment. During whalewatching season visitors can watch the humpback whales pass from Grand Turk's shores as well as from the surface of the water.

The Grand Turk Cruise Center consists of a 3000-foot pier, the welcome facility and the recreational area. The pier has been built to accommodate two super post-Panamax class vessels simultaneously, including Queen Mary 2 and other large post-Panamex class vessels.

On an area of approximately 14 acres, a recreational center includes a swimming pool, 1,000 feet of beachfront (no water sports offered), cabanas (available for rent through the shore excursion office on board or at the facility), shops and the world's largest Margaritaville, providing food, beverages and Jimmy Buffett memorabilia.

Cockburn Town is the administrative capital and the historic and cultural center of the islands. It is strongly reputed to be the landfall island of Columbus during his discovery of the New World in 1492. The town itself is well suited for a walking tour. Duke and Font Streets are lined with historic 18th and 19th century landmarks that reflect the Bermudan style architecture of the salt era. Two of these buildings are now popular inns, another is the governor's residence, as well as other government offices, the public library, churches, private residences and fraternities.

At the Turks and Caicos National Museum you will find a central exhibit that tells the story of the Molasses Reef Wreck, the oldest European shipwreck discovered in the Western Hemisphere (dated around 1505). It also discloses the rich cultural and natural diversity of the islands. Other historic sites include the Lighthouse, Fire Hill and the Hawks Nest Anchorage.

The most popular excursion just off Grand Turk is Gibbs Cay where visitors can enjoy an uninhabited island, a picnic on the beach and a chance to feed the beautiful stingrays who swim right up to shore.

The official language is English and the US dollar is the official currency.



CVETOZAR VUTEV: THE STRING IS THE THING

story and photo by Sherry Bennett

Almost everything Cvetozar Vutev does revolves around just one thing.

For the Kamloops Symphony concertmaster, the string is the thing.

Born in Pleven, Bulgaria, the instrumentalist's affection for the philharmonic precedes the moment he first touched bow to string at age six.

"I remember getting in trouble with my teachers," quips Cvetozar. "After I would finish my school work I would sing and disturb the class. It's always been that way-when I'm not busy, melodies just come into my head. I can't stop the music."

Through exhaustive musical training and two decades of experience performing in opera, chamber, symphony and theatrical concerts in more than a dozen countries, Cvetozar's learned to work with the melodies in his head, doing much to fortify Thompson/Okanagan's musical culture in the process.

During his hours away from the first chair of the Kamloops Symphony's violin section, he's immersed himself in anything and everything musical.

Be it instructing violin, viola and chamber music at the Kamloops Symphony Music School, instructing violin at the Kelowna Community Music School, acting as a core violinist with the Okanagan Symphony Orchestra, directing the Vivace Chorale, fiddling with the Haji Baba Express bluegrass ensemble, serenading with the Chamber Musicians of Kamloops, brightening the days of shut-ins through Health Arts Society.

Or creating intimate melodies with clarinetist Sally Arai and pianist Naomi Cloutier in the Sun Rivers Trio, who perform as part of the Kamloops Symphony's Chamber Music Series Oct. 23 at the Calvary Community Church.

So just how does a world-class violinist living in a country nestled between Romania and Greece find out about Kamloops 9,000 km away? Through the complimentary words of local pianist Dimiter Terziev, whom Cvetozar met 25 years ago while at the Representative Ensemble of the Construction Troops of the Bulgarian Army in Sofia.

During his first day in Kamloops, Dimiter escorted Cvetozar to Thompson Rivers University.

"The same day I visited TRU the prime minister was

opening up the university. I thought, 'I am here. Paul Martin, the prime minister of Canada is here. This is a good sign.'

"I fell in love with the city immediately. It's the only place in the world with a climate so similar to my homeland."

Which is why the musician is convinced Kamloops would make a perfect host for an amphitheatre to house opera, symphony and theatrical performances. "The outdoor climate here is perfect and the summers are so long."

In the four years since he stepped off a Greyhound bus in Sa-hali, Cvetozar's been living his life at an allegro pace.



Despite speaking five languages, language presented a major challenge upon his arrival in the city, as did learning Canada's musical traditions.

Emigrating from a region of Europe where music dates back many centuries and is fully integrated into daily life, whether by virtue of the public education system or live, weekly orchestral and operatic concerts, Cvetozar feels his European style of musicianship hasn't always been understood in Canada.

"Audiences here tend to have certain expectations based on the recordings they've listened to," Cvetozar points out in his quiet and steady voice. "If performed different, audiences want to know why. They don't always like the differences.

"In Europe, musicians don't use recordings to learn the music. They read the scores and interpret them. I don't listen to recordings. I instead read about the history of the piece, the composer, the time period. I like to paint my own picture of a piece and improvise. I try not to be influenced by the big names."

