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# NORTH *OF* 50<sup>®</sup>

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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 Jazz Festival, 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](http://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](http://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

**Dorianne 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

# Opinion

## 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."

## 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](http://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.

## The health tax grab

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.

Submitted by **Maureen Bader**  
Director, Canadian Tax Payers Federation

KEITH FRANKLIN



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# NORTH of 50

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## Publisher

Dean Wallis  
dean@northof50.com

## Managing Editor

TJ Wallis  
editor@northof50.com

## Advertising Sales

Dean Wallis  
dean@northof50.com

Kamloops & Area  
sales@northof50.com

## Ad Design

Emily Duggan  
emily@northof50.com

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Mailing Address: Box 100  
Armstrong, BC V0E 1B0

## ADS & SUBMISSIONS

Phone (250) 546-6064  
Fax: (250) 546-8914  
Toll Free: 1-877-667-8450  
(877)NORTH50

Website: [www.northof50.com](http://www.northof50.com)

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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](http://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](http://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](http://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](mailto:calvinwhite@northof50.com) or to Calvin White, c/o North of 50, Box 100, Armstrong, BC V0E 1B0*

## Coming Events

The Powerhouse Theatre Season Opener! **"Three Dimensions"** An evening of one act plays. October 7th to the 17th. **"Graceland"** by Ellen Byron, is a heart warming, funny story of two women waiting outside the gates of Graceland for the grand opening to the home of the King. **"Why do we laugh?"** by Stephen Gregg. A trip down memory lane by two people portrayed by eight actors at different ages of their lives. **"The Actors Nightmare"** by Christopher Durang. An accountant who wanders onto a stage during a live performance is mistaken for the lead actors understudy. Laugh, cry and remember when, as we give you three wonderful plays to entertain you. **Powerhouse Theatre**, 2901 - 35th Avenue, Vernon. More info at 250-542-6194. Tickets available at Ticket Seller 250-549-show (7469)

**Snowbird Lifestyle Presentations at the Vernon and District Performing Arts Centre** Monday October 5, 2009 at 1:00pm. Canada's favourite musical comedy duo, Bowser & Blue, is appearing for one day only with Celtic balladeer Tom Leadbeater and Canadian country stars Ronnie and Glory-Anne Prophet to celebrate the freedom of the Snowbird Lifestyle! There will be an opportunity to discuss health and longevity with Dr. Robert MacMillan and to meet the Canadian Snowbird Association President, Don Gardiner. Getting the most out of life is what really matters, and snowbirds have a great way of doing it! If you are planning on heading south this winter, spend the afternoon with us. The show is free and open to the public. For more information, please call the Canadian Snowbird Association at 1-800-265-3200

**The Science in Society Speaker Series** presents: **Dr. Jennifer Jakobi and Dr. Gareth Jones**. Are the aches and pains of old age inevitable? Is it possible to age in a healthy and vibrant way? Dr's Jakobi and Jones are members of the Human Kinetics program, within the Faculty of Health and Social Development at the University of British Columbia, Okanagan. They will speak on the physiological mechanisms of aging and how regular exercise, which engenders fitness, is ultimately the best medicine for successful aging. Dr's Jakobi and Jones both happily reside/age in Vernon! Okanagan College Vernon Campus Lecture Theatre Thursday, October 8, 2009 @ 7:30pm \$5.00 in advance/\$7.00 at the door. For more information call 250-545-3644 or visit [www.okscience.ca](http://www.okscience.ca). This talk is part of an ongoing Science and Technology public presentation series hosted jointly by Okanagan College and the Okanagan Science Centre

**Cara Matthews** at **Creekside Theatre** Wednesday, October 14, 7:30pm. Heralded in Canadian Musician Magazine as having "the potential to become Canada's next international jazz star" (Doug Gallant), jazz and blues vocalist Cara Matthew sings tunes by artists such as Elton John, Joni Mitchell and even Aerosmith, as she takes classic pop songs, fuses them with jazz and blues and uniquely makes them her own.

**Rattle the Boards** will be at **Creekside Theatre**, Saturday, October 10, 7:30pm. The Irish Times newspaper said "Rattle the boards are Playing tunes familiar to many parishes, but with a bit fire under them." In 2003, their music helped inspire the hugely successful Des Dillon theatre production "Teac A Bloc" in which all the music is performed by Rattle The Boards. They appeared on Irelands No.1 television chat show "The Late Late Show" in December 2003 with two sketches from Teac A Bloc

and since have enjoyed sold out performances throughout Ireland. Rattle the Boards also performed at the 2006 Regional finals for Irelands celebrated festival "The Rose Of Tralee." Beside all their achievements to date their priority still remains to enjoy playing music.

