

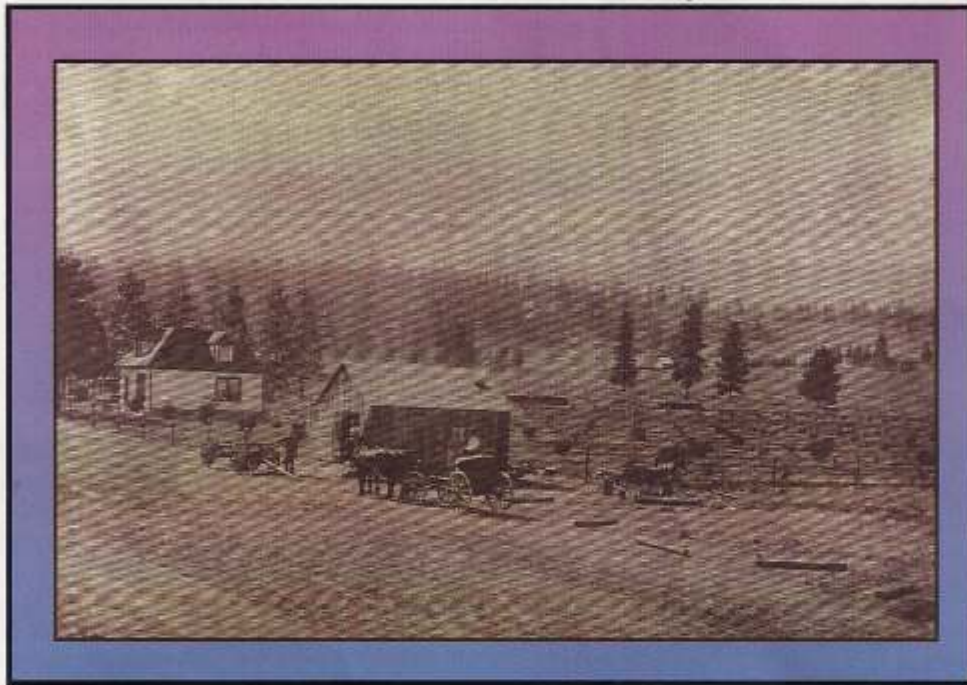


The Westbank Express....

"The love of truth lies at the root of much humor." - Robertson Davies, Canadian writer (1913 - 95). "Steep thyself in a bowl of summertime." - Virgil, Roman Poet (70-19 B.C.)



Your Monthly Newsletter



Main Street Westbank circa 1920.

Imagine stepping back in time—let's say 90 years—to the homestead pictured above. You would be standing—plunk—right in the middle of Westbank at what is today the corner of Main Street and Elliot Road. Only half a block from that location is the Westbank Lions Hall where the community of Westbank will be celebrating its 110th birthday on Saturday, August 17th, 2013. While there won't be horse and buggy to escort visitors to and fro, several historical momentos will grace the area including a collection of photographs—like the picture to the right, of Bessie Dunfield (later Mrs. F.A. Runacres) at Westbank Landing circa 1922—that will be displayed in the main hall of the community centre. Several events planned throughout the day include historical presentations, birthday cake, luncheon, Westbank Farmers' Market, bouncy castle, face-painting, fish pond, musical entertainment and the evening Dinner and Barn Dance. Visit the website at www.westbank.biz/anniversary.html.



Curb Appeal
PRESSURE WASHING

When PRESSURE is a GOOD thing!

250.212.1967

"One cannot have wisdom without living life!"
Cynthia Gibson, Owner & Operator, Serving the Okanagan from Vernon to Osoyoos.

AROUND TOWN

Sat., Aug. 17th Gala Westbank 110th Birthday **Dinner and BARN DANCE** tickets available at Buckerfields, Dogwood Nursery, The UPS Store, Westbank Museum, Paynters Fruit Market and Home Hardware.