Classically trained by masters including Boyan Lechev, Cvetozar's had no difficulty gliding across different musical terrains. At the same time he was supplying string and vocal accompaniment to his elementary school's orchestra and choir, he was belting out chords on the bass guitar in the school's rock band.

"Music is music. To me it doesn't matter what kind. In my home country there's a proverb: The one who sings, evil does not think. If you like music and you don't sing, play an instrument or dance. Everyone can do at least one."

As concertmaster, the least of Cvetozar's duties involves tuning the orchestra and preparing the bowing for the string players before performances. But just as important is that he acts as a diplomatic communicator between the music director and the musicians.

Anxious to keep in tune with the changing world around him, Cvetozar enrolled in law school in Sofia so he could better understand democracy after the 1990 fall of Bulgaria's communist regime.

Despite earning his law degree and enjoying his duties administering family, copyright, commercial and non-profit law, it took Cvetozar little time to realize that democratic reform within Bulgaria's

judicial system was still a work in progress.

Lacking the personality and desire to navigate a pervading tide of corruption, he opted to exit the legal arena and earn his living from that which he enjoyed the most-music.

What Sofia lost, Kamloops gained.

Settled comfortably in Barnhartvale with his wife and two sons, Cvetozar is enjoying all that Kamloops has to offer and can see himself in the city many years into the future.

Still hearing beautiful melodies and still making beautiful music.

Creating a future without breast cancer

(NC)—The Canadian Breast Cancer Foundation CIBC Run for the Cure is the largest, single-day, volunteer-led, national event in support of breast cancer. This year, on Sunday October 4, close to 170,000 Canadians in 56 communities across the country will walk and run to support the breast cancer cause.

Funds raised will allow the Canadian Breast Cancer Foundation to continue to support a wide range of initiatives across the breast cancer continuum. Money raised is directed to high-quality research in all areas of breast cancer including education and prevention, screening, diagnosis, treatment, and post-care support.

The Run is an inspirational fundraising event that people of all ages and abilities can participate in on their own, or as part of a team. Participants walk or run their choice of one or five kilometres.

The Canadian Breast Cancer Foundation helps support research both

nationally and at the regional level, including:

- Providing grants for studies to better understand the environmental, lifestyle and genetic links to breast cancer, including why the disease occurs, and how the risk of developing breast cancer might be reduced.
- Funding education and awareness programs throughout the country. Community education grants allow the Foundation's regional offices to fund local programs that help women to be breast aware. The Foundation's website (www.cbcf.org) provides an excellent online resource for breast health information.
- Funding projects to develop more effective treatments that respond to individual needs and help improve diagnostic techniques to better support women at the time of diagnosis. This includes promoting participation in breast screening and reducing barriers to screening, with the goal of having more eligible women participate in organized screening programs.

Is the recession is over?

Depends who you ask



(NC)—Canadian employees and employers have completely different opinions about the effects of the current recession on their work and personal lives, according to the 2009 Desjardins Financial Security Health Survey.

Expected recession duration: employees are more pessimistic

One key difference between the two is their opinion of the recession duration. Employees are more pessimistic, saying that the recession will last 21 months (an average of 1.78 years). Employers on the other hand are more optimistic with 53.1 per cent saying that the recession will last one year or less (an average of 1.49 years).

Work environment: opposite views

When it comes to the current work environment since the start of the recession, employees and employers have completely different perceptions. Employees said that their work places have become more negative while employers felt that theirs had become more positive.

Employees worried about job loss

Close to half of employees in the survey said they are worried about losing their jobs and many believe that employers are using the recession as an excuse to cut staff. Ironically, 70 per cent of employers are increasing their workforces. Most employers have also improved benefits, communicated the business implications of the recession to staff and have supported employees who were dramatically impacted by the recession.

Employers concerned about the recession's affect on employees' health

When asked whether the recession has negatively affected workers' work/life balance, both groups agreed. One quarter of employees and 37 per cent of employers also agreed that the recession has negatively affected employees' physical health. When asked if the recession has had an affect on staff's mental health, 35 per cent of employees and 63 per cent of employers said yes. Employees' stress levels were found to be another factor in their declining health, as 35 per cent said they are experiencing higher stress this year compared to last.

You can learn more about the 2009 health survey online at www.healthiscool.ca.

AUTUMN BOUNTY AT SUN PEAKS OCTOBER 9-11

Autumn Bounty is a showcase of fine food and wine and celebrates the finest offerings in the Thompson Valley. Enjoy the Fall colors, crisp air, Turkey Sale deals, and a number of divine culinary events over this long weekend in Sun Peaks. The ever popular Chef's House Party kicks off the Autumn Bounty festival on the Friday night...a chance to taste sumptuous food, specialty beers and spectacular wine. After wrapping up the work week, mingle with friends as DJ Terry Doi keeps the vibe going with progressive jazz and house beats.

