



The Westbank Express....

"Deep snow in winter, tall grain in summer." - Estonian proverb.
 "If you have a garden and a library, you have everything you need." - Marcus Tullius Cicero, Roman philosopher (106-43 B.C.)



Your
 Monthly
 Newsletter

Commemorative Westbank 110th Anniversary postage stamps (pictured below), printed by Canada Post, are available for sale at the Westbank Museum.



Henry and Sheila Paynter with their dog Gerry at Hayman Lake in 2003.

AROUND TOWN

Westbank Farmers' Market

The Westbank Farmers' Market, now in its 4th year, gets underway **Saturday, June 29th from 8:00 am - 1:00 pm**. The morning will start with a Westbank Lions Club Pancake Breakfast from 8:00 - 11:00 am to help celebrate Westside Daze. The Farmers' Market will see regular vendors from past years return as well as new vendors joining the gathering. The Market will run from June to September and will include fresh in-season fruits and vegetables, craft items, other wares and live entertainment. Westbank Lions Community Hall, 2466 Main Street. More events on the 3rd page.

Okanagan Farmers' Markets

Kelowna-Wed/Sat. 8-1; Springfield&Dilworth Peachland-Sundays 10-2; Heritage Park Summerland-Tuesdays 9-1; Memorial Park Penticton-Sat. 8:30-12; 100 Block Main Oliver-Thursdays, 3:30-12:30; Lions Park Osoyoos-Saturdays, 8-1; Town Hall Square

LOCAL GOVERNMENT

Westbank First Nation

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

District of West Kelowna - 778-797-1000

June 6 - Agricultural Advisory Committee-5:00 pm
 June 11 - Regular Council Meeting - 1:30 pm
 June 19 - Advisory Planning Commission-9:30 am
 June 25 - 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

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

"My parents, Alexander and Dorothy McKay lived in Peachland," Sheila Paynter relates. "I was born in Kelowna General Hospital in 1920." Sheila was an only child and attended the old three-room school (renowned today for its bat population). When she was in grade one, her future husband Henry was taking his grade 12 there. When Sheila completed her grade 12, she was one of only four students graduating from that school in 1938. She then took her senior matriculation grade 13 in Penticton.

...continued on 2nd page.



From the Kitchen Nook: Berry Frozen Desert by Rita Pedersen

Ingredients: 1 cup Graham Crumbs; 1/4 cup butter, melted; 1 pkg. (170 g) White Chocolate; 1 cup fresh strawberries, divided; 1 cup fresh raspberries, divided; 2 tubs (250 g each) cream cheese Spread; 1 can (300 mL) sweetened condensed milk; 1 tsp. orange zest; 1 cup thawed Cool Whip Whipped Topping; 1 cup fresh blueberries **Directions:** MIX graham crumbs and butter until blended. MELT chocolate. Mash 1/2 cup each strawberries and raspberries in medium bowl. Beat cream cheese spread in large bowl with mixer until creamy. Gradually beat in milk. Blend in melted chocolate, mashed berries and zest. Whisk in Cool Whip. SPOON half the cream cheese mixture into plastic wrap-lined 9x5-inch loaf pan; top with half the crumb mixture. Repeat layers. Freeze 6 hours or until firm. REMOVE dessert from freezer 15 min. before serving. Finely chop remaining strawberries; combine with remaining raspberries and blueberries. Invert dessert onto platter; remove plastic wrap. Spoon berry mixture over dessert. Enjoy a serving of this rich and indulgent treat on special occasions. Substitute fresh blackberries for the blueberries.

Sheila Paynter...born and raised in the Okanagan! - continued from the front page



Pictured left: Sheila in her graduation gown beside her mother, Dorothy and her father, Sandy in 1942.

In 1939 Sheila left Peachland to attend the University of British Columbia in Vancouver. After three years Sheila graduated with degrees in Psychology and English. "I always wanted to be a librarian," Paynter revealed. "I had a part-time job as a librarian at U.B.C. and later changed my mind." She wasn't enamoured with the Dewey Decimal system, the dust, and stacks of books, and after a short time Sheila realized that being a librarian wasn't a fascinating job.

After Sheila graduated from U.B.C. she trained to work in a war plant in Burnaby for Dominion Bridge.

During World War II Paynter volunteered for the Royal Canadian Air force in bomber reconnaissance. She kept track of the military aircraft flying in eastern Canada. Meanwhile, Henry Paynter had enlisted in the air force and served in the service police. He was stationed in various parts of the prairies and ended up in Whitehorse, Yukon.

"Henry and I both got our discharge from the air force at

Jericho Beach, on the same day," Sheila recalled. "Although we didn't know each other, we recognized that we were from the same area we called home."

"I returned to Peachland to help my parents on their 8 acre mixed farm, with apples, cherries, peaches and other soft fruits. The fruit was taken to various packinghouses in Peachland." Sheila moved back to Vancouver to work for the B.C. Income Tax Department, but after less than a year, she decided to return to the Okanagan for good.

Sheila married Henry Paynter in 1946 and moved to Westbank. Henry's parents, Edwin and Margaret, from England, had first come to the Okanagan in 1909, but did not settle in Westbank until after World War I. The couple also ran the Westbank post office. Edwin was responsible for diverting water from Bear Lake to Powers Creek. This was a crucial engineering feat in order to bring much needed irrigation water for the Westbank orchards.

