



# The Westbank Express....

**Peachland Farmers Market -**  
 every Sunday (May - Sept), 10-2  
 Heritage Park, Beach Ave.  
**Naramata Community Market -**  
 every Wednesday (June -  
 Sept.) 3:30 - 6:30, Wharf Park  
**Hedley Farmers Market -** every  
 Sunday (June - Sept.) 9 - 1, 712  
 Daly Avenue.



Your  
 Informative  
 Newsletter

## Farmers Market abroad



Pictured above, a vendor at the Skibereen Farmers Market in June, 2014 displays an assortment of olives, sun-dried tomatoes, bean salads, pickled herring, several varieties of humus and Gubbeen cheeses. While most products at the County Cork gathering resemble Canadian farmers market items, Ireland's lush green fields and grass-fed cows provide the ground work for some of the best cheeses in the world!

## AROUND TOWN

### Westside Daze - June 27th - July 1st

Visit Memorial Park for 5 days of fun! Activities include West Coast Amusements, Car, Truck and Motorcycle 'Show and Shine', Parade, Fireworks, Kid's Fair, Okanagan Days, Barbeques and Breakfasts, Outdoor concerts and more. Visit [www.westsidedaze.com](http://www.westsidedaze.com)

### LOCAL GOVERNMENT

#### Westbank First Nation

Administrative Office: 250-769-4999  
 Recreation Dept.: 250-768-7337

#### District of West Kelowna - 778-797-1000

- July 3 - Agricultural Advisory Committee - 5:00 pm
- July 8 - Regular Council Meeting - 1:30 pm
- July 14 - Advisory Committee on Health Care - 2:30 pm
- July 16 - Advisory Planning Commission - 9:30 am
- July 22 - Regular Council Meeting - 6:00 pm
- Aug. 7 - Agricultural Advisory Committee - 5:00 pm
- Aug. 11 - Advisory Committee on Health Care - 2:30 pm
- Aug. 12 - Regular Council Meeting - 1:30 pm
- Aug. 20 - Advisory Planning Commission - 9:30 am
- Aug. 26 - Regular Council Meeting - 6:00 pm

For questions or information about the newsletter, please email [westbankexpress@gmail.com](mailto:westbankexpress@gmail.com)

Contributing Writers: Gordon Ficke, Rita Pedersen, Editor: Barbara Heaney

### Just Us' performing at The Westbank Farmers Market last September.



Pictured from left to right 'Just Us' band members, Al on guitar, Erv on harmonica, Liz on mandolin and Bill on guitar entertain Market patrons as they shop for weekly provisions. The Westbank Farmers Market, entering its 5th year, will open for the season on Saturday, June 28th in conjunction with Westside Daze. Betty Hersey, Market manager, is pleased with the evolution of the Market since its inception in 2010. "In our first year of operation, we had approximately 12 vendors; this June 28th we will see 30 vendors at the Market," Betty commented. And this year several new vendors will join in on the fun. Look forward to a wide variety of jams and jellies, pies and bread as pictured below where George and Francis Raulick wait for the crowds to arrive.



Other kiosks will include jewelry, crafts, photographs, organic vegetables, in-season fruit, flowers, teas, juices, and more. Specialty Indian Tacos and hamburgers and hot dogs will also be available on alternate Saturdays. And entertainment! There's a great line up set for the entire summer. Located at The Westridge Shopping Centre at the corner of Main St. and Elliott Rd. in downtown Westbank, the Market will run every Saturday from June 28th to September 13th from 8:00 am - 1:00 pm. For further information email Betty at [bhersey@shaw.ca](mailto:bhersey@shaw.ca). Market photos courtesy of Fred Masson.



## From the Kitchen Nook: Summer Potato Salad by Rita Pedersen

Ingredients: 2 lb. new red potatoes, quartered; 1/2 cup water; 3/4 cup mayonnaise; 1/4 cup chopped fresh chives; 4 cups loosely packed coarsely chopped romaine lettuce, 2 cups cherry tomatoes, halved. Preparation: Cook potatoes in boiling water until tender. Let stand, covered, 5 minutes. Drain potatoes; rinse with cold water. Drain again. Mix mayonnaise and chives in large bowl until blended. Add potatoes and remaining ingredients; toss to coat. For variation, try adding arugula or basil or dill or peppers. Experiment!

## The \$8 Bicycle by Gordon H. Ficke

Pictured right, the red CCM bicycle leaning against the upside down Elm tree, where it once was parked many years ago.

My grand kids are being continually lavished with the latest toys, video games and sports equipment. Notably absent are the normal expressions of excitement, glee and contentment when they receive that coveted toy, video game or hockey gear. Our culture has changed dramatically over the last sixty years.