A sold out event since 2007, The Winemaker and The Farmer is once again an event not to be missed. Organic farmer Dieter Dudy of Thistle Farms and winemaker/owner Chris Tolley of Twisted Tree Winery will host an entertaining luncheon featuring organic produce.

The signature event of the weekend is the Gala Dinner and Reception. The evening will be hosted by NL Radio's Jim Reynolds beginning with delicious cocktails and canapés. The multi-course dinner to follow is an ode to the season and features local producers paired with top regional Chefs. Savour wine that sommeliers have strategically matched with each course.

During Autumn Bounty 09, there will also be a special Farmers' Market on the Sunday featuring a live Iron Chef Competition and Speakers Sessions focusing on how agricultural producers can better market themselves in the community.

Schedule of Events

Friday, October 9

7:00pm-10:00pm Chef's House Party
\$39.00 per person

Saturday, October 10

9:00am-11:00am Breakfast Farm Tour
\$29.00 per person
12:00pm-1:30pm The Winemaker and The Farmer \$39.00 per person
3:00pm-4:30pm Cheese Pairing Challenge
\$19.00 per person
6:00pm-10:00pm Gala Dinner & Reception
\$99.00 per person

Sunday, October 11

10:00am-2:00pm Farmers' Market
10:30am/11:30am/12:30pm Guest Speaker Sessions
1:00pm-2:30pm Iron Chef Competition



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Kamloops to host Mainstage 2010

"A Mystical Adventure" - is the theme for Mainstage 2010 which will be hosted in Kamloops on July 2nd to July 10th. Mainstage is the Annual Provincial Theatre Festival for community theatre groups throughout British Columbia. Sponsored by Theatre BC, it is one of the longest running theatre traditions in Canada.

"We are very excited to be hosting Mainstage again; we previously hosted the event in 2007," says Cara Graden, Arts, Culture and Heritage Coordinator for the City of Kamloops. "This event is one way to help support the community theatre clubs and give them the opportunity to showcase their talents. We appreciate the support that the City of Kamloops has provided for this event and we encourage everyone to come out and enjoy a play or two," adds Graden.

This exciting event is the result of winning plays from Theatre BC Zone Festivals. More than 60 community theatre clubs participate in zone festivals held from March through May, with hopes of taking their winning play to Mainstage for a friendly competition with the province's best. There are currently 10 Theatre BC zones and they are: Central Interior, Fraser Valley, Greater Vancouver, Kootenay, North Island, North Shore, Okanagan, Peace River, Skeena, and South Island.

Throughout the week numerous workshops will be conducted on topics such as, costume design, lighting and sound design, stage management, event planning, and much more. During the evening, event registrants and the general public will have an opportunity to watch the best community theatre clubs' plays at the Sagebrush Theatre.

If you are interested in being a part of the 2010 Mainstage committee, please contact volunteer coordinator Niki Remesz at 250-374-5996 or m2010@theatrbc.org.

For more information about Mainstage, please visit www.theatrbc.org/Mainstage/.

Health Matters

Early Diagnosis and Treatment of RA is Key to Conquering the Mountain

(NC)—When Tannis Charles first went to the doctor in 1997 about the stiffness, pain and fatigue that were plaguing her, she was told to simply take an over-the-counter painkiller. But she knew her problem was more complex, and that she would have to be aggressive in finding a diagnosis. What followed was a string of visits to different doctors and numerous diagnoses before she was finally told that she had rheumatoid arthritis (RA).

Unfortunately, Tannis' experience is not unique. According to Dr. Janet Pope, a rheumatologist at the St. Joseph's Health Centre in London, Ontario, "RA symptoms of pain and fatigue experienced by the majority of patients are often mistaken for other less serious ailments. If RA is not detected in time, irreversible joint damage can occur, and the end result can be devastating."

Being diagnosed with RA was heart-breaking for Tannis, but also a relief because she could finally take action. In 2006, Tannis was prescribed a new biologic medication that works differently and can be effective in patients who have not responded to their previous medications. For Tannis, this treatment option helped reduce her pain and fatigue, and after just three months she could see a dramatic improvement in her condition. Today Tannis continues to respond to her medication and has now gone over a year since her last infusion.

"Living with RA and being in pain for so many years had a dramatic impact on me and my family," she says. "When my kids ran in the local race, I couldn't clap for them because my wrists were too tender and weak."

Now in remission and with very little joint damage, Tannis has her life back. She has returned to the activities she once enjoyed, and even found the energy and strength to climb a 1250-metre tall mountain on a recent family trip to England.