**The Nylons Christmas Show**, Friday, November 20 and Saturday, November 21 at 7:30pm. at **Creekside Theatre**. Tight-knit Nylons Never Wear Thin. Here today, gone tomorrow: pop groups come and go. They are as impermanent as the weather, unless, like The Nylons, they know how to make old music sound fresh. One of the world's best known and most honoured cappella vocal quartets originators of a classic version of Wimoweh and The Lion Sleeps Tonight (originally popularized by Pete Seeger and the Weavers). The Nylons have been active for 28 years. Of 13 recordings from The Nylons seven went Gold, six Platinum. Seating at the Creekside Theatre is limited so reserve early to avoid disappointment. Reservations 250-766-9309

**Stan Bereson "King of Scandinavian Comedy"** An Evening of Music, Laughs and Lefse Opening with Kelowna Accordion Club and Niels Selnes Saturday, October 17th, 7:00 pm at **Senior Citizens' Centre**, 1353 Richter St., Kelowna Norwegian Baking and Coffee to Follow Sponsored by Sons of Norway. For tickets, contact Clara Hare 250 864 2179

**Kelowna Naval Veterans Association 25th Anniversary Dinner/Dance**- Oct. 10th at Kelowna Legion Br. #26. Roast Beef Dinner, followed by dancing to **The New Vintage Band**. Everyone welcome. For information and tickets, phone 250-868-9178

**Sunnybrae Seniors** are having a **Hamburger BBQ**, 3585 Sunnybrae Canoe Point Road, Tappen, October 17 at Sunnybrae Seniors Hall from 11 - 1 pm. Hamburgers, coffee, pop, Cost is \$3. Everyone welcome.

World Music/Reggae Artist, **Mystic Bowie** will team up with BC Funk-Fusion-Psychedelic-Rock Band, **Tribal** for a Winter tour in support of the release of Mystic Bowie's CD, "Nevah Kiss and Tell". The much anticipated tour will commence December 3rd and run through December 19th.. A highlight of the tour will be as a special guest at the OIFF Fundraiser on Thursday, Dec. 10th at **The Coast Capri in Kelowna**. Backing Mystic Bowie on this tour will be Tribal, comprised of Peter August-Sjodin (bass), Michelle Collin (guitar), Ron Walker (keys), and Adam Arsenault (drums).

Canada's favorite Country Music's artist **Johnny Reid** returns to the **South Okanagan Events Centre** December 31st. Tickets are \$70, \$55 and \$45\* and go on sale Saturday, September 19th at 10:00 a.m. exclusively through the South Okanagan Events Centre Box Office, [ValleyFirstTIX.com](http://ValleyFirstTIX.com), the Wine Country Visitors Centre or charge by phone at 1-877-763-2849. (\*additional service charges apply). As a special offer to all Vees fans, if you purchase a Penticton Vees vs. Westside Warriors December 31st hockey ticket you will receive a corresponding \$12, \$10 or \$8 off your Johnny Reid ticket purchase for the December 31st concert. (This special offer is only available for purchase at the SOEC Box Office.)

**Stockholm Lisboa Project Canadian debut**, polska, fado and beyond. Musicians from Portugal and Sweden joined to communicate their unique music traditions. Distant in space, under the universal language of music they found new textures and

bridges between North and South, and both traditions. Sunday, October 18 at 4pm. Rotary Centre for the Arts, 421 Cawston Avenue, Kelowna. Tickets: \$25 at the Rotary Centre for the Arts Box Office or call 250-717-5304 or online at [www.selectyourtickets.com](http://www.selectyourtickets.com)

**Lorne Elliott** Wednesday, October 21 at 7:30pm at **Creekside Theatre**. Reservations 250-766-9309

**SAGA Public Art Gallery** in Salmon Arm presents the juried exhibition of the North Okanagan Chapter of the Federation of Canadian Artists, **Driven to Abstraction: Reading Between the Lines**. The exhibition runs October 3 to 24. The theme was chosen by the FCA to challenge both the viewers and the artists. The aim is the create a mood reflecting the artists' interpretation of being "driven to abstraction" both in a literal sense and more figuratively. As an expression of mood, the artwork challenges the viewer to read between the lines, perhaps understanding a story that isn't visible at first glance. This "driven" exhibition is sponsored by Power Auto Body. Gallery hours are Tuesday to Saturday, 10am to 4pm.

## Haunted House Volunteers Wanted!

High-tech Halloween combines the wonders of science and technology with the thrills and chills of Halloween.

Fall is in the air and Halloween will soon be upon us. What better way to get into the spirit of the season than volunteering for the Okanagan Science Centre's Haunted House fundraiser...the biggest and best Halloween event in the entire Okanagan. Last year, over 5000 people came through the Haunted House for a good scare. This year, the hours will be extended for even more Halloween fun..