Growing up in the Glenrosa area of Westbank, I had a few toys that my parents, relatives and friends bought for me for special occasions like my birthday or Christmas, but nothing extravagant. My first bicycle was a CCM (Canada Cycle and Motor Company Limited), finished in oxidized blue. My older sister was no longer using the bike. My dad repaired the tires and taught me how to ride on that bike. It was easier, as it was a girl's bike, the top tubular bar curved down and allowed me—while mounting the bike to ride—to easily step over it to reach the other pedal. As time went on, I got another bike that my dad occasionally maintained for me. However, he was very busy running our ranch and didn't have much time to keep up with repairing the numerous flat tires I accumulated while riding on those rough gravel roads. Consequently, those flats didn't get fixed. Despite that, I was determined to ride my bike even though the ride was rough and jarring. Eventually the tires and tubes twisted together to form a shredded mangled mess.

Gary Truant, a few years older than me, and a distant neighbour in Glenrosa, approached me about buying his red bicycle. That was in 1962. A number of times as he cycled past me while I was walking home from school, he gave me a sales pitch that I should buy his bike. "It is only \$8.00," he would remark, and then ride off. On one occasion he let me ride the bike and I was impressed how easily and smoothly it handled. Most importantly, it had two tires that held air! That sold me. Now I needed to convince my parents, especially my dad, that I needed to have this bicycle. My mother was easily convinced that this bicycle was what I needed, and as it was priced at a very reasonable \$8.00, it seemed like a great deal. My father, however, was a harder sell, and not as easily convinced. Then that pivotal day arrived. My salesmanship (more like badgering) paid off. I was standing with my bicycle at the bottom of our staircase leading to our veranda when my dad came out of the house and proceeded down the stairs. He looked stoically at the shredded tires on my bike and then mumbled, "come with me." Words could not express the excitement and the adrenaline rush, as he uttered those words. I hurriedly leaned my bike against our upside down Elm tree in the front yard and climbed into our red 1949 International pickup truck. We drove to Gary Truant's place (where Scotstown Road and Webber Road intersect today). Gary was there waiting for us with his red CCM bicycle. His father was there too, no doubt to support his son on the sale of his bike. There was a short discussion and Dad inspected the bicycle carefully and then he took it for a short ride around the yard, mentally noting how it pedaled and handled. This is a big deal, I thought! The experience, although on a lesser level, was akin to going out to purchase a used car!

Dad looked the bicycle over carefully to see if there were any flaws or defects and asked Gary a few questions about it. The anticipation of whether dad liked the bike or not, was causing butterflies to well up in my stomach. Would dad think that the bike was a good deal, or would he say no and walk away? After my father dismounted, he asked Gary how much he was asking for the bicycle. "Eight dollars," he replied. Then dad took his wallet out and counted out the amount and gave it to Gary. The deal was done and I was elated! The red bicycle was loaded into the back of the pickup truck and we drove home. I thanked dad profusely for my new treasure. The red bike now took up the spot leaning against the upside down Elm tree, where before, the derelict bike was parked. I rode that red bicycle everywhere in our neighbourhood and on our ranch property, for several years. I acquired a headlight and generator (operated by the rear wheel spinning the generator's spindle) from another neighbour to accessorize my bike. Handle grip plastic streamers were added later. When I got my driver's license the bicycle was used less frequently by me. My brother Ron then became the custodian of the CCM and made use of it regularly. The day finally came when no one was interested in riding the red bicycle anymore and it was stored in our old bunkhouse. There it languished for many years, leaning against the wall, among the other bicycle relics and parts we had collected over the years. Then in the late spring of 2014 while I was cleaning out the bunkhouse, I decided to spruce up the bicycle a bit. The tires were flat from sitting those many years and I wondered what would happen if I tried to inflate them. Would the tubes still hold air, or would they explode? To my surprise, the air held in the tires. Perhaps, I thought, the tires would hold their air long enough to for me to take the bike out for a ride. Alas, as I was pushing the bike onto the road, I heard a discouraging tearing sound from the rear wheel and the bike suddenly stopped in it's tracks. The tube in the rear wheel had torn a large hole and the tube ballooned out of the sidewall and had jammed against the rear frame causing the wheel to jam solid.

Oh well, it was a valiant try! New tires and tubes, a little servicing of the moving components, and a good polish should bring this bicycle up to the same condition as when my father purchased it, decades ago. In my view, that bicycle was a pretty good investment for the princely sum of \$8.



**WHAT'S HAPPENING IN JULY/AUGUST?**

**WESTBANK**

**Westbank Museum**

**Interpretive Gardening**

A new feature at the Westbank Museum will be the Trapper's Cabin garden. Filled with native plants of the area, each grouping of plants will have signage to help locals create their own zero-scapes. For further information contact the Westbank Museum, 2376 Dobbin Road, at 250-768-0110, website: [www.westbankmuseum.com](http://www.westbankmuseum.com).

**Westbank Country Opy**

**VIDEOGRAPHERS WANTED!**

The Westbank Country Opy is looking for volunteer videographers to shoot each country opy show. The volunteers would need to be available for approximately 3 hours the last Sunday of each month from September to May. The required camera would be one that shoots in HP mode and it would preferable if the camera recorded to a chip rather than tape. For more information please email [info@westbankcountryopy.com](mailto:info@westbankcountryopy.com).