LOCAL GOVERNMENT

Westbank First Nation

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

District of West Kelowna - 778-797-1000

July 4 - Agricultural Advisory Committee - 5:00 pm
July 9 - Regular Council Meeting - 1:30 pm
July 17 - Advisory Planning Commission - 9:30 am
July 23 - Regular Council Meeting - 6:00 pm

For questions or information about the newsletter, please email westbankexpress@gmail.com

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



From the Kitchen Nook: Cherry Pie by Rita Pedersen

Ingredients: 4 cups cherries, pitted; 1 cup sugar (1 1/4 cups for sour cherries); 1/4 cup flour; 1/2 teaspoon cinnamon; pastry for a double-crust 9-inch pie. **Directions:** Mix ingredients for filling. Place in pastry-lined pie pan. Put top crust on. Cut vent slits in top crust, and flute edges. Brush with milk and sprinkle with sugar. Bake at 425°F for 25 minutes; reduce heat to 350°F and bake for 25-30 minutes more. **Tip:** put sugar, flour and cinnamon in a large zip-loc bag. Add the cherries and toss to coat. This coats them more evenly than preparing the mixture in a bowl and the filling is firmer. Serves 8.

Sheila Paynter...born and raised in the Okanagan! Part II by Gordon Ficke



Pictured from left to right top row: Sheila, Henry Oliver, Henry Arthur, Farlie; bottom row: Geoffrey, David, Gillian, Alisen. Circa 1965.

"Henry was a beekeeper as well," Sheila stated. "He learned the art of bee keeping as a very young lad while he was still living in England; and, he caught his first swarm when he was 11 years old." Henry would take various courses from time to time to keep himself abreast of the latest bee keeping information.

"As a mature student I took a course in early childhood education," Sheila related. Esther Reece had opened the first kindergarten in Westbank. I joined her and taught for seven years. I enjoyed teaching those children." Sheila used that opportunity to take her students to visit the farm every spring. Hundreds of other kindergarten children got a taste of what farm life was like and what it entails. "That was in the days before seat belt regulations," Paynter admitted. "Back then you could transport all the children to the farm in a number of cars."

Henry and Sheila have six children. Geoffrey was born in 1947, Gillian in 1948, Farlie in 1949, Henry in 1951, David in 1952 and Alisen in 1953.

"All six of our children went away for training and travelling," Sheila remarked. "However, they all returned to Westbank to farm, which is quite unusual!" Amazingly, Henry was still farming until his death in 2005 at age 98! The original farm property is now divided amongst the six children.

"I have been writing a certain amount all my life," Sheila stated. "In 1988, for no reason, I had the desire to hike through Wild Horse Canyon." Not only did her dream come to fruition in 1990, but also expanded the initial hike to include the entire 270-kilometre shoreline around Okanagan Lake! She walked for 24 days and got lost twice, however her goal was accomplished. Sheila documented her experiences in her first book, entitled "First Time Around." She enjoyed that first experience so much that she decided to circumnavigate Okanagan Lake two years later in a 12 foot aluminum row boat. Sheila shared those experiences with her audience in her second book, "Second Time Around," written in 1994.

Paynter also enjoys playing an occasional round of golf and has played every golf course in the Okanagan Valley that has a view of the lake. Consequently, she wrote her third book in 1996 entitled, "Okanagan Golf Points of View." Sheila still writes a monthly column for the Westside Weekly.

Sheila is blessed with good health and still lives in her family home, built by her husband Henry and Art Johnson in 1951.

WHAT'S HAPPENING IN JULY?

WESTBANK

Westbank Farmers' Market

Every Saturday 9:00 am - 1:00 pm

Westbank Lions Hall parking lot, 2466 Main Street. Fresh in-season fruit and vegetables, local crafters selling jams, jellies, pies, breads, woodworks, juices, photography, and much more. Watch for new vendors in July including WAFELICIOUS serving hand-crafted waffles, THE HAPPY PINEAPPLE HAWAIIAN SHAVE ICE offering flavours such as guava, strawberry and orange; and, SCOOTERS ICE CREAM TRUCK.

WESTSIDE DAZE - JUNE 28TH - JULY 1ST. Evening concerts in Memorial Park: The Blues Brothers(tribute); **Rann Berry & The Random Act(60s & 70s tribute); Tom Jackson.**

Okanagan Regional Library

Westbank Branch

Summer Reading for School Kids

Five free programs in July. July 2nd - Magic with Leif David; July 9th - Vernon StarLab(registration required); July 16th - What about Bats?; July 23rd - Central Okanagan Naturalists Club; July 30th - Dancing with Dustin. 2484 Main St. Phone. 250-768-4369.