Henry had purchased a piece of farm property when he was 17. Later in the early 1940s he and Art Johnson purchased Allen Davidson's farm at Shannon Lake. "In those days almost everyone had their own cow in their back yard," Sheila remembered. "Henry eventually acquired a hundred head of polled (hornless) pure-bred registered Herefords." More property was added to the farm as time went on. This included orchards.

Part II to be continued in the July, 2013 issue.

WHAT'S HAPPENING IN JUNE?

WESTBANK

Westside Daze 2013

June 28th - July 1st

Join in on the many festivities taking place at the Johnson Bentley Memorial Park beside the Johnson Bentley Aquatic Centre at 3737 Old Okanagan Highway. Some events include:

Friday, June 28th

12:00 Noon - West Coast Amusements
7:30 pm Concert in the Park on Main Stage - Blues Brothers Tribute.

Saturday, June 29th

10:30 am-Parade - Butt Rd. & Old Okanagan Hwy.
12:15 - 4:00 pm - Kids Fair: free activities.
7:30 pm - "Rann Berry & the Random Act." 60s & 70s.
10:15 pm - Fireworks

Sunday, June 30th

12:00 Noon - 4:00 pm Okanagan Day
7:30 - 8:00 pm Leif David - Magician
9:25 pm Fire Dancer

Monday, July 1st

8:00 am Pancake Breakfast
12:00 - 3:00 pm "The Regals" 50s & 60s music.
3:20 pm - Giant Canada Day cake-cutting ceremonies.

Okanagan Regional Library

Westbank Branch

On Display in the Library

Johanna Hoogervorst - paintings acrylic; Jean Monteith - paintings; Karen M. Andrews - photography; Christi Battrick - photography; Ralph Carlson - paintings acrylic; Jenny Mohr - mixed media. 2484 Main Street.

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 Night Bingos - 6:45 pm sharp! You do not need to be a member to play; must be 19 years or older. Last bingo for the season is June 26th.

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

Orion's Fish Bus - by the Cherry Pit

Saturday and Sunday - June 15 & 16, 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 tritonstage@yahoo.com.

Westbank Bumper Stickers available at Lil' Sprouts *24-2475 Dobbin Rd. Phone 778-754-5594.

PEACHLAND

Rose Show

Saturday, June 22nd - 11:00 - 4:00 pm

Entry tags may be purchased on Friday, June 21st at the Community Centre for .25¢. Show open to the public from 11:00 am - 4:00 pm. Refreshments. Admission by donation. Peachland Community Centre - 4450 6th St.

Stars On Stage

Sunday, June 23rd - 2:00 pm

Join some of the Okanagan's brightest musicians / entertainers including Adam Fitzpatrick, Pam Ferens, Dale Seaman, Craig Brown, the Summerland School of Dance and a Mystery Guest. Tickets on sale at Rocky J's Cafe, Peachland; The UPS Store, Westbank, and the Sweet Tooth Cafe, Summerland. Stars on Stage at the Peachland Community Centre - 4450 6th Street.

SUMMERLAND

Summerland Bluegrass Festival

June 7-9, 2013 - Summerland Rodeo Grounds

18th year running. Lots of great country and bluegrass music. Bring your acoustic instrument and join in the music. Feature band The Midnight Roses from Swift Current, Saskatchewan on Saturday evening. Workshops and slow pitch jam. Children's tent Saturday, 10:00 am to 4:00 pm. Camping. For more information or ticket prices call 250-490-5036 or email denise@summerlandbluegrass.com.

**Kettle Valley Steam Railway
Great Train Robbery on Father's Day**

Climb on board the restored 1912 steam locomotive and take in 10 miles of beautiful vistas, orchards and vineyards. Ride in a vintage passenger coach or open air car. Enjoy lively musical entertainment and an observation game for kids. 1:30 pm. 1-877-494-8424.

PENTICTON

**Danielle Savage & the Miscreants
@ The Dream Cafe**

Saturday, June 15th - 8:00 pm

Tables available at 6:00 pm. Showtime 8:00 pm. Songwriter, vocalist and guitarist, Danielle Savage is joined by the Miscreants and will be performing a variety of songs leaning toward blues, jazz, folk and alt-country. Danielle has performed on T.V.(Santa Barbara Public Television) and radio(WWOZ New Orleans). \$18.00. 67 Front St. Call 250-490-9012.

OLIVER

Tinhorn Creek Canadian Concert Series - Jackie Treehorn

Saturday, June 22, 2013 7:00 pm

Enjoy this six piece funk-soul band featuring Ashley Robyn - lead vocals, Chelsea Burden - vocals, Adam Kerby - keytar/vocals, Kevin Sanders - Guitar, Nick Dixon - bass and Derek van Deursen - drums/vocals. 537 Tinhorn Creek Road. Gates open 6:30 pm, Tickets available at www.tinhorn.com. \$20.00 each.

OSOYOOS

50th Anniversary of the Osoyoos & District Museum and Archives

Saturday, June 15th 1:00 - 4:00 pm

Attend the 50th anniversary festivities including a concert by the Kettle Valley Brakeman, the showcasing of new exhibits and plans for the future museum plus a special anniversary cake and refreshments. RSVP 250-495-2582 or email museum2@vip.net. 19 Park Pl.

COUPON CORNER



Kekuli Cafe

2 for 1 Indian Taco - Chile or Vegetarian

Expires June 30, 2013

505-3041 Louie Dr.(Governor's Landing) Phone 250-768-3555