"My advice is to never give up hope or stop trying. Be honest with your rheumatologist and nurse about how you're feeling, what's working for you, and what's not. You can get your life back."

For more information about rheumatoid arthritis, speak to your doctor or contact The Arthritis Society or Arthritis Consumer Experts.

Snowbirds must consider tax rules before settling in U.S. south

(NC)—With the arrival of autumn, many Canadians daydream of escaping the winter, including pre-retirees who flock south each year, within reach of wintering in the sun.

Unfortunately, tax experts note that many people don't plan their financial affairs adequately before making the decision to head to the U.S. south.

"Often snowbirds spend hours planning visits by grandchildren, or perusing real estate ads, but they ignore issues such as U.S. property taxes and non-resident tax filing laws, which can cause unpleasant surprises," remarks Adam Salahudeen, senior manager of tax advisory services with Scotia Private Client Group.

"The discounted real estate prices in southern states may tempt you to buy a winter retirement home, but don't make this decision in haste without mulling over the tax consequences," adds Salahudeen, who supports Scotia Private Client Group advisors and their "snowbird" clients, persons who maintain residential ties in Canada but spend winters in the U.S.

For example, the Internal Revenue Service (IRS) taxes non-resident aliens upon death for holding U.S. assets (such as a house, condominium or investments) and many states charge foreign owners a premium on property taxes.

Also, Canadians who spend extended periods in the U.S. may have to file an annual U.S. tax return if they spent more than 30 days in the U.S. in the current year and 183 or more days in the last three years, based on an IRS 'substantial presence test' formula. Thus, anyone who spends six months in the U.S. in a single year must file a U.S. return, and the penalties for not filing can be stiff, even if the filer does not owe taxes.

Salahudeen notes that a snowbird can apply for a tax exemption to avoid double taxation, but this requires sound tax advice from Canadian and American tax advisors. "The rules are complex and few people think of this when they plan their southern retirement," he says, adding that the risk of becoming ill or dying in the U.S., and the impact on your estate, demand careful planning.

"Snowbirds must plan before heading south and 'look before you leap' into any investment, by talking with your financial advisor or tax expert," concludes Salahudeen. "You can attain a dream home in the sun, but you must weigh the costs, benefits, administration required and your appetite for risk."

More information can be found online at www.scotiaprivateclientgroup.com.

Don't let breast cancer return

The importance of maintaining treatment to reduce the risk of recurrence (NC)—Advances in treatments are improving outcomes for women diagnosed with breast cancer. However, results of a new Leger Marketing survey reveal that an alarming number of breast cancer patients still do not understand just how important it is to take the full course of therapy in order to reduce the chance of their cancer returning.

While the majority of women surveyed believe that adhering to medications is important, one in four admit to not always doing so. The most common reason cited for not following a physician's instructions for taking medication is forgetting to take it.

Dr. Dominique Synnott, General Surgeon and Surgery in Oncology, Head of Breast Clinic in Sacred-Heart Hospital and Associate Professor at the University of Montreal, finds this concerning, "The fact that women are forgetting seems to indicate that they do not realize just how strong the connection is between adhering to treatment and reducing the risk of recurrence. Side effects, including muscle aches and bone pain are another reason for discontinuation. I closely monitor my patients and address issues to ensure they stay on therapy to maximize the benefits."

Research from the Journal of Clinical Oncology supports these findings — many women are not adhering to their full course of therapy. In fact, approximately one in four women with hormone sensitive early stage breast cancer stopped taking their anti-estrogen treatment during the first year, and after three years nearly half of all women with early stage breast cancer discontinued their therapy.

"When I started, my doctor told me that following the treatment regime was one of the best things I could do to reduce the chances of my cancer coming back," says Linda Dias, CBCN Board Member and breast cancer survivor. "I did everything I could and involved my doctor and my personal circle of care to get me through the process. In order to obtain the best outcomes possible, whether you are pre- or post-menopausal, it is important to take care of yourself by sticking to a healthy diet, maintaining good bone health, and ensuring a balanced lifestyle and emotional wellbeing."

To help learn more about available treatment options and how to adhere to treatment, speak to your doctor or visit www.cbcn.ca.



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Personal Experience

A Dialogue Between Two Cultures

Story by Sterling Haynes. Photos courtesy of Ron Brillinger

It was a momentous occasion when 48 members of the Society for Learning in Retirement [SLR] met with First Nation women to explore issues facing aboriginal people of the Okanagan at the Missionwood Retirement Resort Theatre, in Kelowna. We were welcomed at our first meeting; firstly by the leading women of the local tribes and then by Marie MacRae, David Madison and Ron Brillinger of SLR. During the 11 meetings in many different venues on several Reserves through the fall of 2008 and the winter of 2009, we came to respect, understand and honour our first Canadians.