There is a part for everyone in bringing this spooktacular event together and plenty to do behind the scenes, even for those who are not costume people. Without the dedication of generous and enthusiastic planners, set builders, actors, decorators, marketers, guides, and costumers; such an event would not be possible at all.

For more details on volunteering or to sign up for this year's event, call Paula at 250-545-3644, email [plambert@okscience.ca](mailto:plambert@okscience.ca), or visit us in Polson Park. [www.okscience.ca](http://www.okscience.ca)

### Did you know?

#### North of 50 is online

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[www.northof50.com](http://www.northof50.com)

Check out the weekly video on our website:

# Community Events

**ARMSTRONG Knitting Circle** - We invite you to a relaxing evening of sharing, learning and meeting new friends. Bring a project - needles and yarn - or just yourself. Beginners always welcome. Now accepting yarn donations for local charitable projects. Judy at 546-9475 or Marlene at 546-6325. www.knittingcircle.ca

**Armstrong Toastmasters** - a fun night out with lots of laughs, plenty of learning & great friends. All ages welcome! Come try Armstrong Toastmasters - the best communication & leadership training you can get in a friendly, supportive atmosphere. Every Tuesday, 7:20pm - 9:30pm. Coffee, Tea & Snacks. Armstrong Spall Chamber of Commerce (3550 Bridge Street). 250.546-3276 or 250.558.8110 or visit www.freewebs.com/armstrongtoastmasters/

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

**Enderby Cliff Quilters** meet at the Enderby Evangelical Chapel the first and third Mondays of each month from 1 to 5 pm. Call Sonia at 838-0685 or June at 903-1799.

**Lorenzo's Cafe - 901 Mabel Lake Road** (8 km east of Enderby). Join the jam with Dan Engelland from the Hoo Doos every **Sunday at 6:00 pm.** For info call (250) 838-6700.

**KELOWNA The Kelowna Newcomers Club** is a social club which enables newcomers to the Kelowna region to meet other newcomers. Meetings are at 7pm, 3rd Wednesday of each month at the Seniors' Centre on Water Street. Newcomers enjoy interesting and informative speakers at the meetings, and have a chance to join some of the many varied activities available. Coffee and goodies are served after each meeting. 250-764-9686.

**Ballroom dancing** to good

music every Sunday evening. 7:30 to 10:30 P.M. at the Water Street Senior Centre, 1360 Water Street Kelowna. Dress code: no jeans, runners, or sandals. Dance lessons 1/2 hour before the dance. Cost \$6.00 Tea, coffee and cookies included.

**Raging Grannies** a group of concerned ladies who express their concerns with satirical songs, etc. Meet **2nd & 4th Mondays, 11 am,** Kelowna Legion, 1380 Bertam. 860-1576.

**Kelowna Singles Club Dances Bored** - nothing to do? Why not come out to the Kelowna Singles Club' Dance Held at Rutland Centennial Hall at 180A Rutland Rd. N. Kelowna. Doors open 7:30pm Dancing 8:30pm - 12:30am Bar and Refreshments Light lunch at 11:00pm Members \$9:00 per person. Non-members \$12:00 250-763-1355 or 250-763-1867

**Seniors Skate** (Kelowna Recreation & Cultural Services) every Tuesday at Rutland Arena, 9 to 10 a.m. and every Thursday at downtown Memorial Arena, 1:15 to 2:30 p.m. \$2 per session. (Begins Oct. 6)

**The Alzheimer Society of B.C.** holds a support group for people in the early stage of Alzheimer Disease and related dementia on Tuesday mornings at 865 Bernard Avenue. 250-860-0305 or email: mwasylshen@alzheimerbc.org. The Alzheimer Society of B.C. also holds a support group for caregivers of people with Alzheimer Disease and related dementia on the 2nd Tuesday of the month in the evenings.

**The Rug Hooking Circle** meets every second Monday at 1pm in Room 204, Rotary Centre for the Arts, Kelowna. Practice a traditional Canadian art form in a group setting. Angela at (250) 767-0206 www.rughookingteacher.ca

**LUMBY Lumby Legion** - Don't forget to join us Thursday for darts, Friday for Pool, Saturday for our meat draws and keep your eyes open for out specialty dances and events! **For info call 250-547-2338.**

**PENTICTON The Penticton Seniors Computer Club** drops in days at the Leisure Centre, 439 Winnipeg Street, are: Monday 1 PM to 3 PM Wednesday 1 PM to 2 PM Friday 1 PM to 3 PM Mac Computer Support Monday 10 AM to 11 PM Members and visitors welcome. Information (250) 492-7373.