**Watch for the Westbank Country Opy at Music in the Park, Memorial Park July 25th and at Parks Alive in Kelowna July 26th.**

**Okanagan Regional Library**

**Westbank Branch - 2484 Main St.**

**Summer Reading Club - Programs for children ages 6 and over**

Registration begins Friday, June 20, 2014. Scheduled readings start July 2 with Ali Kazam, July 8 - Trixie the Clown, July 15 - The Balloon Man, July 22 - Drawing with Sean Ridgway and July 29 - Puppet Show.

**Programs for Babies and Preschoolers**

Summer storytimes will run every Thursday morning from 10:00-10:30 in July.

**Knit or Crochet?**

Knitting, crocheting, cross-stitching and needlepoint every Monday 1:00 - 3:30 pm. Some supplies will be available.

**Local Artists on Display at the Library**

Jean Monteith, Karen M. Andrews, Ralph Carlson, Jenny Mohr, Jo-Anne Legree, Christine Millar, Marina Leisen, Jean Willerton, Stella Tessier.

Contact Library at 250-768-4369 to confirm programs.

**Westbank Legion - RCL Branch  
288, 2525 Dobbin Road**

**Watch for summer events including pancake breakfasts and Canada Day Celebrations.**

MEMBERS are encouraged to attend the general meetings. Contact the Branch for meeting dates and times. For more information call 250-768-4330.

**Westside Seniors Activity Centre,  
3661 Old Okanagan Highway**

Membership fees \$20.00 per year(May 1 - Apr. 30), must be 50 years of age. **New members welcome!** For more information contact Judy Syvenky at 250-769-0983.

**Orion's Fish Bus - by the Cherry Pit**

**July 19 & 20; and, Aug. 23 & 24 2014**

Mix 'n Match Deal: Shrimp, Sockeye, Fillets, Cod Fillets, Panko Shrimp, Coconut Shrimp, Battered Cod. \$20.00 each. Any 2 for \$35.00. Any 3 for \$50.00. Stop by the Fish Truck and join the email list to get tasty seafood recipes and a free bonus every \$100.00. 2565 Main St. by the Cherry Pit. For more information go to [fronstage@yahoo.com](mailto:fronstage@yahoo.com).

**Westbank Lioness Club**

**Fundraiser**

The Westbank Lioness Club will be holding a fundraiser to help with upgrades to the Westbank Lions Community Hall where public events can be held. The Lioness will be selling buttons(2 1/4" metal pin with a photo of the Westbank Lions Community Hall) at various locations throughout the community. Look for the Lioness in the coming weeks and months. For more info. contact Vera Tuningley at 250-768-4879.

**PEACHLAND**

**Rattlesnake Island Swim**

**Saturday, August 9th**

3.1 km and 7 km swims. Registration required. Volunteers welcome. [www.rattlesnakeislandswim.com](http://www.rattlesnakeislandswim.com).

**Rotary Peach Concert Series in the Park - July 13, 20, 27 & Aug. 10 & 17**

**Heritage Park - 4:00 - 5:00 pm**

Enjoy a variety of music at this summer series. Food service available at 3:00 pm. For more information call 250-767-2391.

**PENTICTON**

**The Dream Cafe - Zakiya Hooker  
July 30th and 31st**

Daughter of Blues icon John Lee Hooker, singer and

song-writer Zakiya Hooker will perform her jazzy blues of sass and soul. Tables available at 6:00 pm. Showtime 8:00 pm. Tickets 250-490-9012. 67 Front St.

**OSOYOOS**

**Horse Races at Desert Park**

**Saturday, August 16, 2014 - 1:30 pm**

Cheer on you favourite horse. Beer garden and concession. \$5.00 admission. Free parking

**Bluegrass Festival at Desert Park**

**Friday & Saturday, Aug. 8 & 9--2 and 7 pm**

Enjoy live music outdoors where there will be several stage performances, a pancake breakfast, 50/50 draws and more. Dry camping only. Phone 250-495-6061 for more information.

**SUMMERLAND**

**Great Train Robbery BBQ**

**Sunday, July 20th at 4:00 pm**

Experience the notorious Garnett Valley Gang while they rob passengers for local charities. Enjoy a delicious bbq dinner and musical entertainment. Booking phone number 1-877-494-8424.

**Oliver Sunshine Festival - July 11th 5 - 11 pm, July 12th 10:30 am - 11 pm. Oliver Community Park - 250-498-4985.**

**OLIVER**

**Sylvia Tyson and the ladies of Quartette - Saturday Aug. 16, 2014**

**Medici's - 522 Fairview Road.**

Cindy Church, Caitlin Hanford, Gwen Swick and Sylvia Tyson will perform a wide range of music from blues, gospel and folk to country, jazz and pop on Saturday evening. Call 250-498-2228.

**COUPON CORNER**

**\*Ice Cream Cone 2 for 1\***  
Purchase one ice cream cone at regular price and receive a second ice cream **free!**  
At **Paynter's Fruit Market, 3687 Paynter Rd., Westbank 250-768-7313**

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**\*Latte 2 for 1\***  
Purchase one latte at regular price and receive a second latte **free!**  
Expires August 31, 2014.  
Present coupon at the counter.