We inhaled smoke from traditional burning grasses, notably, of kini-kinik and sweet grass and met with the dedicated women from the Ki-Low-Na Friendship Society. We joined hands, chanted to drumming and got to know each other. Their facilitator, Arlene Vrtar-



Huot, a Metis Cree coordinator, made sure we would all be welcomed into their aboriginal communities as we studied First Nation's art, story-telling, dancing, eco-environmental philosophy, native history and traditions throughout the Okanagan valley.

John Ralston Saul, in his recent book *Canada - a Fair Country* outlined the role of First Nations in their contribution of Canadian culture. Early in his book he paid tribute to Dr. Jeanette Armstrong of the En'owkin Centre in Penticton. Jeanette showed us their library and their publishing company, Thetis Books. Thetis Books promote the writing's of aboriginal authors.

Her brother, Richard Armstrong, led an exploration on an eco-environmental tour of Penticton's 'Locatee Lands.' It was on a memorable fall morning when Richard, as our teacher, introduced us to the 100 hectare flood plain of the Okanagan River. Richard, with humour and knowledge, emphasized the purpose of his band is to protect indigenous plants and wildlife as well as to further the philosophy and spirituality of his people. He has been instrumental in protecting the Southern Interior's Cottonwood/Water Birch / Red-Osier Dogwoods ecosystem. The Armstrongs have asked their people to ban all toxic chemical herbicides and insecticides. By doing this they have protected the milkweed. This nontoxic milkweed plant grows in abundance and provides food for the Monarch Butterfly in this floodplain. Many naturalists and tourists come here and with Richard see for themselves the myriads of healthy Monarchs before they migrate to the Magnetic

Mountains of Michoacan in Mexico. At the end of our exploration Richard deftly took the seed pod of the Milkweed and fashioned a miniature swimming white swan. This charming man says his sleight of hand in producing a bird is a "big attraction for the kids." I took a tiny milkweed swimming swan home with me.

Judith Goodsky is a training facilitator for the Westbank First Nation School. Judith introduced us to the dance and art in their school. Each native dance was performed by adults and children. There was uniqueness in each presentation depicting rhythm, drum beat, song, movement and costume. Each dance form is a historical symbol and part of native tradition. Later Judith presented a collection of impressive art work that showed painting, sculpture, weaving, basket making that was traditional and varied among the tribes of B.C.

Social activists Pamela Dudoward from the Tsimshian Nation and Tracy Jack Bonneau a member of the Syilx nation are talented young women. Pamela is founder of the Vancouver Venture for a Diverse Society and spoke of the unfortunate legacy of the Residential School System and how, for generations, it suppressed First Nations cultural traditions under the guise of religion and Christianity.

Tracy was recently granted the Award of Excellence by the Canadian Association of Broadcasters for her documentaries. We saw three of these spectacular shorts. *Silent Violence* carried a message that resonated with me and the violent images that are unforgettable. Her three documentaries were as good as it gets!

On Turtle Island in Penticton, nine storytellers entertained us one morning with their simple props, their voices and movement. They individually focussed on the unique role of storytelling and mythology that has been handed down through each



generation to promote their heritage. Today, I still remember a Salish woman from Kamloops who told the story of the Chilcotin War at Bull Canyon that occurred in 1864. She told the story of the war completely in 10 minutes using only a Hudson Bay Blanket as a prop but from the First Nation's perspective. It was first told to her by her grandfather, many years ago.

These meetings provided a rich a dialogue between two cultures and for the first time in my life I learned of our First Nations point of view.

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.

Kamloops Fire Rescue Ranks Number One in the Country

This past Labour Day weekend the local Kamloops Fire Rescue FireFit team competed in the national championships in Gaspé, Quebec. KFR ranked number one in the country with the team breaking both the National and World Record with a time of 4:04.25. They also placed first in the head-to-head team relay event.

The KFR team includes Graham Mackenzie, Mike Brown, Don Clarke, Shawn Davidson, Dean Austinson, and Scott Leslie. Graham MacKenzie placed 2nd in Canada in the individual event with a time of 1:18.20 which was 33/100's of a second off the winning time. Mike Brown finished 9th with a time of 1:21.41, Don Clarke placed 16th (1:24.64), Shawn Davidson placed 31st (1:29.18), Dean Austinson placed 42nd (1:32.93) and Scott Leslie placed 66th (1:40.74).

The FireFit Championships is a competition based on fire fighting tasks commonly performed in emergency situations. Tasks the teams had to undertake were a stair climb with a high rise pack, hose hoist, forcible entry, running course, hose advance and a victim rescue.