**Penticton Concert Band** resumes rehearsals on Tuesdays from 7 to 8:30 p.m. Seventh Day Adventist Hall. Variety of music from classical to pops, big band to blues. Intermediate to advanced players. New members welcome, (even if skills are a little rusty) Making music together includes camaraderie personal reward and enjoyment. 250-809-2087

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

**Royal Canadian Legion,** presents: the Following Special: Monday Night is Miser Monday: with chicken wings, and Baron/Beef \$3.00 each; bar specials; entertainment 5 - 9:00pm with different every Monday. Friday Night: is Membership appreciation Night; with 5:30 - 6:30pm full course meal; 6:30 - 10:30pm different entertainer every Friday Night Wednesday: is Bingo Day; 1:00pm Bingo, and 6:30pm Bingo; Meat Draw, every Saturday and Sunday; 250-493-0870

**The Franco 50+** group meets Thursdays to socialize in French, from 1:30-3:30pm. Call Lina at 492-2549 for info.

**SALMON ARM Salmon Arm Duplicate Bridge** club meets at 6:45 every Tuesday at the downtown Activity Centre. and every Sunday at 12:45 pm at Branch 109. 832-7454 or 832-7323.

**The Salmon Arm Horseshoe Club** meets every Tues - Thurs 6:30 PM at Pits next to the curling club until October, weather permitting. Contact Juells at 250-832-9873

**Fletcher Park Seniors Resource Centre** 320A 2nd Ave., N.E. Salmon Arm. Meals on Wheels, Lunch With Friends, Monday Morning Market, Shop and Drop, Income Tax Service, Advocacy, Foot Care, Volunteer Drivers for medically related appointments, Day Away, Senior Advisor, Frozen Dinners at Home, Seniors Housing List, Home Services List, Good Food Box and Caregivers Group. Call (250) 832-7000.

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

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

**TAPPEN Carlin Hall in Tappen - Bluegrass/Slowpitch Jam.** Bluegrass instruments only. For info call 250-835-2322. **Tuesday nights 7pm-9pm.**

**VERNON North Okanagan Seniors Action Network Meetings** at the Shubert Centre every 2nd Tuesday of each month. Hosted by seniors resource bureau. Call 250-545-8572 for more info.

**ELKS LODGE -3103 - 30TH STREE -VERNON** Every **Friday Nite, Supper** at 6:00 pm Cost \$7.50 for Home Cooked meal and **Mini Meat Draw - 50/50** draw after Dinner. Everyone Welcome-members and non-members

**Vernon Singles Club-Upcoming Dances.** Dances held at the Eagles Hall - 5101-25th Ave., Vernon or Schubert Center - 3505-30th Ave., Vernon. For more information please contact Dawn 250-558-9974 or Lottie 250-549-2495

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

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

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At the first Tuesday of every month the **Vernon Placer Miner Club (gold panning club)** meets at 7 pm in the basement of the Peace Lutheran Church at 1204-30 Ave. Guests are welcome. Memberships for family is \$20 a year. Club President is Merv Mathers. For more information contact: Donna Smith 250-545-3832 or mrspumpkin36@hotmail.com or Jerry Stainer 250-549-4395.

**Brazilian Embroidery Chapter** Stitching group gathers every second Thursday of the month, 7 pm. Call Pat at 549-2219 or Mary at 545-3939.

**Sunshine Seniors** meet 2nd & 4th Friday of the month, downstairs at the Peace Lutheran Church, 1204-30th Ave., at 1:30 p.m. All 55+ invited to fellowship, devotions, games and always excellent treats and coffee. Annual membership is \$3.

**The Vernon Lapidary and Mineral Club** (Rockhounds) meet every 2nd Wednesday of the month, at 7:30 p.m. (except July and August) in the Art Centre, 2704A Hwy 6, in Polson Park. For info call

545-1274, or 542-0616.

**Vernon Lawn Bowling Club** - Drop-in bowling scheduled for every Sunday and Friday at 1 p.m., and Wednesdays at 6:00 p.m. New bowlers more than welcome. For more information call Frank Anderson at 549-2806.

**Schubert Centre 3505 30th Ave.** Shuffleboard, Monday to Friday at 8am 250-549-4201

HAPPY HALLOWEEN

**FREE COMMUNITY EVENTS LISTING:**

List your community event **FREE** on this page by calling

toll-free  
**1-877-667-8450**

or email details to [info@northof50.com](mailto:info@northof50.com)

**beyond the blues**  
depression anxiety  
education and screening day

Beyond the Blues is an annual awareness day to engage people to learn more about mood disorders which affect about 1 in 7 people and anxiety disorders which affect 1 in 6, as well as related issues like suicide and risky drinking.

Learn more about depression, anxiety and risky drinking and the range of support in your community during the 15th annual Beyond the Blues: Depression Anxiety Education and Screening Day. It's happening October 8th at more than 60 events across BC. Events feature lots of interactivity and are free, drop-in, and anonymous.