Westbank Legion - RCL Branch

288, 2525 Dobbin Road

Wednesdays - Drop-in Darts(do not need to be a member to participate). 7:00 pm. Toe line 7:30 pm
Wednesdays and Saturdays - Meat Draws: 3-5 pm
Thursdays - Euchre(the card game). 1:00 pm
Sunday Jam Sessions - 2:00 - 4:00 pm

Westside Seniors Activity Centre, 3661 Old Okanagan Highway

Wednesday Bingo nights will start up again on September 4, 2013. For further information contact Valerie at 250-707-3494 or email vlisolomon@shaw.ca. **New members welcome!** Membership fees \$20.00 per year(May 1 - Apr. 30), must be 50 years of age.

Orion's Fish Bus - by the Cherry Pit Saturday and Sunday - July 27 & 28, 2013

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. Also, check out Orion's debut album "If you're feeling cute..." Clever, fun pop/rock. Available on iTunes, etc. and at the Fish Bus! Just \$20.00. 2565 Main St. by the Cherry Pit. For more information go to tritonsage@yahoo.com.

Paynters Fruit Market Grand Opening - Sat., July 6th!

PEACHLAND

Dancin Barefoot Music Festival

Saturday, July 20th - Gates open 1:00 pm

Teen Talent Competition Finals 2:00 - 4:30 pm. Free admission until 5:00 pm. Evening Entertainment: The Newks 5:00 - 6:15 pm; Gordon James & The Good Guys Band 6:30 - 7:45 pm; Shawn Hook 8:00 - 9:15 pm; Nick Gilder & Sweeney Todd 9:45 - 11:30 pm. For further information contact the Peachland Chamber at 250-767-2455.

Peachland Triathlon

Sunday, July 28th 7:00 am start time.

Check-in 6:00 - 6:45 am. Peachland Community Centre - 4450 6th Street. The triathlon route consists of a 750 m open water swim, 20 k bike and a 5 k run. Participants may enter as an individual or with a team. Transition area located at the Peachland Yacht Club parking area. All participants will receive a jersey. Door prizes, awards and breakfast included in participants registration fee. Additional breakfasts for purchase for family, friends and volunteers. Call 250-767-2133.

SUMMERLAND

Kettle Valley Steam Railway

Great Train Robbery and BBQ

Sunday, July 21st @ 4:00 pm

Climb on board the restored 1912 steam locomotive and experience the notorious Garnett Valley Gang. The outing includes a barbecue dinner and musical entertainment. Call 1-877-494-8424.

PENTICTON

4th Annual Rhythm Festival

Friday, July 19th at 7:00 pm & Saturday, July 20th 10:00 am - 5:00 pm - Orchard Street.

The Fest includes featured performers Yamabiko Taiko, The Rippers, Nankama West African Drum and Dance, Navarro Franco, Bahiti Belly Dance and Katumba Afro-Cuban troupe. A section of Orchard St. will be closed on Saturday to allow for food and artisan markets, tent workshops, free performances and finale. www.okanaganrhythmfest.ca

Gordie Mackeeman & his Rhythm Boys @ The Dream Cafe

Thursday, July 18th

Tables available at 6:00 pm. Showtime 8:00 pm. Playing old-time roots music, this PEI ensemble were given the Galaxie Supernova Award at the 2012 Ottawa Folk Festival for outstanding live performance. Enjoy their bluegrass vocals, guitar solos, and multi-instrumental talents. Tickets \$27.00. 67 Front Street. For reservations call 250-490-9012.

OLIVER

Sunshine Festival

Friday, July 12th 5:00 - 11:00 pm and Saturday, July 13th 11:30 am - 5:00 pm

Oliver Community Park and Bandshell. Free admission. Parade on Main St. Saturday 10:15 am. Kid's Craft Tent, Activity Station, World Food Fair Artisans, Merchandise Vendors, Youth Ambassador's Duck Race, West Coast Amusements, Beverage Garden and Live Entertainment. For more information, call 250-498-4985.

OSOYOOS

Canada Day/Cherry Fiesta

Monday, July 1st 7:00 am - 10:00 pm

Presented by the Osoyoos Festival Society, this year celebrating their 65th Cherry Fiesta. Lions Pancake Breakfast, Parade, Band Shell Entertainment, Cherry Pie Eating and Cherry Spit Contests, Beer Garden, Craft and Food Venues, Fireworks(starting at Dusk). For more info. call 250-495-4008.

Eastlink Desert Half Iron - July 7th

www.outbackevents.ca. Legion Beach.

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 Road, Westbank 250-768-7313

Expires July 31st, 2013.
Present coupon at the Ice-Cream Counter.