In addition, local firefighter Dave Ettinger competed in the recent 2009 World Police & Fire Games that took place throughout the Lower Mainland. He competed in the Push/Pull Lifting ? Mens Master (B) event; he lifted 315.0 kg and received the bronze medal for this event.

BOOKS: from the publishers

Book Launch to be Part of Kindale's 50th Anniversary Celebrations

Kindale is pleased to announce that a book celebrating its 50 years of history will be formally launched during the Anniversary Celebrations on October 3 in Armstrong.

Local Armstrong historian and writer Shirley Campbell spent over a year working on this project. She interviewed nearly 40 past and present staff and clients and recorded the stories and observations that are the heart of the book. She wanted to tell the story of Kindale, not as a formal historian, but as a 'chronicler' allowing those that actually participated in the story to give a personal voice to their experience. These stories are supplemented by close to 100 pictures from the past and present. The book tells the story of Kindale from its humble beginnings as a small school 50 years ago to a large and diverse society that now offers a wide range of services to adults with developmental and other disabilities.

Shirley's first, self published book, was actually a collection of letters she wrote to her mother in law during a two year stint in Kenya where her husband Kevin worked as a forester surveying and constructing roads for a proposed pulp mill, and she taught English in a local school.

In 1998 Shirley undertook a project to present the history of the Interior Provincial Exposition (IPE) in Armstrong for their 100th Anniversary the following year. In doing so she developed the format she uses for the Kindale book: to use newspaper clippings for a narrative of events and interviews for personal stories. The IPE history was followed up in 2004 and again in 2008 with 2 volumes of history and story entitled "Pull Up a Chair" and "Pull Up Another Chair" both of them books of memories of old-timers from Armstrong/Spallumcheen".

The public is welcome to attend the Book Launch and Author Signing on October 3, 2009 between 10:30 a.m. and 12 p.m. at the Centennial Hall in Armstrong. The Launch is part of a full day of activities marking Kindale's 50th Anniversary. Activities include a Pancake Breakfast and Lunch, a slideshow and family fun and entertainment throughout the day. (Those wanting to join us for the free breakfast or lunch need to RSVP as soon as possible by calling Kindale at (250) 546-3005 or emailing us at kindale@kindale.net.) In the evening there will be an Autumn Celebration which will include a Dinner, Entertainment and a Silent Auction. This event costs \$30 and tickets must be purchased in advance.

If you are unable to attend any of these events you can still purchase a copy of the book after October 3 at Kindale - 2725 Patterson Avenue in Armstrong.

Uncovering Treasures from the Earth: The Life of Prospector Thomas James McQuillan Author: Gordon I. Schnare

I am fairly certain that the North Okanagan has one of the highest rates per capita of published book authors in Canada. Gordon Schnare is one of them. His 400+ page biography of Tom McQuillan, one of BC's and Canada's most successful mining prospectors, is well worth the read. Using archival material, interviews and personal experience, the author retraces Tom's fascinating life in and out of the mining industry. McQuillan was involved in the discovery of four major ore bodies, all of which were eventually developed into producing mines. A chapter is dedicated to the Granduc story, another to Highland Valley Copper. Schnare not only tells the story of McQuillan and BC's mining industry; he also manages to give the reader an understanding of the massive amount of research that goes into creating such a body of work.

You can contact author Gordon Schnare directly at gschnare@telus.net.



New In Theatres: from the producers

Capitalism: A Love Story

On the 20-year anniversary of his groundbreaking masterpiece *Roger & Me*, Michael Moore's *Capitalism: A Love Story* comes home to the issue he's been examining throughout his career: the disastrous impact of corporate dominance on the everyday lives of Americans (and by default, the rest of the world). But this time the culprit is much bigger than General Motors, and the crime scene far wider than Flint, Michigan. >From Middle America, to the halls of power in Washington, to the global financial epicenter in Manhattan, Michael Moore will once again take filmgoers into uncharted territory.



Filmmaker Michael Moore declares the New York Stock Exchange a crime scene in Moore's new film, *Capitalism: A Love Story*, an Alliance Films' release.

With both humor and outrage, Michael Moore's *Capitalism: A Love Story* explores a taboo question: What is the price that America pays for its love of capitalism? Years ago, that love seemed so innocent. Today, however, the American dream is looking more like a nightmare as *The Beast* runs amok and families pay the price with their jobs, their homes and their savings. Moore takes us into the homes of ordinary people whose lives have been turned upside down; and he goes looking for explanations in Washington, DC and elsewhere. What he finds are the all-too-familiar symptoms of a love affair gone astray: lies, abuse, betrayal...and 14,000 jobs being lost everyday.

Capitalism: A Love Story is both a culmination of Moore's previous works and a look into what a more hopeful future could look like. It is Michael Moore's ultimate quest to answer the question he's posed throughout his illustrious filmmaking career: Who are we and why do we behave the way that we do?