**Enderby** October 5  
Enderby & District Resource Centre  
Basemant 1106 Belvedere 10 am to 10 am to 1 pm

**Salmon Arm** TBA  
Okanagan College Salmon Arm  
2552 Trans Canada Hwy  
10 am to 4 pm

**Sicamous** October 6  
Parkland Centre Mall - Sicamous  
Health Unit 133 Highway 97A  
1:30 pm to 3:30 pm

**Vernon** October 7  
Charles Bloom Secondary School  
1894 Glencaird  
child & youth: 9:45am - 3:30 pm  
general public: 3:30pm -6:30 pm

**Vernon** October 8  
All Saints Anglican Church  
3205 27th Street (across from  
Beirsto Elementary School, parking  
at rear of church)  
10 am - 7 pm

To see all 60+ BC events on October 8 or learn more about telephone screening if you can't attend your local event, please visit [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca) or call the provincial hotline: it's a toll free call at 1-866-917-4673



**Sports Columnist Jim Taylor  
Special Guest Speaker for  
Sports Hall of Fame  
Induction Ceremony**

The Central Okanagan Sports Hall of Fame Museum is honoured to announce that our Special Recognition Award will be called the WAC/WR Bennett Award of Excellence. This year's Award will be presented to the Athans Family at the 2009 induction ceremony on November 19th.

WAC Bennett served as the Premier of British Columbia for twenty years. He was made an Officer of the Order of Canada and was featured on the cover of Time Magazine on September 30, 1966. WAC Bennett died in 1979.

William R Bennett served as Premier of British Columbia from 1975-1986. In 2007, WR Bennett was awarded the Order of British Columbia, British Columbia's highest award for achievement.

The Central Okanagan Sports Hall of Fame Museum is also privileged to announce sports columnist and author Jim Taylor will be the keynote speaker at the 2009 induction ceremony in November. Jim has traveled the world with Canada's national teams, and written thirteen books, the latest being One More Time! The Dal Richards Story.

Mr. Taylor is a member of the media division of the Canadian Football Hall of Fame, both the BC and Victoria Sports Hall of Fame, and in 2000 received a Lifetime Achievement Award from Sports Media Canada.

The 2009 induction ceremony will take place November 19th at the Coast Capri Hotel beginning at 7:00 a.m. and concluding by 9:00 a.m. The Hall will formally induct world champion Triathlete Jo-Anne Ritchie in the Athlete Category; 1994 World Curling champions Rick Folk, Pat Ryan, Bert Gretzinger, Gerry Richard, and Ron Steinhauer into the Team Category; Jack Brow, who was instrumental in helping minor sports grow and succeed, in the Pioneer Category; and the Athans Family will receive the WAC/WR Bennett Award of Excellence. Each of the Athans medaled in the water and/or on the snow.

Tickets for the 2009 Central Okanagan Sports Hall of Fame Museum induction ceremony are available at the Okanagan Heritage Museum at 470 Queensway Avenue, (250-763-2417) or online at [www.KelownaMuseums.ca](http://www.KelownaMuseums.ca).

**Capsule College Fall  
Series Starts October 8 in  
Vernon**

**Voices of the Valley -- celebrating authors  
and performing artists of the Okanagan!**

Capsule College is a series of four talks given by community members and runs each October and March. It's a fund-raising event sponsored by the Canadian Federation of University Women, Vernon Branch, and Okanagan College, Kalamalka Campus. The Fall Series begins Thursday October 8, 2009 at 9:30 am in the Halina Centre (in the Rec Centre, 37 Avenue, Vernon).

The first talk on October 8 is by Estelle Shook, artistic director of Caravan Farm Theatre. This theatre company has been creating live professional theatre on its 80 acre farm in Spallumcheen since 1979. On this occasion Estelle reflect son the company's colourful history, its present, and vision for the future.

The second presentation on October 15 is by Ken Mather, author and curator at O'Keefe Ranch. Ken will tell of early ranching days in the Okanagan; stories contained in his first book, Buckaroos and Mud Pups - The Early Days of Ranching in British Columbia, and more recent tales from his research on ranching in the Valley.

The third presentation on October 22 is by Gail Anderson-Dargatz author of the best selling novels A Recipe for Bees and The Cure for Death by Lighting. The style of her novels has been described as "magic realism" but the magic found in her novels springs from the landscape that she writes of, the Shuswap-Okanagan. Gail will talk about where her stories come from, and about the landscapes that inspire her internationally best-selling novels.

The fourth talk in the series on October 29 is by Gabriel Newman, storyteller, actor, director, writer and producer who lives in Vernon and is best known locally for his Ghost Tours of Vernon. Gabe will talk on storytelling as an art form, its role in our lives, and what its future has in store.