A Serious Man

A Serious Man is the story of an ordinary man's search for clarity in a universe where *Jefferson Airplane* is on the radio and *F-Troop* is on TV. It is 1967, and Larry Gopnik (Tony Award nominee Michael Stuhlbarg), a physics professor at a quiet Midwestern university, has just been informed by his wife Judith (Sari Lennick) that she is leaving him. She has fallen in love with one of his more pompous acquaintances, Sy Ableman (Fred Melamed), who seems to her a more substantial person than the feckless Larry. Larry's unemployable brother Arthur (Richard Kind) is sleeping on the couch, his son Danny (Aaron Wolff) is a discipline problem and a shirker at Hebrew school, and his daughter Sarah (Jessica McManus) is filching money from his wallet in order to save up for a nose job.

While his wife and Sy Ableman blithely make new domestic arrangements, and his brother becomes more and more of a burden, an anonymous hostile letter-writer is trying to sabotage Larry's chances for tenure at the university. Also, a graduate student seems to be trying to bribe him for a passing grade while at the same time threatening to sue him for defamation. Plus, the beautiful woman next door torments him by sunbathing nude. Struggling for equilibrium, Larry seeks advice from three different rabbis. Can anyone help him cope with his afflictions and become a righteous person – a mensch – a serious man?

The Invention of Lying

From Ricky Gervais, the award-winning creator and star of the original BBC series *The Office* and HBO's *Extras*, comes the new romantic comedy *The Invention of Lying*, which takes place in an alternate reality where lying--even the concept of a lie--does not exist. Everyone--from politicians to advertisers to the man and woman on the street--speaks the truth and nothing but the truth with no thought of the consequences. But when a down-on-his-luck loser named Mark suddenly develops the ability to lie, he finds that dishonesty has its rewards. In a world where every word is assumed to be the absolute truth, Mark easily lies his way to fame and fortune. But lies have a way of spreading, and Mark begins to realize that things are getting a little out of control when some of his tallest tales are being taken as, well, gospel. With the entire world now hanging on his every word, there is only one thing Mark has not been able to lie his way into: the heart of the woman he loves.

Word Search & Crosswords



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

CHANGING SEASONS

- | | |
|------------|--------------|
| acron | melancholy |
| apple | mist |
| Autumn | mud |
| boots | new |
| canning | November |
| chill | October |
| cold | pear |
| colorful | puddles |
| dark | pumpkins |
| December | rain |
| dew | remembrance |
| equinox | scarves |
| fall | school |
| fire | September |
| fog | shopping |
| frost | sleet |
| fun | slush |
| Halloween | sweaters |
| harvest | Thanksgiving |
| hat | time |
| hiking | walk |
| hurricanes | wet |
| jog | wreaths |
| leaves | |

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. Answer to puzzle is on page 22.

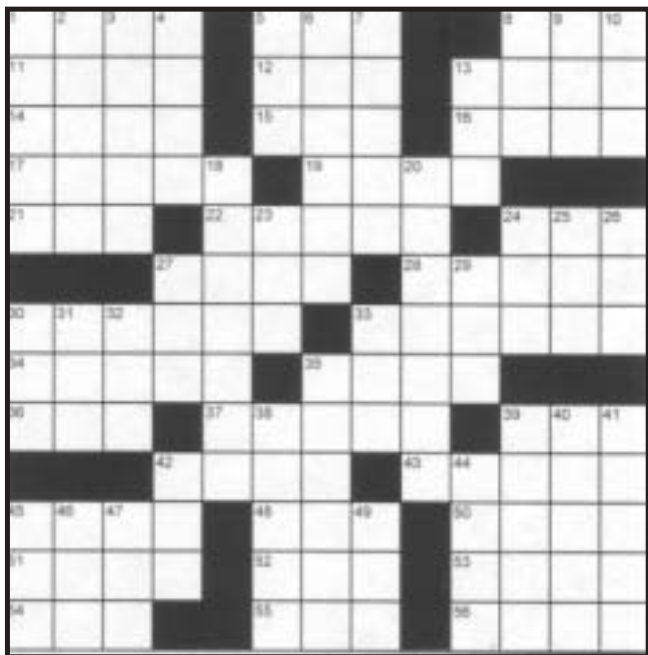
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THANKSGIVING

- | | | |
|-------------------------------------|--------------------------------------|---------------------|
| Across | 24. Before (prefix) | 50. Air (prefix) |
| 1. Loots | 27. Door handle | 51. Sloven |
| 5. Thanksgiving mo. in Canada | 28. Comforts | 52. Picnic pest |
| 8. Furthest back | 30. First people | 53. Spoken |
| 11. Jewish scribe | 33. Indigenous | 54. Greenwich Time |
| 12. Pro | 34. Family lineage | 55. Sweet Potato |
| 13. Water (spanish) | 35. Roof covering | 56. Birch |
| 14. Blessing | 36. First woman | |
| 15. Federal Bureau of Investigation | 37. Warble | Down |
| 16. Hanker | 39. The pilgrims arrived by _____ | 1. Renounce |
| 17. Single | 42. Tinter | 2. Gas |
| 19. Howl | 43. Asian nation | 3. Fall colour |
| 21. X | 45. Turkey, potatoes, cranberry etc. | 4. Rational |
| 22. Relent | 48. Bud | 5. Spoiled |
| | | 6. Filament |
| | | 7. Salem Witchcraft |
| | | 8. Past |

9. Family _____
10. Label
13. Every
18. Family rulers
20. In theory
23. Charged particle
24. Pounds per square inch
25. Reverend (abbr)
26. Compass point
27. Set of supplies
29. What we did to the turkey
30. Anger
31. Thanksgiving mo. in the US
32. Deer
33. Zero
35. Albanian capital
38. Refund
39. Spread out
40. Halloween feeling
41. Positive electrode
42. Knight
44. Pilgrims arrived at _____ coast
45. Monosodium glutamate
46. Shade tree
47. Negative
49. Long-term memory



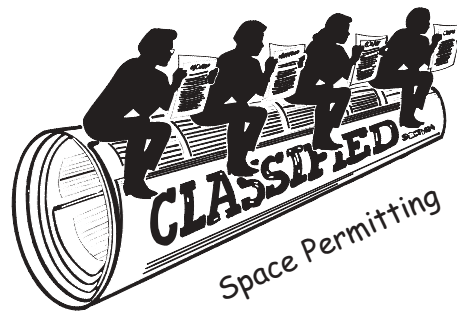
| | | | | | | | |
|---|---|---|---|---|---|---|---|
| | 3 | | | | 7 | 4 | |
| 8 | | | 3 | | 1 | | |
| 7 | | | 8 | 4 | | 3 | 5 |
| 2 | | | | | | | |
| 6 | | | 1 | 5 | 7 | | 2 |
| | | | | | | | 6 |
| 3 | 7 | | | 8 | 6 | | 1 |
| | | 6 | | | 1 | | 7 |
| | 1 | 9 | | | | | 8 |

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

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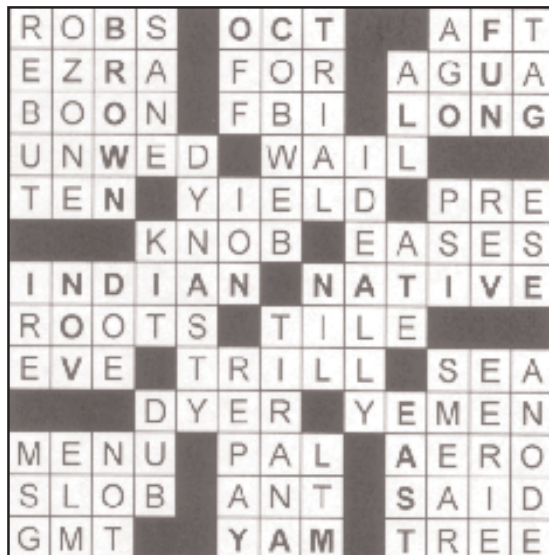
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Free freezer apt size. Good for farm (feed). Call after 6PM ask for Victoria. 250-558-0095.

Wine making equipment with filtering machine plus filters, 4 large and 2 small. Carboys hydrometer plus plus more. All \$200.00. Call 250-549-1798.

Moving, oak bedroom suite and large oak cupboard as well as misc items. From \$20.00 to \$800.00. 250-490-3699.

1985 Chrysler 4 door sedan. Nice car, runs good. Can't keep due to health. Have to see it to care for it. \$800.00 OBO, best price wins. 250-765-7602.

Singer Treddle sewing machine \$150.00. Sterio record player \$100.00. Air conditioner \$400.00. Coleman oil heater best offer. Electric stove \$50.00. Call 250-542-3628.

Mountain Aire wood stove black with brass trim 8 inch pipe. Good condition. \$500.00. Call 250-832-9873.

Whirlpool kitchen range, self cleaning oven with black ceramic top, excellent condition \$500.00 T.V.'s - 20" Samsung, 9" Emerson TV/VCR, 13" Emerson TV/VCR - All in excellent condition, asking \$25.00 each. Call (250)546-6325.

Wanted: reliable car for my son for university.

Word Search Solution
 Leaves are changing color.

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

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ONLY 4 LEFT



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