Admission to Capsule College is \$7 per talk, \$20 for the series, \$4 for students, payable at the door. Proceeds go to sponsoring two scholarships each year for students at Okanagan College. Everyone is welcome.

Call Linda 250-545-6171 for more info.

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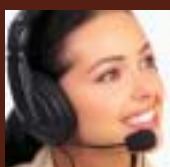
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## ICHABOD comes to the Schubert Centre

The new musical comedy "Ichabod" will be presented by The Tragically Comic Players at the Schubert Centre in Vernon at 8 p.m. on Oct 22, 23, 24, and 25; matinees will be at 4 on the 24th and 25th.

Playwright Phillip Wagner adapted this fun-filled musical from Washington Irving's hilarious classic short story, "The Legend of Sleepy Hollow". The music and lyrics were composed and written by award-winning lyricist Beth DeVolder. Both writers are from the Vernon area.



Cassandra Piovesan as Katrina, Colin Carney as Ichabod and Christine Pilgrim as Frau Van Tassel in ICHABOD which plays at the Schubert Centre from October 22 to 25

The musical is set in the 1780's in the eerie Dutch settlement of Sleepy Hollow along the Hudson River. Watch out for Brom Bones' horse, Dare Devil, as he gallops after Ichabod Crane's horse, Gunpowder. The jealous Brom cannot stand the graceful educated Ichabod winning over his girl, Katrina, and will have none of Ichabod's flirting with the ladies. Determined to rid Sleepy Hollow once and for all of Master Ichabod's superior airs, Brom does not stop at just smashing pumpkins. Children from 5 to 95 will enjoy the lively music and spirited antics of all the characters.

Leading the cast is Colin Carney as Ichabod. Cassandra Piovesan is playing Katrina, and Alex Judd is Brom Bones. Professional comedienne and actress Christine Pilgrim is portraying Frau Van Tassel. Phillip Wagner appears as her husband. Others appearing include Pascal Belanger, Alyssa and Kourtney Bootsma, Katlyn Corak, Chris Dlouhy, Mariko McDougall, Dan Mellows, Hanna and Nina Ogasawara, and Jordan Parker.

Tickets are \$18 for adults, \$15 for students and seniors, \$12 for children 11 and under. (For family and group rates please contact the Tragically Comic Players office directly at 1-250-547-6045, or email phillipcwagner99@hotmail.com.) General Tickets are available through The Ticket Seller at 549-7469.

Late ticket purchases can be made at the door for cash only. There will be a cash bar service for adults and soft drinks for children.

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# Home

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 Turquoise 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

cont'd on pg 15

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

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# and Away

## 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 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](http://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](http://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](http://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](http://www.jellystoneflorida.com) and [www.yogicampingflorida.com](http://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](http://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](http://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*

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 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-Panamax 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 tours. 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.



Grand Turk



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- Sunday. Nov.1 - Martini's on Martin, Penticton  
- Dinner: 6 p.m. Show: 8 p.m. Tickets at The Dragon's Den, Ph. 250-492-3011  
Reservations Ph. 250-490-0304
- Tuesday .Nov.3 - Centre Stage Theatre, Summerland  
- 8 p.m. Tickets at Martin's Flow (next to Nesters) Ph. 250-494-5432
- Wed. Nov.4 - Charles Bloom Theatre, Lumby  
- 8 p.m. Tickets: The Snac Shac, Ph. 250-547-6160 & Monaschee U-Brew, Ph. 250-547-2504
- Thursday. Nov.5 - Carlin Hall, Tappen, B.C. - 8 p.m.  
Tickets at Acorn Music - Ph. 250-832-8669 Special Guests: Blu Hopkins & Silvercreek
- Friday. Nov.6 - Kal Lake Campus Theatre, Vernon - 8 p.m. Tickets at The BookNook, Ph.250-558-0668
- Saturday. Nov.7 - The Sagebrush Theatre, Kamloops -8 p.m. Tickets at Kamloops LIVE -Ph. 250-374-LIVE Toll Free- 1-866-374-5483

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**Know Your Wild Mushrooms!**

Popular, cutting-edge game and film technology is separating our modern techno-world into mycophiles and mycophobes -- fungal fanatics and devotees versus mushroom or toadstool scoffers. The Know Your Mushrooms flash film and Nintendo's Super Mario Mushrooms have stirred the mushroom pot and rekindled differing sentiments. New age "believers" feel fungus will renew exhausted soils, suck up oil spills, cure sicknesses and disease, provide vital sustenance and create altered states of higher consciousness (hmm). Mushroom detesters can't see past the rot and poison, even of the mind.

Anyone fence-sitting is more likely confused and/or intrigued. When it comes to mushrooms, experience isn't safe, field guides are baffling and who do you trust?

To help demystify the fungal world, award-winning Naturalist Guide, Roseanne Van Ee, takes people into the forests of Mabel Lake each October to experience

the most mind-boggling displays of wild mushrooms and to gather mushroom ID tips, hints and knowledge. And, the day is laced with true stories!

So, if you thought mushrooms were weird, scary, confusing or wonderfully amazing, check out OutdoorDiscoveries.com for Mushroom Safari details or phone 250-545-7446.



**KNITTING CIRCLE  
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Drop in sessions for knitters of all experience levels are held at Gallery Vertigo the first Saturday morning of each month. These sessions are open to anyone interested in knitting, whether new or experienced.

"These sessions are taking on a life of their own with knitters sharing their expertise and their stories. At our first knitting circle, one person picked up yarn and needles after a thirty year absence from knitting and her hands still remembered how. Another person picked up needles and knit for the very first time. Other knitters have years of experience. Everyone enjoys creating in a mutually supportive group atmosphere." (Judith Jurica, Director of Gallery Vertigo and new knitter).

There is a fee of \$5.00 per person per session. Registration is not necessary. All proceeds will support the SMARTIES Sunday family drop-in art sessions held at Gallery Vertigo.

Drop in between 10 AM and Noon on Saturday October 3rd, 2009. Drop-ins are on the first Saturday of each month from 10am to noon.

Bring along yarn and needles, etc. and/or a project or two you are working on.

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# 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 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.

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# 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](http://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](http://www.cbcn.ca).



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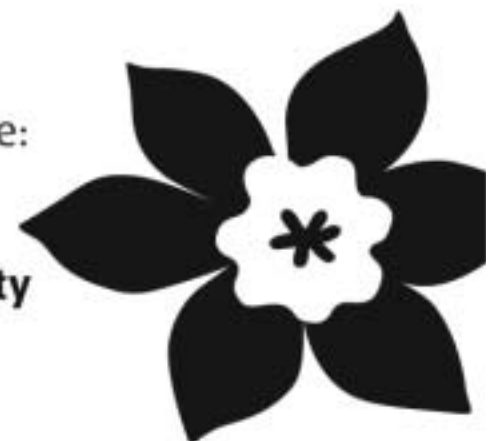
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 E W M V N E A H S E C F O E H H I  
 L A E E I C B W I A H P W N G C L  
 A U W A O G E M P K P A D U M S L  
 N T F R T A S U E I I H R R I R R  
 C U N R T H M K N T U N E V E N E  
 H M F E O K E G N R P M G B E C B  
 O N R R I L A R R A E E M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

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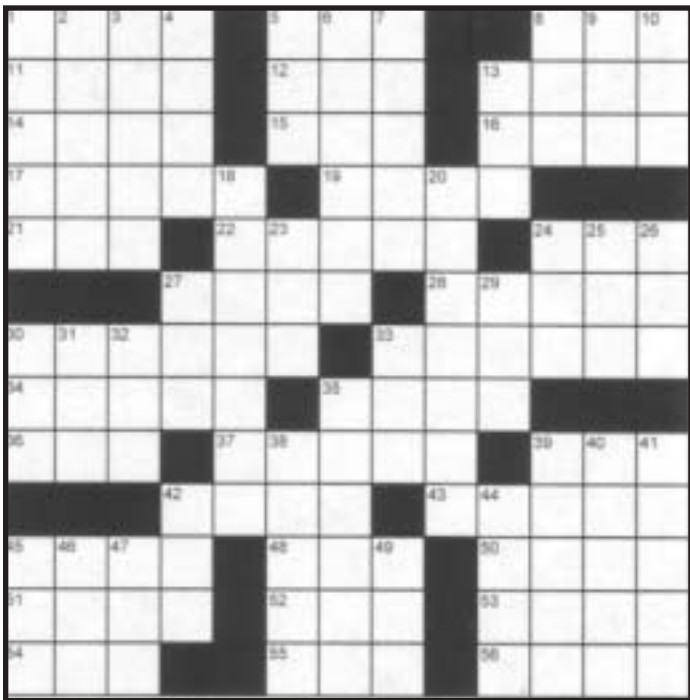
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Find the words in the grid. When you are done, the unused letters spell out a hidden message. Words can go left or right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions. Answer to puzzle is on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



THANKSGIVING

### Across

1. Loots
5. Thanksgiving mo. in Canada
8. Furthest back
11. Jewish scribe
12. Pro
13. Water (spanish)
14. Blessing
15. Federal Bureau of Investigation
16. Hanker
17. Single
19. Howl
21. X
22. Relent
24. Before (prefix)
27. Door handle
28. Comforts
30. First people
33. Indigenous
34. Family lineage
35. Roof covering
36. First woman
37. Warble
39. The pilgrims arrived by \_\_\_\_\_
42. Tinter
43. Asian nation
45. Turkey, potatoes, cranberry etc.

48. Bud
50. Air (prefix)
51. Sloven
52. Picnic pest
53. Spoken
54. Greenwich Time
55. Sweet Potato
56. Birch

### Down

1. Renounce
2. Gas
3. Fall colour
4. Rational
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



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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](mailto:editor@northof50.com)

or fax to: (250) 546-8914.

## 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



focused 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.

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## 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.

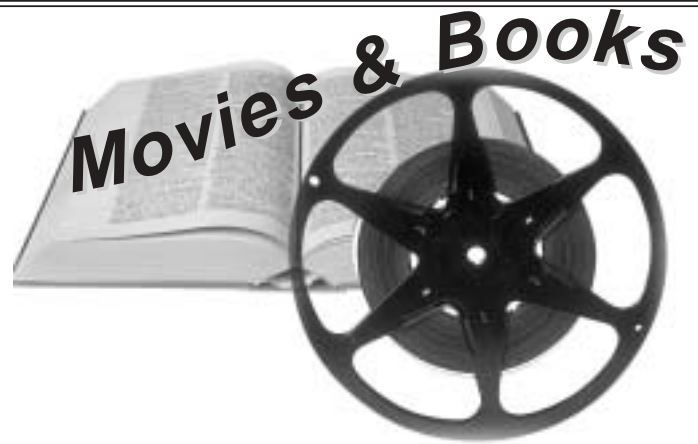
The public is welcome to attend the Book Launch and Author Signing on October 3, 2009 between 10:30 a.m. and 12 p.m. at the Centennial Hall in Armstrong. The Launch is part of a full day of activities marking Kindale's 50th Anniversary. Activities include a Pancake Breakfast and Lunch, a slideshow and 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](mailto: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

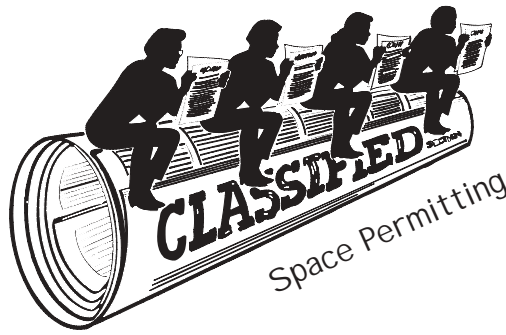
*A Serious Man* is the story of an ordinary man's search for clarity in a universe where *Jefferson Airplane* is on the radio and *F-Troop* is on TV. It is 1967, and Larry Gopnik (Tony Award nominee Michael Stuhlbarg), a physics professor at a quiet Midwestern university, has just been informed by his 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.

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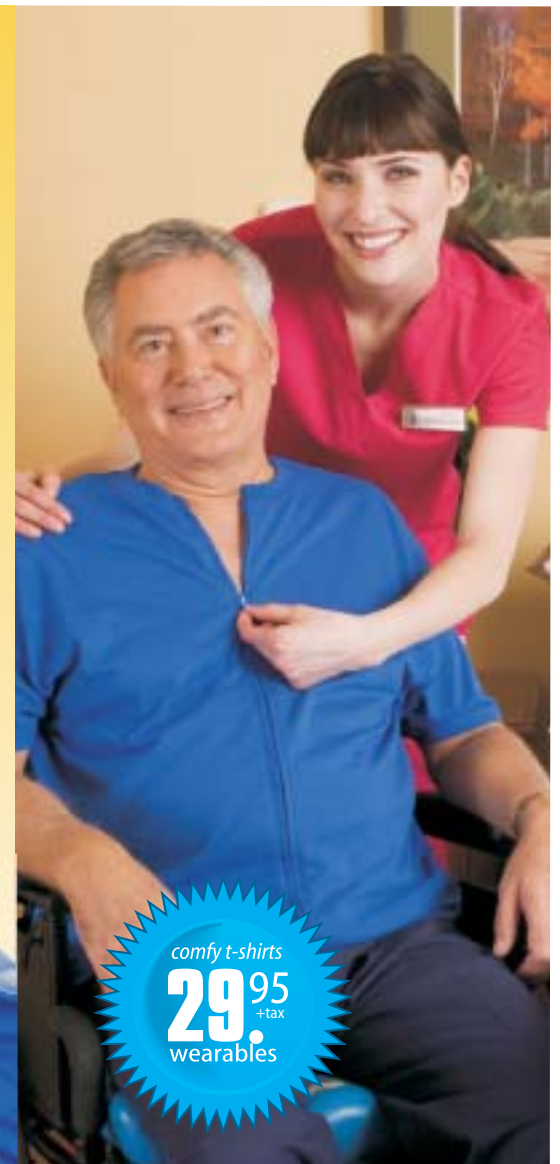
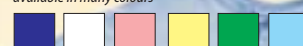
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